

# Calgary Adult Bariatric Surgery Clinic Newsletter

APRIL 2022



## Virtual Classes in April

A link to the class will be emailed to you two weeks in advance before the class. If you do not receive the link, please call the clinic a few days before the class.

Call (403) 955-8088 to register

### Improve Your Relationship with Food (optional class)

This four-week virtual class will provide education and support to help you improve your relationship with food so you can better manage your weight. This group will be limited to participants who have attended the intake appointment as well as Nutrition Basics class and willing to make a commitment to attend all four sessions  
**\*\*Note, April sessions are full. Consider registering now for May sessions\*\***

**Session A:** May 2, 9, 16, 30; 1:00PM – 3:00PM

**Session B:** May 3, 10, 17, 24; 5:00PM – 7:00PM

**Session C:** May 6, 13, 20, 27; 10:00AM – 12:00PM

### Managing Changes in Body Image (optional class)

This group class offers a chance to discuss changes in body image. It will also provide ideas on how to maintain a positive body image while on your weight management journey. This class is intended for patients who have had bariatric surgery.

**Date/Time:** July 8 from 1:00 – 3:00PM

Register online

### Bariatric Peer Support Group (optional class)

Peer volunteers lead the Bariatric Support Group. The group meets monthly and is open to patients preparing for or who have had surgery. Feel free to join virtually for one or all meetings. To register, go to:

<https://app.booking.ca/ahlp Calgarypub/index.asp>. The class is called: CABSC Peer Support Group.

**Date/Time:** April 19; 6:00PM – 7:30PM

Due to professional college regulations, patients must be within the province of Alberta to attend phone or virtual appointments and classes. If you are out of province, please call (403) 955-8088 to reschedule your appointment.

## Announcements

### Welcome Back

Starting in the spring, we are inviting patients to schedule appointments in-person. We are looking forward to seeing you. We continue to offer telephone and Zoom appointments however, we will require you to attend in person periodically.

Patients attending in person are required to follow all COVID-19 protocols. You will be screened for COVID-19 and required to wear a mask while on site.

More information on COVID-19 can be found at  
<https://www.calgarybariatric.ca/COVID-19>

### Remember!

Alberta Precision Laboratories (APL) appointments book quickly. If you've been asked to complete blood work, ensure you have an appointment with APL a few weeks in advance.

It is important to have completed your blood work and submitted your food record prior to your initial dietitian appointment.

# A Note from Bonnie

*One of our clinic nurses has accepted a position in B.C. Below is a message from Bonnie to her patients.*

Goodbye to my patients :(

Unfortunately I have not had enough time to tell all of you in “virtual” means that I am leaving my position as of March 23 and moving to B.C.! This move has come about relatively quickly, and I am moving to Salmon Arm and will be starting a new job on April 5. I will be working at a smaller nursing home which is where I have thought my next move in my nursing career would be. Some of you know that my Dad who passed away last October, had been in a care home and that experience left me with a huge impression. As well, that part of B.C. has been an area that I’ve loved and been pretty familiar with from family vacations. So, it all seemed like a good plan to combine these 2 new adventures!

I will miss being a part of this team. And of course, I will miss you, my patients; seeing how your health journey progresses through this program. It has been a privilege to be a part these major health decisions and changes for you. I wish the best health and happiness for all of you.

Please use this team to its fullest—they are a wealth of expertise, skill, and knowledge. I can absolutely assure you that each and every one of them has your best health and safety at the top of their priority list!

Take good care of yourselves!

Bonnie

## *Additional Staffing Updates:*

Ginger, RN/Case manager will be transitioning to a part-time role within the clinic.

