

# ʔAQʔAM

## Health & Wellness

July 2023

**Kuku s̓qumu ʔat nukuni s̓qumu**

**July, the month when saskatoon berries ripen.**



### Events This Month

- Foot Clinic: July 18,19,20
- Plant Medications and Harm Reduction: July 17<sup>th</sup>, July 18<sup>th</sup>, July 19<sup>th</sup>,  
(Poster below for more detailed information)
- Basketball Camp: July 3-7, Dan Joe Memorial Gym (Poster below)
  - Fishing Friday: July 7,14,21,28 (Poster below)
  - Family Paint night: July 19<sup>th</sup> 5-7 (Poster below)
  - Family Game Night: July 26<sup>th</sup> 5-7 (Poster below)

## Meet our New Director Health and Wellness



Kiʔsuk kyukyit,

Hu qakʔik Monica Lloyd. I'm the new director of Health and Wellness for Aqam. Everyone has been very welcoming here at ʔaqam I'm very excited to be a part of this great community. I previously worked at Yaqaan Nukiy in Creston as a counsellor. I have over 25 years' experience in services for complex needs both as a front-line worker and in administration.

I look forward to getting to know all members of the community. Please feel free to drop by, or to make an appointment at the Health and Wellness center to share your ideas about the future of health and wellness for ʔaqam.

ʔan·wunikit,

Monica Lloyd



# BASKETBALL SUMMER CAMP

**JULY 3RD - JULY 7TH 2023**

TIME:

**09:30 AM - 3:00 PM**

DJM GYM  
7500 B MISSION RD • CRANBROOK BC



**OPEN TO COMMUNITY YOUTH AND CHILDREN**



# FISHING FRIDAYS

— July 2023 —

**All Supplies  
Available to  
Participants**



**JULY 7TH, 2023**  
**JULY 14TH, 2023**  
**JULY 21ST, 2023**  
**JULY 28TH, 2023**

[SAQUILA@AQAM.NET](mailto:SAQUILA@AQAM.NET) | Call or Text: 778-761-0747

Water safety, fishing supplies, fly tying, etc.  
will be provided on the first day.  
Locations TBD at a later date



**?AQ'AM**

JULY 19th / 4:00-7:00PM

# FAMILY CRAFT DAY

DAN JOE MEMORIAL GYM

*In collaboration with the head start program*

## Dinner Provided

Stew and fresh buns.

- Juice and Pop
- Fruit Platter
- Vegetables

## Wooden Craft Variety

First come first serve basis due to limited supplies. Take home after!

- Birdhouses
- Feathers, tree slices
- Bookmarks

## Mess Free Finger Paint

For children under the age of five. In collaboration with the head start program.

- Canvases in the plastic bag
- Choose your colours



-  (778) 761 0966
-  17500B Mission Rd, Cranbrook.
-  [catwood@aqam.net](mailto:catwood@aqam.net)
-  [apatrick@aqam.net](mailto:apatrick@aqam.net)



# Plant Medicines and Harm Reduction

**MONDAY JULY 17TH- PLANT MEDICINES**  
**TUESDAY JULY 18TH - HARM**  
**REDUCTION OUTREACH DURING FOOD**  
**HAMPER DELIVERIES**  
**WEDNESDAY JULY 19TH- HARM**  
**REDUCTION CONVERSATIONS**



**9:30AM - 3:30 PM**  
**ʔAQ'AM HEALTH AND WELLNESS OFFICE**  
**778-761-0747 / SAQUILA@AQAM.NET**



JULY 26  
5-7PM

# FAMILY GAME NIGHT

Dan Joe Memorial Gym  
Everyone Welcome!



## 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







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

**Team Contact Information:**

- Jessica Cashen, Administrative Assistant [icashen@aqam.net](mailto:icashen@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
- Cody Atwood, Life Skills Worker [catwood@aqam.net](mailto:catwood@aqam.net) ext. 3836 (778) 761-0966
- 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
- Richard Leesman, Addictions Counsellor 250-919-4606
- Pina Zilli, Registered Care Aide [pzilli@aqam.net](mailto:pzilli@aqam.net) ext. 3824 (778) 761-1057
- Michelle Shortridge, Director of Operations & Community Services [mshortridge@aqam.net](mailto:mshortridge@aqam.net) ext. 3523 (778) 761-1040
- Monica Lloyd, Director of Health and Wellness [mlloyd@aqam.net](mailto:mlloyd@aqam.net) ext. 3841 (778) 761-0920