

Calgary Adult Bariatric Surgery Clinic Newsletter

JUNE 2022



Announcements

Welcome Back

Starting May 1st, the following appointments will be in-person:

- Initial appointments with a nurse, dietitian, and psychologist
- Liquid diet teaching with a dietitian
- Post-operative appointments with a nurse and dietitian

This change will only apply to appointments booked after May 1st. 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.

Staffing Updates

Karla will be joining our team as a Registered Nurse Case Manager. Welcome Karla!

Book King

Please contact the clerks if you are experiencing difficulties when registering for the Peer Support Group through Book King.

Virtual and Phone appts

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.

We Want Your Feedback!

The Calgary Adult Bariatric Surgery Clinic would like to know if the clinic availability is meeting your needs.

If you would like to provide us with your feedback, you can complete the survey by clicking the link below:

<https://redcap.link/PatientSurvey-ClinicAvailability>

Virtual Classes in June

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, June sessions are full. Consider registering now for July sessions****

Date/Time: July 5, 7, 12 & 14; 10:00AM – 12:00PM

Eating After Bariatric Surgery (optional class)

Prepare for bariatric surgery with this interactive virtual class designed to provide you with hands-on experience cooking and tasting dishes that are like what you will eat in the first few weeks after surgery. Please note you will be provided with a grocery list, equipment list and the recipes ahead of time. You will need to buy the groceries and have your space set up and ready to go in time for the cook-along. You will need to prepare some ingredients ahead of time.

You may register if you have attended the Surgery Preparation class and are waiting for a surgery date.

Date/Time: June 14; 1:30 – 3:00PM

Maintain the Change (optional class)

Learn how to maintain the lifestyle changes you have made, while waiting for surgery during this online class. This class is for patients who have attended the Surgery Preparation class and are waiting for a surgery date.

Date/Time: June 29; 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; 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.bookking.ca/ahlp Calgarypub/index.asp>. The class is called: CABSC Peer Support Group.

Date/Time: June 21; 6:00PM – 7:30PM