

ʔAQʔAM Health & Wellness

April 2024

Kakkmi ʔat ʕinakit kakninmukuʔni

April, the month when cracks begin to form in the ground



Follow us on Facebook to stay up to date on current and upcoming events.



ʔaqam Community Health and Wellness

Health and Wellness events calendar. See Posters for more info or contact the Health Center.

Legend:

DJM - Dan Joe Memorial **HC** - Health Centre **WF**- Western Financial Place

April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 -Wellbriety 6:30-7:30 HC - Food Delivery 12:30 -3:00	3 -Walking Wednesdays 10:30 @ DJM - New Horizons Meal Planning with Pina @ HC 4-7	4 -Elders Stretching and Mobility 2:30 @ HC - Nurse Practitioner @ HC 1-4	5 -Wellbriety 12-1 @ HC	6
7	8 -Equine Therapy 10:30-12:00	9 -Wellbriety 6:30-7:30 HC -Community Movie Night (Migration) 5pm @ HC	10 -Walking Wednesdays 10:30 @ DJM - New Horizons Meal Planning with Pina @ HC 4-7	11 -Elders Stretching and Mobility 2:30 @ HC -Foot Clinic 9-1 @ HC	12 -Wellbriety 12-1 @ HC -Foot Clinic 9-1 @ HC	13
14	15 -Equine Therapy 10:30-12:00	16 -Wellbriety 6:30-7:30 HC - Food Delivery 12:30 - 3:00	17 -Walking Wednesdays 10:30 @ DJM	18 -Elders Stretching and Mobility 2:30 @ HC - Nurse Practitioner @ HC 1-4	19 -Wellbriety 12-1 @ HC	20
21	22 -Equine Therapy 10:30-12:00	23 -Wellbriety 6:30-7:30 HC -Community Puzzle and Game Night. 5pm @ HC Dinner Provided -Drop in Naloxone Training 4:30-5:30 @ HC	24 -Walking Wednesdays 10:30 @ DJM	25 -Elders Stretching and Mobility 2:30 @ HC -Foot Clinic 9-1 @ HC	26 -Wellbriety 12-1 @ HC -Foot Clinic 9-1 @ HC	27
28	29 -Equine Therapy 10:30-12:00	30 -Wellbriety 6:30-7:30 HC -Seabird Mobile Diabetes Clinic				

COMMUNITY
MOVIE NIGHT



APRIL 9TH 5PM

MIGRATION

HEALTH + WELLNESS CENTRE
TARA 236-302-1626
AUTUMN 778-761-0896



Elders Stretching and Mobility




Open to ?aqam community members

Dates And Times:
April 4,11,18,25
2:30-3:30

Location:
Health and Wellness
Centre



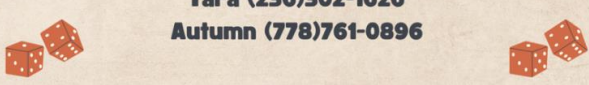
Contact Jenny, Tara or the Health
Centre to sign up:
Jenny: jdamstrom@aqam.net
Tara: tdelaire@aqam.net
Health Centre: 778-761-0917

Puzzle and Game Night
April 23, 2024
5 PM - 7 PM
Dinner will be served at 5 PM


Community Health and Wellness Centre

Tara (236)302-1626
Autumn (778)761-0896



Seabird Mobile Diabetes Team

?aqam Health and Wellness
April 30, May 1




Contact: Jenny or Jessica
(778)761-0743
Number: (778)761-0917

Living · Well · Together

Clinic Notice

Who Is It For:
People Living with Diabetes
People Who Are Curious About It

What The Appointment Includes:
Testing Blood Sugar and Cholesterol Levels
Checking Kidney Function
Diabetes Education



Drop-in Clinic with Canada Revenue Agency & Service Canada

Join us to find out more about the benefits, credits, pensions,
programs, and services you may be entitled to!

Date: Thursday, April 18, 2024

Time: 10:00 am – 3:00 pm

Location: Health & Wellness Centre

Canada Revenue Agency (CRA)

- Tax Slip information (T4, T5007, T4A -Pension, T4A- OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), GST/HST credit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, etc.)

Service Canada

- NEW Canadian Dental Care Plan - Information and Application/Attestation
- Pension information on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada
- General Government of Canada information

* Please bring any ID you have as what is required will depend on the services accessed

For more information, Please contact: Kim Halvorson, 778-761-0913



The Brave app makes overdose detection tools that activate life-saving community response.

The Brave App, Brave Buttons, and Brave Sensors help keep people who use drugs alone safe(r).

Visit www.brave.coop or scan the QR code below to learn more about The Brave App.



Using Alone?



Download Lifeguard App



The app has a 1 minute timer. If you are not able to snooze or turn off the timer after 1 minute, the app will contact ambulance services with your location in case of an **overdose**.



More overdose prevention information: lifeguardDH.com




NEED TO TALK?

Support is at your fingertips



Call the
Hope for Wellness Help Line

1-855-242-3310

Online chat at
hopeforwellness.ca

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.
- Community Driven Harm Reduction Project is in progress. Please contact Jenny or the Health and wellness team for more information on the Public Vending Machine and the Community Cupboard. We need your input on what items you want in these and where you want the community cupboard.





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

- Jessica Cashen, Administrative Assistant jcashen@aqam.net (778) 761-0917
- Jennifer Damstrom, Community Nurse jdamstrom@aqam.net (778) 761-0743
- Pina Zilli, Registered Care Aide pzilli@aqam.net (778) 761-1057
- Frankie Hunt, Registered Care Aide fhunt@aqam.net (778) 761-0833
- Jackie Brown, Intake and Case Manager jbrown@aqam.net (778) 761-1039
- Kim Halvorson, Social Development and Indian Registration Administrator khalvorson@aqam.net (778) 761-0913
- Shelby Aquila, Counsellor saquila@aqam.net (778) 761-0747
- Autumn Patrick, Life Skills Worker apatrick@aqam.net (778) 761-0896
- Tara Delaire, Wellness Liaison tdelaire@aqam.net (236) 302-1626
- Richard Leesman, Addictions Counsellor 250-919-4606
- Monica Lloyd, Director of Health and Wellness mlloyd@aqam.net (778) 761-0920