

AHLP Calgary

Alberta Healthy Living Program
Monthly Newsletter: April 2021



Strengthening your Roots to Thrive During Sun and Storm

When we think about spring, we think about greenery – flowers starting to bloom, trees coming out of dormancy and grasses starting to green up. They do this because they have adapted to our conditions, and have found ways to weather our Albertan winters.

On March 5th 2021, we reflected on the momentous one-year anniversary since the first presumptive case of COVID-19 was found on Albertan soil. Since this day, we have learned as a province how to adapt to a new lifestyle, in which physical distancing, virtual games nights and masking in grocery stores became our new norm. Just as we have adapted to learn to fight the spread of the virus, we are also learning how to manage our chronic health conditions in new ways. As a self-management program, the Alberta Healthy Living Program (AHLP)-Calgary Zone is working hard to adapt its health education programs, nutrition offerings, self-management workshops and exercise programming to meet the new needs of people living with chronic

health conditions, such as diabetes, heart disease or arthritis. Our newest program – the *Exercise Wellness Journey* – aims to empower a patient living with a new or existing chronic health condition to harness the benefits of exercise in a holistic and personalized way. Patients can self-refer to the program by calling 403 9-HEALTH (403. 943. 2584) or they can be referred by a healthcare provider. Just as change can have many moving parts, the *Exercise Wellness Journey* aims to help patients learn about how physical activity can help *them* in their own environment and at their own pace so that they can continue this routine after they finish their journey with us. Additionally, our clinicians can help you access other AHLP services, including health education classes, self-management workshops and/or nutrition counselling, to address any questions you might have about your chronic health condition(s) and about how to best manage them.

 [Learn more about our Exercise Wellness Journey on Page 3!](#)

HIGHLIGHTS:

- **NEW curriculum has been released for Zoom-based chronic condition self-management workshops!**
See page 3 for details.
- **Health Education telephone-based classes offered in April 2021:** Eating Well and Managing Irritable Bowel Syndrome; Nutrition: Eating Well for Weight and Health Part 1&2; Dietitian Q&A: Weight Management; Eating Well for Good Health (Cantonese); Heart Healthy Eating (Cantonese, Punjabi, Mandarin)

Removing Barriers to Program Access

Almost 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 403-9-HEALTH (403-943-2584) or view our online course catalog at <https://app.booking.ca/ahpcalgarypub/>



AHLP Program Updates

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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 April 2021 include:**

Eating Well and Managing Irritable Bowel Syndrome

Apr 9 from 9:30 a.m. – 10:30 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

Celiac Disease- Going Gluten-Free

Apr 16 from 12:30 p.m. – 1:30 p.m.

This class reviews:

- What is celiac disease
- Eating nutritiously on a gluten-free diet
- Strategies to avoid and limit cross-contamination at home and when eating out



Heart Healthy Eating

Apr 1 from 12:30 p.m. – 1:30 p.m.

OR Apr 20 from 1 p.m. – 2 p.m.

This class will review:

- Heart healthy foods that also improve cholesterol, blood pressure and triglycerides.
- Mediterranean-style eating
- Nutrition hot topics related to heart health

Eating Well for Weight and Health 1

Apr 15 from 6 p.m. – 7 p.m.

This class reviews strategies to help prevent eating too many

calories. You do not have to attend part 1 before attending part 2.

Eating Well for Weight and Health 2

Apr 19 from 1 p.m. – 2 p.m.

This class reviews:

- Evaluating what you are eating
 - How meal patterns, food choices and portion sizes affect how much we eat
- You do not have to attend part 1 before attending part 2.

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



AHLP 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 April 2021 include:

Punjabi:

- Heart Healthy Eating
- Tips for Eating: Prediabetes & Diabetes

Cantonese:

- Eating Well for Good Health
- Heart Healthy Eating

Mandarin:

- Tips for Eating: Prediabetes & Diabetes

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 at <https://app.booking.ca/ahlpcalgarypub/courses/index.asp>



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.

What is

Self-Management?

The AHLP strives to give patients a lifelong gift: the capacity to self-manage their chronic health conditions.

When we talk about *self-management*, we are really asking the question of “*what are you doing to manage your health?*” A **good** 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).

➤ Self-Management: The Same Concept in Different Languages

We are proud to offer our Better Choices, Better Health® and Better Choices, Better Health® Chronic Pain workshops in Punjabi, Chinese and Tagalog. Check our online booking system for upcoming class dates on our [Course Catalog](#).



Self-Management Workshops

Better Choices, Better Health® Workshop Series

Our two self-management workshops – **BCBH®**

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®
Thu Apr 1, 8, 15, 22, 29 & May 6 from 9:30 a.m. – noon

Thu Apr 15, 22, 29, May 6, 13 & 20 from 1 p.m. – 3:30 p.m.

BCBH® - Chronic Pain

Wed Apr 7, 14, 21, 28, May 5 & 12 from 9:30 a.m. – noon

Mon Apr 12, 19, 26, May 3, 10 & 17 from 1 p.m. – 3:30 p.m.

Thu Apr 15, 22, 29, May 6, 13 & 20 from 1 p.m. – 3:30 p.m.

➤ Navigating Zoom

Would you like get familiar with using Zoom before your first class or appointment? Register for our 1-hou “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.).

Navigating through your Exercise Wellness Journey

“Possibilities are endless. We hold the compass but you hold the steering wheel.”

It is easy for somebody to tell you that you need to exercise more often in order to improve your heart health, chronic pain or diabetes. But exercising with a chronic health condition such as these can be difficult, and can often cause anxiety. If you are an adult living with a chronic health condition and want to safely use exercise as a tool to improve your quality of life, the AHLP's *Wellness Journey* might be the program for you.

Your journey begins with meeting one of our dedicated Kinesiologists, Respiratory



Therapists, Physiotherapists or Occupational Therapists. They will become your *Wellness Navigator* and support you through your journey with us. After helping you identify and prioritize your goals, they will link you with services that build towards *your* needs in a realistic and meaningful way. As you work towards your goals, your *Wellness Navigator* will help address any challenges or questions you may have. **For more information about this program, call 403 943 2584.**

AHLP Program Updates

Alberta Healthy Living Program
Monthly Newsletter: April 2021

Zoom and Phone-Based Health Education

The AHLP is offering more than 40 health education class topics, ranging from cooking demonstrations and weight management to sleep education, self-management and chronic disease education. Classes being offered during April 2021 include:

Chronic Conditions

Arthritis- An Introduction to Osteoarthritis
Apr 12 from 10 a.m. – 11:45 a.m.

COPD – Breathing Matters

(4-part class)

Apr 14, 21, 28 & May 5 from 10 a.m. – 11:30 a.m.

Living with ME (Myalgic

Encephalomyelitis)

Apr 14 from 1 p.m. – 3 p.m.

Emotional Wellness

Living Well with Stress

(2-part class)

Apr 13 & 20 from 1 p.m. – 3:30 p.m.



Try a Little Self-Kindness

Apr 27 from 9:30 a.m. – 12 p.m.

General Health

Steady on Your Feet

(2-part class)

Apr 7 & Apr 14 from 1 p.m. – 2:15 p.m.

Physical Activity

Get Active, Stay Active

(Recorded Video)

Watch any time

Planning for Success with Exercise

(Recorded Video)

Watch any time



Type 2 Diabetes:

How can we help?

In Type 2 diabetes, your body either cannot produce enough or has trouble with using insulin- your body's sugar-regulating hormone. A diagnosis of *any* form can be scary, as it can sometimes come with a laundry list of things that you need to change in your daily habits. Although our immediate thoughts for managing diabetes might include embarking in an exercise routine,

changing your nutrition habits or understanding what a “glycemic index” is, one cannot forget about the rest of the puzzle. Getting a proper sleep. Managing the stress that inevitably comes with a new diagnosis like diabetes. Meeting other people who share the uncertainty about the future, fear of the unknown or anxiety about where to go from here in a supported workshop environment.

If you are looking for a holistic exercise-focused method of managing your diabetes or prediabetes, one of our clinicians would be happy to guide you through our **Exercise Wellness Journey** (see page 3).

We would also encourage you to look at the [Find the Right Class for You](#) table to see our full list of health education and self-management workshops that can help empower you to live a healthy life.

Spotlight:

Physiotherapists - Their Role in Your Care

A physiotherapist is a movement specialist. At the AHLP, they play a vital role in demonstrating how a safe and regular exercise routine can help you manage your chronic health condition(s). They may:

- Be your Wellness Navigator and/or your virtual group exercise instructor (if you were to embark in the *Exercise Wellness Journey*)
- Be a facilitator for one of our health education classes, focusing on topics such as falls prevention and osteoarthritis

