

# MCLEOD LAKE HEALTH NEWSLETTER

October 2016

Welcome Lauren to the Health Team



EMDR (Eye Movement Desensitization and Reprocessing) Therapy

Available in McLeod Lake Once A Week with Therapist Lauren Aldred

**EMDR is a powerful method of psychotherapy and is practised world wide**

**To date, EMDR has helped an estimated three million people of all ages relieve many types of psychological distress.**

Lauren Aldred has worked in the human services field for over 25 years. Her previous work has included a women's centre trauma counsellor, poverty advocate, youth worker and a school teacher.

Since 2008, she has been the hospital chaplain at Prince George University Hospital. She also has a part-time private counselling practice. She holds a Master of Arts degree in Public and Postoral Leadership from the Vancouver School of Theology. Lauren is also a certified Life Skills Coach and Level 2 Critical Incident Debriefing

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*McLeod Lake Orange Shirt Day 2016*

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**COMING SOON!!!!**

**SARAH DUERR, PUBLIC HEALTH NURSE FROM MACKENZIE WILL BE IN THE HEALTH WING ON **OCTOBER 27<sup>TH</sup> 10:00 A.M.****

**IF YOU WOULD LIKE TO GET YOUR FLU SHOT, PLEASE VISIT TRACY BALDWIN OR CHARLENE DAHL (CHR) TO SIGN UP**

**THANK YOU!**

## Who'du Ih Koh Head Start and Daycare

Happy Fall Everyone,

Our Daycare program has been going through some changes since June of this year with the introduction of foster babies into our program as well as new staff with young children being hired our numbers have went from 4 children to 10 children at this time. We have started the process of re-opening our second side to accommodate the new children and will run two multi age programs as of October 12th with 5 children per staff member. We are excited to welcome Tiffany Chingee back to our daycare as our second ECE on the floor and we will continue to work with Georgina Chingee as our Elder, Language Teacher and Chef, and Kim Harmison also continues her work with the daycare children as MLIB's AIDP. I am hoping to have our preschool program started up again as of mid-October to help prepare our 5 preschool aged children for their journey into kindergarten. Georgina and I will also begin language and cultural lessons again with both the preschoolers and the infants at our center. We have been fortunate to apply for funding and receive some great items such as our mini longhouse and covered sandbox which are located outside of the band hall by the big park and community gardens our hope is that this becomes a gathering spot for our children and elders to enjoy sharing stories, culture and language. It has been a very busy few months and we are all looking forward to the upcoming weeks and falling into a fresh new routine with all of our little ones. Remember we have an open door policy so feel free to drop in and say hello.

Mussi Cho  
Jodi Sharp



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## Take Home Naloxone program saves lives



The BC Center for Disease Control has implemented an Overdose Prevention Project in response to the public health emergency of overdose deaths caused by Opioid drugs such as fentanyl. Fentanyl has now been found added into all forms of recreational drugs including; Crystal Meth, Crack, Cocaine, Ecstasy, Heroin, marijuana.

Highest risk is users of opioids, but any illicit substance may contain fentanyl. Fentanyl can be absorbed through the skin and only takes 0.02 grams to overdose. Naloxone can save a person's life who is overdosing, its DOES NOT get you high!

Free kits and training will be available to anyone at risk of an overdose including; users of illicit drugs and their family members or roommates, patients or family members prescribed high levels of opioid drugs from the doctor or at risk due to employment/volunteer. Please speak to Allison if you would like a Naloxone kit provided to you at no cost. Allison will be working in conjunction with Mackenzie Community Nurses to provide both kits and training.

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**TEAM BUILDING WORKSHOP  
WITH ZANDRA ROSS – Oct 13th**



*"Together everyone achieves more"*



**Hardeep Kandola**  
**Registered Physiotherapist**

Hardeep was born and raised in England and completed his Physiotherapy degree at King's College London. He moved to Canada in 2008 and met Anna. With Anna's northern influence, Hardeep embraced the Canadian outdoor recreation lifestyle. Most recently Hardeep has worked as a Physiotherapist in Fort McMurray, AB. In his spare time Hardeep enjoys hiking, skiing and climbing. With over 8 years of experience working as a Physiotherapist he has developed a strong skill set and enjoys helping people get back to their activities.

**Anna Kandola**  
**Registered Dietitian**  
**Practicing Kinesiologist (BCAK)**  
**Certified Personal Trainer (CSEP)**

Anna grew up in Mackenzie, BC, and participated in a range of sports and activities that would shape her professional career. She completed her Kinesiology degree at Simon Fraser University in Burnaby, BC and her Dietetics degree from Mount Saint Vincent University in Halifax, NS. In her spare time she enjoys hiking, running and travelling.

Anna is looking forward to using her expertise and passion in the fields of exercise and nutrition to help her clients maintain and improve their health status.