

ʔAQʔAM Health & Wellness

May 2024

ʔuʔumi ʔat ʔinakiʔ huʔukni

May, when the rivers and lakes start to fill up.



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



ʔaqam Community Health and Wellness

PLEASE TAKE THE TIME TO FILL OUT THE LAST PAGE OF THIS NEWSLETTER. IT IS A SURVEY FOR COMMUNITY INPUT ON THE COMMUNITY HARM REDUCTION CUPBOARD.

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

Legend:

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

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 -Seabird Mobile Diabetes Clinic @ HC -- New Horizons Meal Planning with Pina @ HC 4-7	2	3	4 -MMIW March. 11:15 am. See Poster Below For Details.
5	6	7 -Wellbriety 6:30-7:30 HC -Mother's Day Cards and Plants 5-7 @ HC. Dinner Provided.	8 -Walking Wednesdays 10:30 @ DJM - New Horizons Meal Planning with Pina @ HC 4-7	9 -Elders Stretching and Mobility 2:30 @ HC	10 -Wellbriety 12-1 @ HC -Foot Clinic 9-1 @ HC	11
12	13 -Equine Therapy 10:30-12:00	14 -Wellbriety 6:30-7:30 HC -Food Bank Delivery - Not Just Naloxone Workshop 9-3 @ HC, lunch provided	15 -Walking Wednesdays 10:30 @ DJM - Not Just Naloxone Workshop 9-3 @ HC, lunch provided	16 -Elders Stretching and Mobility 2:30 @ HC -Foot Clinic 10-3 @ HC	17 -Wellbriety 12-1 @ HC -Foot Clinic 10-3 @ HC	18
19	20 STAT Office Closed	21 -Wellbriety 6:30-7:30 HC -Family Scavenger Hunt @ HC. Dinner Provided.	22 -Walking Wednesdays 10:30 @ DJM	23 -Elders Stretching and Mobility 2:30 @ HC	24 -Wellbriety 12-1 @ HC	25
26	27 -Equine Therapy 10:30-12:00	28 -Wellbriety 6:30-7:30 HC -Food Bank Delivery	29	30	31 -Foot Clinic 9-1 @ HC	

We Support the Missing Murdered Indigenous Women - The RED DRESS MARCH
On Saturday, May 4, 2024, Meet at Street Angels at 11:15 AM



MMIW

Candle Vigil for the Grandmothers, Mothers, Sisters, Aunts and Friends we have lost

All are welcome to join us

Autumn: (778)761-0896 or apatrick@aqam.net
Tara: (236) 302-1626 or tdelaire@aqam.net




Mother's Day Cards and Plants


May 7th
5-7pm

MAKE A CARD AND PLANT FLOWERS

Health and Wellness Centre
Dinner Provided


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






THE NORTHSTARS
THE CREE NATION'S HIP-HOP POWERHOUSE

LIVE AT KEY CITY THEATRE



20 14 AVE N, CRANBROOK, BC V1C 6H4
MAY 16TH
7 PM
ALL AGES
FREE EVENT - LIMITED CAPACITY




FAMILY SCAVENGER HUNT

May 21st @ 5pm
Health and Wellness Centre
FAMILY PRIZES AND DINNER

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



Certificate of Indian Status

The Certificate of Indian Status, or laminated paper status card, is issued in some First Nations offices; ʔaqam offers this service.

Why your status card needs to be renewed?

Like government-issued identity documents, for example, passport, driver's license, health card. Your status card needs to be renewed to reflect your current appearance.



Should you require a new Certificate of Indian Status please contact Kim at the Health & Wellness Center to schedule an appointment.

Appointments Available: Wednesdays 10:00am to 3:00pm

Kim: 778-761-0913 or khalvorson@aqam.net



INTERIOR REGION
First Nations Health Authority

NOT JUST NALOXONE WORKSHOP: Talking about Substance use in Indigenous Communities

7468 MISSION RD., CRANBROOK | MAY 14-15 | 9:00 AM TO 3:00PM | LUNCH PROVIDED

Not Just Naloxone (NJN) is a workshop hosted by the First Nations Health Authority and is delivered in partnership by the Four Directions Team, Regional Team and Community Harm Reduction Champions. This training was developed in response to the Toxic Drug Emergency in BC, which continues to disproportionately impact Indigenous People.

While Naloxone is an effective life-saving medicine to reverse an overdose, it is not our only response. The NJN workshops teach participants to facilitate community-based discussions about:

- Racism and Prohibition in Canada
- Decolonizing Substance Use
- Indigenous Harm Reduction Practices
- Trauma-and Resiliency-Informed Practice
- Anti-Stigma Work
- Naloxone Training (Nasal/Injection)



For further information contact:
[Jennifer Damstrom at jdamstrom@aqam.net](mailto:jdamstrom@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**.



For 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

Talking with Youth about Smoking or Vaping




SUPPORT & RESOURCES

If you or a loved one are trying to quit commercial tobacco, **Talk Tobacco** offers culturally appropriate support about quitting smoking or vaping to First Nations communities.

Other free resources include:



QuitNow



Quash

Learn more at fnha.ca/respectingtobacco



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Find the right moment
When spending time with youth, allow the conversation to happen naturally rather than saying "We need to talk".
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Answer their questions
Take time to answer their questions honestly and gently, especially if you or other adults in their life smoke or vape.
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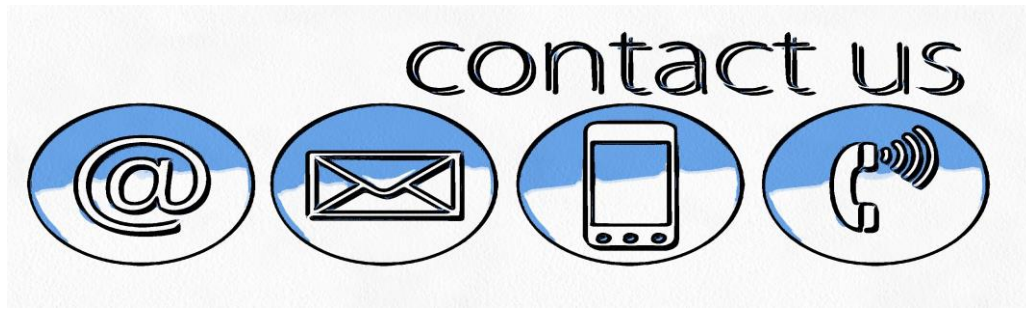
Connect them with culture
Connect youth with local cultural practices such as berry picking, gathering traditional medicines, fishing, hunting, beading, Pow Wow dancing or your community's land-based healing program.
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Connect them with resources
There are a variety of resources to support your conversation available at fnha.ca/respectingtobacco.

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.
- Community Driven Harm Reduction Project is in progress. Please contact Jenny or the Health and wellness team for more information on the Public Vending Machine and the Community Cupboard. We need your input on what items you want in these and where you want the community cupboard.





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

- Jessica Cashen, Administrative Assistant icashen@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

Return to ʔaqʔam Health and Wellness when completed.

Community Harm Reduction Cupboard

Harm reduction refers to a range of practices and resources designed to reduce the negative consequences associated with various human behaviors. Harm reduction is used to decrease negative consequences, recognizing people can make positive changes to protect themselves and others.

*This survey is for the harm reduction cupboard in the community. It is not the harm reduction vending machine for addictions. Information on the harm reduction vending machine will be shared soon.

1. Would you or others you know use items from a harm reduction cupboard?

YES NO MAYBE

2. Where do you believe a harm reduction cupboard should be placed in the ʔaqʔam community?

3. What items would you like to have placed in a harm reduction cupboard. Check all that apply

Socks	Menstrual Products	Condoms
First aid supplies	Water bottles	sunscreen
Emergency contacts	Education materials	Disinfectant wipes
Emergency blanket	Socks/mitts	Other:

OTHER continued

4. Are you interested in helping build a harm reduction cupboard? YES NO
If yes, please provide your contact information here: Name/phone number

ʔaqʔam Health and Wellness Team