

Y Weight?

*Support for Surgical & Other Innovative
Weight-loss Solutions*

Summer 2014

A CHI
St. Joseph's
Health
Center for Weight
Management
Newsletter

Mindful Eating P. 2

218.237.5757
1.800.566.3311



Inside



*Wellness Weekend
Event P. 3*

*Education Events
Scheduled Near
You P. 4*

Mindful Eating For Improved Wellness

By Kellie Hochhalter, RD, LD
CHI St. Joseph's Health

Mindful eating has been a popular topic in recent months. While very relevant to our society, where mindless activities such as watching TV, social media, and electronic gadgets occupy our time, the term seems vague.

So what does mindful eating really mean? It is far more than just sitting down at the table to eat without interruptions.

Known as a tool to streamline healthy decision making while eating, mindful eating can provide insight into our motives behind the food choices we make.

People are mainly habitual in their routines. Breaking away from unconscious habits such as overeating can lead to personal growth and positive lifestyle changes.

There are many reasons why people eat and most of them do not involve physical hunger. Becoming fully aware of the principles of mindful eating can aid in choosing enjoyable, nutritious foods while acknowledging physical hunger and satiety cues. Here's how: Ask yourself these questions as part of the "Am I Hungry?" Mindful Eating Cycle (from *Eat What you Love, Love What You Eat* by Michelle May, MD 2013)

1. "Why do I eat?" Reasons may include physical hunger, the smell of your favorite food, emotions such



Breaking away from unconscious habits such as overeating can lead to personal growth and positive lifestyle changes.

If you need help getting started with your mindful eating, visit with your Registered Dietitian today.

as stress, loneliness, or boredom or the people you are around.

- 2. "When do I want to eat?"** Your time schedule, hunger cues, certain situations, or emotions may affect your answer.
- 3. "What do I eat?"** This may help you decide if you're choosing a food for its nutrients, taste, ease of preparation, or emotional triggers.
- 4. "How do I eat?"** This addresses eating pace, if you are multitasking, location, with or without company, or mindfully.
- 5. "How much do I eat?"** Assess your level of satisfaction after a meal. Do you eat more when you are overly hungry or stressed? Does the timing of meals or snacks make a difference?
- 6. "Where do I invest my energy?"**

Food is fuel for our bodies. Consider how you will use the fuel you've consumed to do the things that are important to you.

Awareness about each part of the Mindful Eating Cycle can help you stay on track to a healthy weight. Stopping to think about each situation related to food can provide a small window of opportunity to make a different, more healthful choice. Remember, mindfulness is a skill to be practiced and, with time, will lead you to a whole new level of wellness.

Let us know how this helped at your next post-surgery checkup.



Center for Weight Management



600 Pleasant Avenue
Park Rapids, MN 56470
218.237.5757 or 1.800.566.3311
WeightManagementMN.com
sjahs.org

For additional copies, to change your mailing address or if you choose to no longer receive copies of this newsletter, please contact:

CHI St. Joseph's Health
Attn: Arly Hess
600 Pleasant Avenue
Park Rapids, MN 56470
P 218.616.3377 or 1.800.566.3311, ext. 3377
arlyshess@catholichhealth.net



It's a date!
 CHI St. Joseph's
 Health to
 host fall event
 Oct. 3 & 4



Smokey Hills
 Wilderness Park is
 located 10 minutes
 west of Park Rapids
 at 53014 Highway 34,
 Osage, MN.

Welcoming Wellness

Mark your calendar, because a whole new Wellness Weekend is in the works for Friday and Saturday, Oct. 3 & 4. CHI St. Joseph's Health will host the event at the beautiful Smokey Hills Wilderness Park in Osage, MN.

This event is open to ALL, no matter where you are on your wellness path.

Surgical and non-surgical weight-loss patients, or those who are interested in learning more, can interact with CHI St. Joseph's Health weight management multi-disciplinary team in a relaxed, informal setting.

Join us on Friday, Saturday, or BOTH DAYS. It's up to you! We look forward to seeing you!

Friday Afternoon/Evening Events

Enjoy a splendid afternoon getting needed rest and relaxation. Enjoy light programming as you choose.

Massages (starting at \$35); spa treatments; hot tubbing; *MOVE!* exercise classes; take in the outdoors; staff facilitated open forum; hear a personal weight-loss story; dinner; and campfires.

Saturday Events

A morning of health and wellness welcomes you and invites community guests for health screenings and education opportunities. Programming is designed to promote better health for anyone. Events include:

Lifestyle coaching; focus groups on

breathing, sleep, weight loss, and mental health; cooking classes; wellness activities; samples to try; prizes; and more!

Meals

Saturday's breakfast and lunch are included in your registration fee. Dinner on Saturday evening is available for purchase at the Smokey Hills Cookhouse.

Cost

Full Weekend ~ \$200.00

\$50 off if you bring a friend!

Includes Friday & Saturday night lodging; Friday night's dinner; Saturday's breakfast and lunch; and all screening and educational activities.

One Night Lodging ~ \$150.00

\$25 off if you bring a friend!

Includes either Friday night OR Saturday night lodging; Saturday's breakfast and lunch; and all screening and educational activities.

Friday Afternoon/Evening Only ~ \$25.00

Includes Friday's dinner and activities. Does not include cost for massages.

Saturday Day Only ~ \$50.00

Includes Saturday's breakfast and lunch and all screening & educational activities.

Scholarships are available upon request.

Registration

CHI St. Joseph's Health Wellness Weekend

Name _____

Address _____ State _____ Zip _____

Email _____ Phone _____

Wellness Weekend Registration Options & Fees

Full Weekend \$200 (*\$50 off if bringing a friend*)

One Night Lodging \$150 (*\$25 off if bringing a friend*)

Saturday Only \$ 50

Friday Afternoon/Evening Only \$ 25

Lodging Requests

Couples (roommate) lodging requested

I can sleep on the top bunk

If you have special needs, please include along with this form.

Return with your registration with fee to: CHI St. Joseph's Health, Attn: Arlys Hess, 600 Pleasant Ave., Park Rapids, MN 56470. If you have questions, please call Arlys at 218.616.3377, or email arlyshess@catholichhealth.net

Must be
 received
 by Sept. 30,
 2014

Calendar

Y Weight? Support Group

Y Weight? support meetings are held at 4:30 p.m. on the 2nd Thursday of the month in the CHI St. Joseph's Health Lower Level Conference Rooms B & C.

If you live outside the Park Rapids area, please check out our website to find a support group near you. weightmanagementmn.com

We have support group leader training if you would like to start a support group in your community. Please call Arlys at 218.616.3377 for more information.

Graduate Support Group

If you are one year post surgery and live in the Park Rapids region, we have a Graduate Support Group for you. This group meets from 5:30 to 6:30 p.m. on the 3rd Thursday of every month in the CHI St. Joseph's Health Lower Level Conference Rooms B & C. Please call Arlys at 218.616.3377 for more information.

Only Our Name and Logo Are Changing

Catholic Health Initiatives (CHI) continues to be our sponsoring partner as they have been for the past 18 years. At CHI St. Joseph's Health, our healing mission, commitment to quality care, and efforts to improve the health and wellness of our community remain the same.



Center for Weight Management

600 Pleasant Ave.
Park Rapids, MN 56470

Non-Profit Org.
U.S. Postage
PAID
Park Rapids, MN
Permit No. 52

Address Service Requested



"Our patients are in the best position to help others get treatment they need to LIVE!"

~ Leah Walters
CHI St. Joseph's Health
Bariatric Coordinator

Know of someone who could benefit from our surgical or non-surgical programs?

We are coming to a location near you!

Do you know anyone who is serious about weight loss and would like to learn more about surgical and other innovative solutions? CHI St. Joseph's Health Center for Weight Management hosts free, education events at various locations throughout the year.

These events are presented by the CHI St. Joseph's Health and Essentia Health Park Rapids Clinic team. A weight-loss surgeon and the multi-disciplinary team will explain surgical and other weight-loss options available to you and answer questions about your personal weight-loss goals.

Free body composition screening will also be available.

Topics include clinical research noting weight-loss surgery to be superior to traditional medical treatment regarding type 2 diabetes, producing remission even before weight loss. Surgical offerings include laparoscopic gastric

bypass, sleeve gastrectomy, and adjustable banding. Our non-surgical program includes dietary, lifestyle, and medication interventions.

Upcoming session times and locations are:

Park Rapids, MN: Aug. 19

6 - 8 p.m. at CHI St. Joseph's Health
600 Pleasant Avenue
Lower Level Conference Room A
Please pre-register at 218.732.2837 or theresa.henderson@essentiahealth.org

Fargo, ND: Sept. 15 & Nov. 17

6 - 8 p.m. at the Ramada Plaza & Suites
1635 42nd Street SW
Please pre-register at 218.732.2837 or theresa.henderson@essentiahealth.org

Little Falls, MN: October, 2014

Time and location to be determined.
To be notified when more information is available or to pre-register, please call 218.237.5757 or email missylindow@catholichealth.net

About Catholic Health Initiatives: Catholic Health Initiatives (CHI), a nonprofit, faith-based health system formed in 1996 through the consolidation of four Catholic health systems, expresses its mission each day by creating and nurturing healthy communities in the hundreds of sites across the nation where it provides care. One of the nation's largest health systems, Englewood, Colo.-based CHI operates in 18 states and comprises 89 hospitals, including four academic medical centers, and 23 critical-access facilities; community health service organizations; accredited nursing colleges; home-health agencies; and other facilities that span the inpatient and outpatient continuum of care.