Deciding whether or not programs require to be proactive or reactive on personal or community level could be a challenge. Each of you that contributed your votes are making an impact on the future by deciding the priorities of services that you would like to see offered within Huli’tun Health Society over the duration of the next 5 fiscal years.

We are proud to announce that our input from community has increased from the previous 10 year health plan vote back in 2010. There was various ways Huli’tun has offered community to provide feedback which was, door to door, website, Facebook, newsletters, one on one support, hard copies and by having a computer station at the office.

All of us here at Huli’tun would like to thank everyone for their participation in the 5 Year Health Plan Survey and also Congratulate all the following winners of the draw for the surveys.

1. $1000 Jerry Thomas (Halalt)  
2. $500 Belvie Brebber (Halalt)  
3. $250 Grant Robinson (Lyackson)  
4. $100 Jeanette Sylvester (Halalt)  
5. $100 Mark Joe (Halalt)  
6. $75 Ben Norris Sr. (Halalt)  
7. $75 Michelle Antoine (Halalt)  
8. $50 Derek Joe (Halalt)  
9. $50 Perry Francis (Halalt)  
10. $50 Jessica George (Halalt)  
11. $50 David Norris (Halalt)  
12. $25 Tama Norris (Halalt)  
13. $25 Sarah Tremblett (Halalt)  
14. $25 Kathy Norris (Lyackson)  
15. $25 Matthew Tremblett (Halalt)

For more information on the summery of votes please turn to page 2.
Vision Statement
Huli’tun Health Society's Vision for our member Nations is Nuts’umaut Shqwaluwun (*Working Together as one from the heart*) to maintain autonomy over our health programs and services for present and future generations.

Mission Statement
Our Mission is to provide holistic health services by weaving traditional and modern health practices to empower and support healthy lifestyles.

Bill of Rights
Huli’tun Health Society’s intention with the Bill of Rights are to emphasize the rights of our community members we serve. Each new member will be informed of their Rights at the beginning of their services, and the Bill of Rights will be posted on all Communications which include: Social media, Website, and on our walls in the office. All Community members that are utilizing services will be reminded annually of the Bill of Rights.

#1: Right to be Treated with Respect in a culturally Safe Environment
#2: Right to Freedom from Harm
#3: Right to Dignity and Independence
#4: Right to Quality Services that Comply with Federal, Provincial, and local Standards and protocols
#5: Right to Effective Communication and to be fully heard
#6: Right to be Fully Informed
#7: Right to Make an Informed Choice, and Give Informed Consent to Services and/or Deny Services
#8: The Right to have Support
#9: The Right to make informed choices regarding participation in Research
#10: Right to Express Concerns
#11. The Right for confidentiality and to be informed of required exceptions to confidentiality

NOTICES
Office Closure October
Huli’tun Health Society is closed for all statutory holidays, during our office closure the service that is considered emergency is if a community member is faced with Emergency Medical Patient Transportation. (please refer to the top of page 7)

Thanksgiving— Monday October 14, 2019 (our office is closed, Statutory Holiday)
We will return back to regular business hours on Tuesday October 15, 2019.

All Staff Meeting/ Professional Development
Once a month our office has an All Staff meeting which is focused on professional development, health updates and preparation for our upcoming accreditation visit in October 2019.

Our office services will be limited on Monday October 7, 2019. Due to the training required on this Monday we will not be providing Food for the Soul.

Accreditation
On October 21-23 2019 our organization will be surveyed by Accreditation Canada to ensure we are utilizing best practices and are always raising our standards for both the communities we serve and with all our Huli’tun Health society employees.

⇒ During this time we will still conduct all our regular services which include:
⇒ Food for the Soul– October 21, 2019
⇒ Dr Howse
⇒ Nurse Practitioner

Please Review Calendar on page 14-15
All of us here at Huli’tun Health Society would like to thank the following:

1. **Human Resources & Strategic Director**: for her strategy plan to focus on the community needs and her innovative way to have our community members engaged on strategizing for the future.
2. **Focus Group**: 5 members from each Nation (Lyackson & Halalt) to narrow down some priorities which assisted in developing the 5 Year Health Plan Survey.
3. **Community Members**: for being engaged and making your votes count by prioritizing your top selections
4. **Staff**: for reaching out and supporting the community members through various surveying methods, via telephone, hard copy, electronic input and walking community members through the survey. We would like to especially thank Jennifer Norris for her dedication on getting our community members engaged by going door to door and offering her support even with her special traditional treats (Fry bread).

As a result of our Lyackson and Halalt Community votes here are the top selected items for each category:

<table>
<thead>
<tr>
<th>Healthy Community</th>
<th>New Services Requested</th>
<th>Current Services Requested</th>
<th>Home Care</th>
<th>Mental Health</th>
<th>Dental</th>
<th>Cultural</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Pick</td>
<td>#1 Pick</td>
<td>#1 Pick</td>
<td>#1 Pick</td>
<td>#1 Pick</td>
<td>#1 Pick</td>
<td>#1 Pick</td>
</tr>
<tr>
<td>Physical, Mental &amp; Spiritual Health is Connected to Community</td>
<td>Physiotherapist</td>
<td>Cooking Lessons for Health Eating; Foodskills for Families; Safe Canning Programs.</td>
<td>Dr. &amp; Nurse Practitioner Home Visits</td>
<td>Family Support</td>
<td>Minor Restorative (fillings, pulling teeth, root canals, etc.)</td>
<td>Traditional Medicines Teaching &amp; Programs</td>
</tr>
<tr>
<td>Initiatives to Support Healthier Community (Chosen in top 7)</td>
<td>Initiatives to Support Services Not Currently Offered (Chosen in top 7)</td>
<td>Initiatives to Support Current Services Offered (Chosen in top 7)</td>
<td>Initiatives to Support Home Care</td>
<td>Initiatives to Support Mental Health</td>
<td>Initiatives to Support Dental</td>
<td>Initiatives to Support Cultural</td>
</tr>
<tr>
<td>2. Building Trust</td>
<td>2. Increased days for Dr. &amp; Nurse Practitioner</td>
<td>2. Immunizations</td>
<td>2. Respite Care</td>
<td>2. Clearings</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Huy’tseep’qu (thank you all)
DENTIST

Dental Services Dr. George and his Dental Assistant Tai Deacon.

If you need a dental appointment all you need to do is call our Medical Office Assistant to schedule a date and time. She will need you to fill out a confidential client registration form which our dental department over see; therefore, you will need your status card, a contact number, care card number, current address and provide other health related details to dental.

Regular visits/check-ups allows for the Dental team to catch dental work much sooner, also allows for updated dental x-rays and more time for consultation. Dr. George provides routine procedures such as tooth extractions (or referral), preparing and placing fillings, crowns or dental procedures to reduce the risks of complications such as infection, temporary or even permanent nerve damage, prolonged bleeding, hematomas and pain.

We have several community members that utilize services from Dr. George and value the care and attention he provides.

To book your appointment call our Medical Office Assistant (Cory) at 250-246-2127
All cancellations require at least 1 business day notice in advance.

FAMILY DENTISTRY

ARE YOU STRUGGLING TO FIND A DENTIST?

It is important to have a family dentist in the event of a dental emergency. Usually dentists block time daily for emergency dental services. Where as the dental services at Huli’tun only operates twice a month on Monday’s only.

The Cowichan District Hospital offers Emergency Dental services but the requirement is that you had to have seen your dentist within that week and you are required to schedule dental booking.

If you are in pain and have a bit of a wait for your dental appointment you are encouraged to see your family doctor or go to the walk in clinic for pain medication if needed or antibiotics if needed.

Here is a list of Dental Clinic taking in new clients

**Duncan area**
- Cowichan valley dental 250-746-003
- Hill top dental 250-746-6533
- Island Dental Health Centre 250-748-3334

**Nanaimo area**
- Wellington Dental clinic 250-758-1783
- Lakeside Dental clinic 250-756-1300
- Northfield Dental Clinic 250-758-4711

**Victoria area**
- Artisan Dental 250-479-8100
- Hillside Dental 250-592-8282
- Saanich Dental Group 250-477-7321

If you need support with registering with dentistry please schedule time with our MOA (Cory) at 250-246-2127

DENTAL THERAPIST

Our Dental Therapist (Kim) provides oral health care services to our community members and is trained to take X-rays, provide hygiene services and provide simple direct restorations. She also provides more extensive services than dental hygienists, and perform some of the services traditionally provided by dentists. Kim supports our community with Children’s Oral Health Initiatives. Children build great rapport with Kim and gain trust, confidence and security with her and her dental practices.

Book your appointment or ask question with our MOA (Cory) at 250-246-2127
(Next available Date is October 30, 2019)
**NURSE PRACTITIONER**

Our Nurse Practitioner (NP) Val Jefferd runs a successful service to our communities and she delivers a wide range of holistic health care services to our communities which include the following:

- Prescribe medications
- Check your vitals
- Gather medical history
- Set you up with medical referrals and/or specialists.
- Improve access to primary health care
- Provides immunizations, contraceptive, physicals, and more
- Order and review health tests
- Teach you how to manage chronic illnesses
- Provide high quality management of chronic illness such as diabetes, high blood pressure
- Myoactivation: which is trigger point injections with a aim to resolve some chronic pain. For more information book a consultation with Val or the Licensed Practical Nurse.

All appointments with Val require booking with the front desk Medical Office Assistant– Cory Baker. Please call 250-246-2127 to schedule time. **If you have to cancel your appointment please do so the DAY BEFORE or ON THE APPOINTMENT DAY (8:30AM); by doing so we can manage appointments better and allow for other community members to utilize that time.**

**DOCTOR**

Our Doctor, has been serving our communities for over a year now. If you would like to meet our Doctor or schedule an appointment to utilize her services you could do so by booking an appointment with our Medical Office Assistant (Cory Baker). Here are some of the services that she helps our communities with:

- Order and review health tests (life labs)
- Prescribe medications
- Perform medical procedures
- Address needs relating to physical and mental health
- Gathering medical history
- Teaching persons how to manage chronic illnesses
- Improve access to primary health care
- Provide high quality management of chronic illness such as diabetes, high blood pressure

Please schedule your appointment with Cory at 250-246-2127.

**COMMUNITY HEALTH NURSE**

Shelley is our Community Health Nurse, she works Monday to Friday and assists with various medical needs of our community members. Some of the supports includes:

- Home visits
- Foot Care
- Checking vitals
- Medication review and support
- Hospital visits
- Medical referrals
- Finding additional supports such as patient travel, patient transportation
- Immunizations and much more.

All preschool children are required to be immunized before the school year starts. If you child needs to be immunized or you need to double check your child’s immunization history please book an appointment with our Health nurse Shelley.

For more information please call Shelley at 250-246-2127
GOOD FOOD BOX

This program is a FREE service to help support Lyackson and Halalt Elders (ages 60+), community members with chronic conditions, prenatal members and postnatal members. The value of the good food boxes are an average of $25 each box. The boxes contain fruits, vegetables and some pantry items that are all healthy and nutritional. As a part of the program, it is a requirement for participants to have ongoing medical attention (vitals) by the nurse or medical team through visiting at the clinic or requesting home visits. Elders Meals on Wheels does not count as program participation or a home visit.

If you are interested in receiving a Good Food Box and qualify under the criteria listed above then please call front desk for further processes at 250-246-2127.

PATIENT TRANSPORTATION

If you need support attending medical appointments locally due to no transportation or have limited mobility then we have the supports you need. Advance notice is a requirement, please call at least 24 hours in advance which allows our Huli’tun staff to make arrangements with drivers to accommodate the request with their scheduling. If you do not have mobility challenges but have no transportation please call the office for bus passes for the day.

When scheduling transportation with front desk please have your appointment information ready (Date of appointment, time of appointment and address) at 250-246-2127

PATIENT TRAVEL

This program is a reimbursement program and it supports our members when they have specialist appointments and are required to travel to Victoria or Nanaimo with fuel based on mileage, and possible a meal and parking fee.

To apply you will need to pick up the Patient Travel Form prior to your specialist appointment. During your appointment you will need for your specialist clinic (doctor or receptionist) to sign confirming the appointment and you will be reimbursed.

For more information please call our front desk at 250-246-2127

MEDICAL COVERAGE SUPPORT

If you are a Lyackson or Halalt members that need added support for medical financial coverage please contact Gwen or Christine at 250-246-2127.

EMERGENCY MEDICAL PATIENT TRANSPORTATION

This program supports our Lyackson and Halalt community members when faced with Medical travel emergency to Vancouver. travel situations. If your appointment requires you to stay at the hospital HHS will cover not only the mileage but food budget, hotel and ferry cost. Please use the contact information below:

During business hours call the office at 250-246-2127

After hours contact Gwen Thomas: e-mail Gwen.Thomas@hulhetun.ca or call 250-510-2794

Or

Thomas Hleck: email Thomas.Hleck@hulhetun.ca or call 250-732-3154
### MEDICAL CHANGES

#### SHELLEY’S RESIGNATION- COMMUNITY HEALTH NURSE CHANGES
Please be advised that our Community Health Nurse, Shelley Clements has provided Huli’tun Health Society with a resignation letter and her final day will be October 25, 2019. Shelly has been an amazing member of the team and we would like to thank her for all of her service and commitment to our communities. Shelley will be very missed by everyone.

We are hoping to recruit someone new in the position prior to Shelley’s last day and have circulated a job posting already. The hope is that services will not be interrupted for community and that this should be seamless for members.

We are asking community members to address all calls, questions or concerns to the Reception Desk for the time being, until we have someone in place.

#### HEALTH CARE AIDE CHANGES
Please be advised that the Health Care Aide position is vacant and we apologize for any inconvenience and interruption to these services that you may be experiencing. Huli’tun Health Society is working diligently to recruit for this position, and will keep Community up to date on any changes.

This will impact our ability to transport higher medical need clients and will limit our services temporarily until we can find a replacement. Please contact us should you have any concerns or questions and we thank you for your patience.

### FOOT CARE

Foot care is available for community members living with chronic conditions and is recommended that all people who live with diabetes get regular foot care to avoid potential problems that can happen.

**Please call our front desk to make an appointment between the**

**October 8-24, 2019 at 250-246-2127**

### AQUAFIT

Aqua Fit has started up in September, if you would like to participate in a moderate fitness group and or would like transportation please contact Gwen for the dates and details at 250-246-2127.

### ISLAND ELDERS LUNCH HIGHLIGHTS

For the Month of September the Island Elders Lunch was hosted in Campbell River, we will include highlights in next months newsletter by Gwen.

**If you are interested in further details for the October 30, 2019 Island Elders lunch please call for Gwen at 250-246-2127**

### ANNUAL ELDERS TRIP

On October 9, 2019 Gwen will be hosting an Elders Lunch to plan and to discuss next year’s elders trip and to sign up and help with the fundraising. There will be a Loonie Toonie will be October 18, 2019 lunch and dinner for sale. Please come with your ideas and if you have questions please regarding this please call Gwen at 250-246-2127
The glycemic index (GI) is a scale from 1-100 that ranks carbohydrate-rich foods by how much they raise blood glucose levels. Some carbohydrate foods are digested quickly, and others more slowly.

People at risk of developing diabetes or with diabetes may find that choosing lower GI foods may be helpful. Here are some benefits of eating foods that are lower on the GI scale:
- They raise blood glucose slowly, which can improve your blood glucose levels after a meal.
- They are often higher in fiber. High fiber foods help you feel full and are important if you’re trying to lose or maintain your weight.
- They may improve blood cholesterol levels, which is important for preventing heart disease.

Research has shown that eating mostly high GI foods increases the risk of type 2 diabetes. To help prevent diabetes, try to make a point of choosing lower GI foods more often. To learn more about the Glycemic Index and how to use it then please join our Diabetes Support Group.

**This Group is for anyone living with diabetes or if you have a family member that is living with diabetes and would like more support and information.**

**Date:** Tuesday October 8, 2019  
**Time:** 5:00pm-8:00pm  
**Location:** Huli’tun office-Board Room  
**Transportation is included, please call Christine or Gwen for transportation or for further information**

---

**S’ULHWEEN (ELDER) EMPOWERED**

**ELDERS PLEASE COME AND JOIN US (every Wednesday 12:00-2:00)**

**How being social affects your health**

Whether it’s spending time enjoying a favorite activity or gabbing over coffee with a friend, regular socialization is integral to a healthy lifestyle. In fact, there’s research that shows that socializing is the secret to successful aging, according to CBC News. A report by Statistics Canada revealed that the more frequently a person participates in social activities, the higher the chance that they have a positive sense of self-perceived health, and the lower the chance that they feel dissatisfied with their life or isolated from others. In addition, socialization may be related to reduced stress and a stronger immune system, contributing to overall health and wellness.

**Octobers activities include:**  
In House Lunch and Cultural Funeral Planning with HW Wallace on October 9th 12 to 2pm HHS Office  
Pumpkin Carving on October 23rd from 12pm to 2 pm HHS Office

---

September Highlights include: In House Elders Lunch and hair cuts provided by Lisa Seward.
ADHD is a medical condition because the individual has differences in brain development and brain activity that affect attention, the ability to sit still, and self-control. ADHD can affect a child at school, at home, and in friendships.

I am going to share a little bit about mine and my sons experience with ADHD in attempt to remove some stigma and fears and raise awareness around diagnosis, designation, and medication and discuss the positive outcomes that have happened because of early detection and intervention.

In 2017 while my son was attending Waldorf School in Grade 1 we were receiving phone calls from the school regarding his behavior. His ability to be still, concentrate, focus, complete his work and stay on task was becoming increasingly challenging, he was also becoming very disruptive for the other students.

I dreaded these phone calls and I saw a change in my son, his esteem was being impacted, he didn’t care for school and I wasn’t sure how to support him. I knew my son was different, I love the way he is! Curious, full of energy, intelligent, creative, athletic, kind and happy. He is also impulsive, has trouble with self-regulation, and listening, and sometimes doesn’t get along with friends. I know now that these are the symptoms of ADHD, but back then I didn’t have that information and I wasn’t ready to receive it either!

The school suggested I have a Developmental Psychological Assessment done... What the heck is that?!!? I went to my doctor to get more information, he told me that these tests can take years to wait for and can cost up to $5000.00. Waldorf is a private school and couldn’t support the process so I had to go through my Doctor and get on the long waiting list. I was tired of my son not getting what he needed, I was tired of phone calls and I was concerned about my son... we left the Waldorf School and he stated to attend public school. I reached out to FNHA Jordan’s Principal Program for answers and to see if they could help. To my surprise there was money there and they could move the process along quickly for me. Before I knew it we were off to Maple Ridge Asante Center to have this test done. It took all day, my son was exhausted, I was emotional but I felt good knowing we were going to get some answers, I was also scared because thinking that there may be something “wrong” with my son was terrifying!

A month later we went back to the center to go over the results, my son scored well on all the tests, good reader, writer, speller, has great math skills and has a promising school career ahead of him... I felt relieved. She also told me she expects great things from him but we still need to set up support for him because he shows all the signs and symptoms of ADHD.

We left the center with a “diagnosis” and “designation” to give to the school so we could develop an Individual Education Plan (IEP). He received more support in the classroom, goes to separate groups to focus on his specific needs, and has goals that the school and we as parents are responsible for supporting him through. Jordan’s Principal also funded 15 sessions of Occupational Therapy to support him with his development.

The decision to look at medication was not an easy one for us, we worked closely with a Pediatrician in Duncan to get all the information we needed and decided to go on a “Medication Trial” to see if it could help him with school. I watched my son like a hawk, looking for any negative effects, changes in mood and energy levels. We saw an improvement in his behavior at school, he was getting his work done, and he was doing it well! His teacher watched as he became the most improved student in her Grade 2 class, all the things we love about him were still there and his esteem and confidence at school was inspiring!

Through early detection, diagnosis, medication and support, he is now in Grade 3, loving school, getting what he needs and making us all proud at his growth and love of learning. If you have a child and you feel as though there may be something beautifully different about them then I hope you can put your fears aside and look deeper, I hope my story can give you hope. If you have questions about Jordan’s Principal, Developmental Assessments or ADHD in general then please reach out to me. We as parents need to advocate for our children, be strong for them and seek answers when needed, it’s not always easy but it’s always worth it!

Thank you for reading
Christine Thomas
Community Health Representative.
FOOD SKILLS

Food Skills for Families started on September 24th and meets weekly on Tuesdays from 1pm-4:30pm. Participants in this program are learning healthy new recipes with reduced fat, sugar and salts, increasing fiber intake, new Canadian Food guide, reading food labels, and the importance of a healthy diet has for overall health. A new sense of confidence, some new skills and more food knowledge will be a result of completing this program.

WALKING GROUP

Physical activity does not need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination
- The faster, farther and more frequently you walk, the greater the benefits.

Please join us at the Health Unit at 10am and head to the Duncan Track, we return to the office by 12pm for Food for the Soul. Every time you join us for a walk your name will be entered into our monthly $25 Sport Check Gift Card each time you participate.

Some of our members are walking to train for marathons that they have registered in, way to set a great example and keep exercise fun while reaching and accomplishing a goal!

**Date:** Every Monday and Thursday  
**Time:** 10:00am-12:00pm  
**Location:** Meet at the Duncan sportsplex or meet at the office by 10:00am for transportation

For further information please contact our office at 250-246-2127

WOMAN’S DINNER

A huge thank you to all the Woman who were able to attend the September Dinner hosted here at HHS. All the ideas, questions, concerns and excitement that was brought to the table was inspiring, it was a pleasure to listen and document all that was shared that night. Crafting ideas such as beading, weaving, carving, and cooking were brought forward, trips for self-care, education, gathering with other nations, and woman’s organizations, supporting and hosting community events, and working with the Men’s Group and Youth Groups were also discussed. If any of this sounds of interest to you and you would like to know more then please contact Christine at 250-246-2127 and look for an announcement about when the Woman’s Group will be meeting.

WOMAN’S GROUP

As women, we have super powers. We are sisters. We are healers. We are mothers. We are goddess warriors. It is with great excitement that I announce the first meeting of the Women’s Group on Thursday October 3rd at 5:30pm until 7:30pm. We will be joining the Men’s Group to share a meal, discuss cedar, teachings and working together on the cedar program.

Women’s Group will then continue to meet on Tuesdays from 5pm until 7pm where we will work on getting to know each other and developing as a strong, supportive, community group that is focused on sharing, being creative and self-care.

If you would like more information please call Christine at 250-246-2127
Screening means checking for a disease in a group of people who don’t show any symptoms of the disease. Screening tests help find breast cancer before any symptoms develop. When breast cancer is found and treated early, the chances of successful treatment are better. Follow breast screening guidelines even when you feel well and healthy.

Provincial and territorial screening programs use screening mammography. A mammography is a low-dose x-ray of the breast. It is the most reliable way to find breast cancer early in women.

Women should be aware of the benefits and limitations of screening mammography based on their age and risk factors to help decide if it is right for them. Talk with your doctor to help make your decision.

**If you are 40 to 49 years old**, talk to your doctor about your risk for breast cancer, along with the benefits and limitations of having a mammogram. **If you are 50 to 74 years old**, have a mammogram every 2 years. **If you are 75 or older**, talk to your doctor about whether having a mammogram is right for you.

Breast cancer may not cause any signs or symptoms in its early stages. Signs and symptoms often appear when the tumor grows large enough to be felt as a lump in the breast or when the cancer spreads to surrounding tissues and organs. Other health conditions can cause the same symptoms as breast cancer. The most common symptom of ductal carcinoma is a firm or hard lump that feels very different from the rest of the breast. It may feel like it is attached to the skin or the surrounding breast tissue. The lump doesn’t get smaller or come and go with your period. It may be tender, but it’s usually not painful. (Pain is more often a symptom of a non-cancerous condition).

Lobular carcinoma often does not form a lump. It feels more like the tissue in the breast is getting thicker or harder.

Other symptoms of ductal and lobular breast cancer include:
Late signs and symptoms occur as the cancer grows larger or spreads to other parts of the body, including other organs.
Late symptoms of breast cancer include:

- bone pain
- weight loss
- nausea
- loss of appetite
- jaundice
- shortness of breath
- cough
- headache
- double vision
- muscle weakness
- double vision
- muscle weakness

If you have more questions about breast cancer diagnosis, screening, prevention, treatment or if you need support for a loved one or yourself please book an appointment with our Nurse Shelley, Nurse Practitioner Val or with Dr. Howse by calling the office at 250-246-2127 or make an appointment with your doctor.

If you are faced with this reality we have medical staff that could support you as well as counsellors who can you support. If you need any assistance please call our Community Health representatives Christine or Gwen at 250-246-2127.
On October 17 at 10:17 a.m., millions of people worldwide will practice how to “Drop, Cover and Hold On” during Great ShakeOut Earthquake Drills.

Participating is a great way for your family or organization to be prepared to survive and recover quickly from big earthquakes – wherever you live, work, or travel.

Drop, Cover and Hold On! means:

**DROP** to the floor (before the earthquake drops you)

**TAKE COVER** under a desk or sturdy piece of furniture and protect your head, and

**HOLD ON** to the piece of furniture until the shaking stops.

Drop, Cover and Hold On! is the most appropriate action to reduce injury and death during an earthquake. It’s a way to help protect yourself from falling debris during an earthquake.

**What to do during an earthquake, if you're...**

... not near a table or desk?

Cover your face and head with your arms and crouch in an inside corner of a building. Do not try and run to another room just to get under a table or stand in a doorway.

... in a wheelchair or electric scooter?

Lock the wheels or turn off the power, lean forward and cover your head and neck with your arms. Hold this position for 60 seconds after the shaking has stopped.

... outdoors?

Stay outdoors. Move into the open away from buildings, street lights and overhead utility wires. Drop and cover your head and neck with your arms until the shaking stops.

... driving?

Pull over to the side of the road when safe to do so, avoiding overpasses, bridges, trees, and power lines. Turn off your vehicle and cover your head and neck with your arms and hold. Do not exit your vehicle until 60 seconds after the shaking has stopped.
It is so wonderful to see all 22 of the children back at the bus stop in the morning, enjoying their smoothies and fruits. There has been a bit of a switch around with the bus as there are so many kids this year, they have started another bus for our route.

FOOD FOR THE SOUL

Is going well with community and staff enjoying a warm lunch and conversations amongst all, the walking group joins the rest of the Food for the Soul participants after their 1.5-2 hour walk. It is great to see all the smiles, hear the stories and connect with community members over a warm meal.

ELDERS LUNCH– MEALS ON WHEELS

Cooking for the elders is a pleasure, especially to deliver to the elders that could not make it to the office. There are a few elders that join in on the lunch at the office. There are always interesting stories or information shared with all and a joy to see all the happy faces.

I am always researching new menu ideas and would love to hear any suggestions on how I might implement something new to try

Bernie— Sous Cook

Notes:

BREAKFAST 2 GO
If you would like for you child to take part in the Breakfast 2 Go program please pick up a registration form at the office. With the breakfast 2 Go program the teachers have identified an improvement in their engagement, alertness, emotions and focus. The Breakfast 2 Go program has a delivery by our cook every morning minus the days that the children have Pro D Day’s or when our office is closed for inclement weather, statutory holidays and Christmas Closure. Bernie uses a reflector vest and often reminds the oncoming traffic to slow down.

FOOD FOR THE SOUL
This program is intended to engage our communities to access services in the facility while having a 15 minute health topic session. The health topics are typically in relation to the monthly health promotions or it could be focused on some up and coming health related topics pertinent to the community. Lyackson and Halalt members eat for free and non members pay a total of $3.00 Food for the Soul Day they attend. The funds received goes directly to the Manager of Finance and goes back into the Membership Budget for foods.

ELDERS LUNCH– MEALS ON WHEELS
This program is specifically for our elders (60+years). If you are interested and would like to attend please call our office at 250-246-2127.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>All Staff Meeting 9-12</td>
<td>Food Skills 1pm-4:30pm</td>
<td>Nurse Practitioner 9am-10am</td>
<td>Men’s Group 5:30-6pm</td>
<td>Men’s Group 5:30-6pm</td>
</tr>
<tr>
<td>Children of the Nation 4-6pm</td>
<td>Youth of our Nations 4pm-6pm</td>
<td>Child &amp; Youth (Meet &amp; Greet) 10am-3pm</td>
<td>Youth of our Nations 4pm-6pm</td>
<td>Youth of our Nations 4pm-6pm</td>
</tr>
<tr>
<td>Aquafit 5:45pm (start)</td>
<td>Diabetes Support Group 5-8pm</td>
<td>Sewing 4:30pm-6:00pm</td>
<td>Women’s Group 5:30-7:30pm</td>
<td>Women’s Group 5:30-7:30pm</td>
</tr>
<tr>
<td></td>
<td>Women’s Group 5:00-7:00pm</td>
<td>Children of our Nations 4pm-6pm</td>
<td>Meals on Wheels 12pm-1pm</td>
<td>Pharmacist 9-4pm</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>Stat Holiday</td>
<td>Food Skills 1pm-4:30pm</td>
<td>Nurse Practitioner 9am-4pm</td>
<td>Good Food Box Delivery</td>
<td>Men’s Group 5:30-9pm</td>
</tr>
<tr>
<td>Thanksgiving</td>
<td>Youth of our Nations 4pm-6pm</td>
<td>Sewing 4:30pm-6:00pm</td>
<td>Men’s Group 5:30-9pm</td>
<td>Youth of our Nations 4pm-6pm</td>
</tr>
<tr>
<td></td>
<td>Women’s Group 5:00-7:00pm</td>
<td>Children of our Nations 4pm-6pm</td>
<td>Meals on Wheels 12pm-1pm</td>
<td>Pharmacist 9-4pm</td>
</tr>
<tr>
<td></td>
<td>Accreditation Survey</td>
<td>Meals on Wheels 12pm-1pm</td>
<td>Men’s Group 5:30-9pm</td>
<td>Youth of our Nations 4pm-6pm</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Dental— 9am-4pm</td>
<td>Dr Howe 9am-4pm</td>
<td>Sewing 4:30pm-6:00pm</td>
<td>Men’s Group 5:30-9pm</td>
<td>Men’s Group 5:30-9pm</td>
</tr>
<tr>
<td>Food for the Soul 12-1pm</td>
<td>Food Skills 1pm-4:30pm</td>
<td>Children of our Nations 4pm-6pm</td>
<td>Youth of our Nations 4pm-6pm</td>
<td>Youth of our Nations 4pm-6pm</td>
</tr>
<tr>
<td>Aquafit 5:45pm (start)</td>
<td>Youth of our Nations 4pm-6pm</td>
<td>Meals on Wheels 12pm-1pm</td>
<td>Accreditation Survey</td>
<td>Accreditation Survey</td>
</tr>
<tr>
<td>Accreditation Survey</td>
<td>Women’s Group 5:00-7:00pm</td>
<td>Island Elders Lunch (call for info)</td>
<td>COHI 3-2pm</td>
<td></td>
</tr>
</tbody>
</table>
CHILD AND YOUTH COUNSELLING WITH KELLY

Counselling can be helpful for children in many ways. Through a holistic approach that often includes play and art, children can feel comfortable, calm, and supported. Counselling can help with a variety of issues such as loss, anxiety, trauma, and challenges at school. Building resilience, self-esteem, exploring strengths, culture, and learning practical skills for example, are just some ways children can benefit.

Counselling can be conducted one on one with a child, in a group, or can include the family. Sessions can take place at HHS, in a school, or in a home setting and will depend on what is preferred by the child and their family.

IMPORTANT ANNOUNCEMENT

Please be advised that the Child & Youth Counselor’s hours have been reduced, effective immediately, until January 2020 at which time the position’s hours and services will be reviewed.

Kelly is available on Tuesdays and Fridays from 8:30 am – 4:30 pm.
Please Call front desk if you need to arrange an appointment

NEW COUNSELLING SUPPORT

Please join us for snacks in our community room on Amy’s first day.
Wednesday October 2nd 10am – 3pm

We are excited to have Amy at H’ulh-etun Health Society on Wednesdays to offer drop in counselling and scheduled appointments.

Amy Heald is a registered clinical counsellor who has supported Coast Salish community members for 11 years. She has a wealth of experience working with adults, children, and youth. She recently joined Kw’mut Lelum 4 Seasons Wellness; a program that provides “mental health wellness and supports that is consistent with western treatment standards and Coast Salish Snuw’uy’ulh”.

Please call to book an appointment to meet Amy at : 250.246.2127

MEN’S GROUP

Every Thursday 5:30-8pm

The Men’s Group is a program that focuses on the wellness of men by doing various craft such as carving, beading, cedar weaving and drawing. Each week the men pick and decide what they would like to cook or what they would like to learn to cook. A meal is prepared at each Men’s Group session and the knowledge is internally transferred amongst the men that partake in the group.

If you have any questions please contact Willie at 250-246-2127
Children and Youth of Our Nations provide a comfortable, friendly, and inviting place afterschool. Engage children with mentorship, cultural, creative, and educational activities and opportunities. Both programs promote healthy relationships, connections, and social interactions. The program is to also provide community leadership and elder engagement.

The facilitators provide a fun excursion out of the community for those who attend regularly and much more. Moving forward the facilitators will be asking all the participants what they would like added to the program.

Facilitated by: Thomas George and Joe Norris

**Children ages 6-12 yrs Monday and Wednesdays 4-6pm**

**Youth ages 10-19 yrs Tuesdays and Thursdays 4-6pm**

*Program Runs throughout the school year*

*Transportation provided if needed*

Please contact Thomas George or Joe Norris for any questions at the main office 250.246.2127

COMING SOON IN OCTOBER: RAINBOWS

The Rainbows program is committed to helping children grieve and grow after loss.

**Dates to be announced soon. Facilitators: Thomas George, Joe Norris, and Kelly Josling**

Loss and grief is a process experienced by children for many reasons such as: loss of a loved one through death, a change in relationship, family separation or divorce, the loss of a home, belongings, a pet, or community connection. Children can benefit from support to find ways to safely express feelings after loss such as fear, sadness, guilt, and anger. Children can learn they are not alone. Snacks and beverages will be enjoyed after the group session!
GIRL empowerment
STARTING OCTOBER 3rd

THURSDAY EVENINGS
4pm - 6pm

GIRL GROUP
AGE 9-12
Fun activities, food, refreshments
Build confidence and friendships

CONTACT
Wanda Good
250-591-0933
wgood@kwumut.org

Open to girls from Halalt,
Lyackson and Penelakut (Tsussie Rd)
8017 Chemainus Road (Old Halalt Band Office)

Kw’umut Lelum
kwumut.org

Girl Empowerment Registration

Child/youth Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Date of Birth</th>
<th>Gender</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Parent/Guardian Name

Parent/Guardian Phone: Email:

Emergency Contact: Phone: Email:

How is the child/youth getting home? (Circle one)

Medical Information

- Parent/Guardian
- Walking alone
- Other:

Does the child/youth have any severe allergies or medical alerts we need to be aware of?

- Eggs
- Cats
- Dogs
- Milk/Dairy
- Wheat/Gluten
- Pollen
- Peanut butter
- Soy
- Bees
- Shellfish
- Nuts
- Other: __________

Does the child/youth have any special needs/disabilities (e.g., behavioral) we need to be aware of?

Waiver

I, the lawful parent and/or guardian of the above child, hereby consent to the participation by the child in all activities conducted by Kw'umut Lelum. I hereby further authorize emergency transportation by Kw'umut Lelum personnel if necessary by ambulance or other emergency vehicle.

Parent/Guardian Signature: Date:

Use of Photography

I consent to the use of photo images by Kw'umut Lelum for the purpose of developing promotional materials which may include brochures, audio-visual productions, print and electronic documents or productions.

Yes, I understand that I am giving consent to use and disclose my child's personal image for promotional and/or informational purposes.

No, I do not consent to use and disclose my child's personal image for promotional and/or informational purposes.

Parent/Guardian Signature: Date:
EMPLOYMENT OPPORTUNITY
Community Health Nurse (CHN)

H’ulh-etun Health Society (HHS) has a job opening for a Community Health Nurse. This is a permanent position at 35 hours per week, with the intention for starting on Monday, October 21, 2019. Excellent benefits package and many staff perks.

Summary of Responsibilities:
The Community Health Nurse (CHN) is a leader and team player in the delivery of community health services. The CHN will work members of the HHS Medical Team with a range of professions, which may include a Health Care Aid (HCA), a Physician, a Nurse Practitioner, Community Health Reps, Mental Health Team and possibly other Community support staff. This position completes the functions of both Community Health Care and Home Care. The CHN reports directly to the Health Director.

The CHN also helps to develop the schedule and care plan for the Health Care Aides to deliver, as well as facilitates monthly focused health promotions and community luncheon information sessions.

Qualifications:
- Bachelor of Science in Nursing and current practicing registration with the College of Registered Nurses of British Columbia;
- Immunization certification through BCCDC;
- Experience:
  - working in First Nations communities is given special consideration;
  - weaving traditional and modern health practices into medical care plans;
- Minimum of three years’ experience as a community health nurse, including home care visits is preferred, however new graduates are welcome to apply as well;
- Ability to provide culturally appropriate nursing care, and client education with focus on health promotion and disease prevention;
- Operational knowledge of the programs and services of First Nations Health Authority, Federal and Provincial Health programs and services (FNIH & VIHA), Indian & Northern Affairs programs, Ministry of Children and Families (MCFD & KL);
- Ability to take initiative, work independently and with limited supervision;
- Clear criminal record check;
- Valid BC Driver’s License Class 5 (to support travel within the organization’s geographic area);
- Experience with Accreditation Canada is an asset;
- Foot Care Basic and Advanced training is an asset;
- Salary for this position is: $37.93.

Please quote “Community Health Nurse” when submitting your cover letter, detailed resume and 3 references to:
Michel Woolner, Human Resources Manager
H'ulh-etun Health Society
8019 Chemainus Road, Chemainus, BC V0R 1K0
Fax: 1 (250) 246-9537

Deadline: Friday, October 4, 2019, 4:30 pm.

Pursuant to section 41 of the Human Resource Rights Code, preference may be given to applicants of Aboriginal ancestry. We thank all applicants in advance only those short-listed will be contacted.
Employment Opportunity
Temporary part-time Health Care Aide

Half'tun Health Society has an immediate opportunity for a temporary Health Care Aide for the communities that we currently serve. Hours of work are 8:30am - 4:30pm which can range from 21 hours per week to 35 hours per week. This is a temporary assignment for approximately 8 months, or earlier depending upon the possible early return of the incumbent.

RESPONSIBILITIES:
Based on the established care plan and as directed by the Health Care Aid provides or assists client with personal care as follows:

INDIVIDUALIZED HOME CARE:
• to Elders, disabled persons, palliative clients and others with identified needs
• Includes light housekeeping (bed making, cleaning, meal preparation), and personal hygiene
• Assist with transportation to appointments and activities when possible
• Assist with exercises, physiotherapy and other medical plans
• Monitor blood pressure, vital signs, blood glucose and other physical conditions as required
• Respite care as scheduled

COORDINATE CASE MANAGEMENT:
• Identify persons requiring Home Care and client needs and refer
• Coordinate appropriate care and equipment including other community resources as required
• Complete mandatory documentation on client charts in an accurate and timely manner

COORDINATE COMMUNITY RESOURCES AND SUPPORTS:
• Liaise with all family, medical and other resources as required
• Advocate on behalf of clients for additional service and resources
• Educate clients, families and other support systems about the Home Care program

WORKING CONDITIONS:
• Required to safely lift and move clients
• May be required to bathe and/or clean clients
• Often work in the client’s home and the health unit
• May deal with patients with infectious conditions and take appropriate precautions to reduce transmission to self/others
• May be required to drive in winter conditions and make visits during periods of cold/warm temperatures
• May be exposed to sights and sounds associated with clients who are ill and injured
• May be exposed to unpleasant odors in clients home
• Must use hearing and visual sensors to assess health care needs of clients

ADMINISTRATIVE:
• Maintains strict client confidentiality and ensures that files and records are stored in a secured location and fashion
• Participates as a member of groups, committees and teams for a variety of events, as appropriate
• Attends staff meetings as required
• Perform and complete all other relevant duties as required

QUALIFICATIONS:
• Minimum Grade 12
• Must have Home Support Worker / Personal Care Aide Certification (or comparable certification).
• Current First Aid Standard with CPR Certification
• Current WHMIS Certification
• Food Safe Level I
• Must be competent with Microsoft Office suite programs including but not limited to Excel
• Must possess excellent communications skills and phone etiquette
• Knowledge of culture and traditions of the Coast Salish Member First Nations
• Positive attitude, self-starter, team player and solutions orientated
• Ability to work independently, with little supervision and as part of a team
• Excellent organizational and planning skills
• Clear Criminal Record Check.
• Valid BC Drivers’ License an asset

Please quote temporary Health Care Aid position when submitting your cover letter, resume and three references to:
Michel Woolner, Strategic & Human Resources Director
Half’tun Health Society
8019 Chemainus Road, Chemainus
EMAIL: michel.woolner@hulhetun.ca or FAX to 250-246-9337

This posting will close at 4:30 pm on Wednesday, October 9, 2019

Pursuant to section 41 of the Human Resource Rights Code, preference may be given to applicants of Aboriginal ancestry. We thank all applicants in advance only those short-listed will be contacted.
Employment Opportunity
On-Call Child and Youth Recreation Worker

Hul’tun Health Society has an immediate opportunity for an On-Call Child and Youth Rec Worker for the communities that we currently service. Hours of work are Monday to Friday varying schedules to meet the program needs, most afternoon/evenings coverage in back-up capacity.

The Youth Recreation Worker will provide a wide variety of child and youth programs for Halalt and Lyackson Nations. They will assist in designing and leading a wide variety of recreation, sports, educational (tutoring), arts and crafts, music, dance and cultural activities for children and youth that will promote their physical, mental, emotional, cultural/spiritual well-being.

RESPONSIBILITIES:
- Provide instruction in recreation activities such as paddling or hiking and other activities for youth. Explains the rules of the activities and instructs participants at a variety of skill levels
- Organize and set up the equipment that is used in recreational activities, Enforce safety rules to prevent injury, Administer basic first aid according to prescribed procedures, and notify emergency medical personnel when necessary
- Ensure that recreation facilities and equipment are used and maintained properly, Enforce rules and regulations of recreational facilities in order to maintain discipline and ensure safety, Evaluate equipment and facilities
- Refer children and youth to the Mental Health Counsellor (Team Lead) and / or Child & Youth Counsellor and/or other mental health and wellness staff or other external agencies for those who require extra supports
- Work closely and cooperatively with the Mental Health Team
- Assists in delivering substance abuse and mental health interventions (i.e., suicide prevention and awareness) in consultation with the Mental Health Counsellor (Team Lead) and / or Child & Youth Counsellor and the Mental Health Team Leader
- Assists in identifying, organizing and mobilizing resources for children and youth programs/activities/initiatives
- Assist in taking attendance and submit it to the Mental Health Team Leader on a weekly basis
- Organize regular activities and tasks for the Child and Youth Recreation Worker, as outlined in the Youth Recreation Worker job description
- Complete program planning and organize field trips/outings, including transportation
- Enter data from sign-in sheets for programs for tracking participants and statistical reporting
- Shop for craft supplies and snacks for programs and events
- Create permissions slips and other forms
- Plan, organize, lead and promote interest in recreation and sports activities for children and youth
- Maintains strict client confidentiality and ensures that files and records are stored in a secured location and fashion
- Recommends improved policy and process changes to the Mental Health Counsellor (Team Lead)
- Participates as a member of groups, committees and teams for a variety of events, as appropriate
- Allows in writing proposals and accessing external funding to operate recreation programs for youth
- Attends staff meetings as required
- Perform and complete all other relevant duties as required

QUALIFICATIONS:
Experience in a variety of port activities, soccer, lacrosse, basketball, volleyball, rugby, swimming, hiking, canoe pulling, traditional sports and games, etc
- Food Safe Level I
- Valid Food Safe Certification
- Valid First Aid Standard CPR Certification
- Must be competent with Microsoft Office suite programs including but not limited to Excel
- Must possess excellent communications skills and phone etiquette
- Knowledge of culture and traditions of the Coast Salish Member First Nations
- Positive attitude, self-starter, team player and solutions orientated
- Ability to work independently, with little supervision and as part of a team
- Excellent organizational and planning skills
- Clear Criminal Record Check.
- Valid BC Drivers’ License an asset

Please quote On-call Youth Recreation Worker position when submitting your cover letter, resume and three references to:
Michel Woolner, Strategic & Human Resources Director, Hul’tun Health Society
8019 Chemainus Road, Chemainus, EMAIL: michel.woolner@hulhetun.ca or FAX to 250-246-9537
Employment Opportunity
On-Call Health Unit Receptionist

Hul’tun Health Society has an immediate opportunity for an On-Call Receptionist for the Lyackson/Halalt Health Unit location. Hours of work are Monday to Friday 8:30am to 4:30pm or based on coverage need.

RESPONSIBILITIES:
- Attend front desk at Health Unit
- Greet people arriving at the office and direct them to the appropriate person or service
- Inform community members on accessing Federal and Provincial health services
- Answer and forward telephone calls, take messages, schedule appointments and perform other clerical duties and in-person requests and inquiries
- Book medical appointments for community members, using a manual system
- Help with the coordination of community health programs and workshops
- Community engagement (Flyers) when necessary
- Liaise with Hul’tun Health Society Administration to coordinate services and programs
- Deal with urgent, unexpected or emergency situations together with other Health Unit staff
- Attend staff meetings as required
- Performs other miscellaneous duties as required.

QUALIFICATIONS:
- High School Graduation or equivalent
- Medical Office Assistant Certification preferred and considered an asset
- Administrative Assistant Certificate preferred and considered an asset
- Must be competent with Microsoft Office suite programs including but not limited to Excel
- Must possess excellent communications skills and phone etiquette
- Knowledge of culture and traditions of the Coast Salish Member First Nations
- Positive attitude, self-starter, team player and solutions orientated
- Ability to follow HHS policies and procedures
- Ability to work independently, with little supervision and as part of a team
- Excellent organizational and planning skills
- Clear Criminal Record Check.
- Valid BC Drivers’ License an asset.

Please quote On-call Receptionist position when submitting your cover letter, resume and two references to:
Michel Woolner, Human Resources Manager
Hul’tun Health Society
8019 Chemainus Road, Chemainus

EMAIL: michel.woolner@hulhetun.ca or FAX to 250-246-9537

If you choose to drop your application at the Halalt Health Unit it is your responsibility to make sure it is delivered to our main office on time.
Employment Opportunity
On-Call Cook

Hali'tun Health Society has an immediate opportunity for On Call Cook for Halalt and Lyackson Members. Hours of work are Monday and Wednesday from 7am to 1pm; Tuesday, Thursday and Fridays from 7am to 11am or based on coverage need.

RESPONSIBILITIES:
• Working closely with the Nutritionist/Dietician and Cook Supervisor in establishing and implementing monthly healthy and nutritious menus for breakfasts, lunches, after school snacks for children/youth and community events;
• Serve children, youth, Elders and Community Members with appetizing and nutritious food in a variety meal programs and events;
• Meal preparation for breakfast, including hot food and cold food preparation;
• Complete the daily production schedule as assigned;
• Ensure that foods are maintained at proper food temperatures for storing and serving;
• Evaluate and verify nutritional value of meals served;
• Monitor all foods for quality of taste, texture and appearance and test new recipes;
• Plan menu and thaw food products accordingly;
• Order needed food/supplies and sign for all deliveries against delivery slips;
• Maintain kitchen sanitation and equipment cleaning schedule;
• Plan healthy and diabetic friendly menu based on the Canada Food Guide;
• Assist in the ordering, coordination and distribution of food from Health programs and services to community members (such programs as: i.e., Meals on Wheels and Breakfast 2 Go).

QUALIFICATIONS:
• Level 1 Professional Cooks Training (Level 2 would be an asset);
• Knowledge of principles, tools and techniques of food service management, including planning and purchasing;
• Knowledge of general principles of menu planning, modification of recipes, preparation of foods;
• Current Food Safe, Valid 1st Aid/CPR and (WHMIS Training asset);
• Ability to lift/unload food and supplies;
• Ability to operate kitchen equipment safely;
• Ability to work with children, youth and Elders of all abilities;
• Excellent communication skills, both verbally and written;
• Excellent problem solving and decision making skills;
• Positive attitude, self-starter, team player and solutions oriented;
• Ability to follow HHS policies and procedures;
• Excellent organizational and planning skills;
• Clear Criminal Record Check;
• Valid BC Driver’s License (Asset)

Please quote “On Call Cook position” when submitting your cover letter, resume and two references to:
Michel Woolner, Human Resources Manager
Hali’tun Health Society
8019 Chemainus Road, Chemainus BC, V0R 1K0
EMAIL: michel.woolner@halitun.ca or FAX to 250-246-9537

If you choose to drop your application at the Halalt Health Unit it is your responsibility to make sure it is delivered to our main office on time.

Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal ancestry
We thank all applicants in advance only those short-listed will be contacted.
Employment Opportunity
On-Call Custodian

Hul’tun Health Society has an immediate opportunity for an On-Call Custodian to provide coverage when the Permanent Custodians are unable to attend shifts. Hours of work are typically from 5:00am-10:00am but may vary to support program and Health Center needs.

FOCUSED AREAS OF RESPONSIBILITIES ARE, BUT NOT LIMITED TO:
Must be able to follow provided “10 Day Rotational Cleaning Schedule” which meets Health level of cleanliness.
Must be able to follow the custodian hand book for standard practices and to be willing to familiarize self to WHMIS book
Daily responsibilities are to ensure the floors, verticals, horizontals, fixtures/ furniture, high dusting, waste containers and hallways are clean to our health standards.
Clean and sanitize all common areas, including bathrooms, entrances and surrounding windows
Replenish all supplies (hand soap, paper towels, toilet paper, etc.)
Inventory control for equipment maintenance, supplies for equipment, etc.
Spot cleaning in all areas as required
Operate all necessary equipment associated with custodian duties

QUALIFICATIONS:
Accredited BSW Program Levels 1 (Mandatory), 2 & 3 (Preferred)
Current WHMIS Certification
Current Food Safe Level I (preferred or willing to obtain)
Current 1st Aid/CPR (preferred or willing to obtain)
Experience working in a First Nation’s organization or community
Excellent communication skills, both verbally and written
Excellent problem solving and decision making skills
Positive attitude, self-starter, team player and solutions orientated
Ability to follow HHS policies and procedures
Excellent organizational and planning skills
Clear Criminal Record Check

Please quote On Call Custodian position when submitting your cover letter, resume and two references to:
Michel Woolner, Human Resources Manager
Hul’tun Health Society
8019 Chemainus Road, Chemainus

EMAIL: michel.woolner@hulhetun.ca or FAX to 250-246-9537
If you choose to drop your application at the Halalt Health Unit it is your responsibility to make sure it is delivered to our main office on time.

Pursuant to section 41 of the Human Resource Rights Code, preference may be given to applicants of Aboriginal ancestry. We thank all applicants in advance only those short-listed will be contacted.
Huli’tun Health Society currently has On Call Positions available for applications. For further details please refer to our website by searching us on the internet at www.hulhetun.ca or come into our office to see our bulletin of Employment posts. If you are interested, please fill out the application form.

**Huli’tun Health Society Employment Application**

### Applicant Information

Date: __________________ Position you are Applying for: __________________

First Name: __________________ Last Name: __________________ Middle Initial: ______

Phone Number: __________________ Email: __________________

Do You have a Driver’s License?  **YES ( ) NO ( )**

*If Yes, which class?  
Class 7 ( )  
Class 4 ( )  
Class 5 ( )  
Other: ________________

### Education

High School: __________________

College: __________________

Other: __________________

### Previous Employment

<table>
<thead>
<tr>
<th>Company:</th>
<th>Supervisor:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>Email:</td>
</tr>
<tr>
<td>Job Title:</td>
<td></td>
</tr>
<tr>
<td>Responsibilities:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Company:</th>
<th>Supervisor:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>Email:</td>
</tr>
<tr>
<td>Job Title:</td>
<td></td>
</tr>
<tr>
<td>Responsibilities:</td>
<td></td>
</tr>
</tbody>
</table>
Huli’tun Health Society currently has On Call Positions available for applications. For further details please refer to our website by searching us on the internet at www.hulhetun.ca or come into our office to see our bulletin of Employment posts. If you are interested, please fill out the application form.

3 References Required

<table>
<thead>
<tr>
<th>Company Name:</th>
<th>Location:</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name:</td>
<td>Last Name:</td>
</tr>
<tr>
<td>Relationship:</td>
<td></td>
</tr>
<tr>
<td>Phone:</td>
<td>Email:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Company Name:</th>
<th>Location:</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name:</td>
<td>Last Name:</td>
</tr>
<tr>
<td>Relationship:</td>
<td></td>
</tr>
<tr>
<td>Phone:</td>
<td>Email:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Company Name:</th>
<th>Location:</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name:</td>
<td>Last Name:</td>
</tr>
<tr>
<td>Relationship:</td>
<td></td>
</tr>
<tr>
<td>Phone:</td>
<td>Email:</td>
</tr>
</tbody>
</table>

Other Comments

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Please quote “Employee Application” when submitting your application to:  
Email: Michel.Woolner@hulhetun.ca (Strategic and Human Resources Director)  Fax: 250-246-9590
If you choose to drop your application at the please ensure it is addressed to Michel Woolner.

How long would you like your application filed with Huli’tun?__________________
COMMUNICATIONS

Communication is important to all of us here at Huli’tun Health Society. Please help us keep connected with you by engaging one of the following methods, or make a recommendation if you have an alternative solution.

With our communication we would like to keep our community members we serve informed of our programs, services and events.

SOCIAL MEDIA FACEBOOK
Please like us on Facebook by entering Huli’tun Health Society in the search bar. By liking the page you will be informed of any updates, highlights and new advertisements.

WEBSITE
Search www.hulhetun.ca if you would like to know some of the following:
- Vision Mission and Values
- list of employees and contact information
- employment opportunities
- list of Board of Directors
- Board of Director minutes
- newsletters previous newsletters—new highlights

NEWSLETTERS
Huli’tun Health Society updates the community members by sending out newsletters monthly. If you would like newsletters you can get them by:

⇒ Social Media you can access the newsletter on our Facebook and the website. Newsletters are sent to Facebook and our website before the beginning of each month.
⇒ Email- if you would like an electronic copy sent you your email send a request to info@hulhetun.ca and you will be added to our confidential email distribution list.
⇒ Mail- if you would like the newsletter to be mailed out please call the office and provide your name and address or email info@hulhetun.ca
⇒ Pick up- if you happen to be near the office, there will be a few copies left at the front desk or the receptionist could print off a copy for you.

TELEPHONE
⇒ To contact any of the staff please call 250-246-2127 and our MOA/Receptionist will connect you and the staff.
⇒ To contact any of our Administration staff please call 250-246-9495.

Please know we are doing our best to keep our community members informed. We will also be looking into additional ways to stay connected to our communities.