Helping You Feel Better after COVID-19

More than 225,000 Albertans have tested positive for COVID-19 to date. Although many of these cases have since recovered, approximately 1 in 10 of these people are still living with symptoms of COVID-19 -- months after they were first diagnosed. With long-COVID – or COVID-like symptoms lasting months after diagnosis, any system in the body can be impacted. People could be coping with anything from a prolonged cough or shortness of breath to difficulties swallowing or concentrating. These symptoms might further translate to an otherwise healthy parent being unable to carry a laundry basket up the stairs without feeling winded, or a 50-year-old manager who is now unable to concentrate on the tasks at hand.

The Alberta Healthy Living Program (AHLP) – Calgary Zone is offering education and support – not just to those adults who are living in Calgary, but to all adults who are living in Alberta. Our dedicated team of healthcare providers will be facilitating 5 different classes – each related to certain symptoms that people with long-COVID might be dealing with. These Zoom-based classes will be available starting in July, and are called:

- Eating after COVID-19
- Managing Breathing and Sleep
- Managing Daily Life
- Managing Pain and Getting Active
- Managing Stress

Between the five sessions, you will learn more about managing chronic cough, getting active after COVID, managing stress, emotional wellness, managing your nutrition while coping with difficulties with swallowing or a loss of taste or smell, and more. If you have specific questions about managing your post-COVID symptoms, you can participate in any number of these classes, and in any order.

For more information about these classes, see our online program summary or phone our call centre at 403-943-2584.

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.

For more information, call 403-943-2584 or visit our website at www.ahs.ca/ahlp, Calgary Zone
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 July 2021 include:

Dietitian Q&A: Weight Management
Thu July 22 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
Wed July 28 from 12:30 p.m. – 1:30 p.m.
This class reviews:
• The symptoms of irritable bowel syndrome.
• How food and lifestyle choices can help you manage symptoms of irritable bowel syndrome.

Nutrition: Eating Away from Home
Thu Aug 5 from 1 p.m. – 2 p.m.
This class reviews:
• How buffets, parties, vacation and holiday eating can affect how much you eat.
• Strategies to reduce overeating for eating out and at special occasions.

Nutrition: The 4 P’s for Meal Planning
Wed July 28 from 9:30 a.m. – 10:30 a.m. or
Thu Aug 5 from 9 a.m. – 10 a.m.
This class reviews:
• Tips on how to put nutrition knowledge into practice
• The 4 P’s: Plan, Purchase, Prepare and Pack

For a full list of our nutrition classes, see our course catalog

AHLP Diversity Program
The AHLP’s Registered Dietitians are pleased to offer some of our nutrition classes in a few different languages. Classes taking place in the summer of 2021 include:

Cantonese:
• 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.
• Eating Well for Good Health
  Mon Aug 9 from 1 p.m. – 2 p.m.

Punjabi:
• Celiac Disease: Going Gluten-Free
  Tue Aug 10 from 1:30 p.m. – 2:30 p.m.

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.

For more information, call 403-943-2584 or visit our website at www.ahs.ca/ahlp, Calgary Zone
AHLP Program Updates

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.)

Register online through our course catalog or by calling 403-943-2584.

Are you interested in becoming a leader for Better Choices, Better Health®?
The Better Choices, Better Health® and Better Choices, Better Health® Chronic Pain workshops attribute a lot of their success to their volunteer leaders. We offer free training to anybody who is interested in facilitating these workshops to help empower Albertans to live healthier lives with their chronic health condition(s). For more information, contact Deanna Thome at 403-852-8745 or by e-mail at Deanna.Thome@ahs.ca

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
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

All of our lives have been disrupted by the pandemic. More than 225,000 Albertans have tested positive for COVID-19. One in 10 of these cases is still living with prolonged physical symptoms. 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 may help address any challenges or questions you may have.

For more information, call 403-943-2584 or visit our website at www.ahs.ca/ahlp, Calgary Zone
AHLP Program Updates

Zoom and Phone-Based Health Education
The AHLP is offering more than 30 health education class topics. Classes being offered during July 2021 include:

Chronic Conditions
Arthritis- An Introduction to Osteoarthritis
Tue July 13 from 10 a.m. – 11:45 a.m.

COPD- Breathing Matters (4-part class)
Wed July 7, 14, 21 & 28 from 9:30 a.m. – 11 a.m.

Diabetes & Prediabetes
Tips for Eating: Prediabetes & Diabetes
Wed July 14 from 1:30 p.m. – 3:30 p.m.
or Tue Aug 10 from 9 a.m. – 11 a.m.

Emotional Wellness
Living Well with Stress (2-part class)
Wed July 14 & 21 from 1 p.m. – 3:30 p.m.

Try a Little Self-Kindness
Tue July 27 from 1 p.m. – 3:30 p.m.

General Health
Eating Well for Good Health
Thu July 8 from 9 a.m. – 10 a.m.

Steady on your Feet (2-part class)
Mon July 5 & 12 from 1 p.m. – 2:15 p.m.

Waking Up to Healthy Sleep
Wed Aug 4 from 9:30 a.m. – 11 a.m.

Heart Health
Heart Healthy Eating
Tue July 27 from 1 p.m. – 2 p.m.

Sleeping Well
During the Pandemic
The Public Health Agency of Canada recommends that adults get 7-9 hours of sleep every night. Let’s do the math. If we were to stretch this recommendation out over time, this means that we would be spending a third of our lives in horizontal position!

Having the recommended amount of sleep will allow you to function at your best. It is necessary to help repair and strengthen your muscles and helps you fight off illness. The recommended amount of sleep will also allow your brain to function well and help improve your memory. It helps to improve your mood and concentration, and keeps you mentally sharp for the day ahead. Before the pandemic, one third of Canadians were having a harder time falling asleep. Since the onset of the pandemic, this number has increased to one half.

The AHLP – Calgary Zone now offers two classes which can help guide you towards healthier sleep habits. We offer a Zoom class called Waking Up to Healthy Sleep, which will help you understand what interferes with sleep and identify some healthy habits that could help you get a better sleep. We also discuss sleep in our new Managing Breathing and Sleep class, which targets individuals who are living with post-COVID symptoms.

For more information, or to register for either of these classes, call 403-943-2584 or register online through our course catalog.

Coping with COVID-19
Every Albertan has been impacted by COVID-19 in some way. You might have tested positive for the virus. Alternatively, the change on your life might not have been from the virus, but from the pandemic itself. Our course catalog outlines a number of services for anybody who wishes to stay healthy during a not-as-normal life. If you have questions about how to get healthy after having COVID-19, you can take one of our post-COVID health education classes or review Alberta Health Service’s Getting Healthy after COVID-19 online resource.

For more information, call 403-943-2584 or visit our website at www.ahs.ca/ahlp, Calgary Zone.