

# ʔAQAM Health & Wellness

**Kulmakaku 2024**

**September 2024**

**Kulmakaku ʔat nukuʔni ʔa·kitmak**

**September, the month when chokecherries ripen.**



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

**September 2024**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <b>OFFICE CLOSED</b>	3 -Food Hamper Deliveries 11:30-1 -Wellbriety 6:30-7:30 @ HC	4	5	6 -Wellbriety 12-1 @ HC	7 -Suicide Awareness Walk (see Poster)
8	9 -Equine Therapy 10:30	10 -Wellbriety 6:30-7:30 @ HC	11 -Community Engagement (see poster)	12 -Nurse Practitioner 1-4 @ HC	13 -Wellbriety 12-1 @ HC	14
15	16 -Equine Therapy 10:30 -Stretching and Mobility 12-1 @ HC	17 -Food Hamper Deliveries 11:30-1 -Wellbriety 6:30-7:30 @ HC	18 -Walking Group 10:30	19	20 -Wellbriety 12-1 @ HC	21
22	23 -Equine Therapy 10:30 -Stretching and Mobility 12-1 @ HC	24 -Wellbriety 6:30-7:30 @ HC	25 -Walking Group 10:30	26 -Nurse Practitioner 1-4 @ HC	27 -Wellbriety 12-1 @ HC	28
29	30 <b>OFFICE CLOSED</b>	31 -Food Hamper Deliveries 11:30-1 -Wellbriety 6:30-7:30 @ HC				

**The Snotty Nose Rez Kids**, an Indigenous hip-hop duo known for their powerful lyrics and energetic performances, are set to light up the stage at **Key City Theatre on Wednesday, October 30th.**



**DRAW TO BE HELD  
WEDNESDAY  
SEPTEMBER 25TH.**

**25 DRAWS.**

**OPEN TO ?AQAM  
MEMBERS,  
COMMUNITY &  
STAFF**

- **Must be 12 yrs + at the time of event to enter raffle.**

- **An individual cannot win twice.**

- **Lost or damaged ticket(s) will not be replaced.**

- **To receive an entry please visit the Health & Wellness Building. Or Message on Facebook Messenger with your name and phone number.**

**Entries will not be excepted by any other method.**

***WIN A PAIR OF TICKETS.  
TO SNOTTY NOSE  
REZ KIDS***







**Second Annual Suicide Awareness Walk**

*Suicide Awareness*

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

**September 7, 2024**  
**At 5:30 pm - 8:30 pm**  
**College of the Rockies Track and Field**

 Canadian Mental Health Association  
Association canadienne pour la santé mentale

 **AQAM**  
COMMUNITY

[apatrick@aqam.net](mailto:apatrick@aqam.net)

Anyone who is interested in the Walking Group hosted by Health and Wellness, Please Phone the Health Centre and get your name on the List.

Starting Sept 18, 2024. Location TBD  
Stay Tuned!

Wednesdays at 10:30  
Light lunch provided after.

Jessica: 778-761-0917  
Jenny: 778-761-0743  
Tara: 236-302-1626







# Stretching and Mobility

Open to ?aqam community members

**Dates And Times:**  
Sept 16, 23, 30  
12-1 pm

**Location:**  
Health and Wellness  
Centre



Contact Tara or the Health Centre with any questions or more  
info:  
Tara: tdelaire@aqam.net  
Health Centre: 778-761-0917

First Nations Health Authority  
Health through wellness

## HONOUR YOUR STRENGTH:

### Our diabetes wellness journey

**You are invited!**

**Who:** People living with type 2 diabetes, and anyone wanting to learn about living well with type 2 diabetes


**What:**

- Eight session series introducing living well with diabetes
- Information sharing, storytelling, activities and building your own diabetes wellness plan

**Where:** ?aqam Health + Wellness center

**When:** October 2024

For more information or to register contact:  
Jenny Damstrom  
(778) 761 0743  
jdamstrom@aqam.net



## Thrive Together: Empowerment for Wellness Gatherings

We are excited to announce the launch of the Thrive Together: Empowerment for Wellness gatherings hosted by ?aqam 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.



The flyer features a large orange gear icon on the left and a blue silhouette of a human head profile on the right. The text is centered in the middle section.

**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

## 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