



Calgary Adult Bariatric Specialty Clinic Newsletter

May 2017

Calgary Adult Bariatric Specialty Clinic

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Missed Appointments

Missed appointments have a significant impact on wait times for patients and on clinic operations. In accordance with our clinic policy and the patient contract, if two (2) appointments are missed in a twelve (12) month period, then you will be discharged from the clinic. **Please note this includes appointments with physicians and surgeons, clinic staff, and classes.**

Income Tax Reminder

Most Canadian income tax and benefit returns for 2016 are due on April 30, 2017. However, since this is a Sunday, the Canada Revenue Agency (CRA) will consider your return to be filed on time and your payment to be made on time if received or postmarked by May 1, 2017. Self-employed individuals and their common law partners or spouses have until June 15, 2017, to file their returns, but if they have a balance owing to the CRA, that's still due no later than May 1, 2017. By filing your income tax and benefit return by the deadline, you are avoiding interest and penalties on any balance owing, as well as interruptions in your benefit payments, such as the Canada Child Benefit, and the GST/HST credit.

Disability Tax Credit

The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. There are different ways for which a person can be eligible for DTC. The person must meet one of the following criteria:

- Is blind
- Is markedly restricted in at least one of the basic activities of daily living

- Is significantly restricted in two or more of the basic activities of daily living
- Needs life sustaining therapy

In addition, the person's impairment must meet all of the following:

- Is prolonged, which means the impairment has lasted, or is expected to last for a continuous period of at least 12 months
- Is present all or substantially all the time (at least 90% of the time)

To apply for DTC a medical practitioner must complete form T2201 and certify that a person has a severe and prolonged impairment and must describe its effects. Talk to your family physician if you would like more information on the DTC or go to the Canada Revenue Agency Website: <http://www.cra-arc.gc.ca>

Calgary Bike Swap

Thinking about cycling? Check out the Alberta Bike Swap event in Calgary on May 6, 2017 from 8:00 am – 2:00 pm at the City Centre Parkade 340-10th Avenue SW. This event allows you to sell or purchase a children's or adult bike. Bikes range in price from \$50.00 to \$4000.00 This is a great way to get started and support a not-for profit as funds raised go back to the community. For more information check out the Website: <http://albertabikeswap.ca>

Over-eaters Education Group

Emotional eating, binge eating or food addiction all mean turning to food for reasons other than hunger. This **4 week** group will provide education and support to help you manage over-eating so you can better manage your weight. The group will be led by Dr. Jo Telfer.

Our May through July classes are currently FULL.

Please feel free to call in to see if there are any cancellations.

This group is **not** designed to be taken more than once; please no repeat participants.

Registration: Please call **403-955-8088**

Maintain the Change

Maintain the Change is a monthly education group for patients approved and waiting for bariatric surgery, and for post-surgery patients.

The group is facilitated by our clinic dietitians. The purpose is to discuss important topics and answer questions regarding bariatric surgery, and also review the important pre and post-surgery nutrition practices.

Prerequisites:

- Received individual nutrition education from a Registered Dietitian in our clinic before
- Approved by a surgeon or have had bariatric surgery
- Attended the Surgery Preparation Class

Maintain the Change Group is offered on **May 16th-2017 from 6-7:30pm**. If interested please call **403-955-8088** to register.

Bariatric Support Garments

Bariatric Support Garments are specially fitted and custom made for you to wear under your regular clothes.

There will be fitting sessions held monthly at our offices.

The next fitting session is on May 11-2017

Please contact Katelyn by email at bsgc@ualberta.ca or call **780-492-9020** to schedule a private fitting

Band Adjustment and Surgery Clinics

May 2-2017- Dr. Church

May 4-2017- Dr. Gill

May 5-2017- Dr. Debru

May 9-2017- Dr. Reso

May 12-2017- Dr. Church

May 16-2017- Dr. Gill

May 19-2017- Dr. Mitchell

May 23-2017- Dr. Reso

May 30-2017- Dr. Church

Clinic Changes

Clinic dates and times may change due to unforeseen circumstances. We will try to provide you with as much notice as possible if this happens. We appreciate your understanding.

We would like to say good bye to Christy, our nurse coordinator, and thank you for all you have contributed to the program over the years. We wish you well in your future endeavors.

Classes

Bariatric Surgery Information:

For patients interested in surgery options:

May 17-2017- 1:00 – 3:00 p.m

May 27-2017 – 9:00-11:00 a.m.

Call **403-955-8088** to register

Did you know that an online equivalent of the Bariatric Surgery Information class is available? You may choose to read and view surgery information online at

<http://www.calgarybariatric.ca/bariatric-surgery.html>

There is information and a video on each procedure. You will need to complete a worksheet (found on the website) and bring it to your next nursing appointment for review.

Surgery Preparation Class:

This class is taught by a Registered Dietitian and a Registered Nurse and is meant for patients who have been approved for surgery.

May 20-2017 – 9:00-11:00 a.m.

May 26-2017 – 1:00 – 3:00 p.m.

Recipe of the Month – Meat Kabobs

Now that the snow is melting and the sun is shining, it's time to start grilling! This month's recipe is BBQ friendly, easy to make and high in protein. It is also very soft and easy to chew since it is made using ground meat, which makes it a great choice after bariatric surgery. Enjoy!

