

ʔAQʔAM Health & Wellness

September 2023

Kulmakaku ʔat nukuʔni ʔa·kiłmak

September, the month when the chokecherries ripen



Events This Month

Foot Clinic: September 27,28,29. Call Pina to book **(778) 761-1057** or **pzilli@aqam.net**

Suicide Awareness Glow Walk: September 9, 2023 (See Poster Below)

Open Gym Nights Starting up: (See Poster Below)

Follow us on Facebook to stay up to date on current and upcoming events



ʔaqam Community Health and Wellness

First Annual Suicide Awareness Glow Walk

- BBQ
- Music
- Photo Booth
- Resources
- Door Prizes
- Walk/ Run

September 9, 2023

At 5:30 pm - 8:30 pm

College of the Rockies Track and Field

Open Community Gym Nights

Mondays: September 11th, 18th, 25th
October 2nd, 9th
6:30 - 8:30

Floor Hockey/Open Community Gym Nights

Fridays: September 15th, 22nd, 29th,
October 6th, 13th, 20th, 27th
November 3rd, 10th, 17th
6:30-8:30

For more information contact
inikolov@aqam.net



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.

Period Poverty packages are still available! Just contact Jessica or Jenny at the Health Centre.

Jessica (778) 761-0917
Jenny (778) 761-0743





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

- Jessica Cashen, Administrative Assistant jcashen@aqam.net (778) 761-0917
- Jennifer Damstrom, Community Nurse jdamstrom@aqam.net (778) 761-0743
- Pina Zilli, Registered Care Aide pzilli@aqam.net (778) 761-1057
- Frankie hunt, Registered Care Aide fhunt@aqam.net (778) 761-0833
- Jackie Brown, Intake and Case Manager jbrown@aqam.net (778) 761-1039
- Kim Halvorson, Social Development Assistant khalvorson@aqam.net (778) 761-0913
- Shelby Aquila, Wellness Coordinator saquila@aqam.net (778) 761-0747
- Autumn Patrick, Life Skills Worker apatrick@aqam.net (778) 761-0896
- Tara Delaire, Wellness Liaison tdelaire@aqam.net (236) 302-1626
- Richard Leesman, Addictions Counsellor 250-919-4606
- Monica Lloyd, Director of Health and Wellness mlloyd@aqam.net (778) 761-0920