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Carrie Nash: committed to her community

BARBARA LATKOWSKI
Caledonia Courier

For Carrie Nash, it's a dream come true.

Since June she has been working as the new Director's Assistant at Nak'azdli Health Centre.

"I feel so fortunate to be in this role and I can't wait to dedicate my time and effort to my team and to the community," Nash said.

Along with Genevieve Martin, Nash provides wellness to staff and clients at the Health Centre in Fort St. James.

"My job entitles me to prepare meetings, events, employee attendance, time sheets and accreditations. I make sure that client and staff procedures are followed through," Nash said.

The objective of the Nak'azdli Health Centre is to assist the community in the local administration of justice and in a culturally relevant fashion.

The centre's vision statement is "to become stronger, self-governing Dakelh (Carrier) supporting culture and heritage through education, healthy lifestyles and economic progress.

Programs available at the centre include:

A Maternal Child Health Program (Syaz Yaz/My Darling Little One Program) that provides parental support to First Nation families with infants and young children who live on reserve. The Making the Connection Program is also available for parents and infants.

Syaz Yaz works to build and develop cultural strength in families by connecting parents and families with various community resources promoting healthy babies and families.

The 'Uloo Khoh Program (Mother Goose Program) is a weekly parent support program. Activities include singing songs, telling stories and cooking classes. The centre provides nutritional support education, healthy snacks and lunch to children and parents who attend.

The Uba Shas'an or Father's (Grizzly Bear) Den is a place where fathers

can be fathers. Uba Shas'an is a group designed to give new fathers and experienced fathers a place to come together, share, discuss and learn.

The Community Wellness Program is an individual client support program for referrals and assessments. Support and after-care services are also provided for those returning from treatment. The program focuses on the seven dimensions of wellness including: emotional, intellectual, social, environmental, physical, spiritual and occupational. Youth counselling services are also available.

Community Wellness also offers the National Native Alcohol and Drug Abuse Program (NNADAP). The NNADAP is a Health Canada Program aimed at high levels of alcohol, drug and solvent abuse. Community health and the sober lifestyle is the focus of the program focusing on the three key areas: prevention activities, intervention activities and after-care activities.

The Community Health Program focuses on the Community's Health. Immunizations and vaccinations are provided for the Nak'azdli Community according to the BC DC immunization schedule. Health promotion and prevention programs are also provided to Nak'al Bun Elementary School in the following areas: hand-washing promotion, personal health and wellness promotion, sexual education and tuberculosis screening.

The centre also continues to provide home care workers and homecare nurses.

For Nash, it's so meaningful and rewarding to be a part of this in helping promote and support various programs within her community.

"It's so intriguing. This is the type of job I always hoped for. It's inspiring and I work with a great team. I've always dreamt of a position like this."

It's been all about new beginnings for Nash lately who was born and raised in Fort St. James.

She and her husband of three years



Carrie Nash at Nak'azdli Health Centre, Fort St. James.

are also keeping busy as parents to their 6 month old daughter, Ariana.

Whether it's at home or work, Nash is all about commitment and dedicating her time to her community.

"I am so looking forward to dedicating my

time and effort at the health centre," Nash said.

"To be able to work for my community, for my fellow band members, this is so rewarding."

For a complete list of programs available at the Health Centre visit: <https://nakazdli.wordpress.com/departments/health/>



John Rustad, MLA Nechako Lakes

Box 421
183 First Street, Vanderhoof
Tel: 250-567-6820
Fax: 250-567-6822

Toll Free: 1-877-964-5650
Email: john.rustad.mla@leg.bc.ca
Website: www.johnrustadmla.bc.ca