

# ʔAQʔAM Health & Wellness

February 2024

**Nupqu, ʔat naqnuakaknapsi maʔis nupqunana ʔ ʔat qakiliʔni xma·k ʔitknilik ʔannis,  
taxas ʔat ʔuxni kyaxunakis ʔaktikis**

**In February, the mother bears wake up their bear cubs and urge them to prepare their  
paws for the coming season.**



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



ʔaqam Community Health and Wellness

## FEBRUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 -Caregivers Meeting. 1pm @ HC -Elders Yoga 2:30-3:30 HC	2 -Wellbriety 12-1 @ HC -Ice Hockey 3:15-4:30 WF	3
4	5 -Equine Therapy 10:30-12:00 -Open Gym Nights 6-8:30 DJM	6 -Food Delivery 12:30-3 -Wellbriety 6:30-7:30 HC -Nurse Practitioner 1-4 HC -Josh Lockharrt 11:30-4 HC - Cribbage. HC 5pm	7	8 -Caregivers Meeting 1:00 HC -Elders Yoga 2:30-3:30 HC	9 Wellbriety 12-1 @ HC -Ice Hockey 3:15-4:30 WF	10
11	12 -Equine Therapy 10:30-12:00 -Open Gym Nights 6-8:30 DJM	13 -Food Delivery 12:30-3 -Wellbriety 6:30-7:30 HC -Josh Lockharrt 11:30-4 HC -V-day Cookies and Cards. HC. 5pm	14 	15 -Foot Clinic 9-1 HC -Caregivers Meeting 1:00 HC -Elders Yoga 2:30-3:30 HC	16 -Foot Clinic 9-1 HC -Wellbriety 12-1 @ HC -Ice Hockey 3:15-4:30 WF	17
18	19 Family Day Holiday	20 -Food Delivery 12:30-3 -Wellbriety 6:30-7:30 HC -Nurse Practitioner 1-4 HC -Josh Lockharrt 11:30-4 HC -Movie. Lady And The Tramp. HC. 5pm	21	22 -Foot Clinic 9-1 HC -Caregivers Meeting 1:00 HC	23 -Foot Clinic 9-1 HC -Wellbriety 12-1 @ HC -Ice Hockey 3:15-4:30 WF	24
25	26 -Equine Therapy 10:30-12:00 -Open Gym Nights 6-8:30 DJM	27 -Food Delivery 12:30-3 -Wellbriety 6:30-7:30 HC -Josh Lockharrt 11:30-4 HC -Board Games. HC. 5pm	28	29 -Caregivers Meeting 1:00 HC		

**Legend:**

**DJM – Dan Joe Memorial**

**HC – Health Centre**

**WF- Western Financial Place**

TUESDAY EVENING EVENTS AT THE HEALTH CENTRE. 5PM. DINNER PROVIDED



*Tuesday,*  
**February 6, 2024**  
5:00 PM - 7:00PM



Come play some Cribbage at the Health and Wellness Building  
Dinner will be provided  
Please bring a crib board if you can  
Contact Tara (236)302-1626  
or Autumn (778)761-0896




**VALENTINE'S DAY  
COOKIES & CARDS**

Open to all 7aqam community members, come and decorate cookies and cards for your loved ones.

**DATE**  
**FEB 13, 2024**

**TIME**  
**5:00 PM - 7:00**

**PLACE**  
7AQAM HEALTH AND WELLNESS BUILDING

236-302-1626




**MOVIE NIGHT**



FEBRUARY 20, 2024

**LADY & THE TRAMP**

DINNER AT 5 PM, MOVIE STARTS AT 5:30  
COMMUNITY HEALTH AND WELLNESS BUILDING  
CONTACT TARA: (236)-302-1626  
OR AUTUMN (778)761-0896




**Board Game Night**  
February 27, 2024  
5:00 PM - 7:00 PM

Some board games will be provided, you're welcome to bring your board games from home.

Dinner will be provided

**GET IN TOUCH WITH US!**  
Community Health and Wellness building  
Tara (236) 302-1626 or  
Autumn (778) 761-0896





## Interested in an Elders Walking Group?

- One day a week.
- Location TBD.
- Coordinated by Health and Wellness Staff.
- Swag bag with all you need provided upon registration.
- Transportation provided if needed.

### If you are interested contact:

- Jenny: (778) 761-0743
- Tara: (236) 302-1626
- Jessica: (778) 761-0917







Kiʔsuʔk kyukyit,

I am excited to be back full-time and in my new role as the Community Counsellor. For those who do not know me, my name is Shelby Aquila, and I was previously the Wellness Coordinator at ʔaqam. I recently completed my education journey to become a counsellor and am excited to offer support to the community.

A few things about me...

- I love being outdoors, and it is my goal to integrate land-based healing into mental health supports.
- I have a four-year-old who attends the ʔaqamnik daycare.
- I am passionate about learning, and listening to other people speak is my favorite way to do so.

So, what is my role?

I will be available for counselling support, either in the Health and Wellness office, in your home, on the phone, zoom or out on the land. You can refer yourself or be connected through other services you may be accessing (i.e. doctor, support worker, etc.). It is also my goal to provide education and knowledge in the community around mental health and wellness. You will also see me at community events, groups, and camps. Please feel free to reach out to me when you see me or connect using the following information.

EMAIL: [saquila@aqam.net](mailto:saquila@aqam.net)

PHONE: 778-761-0747

OFFICE DROP-IN: 7468 Mission Rd, Cranbrook BC



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