

Resource Inventory for People living with Osteoarthritis

Supporting Tool #3

Education and Self-Management Classes – Lethbridge and Area			
<p>GLA:D (Good Life with osteoArthritis from Denmark – adapted for Canada)</p> <p>Fee: \$200</p>	<p>Chinook Bone and Joint Centre</p> <p>Group education and exercise classes for people with the diagnosis of hip and/or knee osteoarthritis. Data supports this as an effective way to manage osteoarthritis.</p>	<p>1718 3 Avenue S, Lethbridge, Alberta T1J 0Y9</p>	<p>Telephone: 403-942-4605</p>
<p>AHS Alberta Healthy Living Program:</p> <p>Better Choices, Better Health® Chronic Disease Management Workshop</p>	<p>No cost associated with programs.</p> <p>2 ½ hours each: 6 continuous weeks in duration</p>	<p>Brooks Health Centre Crowsnest Pass Health Centre Fort Macleod Health Centre Lethbridge Centre Medicine Hat River Heights Professional Centre Milk River Health Centre Pincher Creek Health Centre Taber Health Centre</p>	<p>Links are provided to the AHS health centres in South zone.</p>
Land Based Exercise – Lethbridge and Area			
<p>GLA:D “Good Life with osteoArthritis from Denmark – as adapted for Canada”</p>	<p>See Education and Self-management section above</p>	<p>Group education and exercise classes for people with the diagnosis of hip and/or knee osteoarthritis. Data supports this as an effective way to manage osteoarthritis</p>	
<p>Glen Sather Exercises for Arthritis</p>	<p>Comprehensive Osteoarthritis Management Education and Treatment (COMET) Exercises for Arthritis</p> <ul style="list-style-type: none"> • Online videos with instructions 	<p>https://www.ualberta.ca/glen-sather-clinic/patient-resources/exercises-for-arthritis</p> <ul style="list-style-type: none"> • Search key words: Glen Sather Exercises 	

Land Based Exercise – Lethbridge and Area			
Alberta Healthy Living Program – AHS Supported exercise program	Supervised Exercise - Learn how to self-monitor and stay safe while exercising. Improve your cardiovascular endurance, muscular strength, and flexibility with our 12 week program. No cost associated with program	Links are provided to the AHS health centres in South zone.	Brooks Health Centre Crowsnest Pass Health Centre Fort Macleod Health Centre Lethbridge Centre Medicine Hat River Heights Professional Centre Milk River Health Centre Pincher Creek Health Centre Taber Health Centre
Walking	AHS + University of Lethbridge - Walking to Wellness Runs September – December Runs January – April No sessions between May - August \$35/session Tuesday and Thursday access to indoor track 9:00 – 10:30 am	University of Lethbridge 4401 University Drive, Lethbridge, Alberta T1K 3M4	To register: 403-329-2706
	Equipment loan: Walking poles, pedometers and more can be borrowed with a library card from the Bookmobile	Lethbridge Public Library: Mount Sundance Manor West	Available Mondays starting May 2 through July from 5:30 p.m. to 7:30 p.m. at the Bookmobile’s SunRidge location
	http://www.lethbridge.ca/Things-To-Do/Pathways-Trails/Pages/default.aspx	Link to City of Lethbridge pathways and trails for cycling and walking	
Powerwalking	Powerwalking is a form of cardiopulmonary exercise consisting of fast walking with exaggerated swinging of the arms. Classes run Monday-Thursday (check times online)	Cor Van Raay YMCA 140-74 Mauretania Rd W Lethbridge, T1J 5L4 403-942-5757	https://lethbridgeymca.ca/cor-van-raay-ymca-gym-schedule/ https://lethbridgeymca.ca/rates-fees/

Land Based Exercise – Lethbridge and Area			
Nordic Walking	http://lethseniors.com/fitness-equipment/	Nordic (urban) poles available for sale	
Tai Chi	http://lethseniors.com/programs/exercise-activity-classes/	See link for various levels of Tai Chi offered through the Lethbridge Senior Citizens Organization	
Cross Country Skiing	http://www.lethbridge.ca/Things-To-Do/Pathways-Trails/Pages/default.aspx		
	<p>Lethbridge Sports and Social Club</p> <p>Phone: 403-360-0492 Email: info@lethbridgesportsandsocialclub.ca</p>	Join members of LSSC for recreational sports and activities. LSSC organized adult rec mixed leagues for players of all abilities. Members can join in the Lethbridge Expeditions, a subgroup of LSSC, for hikes, cross-country skiing, downhill skiing, snowshoeing and other day trip adventures.	
Yoga	http://lethseniors.com/programs/exercise-activity-classes/ <ul style="list-style-type: none"> • Sitting yoga offered • Gentle yoga • Yoga for men • More advanced options available 	See link for various levels of yoga offered through the Lethbridge Senior Citizens Organization	

Water Based Exercise – Lethbridge and Area			
City of Lethbridge Aquatics and Pools	Programs include: <ul style="list-style-type: none"> • Aquajog • Seniors Swim • Aquatic Renewal for Chronic Pain • Aquafit Senior Aquafit	Stan Siwik Pool Tel: 403-320-3054 Nicholas Sheran Leisure Centre Pool Tel: 403-320-3046 Fritz Sick Pool Tel: 403-320-3109 Fees: Senior (60+ yrs) \$4.75 \$40.00 (10 pass) Adult (18-59 yrs) \$6.00 \$50.00 (10 pass) Family \$15.00	http://www.lethbridge.ca/Things-To-Do/Aquatics-Pools/Pages/Schedule.aspx

Water Based Exercise – Lethbridge and Area			
<p>YMCA Lethbridge</p> <p>Aquatic programs</p>	<p>Aqua Zumba Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.</p> <p>There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.</p> <p>Deep Water Jog Excellent cardiovascular and muscle training for individuals looking for an alternative to running or those seeking a full body, non-impact, workout. Class is held in the deep-end using a buoyancy belt and other floatation devices.</p> <p>Water Fit (aquafit) This class is held in the shallow end and is a great way to increase your cardiovascular and muscular condition in a low impact environment. This class is great for pre or post natal women, those going through rehabilitation or have suffered some kind of brain injury or stroke. Beginner level. First come, first serve</p>	<p>Cor Van Raay YMCA</p> <p>140-74 Mauretania Rd W Lethbridge, T1J 5L4 403-942-5757</p> <p>Fees vary depending on membership or dropping in.</p> <p>Check the YMCA’s evolving schedule for different classes.</p>	<p>https://lethbridgeymca.ca/cor-van-raay-ymca-pool-schedule/</p> <p>https://lethbridgeymca.ca/rates-fees/</p>

Weight Management – Lethbridge and Area			
AHS Alberta Healthy Living Program	Choose individual classes	<ul style="list-style-type: none"> •Healthy Eating for Reducing Your Risk Class •Taking Care of You Risk Reduction Class •Grocery Store Tours •Diabetes Management Class •Managing Emotional Eating Series •Weight Management Series •Getting Started with Weight Management Class 	Brooks Health Centre Crowsnest Pass Health Centre Fort Macleod Health Centre Lethbridge Centre Medicine Hat River Heights Professional Centre Milk River Health Centre Pincher Creek Health Centre Taber Health Centre
Health Education	All classes are free to the public		
Joint Protection – Lethbridge and Area			
Orthotist Consultation	http://www.albertaoandp.com/	Link to find an orthotist in Alberta and information on what to expect at an appointment.	
Fees associated with this consult	Bracing systems – knee, ankle, foot Foot orthotics/wedges Specialty footwear options	Physician referral most often required for third party insurance coverage: check with your provider	

Walking Aides – Lethbridge and Area			
Purchasing a cane	<p>If patient is AADL eligible: http://www.health.alberta.ca/services/AADL-approved-vendors.html</p> <p>If patient is NOT AADL eligible: Any medical supply store will have canes for purchase.</p>	<p>You must be assessed and authorized for AADL benefits first. AADL cannot refund clients who purchase their own medical equipment and supplies before being assessed and authorized for the equipment and supplies.</p> <p>Your authorizer will provide you with a list of at least 3 vendors, or you may choose your own from the list of approved vendors</p>	
Cane	https://myhealth.alberta.ca/Alberta/Pages/how-to-use-cane.aspx	Link to information on how to mobilize with a cane.	

Pain Management – Lethbridge and Area			
<p>Alberta Healthy Living Program:</p> <p>Better Choices, Better Health® - Chronic Disease Self-Management Workshop</p> <p>Or</p> <p>Better Choices, Better Health® - Chronic Pain</p>	<p>No cost associated with programs.</p> <p>2 ½ hours each: 6 continuous weeks in duration</p>	<p>Topics include:</p> <ul style="list-style-type: none"> • Solving problems and setting goals • Handling pain and fatigue • Managing medication • Dealing with difficult emotions • Eating healthy and increasing physical activity • Communicating with healthcare providers 	<p>Brooks Health Centre</p> <p>Crowsnest Pass Health Centre</p> <p>Fort Macleod Health Centre</p> <p>Lethbridge Centre</p> <p>Medicine Hat River Heights Professional Centre</p> <p>Milk River Health Centre</p> <p>Pincher Creek Health Centre</p> <p>Taber Health Centre</p>
<p>Community Mental Health Resources</p> <p>Alberta Health Services</p>	<p>Assessment and treatment will include learning about your past history, present situation, and identifying your goals. The counsellor will talk with you about the different treatment options, including counselling to help you reach your goals. Your counsellor will help you choose goals and strategies, make suggestions, and review your progress with you.</p>	<p>200 5 Avenue S Lethbridge, Alberta T1J 4L1</p> <p>Telephone: 403-381-5260</p>	<ul style="list-style-type: none"> • For immediate help call: 911 • For information on the closest addiction and mental health clinic call: Health Link 811

Pain Management – Lethbridge and Area			
<p>AHS Community Physiotherapy Walk-In Clinic</p>	<p>Outpatient services provided to adults without third party payer coverage and children with orthopedic conditions.</p> <p>Inpatient services provided to patients with cardio-respiratory, orthopedic and/or neurological conditions.</p> <p>Community services provided to patients who need home assessment or who can't come to the clinic.</p> <p>Wait Times An estimated wait time will be provided at the time of appointment booking.</p> <p>Fees There is no fee for assessment and treatment, but the client may be billed for therapeutic supplies.</p> <p>Drop - In clinic is available.</p>	<p>Chinook Regional Hospital 960 19 Street S Lethbridge, Alberta T1J 1W5</p>	<p>Hours of Operation Monday: 8:00 am - 4:15 pm Tuesday: 8:00 am - 4:15 pm Wednesday: 8:00 am - 4:15 pm Thursday: 8:00 am - 4:15 pm Friday: 8:00 am - 4:15 pm</p> <p>Please call 403-388-6182 for more information.</p>

Recreational Therapy is a systematic process that utilizes recreation (leisure) and other activities as interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.

Location	Service Area	Recreation Therapist	Cell	Office	Fax
Cardston Health Centre	LTC	Shana Wandler	403.382.0380	403.653.5253	403.653.4399
	Acute Care				
	Community				
Coaldale Health Centre	LTC	Jackie Scholten	-----	403.345.3075 Ext 2522	403.345.6489
	CSB				
	Community	<i>Referrals sent to Lethbridge Community team</i>			
Crowsnest Pass Health Centre	LTC	Brandi Yakubowski	-----	403.562.5013	403.562.7379
	Acute Care				
	Community				
Chinook Regional Hospital	GARU	Melinda Linitski Oseen	-----	403.388.6623	403.388.6646
	3B	Kelsi Macdougall			
Fort Macleod	Community	Lora Schultz	403.330.8691	-----	403.388.6718
Lethbridge Community (Melcor Centre)	Community	Carolyn Tivadar	403.330.6706 403.715.5796		403.388.6718
		Anita Selby			
		Heidi Davis			

		Nicole Stead Shannon Hoetmer, Clinical Lead Melissa Mangone	403.892.2096 403.308.1830 403.635.9194 403.382.7534	403.388.6727	
Milk River Health Centre	LTC CSB Community	Sherry Laackmann	-----	403.647.5521	403.647.2337
Pincher Creek Health Centre	Acute Care Community	Lora Schultz	403.330.8691	-----	403.388.6718
Raymond Health Centre Magrath	LTC Acute Care Community	Shana Wandler	403.382.0380	403.752.4561	403.752.3554
Taber Health Centre	LTC Acute Care Community	Andrea Rose	403.308-2384	403.223.7214	403.223.1703

Location	Service Area	Recreation Therapist	Cell	Office	Fax
Bassano Health Centre	LTC	Carrie Huckerby	403.581.1772	403.641.6123	403.641.2157
Bow Island Health Centre	LTC Acute Care Community	Brittany Wilton	403.634.7348	403.580.9316	403.545.3214
Brooks Health Centre	LTC Acute Care Sub-Acute Care Community	Carrie Huckerby Jalaina Kam	403.581.1772 403.501-4347	403.501.3205	403. 641.2157
Oyen Health Centre	LTC Acute Care Community	Brooke Hensel	-----	403.664.4318	403.664.4325
Medicine Hat Regional Hospital	Acute Care Community	<i>MH & Area Stroke Team</i> <i>Home Rehabilitation Team</i> <i>MHRH 2North</i> Emily Chell	403.952.9230 403.504.6840	502-8648 Ext 1068	403.529.8968

		Community			
		Lanna Herter	403.548.5016	403.502.8648 Ext 1068	403.529.8968
		Ashley O'Reilly, Clinical Lead	403.878.4726	403.502.8648 Ext 1068	
		Rebecca Lukacs	403.504.6417	403.502.8648 Ext 1068	

This resource inventory is an evolving document. It is by no means exhaustive of possible opportunities in your community but is simply meant to prompt the user to start exploring opportunities in alignment with the Osteoarthritis Research Society International (OARSI) Guidelines.