

AQAM Health & Wellness

December 2022

Nistamu, ?at ?uni?uxaxamni Na?anik

December, when the sun goes under (farthest away from the earth)



EVENTS

Foot Clinic: December 13,14,15

Office Closure: December 20 – January 5. (More information below)

Holiday Office Closure Information

Our last day open is December 20, 2022. We will open back up on January 5, 2023.

- For Urgent Medical Patient Travel Contact Jenny (778) 761-0743
- For medical assistance contact urgent care or go to the Emergency Department at East Kootenay Regional Hospital.
Urgent Care: (250) 420-2323
- For Urgent or emergency medical assistance call 911.

The 12 step meetings will not be running throughout the office closure.

Have a safe and healthy Christmas Holiday



Food Hamper Deliveries

We are excited to announce that we will now be offering food bank hamper deliveries on Tuesday afternoons starting December 6, 2022.

Contact Jenny, Jessica or Shelby to sign up. When you call you will need to provide a name and address. All deliveries/recipients are kept confidential.

Jenny (778) 761-0743

Jessica (778) 761-0917

Shelby (778) 761-0747

Also just a reminder of the local food pantry locations and free food services.

FOOD PANTRIES

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



Cranbrook Locations:

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



CRANBROOK FREE FOOD

Updated Jan 19, 2022

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

SALVATION ARMY: 533 Slater Rd 426-3612 **St. Aidan Orthodox:** 201 7th Ave S 420-1582 **St. Mary's Church:** 39 10th 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>BEVERAGES, SNACKS @Street Angels 9am-7pm @Salvation Army 9:30-11am @Ankors – 10am – 2pm</p> <p>BREAKFAST @ St Aidan 7:30-9:30am @St Mary's Church 8-10am (small food hamper, 3rd Monday every month)</p>	<p>BEVERAGES, SNACKS @Street Angels 9am-7pm @Salvation Army 9:30-11am @Ankors 10am – 2pm @Food Bank 9-12:30pm</p>	<p>BEVERAGES, SNACKS @Street Angels 9am-7pm @Salvation Army 9:30-11am @Ankors – 10am – 2pm</p> <p>BREAKFAST @St Aidan 7:30-9:30am (1st & 2nd Wed every month)</p>	<p>BEVERAGES, SNACKS @Street Angels 9am-7pm @Salvation Army 9:30-11am @Ankors – 10am – 2pm</p>	<p>BEVERAGES, SNACKS @Street Angels 9am-7pm @Salvation Army 9:30-11am @Ankors – 10am – 2pm</p> <p>BREAKFAST @ Ankors 8-10:30am</p>	<p>BEVERAGES, SNACKS @Street Angels 10-7pm</p>
<p>FOOD BANK -Bread Shed 24/7 & 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>FRESH FOOD GIVEAWAY @ Salvation Army 12:00pm (bring own bag)</p>	<p>FOOD BANK -Bread Shed 24/7&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>FRESH FOOD GIVEAWAY @ Salvation Army 12:00pm (bring own bag)</p>	<p>FOOD BANK -Bread Shed 24/7& 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>LUNCH @Salvation Army 11:30-12:30pm</p> <p>SUPPER @Street Angels 5pm</p>	<p>LUNCH @Salvation Army 11:30-12:30pm</p> <p>SUPPER @Street Angels 5pm</p>	<p>LUNCH @Salvation Army 11:30am</p> <p>SUPPER @Street Angels 5pm</p>	<p>LUNCH @Salvation Army 11:30-12:30pm</p> <p>SUPPER @Street Angels 5pm</p>	<p>LUNCH @Salvation Army 11:30-12:30pm</p> <p>SUPPER @Street Angels 5pm</p>	<p>SUPPER @Street Angels 5pm PG 1 of 2</p>

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.**



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
- 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