

# AQAM Health & Wellness

**January 2023**

**Nakta?suk, ?at tuklu? tapmiikuku?ni**

**January, after a chinook, layers of ice forms with water in between**



## **EVENTS**

Foot Clinic: January 23,24,25

Pilot Project: See Below

Food Hampers: See Below

## Pilot Project FAQs

Menstrual products can be very expensive.

ʔaqam Health and Wellness has been approved to take part in the pilot project called the period poverty task force. This Pilot project involves

- Testing methods of getting menstrual products into the hands of people who need them.
- Reducing stigma around menstruation in a manner that is culturally relevant
- Building impactful solutions within the community

Our hope with this pilot project is that everyone in need of menstrual products will receive them. Please contact Jenny or Jessica at the Health Centre to sign up. All names and information are kept confidential.

Jenny (778) 761-0743

Jessica (778) 761-0917

More information will be released in the new year.

# Food Hamper Deliveries

We are very happy to announce that the food hampers have been well received and a great success in the community! And you can still call and sign up.

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**



# Food Pantries 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 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



# 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>

## 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](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