

AHLP Calgary

Alberta Healthy Living Program
Monthly Newsletter: **June 2021**



Are you struggling with post-COVID symptoms? We are here for you.

More than 165,000 Albertans have now tested positive and recovered from COVID-19. But what does “recovery” really mean? For some, post-COVID life might impact you physically. You might feel short of breath when doing things that you used to be able to do easily. You may have lost your sense of smell or taste, feel muscle aches, feel tired all the time or, in general, have troubles doing your daily activities. Others may feel physically well after a few weeks, but still be grieving the loss of a loved one, or having difficulties adapting to a different lifestyle.

The Alberta Healthy Living Program (AHLP) – Calgary Zone brings isolated people together in a virtual world. We currently offer classes in pacing, fatigue management, energy conservation, grief, stress management and sleep. We are also in the process of developing a **5-part Post-COVID Recovery Education**

Series, which is expected to start in July 2021. This series – offered by Respiratory Therapists, Registered Dietitians, Physiotherapists, Kinesiologists, Occupational Therapists and Social Workers – will provide you with tools and strategies to help manage persistent coughs, shortness of breath, daily activities, sleep, thinking, eating, swallowing, joint and muscle pain and physical activity. Patients can attend all 5 sessions, or register for whichever sessions are most relevant to them. Registration will be available in our online course catalog, and will also be accessible through our call center (403 943 2584). We will provide an update on this new program in the July 2021 edition of this newsletter.



Check out our [Find the Right Class for You](#) page to learn more about classes that could help you cope with your post-COVID-19 symptoms.

HIGHLIGHTS:

- **Upcoming Health Education telephone-based classes:**
- Celiac Disease- Going Gluten-Free
- Eating Well and Managing Irritable Bowel Syndrome,
- Tips for Eating: Prediabetes and Diabetes,
- Dietitian Q&A: Heart Health
- Heart Healthy Eating,
- Nutrition: The 4 P's for Meal Planning
- Nutrition: Eating Well for Weight and Health Pt 1,
- Nutrition: Eating Well for Weight and Health Pt 2,

Removing Barriers to Program Access

All of the Alberta Healthy Living Program-Calgary Zone's programs and services are being offered by telephone or through Zoom.

You can self-refer for these classes and services. Your healthcare provider can also refer you to any of our services. For more information or to register for any of our program services, please call 403 943 2584 (403 9HEALTH) or view our online [course catalog](#).



AHLP Program Updates

Eating Well

Updates from our Dietitians

Our registered dietitians continue to offer group education classes via telephone and Zoom and telephone-based one-on-one appointments.

Featured classes for June 2021 include:

Dietitian Q&A: Heart Health

Tue June 8 from 1 p.m. – 2 p.m.

This class reviews:

- Nutrition tips that take the confusion out of eating healthy for your heart.
- Your nutrition questions about lowering your cholesterol, triglycerides and blood pressure.

Dietitian Q&A: Weight Management

Tue June 24 from 1 p.m. – 2 p.m.

This class reviews:

- Nutrition tips to help you achieve your weight management goals.
- Your nutrition questions about weight

management and how it is a part of managing chronic conditions.

Eating Well and Managing Irritable Bowel Syndrome

Tue June 22 from 9 a.m. – 10 a.m.

This class reviews:

- The symptoms of irritable bowel syndrome.
- How food and lifestyle choices can help you manage symptoms of irritable bowel syndrome.

Eating Well with Fatty Liver Disease

Fri June 18 from 12:30 p.m. – 1:30 p.m.

This class reviews:

- What is non-alcoholic fatty liver disease (NAFLD).
- Food-related recommendations to manage NAFLD.

For a full list of our nutrition classes, see our [course catalog](#)



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Diversity Program

The Alberta Healthy Living Program's Registered Dietitians are pleased to offer some of our nutrition classes in a few different languages. Classes taking place in June 2021 include:

Punjabi:

- **Heart Healthy Eating**
Tue June 8 from 10 a.m.-12 p.m.


- **Tips for Eating: Prediabetes & Diabetes**
Tue June 8 from 1:30 p.m. – 3:30 p.m.

Cantonese:

- **Heart Healthy Eating**
Thu June 24 from 9 a.m. – 10 a.m.
- **Eating Well for Good Health**
Thu July 8 from 9 a.m. – 10 a.m.

Mandarin:

- **Tips for Eating: Prediabetes & Diabetes**
Thu July 15 from 9 a.m. – 11 a.m.

 **To register, call our Cantonese and Mandarin line at 403-955-6857 or our Hindi and Punjabi line at 403-955-6856. You can also register through our [Course Catalog](#)**

Accessing our Registered Dietitians

Our registered dietitians are available for one-on-one telephone consults. If we offer a class about the nutrition-related concern, we require that you attend the class before scheduling an appointment. There are no costs associated with our dietitian services.

Do I need a Referral?

You do not need a referral from a healthcare provider to access our programming. Call 403-943-2584 for more information.

AHLP Program Updates



Self-Management Workshops

Better Choices, Better Health® Workshop Series

Our two self-management workshops – Better Choices, Better Health® (BCBH) and BCBH Chronic Pain® workshops are up and running! These six-week long workshops are offered once per week for two and a half hours over Zoom. Topics of discussion include better breathing, goal setting, problem solving, planning, working with healthcare providers, managing medications, getting a good night's sleep, nutrition, weight management, exercise and managing your mood. The BCBH® Chronic Pain class also includes a discussion about understanding chronic pain and pacing. These workshops are open to all Albertans.

BCBH® classes offered over summer 2021 include:

BCBH®

Thu July 8, 15, 22, 29, Aug 5 & 12 from 1 p.m. – 3:30 p.m.

BCBH® - Chronic Pain

Tue June 15, 22, 29, July 6, 13 & 20 from 9:30 a.m. – 12 p.m.

Wed July 14, 21, 28, Aug 4, 11 & 18 from 1 p.m. – 3:30 p.m.

Thu Aug 12, 19, 26, Sept 2, 9 & 16 from 9:30 a.m. – 12 p.m.

Navigating through your Exercise Wellness Journey

“Wellness is the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.” –Global Wellness Institute

More than 165,000 Albertans have tested positive for COVID-19. 1 in 10 of these cases is still living with prolonged physical symptoms. And 100% Albertans's lives have been disrupted by the pandemic. The question that we now ask is, how do we cope?

The Exercise Wellness Journey helps those living with chronic health conditions reach their physical activity goals in a personalized way. Your journey begins with meeting one of our dedicated Kinesiologists, Respiratory Therapists, Physiotherapists or Occupational Therapists. They will become your Wellness



Navigator and will support you through your journey with us. In addition to safe exercise, your Wellness Navigator may link you with some of our other health education, self-management workshops or nutrition services. They may also link you with one of the other members of our team to address any condition-specific questions that you have in a one-on-one appointment. As you work towards your goals, your Wellness Navigator will help address any challenges or questions you may have.

➤ What is a Self-Manager?

When we talk about self-management, we are really asking the question of “what are you doing to manage your health? An **active** self-manager will learn about, gather and use tools such as healthy eating, exercising, maintaining good sleep habits and managing stress levels to manage their chronic health condition(s).

➤ Navigating Zoom

Would you like get familiar with using Zoom before your first class or appointment? Register for our 1-hour “Zoom Basics” classes.

Classes are offered on Mondays (11:30 a.m. – 12:30 p.m.), Wednesdays (9:30 a.m. – 10:30 a.m.) and Fridays (10:30 a.m. – 11:30 a.m.)

AHLP Program Updates

Zoom and Phone-Based Health Education

The AHLP is offering more than 30 health education class topics. **Classes being offered during June 2021 include:**

Chronic Conditions

Arthritis- An Introduction to Osteoarthritis

Mon June 7 from 10 a.m. – 11:45 a.m.

COPD- Breathing Matters

Tue June 1, 8, 15 & 22 from 10 a.m. – 11:30 a.m. **or**

Wed July 7, 14, 21 & 28 from 9:30 a.m. – 11 a.m.

Your Kidney Health

Wed June 16 from 1 p.m. – 3 p.m.

Chronic Pain

Fibromyalgia: Facts and Function

Thu June 24 from 1 p.m. – 3 p.m.



General Health

Eating Well When Fatigued

Wed June 16 from 1 p.m. – 2:30 p.m.

Steady on your Feet

Thu June 10 & 17 from 2:30 p.m. – 3:45 p.m.

Tips for Eating: Prediabetes & Diabetes

Tue June 15 from 1- p.m. – 3 p.m.

Waking Up to Healthy Sleep

Wed June 16 from 10 a.m. – 11:30 a.m.

Parkinson's Disease

Parkinson's Speech and Swallowing Disorders

Mon June 7 from 10 a.m. – 12 p.m.

For a full list of our health education classes, see our [course catalog](#)



Planning for the Future: Health Decisions Matter

When you are sick, chances are that you can tell your healthcare team and loved ones what you need. You can do so because you know how you are feeling, and what you need to make you feel better. But what happens if you were to lose that voice? Can others communicate your needs as effectively as you would like them to?

In Alberta, a personal directive (PD) is

a legal document that allows you to choose who your decision-maker will be. It provides guidance about your personal and health care wishes, and should be a topic of conversation for anybody over the age of 18- especially if a chronic health condition is involved.

To help answer some of the questions about how to complete a directive and what's involved in the process, the Alberta Healthy Living Program-Calgary Zone is offering a Zoom class called Planning for the Future: Health Decisions Matter. This course will also answer any questions you have about how to choose an agent, associated costs and, in general, navigating through all the paperwork. You will also learn about green sleeves, goals of care designation orders and the 5 steps of advance care planning.

For more information, or to register for this class, call 403-943-2584 or register online through our [course catalog](#).

Spotlight:

Social Workers

Their Role in Your Care

Living with a chronic health condition can impact many parts of people's lives. AHLP social workers work collaboratively with Wellness Navigators to support participants within the Wellness Journey program.

AHLP social workers facilitate emotional wellness classes which provide tools and strategies to enhance coping and better manage life's challenges.

