

<u>?AQAM</u> <u>Health & Wellness</u>

July 2023

Kuku squmu ?at nukuni squmu

July, the month when saskatoon berries ripen.



Events This Month

- Foot Clinic: July 18,19,20
- Plant Medications and Harm Reduction: July 17th, July 18th, July 19th, (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 19th 5-7 (Poster below)
 - Family Game Night: July 26th 5-7 (Poster below)



Meet our New Director Health and Wellness



Ki?suk kyukyit,

Hu qaklik Monica Lloyd. I'm the new director of Health and Wellness for Aqam. Everyone has been very welcoming here at ?aqam I'm very excited to be a part of this great community. I previously worked at Yaqan 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 ?aqam.

?an·wunikit,

Monica Lloyd













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
- apatrick@agam.net







MONDAY JULY 17TH- PLANT MEDICINES

TUESDAY JULY 18TH - HARM
REDUCTION OUTREACH DURING FOOD

HAMPER DELIVERIES

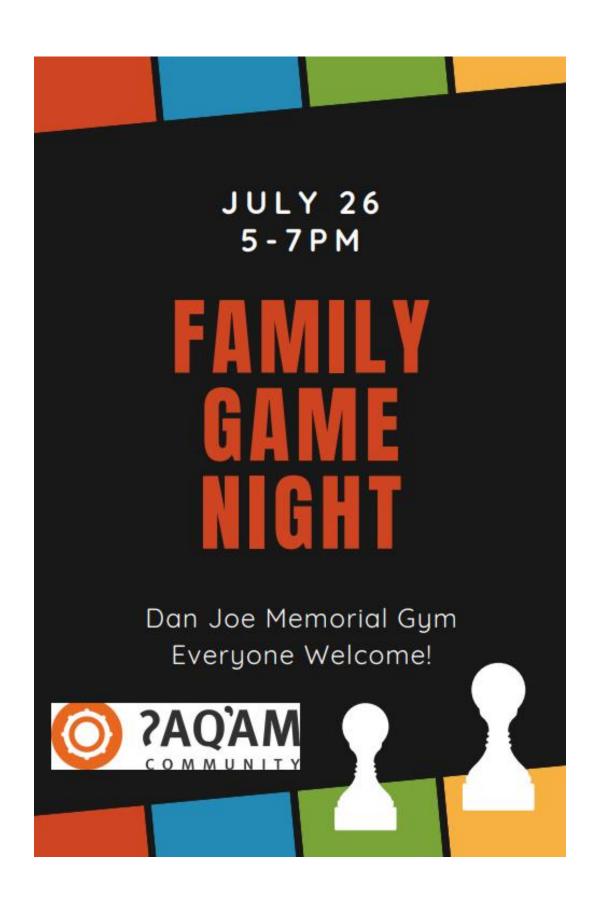
WEDNESDAY JULY 19TH- HARM
REDUCTION CONVERSATIONS



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









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 <u>jcashen@aqam.net</u> ext. 3811 (778) 761-0917
- Jennifer Damstrom, Community Nurse jdamstrom@aqam.net ext. 3527 (778) 761-0743
- Shelby Aquila, Wellness Coordinator saquila@aqam.net ext. 3582 (778) 761-0747
- Cody Atwood, Life Skills Worker <u>catwood@aqam.net</u> ext. 3836 (778) 761-0966
- Autumn Patrick, Life Skills Worker apatrick@aqam.net ext. 3837 (778) 761-0896
- Tara Delaire, Wellness Liaison tdelaire@aqam.net ext 3838 (236) 302-1626
- Richard Leesman, Addictions Counsellor 250-919-4606
- Pina Zilli, Registered Care Aide pzilli@aqam.net ext. 3824 (778) 761-1057
- Michelle Shortridge, Director of Operations & Community Services mshortridge@aqam.net ext. 3523 (778) 761-1040
- Monica Lloyd, Director of Health and Wellness mlloyd@aqam.net ext. 3841 (778) 761-0920