

# The Lighter Side

ISSUE 3 July 2009

## Why We Are Here

With the transitions this year here at St. Elizabeth Healthcare and the Tristate Surgical Weight Loss Center, we want to reassure you, that YOU are why we are here. We have all chosen to work in this area of health care for various reasons whether we have had weight-loss surgery ourselves, struggled with our own weight-loss goals, or have contact within our circle of family and friends who have had surgery. We have a mission or calling to care for you, which we take very seriously. St. Elizabeth Healthcare is here to serve you. We want to be your advocate, cheerleader and partner in successful and permanent weight loss.

We want you to get the most that you possibly can out of this experience. Please take advantage of our support groups, and various other offerings to augment and enhance your journey to a new, wonderful, and healthier you. You must take ownership of your own success and make the time to attend by putting yourself first – You Deserve It!

## Healthy New You Group

Weight-loss surgery is a life changing experience, and we understand that even positive changes can be stressful at times. The Healthy New You, psychotherapy group remains in place and continues to help both successful and struggling patients deal with common issues that patients often experience after weight-loss surgery. Group topics include self-esteem, body image, emotional eating, relationships, avoiding unhealthy coping habits and mindfulness. Each series includes 12 sessions. You are invited to join at any time; however, at this time the group is limited to 12 participants. Jennifer Mason, LCSW, LMFT, leads the group. Call the office at (859) 212-4625 for more information today!

## Tristate Surgical Weight Loss Center Support Groups

One of the most helpful and important things weight loss surgery patients can do for themselves is to regularly attend a well-developed, post-op support group. Currently, we are focusing summer sessions on fun ways to exercise and be active. We are pleased to provide this service to our patients on the third Tuesday of each month from noon to 1:30 p.m. and also on the fourth Tuesday of each month from 5:30 to 7:00 p.m. Please call for the location of the meeting monthly. Our providers and staff professionally lead these groups, with the occasional visit from outside guests of the community on pertinent topics of interest.

Our patients and their mates and/or family members ages 18 and older are welcome to attend. No prior registration is needed to attend these group meetings. We are always interested in receiving your suggestions for topics. Please feel free to call 859-212-4877 or email them to [kathy.scott@healthall.com](mailto:kathy.scott@healthall.com)

## Quote Corner

*“Medical experts agree that bariatric surgery patients need personalized support to help them succeed.”*

Our support groups are designed to help you reach your goals. Our post-op support offerings include: Healthy New You! Group, Realize My Success Web tutorial, fitness consultations and private, group exercise classes for our bariatric patients, as well as post-op support groups.

## Realize My Success Web Tool

The Tristate Surgical Weight Loss Center “Realize My Success” class is a valuable offering of our program. “Realize My Success” itself is actually a web-based program designed specifically to help the Realize Band patient achieve maximum, long-term weight loss success. In this interactive class, our staff will demonstrate the Realize My Success website via the Internet and show you how to track your weight, journal your diet, and set goals. Also available are recipes and lots of advice from professionals and fellow patients. You can also create an avatar to predict how you will look once you reach your weight loss goals! Studies have shown that Realize Band patients using this tool lose 10 % more weight than those who do not. Pre-registration is suggested for this class. Classes are held the second Tuesday of every other month. Our own dietitians, Beth Taschuck, RD and Lindsey House, RD, lead this class. Please call 859-212-4625 to reserve your spot today. The next class will be August 11th.

## Fitness Fun

Remember that Tristate Surgical Weight Loss Center now has the “Fit For Life” fitness component in our bariatric program. Patients receive one, 30-minute fitness assessment in the Center with Lindsey House,



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who is a certified personal trainer as well as a dietician. During the fitness assessment, she will obtain your measurements, provide target heart rate range, and give you personal cardio programs for immediate use. The specialized group training sessions for our patients are held at the Sports Health and Wellness Center at Florence Freedom Ballpark and led by trainer, Gayla Hawks. Gayla is a certified personal trainer, group fitness instructor, and yoga and Pilates instructor/trainer. She has worked in the fitness industry since 1990. Please feel free to stop by the office or give her a call at 371-8447 with any fitness questions.

We strongly encourage every patient to take advantage of this service as a part of your plan for success, as exercise and fitness are essential to permanent weight loss. The cost of each group training session is \$5.00 (per session) and Lindsey can help you arrange this at your fitness evaluation meeting, or you can call Gayla directly to sign up at 859-371-8447. Go ahead -- take that first step now. It will make your weight loss that much faster and make you feel so much better!

## Counselors Corner

### What do we do to stay positive?

When you are really with it, when you feel at the top of your game, your goals are easy to see and the path to get there is well defined. But when everything is coming down on you and you are feeling completely overwhelmed, that path that was so clear now looks like an interstate at rush hour.

### Is depression serious?

The myth is that depression is a "soft" disease you can will yourself out of, but depression is a serious health problem with all kinds of life-altering health symptoms from heart problems, weakened immune systems, sleep problem and yes, even weight problems.

If you believe you might have a depression problem, please contact your primary care physician or make an appointment with one of the behavioral health specialists at the Center.

## Afterthoughts

As you continue, or just begin your journey to success please don't forget your friends, loved ones and family members who may also struggle with their weight as well. They too can join you in achieving a healthier life by attending our free information sessions held the first

Thursday of each month from 6-7:30 p.m. in the lower level conference room here at St. Elizabeth Florence. While this is not required, we strongly encourage all potential patients to attend and meet the surgeons, and ask questions in a friendly and accepting atmosphere. These sessions are full of important information that can help them determine if weight-loss surgery is right for them. We are always open to your ideas, suggestions and/or comments on the content that you would like to see presented here. We would also like the main method of future communications to be via your email. So please pass this along to other Tristate patients you know who may not yet be on our email list, and prompt them to sign up for email delivery by sending an email to [angela.m.thompson@healthall.com](mailto:angela.m.thompson@healthall.com) and include patient's name and date of birth, and do so with the knowledge that it will be kept safe and confidential

## Spicy Grilled Chicken

Ingredients:

6 oz chicken, broiler/fryer, breast, w/o skin  
1 ½ tsp Oil, olive, extra virgin  
1 tbsp sauce, pepper/hot  
1 tsp Honey, strained/extracted  
1/8 tsp chili pepper, cayenne, dried, ground  
1/8 tsp Pepper, black  
1 garlic cloves, fresh

Combine all ingredients except chicken to form marinade in a small bowl.

Place chicken in zip lock bag in shallow container, cover chicken with ½ of marinade (save other half).

Marinate chicken in fridge for at least 30 min or overnight, turning bag occasionally.

Cover and chill reserved marinade in refrigerator for basting. When ready to grill, drain chicken and discard marinade. Preheat grill, grill chicken for 10 min or until no longer pink inside, turning and brushing chicken once with the reserved marinade halfway through grilling.

ENJOY!!!

## One for the Road:

"Success is not final, failure is not fatal: it is courage to continue that counts."

- Winston Churchill

