

## ʔaᑭam Community Health & Wellness

November, deer rutting season

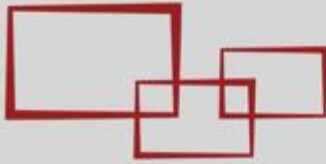
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### **EVENTS**

Foot Clinic: November 28,29,30

Health Fair: November 30. Dan Joe Memorial Gymnasium. Details to come!



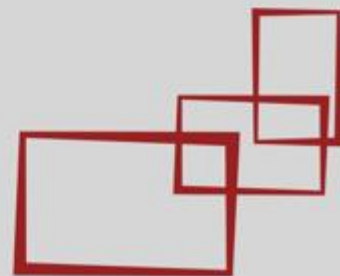
**ONE DAY AT A TIME  
12 STEP RECOVERY MEETING**

**At the aqam Health and  
Wellness Building on  
Wednesdays @5:30-6:30  
starting October 26th**

**For any questions or further information  
email: [sgoddard@aqam.net](mailto:sgoddard@aqam.net)**

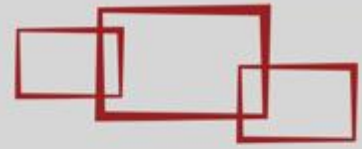


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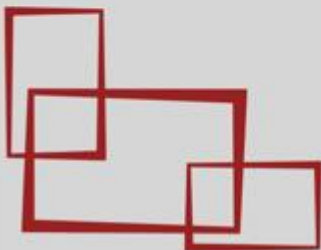
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## **NATIONAL ADDICTIONS AWARENESS WEEK NOVEMBER 20-26**

**Join us for the Pancake  
Breakfast Kickoff and Walk on  
November 21st @9:00am at the  
Dan Joe Memorial Gym**

Stay tuned for community events  
during this week and activities for  
?Aqamnik school kids



Canadian Centre  
on Substance Use  
and Addiction



# CRANBROOK FREE FOOD

Updated Jan 19, 2022

FOOD BANK: 1624 Industrial Road 2 426-7664    STREET ANGELS: 46 17<sup>th</sup> Ave S 420-2756    ANKORS: 46 17 Ave S 426-3383


SALVATION ARMY: 533 Slater Rd 426-3612    St. Aidan Orthodox: 201 7<sup>th</sup> Ave S 420-1582    St. Mary's Church: 39 10<sup>th</sup> Ave S 426-4266

Ekklesia Millenium Society: 217 Industrial Rd F (Basement) 250-426-5350 Meals/Delivery/Shuttle



**MOBILITY ISSUES? FOOD BANK:** Deliveries and Emerg/Mini Hampers available. **SALVATION ARMY:** *Home Meals (fresh & frozen)*

Delivery M, W, F.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p><b>BEVERAGES, SNACKS</b> @Street Angels 9am-7pm @Salvation Army 9:30-11am @Ankors – 10am – 2pm</p> <p><b>BREAKFAST</b> @ St Aidan 7:30-9:30am @St Mary's Church 8-10am (small food hamper, 3<sup>rd</sup> Monday every month)</p>	<p><b>BEVERAGES, SNACKS</b> @Street Angels 9am-7pm @Salvation Army 9:30-11am @Ankors 10am – 2pm @Food Bank 9-12:30pm</p>	<p><b>BEVERAGES, SNACKS</b> @Street Angels 9am-7pm @Salvation Army 9:30-11am @Ankors – 10am – 2pm</p> <p><b>BREAKFAST</b> @St Aidan 7:30-9:30am (1<sup>st</sup> &amp; 2<sup>nd</sup> Wed every month)</p>	<p><b>BEVERAGES, SNACKS</b> @Street Angels 9am-7pm @Salvation Army 9:30-11am @Ankors – 10am – 2pm</p>	<p><b>BEVERAGES, SNACKS</b> @Street Angels 9am-7pm @Salvation Army 9:30-11am @Ankors – 10am – 2pm</p> <p><b>BREAKFAST</b> @ Ankors 8-10:30am</p>	<p><b>BEVERAGES, SNACKS</b> @Street Angels 10-7pm</p>
<p><b>FOOD BANK</b> -Bread Shed 24/7 &amp; sweets -HAMPER (food for ~5days) Fresh Veg/Frt, Dairy, Eggs, Meat/Fish/Poultry, non-perishables, toiletries, baby. Every 2 wks if needed. Phone 9:30am-12:30pm M, W, F to book afternoon pickup time.</p>	 <p><b>FRESH FOOD GIVEAWAY</b> @ Salvation Army 12:00pm (bring own bag)</p>	<p><b>FOOD BANK</b> -Bread Shed 24/7 &amp; sweets -HAMPER (food for ~5days) Fresh Veg/Frt, Dairy, Eggs, Meat/Fish/Poultry, non-perishables, toiletries, baby. Every 2 wks if needed. Phone 9:30am-12:30pm M, W, F to book afternoon pickup time.</p>	<p><b>FRESH FOOD GIVEAWAY</b> @ Salvation Army 12:00pm (bring own bag)</p>	<p><b>FOOD BANK</b> -Bread Shed 24/7 &amp; sweets -HAMPER (food for ~5days) Fresh Veg/Frt, Dairy, Eggs, Meat/Fish/Poultry, non-perishables, toiletries, baby. Every 2 wks if needed. Phone 9:30am-12:30pm M, W, F to book afternoon pickup time.</p>	
<p><b>LUNCH</b> @Salvation Army 11:30-12:30pm</p> <p><b>SUPPER</b> @Street Angels 5pm</p>	<p><b>LUNCH</b> @Salvation Army 11:30-12:30pm</p> <p><b>SUPPER</b> @Street Angels 5pm</p>	<p><b>LUNCH</b> @Salvation Army 11:30am</p> <p><b>SUPPER</b> @Street Angels 5pm</p>	<p><b>LUNCH</b> @Salvation Army 11:30-12:30pm</p> <p><b>SUPPER</b> @Street Angels 5pm</p>	<p><b>LUNCH</b> @Salvation Army 11:30-12:30pm</p> <p><b>SUPPER</b> @Street Angels 5pm</p>	<p><b>SUPPER</b> @Street Angels 5pm PG 1 of 2</p>

## FOOD PANTRIES

(\* Filled by Healthy Caring Meals. Food from Cranbrook Food Bank and the public)



### Cranbrook Locations:

1. 1962 Kokanee Cresc.
2. 111 8<sup>th</sup> Ave S. (across from old Food Bank)
3. 209A 16<sup>th</sup> Ave N (Community Connections)
4. 126 17<sup>th</sup> Ave S. (back lane 17A Ave S)
5. 33 724 Innes Ave
6. 421 Briar Ave NW

# Jordan's Principle Regional Service Coordinator



Assistance with Jordan's Principle requests, appeals, payments, data collection, and case management

## ?AQ'AM HEALTH AND WELLNESS CENTRE:

OCTOBER 19

NOVEMBER 2

NOVEMBER 16

DECEMBER 14

## ?AQ'AM HEALTH FAIR

NOVEMBER 30

### Health

- mobility aids
- wheelchair ramps
- elders' services
- mental health services

### Social

- social work
- land-based activities
- respite care
- cultural programming

### Education

- tutoring services
- teaching assistants
- mental health services
- assistive technology

✉ MICHAELA.MATTERS@KTUNAXA.ORG

☎ 2504641631



?AQ'AM



Ktunaxa Kinbasket  
Child & Family  
Services Society

• FOUNDRY •  
EAST KOOTENAY

## 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.**

## Apple Crisp



## Directions

- 10 cups apples. Peeled, cored, sliced
- 1 cup white sugar (or sweetener)
- 1 tablespoon flour
- 1 teaspoon ground cinnamon
- 1/2 cup water
- 1 cup quick cooking oats
- 1 cup flour
- 1 cup packed brown sugar ( or sweetener)
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup butter, melted

1. Preheat oven to 350 degrees.
2. Place sliced apples in a 9x13 inch baking dish. Mix white sugar (or sweetener), 1 Tablespoon of flour and cinnamon together. Sprinkle over the apples, pour water evenly over apples.
3. Combine oats, 1 cup flour, brown sugar, baking powder and baking soda in a large bowl. Add melted butter and mix with a fork until crumbly. Sprinkle evenly over apple mixture.
4. Bake in the preheated oven until top is golden brown and apples are bubbling around the edges. About 45 minutes.





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

**Team Contact Information:**

- 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
- Josh Lockhart, Youth and Family Counsellor [jlockhart@aqam.net](mailto:jlockhart@aqam.net) ext. 3808 | (778) 761-0833
- Shelby Aquila, Wellness Coordinator [saquila@aqam.net](mailto:saquila@aqam.net) ext. 3582 | (778) 761-0747
- Shawnae Goddard, Life Skills Worker [sgoddard@aqam.net](mailto:sgoddard@aqam.net) ext 3819 | (778) 732-4179
- Richard Leesman, Addictions Counsellor 250-919-4606
- Debbie Patrick, Registered Care Aide [dpatrick@aqam.net](mailto:dpatrick@aqam.net) ext. 3528 | (778) 761-0927
- 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