



# KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health

Quinsam & Cape Mudge

*"Gawalla xa hamattalla" Helping Our People*

September 19-23

welcome



# AUTUMN

## Quinsam KDC Health Staff Schedules

Phone:250-286-8064 Fax:250-286-8071 Lunch Break 12:00-1:00pm Office Hours 8:30am-4:30pm

**Amanda Roberts**, Site Admin Coordinator Email: receptionquin@kdchealth.com- **Mon-Fri**

**Dianna Smith**, Community Health Rep Email: dianna.smith@kdchealth.com –**Mon-Fri**

**Alisia Henkel**, Community Health Nurse **Tues-Thur**

Email: alisia.henkel@kdchealth.com

**Kathleen Power**, Registered Dietitian (by appointment only) 250-286-9766

E-mail: kathleen.power@kdchealth.com

**Natalie Crawford**, Clinical Counsellor (by appointment) 250-286-8064 **Mon-Thurs**

E-mail: natalie.crawford@kdchealth.com

**Allan Campbell**, Mental Health & Addictions Program Manager (by appointment only)

E-mail: allan.campbell@kdchealth.com

**Jacey Dick** , Casual Community Health Nurse **Email:** jacey.dick@kdchealth.com **Wen**

**Shelby Huffman**– Community Health Nurse (Mentor)

**Email:** shelby.huffman@kdchealth.com **Tues-Thur & Fri**

## Cape Mudge KDC Health Staff Schedules

Phone:250-285-3996 Fax:250-285-3736 Office Hours 8:00am-4:00pm Lunch 12:00-1:00 pm

**Ken Bell**, Community Wellness **Mon & Tues**

Email: ken.bell@kdchealth.com

**Patty Wilson**, Community Health Representative **Mon–Fri**

Email: patty.wilson@kdchealth.com

**Kathleen Power**, Registered Dietitian (by appointment only) 250-286-9766

Email: Kathleen.power@kdchealth.com

**Alisia Henkel**, Community Health Nurse **Mon–Wed**

Email: alisia.henkel@kdchealth.com

**Jacey Dick**, Casual Community Health Nurse Email: jacey.dick@kdchealth.com

**Shelby Huffman**, Comm Health Nurse (Mentor) shelby.huffman@kdchealth.com **Mon-Wed**

# Take Care of Yourself



## QUINSAM & CAPE MUDGE WELLNESS CENTRE

9:00 - 4:00 Mon—Fri

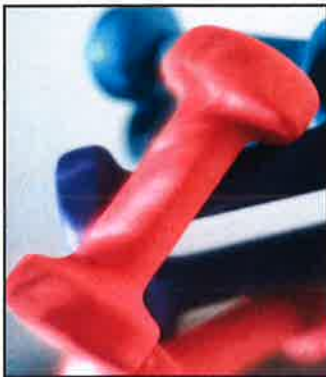
**CLOSED FOR LUNCH 12:00-1:00**

### Sauna Benefits

Relaxation, Increase Circulation  
Remove Toxins, Reduce Inflammation  
Pain Relief, Improve Skin,  
Weight Control and Improve Skin  
Elasticity & Burn Calories



### Weight and Cardio Room



Reduce Stress      Strength      Flexibility  
Weight Loss      Decrease Body Fat  
Increase Endurance      Sleep Better  
Lowers Blood Pressure

### Paraffin Waxing (for hands and feet)

Arthritis Relief      Bursitis Relief  
Smooth skin      Eczema  
Inflammation      Stiff Joints





**KWAKIUTL DISTRICT COUNCIL  
HEALTH OFFICE  
1400 A DRAKE ROAD  
CAMPBELL RIVER, B.C. V9W 7K6  
Phone (250) 286-9766 Fax (250) 286 9713**

## **Employment Opportunity, Site Administrative Coordinator**

Location: Quinsam/Cape Mudge

*As an employee of the Kwakiutl District Council (KDC) you will be a key member of the Health Administration team, providing direct support to the health staff while working at both the Quinsam and Cape Mudge locations. This position will report directly to the Mental Health & Addictions Manager. The Site Administrative Coordinator is a permanent full-time position.*

### *Position Profile*

The Site Administrative Coordinator position is the central administrative position at the Quinsam and Cape Mudge Health Sites. It requires an office administration certificate (or equivalent), three (3) years clerical experience and strong interpersonal skills to effectively coordinate paperwork and interact with staff, clients, organizations and the community at large. The priorities of the position are (1) front line service and reception; (2) program and administrative support to a seven (7) person site team (e.g. preparing flyers, scheduling); (3) regular administrative duties e.g. program reporting; purchase orders; weekly meeting agendas and minutes); (4) maintenance and cleanliness of the facility and; (5) materials management (e.g. nursing; pandemic supplies cupboard).

*The Site Administrative Coordinator is a senior administrative position at KDC Health. Areas of expertise expected at this level are facility and materials management, complex customer service issues and competent handling of difficult clients or serious emergency situations at the front desk. It works mostly at a normal pace according to well-defined policy and procedure. Excellent computer skills, MS Word and Excel are required. Knowledge of advanced office and inventory protocols, building security and emergency procedures is required as well as advanced knowledge of KDC policies, practices, culture, traditions and community.*

To receive a comprehensive job description, please email: [terry.lee@kdchealth.com](mailto:terry.lee@kdchealth.com)

If you are interested in applying for this position, please submit your resume and cover letter. Documents may be emailed to the HR Coordinator [terry.lee@kdchealth.com](mailto:terry.lee@kdchealth.com) or delivered to reception at the KDC Health Office, Campbell River.

<p>This posting will remain open until filled Thank you in advance, but only those applicants selected for an interview will be contacted</p>
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**KDC Health**  
**1400 A DRAKE ROAD**  
**CAMPBELL RIVER, B.C. V9W 7K6**  
**Phone (250) 286-9766**  
**Fax (250) 286-9713**

## **Employment Opportunity, Community Wellness Worker (CWW)**

*As an employee of the Kwakiutl District Council (KDC) you will be a key member of the health team, providing direct patient support to KDC member nation citizens. This exciting new role will offer the right candidate an initial one year, full time term contract.*

Reporting to the Mental Health & Addictions Program Manager, this front line worker holds a Bachelor in Community Social Services or health related program, such as Human Services, Mental Health, Life Skills & Career Development with two to four (2-4) years' experience. The incumbent 1) works under clinical supervision of the MHA Manager to coordinate client-focused treatment/rehabilitation plans (advocacy, education & referrals); 2) develops and delivers addictions & mental health awareness activities (e.g. men's group; chit chat) according to pre-approved program planning schedules and 3) builds community relationships and promotes a safe health and supportive environment for clients that instils a sense of dignity and self respect.

A Bachelor in Community Social Services or health related program, such as Human Services, Mental Health, Life Skills & Career Development, two (2) years directly-related experience in the majority of specialties listed in the job description (e.g. working with mental health issues; intake process for addictions; knowledge of the Mental Health Act; understanding the social effects of substance abuse, the ability to organize community groups/programs; the ability to use alternative and traditional healing methods) is required, although an equivalent combination of education and experience will be considered.

In circumstances where there is an equal combination of qualifications and experience, preference will be given to people of Aboriginal heritage.

To receive a comprehensive job description, please email: [administration@kdchealth.com](mailto:administration@kdchealth.com)

***KDC Health provides preventative and health promotion services for 6 of our member nations. For more information, go to [www.kdchealth.com](http://www.kdchealth.com).***

If you are interested in applying for this position, please submit your resume, cover letter (including salary expectations and three employment references) to:

**Assistant to Health Director, KDC Health**  
**1400 A Drake Road**  
**Campbell River, BC V9W 7K6**  
**Email: [administration@kdchealth.com](mailto:administration@kdchealth.com) Fax: 250 286-9713**

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Of life

For the Late June Mavis Hamilton (nee Wilson)

Will be held at the Cape Mudge Hall

Saturday, September 24<sup>th</sup> at 1:00 p.m.

# Indian Residential School

**Support Programs available:**

***We need your input!***

**Homalco  
Cultural Centre**

**PRIZES**

**Sept. 28th, 2016  
9:30 am—6:00 PM**

**DINNER**

***For more information contact:***

**Neil White & Arlene White**

***IRS Support Workers***

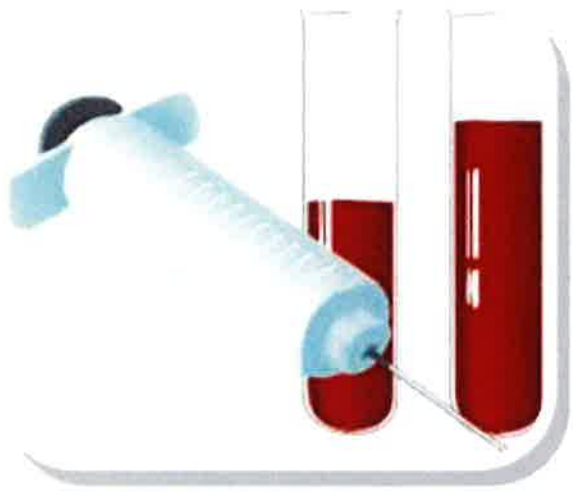
**Neil's Cell: 250-713-8277  
Arlene's Cell: 250-713-6741**



**Inter Tribal Health Authority**

**IRS Support Programs**

**250-753-3990 ext.278**



Cape Mudge

**BLOODWORK LAB**

**8:00-9:00 Lab**

**RESTARTS September 23rd 2016**

**B12 shots, lab requisitions, blood work all  
available**

**Walk-in to the lab at the Cape Mudge, KDC  
Health office between 8:00 & 9:00 and the  
Nurse Practitioner will collect a specimen -  
blood, urine or other  
body fluid.**



# Out Of Office

**Patty will be out of office Monday Sept 19th she be involved with Recertification of the Children's Oral Health Initiative (COHI) our dental program so will be in Campbell River and not available. Phone messages will be returned as time allows.**

**Thank you,**



# Fit Nation

When: Monday September 19th

Time: 6:30am

Where: Campbell River KDC Health Office

Open to everyone

Fit Nation will run for 6 weeks



If you would like to register for Fit Nation  
Please call Amanda @ 250-286-8064

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**ATTENTION!**  
**KDC HEALTH COMMUNITIES**



**VISION CLINIC DATES**

**November 7th to 9<sup>th</sup>, 2016**

It is recommended that children and elderly have an eye exam every year. Those who are 18+ are recommended to have an eye exam every 2 years.

**IMPORTANT:** All clients will need prior approval please call Mildred or Dayle @ 250-286-9766 as soon as possible & provide the following information:

Name:

Date of Birth:

Status Number:

Personal Health Number (Care Card) and upon approval you will get a call back to book your appointment.



Priority will be given to those already on the list from the previous cancelled vision clinic.

**MUST HAVE PRIOR APPROVAL OR YOU WILL NOT BE SEEN!**