

# ʔAQʔAM Health & Wellness

August 2023

**Kéilmitilq̄likwaʔit ʔat éilmitil hukuni ʔa·kuq̄liʔit**

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



## Events This Month

**Family Craft Night: August 2<sup>nd</sup> (See poster below for more info)**

**Koocanusa Water Park: August 8<sup>th</sup> ( see poster below for more info)**

**White Water Rafting: August 4<sup>th</sup> and August 18<sup>th</sup> (see posters below for more info)**

**Foot Clinic: August 28,29,30. Contact Pina to book (778) 761-1057**



**August 2nd**  
4:00–7:00



**Health and Wellness Centre**  
Meet at the HWC at  
7470 Mission Road



**Design and Decorate**  
Limited quantities apply

### **THE ACTIVITIES**

- Mess Free Finger Painting (5 Under)
- Canvases
- Bird Houses
- Wooden Slices
- Bookmarks

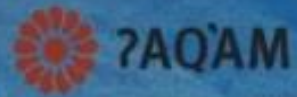
**UNLEASH YOUR CREATIVITY**

### **CONTACT**

(778) 761-0966 / [catwood@aqam.net](mailto:catwood@aqam.net)

09  
AM

KOOTENAY RIVER  
RADIUM HOT SPRINGS



**AMAZING ADVENTURE  
FOR COMMUNITY YOUTH  
AND FAMILIES**

- DO NOT FORGET TO BRING
- Bathing Suit/ Trunk
  - Closed Toe Shoes
  - Towel & Sunscreen
  - Signed Waiver

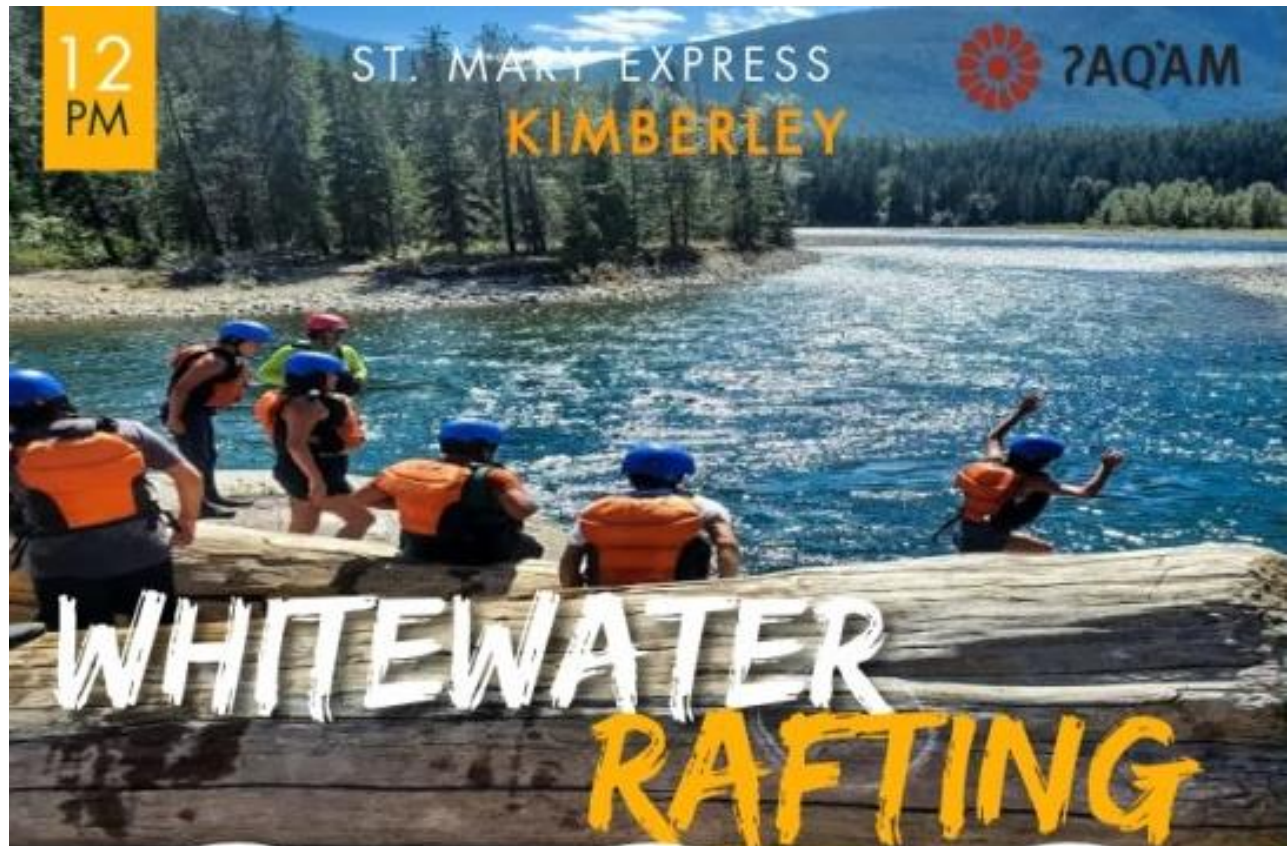
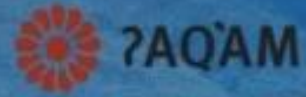
**AUG 4**

09AM - 5PM  
COST: FREE

Contact Ivan N. at [inikolov@aqam.net](mailto:inikolov@aqam.net) for more info

12  
PM

ST. MARY EXPRESS  
KIMBERLEY



# WHITEWATER RAFTING



**AMAZING ADVENTURE  
FOR COMMUNITY YOUTH  
AND FAMILIES**

DO NOT FORGET TO BRING

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

**AUG 18**

12PM - 5PM

COST: FREE

Contact Ivan N. at [inikolov@aqam.net](mailto:inikolov@aqam.net) for more info

KOOCANUSA WATER PARK



# WATER DAY

**August 8, 2023**

Limited spots available,  
Ages 10 and up, pick up waiver forms  
from the health and wellness building.  
Transportation will be provided but pick -  
up will be required at 5:00 pm.

**9:00 am**

Meet at Health and Wellness  
to make lunches and head  
over to Dan Joe Memorial  
Gym to catch the bus.

Contact: Autumn at (778) 761-0896



**AQAM**

## 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
- Flu and Covid Vaccines available by appointment. Call Jenny or Jessica to book an appointment.  
Jessica (778) 761-0917  
Jenny (778) 761-0743
- Harm reduction items available. Call or come to the Health Center. No name or info needed. Confidential.

Period Poverty packages are still available! Just contact Jessica or Jenny at the Health Centre.

Jessica (778) 761-0917

Jenny (778) 761-0743





## ʔaqam Community Health and Wellness Center

Hours: Monday-Friday 8:30-4:30

### Services Community may access during this emergency.

- Health Assessment
- Access to additional food bank boxes
- Salvation Army and Kimberley Auxiliary Thrift Store Vouchers
- Transportation for Appointments
- Medication Supports
- Mental Health Supports
- Community Shower and Laundry
  - Jessica Cashen, Administrative Assistant [jcashen@aqam.net](mailto:jcashen@aqam.net) ext. 3811 (778) 761-0917
  - Jennifer Damstrom, Community Nurse [jdamstrom@aqam.net](mailto:jdamstrom@aqam.net) ext. 3527 (778) 761-0743
  - Shelby Aquila, Wellness Coordinator [saquila@aqam.net](mailto:saquila@aqam.net) ext. 3582 (778) 761-0747
  - Autumn Patrick, Life Skills Worker [apatrick@aqam.net](mailto:apatrick@aqam.net) ext. 3837 (778) 761-0896
  - Tara Delaire, Wellness Liaison [tdelaire@aqam.net](mailto:tdelaire@aqam.net) ext 3838 (236) 302-1626
  - Cody Atwood, Life Skills Worker [catwood@aqam.net](mailto:catwood@aqam.net) ext 3836 (778) 761-0966
  - Richard Leesman, Addictions Counsellor 250-919-4606
  - Pina Zilli, Registered Care Aide [pzilli@aqam.net](mailto:pzilli@aqam.net) ext. 3824 (778) 761-1057
  - Monica Lloyd, Director of Health and Wellness [mlloyd@aqam.net](mailto:mlloyd@aqam.net) ext. 3841 (778) 761-0920

**Information on upcoming events can be found on the ʔaqam Community Health and Wellness Facebook page. Event Posters can also be found at the gym and the Health and Wellness Center**