

Hailika'as Heiltsuk Health Centre Society

Newsletter | February 2020



Directors Message

Happy Valentine's Day. Gentlemen don't forget your Ladies. Spring is shaping up to be very busy for the Health Centre. Programs are operating at full capacity; however, we have had a few setbacks with some of our programs. With the flooding of the fitness centre, we have had to find an alternate location to enable the continued use of the program. The school board has graciously allowed us to utilize some space in their new building for the interim. Thank you to Kamal and the School Board for their generosity in supporting us with the use of this space. We are still waiting on word for the continuation of "Crash N Bump" in the community hall.

Dentist and Dental Hygienist

We have just completed reference checks on two candidates for the position of dentist and dental hygienist. We are anticipating we will be making offers to the two individuals in the next couple of weeks. The dentist will be full time and the hygienist will visit five times per year. Once we are able to better gauge if we need to increase the number of visits for the hygienist.

RN Program-Bella Bella

Work is continuing on the RN program for Bella Bella, Bella Bella, Klemtu and Rivers Inlet. The community of Bella Bella is currently in the process of gathering the names and educational backgrounds of Haítzaqv, Kitasoo, Wuikinuxv, and Nuxalk band members who may be interested in becoming a registered nurse.

The Bachelor of Science in Nursing degree is the education that is needed to write the registered nurse examination (called the NCLEX) and become registered to practice nursing within British Columbia.

Although the funding for the program has not yet been approved, we want to support students to access the courses which are the admission requirements for the Bachelor of Science in Nursing program so that when we are ready to offer it prospective students are prepared to start.

By providing your expression of interest, we will keep you informed about the Bachelor of Science in Nursing program (Bella Bella) as more information becomes available.

The personal information that you share using this Expression of Interest will be used to

plan and prepare for the delivery of courses which constitute the admission requirements for entry into the Bachelor of Science in Nursing program.

Your personal information gathered here will be securely retained at the Hailika'as Heiltsuk Health Centre and the Heiltsuk College. Summary information about the number and description of the prospective students and their educational needs will be used by the Health Centre, the Heiltsuk College, and partners organizations to plan and prepare for the Bachelor of Science in Nursing program (Bella Bella). Summary information will not include personal identifiers.

If you have any further questions about this Expression of Interest, please don't hesitate to contact Mitch Savage at the Hailika'as Heiltsuk Health Centre Society.

Completed Expressions of Interest should be forwarded to:
Mitch Savage, Registered Nurse
Email: mitchels@heiltsukhealth.com, Fax: 250-957-2660

All Native Tournament 2020

Best of luck to all team attending the ANT in Prince Rupert (Feb 7-17, 2020). Remember to take care of your health while you are there.

Haítgłíttis qíkask'aus łgís'us la kvqláyaǰv – Have a happy day with your big heart!

Yours in health & wellness,

Keith Marshall
Health Director

Community Notice re: **Family Day 2020**
The **Health Centre all Programs** will be **CLOSED** on **Monday, February 17th, 2020**.
Thank you.

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Accreditation Update

Two Accreditation Canada Surveyors were onsite November 12-15, 2019 to evaluate our programs and services in the following categories:

- Governance
- Leadership
- Aboriginal Health & Wellness
- Medical Management
- Infection Control & Prevention

We are happy to report we passed this evaluation. **We have granted "accreditation" status until 2023.** There are four (4) required organizational practices (ROP's) in the area of governance and leadership that we must complete by April 15, 2020 and October 15, 2020.

We are extremely proud of our achievements. Our goal is to provide the best possible programs and services. Quality improvement initiatives are always ongoing.

Our 3 in 1 Health & Safety Committee is instrumental in providing guidance and support to our agency occupational health & safety, client safety and risk management.

Way to go Hailika'as Heiltsuk Health Centre Society! Another job well done!

Kevin Wilson, Office Manager/Accreditation Coordinator



Telehealth Program

We continue working with VCHA in coordinating the Stepping Stones – Telepsychiatry for clients being referred to the program. Our PPN has been recently upgraded to 30 Mbp which is great news.

We would like to Thank our current client list for their patience in all the transition and turnover in the position.

Information Technology Department

All of our outdated workstations have now been replaced. This is important for security measures within our network.

We also continue to support our Medical Transportation team with reviewing our statistics on a regular basis. This will support our efforts to being re-based in our funding agreement.

Administration Team Leader

As the Administration Team Leader, we would like to take this opportunity to commend our team for excelling in their roles:

- Andreanne Moody – House Keeper guest suites;
- Gary Wilson – Janitor for the Main Building;
- Kevin Wilson – Office Manager/Accreditation Coordinator;
- Carl Bolton – Office Assistant;
- Cassandra Lewis-Wilson - Receptionist
- Jack Larsen – Maintenance Worker;
- Vacant - Telehealth Coordinator/Clinical Support Worker; On leave
- Bo Reid – IT Department Manager/Administration Team Leader.



Please join us in welcoming Cassandra into our Term Position as our Receptionist. We look forward to her joining our team and supporting the Front Office.

We would like to commend our Office Manager/Accreditation Coordinator and our Accreditation Teams in a successful renewal of our Accreditation Certification. This is significant in adapting our business practices to better meet the needs of our clients, staff and stakeholders.

If there are any questions or comments related to our Department please contact me at **(250) 957-2308 Ext. 209** or E mail: medricr@heiltsukhealth.com - Thank You!

Hailika'as Heiltsuk Health Centre Society
Healthy Families Program ~ Sasum House
Employment Opportunity



✦ Early Childhood Educator Assistant (1 full-time position)

The Healthy Families Program at Sasum House is seeking to fill the **full-time position of Early Childhood Educator (ECE) Assistant**. The successful applicant will help provide group child care in a warm and caring environment to 30 (thirty) children aged 30 months to school age.

*****Applicants who DO NOT have their ECE are invited to apply and MUST BE WILLING to take/start courses on-line immediately should they be the successful applicant!**

As with all HHHCS positions, this position must consent to submit to a criminal records check with the RCMP. A complete job description is available from the Office Manager at the Health Centre. Salary will be in accordance with the BC ECE Wage Grid and/or with education, training & previous experience as well as Health Centre's policies and procedures.

If you have specific questions about this position please contact Yvonne Lawson, Team Leader at Sasum House 250-957-2308 ext 801.

If you wish to apply for this position, please submit your resume along the names and numbers (and/or letters) of three references (2 work and 1 personal) OR stop by and fill out an application form to the attention of:

Mr. Keith Marshall, Health Director
Hailika'as Heiltsuk Health Centre Society
Box 819
Bella Bella, BC
V0T 1Z0
Fax # (250) 957-2311
Email: kmarshall@heiltsukhealth.com



Deadline to Apply for all positions: 4:30 pm on Wednesday, February 19, 2020

Please note that only the candidates invited to an interview will be contacted.



Staffing & Personnel Update



Farewell & Best Wishes

Bella Brown – MCH Outreach Worker

Danielle Humchitt – MCH Nutrition Coordinator

It was great working with you. Good luck with your future endeavors. We will miss you.

Welcome

Tanya Bolton – MCH Nutrition Coordinator

Cassandra Lewis-Wilson – Receptionist

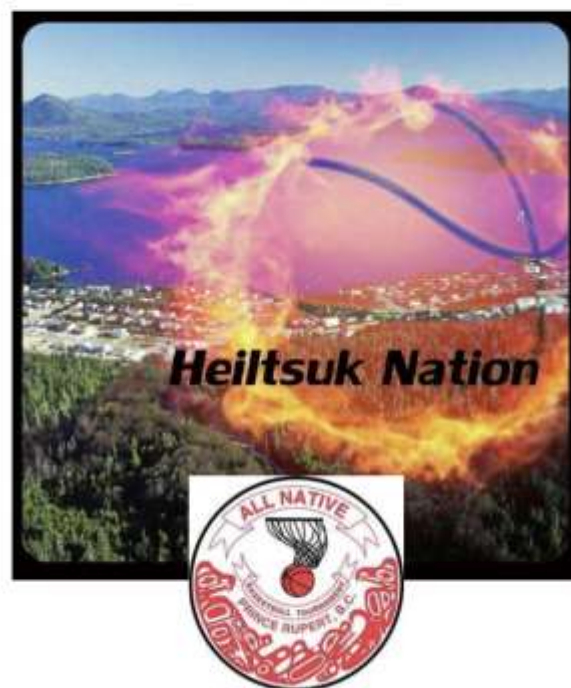
Charmaine Lingard – MCH Nurse



Welcome back! We are happy to have you all join our family once again.

All Native Basketball Tournament 2020

Good luck, play hard, have fun!



How to Celebrate Self-Love on Valentine's Day and Beyond

You alone are enough. You have nothing to prove to anybody. -Maya Angelou

Valentine's day often comes with a lot of pressure and expectation about how the day should look like. However, I would like to suggest that we don't have to give in to the commercial vision of the day! Instead we can engage in a healthier and perhaps more fulfilling alternative: How about using the Valentine's day as an opportunity to cultivate and strengthen the relationship that we have with ourselves? We have been conditioned to believe that the source of love lies outside of ourselves and we so look for it in wrong places and in wrong relationships, always longing for the outer confirmation of our self-worth and our value. And yet it is self-love that supports our confidence, joy and a sense of who we truly are, it is also the key to creating healthy and lasting relationships with others.

How can we define self-love? Self-love is a mindset, a commitment to extending to ourselves the same kind of respect, compassion, and kindness that we gladly extend towards others. Self-love means loving ourselves *unconditionally*, here and now, just the way we are.

However, this internal change of attitude can be easier said than done. The decision to be more loving towards ourselves needs to be put into action. And the more we practice, the more this loving mindset will become part of our healthy routine. Use the Valentine's Day or any other day to truly appreciate yourself for the amazing, creative, fun, loving, thoughtful person that you really are!

Here are some ideas how to put the intention into action:

- **Surround yourself with people that lift you up**
- **Make a list of everything that you love about yourself**
- **Invest in your health**
- **Engage in wellness rituals**
- **Forgive yourself for the mistakes of the past**
- **Give yourself the gift of time to do whatever you need**
- **Spoil yourself**

**Sonia Plewa,
The Clinical Counsellor at the Health Centre**



Posted: Monday, February 3, 2020

Nurse Glenda Phillips & the local Pharmacist are offering weekend Medication Reviews & A1C Checks

We can chat you in depth about your current medication (or non-pharmaceuticals), discuss alternatives, provide information about their effects and do A1C checks for your blood sugar readings.

Call Glenda at 250.957.2308 ext 214 to sign up!

MEDICATIONS
REVIEW



A1C

Heiltsuk Walking Club

Sign up at the Health Centre with Jefferson Brown!

This will be an ongoing challenge that you can pick up and put down at your own leisure. It is a great challenge with progressive prizes that will help keep you motivated.

You walk/jog/run on your own time.

Check in on Friday with KM given to the Fitness Coordinator

It will be progressive

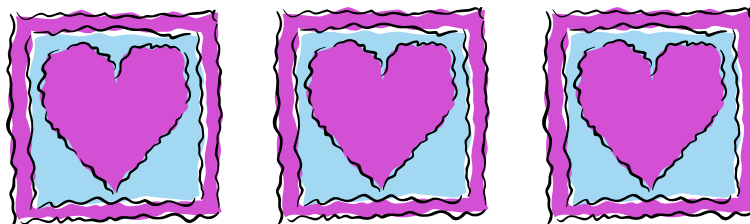
100km = Free T-shirt with program design on it

250km = Free long sleeve with design on it

500km club = free sweater with design on it

1000km club = will receive a free raincoat

We are on a constant search for new ideas to become physically active as a community so if you have any suggestions or questions about any physical activity please feel free to contact Jefferson Brown at the Health Center – 250-957-2308 ext. 214 or email at jeffersonb@heiltsukhealth.com





Halik'a's Heiltsuk Health Centre Society



Community Notice

Re: Claims Process Open for Survivors of Federal Indian Day Schools

Just a reminder that the claims form for Indian Day School is now available. Carla can assist in filling the form and other government forms. Claimants have until July 13, 2022 to submit a claim. My door is always open please feel free to stop by anytime or by appointment.

Please contact her at: phone # 250-957-2308 ext 603 or email:
carlab@heiltsukhealth.com.

Thank you for your time and attention.

Home & Community Care Program

Phone # 250-957-2308



**FEDERAL
INDIAN DAY
SCHOOL
CLASS ACTION**



Heiltsuk Dental Clinic Update

Phone #: 250-957-2308 ext. 300 or 301

Happy New Year to the Community!



Best wishes to our teams in Rupert for the All Native Basketball Tournament.

In December we contracted a locum dentist Dr. Mona Makortoff for 5 days – her working style is a little different.

I book one person in the morning and one in the afternoon, as she knows that a lot of people do not like coming to see the dentist. Therefore, she does a full cleaning, x-rays, informs you of what needs to be done and gets it all done in one sitting. If we finish early, then I would call someone else in.

We have her booked again February 3rd to 8th working Monday to Saturday as well February 17th to 22nd.

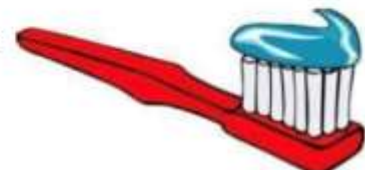
Dr. David Li is back February 24th to 28th.

March 9th we will have 2 Denturists (Jeremy Duprat & associate) in the community. **NEED NEW DENTURES?** Please call the clinic, we require your date of birth, status number, phone number and what you need i.e. complete upper or lower denture, partial dentures, reline, etc...

Eligibility for new dentures is every 5 years.



Rhoda & the dental team



Thursday, February 6, 2020

Community Notice

RE: Elders Van

Please be advised that the Elders Van is a service primarily for our Elders and those with disabilities. The Elders Van is not required to run personal errands for any individual. They are also not a taxi service for families.

We ask that our community be mindful that we have been working hard to have these services available for our Elders and those with disabilities. It is unfortunate that people have been taking advantage of these services.

We would also like to advise that the Elders Van will not be doing any runs to the Ferry during the All Native break. It would take away from the in town service it is required to meet. If there are any questions or concerns please contact myself directly. Thanks!

Bo Reid

Acting Health Director
Hailika'as Heiltsuk Health Centre Society
212 Wabalisa St.
P.O. Box 819, Bella Bella, BC. V0T-1Z0
Ph: (250) 957-2308 Ext. 209
E Mail: medricr@heiltsukhealth.com





Hailiqa'as Heiltsuk Health Centre Society



Ninuagailas (Elders Building) Home & Community Care Program

Ladies Group: Sushi Making Class



Box 819 Bella Bella, BC V0T 1Z0 Tel. # (250)-957-2308 Fax # (250)-957-2311 www.heiltsukhealth.com



Hailika'as Heiltsuk Health Centre Society



SERVICE AWARD

This certificate is hereby awarded to:

CLYDE HOPKINS

for **14 years of service**
to **Heiltsuk Health**



wálas giáxsixá for a job well done!

*Heiltsuk Health Board of Directors,
Management & Staff of the Hailika'as
Heiltsuk Health Centre Society*

January 30, 2006 was Clyde's first day with us!

Congratulations

Box 819 Bella Bella, BC V0T 1Z0 Tel. # (250)-957-2308 Fax # (250)-957-2311 www.heiltsukhealth.com

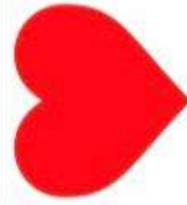
Elders Building February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Luncheon 12 noon	4 Women's Crafts 1 to 3 pm	5 Fitness Club 130-230 pm	6 Drop In -- 1 to 3 pm Games Day: 130-3 pm	7	8
9	10 Luncheon 12 noon	11 Women's Crafts 1 to 3 pm	12 Fitness Club 130-230 pm	13 Drop In -- 1 to 3 pm Games Day: 130-3 pm	14	15
16	17 Family Day Stat Office Closed	18 Luncheon 12 noon	19 Women's Crafts 1 to 3 pm	20 Fitness Club 130-230 pm	21 Drop In -- 1 to 3 pm Games Day: 130-3 pm	22
23	24 Luncheon 12 noon	25 Women's Crafts 1 to 3 pm	26 Fitness Club 130-230 pm	27 Drop In -- 1 to 3 pm Games Day: 130-3 pm	28	29



All Native Basketball
Tournament – February 7 to
17, 2020 – Prince Rupert, BC

GO NATION GO!



February 2020

Maternal Child Health & Kaxla Family & Children Services
 'All generations welcome & you define family'



Valentine's Day Friday February 14th, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
February 03 & 24 th Arts & Crafts with Sally 6:00-8:00 Koeye Office	EVERY TUESDAYS Prenatal Drop-in at Health Centre Child care optional 9:00-12:00 & 1:00-4:00	Dads group w/ Trevor Good from 5-7pm Wednesdays at the youth center		February 07,14,21 Story time with Sally @ Koeye Library 1030-1200
3 Drop-in with Christine 1:30-3:00 @ Kaxla Trailer	4 Drop-in with Christine 1:30-3:00 @ Kaxla Trailer	5 Healthy Start Breakfast 9:00-11:00 @ Health Centre	6 Parents & Tots 10-12 & 1-3 Location TBA	7 Family Drop-in 9:00-11:00 At the health Centre
10 Drop-in with Christine 1:30-3:00 @ Kaxla Trailer	11 Drop-in with Christine 1:30-3:00 @ Kaxla Trailer	12 Healthy Start Breakfast 9:00-11:00 @ Health Centre	13 Parents & Tots 10-12 & 1-3 Location TBA	14 Family Drop-In 2:00-4:00 at the Health Centre
17 STAT HOLIDAY FAMILY DAY	18 Drop-in with Christine 1:30-3:00 @ Kaxla Trailer	19 Healthy Start Breakfast 9:00-11:00 @ Health Centre	20 Parents & Tots 10-12 & 1-3 Location TBA	21 Family Drop-In 2:00-4:00 at the Health Centre
24 Drop-in with Christine 1:30-3:00 @ Kaxla Trailer	25 Drop-in with Christine 1:30-3:00 @ Kaxla Trailer	26 Healthy Start Breakfast 9:00-11:00 @ Health Centre	27 Parents & Tots 10-12 & 1-3 Location TBA	28 Family Drop-In 2:00-4:00 at the Health Centre

Nutrition Vouchers Pick-Up is from Charmaine or Tamara on Fridays Only From 2:00PM-4:00PM	Contact Mitch Savage for your child's Immunization records @ 250-957-2308	Please follow Heiltsuk MCH group and page Maternal Child Health Hnis'u on Facebook for updates.	Contact Numbers: Kaxla - 250.957.4325 MCH - 250.957.2308	Kaxla Staff: Christine White Sally Humchitt	MCH Staff: Mitch Savage Charmaine Ungard Vanessa Gladstone Georgia Larsen Tamara Powell Tanya Bolton
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HHHCS Youth Program Schedule for Spring 2020 Youth Centre

	Monday	Tuesday	Wednesday	Thursday	Friday
School Program	LRP on rotating basis	LRP on Rotating basis	LRP on rotating basis	LRP on rotating basis	LRP on rotating basis
Lunch		Mini Girl Power Girls Grades 2-4	Girl Power Girls Grade 5-7	LRP lunch Grades 8-12	Boys Group Lunch Grades 2-4
After School	Board Games	Arts and Crafts Grades 2-4	Taste buddies Grades 2-4	Baking Grades 5-7	Mind Medicine Grade 7-9
After School	Sports Grades 2-7	Sports Grades 2-7	Sports Grades 2-7 Games	Sports Grades 2-7 Tag and More	Sports in Hall Grades 2-7 Basketball
Early Evening	Boys Dinner Grades 5-12	Youth Cooking grades 8-12	Dad's Group	Dinner and A Movie Grades 5-7	Nights Alive All Welcome
Evening	Ball for Grades 5-7 Youth Ball	Games Night	Ball for Grades 5-7 Youth Ball	Mind Medicine Grades 10-12	Girls Night In with Lori Grades 8-12

All programs subject to change without notice; please check Facebook daily for current schedule & updates

Heiltsuk Dental Clinic

For reservations, phone appointments, bookings, please call 250-957-2308



DENTIST

Dentist Dr. Mona Makortoff will be providing interim coverage in Bella Bella February 2nd to 9th AND February 16th to 23rd, 2020.

Teeth are meant to last a lifetime!

In the interim, please call Carl Bolton at 250.957.2308 to put your name down for an appointment.

Thank you from the Healthy Families Program.



400-8th St. Bella Bella, BC V8P 1S5 Tel: # (250)957-2308 Fax # (250)957-2308 www.heiltsukhealth.com



Naiiqa'as Heiltsuk Health Centre Society

Present December 5, 2019



Julie Anderson, Fitness Consultant is coming back to Bella Bella. February 4th to 11th, 2020.

If you've been wanting to get more active, learn strategies how to tap into your motivation, and get your questions answered about working out, feel free to make an appointment.

Please contact Carl Bolton at 250-957-2308 to book your time with Julie.



400-8th St. Bella Bella, BC V8P 1S5 Tel: # (250)957-2308 Fax # (250)957-2308 www.heiltsukhealth.com

Heiltsuk Dental Clinic

For reservations, phone appointments, bookings, please call 250-957-2308



DENTIST

Our Dentist Dr. David Li will be back in Bella Bella February 23rd to 28th, 2020.

Teeth are meant to last a lifetime!

Please call Rhoda Bolton at 250.957.2308 ext. 300 to book your appointment.

Thank you from the Healthy Families Program.



400-8th St. Bella Bella, BC V8P 1S5 Tel: # (250)957-2308 Fax # (250)957-2308 www.heiltsukhealth.com

Is your Child between the ages 0-6 years old?



Jenny DeVries is a "Pediatric Occupational Therapist"



Date: February 23rd to 29th, 2020

An Occupational Therapist can help your children if they are struggling with any of these activities...



... in addition to above bottle weaning, potty training and more are some of her expertise. She can help build on those developmental milestones.

Need to know more or want an appointment

Contact: Tamara Powell @ Health Centre # (250)957-2308 Work Cell # (250)957-7510



**Haii'iq'a's Hei'it'suk
Health Centre Society**

Filed: December 3, 2019

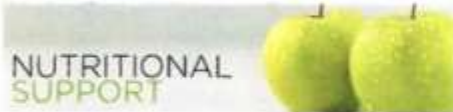


Community Invitation

Frances Weick, Dietitian/Food Consultant is back in Bella Bella **February 24th to 28th, 2020.**

You can see her on your own or with your own small group or family to discuss recipes, meal ideas, nutrition, eating habits and more!

Please leave your name and number when calling us at the Health Centre (250.957.2308). Thank you.



Bella Bella, BC V8P 1Z5 Tel: 250.957.2308 Fax: 250.957.2311 www.healthcentre.com



Haii'iq'a's Hei'it'suk Health Centre Society

For immediate release, please postcard to... thank you...



Denturist

Denturist Jeremy Duprat (from Burnaby, BC) is making his first trip to Bella Bella: **March 9th to 13th, 2020.** If your dentures are at least 5 years old & you are interested in an appointment, please give us a call. Please note this is for full upper or lower dentures.

*Rhoda Bolton, Dental Program Manager
Hei'it'suk Dental Clinic
phone # 250-957-2308 ext. 300
email: rhobab@heitsukhealth.com*

*Thank you.
Healthy Families Program*



Bella Bella, BC V8P 1Z5 Tel: 250.957.2308 Fax: 250.957.2311 www.healthcentre.com



**Haii'iq'a's Hei'it'suk
Health Centre Society**



**Physiotherapist
Site Visit**

Rik Rafuse will be in Bella Bella: **March 16th to 20th, 2020.**

*If you are interested in an appointment with Rik, please call Carl at 250.957.2308. Thank you.
Healthy Families Program*



Bella Bella, BC V8P 1Z5 Tel: 250.957.2308 Fax: 250.957.2311 www.healthcentre.com



**Haii'iq'a's Hei'it'suk
Health Centre Society**



**Acupuncturist
Site Visit**

Dr. Andrew Kerr will be back in Bella Bella March 16th to 20th, 2020.

Please call Carl Bolton at 250.957.2308 to book your appointment.



Bella Bella, BC V8P 1Z5 Tel: 250.957.2308 Fax: 250.957.2311 www.healthcentre.com