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SUMMER 2013

MBSAQIP

METABOLIC AND BARIATRIC SURGERY
ACCREDITATION AND QUALITY IMPROVEMENT PROGRAM
ACCREDITED CENTER



Simplicity

A way to live on your wellness journey

INSIDE:  A Weekend in the Pines retreat | page 3

Move sweetly and simply... don't forget to play

Recently, I was blessed with the opportunity to spend five-weeks in Finland on a professional exchange through Rotary International.

My time in Finland was a unique combination of stepping back in time and leaping into the future. Children and adults embrace opportunities to play and enjoy the great outdoors.

Playgrounds are built not just for energetic youth but also to challenge an adult's balance, strength, and coordination. Biking and walking are more than modes of transportation, they are ways to connect with family and friends. Active,

healthy lifestyles are evident everywhere.

Studies show enjoyment of activity is one of the most important factors to long-term compliance with an exercise program.

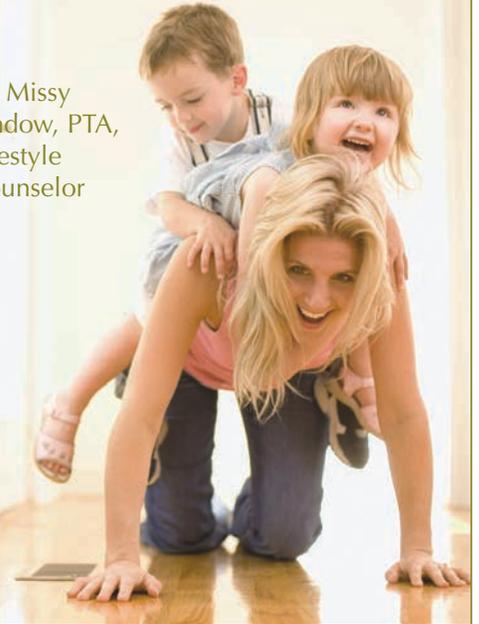
Think about games and fun, active times from your childhood. Allow yourself to return to play catch, hop-scotch, hide and seek, swing, or hula-hoop.

Keep it simple. Play.

Remember, laughter is a great abdominal workout!

I encourage you to take this opportunity to create your own adventure, explore, get dirty, and have a blast!

By Missy Lindow, PTA, Lifestyle Counselor



Grilling brings no fuss, healthy options



Cooking outdoors can be relaxing while offering healthy benefits. So don't put the grill away just yet. Fritz Lennerman has some simple ideas on how to grill healthy foods safely, *"Get Grilling: Pro Tips for Summer."* eatright.org

- ▶ Use two sets of utensils – one for raw food and one for the cooked food, or wash utensils before using them on cooked food.
- ▶ Gas grills can cook at a lower temperature and the temperature is easier to control. Charcoal grills cook hotter and add that charcoal flavor.
- ▶ Use a meat thermometer with meats to ensure doneness. Meat should be cooked to the proper temperature before serving.
- ▶ Pick healthy foods to grill: lean cuts of

beef, pork, chicken, fish, onions, cabbage, mushrooms, bell peppers, asparagus, corn on the cob, watermelon, pineapple, kabobs – to name a few.

▶ Marinate meats before cooking to keep them moist. Here's an all-purpose recipe:

- ¼ c. soy sauce
- 3 T. honey
- 2 T. distilled white vinegar
- 1½ t. garlic powder
- 1½ t. ground ginger
- ¾ c. vegetable oil
- 2 green onions, chopped
- 1 t. coarsely ground black pepper

Mix all ingredients. Place desired meat in marinade and let sit in refrigerator at least 4 hours before grilling. Discard if used for raw meat and poultry.

CATHOLIC HEALTH INITIATIVES

St. Joseph's Area Health Services CENTER FOR WEIGHT MANAGEMENT

600 Pleasant Avenue Phone: 218-237-5757 www.weightmanagementmn.com
Park Rapids, MN 56470 1-800-566-3311



Essentia Health

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Note: Designation as Blue Distinction Centers means these facilities' overall experience and aggregate data met objective criteria established in connection with expert clinicians' and leading medical societies' recommendations. Individual outcomes may vary. To find out which services are covered under your policy at any facilities, please call your local Cross and/or Blue Shield Plan.

We want to hear from you...

Y Weight invites you to submit articles, questions, stories, your personal profile or any information you feel would benefit other gastric patients, to Arlys Hess, Social Worker, at 218-616-3377. Address correspondence to her at St. Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470 or e-mail: arlyshess@catholichealth.net

Only one mailing is sent per household. If you would like additional copies, please specify. If you choose to no longer receive this newsletter, please call 218-616-3377 or 1-800-566-3311 ext. 5588 & ask to have your name removed from the mailing list. Drop us a line if you have a change of address you would like us to know about. Thank you.

'Living Simply - Simply Living!'

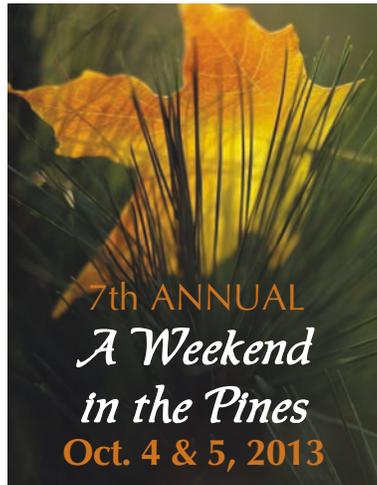
Living simply – Simply living! That's the theme for the 7th Annual Weekend in the Pines. This year's event is scheduled for Friday and Saturday, Oct. 4 and 5 at the Smokey Hills Wilderness Retreat and Conference Center.

It's an opportunity to focus on you in simple, uncomplicated ways.

We've added a number of event opportunities to our traditional agenda.

Explore

For starters, an all-weekend health and wellness scavenger hunt is being planned. Participants can explore the Center campus and adjoining nature trails searching for clues that promote a healthy lifestyle. The winning team members go home with a prize!



'There's an app for that'

On Saturday morning there will be a class on how to utilize electronic applications to support healthy living. Bring your smart phone, tablet, or e-reader and learn how "apps" can support you in your weight loss journey.

Revitalize

As usual, there will be time to relax while soaking your hands in warm wax; get your heart rate up exercising; visit with providers; and learn how to make a delightfully simple and healthy protein dish.

Pay it forward

And, due to its popularity last year, the second annual silent auction will be held to raise money for obesity research. All this in the quiet beauty of the Smokey Hills! (www.smokeyhills.com)

Please use the following registration form to reserve your spot for the Weekend, and bring a friend for a reduced rate. Be sure to register early – cabin spots fill quickly.

Looking forward to seeing you in October!

Register early for discounted rates!

Bring a friend!

Smokey Hills Wilderness Retreat & Conference Center is located approximately 10 minutes west of Park Rapids at 53014 Highway 34 near Osage, MN.

Fill out the registration form below and return with your fee to:

The Center for Weight Management, Attn: Arlys Hess, 600 Pleasant Ave., Park Rapids, MN 56470
If you have any questions, please call Arlys at 218-616-3377 or email: arlyshess@catholichealth.net

Registration

7th Year at the Same Low Prices!

Name _____
 Address _____ State _____ Zip _____
 e-Mail _____ Phone _____

Conference Registration Fees (Includes Meals)

Early Bird Rates!

Must receive by Sept. 15, 2013

- Registration + Lodging..... \$125
- Registration Only..... \$100
- Couples Registration & Lodging... \$225

Regular Rates!

Must receive by Sept. 30, 2013

- Registration + Lodging..... \$150
- Registration Only..... \$125
- Couples Registration & Lodging.... \$250

EXTENDED BONUS OFFER! Stay Saturday night (does not include meals) for only \$25. You are invited to stay an extra night on your own and enjoy the ambiance that Smokey Hills has to offer.

Lodging Requests: Couples (roommate) lodging requested I can sleep on the top bunk
 Special needs: _____

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Calendar

Y Weight? Support Group

Y Weight? support meetings are held at 4:30 p.m. on the 2nd Thursday of the month in St. Joseph's Lower Level Conference Rooms B & C. If you live outside the Park Rapids area, please check out weightmanagementmn.com to find a support group near you. We have support group leader training if you would like to start one in your community. Please call Arlys at 218-616-3377 for more information.

Graduate Support Group

If you are one year post surgery, the Graduate Support Group is for you. This group meets from 5:30 to 6:30 p.m. on the third Thursday of every month in Lower Level Conference Rooms B & C. Please call Arlys at 218-616-3377 for more information.

Know anyone interested in weight-loss surgery?

Sept. 16 & Nov. 13: Free, weight-loss info session in Fargo, ND, from 6-8 p.m. at the Ramada Plaza Suites. Call Theresa at 218-732-2837 to register.

What kind of support do you need?

We want your weight-loss journey to be rewarding and successful. Providing you with the support you need to help you achieve your wellness goals is important to us.

The Center for Weight Management is dedicated to seeing that your needs are met after surgery and that you are coming to see us on an annual basis for your yearly follow-up exams.

That is why we want to hear from you.

In order to best serve your needs, we are asking for your input.

We have created an easy, confidential, online survey to ask your opinion on how we can best serve you.

Please take a moment and let us know if you get follow-up care and what follow-up tools work best for you.

Thank you for taking the time to complete the survey at

www.surveymonkey.com/s/8XDORSZ

St. Joseph's is named a Top 100 Critical Access Hospital in the nation by HealthStrong

In March, St. Joseph's Area Health Services received accolades as one of our nation's Top Critical Access Hospitals (CAH) in the nation.

HealthStrong™ awards the designation to CAHs scoring best on the iVantage Health Analytic's Hospital Strength Index.

"As healthcare has continued to rapidly evolve, our physicians and staff remain dedicated and committed to providing our patients with high-quality care and excellent service," says Ben



Koppelman, St. Joseph's President.

In July, St. Joseph's further received national attention when it was named a Studer Group Fire Starter Healthcare Organization of the Month. This honor acknowledges St. Joseph's for its achievements in creating a culture of excellence within its healthcare setting.