

# ʔAQʔAM Health & Wellness

**Kçilmitilqlikwaʔit 2024**

**August 2024**

**Kçilmitilqlikwaʔit ʔat çilmitil hukuni ʔa·kuqliʔit**

**August, the month when all types of fruit open at night.**



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



**ʔaqam Community Health and Wellness**



### Kiʔsuʔk Kyukyit

My name is Oscar Mejia, I have called the Kootenays home for the last 17 years. However, my family moved from El Salvador to Mexico and decided to live in Niagara, Ontario. Living so far away from my homeland; my family instilled the importance of family, culture and maintaining our traditions.

I have worked across ʔamakʔis Ktunaxa for the last 13 years in various roles and capacities. Recently, I have started as a Community Counsellor at ʔaqam Community Health and Wellness Center. I am excited to join the team and start in my new role.

Taxas

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

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 -Wellbriety 12-1 @ HC	3
4	5 -Equine Therapy 10:30	6 -Wellbriety 6:30-7:30 @ HC -Food Hamper Deliveries	7	8 -Nurse Practitioner 1-4 @ HC	9 -Wellbriety 12-1 @ HC	10
11	12 -Equine Therapy 10:30	13 -Wellbriety 6:30-7:30 @ HC	14	15	16 -Wellbriety 12-1 @ HC	17
18	19 -Equine Therapy 10:30	20 -Wellbriety 6:30-7:30 @ HC - Food Hamper Deliveries	21	22 -Nurse Practitioner 1-4 @ HC	23 -Wellbriety 12-1 @ HC	24
25	26 -Equine Therapy 10:30	27 -Wellbriety 6:30-7:30 @ HC	28	29	30 -International Overdose Awareness Day -Community Movie. Details to Come.	31

# Second Annual Suicide Awareness Walk

- BBQ
- Information Booths
- Guest Speakers
- Door Prizes
- Music
- Walk/ Run around the track

September 7, 2024

At 5:30 pm - 8:30 pm

College of the Rockies Track and Field



apatrik@aqam.net





## COMMUNITY ENGAGEMENT


Guest Speaker: Mike Grant  
Orser


Topic: Mental Health and  
Addiction Awareness

Open feed back is needed  
Door prize to be won

 09.11.24

 5 pm - Join us for dinner

 Dan Joe Memorial Gym

 Contact: Jackie Brown 250-919- 0999  
jbrown@aqam.net

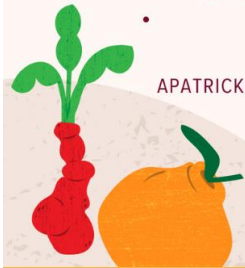




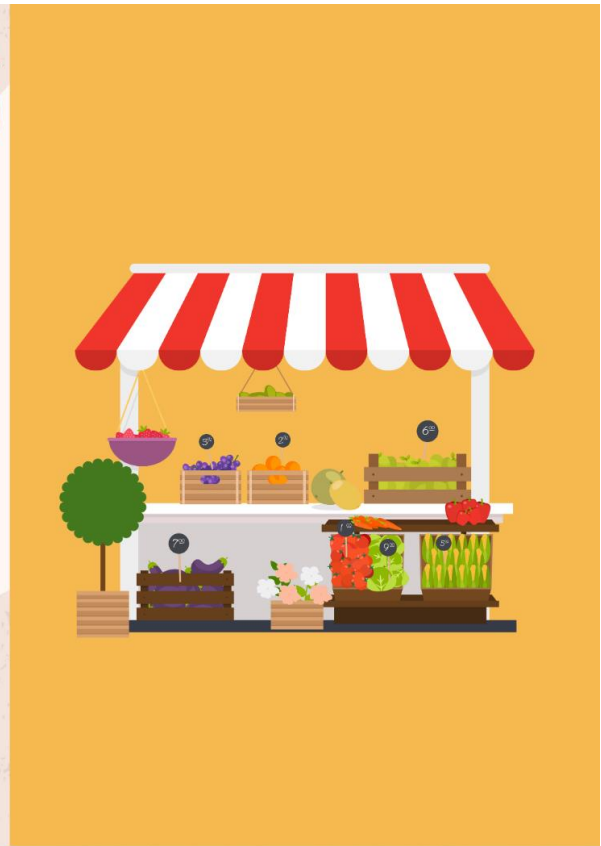


## CRANBROOK FARMER'S MARKET COUPON PROGRAM

- FOR LOW INCOME AQAM COMMUNITY MEMBERS
- COUPONS CANNOT BE SOLD OR TRADED
- VENDORS CANNOT GIVE CHANGE
- COUPONS CAN BE USED UNTIL DECEMBER 22, 2024
- CONNECT WITH AUTUMN ONCE A WEEK OR BI-WEEKLY TO GET YOUR COUPONS LIMITED QUANTITY



APATRICK@AQAM.NET | (778) 761 - 0896



## Need a Ride?

Transport available for:

- Medical Appointments
- Employment Supports
- Legal Services
- Food Resources
- Government Appointments
- Financial Aids

Transportation appointments are available upon request with a minimum three business days notice. Please contact 778-761-0917 for more information



## **Thrive Together: Empowerment for Wellness Gatherings**

We are excited to announce the launch of the Thrive Together: Empowerment for Wellness gatherings hosted by ʔaqam Health and Wellness. These monthly community engagement gatherings will take place every 2nd Wednesday of the Month, starting in September, with each session centered around a specific theme aimed at enhancing the well-being of our community members. **Please join us for dinner at 5pm with a Presentation and Open Discussion to Follow.**

**September 11/24: Mental Health and Addictions Awareness:** Join us as we dig into addressing mental health challenges and the effects of substance misuse.

**October 9/24: Harvesting Hope - Food Stability and Food Security:** Explore sustainable food security and strategies for promoting healthy meal planning and preparation, ensuring food stability for all members of our community.

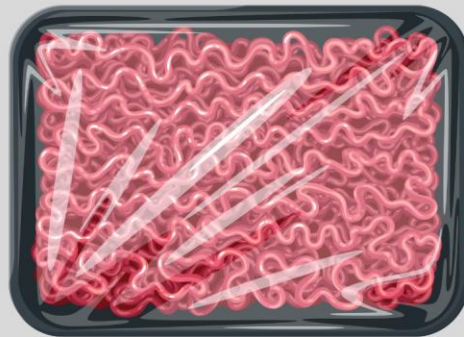
**November 13/24: Connection to Self and Community:** This month, we focus on fostering positive relationships and building a sense of community. We will also raise awareness about addictions and substance misuse to support efforts in reducing poverty.

These gatherings will provide a culturally respectful, inclusive, and empowering platform for open conversation, collaboration, and the development of strategies that align with the unique needs of our programs and service delivery.

We look forward to your participation in these important discussions that contribute to the holistic well-being of our community.

We have a large amount of  
ground deer meat still  
available to community.

If interested contact Kim.  
[khalvorson@aqam.net](mailto:khalvorson@aqam.net)



## 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](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 and Indian Registration Administrator  
[khalvorson@aqam.net](mailto:khalvorson@aqam.net) (778) 761-0913
- Oscar Mejia, Counsellor [omejia@aqam.net](mailto:omejia@aqam.net) (778) 761-1077
- 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