Y Weight?

April 2010

A BARIATRIC SUPPORT SERVICE PROVIDED BY ST. JOSEPH'S/INNOVIS HEALTH

BLOSSOMING SUCCESSES

"I no longer feel invisible.

People now see the person I always knew was inside. I have my life back. I am more confident and stronger physically and mentally. My husband tells me the girl he married is back!"

-- Linda
Four years since surgery

Center of Excellence
BARIATRIC SURGERY

A date to remember!

Weekend in the Pines set Oct. 1-2

Barbara Thompson returns / See 5

This edition of *Y Weight* celebrates the successes we can all share together!

"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

Norman Vincent Peale (1898 - 1993)

The Innovis Health Moorhead office is located in the Center Mall at 510 Center Ave. Dr. Smith's patients can call 218-732-2915 for their follow-up appointments on the first and third Tuesdays of the month.

The Center for Weight Management makes follow-up appointments convenient for Fargo/Moorhead patients

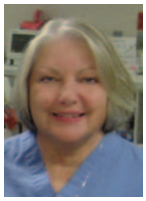
Sandy Jones, PA-C, sees Dr. Smith's patients at Innovis Health Moorhead

Successful patients follow St. Joseph's Center for Weight Management's guidelines in keeping follow-up appointments with their surgeon and team. Your team will want to see you at least one week after discharge, six weeks post-operative, at three months, and then annually.

To help with patient success, and to eliminate excess travel for North Dakota and Fargo/Moorhead area patients, The Center for Weight Management is seeing patients at Innovis Health Moorhead and Innovis Health Fargo (see below).

Patients of Dr. Daniel Smith can receive follow-up care from Sandy Jones, PA-C, when she and members of the Center's multi-disciplinary team see patients at Innovis Health Moorhead on the first and third Tuesdays of the month. A support group for all Center for Weight Management patients meets at 10 a.m. on those days as well.

Dr. Dan Smith



Sandy Jones, PA-C

The clinic is located in the Moorhead Center Mall. Patients can call to set up their appointments at 218-732-2915.

For a follow-up appointment with Dr. Wroblewski at Innovis Health Fargo, please call 218-732-2915.

Schedule follow-up care with Dr. Wroblewski at Innovis Health Fargo

St. Joseph's Center for Weight Management wants success for all patients. Getting to your follow-up appointments with your surgeon is a key component to that success.

That is why the Center for Weight Management has made it more convenient for Dr. Robert Wroblewski's patients who live in North Dakota and the Fargo/Moorhead region.

Dr. Robert Wroblewski and a team member will see patients for follow-up appointments at Innovis Health Fargo on the first Wednesday of the month.

A Center for Weight Management multi-disciplinary team member will also be on hand to address any concerns you may have and to help you become successful on your weight-loss journey.

Dr. Robert Wroblewski

Appointments can be made by calling 218-732-2915. Innovis Health Fargo is located at 3000 32nd Ave. South in Fargo.

Your best chance for success is at a surgical weight loss support group

Just as Fargo/Moorhead patients who travel to St. Joseph's Center for Weight Management for their weight-loss surgery can conveniently be seen for follow-up appointments (above), the same can be said for surgical weight loss support groups.

There are currently 16 support groups throughout northern Minnesota and in Fargo, most of which are based on the Center's "Making a Difference" support group leader training through St. Joseph's Area Health Services in Park Rapids.

Three support groups have been established in the Fargo/Moorhead area.

At 10 a.m. the first and third Tuesdays of the month, the Center for Weight Management's Karla Lund, LRD, hosts a session at Innovis Health Moorhead (Center Mall).

At 4:30 p.m. on the fourth Thursday of the month, Innovis Health's Rachel Rudel, LRD, CDE, hosts a group in the board room at 1702 So. University Drive, Fargo.

Kathi Schwan conducts a group at 6 p.m. the third Monday of the month at Innovis Health Fargo (3000 32nd Ave. So.) in the Lower Level Conference room.

All support groups are listed on the Center's website at www.weightmanagementmn.com.

"I don't know the key to success, but the key to failure is trying to please everybody."

Bill Cosby

Barbara Thompson will return for another Weekend in the Pines guest appearance

Barbara Thompson battled a weight problem from the day she was born. When she finally admitted to herself in her late twenties that her "baby fat" was turning into a serious problem, she began dieting earnestly, only to diet her way to morbid obesity.

When her weight reached 264 pounds, and a herniated disk in her back was causing her to face disability, she knew she was in trouble. She decided to have the life-altering gastric bypass surgery. That was 10 years ago, and she hasn't looked back since.

Thompson will return to the Park Rapids area for an encore audience at St. Joseph's Center for Weight Management Weekend in the Pines event set for Friday and Saturday, Oct. 1-2.

She speaks on a national circuit to groups as large as 18,000. Through her speaking, she brings hope to the dangerously obese, and stresses the right for personal dignity at any weight. She has served as a consultant to CNN and the *Wall Street Journal*. She has been featured in *People* Magazine and ABC's Nightline, and she is a frequent contributor to Fox and Friends. Barbara is also the Chairman of the Board of the Obesity Action Coalition.

Her book, *Weight Loss Surgery: Finding the Thin Person Hiding Inside You* now in its 4th edition, is a bariatric patient "must read," practical handbook. She co-authored Weight Loss Surgery for Dummies, published by Wiley in 2005, and is a frequent contributor to WLS Life Styles Magazine.

Smokey Hills Wilderness Retreat (www.smokeyhills.com) will again be the setting for the fourth annual Weekend in the Pines. Mark the date in your calendar, then watch for sign-up details this summer (mailings) and online at weightmanagementmn.com.

Barbara Thompson

Weekend in the Pines

- *Education*
- *Walk From Obesity*
- *"Dream Team" Q&A*
- *Health Screenings*
- *Breakout Groups*
- *"Before & After" Presentation*

Become a support group leader in your community

A full-day Support Group Leader Training is being offered by St. Joseph's Center for Weight Management on Friday, May 14, at St. Joseph's Area Health Services. Training is free, but registration is required. If interested, please contact Arlys Hess at 218-237-5588 or arlyshess@catholichealth.net.

In addition to leader training, there will be opportunity for Q & A with Leah Walters, RD, LD, CDE; Sandy Jones, PA; Scott Kosel, RPH, CACP (pharmacy); and Joel Kirchner, PsyD. Lunch will be provided.

Informational sessions coming

If you know someone who could benefit from weight-loss surgery, bring them to the next Center for Weight Management's free informational session in Fargo and introduce them to a member of our surgical team. The session will be held from 6 to 8 p.m. Monday, May 17, at the Ramada Plaza Suites in Fargo. (Located across from West Acres Mall.) Call Stacey at 218-732-2837 or e-mail her at sofferdahl@innovishealth.com to preregister.

LEARN goes live

St. Joseph's Center for Weight Management features a non-surgical program called LEARN which focuses on Lifestyles, Exercise, Attitudes, Relationships, and Nutrition. It is a medically-supervised, comprehensive weight management program for motivated weight-loss patients over the course of 15 weeks.

LEARN went live last month in an effort to enhance client participation. By logging on to www.weightmanagementmn.com, participants can interact on LEARN site pages, ask questions and become successful in their weight-loss journey. For more information, contact Amy at 218-237-5757.

LEARN is the non-surgical component of St. Joseph's Center for Weight Management.

***L**ifestyles*
***E**xercise*
***A**ttitudes*
***R**elationships*
***N**utrition*

CATHOLIC HEALTH INITIATIVES
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Center of Excellence BARIATRIC SURGERY

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.

POWER Up Your Pouch helps those struggling with weight regain

For those of you who are struggling with weight regain, please note that the next POWER Up Your Pouch Support Group is scheduled Oct. 14 through Nov. 18.

Every Thursday from 6 to 7:30 p.m., the group will meet at St. Joseph's Area Health Services.

However, don't wait until then if you need to talk to someone about on-going struggles.

Please call 218-237-5757 or 218-237-5588. Someone will be glad to visit with you about your concerns.

Take Note

Y Weight? Support Group schedule:

April 22: "Ask the Professional," with Sandy Jones, PA-C. Bring your question on a 3x5 note card.

May 13: "Protein Taste-Testing Session." Bring a favorite high-protein source recipe/idea.

May 27: "It's a Good Fit," with Ann Johnson, Merry Bees Clothing Store.

June 10: Something New: 30 Minutes of Chair Exercise with instructor Missy Lindow, Lifestyle Counselor.

June 24: Game Night, "POWER Jeopardy!"

July 8: "Stress Busters," discussion.

Aug. 22: Open Discussion.

Aug. 26: Breakout groups based on time post-surgery. Staff leaders available for each group.

Sept. 9: "Back to the Basics: Supplements, Protein, Portion Sizes" with Leah Walters, RD, LD, CDE.

Sept. 23: "Changes in Relationships after Weight-Loss Surgery," with Joel Kirchner, Psychologist.

Oct. 14: "Attitude of Gratitude," Support group survey.

Oct. 28: "Body Composition Using the Tanita Scale - Part II. How'd You Do?" with Amy Erickson, Exercise Physiologist.

Nov. 11: Holiday Hors d'oeuvres: cooking demonstration with a dietary intern. Please bring a favorite, healthy holiday recipe.

Dec. 9: "Spotlight on the New You!" with a before & after slide show. Send a "before" surgery picture to Arlys Hess by Dec. 6 at arlyshess@catholichealth.net or St. Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470.

Meetings are held at 4:30 p.m. on the second and fourth Thursdays of the month in Lower Level B & C.

If you live in the Little Falls area, there is a support group that meets the 3rd Thursday of every month at 7:00 p.m. Please call Robin Jones-Schmidt at 320-632-4056 for further information.