

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 4 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. NOTE: 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.

3. CCHS The Culture of the Canadian Health System 1.5 hours	CLB 5 and up if no first language presenter	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.
4. HCS Health Information and Health Care Interpreting Services 1 hour	CLB 2 and up if no first language presenter	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.
5. RCD Resources For People With Chronic Diseases 1.5 hours	CLB 4 and up if no first language presenter	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 & services, government drug plans, and specific community health support programs will be discussed.
6. WHS Women’s Health Services 2 hours	CLB 4 and up if no first language presenter	This is an overview of women’s health services and why, when, where and how women can access these services.
7. SHB Seniors’ Health Benefits 1.5 hours	CLB 4 and up if no first language presenter	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.
8. THR Travel Health Risks – Visiting Friends and Relatives 1.5 hours	CLB 4 and up if no first language presenter	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.

Presentations For Families with Children

Topic and estimated length	CLB level recommendation	Presentation Contents
9. HEB Healthy Eating for Babies 0-1 year of age 2 hours	CLB 4 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.
10. HEC Healthy Eating for Children 2 hours	CLB 4 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.
11. PHL Packing A Healthy Lunch 2 hours	CLB 4 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.
12. SCT Safety Car Seat Training 2 hours	CLB 4 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.
13. OHC Oral Health and Resources for Children 0-6 years of age 2 hours	CLB 4 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.

Presentations for Adults

Topic and estimated length	CLB level recommendation	Presentation Contents
14. EW Emotional Wellness 2 hours	CLB 4 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
15. SM Stress Management 2 hours	CLB 4 and up if no first language presenter	An interactive workshop with tools to help participants identify and better manage their stress.
16. MTS Medical Tests and Specialists 1.5 hours	CLB 4 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.
17. 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.
18. 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"> • Heart Disease-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. • Respiratory Disease-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. • Diabetes-Gum disease can make diabetes worse by making blood sugars harder to control. People with diabetes may have trouble getting gum disease to heal. <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>19. HCB What you should know about Hep C, Hep B and HIV 1.5 hours</p>	<p>CLB 4 and up if no first language presenter</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>20. PCD Preventing from getting communicable diseases 2 hours</p>	<p>CLB 4 and up if no first language presenter</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>21. RCR Reducing Cancer Risks 2 hours</p> <p><i>New</i></p>	<p>CLB 4 and up if no first language presenter</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>22. CHF Choosing Healthy Foods In Canada 2 hours</p>	<p>CLB 4 and up if no first language presenter</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>23. NFS Nutrition for Seniors: NFS Part I--1.5 hours NFS Part II--1.5 hours Part I + II--2 sessions</p>	<p>CLB 4 and up if no first language presenter</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>of 1.5 hours each</p> <p><i>New</i></p>		
<p>24. EP Emergency Preparedness 1.5 hours</p> <p><i>New</i></p>	<p>CLB 4 and up if no first language presenter</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>25. HA Hospital Appointments 2 hours</p> <p><i>New</i></p>	<p>CLB 3 and up if no first language presenter</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>

Presentations About Specific Health Topics (presented by health professionals)

Topic and estimated length	CLB level recommendation	Presentation Contents
<p>26. Tuberculosis (TB): What you need to know 1 hour</p>	<p>CLB 4 and up if no first language presenter</p>	<p>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: holly.gardiner@ahs.ca or fax in the request form at 403-291-9185.</p>
<p>27. Let's talk about it (Sexual Health) Flexible length of time</p>	<p>CLB 4 and up if no first language presenter</p>	<p>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: SRH.Booking@AHS.ca or phone 403-955-6521 to book education sessions.</p>

28. Osteoporosis and Bone Health 1.5 hours	CLB 4 and up if no first language presenter	<p>The pharmacist of AHS Osteoporosis Centre offers free presentations (available in Cantonese or English) to community groups. This is an overview of what osteoporosis is, the signs & symptoms and risk factors. You will also learn what you can do for your bones. Simply complete the request form below and send it to Cecily.Chan@ahs.ca or fax in to 403-955-8136. To better use the pharmacist's time, the group needs to have minimum 15 participants and book the presentation one month in advance.</p>
29. Basic Food Safety 2.5 hours	CLB 4 and up if no first language presenter	<p>Environmental Public Health of Alberta Health Services offers free courses that cover the basics in safe food handling practices, personal hygiene, foodborne illness and sanitation. These courses share information that will be useful at home, at work or for planning to prepare and serve food at a special event. Certificates are given to successful participants. Environmental Public Health can also develop unique displays or presentations for information fairs, private groups, schools and community organizations, on a variety of topics including: childcare safety; interactive hand washing demonstrations for children, adults and seniors; Infection control presentations for senior lodges; Bedbugs info sessions; Tattooing and piercing safety presentations; Interactive hygiene and environmental public health displays and games. For more information, you can contact Jason Feltham at 403- 943-8044 or jason.feltham@ahs.ca or visit http://www.albertahealthservices.ca/eph/Page3151.aspx</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)
