

# ?AQ'AM

## Health & Wellness

June 2022

Kuqukupku, ?at nuku?ni ?aquku

June, when strawberries and raspberries ripen.



### Events

- Floor Hockey at Dan Joe Memorial Gym! Fridays 6:00 pm – 7:30 pm
- Walk in Counselling June 7 and 21 from 11:00 am – 2:00 pm
- Foot Clinic June 14,15,16 from 10:00 am – 2:15 pm
- Paint Nights with PJ Gilhuly June 3<sup>rd</sup> and 17<sup>th</sup> 4:00 pm at the Health and Wellness Office
- June 21 National Aboriginal Day. Stay tuned for details on possible events!

### **Additional Health and Wellness Centre Information**

**COVID 19** take home tests are still available at the Health and Wellness Office. If you or your family are symptomatic, please contact us for drop off, or stop at the Health and Wellness Office for pickup.

Reminder for everyone to continue to practice good handwashing hygiene. Handwashing is one of the most effective ways to help stop the transmission of the Covid 19 virus, as well as other viruses.

The Health and Wellness Office has harm reduction supplies, such as Naloxone kits. Please feel free to contact us if you, your friends, or family are in need. We also have feminine hygiene products and lice kits available.



If you or your loved one is struggling with addiction issues (drug, alcohol, gambling, shopping etc.) please don't hesitate to contact Jenny or Shelby at the Health and Wellness Clinic. Referrals can be made to a variety of treatment centers. Privacy and confidential is guaranteed. Your health and wellness are our top priority.

Jenny, our Community Health Nurse is available by appointment for clinic visits for health-related issues. Please contact Jenny at (778)761-0743 to book an in-clinic visit.

# PAINT NIGHT!

With PJ Gilhuly

**ALL AGES WELCOME**

**When:**     May 20th @ 4pm  
                 June 3rd   @ 4pm  
                 June 17th @ 4pm

**Where:** ?aqam Health and Wellness  
                 Office



[www.agedout.com](http://www.agedout.com)

## What's this site all about?

AgedOut.com is for young adults who were in government care in BC. It's an up-to-date warehouse of information on resources and services available to young adults and a learning tool to help people feel empowered as they leave care.

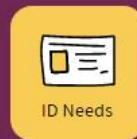
We built AgedOut.com after listening to the voices of former youth in care to make sure the site meets their needs.

Learn life skills, seek out information,  
earn gift cards.

See [site tutorial](#) for details.

# AGEDOUT

Choose a topic you want to learn more about:

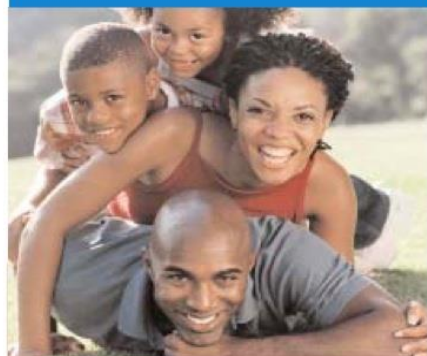


Brought to you by Former Youth in Care



SIGN UP FOR OUR NEWS  
LETTER

# June is Men's Health Month!



## Men's Health Network

Men's Health Network (MHN) is a non-profit educational organization made up of physicians, researchers, public health workers, individuals and other health professionals.

MHN was founded in 1992 by a group of health professionals and key thought leaders interested in improving the health and well-being of men, boys and families.

## The Goal of Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Alarming statistics show that men's health is at great risk.

On average, men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death. The lives of hundreds of thousands of men will continue to be threatened unless immediate action is taken to combat this growing crisis.

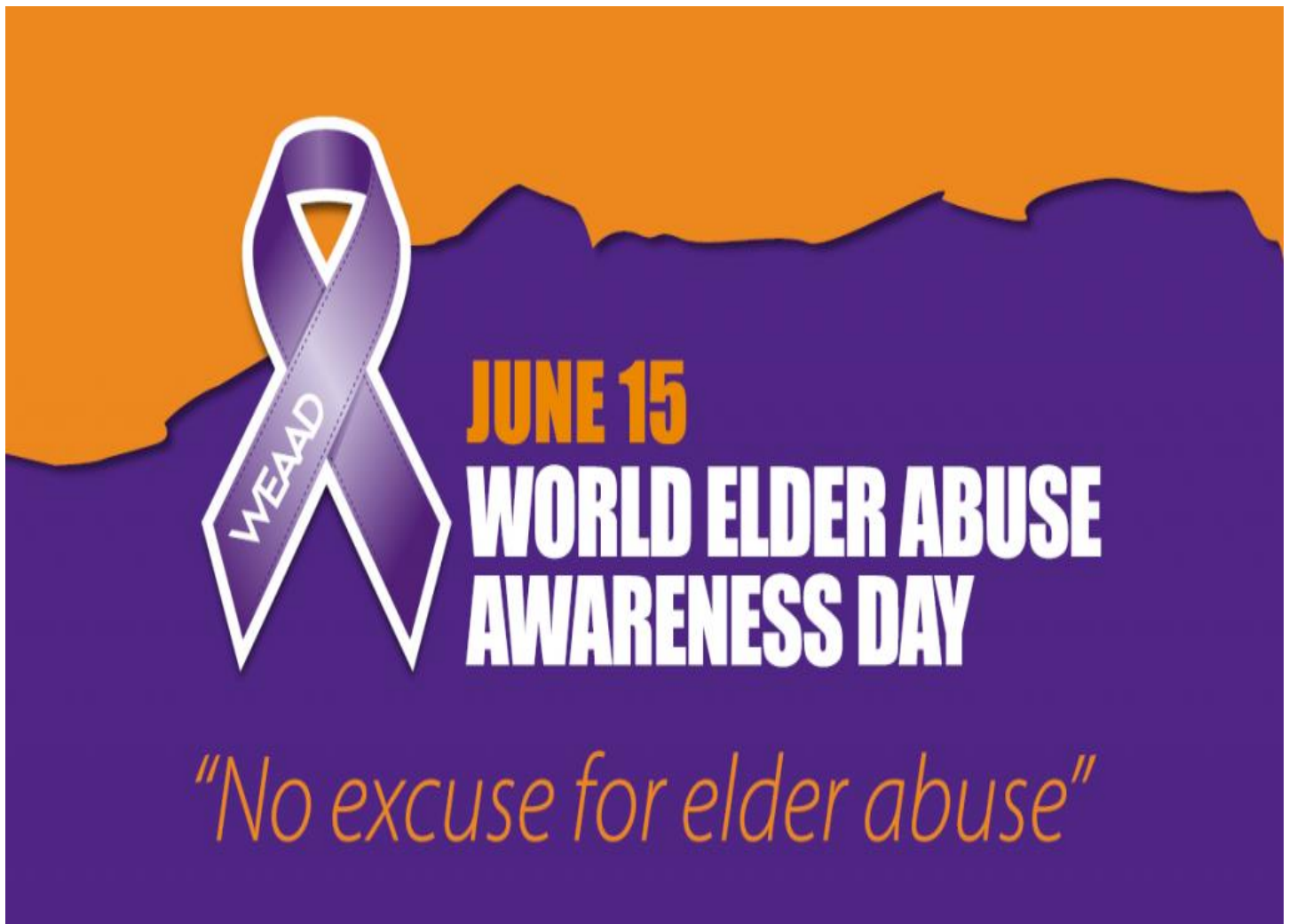
Research shows that:

- men do not see physicians for a physical exam nearly as often as women
- men are dying of the top causes of death at higher rates than women
- men are more likely to be uninsured than women
- approximately 30,000 men in the US die each year from prostate cancer



Find events in your area by checking the Men's Health Calendar at: [www.menshealthnetwork.org](http://www.menshealthnetwork.org)

Want some interesting and fun things to do during Men's Health Month? Visit us at: [www.menshealthmonth.org](http://www.menshealthmonth.org)



In many parts of the world elder abuse occurs with little recognition or response. It is a global social issue which affects the health, well-being, independence, and human rights of millions of older people around the world, and an issue which deserves the attention of all in the community.

June 19

Happy  
Father's  
Day







### **Creamy Corn Salad**

[www.eatwell101.com](http://www.eatwell101.com)

### **Ingredients**

- 2 lbs (900g) **corn kernels** (fresh or thawed, see notes)
- 1 cup diced **cherry tomatoes**
- 1/4 cup diced **red onion**
- 1 medium **cucumber**, peeled and diced
- 1/4 cup chopped **cilantro**
- 1/2 cup **plain Greek yogurt**
- 1/2 cup **mayo**
- 1/2 teaspoon **salt** and fresh **cracked pepper**
- 1/4 teaspoon **Italian seasoning**

### **DIRECTIONS**

- To make the creamy corn salad: Combine the corn, cherry tomatoes, red onion, cucumber, and cilantro in a large bowl. Season with pepper.
- In a separate bowl whisk together Greek yogurt, mayo, salt, pepper, and Italian seasoning. Gently stir into the corn mixture. Toss to combine the ingredients and coat with the sauce, then refrigerate the **creamy corn salad** until ready to serve. Enjoy!





### **Team Contact Information:**

- Jennifer Damstrom, Community Nurse [jdamstrom@aqam.net](mailto:jdamstrom@aqam.net) ext. 3527 | (778) 761-0743
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- Debbie Patrick, Registered Care Aide [dpatrick@aqam.net](mailto:dpatrick@aqam.net) ext. 3528 | (778) 761-0927
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