

ʔAQʔAM

Health & Wellness

March 2024

ḥikuq̓ ʔat ɕinakil kannuxunukni ʔa·kḥu

March, the melting snow starts flowing.



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



ʔaqam Community Health and Wellness

Health and Wellness events calendar. See Posters for more info or contact the Health Center.

Legend:


DJM – Dan Joe Memorial **HC** – Health Centre **WFP**– Western Financial Place

March 2024


SUN	MON	TUE	WED	THU	FRI	SAT
					1 -Wellbriety 12-1 @ HC -Ice Hockey 3:15-4:30 WFP	2
3	4 -Equine Therapy 10:30-12:00 -Tonya Robitaille 9-5 -Open Gym Nights 6-8:30 DJM	5 - Food Delivery 12:30-3 -Tonya Robitaille 9-5 -Wellbriety 6:30-7:30 HC -Community Yoga @ DJM 5:00	6 -Walking Wednesdays 10:30 @ DJM	7 -Nurse Practitioner @ HC 1-4 -Elders Yoga 2:30 @ HC	8 -Spa Day @ HC 10-2 -Wellbriety 12-1 @ HC -Ice Hockey 3:15-4:30 WFP	9
10	11 -Equine Therapy 10:30-12:00 -Open Gym Nights 6-8:30 DJM	12 -Wellbriety 6:30-7:30 HC -Community Game Night @ HC. 5:00	13 -Walking Wednesdays 10:30 @ DJM -New Horizons Meal Planning with Pina @ HC 4-7	14 -Foot Clinic 10-2 -Pacific Blue Cross information session @ HC. All Day -Elders Yoga 2:30 @ HC	15 -Foot Clinic 10-2 -Wellbriety 12-1 @ HC -Ice Hockey 3:15-4:30 WFP - Pacific Blue Cross information session @ HC. All Day	16
17	18 -Equine Therapy 10:30-12:00	19 - Food Delivery 12:30-3 -Wellbriety 6:30-7:30 HC -Easter Party @ HC 5:00	20 -Walking Wednesdays 10:30 @ DJM -New Horizons Meal Planning with Pina @ HC 4-7	21 -Foot Clinic 10-2 - Nurse Practitioner @ HC 1-4 -Elders Yoga 2:30 @ HC	22 -Foot Clinic 10-2 -Wellbriety 12-1 @ HC	23
24	25 -Equine Therapy 10:30-12:00 -Soccer Camp 1-3	26 -Naloxone Training with Jenny @ HC 4-5 -Wellbriety 6:30-7:30 HC -Soccer Camp	27 -Walking Wednesdays 10:30 @ DJM -New Horizons Meal Planning with Pina @ HC 4-7 -Soccer Camp	28 -Soccer Camp -Elders Yoga 2:30 @ HC	29 -Wellbriety 12-1 @ HC -Soccer Camp	30

COMMUNITY NIGHTS WITH HEALTH AND WELLNESS

COMMUNITY YOGA



March 5th
Dinner at 5:00pm
Yoga at 5:45pm
Dan Joe Gym
All ages and abilities



tdelaire@aqam.net 236-302-1626
apatrik@aqam.net 778-761-0896




easter party

TUESDAY, MARCH 19,
DINNER 5PM
HEALTH AND WELLNESS CENTRE

tdelaire@aqam.net 236-302-1626
apatrik@aqam.net 778-761-0896





Community Game Night

March 12th at 5:00pm
Dinner, Snacks, and FUN
Health and Wellness Centre
Tara 236-302-1626
Autumn 778-761-0896





COMMUNITY

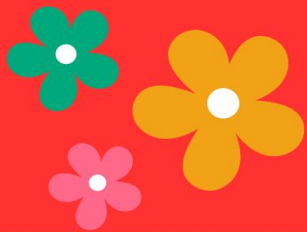
MOVIE NIGHT

26
MARCH | 5 PM

MOVIE= MIGRATION
POPCORN AND DINNER
Health + Wellness Centre

Tara 236-302-1626
Autumn 778-761-0896








Do you know what Personal Benefits you qualify under FNHA Blue Cross?

Are you enrolled? Do you have the app downloaded?
Or do you want to know more information
on the benefits you can receive through Blue Cross?

 Dental	 Ambulance Bills
 Prescriptions	 Medical Patient Travel
 Vision	 Medical Supplies / Equipment
 Mental Health	

March 14 & 15, 2024
Kim and Autumn are hosting an information session
from 10 am - 3 pm at Health and Wellness Centre


 Kim 778 761-0913
 Autumn 778-761-0896

**New Horizons
Meal Planning & Meal Prep For Elders.**

First session: Wednesday March 13, 2024
4-7 pm
Health Center Community Kitchen

- Bring or submit recipes that are family favorites. All suggestions Welcome!
- Sign up to volunteer with meal preparation or weekly deliveries.
- This is a Community Led Program.



For more information:
healthcenter@aqam.net



COMMUNITY
SOCCER
SPRING BREAK CAMP
MARCH 25th - 29th 2024



In Soccer, skill is the art of turning limitations into virtues...

OPEN TO CHILDREN
7-12
PLEASE REGISTER by
sending an email to:
inikolov@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 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




NEED TO TALK?

Support is at
your fingertips



Call the
Hope for Wellness Help Line
1-855-242-3310
Online chat at
hopeforwellness.ca



Ki?su?k kyukyit!

The community of ?aqam was one of 10 communities to receive a grant of \$15,500 to support a pilot project from FNHA. This pilot project supports the implementation of a public health harm reduction vending machine and a harm reduction community cupboard.

What does this mean?

We are excited to have a Public Health Vending Machine installed outside of the Health and Wellness Centre. The vending machine will house harm reduction supplies. Access for those needing these supplies will be 24 hours a day, 7 days a week. This will reduce barriers. The vending machine will also have important resources(brochures) and naloxone kits.

The community cupboard will also have harm reduction supplies and will be located further down the reserve. We would like suggestions on where the community cupboard should be housed and what items community members would like placed in the cupboard.



Please stay tuned for more information on this exciting project. If you have any questions or suggestions, please feel free to contact me at the Health and Wellness Centre.

Taxa,

Jenny Damstrom, CHN (778)761-0743 JDamstrom@aqam.net

Coming in May!

Seabird Mobile Diabetes Team

ʔaqʔam Health and Wellness
May 1st and 2nd 2024



Living • Well • Together

Contact: Jenny or Jessica
(778)761-0743
Number: (778)761-0917

Clinic Notice

Who Is It For:

People Living with Diabetes
People Who Are Curious About It

What The Appointment Includes:

Testing Blood Sugar and Cholesterol Levels
Checking Kidney Function
Diabetes Education



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 and Indian Registration Administrator khalvorson@aqam.net (778) 761-0913
- Shelby Aquila, Counsellor 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