AHLP Calgary

Alberta Healthy Living Program
Monthly Newsletter: September 2022

Did you know that falling asleep to the TV can affect the quality of sleep you get?

Sleep is important for managing any chronic condition, and it is a productive time for the human body. Maintaining healthy sleep habits helps you manage weight, keep a clear mind, manage stress, make good decisions, and get sick less often. Most adults need 7-9 hours of sleep. There are lots of things that you can do to help you get a good night's sleep:

- Go to bed at the same time every night and get up at the same time every morning (including weekends);
- Have a bedtime routine;
- Keep your bedroom dark and quiet;
- Avoid exercising within 3 hours of bedtime;
- Keep your bedroom only for sleeping; and
- Avoid drinking alcohol or caffeine before bed

Another important consideration when it comes to sleeping is blue light. There is an area in your brain that acts like a thermostat for sleep. When it detects light, it will in turn signal the brain to release certain hormones that signal the body that it is bedtime or that it is time to wake up. Light travels in waves, and in the case of blue light, the wavelengths are very short. When your brain senses the blue light from your TV, it blocks the release of melatonin- a hormone that tells your body that it is time for bed.

If you have questions about sleeping better, the Alberta Healthy Living Program (AHLP) can help.

Consider taking our free Healthy Sleep Habits class. The next class will be on October 19.

You will also learn more about healthy sleep habits and relaxation techniques in our Better Choices, Better Health® - Chronic Disease and Better Choices, Better Health® - Chronic Pain workshops.

Finally, if you or a loved one is living with obstructive sleep apnea, check out our new Understanding Obstructive Sleep Apnea class on October 12!

In-person group exercise classes are coming to South Health Campus!

Our group exercise classes (which can only be accessed through our supervised exercise program) are available both online and in-person out of the East Calgary Health Centre. We are excited to announce that, at the end of this month, we will also be offering group exercise classes in-person out of South Health Campus. E-mail Teresa.Krahn@ahs.ca or call 1-844-527-1160 for more information.

Upcoming phone-in classes

Eating Well and Managing Irritable Bowel Syndrome (Register here)
Sep 20 from 2:30 p.m. – 3:30 p.m.

Eating Well for Weight & Health – Part 2 (Register here)
Sep 16 from 6 p.m. – 7 p.m.

Heart Health: Dietitian Q&A (Register here)
Sep 14 from 10:30 a.m. – 11:30 a.m.

Tips for Eating: Prediabetes & Diabetes (Register here)
Sep 6 from 9 a.m. – 11 a.m.

Upcoming classes in Cantonese, Mandarin, Punjabi and Tagalog

Cantonese:
Tips for Eating: Prediabetes & Diabetes (Register here)
Sep 6 from 9 a.m. – 11 a.m.

Mandarin:
Heart Healthy Eating (Register here)
Sep 23 from 1:30 p.m. – 3:30 p.m.

Punjabi
Heart Healthy Eating (Register here)
Sep 22 from 1:30 p.m. – 3:30 p.m.

Tips for Eating: Prediabetes & Diabetes (Register here)
Sep 6 from 9 a.m. – 11 a.m.

Tagalog:
Better Choices, Better Health® - Chronic Disease (Register here)
Sep 29, Oct 6, 13, 20, 27 & Nov 3 from 1 p.m. – 3:30 p.m.

For more information about our in-person or virtual programs and services, you can phone 1-844-527-1160 or e-mail us at AHLP.CalgaryZone@ahs.ca.

Alberta Health Services

For more information, call 1-844-527-1160 or visit our website at www.ahs.ca/ahlp (click on Calgary Zone)

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What's the Scoop for September?

The Alberta Healthy Living Program (AHLP) offers more than 40 different health education classes and self-management workshops to help you manage your chronic health condition.

Going Blue for Arthritis Awareness Month

You might notice that a few areas in Calgary will be shining blue in early September for Arthritis Awareness Month.

Did you know that there are more than 100 different types of arthritis? These diseases are characterized by the inflammation of joints and other areas of the body. Osteoarthritis is the most common of these by far. If you live with it, you might be experiencing pain, stiffness, swelling or reduced movement in your knees, hips, hands and/or spine. Learn more about how you can manage your osteoarthritis by attending one of our 2 classes:

- Arthritis: An Introduction to Osteoarthritis (Register here)
  Sep 29 from 10 a.m. – 11:15 a.m.
- Arthritis: Self-Management of Osteoarthritis (Register here)
  Sept 7 from 1 p.m. – 2:15 p.m.

Are you fueling your body the right way?

Did you know that the foods that you put into your body can impact your energy levels, body weight, chronic pain, brain health, and overall body function? The AHLP's Registered Dietitians offer several condition- and situation-specific classes and services in English, Cantonese, Mandarin and Punjabi.

If you are looking for classes that provide general guidance in healthy eating, check out some of the links below:

- Eating Well for Good Health (Register here)
  Sep 7 from 10 a.m. – 12:15 p.m.
- Eating Away from Home (Register here)
  Sep 13 from 1:30 p.m. – 2:30 p.m.
- The 4 P's for Meal Planning (Register here)
  Sep 13 from 1:30 p.m. – 2:30 p.m.

We also have classes coming up to support people with fatty liver disease, chronic kidney disease, prediabetes and diabetes. For a complete list of classes offered by the AHLP, see our **Class Description Handbook**.

How can AHLP help you?

The Alberta Healthy Living Program (AHLP) is excited to announce the launch of virtual Lunch n' Learn sessions! These sessions will provide you with information about how the AHLP can support you towards a healthy life with a chronic condition. We would like to know about what kind of information **you** would like to hear about during these sessions.

Send us your ideas on topics that you are interested in. If you have not already done so, join our monthly e-mail distribution list to receive information about upcoming events and services.

Living with Parkinson Disease

Parkinson Disease is a lifelong condition, and symptoms associated with the disease worsen over time. It mostly affects areas of the brain that are responsible for movement. Special cells in the brain, called the *substantia nigra*, release a chemical called dopamine. This chemical in turn sends signals between your nerves and your muscle cells to help your body move. In Parkinson disease, these cells stop working.

If you or a loved one lives with Parkinson Disease, you might be struggling with difficulties with balance, tremors, slow movement, sleeping difficulties, difficulties swallowing or sleep. The AHLP can help you understand what Parkinson disease is, and can support you in understanding medications, managing speech or swallowing disorders and, in general, plan for the future with movement disorders.

For more information, e-mail AHLP.CalgaryZone@ahs.ca or call us at 1-844-527-1160.

Accessing our Registered Dietitians

Our registered dietitians are available for telephone or in-person one-on-one appointments. If we offer a class on a nutrition-related concern, we require that you attend a class before scheduling an appointment. For more information, call 1-844-527-1160.

Are you interested in receiving monthly updates from the AHLP? Join our e-mail distribution list