

# ʔAQ'AM

## Health & Wellness

January 2023

Naktaʔsuk ʔat tukʔut tapmiʔkukuʔni

**January, after a chinook, layers of ice form with water in between.**



### Events

Foot Clinic: January 11,12,18,19

Ice Hockey at Western Financial Place: Every Friday in January 3:15-4:30 (See Poster Below)

Wellbriety January Dates: Tuesday evenings and Friday afternoons. (See Poster Below)

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



**ʔaqam Community Health and Wellness**

COMMUNITY ICE  **?AQ'AM**

# HOCKEY & FAMILY SKATE



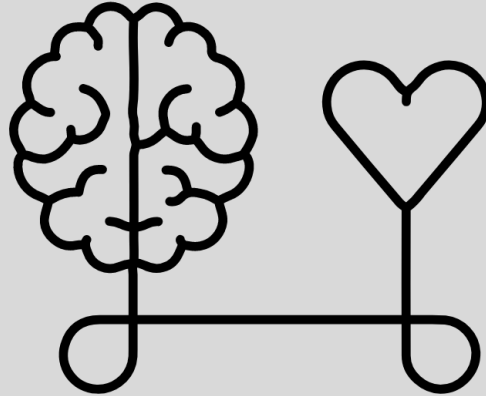
**FREE &  
OPEN TO  
EVERYONE**

**AT  
WESTERN  
FINANCIAL  
PLACE**

*LUNCH Will be Provided*  
**JUST BRING YOUR HOCKEY GEAR**

**EVERY FRIDAY DURING JANUARY**  
**3:30PM-4:30PM**

**PARTICIPANTS MUST  
HAVE BASIC SKATING  
SKILLS**



## Wellbriety

**Starting January 9, 2024**  
**Every Tuesday Evening 6:30-7:30.**  
**Every Friday Afternoon 12:00-1:00**

**Contact Jackie for more info:**  
**[jbrown@aqam.net](mailto:jbrown@aqam.net)**

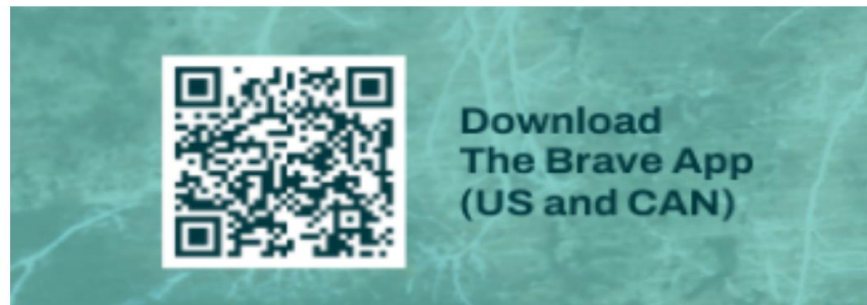




The Brave app makes overdose detection tools that activate life-saving community response.

The Brave App, Brave Buttons, and Brave Sensors help keep people who use drugs alone safe(r).

Visit [www.brave.coop](http://www.brave.coop) or scan the QR code below to learn more about The Brave App.





# 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