



KWAKIUTL DISTRICT COUNCIL HEALTH



We Wai Kai Nation KDC Health

Quinsam & Cape Mudge



"Gawalla xa hamattalla" Helping Our People



Sept5, Sept9, 2016



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





ALL KDC HEALTH
OFFICES

WILL BE CLOSED

MONDAY

SEPT 5TH FOR

LABOUR DAY



Happy Labour Day



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

KDC Health provides preventative and health promotion services for 6 of our member nations. For more information, go to 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 Fax: 250 286-9713

This posting will remain open until filled.
Thank you in advance, but only those applicants selected for an interview will be contacted.



KDC Health
1400 A DRAKE ROAD
CAMPBELL RIVER, B.C. V9W 7K6
Phone (250) 286-9766
Fax (250) 286-9713

Employment Opportunity, Counsellor & Patient Health Care Navigator (CPHCN)

As an employee of the Kwakiwlt 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 Health Director, the CPHCN works as part of the Health Team and, as required acts as a Counsellor and client care navigator while ensuring care is culturally specific, ethno sensitive, and patient-centered. Working with the KDC Health Team, helping with the aboriginal health system of the new FNHA Health Benefits program, and referrals as the need is identified; the CPHCN has dual responsibilities to act as a client advocate to help community members navigate the hospital/health care system and to serve as a Counsellor for KDC client care.

A Degree in Social Work, five (5) years directly-related experience in the majority of specialties listed in the job description (e.g. experience in health promotion, delivery of health programs and understanding of community health issues) 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.

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FAMILY FUN DAY

FASD AWARENESS 2016

SPIRIT SQUARE

Friday, Sept 9th.

FREE

2 - 5 pm.

- ⇒ LIVE MUSIC
- ⇒ BOUNCE-A-RAMAS
- ⇒ FACE -PAINTING
- ⇒ SHOO-SHOO THE CLOWN
- ⇒ FISH POND
- ⇒ KINDERMUSIK
- ⇒ BANNOCK & STRAWBERRIES
- ⇒ FUN-FAIR ACTIVITIES
- ⇒ ARTS & CRAFTS



**COMMUNITY RESOURCE
BOOTHS**

For more Info.
Contact Tracy
250 286-9766





safeTALK

PLEASE JOIN US...

KDC Health is pleased to offer safeTALK to anyone interested in enhancing their understanding and skills in responding to those at risk of suicide. This training, offered as part of the FNHA Hope, Help, Healing Project is free to anyone interested. Health workers and Community members will become confident with how to handle suicide situations, and with assisting the person to feel safe.

Suicide Alertness for Everyone

safeTALK is a three-hour training program that prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources. Most people with thoughts of suicide, either directly or indirectly, invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and proactive stimulate learning. Upon completion the participant will receive a safeTALK certificate.

When: Sept. 9 @ 10:00 AM-2:00 PM (Lunch Provided)

Where: KDC Health Campbell River– Multi-Purpose Room

Who: First Nation Community members and Partners

To register contact Allan Campbell at allan.campbell@kdchealth.com or call 250-286-8064



First Nations Health Authority
Health through wellness





safeTALK

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When: Sept. 6 @ 1:00 PM-5:00 PM (Followed by a Community Dinner)

Where: KDC Health Cape Mudge– Multi-Purpose Room

Who: Cape Mudge Community members and Partners

To register contact Allan Campbell at allan.campbell@kdchealth.com or call 250-286-8064



First Nations Health Authority
Health through wellness



Community Dinner

*Hope, Help, Healing
Suicide Awareness in Your
Community*

Dear Community Members,

KDC Health is inviting you and your families to join us for a catered dinner, discussions and presentations in coming together for **National Suicide Awareness Day!** In bringing together community in the spirit of learning and supporting one another we will discuss the topic of responding to risk in our community towards prevention. We hope you can join us!

Where: Cape Mudge Hall

When: Sept 6, 2016 5:30 pm



“Gawalla xa hamattalla” – Helping our People

WANTED

4 Newsletter Carriers



KDC Health Newsletter Carrier

- Over 12 years old
- \$30.00 for 104 deliveries each week
- Newsletter pick up at Quinsam KDC Office on Friday before 4:00 (must be delivered before the following Monday)
- Schedule will be on an available rotating basis with 4 other carriers

***PLEASE BE ADVISED KDC HEALTH STAFF
WILL NOT SUPERVISE THIS ACTIVITY***

Please call Amanda at 250-286-8064 if you are interested

Naloxone is a medication that reverses opioid overdose.

To learn more about Naloxone or this project, please visit towardtheheart.com



Signs of overdose



Person may be choking



Person is not moving



Lips and nails are blue



Breathing will be slow or absent



Pupils are tiny



Skin feels cold and clammy



Person can't be woken up



You can hear gurgling or snoring sounds



CALL 911



VENTILATE

1 breath every 5 seconds



AIRWAY



STIMULATE

Unresponsive? Call 911



EVALUATE

Another dose?



MUSCULAR INJECTION

1ml of Naloxone



EVALUATE

S.A.V.E.M.E.

Steps to save a life

Weaving Study Group

Cape Mudge KDC/Brighter Futures Initiative
at the Health Centre

At today's group we will discuss the fall planning for weaving, and work on some small projects. See you soon.



**Today's session will feature:
Bracelet making with cedar**

Thursday September 8th 2016

1:00 pm—3:30pm