

ʔAQʔAM Health & Wellness

April 2023

Kakkʔmi ʔat ʕinakit kakninmukuʔni

April, the month when cracks begin to form in the ground



ONE DAY AT A TIME 12 STEP RECOVERY MEETING

At the ?aḡam Health and
Wellness Building on
Fridays 12:00-1:00
Starting January 6th

Open to anyone interested in recovery,
wellbriety, or is sober curious.
Coffee, snacks, Wellbriety and other
recovery books available

For any questions or further information
email: sgoddard@aqam.net



What does recovery mean to you? What does recovery mean for your community?

Recovery means
overcoming your demons
and taking control of
your life

Recovery means
having a better life

Empathy, Love
Support, Growth



I always think of hope when
I hear people tell me what
they are doing to better
themselves.

Gotta remember that to
destigmatize ya gotta think
different! The guy asking for
spare change in the parking lot
is doing what works best for
him in the moment - all you have
to do is think of it differently.

Getting up after
being knocked down
Maintaining being
up

Having balance in my life,
being honest, reaching out

Unity, support for one
another, communication, no
gossiping

I think for myself, recovery
means a better & healthier
future

Less crime and
homelessness as a result of
successful recovery

It means access, stability, patience,
acknowledgement, and a strong
recognition of destigmatization for
my community.

Acknowledging that for me it means
abstinence recovery is the best
practice as well as making space for
those who don't practice abstinence
recovery.

More connection to family,
strengthening family ties.
Longer life to teach others
"why"





TINY TOT DRUMMING

AQAM HEALTH AND WELLNESS
OFFICE

EVERY THURSDAY
RESUMING FEB 9TH, 2022
FROM 10AM-10:30AM



CONTACT SHELBY AQUILA @ 778-761-0747
OR SAQUILA@AQAM.NET

We have another opportunity for the BC cancer Mobile mammogram clinic to visit us in May. Please email Jenny asap: jdamstrom@aqam.net or jcashen@aqam.net if you are interested in getting a mammogram.



OKANAGAN RCMP RECRUITING YOUTH CANOE JOURNEY 2023

The West Kelowna RCMP Indigenous Policing Unit is conducting an Okanagan RCMP Recruiting Youth Canoe Journey on Okanagan Lake August 21 to 25, 2023. Our goal is to help build better community relationships with the RCMP and aboriginal communities, to further enhance recruiting of indigenous people in the RCMP, and to bring education to Indigenous youths regarding the importance of water safety.

The journey will start at Penticton and will end in Vernon. Centralized camp will be set up in Westbank First Nation Reserve.



Please save this date in your calendar. August 21 to 25, 2023. We are looking for drummers, elders, IPS members, and adult volunteers to help assist in this event.

If you would like to sign up, please contact Cpl. Jamie Budgell 250-464-5716 or Cst. Monte Webb 250-48-3471.

If you have any questions or wish to help, please contact Cst. Rolly Williams 250 718-7717, Cst. Wes Sundstrom 250 575-2745, or School Liaison Officer Cst. Sherrie Lund 250 488-9442.



?AQ'AM
COMMUNITY



?AQ'AM

FLOOR HOCKEY

MARCH 17th, 2023

DAN JOE MEMORIAL GYN

FREE

**SPORTS EQUIPMENT GIVEAWAY FOR COMMUNITY
MEMBERS**



EVERY FRIDAY 6:45 - 8:30 PM

DROP IN - EVERYONE IS WELCOME

EMAIL FOR MORE INFO: INIKOLOV@AQAM.NET

SPRING SEASON



7468 Mission Road
(778) 761 0917

Emergency Support
Call 911

Immediate 24/7 Support
Text "home" to 686868 or toll free
1-800-784-2433

KUU-US Crisis Line (Indigenous Run
Hotline)
1-800-588-8717

REMINDER TO REACH OUT TO YOUR LOVED ONES

Period Poverty Pilot Project FAQ's

Menstrual products can be very expensive.

ʔaqam Health and Wellness has been approved to take part in the pilot project called the period poverty task force. This Pilot project involves

- Testing methods of getting menstrual products into the hands of people who need them.
- Reducing stigma around menstruation in a manner that is culturally relevant
- Building impactful solutions within the community

Our hope with this pilot project is that everyone in need of menstrual products will receive them. Please contact Jenny or Jessica at the Health Centre to sign up. All names and information are kept confidential.

Jenny (778) 761-0743

Jessica (778) 761-0917

Period Poverty Surveys are now available. First distribution for menstrual products will be at the end of March.

Health Center Info

- Jenny, our Community Health Nurse is available by appointment for clinic visits for health-related issues. This includes, physical assessments, blood pressure, vitals, blood sugars or referrals to other providers.
- FREE Shingrix Vaccines available to Indigenous community members ages 65 and older (50+ with documented medical conditions)
Contact Jenny for more information (778) 761-0743
- Flu and Covid Vaccines available by appointment. Call Jenny or Jessica to book an appointment.
Jessica (778) 761-0917
Jenny (778) 761-0743
- Harm reduction items available. Call or come to the Health Center. No name or info needed. Confidential.





Our Team is Available Monday - Friday 8:30-4:30. Excluding Statutory Holidays.

Team Contact Information:

- Jessica Cashen, Administrative Assistant jcashen@aqam.net ext. 3811 | (778) 761-0917
- Jennifer Damstrom, Community Nurse jdamstrom@aqam.net ext. 3527 | (778) 761-0743
- Josh Lockhart, Youth and Family Counsellor jlockhart@aqam.net ext. 3808 | (778) 761-0833
- Shelby Aquila, Wellness Coordinator saquila@aqam.net ext. 3582 | (778) 761-0747
- Shawnae Goddard, Life Skills Worker sgoddard@aqam.net ext 3819 | (778) 732-4179
- Cody Atwood, Life Skills Worker catwood@aqam.net ext 3836 | (778) 761-0966
- Richard Leesman, Addictions Counsellor 250-919-4606
- Pina Zilli, Registered Care Aide pzilli@aqam.net ext. 3824 | (778) 761-1057
- Michelle Shortridge, Director of Operations & Community Services mshortridge@aqam.net ext. 3523 | (778) 761-1040