

ʔAQAM Health & Wellness

July 2024

July, the month when saskatoon berries ripen

Kuku s̓qumu ʔat nukuni s̓qumu



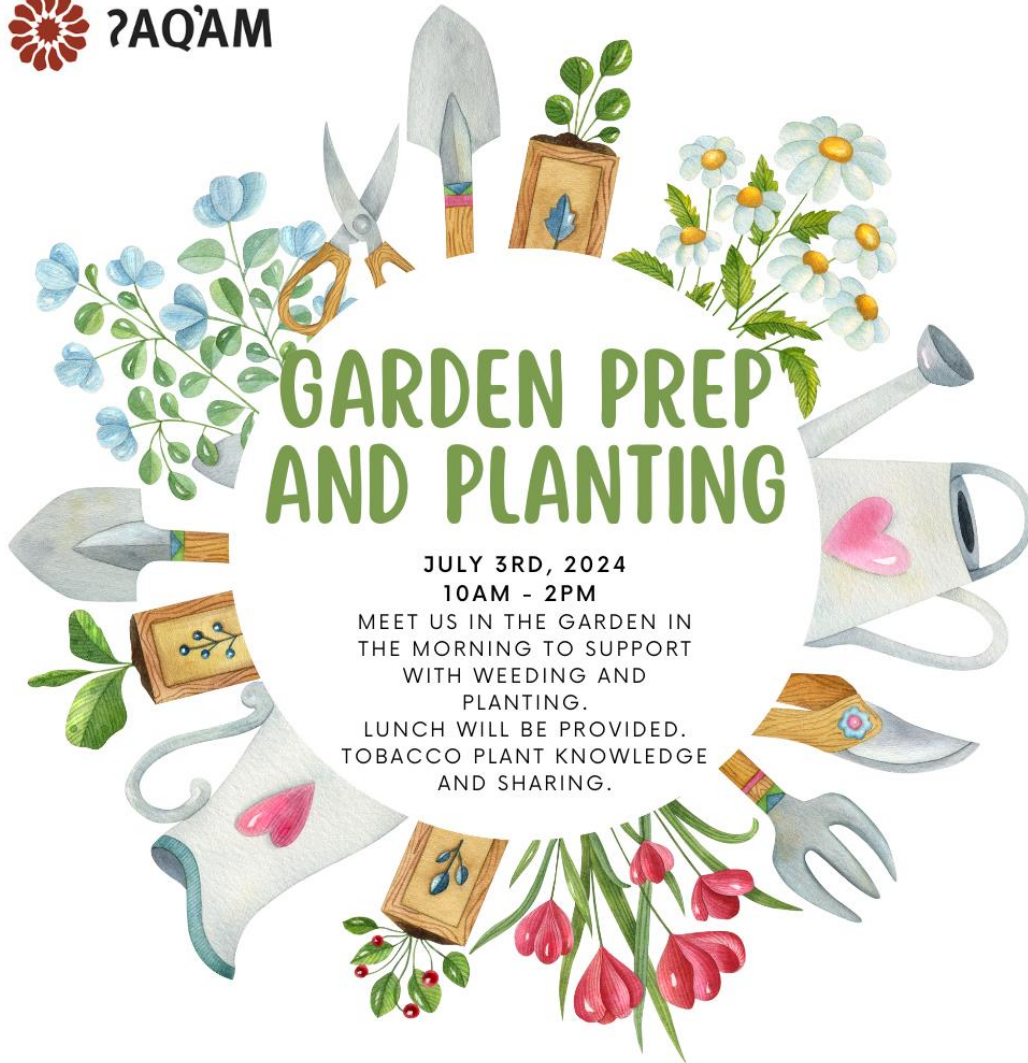
Follow us on Facebook to stay up to date on current and upcoming events.



ʔaqam Community Health and Wellness

DJM – Dan Joe Memorial HC – Health Centre WF- Western Financial Place
July 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 OFFICE CLOSED	2	3 -Garden Prep Planting 10-2. BBQ Lunch! @ Community Garden	4	5 -Wellbriety 12- 1 @ HC	6
7	8 -Equine Therapy 10:30	9 -Wellbriety 6:30-7:30 @ HC -Food Hamper Deliveries	10	11 -Nurse Practitioner 1-4 @ HC	12 -Wellbriety 12- 1 @ HC -White Water Rafting. See Poster for details.	13
14	15 -Equine Therapy 10:30	16 -Wellbriety 6:30-7:30 @ HC	17	18	19 -Wellbriety 12- 1 @ HC	20
21	22 -Equine Therapy 10:30	23 -Wellbriety 6:30-7:30 @ HC - Food Hamper Deliveries	24	25 -Nurse Practitioner 1-4 @ HC	26 -Wellbriety 12- 1 @ HC	27
28	29 -Equine Therapy 10:30	30 -Wellbriety 6:30-7:30 @ HC -Game Day 12- 3. Location TBD	31			



For questions or more information contact Jackie: jbrown@aqam.net / 778.761-1039



8:30 AM

ELK RIVER CANYON
FERNIE

AQAM

WHITewater RAFTING



AMAZING ADVENTURE FOR COMMUNITY YOUTH AND FAMILIES

DO NOT FORGET TO BRING

- Bathing Suit/ Trunk
- Closed Toe Shoes
- Towel & Sunscreen
- Signed Waiver

JULY 12

08:30AM - 5PM

COST: FREE

LUNCH WILL BE PROVIDED

Contact Ivan N. at inikolov@aqam.net for more info



Pizza

Video Games

Board Games

GAME DAY

JULY 30, 2024
12AM-3PM

LOCATION TBD
TDELAIRE@AQAM.NET













The poster features a black background with a grid of small, multi-colored dots (red, green, blue, purple). It is decorated with various gaming-related icons: a Pac-Man character, a crown, dice, and a game controller. The text is in a bold, white, sans-serif font. Navigation arrows in various colors (purple, cyan, green, red) are placed around the central text.

British Columbia Aboriginal Network on Disability Society



REGISTERED DISABILITY SAVING PLAN



BCANDS INDIGENOUS RDSP NAVIGATOR PROGRAM

BC Aboriginal Network on Disability Society's latest program helps Indigenous individuals with disabilities and their families qualify for and open the Registered Disability Savings Plan. The RDSP is a long-term savings plan that helps Canadians living with disabilities and their families to save for their future. Think of it as a pension plan for an individual living with disabilities.

Only 31% of Canadians who are eligible (Individuals who have the DTC) have opened an RDSP, with BC leading the way with the highest percentage of RDSP's opened at 39%. The RDSP is a tool to fight poverty that puts money directly into the bank accounts of Canadians with disabilities, giving individuals control over their expenditures and providing added financial security in later years.

To qualify for the RDSP you will need to meet the eligibility requirements for the Disability Tax Credit, have a valid SIN, be under the age of 60, and be a resident of Canada.

No contributions are required and individuals who open RDSPs before Dec 31st of the year they turn 49 can receive Canada Disability Savings Bonds of up to \$20,000. If contributions are made, they can receive up to \$70,000 in Canada Disability Savings Grants.

Withdrawals from the RDSP are used however the beneficiary and their family decide. BCANDS works one on one with individuals through all aspects of qualifying for and opening the RDSP.

Indigenous RDSP Navigators

1-888-815-5511

dcm2@bcands.bc.ca or dcm3@bcands.bc.ca

MEDICAL SUPPLIES AND EQUIPMENT BENEFITS



First Nations Health Authority
Health through wellness

First Nations Health Benefits and Services (FNHBS) offers you a comprehensive Medical Supplies and Equipment (MS&E) plan to support you on your wellness journey.

MS&E items and services are required by many people for short or long-term needs and can be essential in supporting your health and wellness.

Did you know?

There are over 400 MS&E items and services available to you.

Your MS&E benefit offers you a comprehensive list of items and services based on your needs and eligibility.

What my plan covers



Some items and services that are covered by your MS&E plan include, but are not limited to:

- > Bathing and toileting aids
- > Braces and splints
- > Cushions and protectors
- > Diabetic and heart patient devices
- > Foot orthotics and orthopedic shoes
- > General MS&E
- > Hearing aids and repairs
- > Hospital beds
- > Lifting and transfer aids
- > Limb and body orthotics
- > Low vision aids
- > Offloading boots (Air Casts)
- > Ostomy supplies
- > Oxygen, sleep and breathing Aids
- > Prosthetics and supplies
- > Surgical stockings and pressure garments
- > Urinary supplies and devices
- > Walking aids and wheelchairs
- > Wound care supplies

What my plan does not cover



Some items and services that are not covered by your MS&E plan include, but are not limited to:

- > Household items (e.g., air conditioner)
- > Home renovations (e.g., ramps, stair lifts)
- > Sports equipment (e.g., treadmills, exercise items)



To have your MS&E plan details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit www.pac.bluecross.ca, to login to your member profile.

How do I access coverage?

There are certain steps you can take to access your coverage, avoid out-of-pocket costs and get the items you need quickly.

1 If your doctor, nurse practitioner or other health care provider suggests an MS&E item, ask them for a prescription or written recommendation.

2 Ask your pharmacist or MS&E provider if they are registered with PBC for direct billing.

3 Talk to your pharmacist or MS&E provider about which items and services are fully covered by your MS&E plan.

4 Make sure any prior approval requests for items or services have been approved.

If you have any questions about your MS&E plan or how to access coverage, please call FNHBS at **1-855-550-5454**.

NOVEMBER 2023



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
- 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 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
- Counsellor – Coming soon....
- 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