

AQAM

Health & Wellness

July 2022

Kuku squmu, 'at nuku ni squmu

July, Saskatoons Ripen



Events

July 6,7,8 – Foot Clinic 10:00 - 2:30

July 21 – Games Day at the KNC Gym 3:00 - 7:00

July 24 is International Self Care Day



International Self-Care Day is an annual awareness campaign held across the world on July 24. It was created to remind people that self-care is important for improving the quality of life, preventing many health conditions, and managing chronic illnesses.

STOP BY AQAM HEALTH AND
WELLNESS CENTER
MONDAY-FRIDAY 8:30-4:30
TO MAKE AN APPOINTMENT CALL:
778-761-0917

Support your
wellness

Ask for
Help

Value
Yourself

Practice
Culture

Fuel your
Mind, Body,
and spirit

Be in
nature



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.

Please contact Jenny at (778)761-0743 to book an in-clinic visit.



Ki?su?k kyukyit,

My name is Shawnae and I am a new Life Skills Worker at the Health and Wellness Center. I am a 4th year social work student and recently completed my 3rd year practicum at KKCFSS. I worked with the KNC Social Sector for two years, while going to school, and a lot of my experience in the human service work field is in addictions. On my time away from work, you can find me crafting and getting outside. Currently, I am working with the Health and Wellness Team to increase the amount of addiction support resources at the Health and Wellness Center, while getting to know community. I am grateful for this opportunity, and I look forward to connecting with everyone. Please feel free to drop in if you are needing any supports, or just to say hi.



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, Shelby or Shawnae 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.

YOU ARE INVITED TO THE

2022 YOUTH LEADERSHIP RETREAT

MONDAY AUGUST 29TH TO
FRIDAY SEPTEMBER 2ND

CMH Galena Lodge

At this time, all participants must be fully vaccinated as per
CMH policy. Contact us today to hold your spot!



?AQ'AM



CMH
HELI SKIING

Slow Cooker BBQ Beef Sandwiches

www.modernhoney.com

<https://www.modernhoney.com/slow-cooker-bbq-beef-sandwiches>



Ingredients and Instructions

2-3 lb Chuck Roast

1 tsp Salt

1 tsp Pepper

¼ tsp Garlic Powder

½ tsp Onion Powder

½ tsp Chili Powder

1 tsp Smoked Paprika

1 bottle of BBQ Sauce

Coleslaw

Buns

- In a Slow Cooker, add chuck roast. Season Generously with salt, pepper, garlic powder, chili powder and smoked paprika. Cook on low for 8 hours.

- Once it is tender, drain excess fat from the slow cooker. Then take 2 forks and shred meat. Add BBQ sauce, heat for about 15 minutes in slow cooker over low heat.

- Place meat on a bun, top with coleslaw. Serve.



Our Team is Available Monday - Friday 8:30-4:30. Excluding Statutory Holidays.

Team Contact Information:

- Jessica Cashen, Administrative Assistant jcashen@aqam.net ext. 3811 | (778) 761-0917
- Jennifer Damstrom, Community Nurse jdamstrom@aqam.net ext. 3527 | (778) 761-0743
- Josh Lockhart, Youth and Family Counsellor jlockhart@aqam.net ext. 3808 | (778) 761-0833
- Shelby Aquila, Wellness Coordinator saquila@aqam.net ext. 3582 | (778) 761-0747
- Shawnae Goddard, Life Skills Worker sgoddard@aqam.net ext 3819 | (778) 732-4179
- Richard Leesman, Addictions Counsellor 250-919-4606
- Debbie Patrick, Registered Care Aide dpatrick@aqam.net ext. 3528 | (778) 761-0927
- Michelle Shortridge, Director of Operations & Community Services mshortridge@aqam.net ext. 3523 | (778) 761-1040