

Basics and Beyond



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SPECIAL POINTS OF INTEREST:

Orientation/
Seminar dates

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Thought of the
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JULY 2015

July Seminar/Orientation Dates

Seminar Dates

For individuals interested in
surgical weight loss:

Thursday, July 2—5 pm—River Campus
Monday, July 14—3 pm—River Campus
Monday, July 27—3 pm—River Campus

**To register, please call 320-240-2828
or visit our website at centracare.com.**

Eating Out: Test Your Habits

How often do you eat out?

- On occasion
- Once or twice per week
- Three or four times per week
- Every day or almost every day

Where do you generally eat out?

- Restaurants that specialize in healthy foods
- Restaurants that include a mix of foods, including healthy entrees
- Restaurants with a few healthy items
- Restaurants without any health items, except salad

What do you generally order?

- One of the items marked as health on the menu
- A food that appears to be somewhat healthy
- A favorite food prepared or served more healthfully
- Whatever is on special

How often do you order an appetizer?

- Never
- Once in a while
- Occasionally, in place of a meal
- Frequently or always

Orientation Dates

For individuals interested in
medical weight loss:

Thursday, July 2 — 3 pm—River Campus
Monday, July 6 — Noon —River Campus
Tuesday, July 7 — 3 pm—River Campus
Thursday, July 9 — 3 pm—River Campus
Monday, July 13—5 pm—River Campus
Tuesday, July 14—3 pm—River Campus
Thursday, July 16 —3 pm—River Campus
Monday, July 20—Noon—River Campus
Tuesday, July 21—3 pm—River Campus
Thursday, July 23 — 3 pm—River Campus
Monday, July 27 — Noon —River Campus
Tuesday, July 28 — 3 pm—River Campus
Thursday, July 30 — 3 pm—River Campus

How do you deal with large portions?

- Take half of it home
- Split a meal with someone else
- Stop eating only when you feel full
- Eat all of the meal

If most of your answers are:

A and Bs: you have developed good habits
when dining out

C and Ds: Think about how you can improve
your eating out habits

*Check out next month's newsletter for
eating out tips!*

Welcome to our new staff members!

We are growing very quickly at the Bariatric Center. We have added quite a few new staff members since the New Year. Here is a quick update:

Denell Kruse

Denell is a graduate of Hibbing High School and also attended Rasmussen Business College. She is the youngest of three children. Denell has been married to her husband, Kevin, for 14 years and together they have two children; Maggie (11) and Ryan (9). Both children attend St. Francis in Sartell. Denell describes herself as very social and loves people. She worked at the Coborn Cancer Center for 20 years prior to joining the Bariatric Center team in December.

Dustin Henkelman—Exercise Coach

Dustin graduated from Minnesota State University—Moorhead with a Bachelor's degree in Exercise Physiology and Community Health with a minor in coaching. He has worked a variety of positions within the exercise field, including cardiac rehab, wellness development, personal training, athletic training and management. Dustin and his wife, Mikki, have three children together; Hunter (5), Ella (4), Gracie (1), and a dog named Baxter. Dustin and his family enjoy staying active with walks to the park, biking and just playing outside. He is looking forward to working with a variety of patients!

Fun Fact: Dustin has had the honor of training and working with some great athletes such as Phil Mickelson, Tony Stewart, Jim Kleinsasser, Cris Carter and Randy Moss.

Kelly Bauman—Counselor

Kelly is our new Behavior Coach. Some of you may recognize her as she recently completed her internship with us as a counseling intern. She is originally from Hayfield, Minn. She received her Bachelor's degree in Communication Sciences and Disorders from St. Cloud State University in 2009. From there, Kelly took American Sign Language courses at St. Cloud Technical College, completing levels 1-4. She then completed an American Sign Language Interpreter program at St. Paul College as well as graduate courses in Special Education.

Kelly recently graduated with her Master's degree in Rehabilitation Counseling as part of the graduate program at St. Cloud State University. Kelly's hobbies include relaxing with friends, singing, running, playing acoustic guitar, going to concerts, fishing, hunting, kayaking and various other outdoor activities.

*"Don't look back,
you're not going
that way."*

- Anonymous

Medical Program

Medical Weight Management Support Group

This group is available for those currently in **ANY Medical Weight Management Phase** (reduction, balance or maintenance). The group will be held every **second Thursday** of the month from 5-6 p.m. at CentraCare Clinic—River Campus in the Medical Weight Management Classroom (Conference Room A/B, unless otherwise noted).

Date	Time	Location	Leader
Thursday, July 9	5-6 p.m.	Conference Room A/B	Denell Kruse
Thursday, August 13	5-6 p.m.	Conference Room A/B	TBD
Thursday, September 10	5-6 p.m.	Conference Room A/B	TBD
Thursday, October 8	5-6 p.m.	Conference Room A/B	TBD

Set Yourself Up for Success!

Instead of making the healthy choice the easy choice, too much of the time we depend on just willpower to get us to our weight goal. Our willpower ends up breaking down and we get off track. Setting yourself up for success can help to not put so much pressure on just willpower to get you to your weight loss goal and beyond!

Willpower	Set up for success
I'll buy these chips and cookies for my family and I just won't have any of them	I will pick up some healthier snacks for my family (fruit, vegetables, air popped popcorn) instead.
We'll go to the buffet and I will just have a salad.	We'll go to a restaurant that offers small portions and healthful options.
I'll bring my favorite chocolate dessert for my co-workers, but won't have any.	I'll bring a tasty, healthy dessert for my co-workers, so that I can have some too.

Thought of the Month

Written by Kelly Bauman

Have you ever spent time with yourself? Sat down and truly thought about who you are? This is something every person SHOULD do. Things to ponder are:

What makes you happy? What activities do you enjoy? What are your personality characteristics?
 How do you communicate with others?

Once you know yourself, you must have acceptance of who you are. This makes it much easier to accomplish your weight loss goals as well as to have healthier relationships with others and food. You may even end up with more patience in the journey you are embarking on to a healthier you!



Surgical Program

Bariatric Surgery Support Group

Date	Time	Topic	Place	Leader
Thursday, July 2	5:15-6:15p.m.	TBD	Aspen Room	Rachel Haller, RN
Thursday, August 6	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, September 3	5:15-6:15p.m.	TBD	Aspen Room	Rachel Haller, RN
Thursday, October 1	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD

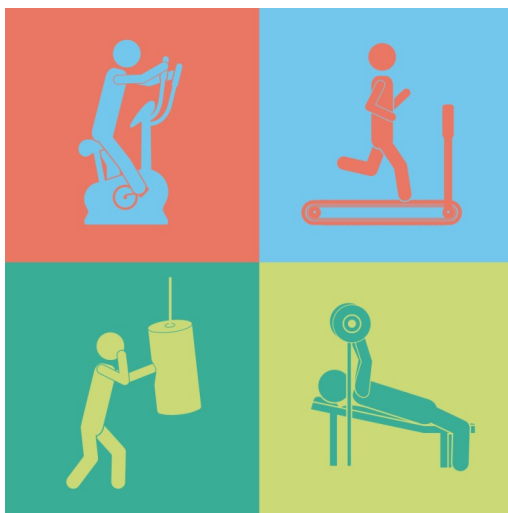
Directions to Support Group: Surgical Support Group is held at the St. Cloud Hospital in the Riverside Conference Center. Please enter the hospital through the **North Entrance**, use the **Lakes elevator** to **Floor A** and follow the signs for **“Weight Loss Surgery Support Group”** to the meeting room.

Choose Activities You Enjoy!

Exercise is more fun when you enjoy what you are doing. Check out the options below to get started. Remember, find something you enjoy and feel comfortable doing. If you aren't quite ready for a full court basketball game, start with a half court game or try a less intense, but similar activity. Always consult with your doctor before starting a new fitness routine.

Solo:

- ◆ Bicycling: stationary or outdoors
- ◆ Canoeing, kayaking or rowing
- ◆ Elliptical training
- ◆ Hiking
- ◆ Horseback riding
- ◆ Jogging or running
- ◆ Swimming
- ◆ Walking
- ◆ Weight lifting
- ◆ Snowshoeing



Take a Class:

- ◆ Dancing
- ◆ Kickboxing
- ◆ Martial arts
- ◆ Pilates
- ◆ Spinning
- ◆ Yoga
- ◆ Tai chi
- ◆ Water aerobics
- ◆ Step

Bring a Friend:

- ◆ Badminton
- ◆ Dancing
- ◆ Frisbee
- ◆ Frisbee golf
- ◆ Golfing
- ◆ Racquetball
- ◆ Squash
- ◆ Table tennis
- ◆ Tennis
- ◆ Video games that require physical activity

Find a team:

- ◆ Baseball
- ◆ Basketball
- ◆ Bowling
- ◆ Handball
- ◆ Softball
- ◆ Tennis
- ◆ Ultimate Frisbee
- ◆ Volleyball (sand or court)

Want to get connected to others who have had Weight Loss Surgery?

Central MN WLS has a private group on Facebook (so no one will know you are in the group, except those in the group, and will not see what you write on your regular page).

Come to support group so that we can get your information and add you!
[Hope to see you join us real soon!](#)

Would anyone like to be a Journey speaker?
If you would like to share your weight loss surgery story with others, please contact Alyssa at 320-255-5883.