

# ᑭᐱᑭᐱᑭ Health & Wellness

Kupaqpi·k 2024  
October 2024

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October, leaves begin to fade and fall.



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



ᑭᐱᑭᐱᑭ Community Health and Wellness

SUN	MON	TUE	WED	THU	FRI	SAT
		<p>1</p> <p>- Food Hamper Deliveries.</p> <p>-Wellbriety 6:30-7:30 @ HC</p>	<p>2</p> <p>-Walking Group 10:30 @ DJM</p>	<p>3</p> <p>-Nurse Practitioner 1-4 @ HC</p>	<p>4</p> <p>-Wellbriety 12-1</p>	<p>5</p>
6	<p>7</p> <p>-Equine Therapy 10:30</p> <p>-Stretching and Mobility 12-1 @ HC</p>	<p>8</p> <p>-Wellbriety 6:30-7:30 @ HC</p>	<p>9</p> <p>-Walking Group 10:30 @ DJM</p> <p>-Community Engagement 5 pm (see poster)</p>	10	<p>11</p> <p>-Wellbriety 12-1 @ HC</p> <p>-Wood Day 9-3. See Poster for Details.</p>	12
13	<p>14</p> <p>Thanksgiving</p> <p>Office Closed</p>	<p>15</p> <p>- Food Hamper Deliveries.</p> <p>-Wellbriety 6:30-7:30 @ HC</p> <p>- Grief and Loss Workshop 9-4</p>	<p>16</p> <p>-Walking Group 10:30 @ DJM</p> <p>- Grief and Loss Workshop 9-4</p>	<p>17</p> <p>- Grief and Loss Workshop 9-4</p> <p>-Nurse Practitioner 1-4 @ HC</p>	<p>18</p> <p>-Wellbriety 12-1 @ HC</p> <p>- Grief and Loss Workshop 9-4</p>	19
20	<p>21</p> <p>-Equine Therapy 10:30</p> <p>-Stretching and Mobility 12-1 @ HC</p>	<p>22</p> <p>-Wellbriety 6:30-7:30 @ HC</p>	<p>23</p> <p>-Walking Group 10:30 @ DJM</p>	24	<p>25</p> <p>-Wellbriety 12-1 @ HC</p>	26
27	<p>28</p> <p>-Stretching and Mobility 12-1 @ HC</p> <p>- Pumpkins Due (see Poster)</p>	<p>29</p> <p>- Food Hamper Deliveries.</p> <p>-Wellbriety 6:30-7:30 @ HC</p>	<p>30</p> <p>-Walking Group 10:30 @ DJM</p> <p>-Halloween Dance @ DJM 4:30-6:30</p>	<p>31</p> <p>-Nurse Practitioner 1-4 @ HC</p>		

# LET'S HELP OUR COMMUNITY; ONE LOAD AT A TIME!

PLEASE JOIN US OCTOBER 11, 2024  
9 AM - 3 PM

## FOR THE ANNUAL COMMUNITY WOOD DAY



### EVENT HIGHLIGHTS

SNACKS

BEVERAGES

LUNCH

RAFFLE



ELDERS WILL BE 1st  
PRIORITY,  
LOWER INCOME  
HOUSEHOLDS 2ND,  
ALL REMAINING  
HOMES 3RD.

Please call the office  
to have your address  
included for a delivery  
Deadline for signup  
October 2, 2024.

OCTOBER

11

9 -3 PM

5441 MISSION  
WASA LOW ROAD  
AKA STUBBY & JUANITA'S

COME AND  
JOIN US!

Kim : 778-761-0913

Jessica: 778-761-0917





## WHAT IS WELLBRIETY

The “Well” in Wellbriety is the inspiration to go beyond sobriety and recovery, committing to a life of wellness and healing everyday. Many attend the “Talking Circles” and “12 Step Red Road to Recovery” to help themselves achieve wellness.

Wellbriety is an Indigenous spirituality and culturally based healing program for those seeking recovery from addictions and/or healing from trauma.

Everyone welcomed!

Please join us at ʔaqam Health and Wellness Center:

Tuesday Evening's 6:30 – 7:30 pm

Friday Nooner 12:00 – 1:00 pm

Coffee, refreshments and snacks available.



# ʔAQ'AM

## COMMUNITY



## HEALING THROUGH MUSIC GRIEF & LOSS WORKSHOP

### About Our Workshop

Our Grief & Loss workshop will enable people to develop a clear understanding of the GRIEVING process and the strategies necessary to **START** the **HEALING PROCESS**.



**OCTOBER**  
15 & 16, 2024

**OCTOBER**  
17 & 18, 2024

**9:00 A.M. - 4:00 P.M.**

1 HOUR LUNCH BREAK

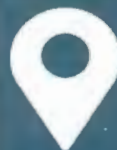


FACILITATOR

Andrew Bear is a Métis from the Batoche and

St. Louis communities. He acquired a Bachelor of Indian Social Work degree from the First Nations University of Canada and is a licensed Minister.

Andrew specializes in Residential School issues and has been delivering GRIEF & LOSS WORKSHOPS for over 20 years to First Nations communities ALL OVER CANADA.



### LOCATION :

7468 MISSION ROAD  
ʔAQAM COMMUNITY HEALTH AND  
WELLNESS CENTER



**TO REGISTER,  
PLEASE CALL:**

**Monica Lloyd:**  
778-761-0920

**Jessica Cashen:**  
778-761-0917

**WE ENCOURAGE EVERYONE TO JOIN THIS HEALING JOURNEY.  
PLEASE CALL TO REGISTER**



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:**

*ᐱᐱᐱ Health + Wellness center*

**When:**

*October 2024*

For more information or to register contact:

*Jenny Damstrom  
(718) 761 0743  
jdamstrom@aqam.net*

Dates To Be Determined

## LET'S TALK FOOD

WE WANT TO HEAR YOUR IDEAS ON  
TRADITIONAL FOODS  
AND FOOD SECURITY

LOCATION: DAN JOE MEMORIAL GYM

DATE: OCTOBER 9, 2024

DOORS OPEN AT 5PM

DINNER SERVED AT 5:30PM

DOOR PRIZES



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







**HALLOWEEN  
DANCE**

**30 OCTOBER 2024**  
**4:30PM TO 6:30PM**  
**FOOD/FUN/DANCING/DOORPRIZES**

236-302-1626 or [tdelaire@aqam.net](mailto:tdelaire@aqam.net)  
Location: Dan Joe Memorial Gym



**PUMPKIN  
CARVING  
CONTEST**

Send in pictures of your carved pumpkins before noon on  
**October 28, 2024**  
[tdelaire@aqam.net](mailto:tdelaire@aqam.net)  
**236-302-1626**

**FIVE CATEGORIES FOR PRIZES**  
**\$50 GIFT CARD FOR WINNER OF EACH AGE GROUP**

AGE GROUPS: UNDER AGE 8, AGES 9-12, AGES 13-18, AGES 19-55, 55+

Need a pumpkin to carve? pick up your free pumpkin at the community dinner October 9th (5pm-7pm at Dan Joe Gym)



ᐱᐱᐱ is  
happy to offer  
Culligan  
water to all  
ᐱᐱᐱᐱᐱ

Are you  
interested in  
receiving  
Bottled Water  
in your home?



If you would like your  
household added for  
Bi-weekly delivery please  
contact Kim at the  
Health & Wellness Building.



khalvorson@aqam.net  
778-761-0913

For water delivery service Culligan requires Home addresses and Phone Numbers



### ᐱᐱᐱᐱᐱ Home Security Fund

In support of ka knitwi:tiyaᐱ

Safety & Security -ksukqawsaqwum ᑲ ᑲᐱᐱᐱᐱᐱᐱᐱᐱ:

- Goal: Safety and security for all community members
- Objective 1: Create a safe community environment.



In accordance with this goal, ᐱᐱᐱ has set aside a one-time provision of up to \$500 per ᐱᐱᐱᐱᐱ household to either enable households to be reimbursed for security systems or have security systems purchased by ᐱᐱᐱ staff on behalf of the household.

This may be accessed one of two methods:

- 1) Purchase a system and submit receipts for reimbursement up to \$500.00 (CAD) taxes included.
- 2) Research the system you are wanting, submit your request, ᐱᐱᐱ to purchase unit up to \$500.00 (CAD) taxes included to be delivered to your home or picked up to the Band Office.

Households will be responsible for the installation and maintenance of their chosen system.

To take advantage of this opportunity applications may be obtained from Kim Halvorson via email [khalvorson@aqam.net](mailto:khalvorson@aqam.net) or at the administration office.

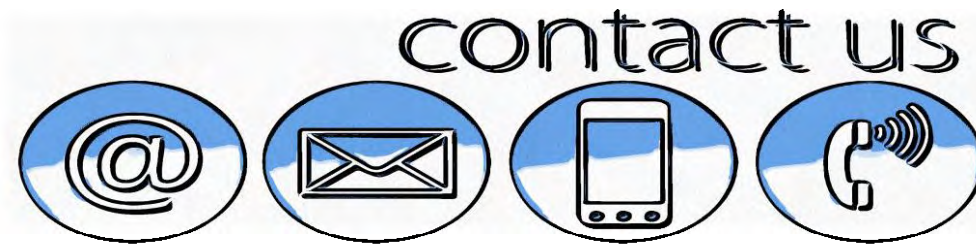
Please note: This fund provides up to \$500.00 per Band member household not per member.

# 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

