

# ?AQ'AM

## Health & Wellness

May 2022

?utumi ?at ?inaki? hu?ukni

May, When the rivers and lakes start to rise or fill up



### Events

- Walk-in Counselling, which is open to the community. May 10 and May 24 from 11:00 – 2:00
- 13<sup>th</sup> Annual Community Celebration. May 12, 5:00 - 8:00. (Poster with details on page 4)
- BC Cancer Mobile Mammogram Clinic visits our Health and Wellness Clinic. May 18.

Stay tuned for more information regarding booking times. Additional information on the Mobile Mammogram Clinic on the next page.

- Foot Clinic. May 25, 26 & 27, 2022. 10:00 - 2:15.
- Indian Tacos May 27, 11:30-1:00 pm.

Please join the Health and Wellness team for our famous Indian Tacos!

Jenny will be taking Blood Pressures and Blood Sugars to those who are interested.

## BC Cancer Mobile Mammogram Clinic



Screening mammograms are performed in a comfortable and private space, using state-of-the-art digital mammography equipment. The vehicles include a reception area, dressing area, and mammography examination room.

The mobile mammography service performs about 10% of the total number of screening mammograms in BC and visits more than 170 rural communities, including more than 40 First Nations communities annually.



## 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.

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.



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 is 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](tel:7787610743) to book an in-clinic visit.



# **?AQ'AM**

**?aq'am 13th Annual**

**ka knitwi·tiyała**

**Celebration**

Thursday, May 12th, 2022

5:00 p.m. to 8:00 p.m

**Dan Joe Memorial Gym**

7500B Mission Rd. Cranbrook, BC

**Community Celebration Line Up**

**Prayer & Honor Song**

**Dinner**

**Passing of the Pole**

**For more information contact Bonnie  
Harvey**

**bharvey@aqam.net**

**778-761-1120**



## Korean Beef Bowl

Make in 15 minutes!

[www.damndelicious.net](http://www.damndelicious.net)



### INGREDIENTS:

- 1/4 cup brown sugar, packed
- 1/4 cup reduced sodium soy sauce
- 2 teaspoons sesame oil
- 1/2 teaspoon crushed red-pepper flakes, or more to taste
- 1/4 teaspoon ground ginger
- 1 tablespoon vegetable oil
- 3 cloves garlic, minced
- 1 pound ground beef
- 2 green onions, thinly sliced
- 1/4 teaspoon sesame seeds

## DIRECTIONS:

1. In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes and ginger.
2. Heat vegetable oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
3. Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through, about 2 minutes.
4. Serve immediately, garnished with green onion and sesame seeds, if desired.

## Nutrition Facts

Serving Size

Servings Per Container 4

Amount Per Serving

Calories 318.0

Calories from Fat 174.6

% Daily Value\*

**Total Fat** 19.4g

30%

Saturated Fat 5.9g

30%

Trans Fat 0.1g

**Cholesterol** 55.9mg

19%

**Sodium** 584.2mg

24%

**Total Carbohydrate** 16.0g

5%

Dietary Fiber 0.4g

2%

Sugars 14.0g

**Protein** 19.4g

39%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# Contact Us

## **Team Contact Information:**

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