

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

PHONE: 778-761-0747

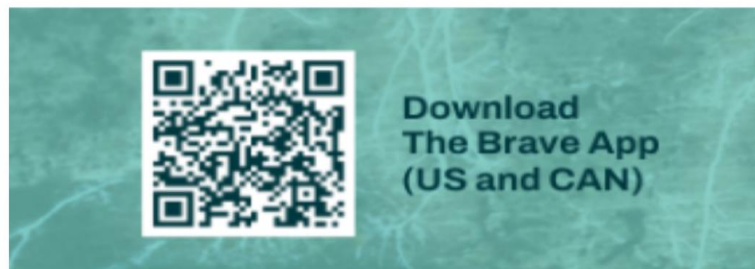
OFFICE DROP-IN: 7468 Mission Rd, Cranbrook BC



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 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



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