

BellaVIVE

FROM YOUR FAMILY AT THE CENTER FOR BARIATRIC SURGERY

APRIL 2011

2011 Leadership Conference Shedding New Light on Satellite Support Groups

The 2011 Leadership Conference that took place on March 12th brought the leaders of CBS satellite support groups from all over northeast Ohio together. Dr. Ben-Meir updated the group on the current bariatric surgical options including much new information regarding the Gastric Sleeve procedure. Dr. Salomone also shared updated information about vitamin and mineral supplementation after bariatric surgery. CBS dietitian Dina Corrao, RD, LD went over the "tools and the rules" when it comes to dietary guidelines after surgery, and CBS psychologist Dr. Anita Maximin spoke with group

leaders about how to successfully facilitate their discussion groups. Satellite support group leaders enjoyed learning about the new and updated information as well as brushing up on some of the information they have learned about in the past. This annual event helps to ensure that the leaders of the CBS satellite support groups are up-to-date with the latest information and techniques to better teach and help post-operative patients. Below is a list of the CBS satellite support group locations and meeting times:

Ashtabula WLS Support

Every 2nd Thursday - 6:30pm - 8:30pm
Ashtabula County Medical Center
Education Building (across from ER)
Contact: Rose Hunyady - rhunyady@yahoo.com
Phone: (440) 992-6579

Brighter Horizons Support Group

Every 3rd Tuesday - 6:00pm - 7:30 pm
The Quirk Cultural Center - 1201 Grant St.
Cuyahoga Falls, Ohio
Contact: Carol Mann auntputsy@yahoo.com

Lorain Support Group - Bariatric Warriors

Every 4th Tuesday - 7:00pm - 8:30pm
1997 Healthway Dr. - Avon
Contacts: Eileen Rupert - stagelady@oh.rr.com
Phone: (440) 933-4819 (after 5pm),
Al Hersman - psychedelical@yahoo.com,
or Larry Muntz - larryjohn51@yahoo.com

Canton WLS Support Group

Every 3rd Wednesday - 6:30pm - 8:00pm
The John Knox Church
5155 Eastlake St NW - Canton
Contact: Terri Black @ wlsterrib@gmail.com
Or Call: (330) 933-4094

North Olmsted Support Group

Every 2nd & 4th Tuesday 7:00pm - 9:00pm
John Knox Presbyterian Church
Corner of Great Northern Blvd. & Lorain Rd.
North Olmsted, Ohio 44070
Contact: Marion Eastman - (216) 333-3240

Middleburg/Berea Area Support Group

Every 3rd Wednesday 7:00pm - 8:30pm
853 West Bagley Rd. - Berea
Contact: Mary Ellen Wiggenhorn at
Mewiggen267@aol.com

Simply Support

Every Monday - 7:00pm - 9:00pm
The Denny's Restaurant
8111 Day Drive near Parmatown Mall
Parma, Ohio 44129
Contact: Nancy Plain @ (419) 929-0597 or
pudgsmom@ncwcom.com

Here 4 U Sandusky Bariatric Support

Every 1st & 3rd Tuesday - 6:30pm - 7:30pm
Fireland's Regional Hospital/South Campus
1st Floor of the Chapel
1912 S. Hayes Ave.
Sandusky, Ohio 44870
Contact: Bobbie Tewell @ mrs444u@yahoo.com

Fitness Tip of the Month Getting Outdoors

By now, cabin fever has set in and most of us are ready to get outside! With the cold and dreary Cleveland weather slowly fading, outdoor activities provide an opportunity for the whole family to get fit and stay active. Simple forms of exercise like walking or biking are always a great idea both pre and post-operatively, but in case you're looking for something a little more adventurous this spring, here are some ideas for outdoor exercise that you may not have thought about:

1. **Hiking** – The Cleveland Metroparks offer a large variety of hiking and physical fitness trails throughout northeastern Ohio. Hiking is a great way for people of all fitness levels to get outdoors and get in shape.
2. **Kayaking** – Whether a short trip down the Cuyahoga River or a trek through Lake Erie to the Canadian border, kayaking is a great upper body workout.
3. **Geocaching** – An international scavenger hunt, geocachers utilize GPS to locate hidden treasure. This is an activity that the whole family can enjoy and will help everyone to stay active.
4. **Amateur Sports Leagues** – Ultimate Frisbee, baseball, softball, soccer and volleyball are just some of the examples of recreational sport leagues that you can join through local recreation facilities. Amateur sports are a great way to get outside, get fit and meet new people.
5. **Outdoor Yoga/Pilates** – Think outside the box with an outdoor Yoga or Pilates session. Try it on your own or with a group, but either way you're guaranteed a great workout and a fun, enjoyable time.

EDITORS

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March Post-Op Group Gets Schooled

Post-operative patients who attended the March support group meeting were put to the test with two rounds of Nutrition Jeopardy. The contestants ranged from 2 weeks

Welcome to
Nutrition Jeopardy



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post-operative all the way up to 8 years. CBS's new Physician Outreach Coordinator, Chris Vlcek hosted the event. "I really enjoyed hosting and getting the chance to meet some of our patients. I think everyone had a great time, and it was a lot of fun. I want to become more involved in post-operative activities in the future and would definitely be interested in hosting again," Chris said. CBS dietitian Beth Taylor, RD, LD as well as CBS nurse Connie Gale, RN were there to help host the event and provide more information to the post-op patients. Connie felt that Nutrition Jeopardy was definitely a success. "The topics stimulated questions and discussion from patients, and they all participated with enthusiasm. At the end, they asked what next month's topic would be and said that they will attend and are looking forward to another game in the future. I think this is a positive way to involve our patients in post-op support programs," she said. Beth said that, "It was a fun way for everyone to learn, and I was pleased to see so many correct answers." CBS pre and post-operative patients can certainly look forward to more fun and interesting conversation at future support group meetings. Be sure to stop by this month's pre-op meeting on April 13th for a lesson on the kitchen utensils you'll need after surgery as well as body image, or the post-op meeting on April 27th for a session on "Food & Feelings". More information on these support group sessions can be found in the Support Group Activities section.

SUPPORT GROUP ACTIVITIES

Attending group meetings is an important part of staying informed and getting much-needed support from those who understand your experiences. Find support group updates on our Web site. Open your Internet browser and either copy and paste or type the following address: https://www.exemploportal.net/pp_L172/default.asp. Under patient ID, type in your Social Security number. For the password, type in stvincent1 in all lowercase letters. Be sure to select "existing patient log on."

PRE-SURGICAL READINESS SUPPORT GROUP

Topic: Kitchen Utensils/Body Image
Learn about the types of measuring tools and cooking utensils you need to prepare pureed foods in your early post-surgery period. After surgery, how you view yourself and how others see you can change. Learn how to deal with some common body image issues.

Wednesday, April 13, 5:30 – 7:00 p.m.
Center for Bariatric Surgery
Suite 207, Medical Office Building

Topic: Preventing Complications/ Behavioral Guidelines
Learn ways to avoid complications that can occur after surgery. Learn about behaviors essential for long-term weight loss maintenance.

Wednesday, May 11, 5:30 – 7:00 p.m.
Center for Bariatric Surgery
Suite 207, Medical Office Building

Topic: Label Reading/Eating Triggers
Learn to decipher the nutritional information on food labels so you can make healthy choices. Examine some common eating triggers and ways to overcome them.

Wednesday, June 8, 5:30 – 7:00 p.m.
Center for Bariatric Surgery
Suite 207, Medical Office Building

POST-SURGICAL SUPPORT GROUP

Topic: Food & Feelings: Exploring Life After Weight Loss Surgery
Join Courtney Holbrook, Ph.D. for an evening that focuses on the emotional connection between food and mood.

Wednesday, April 27, 6:00 - 7:00
Center for Bariatric Surgery
Suite 207, Medical Office Building

Topic: Dining Out
Join CBS dietitian Dina Corrao, RD, LD to learn the do's and don'ts of eating out while sticking to your meal plan after bariatric surgery. Information and nutrition facts on some of your favorite restaurants may surprise you!

Wednesday, May 25, 6:00-7:00pm
Center for Bariatric Surgery
Suite 207, Medical Office Building

RECIPES FOR SUCCESS

Helpful Tips for Cooking on the Go

Now that spring has finally arrived, many of us are enjoying getting outside after a long winter. Spring sports and activities have begun, and now is the perfect time to get back into a fitness routine which may have fizzled out over the cold, winter season. With everything else that's going on, we have less time to devote to cooking nutritious meals for ourselves and our families. For those of us who are busy and always on the go, utilizing a crockpot to prepare meals may be a great way to ensure a healthy meal with very little prep time. Below are some tips to keep in

mind when using a crockpot to help save time and have a delicious meal waiting for you when you get home.

1. Put a hot mat or trivet under your crockpot to protect your countertop.
2. Plug the crockpot into a light timer to turn it on and off if you aren't going to be home.
3. Use frozen meats versus thawed meats if the crockpot will be on past the recipe's recommended cooking time.
4. Use frozen vegetables to save on prep time.
5. Use crockpot liners for easier clean up.

Recipe of the Month

Crockpot Chicken Stew

3-4 bone-in chicken breasts
1 teas. dried rosemary
Salt & pepper
3 celery stalks
½ lb. baby cut carrots
3-4 medium sized potatoes
1 cup low sodium chicken broth

Cut celery into 2" pieces and cut potatoes into 1-2" chunks. Place celery, carrots and potatoes on bottom of crockpot. Remove skin from chicken and place on top of vegetables. Sprinkle chicken with rosemary, salt and pepper to taste. Pour chicken broth over chicken. Cook on low 6-8 hours or high for 4-5 hours.



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