

# ʔAQʔAM

## Health & Wellness

October 2023

**Kupaqpi·k ʔat ʕinakil ʔupiʔni ʕ ʔunaxuni ʔaqulaqpi·k**

**October, leaves begin to fade and fall**



### Events This Month

Game Day: Oct 2<sup>nd</sup> (see poster below)

Community Wood Day: Oct 6<sup>th</sup> (see poster below)

Foot Clinic: October 30<sup>th</sup> -31<sup>st</sup>, Nov 1<sup>st</sup>. Call Pina to book.

Halloween School Dance: Oct 30<sup>th</sup> (see poster below)

Community Dance Party: Oct 30<sup>th</sup> (see poster)

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



**ʔaqam Community Health and Wellness**



**GAME DAY**  
**OCTOBER 2, 2023**  
**2PM-6PM**  
**KMC GYM**



## Community Wood Day 2023

**Date: October 6, 2023**

**Time: 9:00-3:00**



**Snacks, refreshments  
and lunch provided**



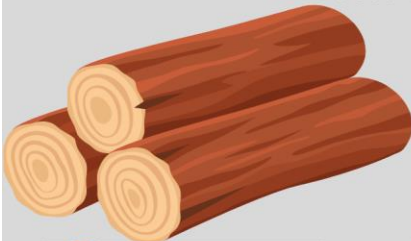
**Location:**  
5441 Mission Wasa  
Low Road  
(Lot adjacent to  
Stubby and Juanitas)

To be put on the list contact Kim, Pina or Jessica

Kim: (778) 761-0913

Pina (778) 761-1057

Jessica: (778) 761-0917







### **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](mailto:inikolov@aqam.net)**





**We are very excited that our team and the community has been invited to participate in the LOUD collaborative through Health Quality BC**

**LOUD is learning about opioid use disorder. This is a collaborative effort with teams throughout British Columbia including First Nations Communities.**

**Participating in LOUD:**

**Can enhance the team and the community's efforts to provide Opioid Use Disorder Care through**

- Access to clinical and quality improvement.**
- Peer to peer learning , mentoring and resources.**

**(In Just 4 Webinars)**

**Please contact Jenny or Jessica for more information on how to sign up.**

**Jenny: (778) 761-0743**

**Jessica: (778) 761-0917**



## **Occupational Skills Training**

**The purpose of the policy is to foster and encourage occupational skills training within the Band membership and ?aam community.**

### **Available to:**

- ?aam Band Member**
- ?aam Community Member**

**Contact Kim for more  
information.  
(778) 761-0913  
[khalvorson@aqam.net](mailto:khalvorson@aqam.net)**





ʔAQʔAMNÍK  
STUDENTS WEAR YOUR  
COSTUMES. COME AND JOIN  
US FOR A SPOOKTACULAR  
TIME



October 30, 2023  
11 am to 1:00 PM  
Dan Joe Memorial Gym







# Using Alone?



## Download Lifeguard App



The app has a 1 minute timer. If you are not able to snooze or turn off the timer after 1 minute, the app will contact ambulance services with your location in case of an **overdose**.



More overdose prevention information: [lifeguardDH.com](https://lifeguardDH.com)



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