

## Presentations for Community in Calgary

Diversity Liaison Team of Alberta Health Services (AHS)—Calgary Zone is committed to enhancing the access of health services and health information for diverse communities. We are pleased to offer presentations in English and/or some first languages at a time and a location that is convenient to your groups.

You are welcome to book any presentation as listed below for a group of 10 or more participants. We ask you to give us at least one month notice. For more information and to send back the completed request form, please contact:

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### Presentations On Health Systems, Health Services & Health Benefits

Topic and estimated length	CLB level recommendation	Presentation Contents
1. HIS Health Insurance System 2 hours	CLB 4 and up if no first language presenter	This is an introduction to Alberta Health Care Insurance, Alberta Blue Cross Insurance, Alberta Child Health Benefits, Alberta Adult Health Benefits and Low Income Eye and Dental Assistance Programs.
2. YHC Your Health Care Choices 1.5 hours	CLB 2 and up if no first language presenter	This is an overview of choices of key health care services that are available in Calgary. Choices of key health care services are: Health Link Alberta, Family Doctors, Walk-In Clinics, After Hours Clinics, Urgent Care Centres, Emergency Departments, Access Mental Health. A highlight on how to use Health Link Alberta and how to request health care interpretation services of Alberta Health Services will also be discussed. <b>NOTE:</b> Should you be interested in incorporating this health topic into your newcomer orientation program or ESL curriculum, please contact Yvonne Hau. We have multilingual DVDs, plain language PowerPoint presentations, handouts for students, handouts for facilitators, and multilingual resource lists.

<p><b>3. CCHS</b>  <b>The Culture of the Canadian Health System</b>  <b>1.5 hours</b></p>	<p><b>CLB 5 and up if no first language presenter</b></p>	<p>This presentation is loaded with stories to illustrate the unique culture of our health system where everyone can have health care, adults make their health care decisions, emergency departments are for life threatening health problems, the role of family doctors and patients in the health system...etc. Newcomers / participants will learn the key health care choices in Calgary, when and how to use them appropriately, and the role of health professionals and patients in the Canadian health system.</p>
<p><b>4. HCS</b>  <b>Health Information and Health Care Interpreting Services</b>  <b>1 hour</b></p>	<p><b>CLB 2 and up if no first language presenter</b></p>	<p>This one-hour presentation shows how to get health information and advice in your own language and how to book for an over-the-phone health care interpreter with no cost.</p>
<p><b>5. RCD</b>  <b>Resources For People With Chronic Diseases</b>  <b>1.5 hours</b></p>	<p><b>CLB 4 and up if no first language presenter</b></p>	<p>This is an overview of most needed government and community resources for people with long-term medical conditions (also known as chronic diseases). Resources such as finance, transportation, aids to daily living, childcare, AHS programs &amp; services, government drug plans, and specific community health support programs will be discussed.</p>
<p><b>6. SHB</b>  <b>Seniors' Health Benefits</b>  <b>1.5 hours</b></p>	<p><b>CLB 4 and up if no first language presenter</b></p>	<p>This is a highlight of seniors' health benefits in programs such as Alberta Health Care, Alberta Blue Cross, dental and optical, Alberta Aids to Daily Living, Health Equipment Loan Program, Special Needs Assistance Program, Alberta Healthy Living Program, Home Care, Long-Term Care, Health Advice and Interpreting Services. Learners will find out what program/s they can apply for to meet their needs.</p>
<p><b>7. THR</b>  <b>Travel Health Risks – Visiting Friends and Relatives</b>  <b>1.5 hours</b></p>	<p><b>CLB 4 and up if no first language presenter</b></p>	<p>This is a highlight of some health risks for those who may travel to their country of origin to visit friends/relatives. It also covers AHS Travel Health services such as consultation, vaccinations and education.</p>

## Presentations For Families With Children

Topic and estimated length	CLB level recommendation	Presentation Contents
8. HEB Healthy Eating for Babies 0-1 year of age 2 hours	CLB 3 and up if no first language presenter	An introduction to feeding your baby with healthy foods, and about how to help babies establish healthy eating and drinking habits.
9. HEC Healthy Eating for Children 2 hours	CLB 3 and up if no first language presenter	An overview of mealtime struggles and positive feeding relationships with children, and how to handle and /or prevent picky eating behaviors for children 1 to 5 years of age.
10. PHL Packing A Healthy Lunch 2 hours	CLB 3 and up if no first language presenter	This presentation is designed for immigrant parents of school-age children. By the end of this presentation, participants will be able to: 1- recognize Canada's Food Guide and be able to identify foods in each food group; 2-appreciate why foods from all four food groups are required for health; 3-understand how to pack a lunch using correct tools (e.g. Ice pack, getting children involved); 4-find tips to stay prepared for lunches; 5-plan a sample lunch bag; and 6-recognize if they are packing too much for their children.
11. SCT Safety Car Seat Training 2 hours	CLB 3 and up if no first language presenter	A highlight of education and tools to assist child caregivers in securing car seat properly and reducing the likelihood of injuries.
12. OHC Oral Health and Resources for Children 0-6 years of age 2 hours	CLB 3 and up if no first language presenter	An introduction to causes and effects of dental cavities for children, ways to prevent dental diseases, and dental care resources that are available for lower income families with children.
13. IMM Immunization 1.5 hours	CLB 4 and up if no first language presenter	An overview of immunization schedule in Alberta, why we need to immunize our children, statistics, common misunderstandings, and flu vaccination.
14. CH Child Health 1.5 hours	CLB 4 and up if no first language presenter	An overview of health information on child health. Contents include family doctor, immunization, oral health, nutrition, safety and resources. As this is the overview of all topics around child health, if you are interested in specific topics please request topics 8-13.

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## Presentations For Adults

Topic and estimated length	CLB level recommendation	Presentation Contents
15. EW Emotional Wellness 2 hours	CLB 3 and up if no first language presenter	An overview of what is good health, what affects health, how to identify and cope with stress/problems, what can be done to stay emotionally healthy, and where to get help if needed
16. SM Stress Management 2 hours	CLB 2 and up if no first language presenter	An interactive workshop with tools to help participants identify and better manage their stress.
17. WH Women's Health 2 hours	CLB 4 and up if no first language presenter	This is an overview of women's health topics such as breast health, pap test, sexual health, obstetrics & gynecology, pregnancy education, pelvic floor and osteoporosis. Resources and suggestions in keeping you healthy in these topics are covered.
18. MTS Medical Tests and Specialists 1.5 hours	CLB 3 and up if no first language presenter	Overview of what you need to prepare and what needs to be considered before going for medical tests and seeing a specialist in Canada.
19. BTG Beat the Germs 1.5 hours	CLB 2 and up if no first language presenter	This is an overview of how to wash hands properly, how to prevent germ spreading and how to use antibiotics. Presenter will use Glow Germ Kits to raise awareness of hand hygiene.
20. OHA Oral Health and Resources for Adults 1.5 hours	CLB 2 and up if no first language presenter	<p>Oral health is an important part of your general health and well-being.</p> <ul style="list-style-type: none"> <li>• <b>Heart Disease</b>-If you have gum disease, you may have a higher risk of heart disease. The germs that cause gum disease may also block arteries and lead to stroke.</li> <li>• <b>Respiratory Disease</b>-People with existing lung problems, weak immune systems, and elderly people are at higher risk for getting a lung infection from breathing in bacteria from the mouth.</li> <li>• <b>Diabetes</b>-Gum disease can make diabetes worse by making blood sugars harder to control. People with diabetes may have trouble getting gum disease to heal.</li> </ul> <p>This presentation is an introduction to causes and effects of dental cavities for adults, how to prevent dental diseases, and what dental care resources are available for lower income adults and families.</p>

<p><b>21. HCB</b>  <b>What You should Know about Hep C, Hep B and HIV</b>  <b>1.5 hours</b></p>	<p><b>CLB 4 and up if no first language presenter</b></p>	<p>Hep C is a major public health concern in certain communities in Canada. Some communities are also at higher risk for other viral infections such as Hep B and HIV as they are spread in a similar way. Even though these infections are preventable, they continue to spread. People in the community often do not know how the viruses are spread and how to protect themselves and others. This presentation will focus on community facts about these diseases. It will also provide information on where people can get health care to protect themselves and families, to get tested and get treatment. The presentation is available in Cantonese, simple English, French, Korean and Mandarin.</p>
<p><b>22. PCD</b>  <b>Preventing from Getting Communicable Diseases</b>  <b>2 hours</b></p>	<p><b>CLB 4 and up if no first language presenter</b></p>	<p>Sexually transmitted infections STIs and tuberculosis disease TB are communicable diseases. Some communities in Canada are at a higher risk for other viral infections such as Hep C, Hep B, HIV as they are spread in a similar way. People in the community often do not know how the bacteria or viruses are spread and how to protect themselves. This presentation will talk about STIs and TB symptoms, how they are spread, tests/treatments, health care services, prevention and protection methods. Presentation can be delivered in Cantonese, simple English, French, Korean and Mandarin.</p>
<p><b>23. RCR</b>  <b>Reducing Cancer Risks</b>  <b>2 hours</b></p>	<p><b>CLB 4 and up if no first language presenter</b></p>	<p>Almost half of cancer in Alberta is preventable. This presentation provides statistics, cancer prevention guidelines, and some lifestyle changes to help reducing cancer risks.</p>
<p><b>24. CHF</b>  <b>Choosing Healthy Foods In Canada</b>  <b>2 hours</b></p>	<p><b>CLB 2 and up if no first language presenter</b></p>	<p>Choosing healthy foods in Canada could be very different from choosing healthy foods in many parts of the world. This presentation highlights important food and nutrition choices to help diverse communities to make healthy food choices for their families. The presentation talks about Where to Shop, Food Groups, Choosing Healthy Foods and Drinks, Label Reading, The Healthy Plate, Meal Examples, Tips to Spend Less, and The Food Bank.</p>
<p><b>25. NFS</b>  <b>Nutrition for Seniors:</b>  <b>NFS Part I--1.5 hours</b>  <b>NFS Part II--1.5 hours</b>  <b>Part I + II--2 sessions of 1.5 hours each</b></p>	<p><b>CLB 3 and up if no first language presenter</b></p>	<p>This presentation addresses the unique nutritional needs of seniors (65 years +) from multicultural backgrounds who are NOT on a special diet.  Part I - Healthy eating (balanced meals, healthy drinks and a healthy plate)  Part II - Nutrition intake in Protein, Calcium, Vitamin D, and Salt.  A community group can book either Part I or Part II or both.</p>

<p><b>26. EP</b>  <b>Emergency Preparedness</b>  <b>1.5 hours</b></p>	<p><b>CLB 2 and up if no first language presenter</b></p>	<p>Nowadays we see so many disasters in and near our communities. We need to learn how to prepare for disasters that we may have not foreseen. This presentation will highlight some of the risks and importance of why we need to prepare for disasters, how to plan as a family and what to prepare.</p>
<p><b>27. HA</b>  <b>Hospital Appointments</b>  <b>2 hours</b></p>	<p><b>CLB 3 and up if no first language presenter</b></p>	<p>This workshop informs what patients can expect from having a hospital appointment, how they can prepare for it and what questions they might want to ask during the appointment. There are skill drills for learners to familiarize with the typical questions that they might want to ask.</p>
<p><b>28. PFO</b>  <b>Preventing Falls in Older Adults</b>  <b>2 hours</b></p>	<p><b>CLB 3 and up if no first language presenter</b></p>	<p>Falling is the most common cause of injury in older adults. 1 in 3 fall each year and the most happen in their own home. This workshop will talk about causes of falling, how to prevent falling, tips you should know, what to do if you end up falling, and resources.</p>
<p><b>29. RHU</b>  <b>Relationship: What is healthy or unhealthy?</b>  <b>1.5 hours</b></p>	<p><b>CLB 4 and up if no first language presenter</b></p>	<p>Healthy relationship is likely to make people live longer and happier and is the foundation of safe and caring communities. This presentation will talk about what a healthy, an unhealthy, an abusive relationship looks like, what abuse is, what harms can be caused by abuse, where people can get help.</p>
<p><b>30. PYF</b> Protect Yourself and Your Family  <b>1.5 hours</b></p>	<p><b>CLB 2 and up if no first language presenter</b></p>	<p>Many germs can make people sick. The presentation will talk about protecting oneself and his/her family by getting a flu shot, doing proper hand washing, covering coughs, taking rest at home, seeing a doctor, following instructions when getting a lab test or taking medicines.</p>
<p><b>31. UC</b> Understanding Cannabis  <b>2 hours</b></p>	<p><b>CLB 4 and up if no first language presenter</b></p>	<p>Now that Cannabis is legalized in Canada, what do we need to know for ourselves? For our children? This presentation will help you understand more about Cannabis, its health effects, laws and impacts it will have on us.</p>

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## Presentations About Specific Health Topics (Presented By Other Health Professionals In AHS)

Topic and estimated length	CLB level recommendation	Presentation Contents
<b>30. Tuberculosis (TB): What you need to know 1 hour</b>	<b>CLB 4 and up if no first language presenter</b>	Signs and symptoms of TB, who is at risk, how TB is spread, how to protect yourself. Also covers the free services offered by Calgary Tuberculosis Clinic, through medications and management. Please contact Holly Gardiner, Community Liaison Nurse, TB Services, AHS: <a href="mailto:holly.gardiner@ahs.ca">holly.gardiner@ahs.ca</a> or fax in the request form at 403-291-9185.
<b>31. Let's talk about it (Sexual Health) Flexible length of time</b>	<b>CLB 4 and up if no first language presenter</b>	Sexual Health Educators offer free presentations for schools or community groups about how to talk to youth about sexuality/ preventing STIs, HIV, AIDS/ birth control methods /healthy relationships/ puberty changes / sexual decision making/ sexuality and disability. Presentations can be tailored to meet the needs of the group. Please contact Sexual and Reproductive Health, AHS: <a href="mailto:SRH.Booking@AHS.ca">SRH.Booking@AHS.ca</a> or phone 403-955-6515 to book education sessions.
<b>32. Osteoporosis and Bone Health 1.5 – 2 hours</b>	<b>CLB 4 and up if no first language presenter</b>	Osteoporosis can affect both women and men at any age, not just the old. Dr. David Hanley Osteoporosis Centre offers free presentations on bone health to community groups. This presentation gives an overview of osteoporosis and nutritional maintenance of bone health. It is suitable for adult groups of any age, interested in bone health. Presentation is also available in Cantonese. For more information about osteoporosis or the clinic, please visit <a href="http://www.osteoporosiscalgary.com">www.osteoporosiscalgary.com</a> . Presentation requests can be sent by email, <a href="mailto:cecily.chan@ahs.ca">cecily.chan@ahs.ca</a> , or fax 403-955-8136
<b>33. Basic Food Safety 2.5-3 hours</b>	<b>CLB 4 and up if no first language presenter</b>	Environmental Public Health of Alberta Health Services offers a free basic food safety course that covers the topics of safe food handling practices, personal hygiene, foodborne illness, and sanitation. This course provides information that will be useful at home, at work, or for planning to prepare and serve food at a special event. A wallet card is given to successful participants. This course can also be taken online, at no cost.  Environmental Public Health can also develop unique displays or presentations on a variety of topics for information fairs, private groups, and schools and community organizations. Topics include: child care safety; interactive hand washing demonstrations for children, adults and seniors; infection control

		<p>presentations for senior lodges; bedbugs information sessions; tattooing and piercing safety presentations; interactive hygiene and environmental public health displays and games.</p> <p>For more information, please contact Environmental Public Health at 403 943 2890 or <a href="mailto:EPH.Education@ahs.ca">EPH.Education@ahs.ca</a> or visit <a href="https://www.albertahealthservices.ca/eph/Page3151.aspx">https://www.albertahealthservices.ca/eph/Page3151.aspx</a></p>
<b>34. Youth Substance Use and Mental Health Services (Various topics, flexible length of time)</b>	<b>CLB 4 and up if no first language presenter</b>	<p>Community Health Promotion Services (CHPS) at Alberta Health Services, provides substance use prevention and mental health promotion programs and trainings in Calgary. Our focus is building protective factors and reducing risk factors associated with substance misuse and mental health disorders.</p> <p>We have topics such as substance use and youth, alcohol and youth, Cannabis and youth, E-cigarettes tobacco and youth, Youth fentanyl and prescription drug use, concurrent disorders and youth and video gaming and youth. All services are free and can be accessed by contacting <a href="mailto:CHPS@ahs.ca">CHPS@ahs.ca</a></p>

### Presentation Request Form

Date/ Time	Requesting Agency	Requester name, phone, email	Presentation place and address	Requested Topic (e.g. HIS, HCB...etc)	Requested Language (English, Cantonese, Mandarin, French,)	Expected No of attendees	Group (age, gender, language level)	Equipment provided by requesting agency and remarks (LCD + laptop, building access or parking information etc)