

Y Weight?

WWW.WEIGHTMANAGEMENTMN.COM

WINTER 2012



See you
in Fargo
for a 'Live
Healthy NOW!'
Expo! | *page 5*

Top 50
loving acts
you can do
for yourself
today | *pages 2-5*

In this issue:

You were beautiful
yesterday,
You are beautiful
today.
Love yourself all of
the time!



Center of
Excellence
BARIATRIC SURGERY

Here are 50 loving acts you can do for YOU!

1. ♥. Love yourself.
So what does that mean, exactly?
Loving yourself means taking care of yourself, maximizing the benefits of your bariatric surgery, and adhering to your follow-up annual clinic appointments.

In doing so, you are treating yourself to a sustained new quality of life.

You matter to us, which is why the Center for Weight Management team came up with their own Top 50 ways you can love yourself. We want to support you in any way we can no matter where you are in your weight-loss journey. If we haven't seen you for a while, even if it's been more than a year or longer, please call 218-732-2800 to

arrange an appointment in Park Rapids or during our monthly satellite visits to Fargo. Follow-up care allows us to conduct necessary lab work, help motivate you to reach your optimum level of good health, and let you know about new information or services available to help you achieve your goal weight and maintain it for life.

Our care teams welcome your visits and want to provide the best support possible. Don't be afraid if you have gained weight or if you think your surgery is "broken." It really isn't, says Leah Walters, Bariatric Manager. "We want to see you and have support available to help you get back on your journey to good health."

We look forward to your visit.

2. Accept yourself.

3. Focus on what you CAN do.

4. Call up your dietitian no matter where you are at in your weight-loss journey. We want to help.

5. Take vitamins every day. You need to do so every day for the rest of your life.

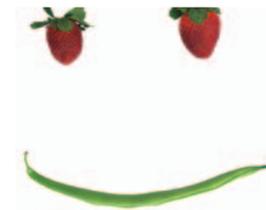
6. Go outside and smell the fresh air.

7. Admit when you need help. It's okay.

8. Enjoy the sensation of water before you eat. Let it refresh your body & spirit.

9. Light a candle with your meal. Take small bites and enjoy the flavors.

Remember, your new tummy requires you to chew thoroughly.



10. Buy or check out a healthy cookbook & look for beautiful pictures of fruits, veggies, & protein.



CATHOLIC HEALTH INITIATIVES®

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CENTER FOR WEIGHT MANAGEMENT

600 Pleasant Avenue
Phone: 218-237-5757
www.weightmanagementmn.com

Park Rapids, MN 56470
1-800-566-3311



Essentia Health

705 Pleasant Ave., Park Rapids, MN 56470
www.essentiahealth.org



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 218-237-5588. Address correspondence to her at St. Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470 or e-mail: arlyshess@catholichealth.net

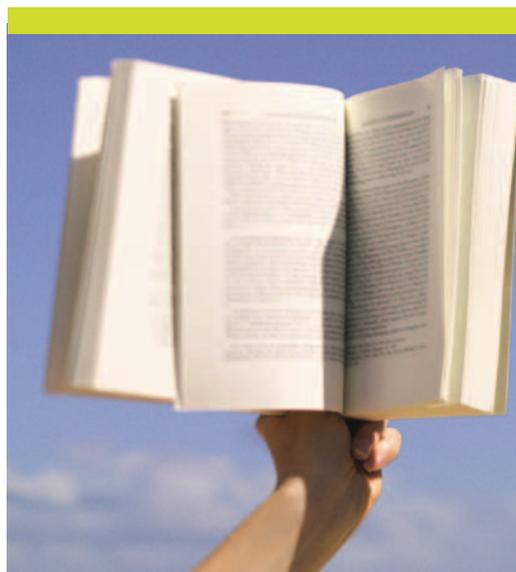
Only one mailing is sent per household. If you would like additional copies, please specify. If you choose to no longer receive this newsletter, please call 218-237-5588 or 1-800-566-3311 ext. 5588 & ask to have your name removed from the mailing list. Drop us a line if you have a change of address you would like us to know about. Thank you.

Remind yourself
with every bite you take:
“I am eating to nourish
myself, not to harm myself.”

12. Forgive yourself.
13. Let someone know if you are not where you want to be with your weight-loss goals. Call us. Call a support buddy. Every month, attend a support group meeting located near you.
14. Pause for a moment in your day to pray or meditate.
15. Get adequate rest.
16. Focus on minimizing mindless eating.
17. Start reading food labels.
18. Set weekly goals.
19. Achieve those weekly goals.
20. Maintain good hygiene. Look good, feel great!
21. Plan meals and snacks.
22. Take a mini-power walk.
23. Work your wok. Stir fry protein and veggies. Serve with a new, exotic fruit you've never tried before.
24. Be brave and challenge yourself. Get out of your comfort zone and try something you've never done before... something you didn't think was possible.
25. Feed your inner spirit. Practice “paying it forward” every day.
26. Get treatment for anxiety and depression.
28. Eat a power protein snack daily.
29. Drink tea. Hot flavored teas can be soothing and have other health benefits.
30. Bored with your protein supplement drink? Try a new one in a tropical flavor. Create a new recipe and share it with other weight-loss surgery friends in your support group.
31. Eat to live; don't live to eat. Your body needs good nutrition to function at its highest level possible.
32. Engage in meaningful work. Spend your time doing things that enhance your self esteem.
33. Plan ahead for success. Celebrate your successes, even the small ones... especially the small ones.



27.
Eat Greek yogurt. You deserve it! It comes in great flavors. You can use the plain variety as a substitute for sour cream in veggie dips. Experiment. Discover new ways to enjoy this rewarding treat!



34.
“Feed” yourself with an inspirational book.



35. Use your "Celebrate Success!" food journal or download one of your own. Studies show people who keep track of what they eat realize improved success with their goals. Call us if you need to replenish your stock!

- 36.** Forget the old cliché, "No pain – No gain." Listen to what your body is trying to tell you.
- 37.** Choose an exercise that you enjoy.

- 38.** Surround yourself with people who make you happy and keep you accountable.
- 39.** Smile while you are moving your body and giving it the powerful benefits exercise provides.
- 40.** Share the gift of exercise. Get others to enjoy the fun!
- 41.** Exercise is a personal journey. Embrace it. Journal your daily achievements.
- 42.** If you are just starting an exercise program, start slow and gradually build your endurance and stamina.
- 43.** Ask questions. Call or e-mail the Center for Weight Management exercise specialists for encouragement or any concerns that you have.
- 44.** Dance like no one is watching. Incorporate purposeful movement into your daily routine. Dance even when people are watching.
- 45.** Consider participating in the Walk From Obesity as a way to help others, raise awareness, and support research. In October, \$980 was raised locally at the walk and geocaching event.
- 46.** Discover non-food related activities that give you pleasure.
- 47.** Drink more water. Try a new sugar-free flavoring.



48. Remember the mantra of ultra marathon runner and friend of the Center for Weight Management, Fast Eddie: "If I don't take care of my body, what will I live in?"

49. Share a recipe that you love

If you have had weight-loss surgery and would like to share a nourishing recipe with others, we would like to hear from you.

The Essentia Health and St. Joseph's Center for Weight Management teams are compiling a new collection of recipes appropriate for weight-loss surgery patients.

We will create a user-friendly book which will be available for

purchase in the near future.

Please submit your favorite recipe(s) to Arlys Hess at St. Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470 or write her at: arlyshess@catholichealth.net

Please include nutritional information if it is available. No brand names please.

Thanks!



50. Attend our Fargo Expo on March 3

We want you to live your healthiest quality of life possible which is why we have reserved a day of education especially for you.

You are invited to take in events designed especially with you in mind. "Live Healthy NOW! Solutions for Weight Management" starts at 9 a.m. Saturday, March 3 at the Ramada Plaza & Suites in Fargo, ND. Seating is limited, so register early (see form below).

If you are a surgical weight-loss patient or are interested in surgical or non-surgical weight-loss solutions available to you, a full day of motivation, information, support, and educational opportunities from physicians, surgeons, and specialists awaits.

Choose from a selection of break-out educational sessions that include:

- ◆ The latest information in weight-loss treatment and research.

- ◆ Talking with your doctor about medication.
- ◆ The benefits of sound sleep.
- ◆ Weight loss and pregnancies.
- ◆ Making healthy food choices at the grocery store or when dining out.
- ◆ Emotional eating.
- ◆ Transfer of addiction.
- ◆ Supplement tasting.
- ◆ Prizes.
- ◆ And more!

Seating is limited, so register early. Cost is \$60 for a full day of programs, educational opportunities, exhibitors, and more.

You are invited to bring a friend who would like to meet our Center for Weight Management teams or to learn more about our programs and services.

The Ramada Plaza & Suites is located at 1635 42nd Street SW in Fargo.



Solutions for Weight Management

9 a.m. - 3:30 p.m.
Saturday, March 3
at the Ramada Plaza & Suites in Fargo.

"Live Healthy NOW! Solutions for Weight Management"



Fargo Expo & Education Day
Registration Form

REGISTER TODAY!

NAME _____

ADDRESS: _____ STATE _____ ZIP _____

PHONE: _____ E-MAIL _____

SIGN ME UP! Cost to participate is \$60. We will send you a registration form and complete program listing. Or call Arlys at 218-237-5588 to request a registration form!

I WOULD LIKE TO BRING A FRIEND! Please include name, address, e-mail, phone, and payment of any guests you would like to invite. We will send them a registration form and complete listing of educational topics and presenters.

Please send form to:
St. Joseph's Area Health Services
Attn: Arlys Hess
600 Pleasant Avenue
Park Rapids, MN 56470

Or contact Arlys to have a registration form sent to you:
Arlys Hess
Phone: 218-237-5588
Toll free: 800-566-3311
e-mail: arlyshess@catholichealth.net

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

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Note: Designation as Blue Distinction Centers means these facilities' overall experience and aggregate data met objective criteria established in collection 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 Blue Cross and/or Blue Shield Plan.

Address Service Requested

Bariatric calendar of events

Y Weight? Support Group

- Feb. 23:** Game Night: "Mad Gab!"
- March 8:** Open Discussion: Patient-led Group
- March 22:** Protein Taste-Testing (Bring your favorite with instructions and enough to share.)
- April 12:** "Weight Regain - It's not the end of the World!"
- April 26:** "Mystery Field Trip!"
- May 10:** Small Group Discussion.
- May 24:** Discussion: "Paying It Forward."
- June 14:** Discussion: "Catch some Zzzzzs - What Difference Does It Make?"

Y Weight? support group meetings are held at 4:30 p.m. on the second and fourth Thursdays of the month in St. Joseph's Area Health Services Lower Level Conference Rooms B & C. Check out our website www.weightmanagementmn.com for updated support group info or to find a support group near you.

Graduate Course Support Group

- Feb. 16:** Protein First: Taste-testing / Protein Jeopardy.
- March 15:** Game Night: "Mad Gab!"
- April 19:** Optimism: "What Makes You Laugh?"
- May 17:** Open Discussion

Graduate Course Support Group meetings are held at 5:30 - 6:30 p.m. on the third Thursdays of the month in St. Joseph's Lower Level Conference Rooms B & C.

Dates to remember

- March 2:** There will be Support Group Leader Training from 1 - 4 p.m. Friday, March 2 at Essentia Health at South University in Fargo. Anyone interested in starting a support group in their area can register by contacting Arlys at 218-237-5588 or arlyshess@catholichealth.net.
- March 3:** **Live Healthy NOW! Solutions for Weight Management Expo in Fargo.** Save on early bird registration rates and return your form (Page 5) to us today. The Fargo expo is for surgical and non-surgical weight-loss patients or anyone interested in learning more about the Center for Weight Management's weight-loss solutions.
- Oct. 5 & 6:** Annual Retreat. Take in the fall splendor of the Smokey Hills during the Center for Weight Management's Weekend in the Pines as a way to reward your spirit and infuse new energy into your commitment to staying healthy. Save the date and watch for more information as the fall retreat nears.

For more information about our bariatric services call 1-800-566-3311 or 218-237-5757.