

ᑭAᑖAM Health & Wellness

Nistamu ᑭat ᑭuniᑭuxaxamni naᑭanik
December, when the sun goes under (farthest away from the earth)



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



ᑭaᑭam Community Health and Wellness

Credits to Dorothy Alpine for the translation of the month and the meaning.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 -Equine Therapy 10:30 -Acupuncture 10-1 @ HC (must pre book)	3 -Wellbriety 6:30-7:30 @ HC -Food Deliveries	4	5 -Nurse Practitioner 1-4 @ HC	6 -Wellbriety 12-1	7
8	9 -Equine Therapy 10:30 -Acupuncture 10-1 @ HC (must pre book)	10 -Wellbriety 6:30-7:30 @ HC	11 -Reiki @ HC (pre-booked appts)	12 -Elder and Youth Gift Distribution @ HC	13 -Wellbriety 12-1 @ HC	14
15	16 -Equine Therapy 10:30 -Acupuncture 10-1 @ HC (must pre book)	17 -Wellbriety 6:30-7:30 @ HC -Food deliveries	18	19 -Nurse Practitioner 1-4 @ HC	20 -Wellbriety 12-1 @ HC	21 Closed For Holidays
22 Closed For Holidays	23 Closed For Holidays	24 Closed For Holidays	25 Closed For Holidays	26 Closed For Holidays	27 -Wellbriety 12-1 @ HC Closed For Holidays	28 Closed For Holidays
29 Closed For Holidays	30 Closed For Holidays	31 -Wellbriety Talking Circle 6:30-7:30 Doors open at 6:00. @ HC				



Youth And Elder Gift Distribution



When: Thursday December 12th
Where: Health and Wellness Centre

Elders Drop In: 2-4 pm
**(All registered members 55+ in the local area
are invited to receive a gift)**

Youth Drop In: 4-7 pm
**(All Children/Youth who registered prior to
December 2nd will receive a gift)**

Santa and his elves will be on site!
Fresh cookies and warm beverages!
Take a photo in our Winter Wonderland.



NEW BEGINNINGS COMMUNITY ENGAGEMENT

Sharing Intentions for 2025.
Reflecting on Personal & Community goals.

Wednesday January 8, 2025

Doors open at 5:00 PM

Dinner at 5:30 PM

Presentation & Discussion to follow

DAN JOE MEMORIAL GYMNASIUM



aqam Health and Wellness

CALL FOR CATERERS



aqam Health and Wellness is seeking caterers for their Community Engagements that are held each month at the Dan Joe Memorial Gynasium.

REQUIREMENTS

- ✓ Menu including Beverages & Desserts
- Menu must include options for Dietary Restrictions (example: GF)
- FoodSafe Certificate
- Serving/Cleaning Personnel
- Garbages & Recycling
- Cost (per Event or Per Person)

Note:
Due to the school gym agreement access to the gym kitchen will not be available until 3:00 p.m. Dinner to be served at 5:30 pm

DATES REQUIRED

JANUARY 8, 2025	FEBRUARY 12, 2025	MARCH 12, 2025	APRIL 9, 2025	MAY 14, 2025	JUNE 11, 2025
New Beginnings	Elder Abuse Personal & Community Safety Tips	Celebrating & Honoring the Strengths of Community	Creating Connections to Overcome the Opioid Crisis	Nutritional Nourishment Promoting Healthy Eating	Integration of Land Based Healing for Health & Wellness






If interested in submitting a quote for preparing a meal for one or all dates listed above please contact







Jackie Brown at jbrown@aqam.net / 778-761-1039 or
Kim Halvorson at khalvorson@aqam.net / 778-761-0913

Cranbrook Cold Weather Resources

LEGEND:



Organization	Phone	Address	Target Population	Hours of Operation	Services
ANKORS	250 426-3383	1324 2 nd St. N Cranbrook	No age or gender restrictions	M-Tue-Th 9:00-4:00 Wed 9:00-1:00 F- 9:00-1:00-Breakfast 8:00am-7:00pm Extended hours when overnight shelter is open.	Warm space, snacks & beverages, harm reduction, drug checking, toilet, connection to other services. Pet Friendly  ***If you have a pet, please contact ANKORS and they will help you house your pet while you access an over-night shelter***
Alliance Church	250 421-0363	1200 Kootenay St. N	Adults	***Sat and Sun 8:30-7:00. As able when weather is -15 or below***	 NO PETS
Christ Church Anglican Shelter	Polly-250 421-4949 James-250 919-9179	46 13 th Ave. S Cranbrook	Adults No gender restrictions	-15 degree Celsius. 7:00pm-8:30am	Over-night space. Toilets, food, coffee, support.  NO PETS
The Dwelling Place	250 489 5411	2324-2 nd St. S.	Adults/No gender restrictions.	Mon-Sat 8:30 am-9:00pm Sun 1:00 9:00 pm	Open for drop in during extreme weather.  NO PETS
Cranbrook Food Bank	250 426-7664	1624 Industrial Road 2.	No age or gender restrictions	M-W-F 9:30-2:30 Bread room-Open 24/7 Community Fridge-Open 24/7.	Food, hygiene items, health items, beverages. Fresh water tap on site. 

Cranbrook Public Library	250 426-4063	1212 2 nd St N.	No age or gender restrictions	M-Th 10:00am-8:00pm Fri-Sun 10-00-5:00	Designated warming/cooling space 
Kootenay Haven Transition House	250 426-4887 1-800-200-3003		Women and Children	24/7	Shelter for those leaving domestic violent living situations. 
Salvation Army **Note-no laundry or shower services available**	250 426-3612	533 Slater Rd NW. Cranbrook	No age or gender restrictions	M-F 8:30-3:30	Warm space, food, snacks, coffee. Access to winter clothing etc. with voucher Hot Lunch Mon-Tue-Thu-Fri 12:00-1:00 Evening Meal Wed & Sun 5:30-7:00 Food Recovery Tues & Thurs 12:30-1:30 Free winter clothes, blankets, sleeping bags with voucher or referral. 
Street Angels	250 420-2756	#46-17 th Ave S Cranbrook	Youth and Adult Services. No gender restrictions.	M-F 9:00am-6:00pm	Warm space, laundry, showers, snacks, coffee, resources Meals: Tues, Thur, and Fri 4:00pm 
Travelodge Shelter Manager cell: 778-687-1979	Staff cell: 778 687-1707	1417 Cranbrook Street N.	Adults No gender restrictions	M-Sun 6:00 am-9:00 pm	Temporary Shelter. Rooms available at 4:00. First come first serve. Site Curfew. 
Western Financial Place	250 489-0267	1777 2 nd St. N Cranbrook	No age or gender restrictions	M-Sun 6:00am-8:00pm	Designated warming/cooling space. 






First Nations Health Authority
Health through wellness

FNHA Cybersecurity Incident

How to protect yourself

In May 2024, the First Nations Health Authority (FNHA) was the target of a cyber attack. The FNHA took immediate steps to block the threat.

The cyber criminals may have accessed the personal information of many First Nations peoples and their non-First Nations immediate family members in BC. The FNHA is offering free credit and identity theft monitoring to all who may be affected.

STEP 1	STEP 2	STEP 3
 <p>Read Questions & Answers (Q&A) at www.fnha.ca/cyberincident</p>	 <p>Check to see if you have been affected using the FNHA look-up tool: https://lookup.fnha.ca/</p>	 <p>Sign up for the free Equifax credit monitoring service provided by the FNHA if you have been affected</p>
<p>We understand that receiving a notice like this is distressing. The fnha.ca website also has information on how to access mental health and cultural supports. We will continuously update the Q&A based on questions and feedback.</p>	<p>To determine whether you or a loved one you are assisting has been affected, like a parent, spouse etc., please visit lookup.fnha.ca and follow the instructions on the page.</p>	<p>The FNHA has arranged for credit monitoring and identity theft restoration service for a period of 24 months at no cost to anyone whose status number has been impacted. Please note that you have until January 31, 2025 to determine your eligibility.</p>
<p>If you need to speak to someone:</p>		

Please contact the dedicated FNHA Cyber Incident Support Centre, for further questions or support:



By Phone:
1-844-723-6518



By Email:
cyberincident@fnha.ca

The operating hours of the Support Centre are 7:00 am – 3:00 pm Pacific time, Monday - Friday.

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)
- 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.

Team Directory

- 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
- Oscar Mejia, Counsellor omejia@aqam.net (778) 761-1077
- Richard Leesman, Addictions Counsellor 250-919-4606
- Monica Lloyd, Director of Health and Wellness mlloyd@aqam.net (778) 761-0920
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