

ᑲᐱᑭᐱᑭ Health & Wellness

November 2023

November, When deer's rut

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Events This Month

Foot Clinic: November 17, 22-24.

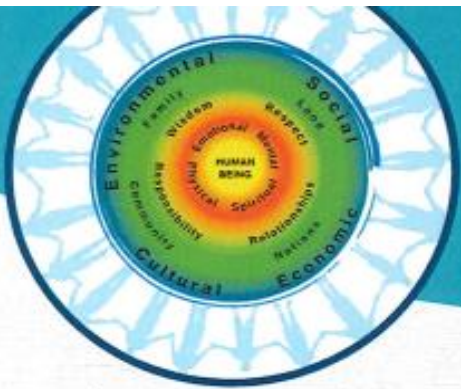
Food Safe Certification Course: November 18. 9:00-5:00. Admin Boardroom.

Diabetes Month BINGO: BINGO Sheet on next page.

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



ᑲᐱᑭᐱᑭ Community Health and Wellness



Diabetes Month Bingo

5 minutes of flexibility movement	Put on a favorite song and move along!	Try 2 minutes of breath work - whatever type of breathing feels relaxing to you	Check your blood sugar before and after movement	Get your blood pressure checked
Relax and enjoy a cup of tea/coffee	Tell a friend one thing you appreciate about them	15 minutes of any type of movement you enjoy!	Drink 8 glasses of water each day	Find the ISPARC Healthy Living YouTube Channel
Write down, draw, or think about 2 activities that make you smile and nurture your spirit	Check how much fiber is in something that you eat today (on a nutrition label)	Free space: take a moment for yourself	Check your feet for healthy skin each day	15 minutes of chair or standing stretching
Find out when your last eye check was, and schedule a check if needed!	Check your blood sugar before and after (2hr) a meal	Give yourself permission to say "no" if you need to this week: exercise healthy boundaries!	Try an arm resistance activity	Think about 3 things in your environment that help work towards your wellness goals (people, places, things)
Return any expired medications to the pharmacy	Try a new recipe	Spend time feeling the sun / rain / wind on your skin	Review what to do for a low blood sugar	Find out when you last had your kidneys checked (urine test) and repeat if needed

What was your favourite thing this month? _____

Name _____ Phone Number _____

Return to the health center by November 30th for a chance to win!

New Staff Introductions

Frankie Hunt. Registered Care Aide.

Kiʔsuk kyukyit,

Hu qaktik Frankie Hunt. I am the newest member to join the Health and Wellness team coming in as a Community Care Aide. Everyone has been so welcoming at ʔaqam, and I'm very excited to be a part of this great community. I am joining Aqam with 14 years experience in the health care field. It is a passion for me to be able to make connections and contribute back to the community. I feel very fortunate to get to work in such a holistic environment. I look forward to getting to know all members of the community. Please feel free to drop by for a coffee and a chat,

ʔá·nwunikit,

Frankie

Jackie Brown. Intake and Case Manager.

Kiʔsuk kyukyit

I am very excited about my new role with ʔaqam Health and Wellness as the Intake and Case Manager. I look forward to learning about what is working well for the members of the community and together build a stronger continuity of Health and Wellness support and services offered. I have several (3 and some) decades of experience in the Human Service field working alongside Ktunaxa and Indigenous children, youth and families. Please feel welcome to come by my office to have a coffee and/or a chat.

ʔá·nwunikit,

Jackie

Interested in trades at BC Hydro?

With this training opportunity for Indigenous candidates, you'll be able to try out two different trades over our ten-week paid work experience program.

The posting and steps for application can be found on the BC Hydro Careers Page:
[Try-A-Trade Posting](#)

If you have questions or would like assistance with application contact
Nadine Israel:
nadine.israel@bchydro.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.





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

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