



NUTRITION WELLNESS COMMUNITY

holiday edition

The Center for Surgical Weight Loss at Care New England

POINTS OF INTEREST

Recipes that are healthy and delicious

Updates on the Mentor Program

Updates on our Clothing Boutique

Fun Winter Calorie Burning Ideas

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Thank you, Jocelyn!

As many of you may already know, Jocelyn unfortunately is leaving the practice. She has been an instrumental part in the growth of our bariatric program and we are forever grateful for all that she has done. She will be greatly missed, not only by our staff, but certainly by our patients. We are extremely thankful for all that she has done and provided to our practice and our patients. We wish her all the best as she moves forward on to the next chapter in her career. Jocelyn wanted to let everyone know, "There really is so much to say that it's hard to put into a few short sentences. It has been a pleasure and an honor to be part of your journey. Seeing your accomplishments and success has truly been an inspiration. Every patient has taught me something that I will carry with me throughout my career. I wish you all health and success moving forward."



COVID-19 and Staying Healthy During the Holidays

With the holidays on the way, we want to make sure everyone knows how they can still enjoy themselves and stay safe. The Rhode Island Governor recently made suggestions for how to celebrate the holidays safely in these difficult times. Some of the suggestion she made are as follows and we would strongly encourage to fol-low these recommendations to help keep everyone safe and healthy!

- 1.) Limit in person gatherings only to people who live in your household
- 2.) Find safer, creative ways to celebrate by preparing or ordering a holiday meal that can be delivered to friends and family. You can also host a virtual holiday dinner or watch sporting events and movies virtually with others.
- 3.) If you celebrate in person with those in your household make sure you wear your mask, watch your distance, keep the group small. Take it outside as weather permits. Plan and get creative with limiting shared spaces and common objects. Clean and disinfect commonly touched surfaces and shared items between use.
- 4.) Avoid sharing food and drinks; family football games or other high-contact activities.

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Mentor Program: Recruiting New Mentors!

Remember how scary it was to embark on this new journey? We want to provide you with another source of support—each other!

If you would like to be a mentor: We request that you are 1 year post surgery, doing well, had some struggles, willing to provide support (but not any medical advice), be an active member of a support group, attend quarterly mentor meetings, and be willing to share your contact information. We also ask that you are willing to commit to a minimum contact with your Mentee of once per month for 1 year.

If you would like to have a mentor: Please call our office as many of our patients are eager to share their story and be a source of support. They would love to help you and then some day you can "pay it back" and become a Mentor for another! Of course, you need to be willing to share contact info as well.

Contact suggestions for the mentor/mentee relationship: Text, email, phone, cards, visit in the hospital, or in person meet ups. You will find a way that works best for the 2 of you! To register, please reach out to one of our providers at your next appointment or call our office. You can also sign up at support groups.



Bariatric Boutique

Now accepting summer clothing! All sizes accepted, but we are certainly looking for sizes M, L and XL.

One request—if you are shopping, please put clothes back neatly in the places where you found them. We organize by size and keep this room up ourselves after work which can sometimes be time consuming! Thank you kindly.

We ask that any drop-offs be done at the front desk or outside. When shopping in the boutique please use hand sanitizer before and after as well as wear a mask.

We welcome any lightly used, clean, in season clothing. We have very little storage space for clothes not in season. Donations are much appreciated! Thank you.

Shop as you drop! Feel better in clothes that fit. Save money by shopping for free! Visit the bariatric boutique, which is within the Center for Surgical Weight Loss at Care New England.

Browse and take what ever you would like for free while waiting for your appointment or afterwards. Sizes ranges from 5X to small. We have both men's and women's clothing. Clothes come and go quickly, so feel free to shop on a regular basis.

Be a part of another patient's progress and donate clothes today! Returns or clothing donations can be dropped off to our office at any time: 227 Centerville Rd., Warwick, RI.

Any questions? Contact our office at 401-736-3731.

Roasted Brussel Sprouts with Goat Cheese & Pomegranate

Ingredients:

1 Brussel sprouts, trimmed and halved
1 Large shallot, sliced
1 Tablespoon extra-virgin olive oil
1/4 Teaspoon salt
1/4 Teaspoon ground pepper
2 1/2 Teaspoons white balsamic vinegar
1/3 Cup crumbled goat cheese
1/4 Cup pomegranate seeds

Nutritional Facts:

Calories: 117
Carbohydrates: 13.6g 4% DV
Protein 5.8g 12% DV
Dietary Fiber: 4.8g 19% DV
Fat: 5.7g 9% DV
Saturated fat: 1.8g 9% DV
Sugar: 4.5g

Directions:

1. Preheat oven to 400 degree F. Toss brussel Sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet
2. Roast the brussel sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.



Beet Hummus with Bleu Cheese and Walnuts

Ingredients:

1 Tablespoon tahini
1 Tablespoon fresh lemon juice
1 Tablespoon extra-virgin olive oil
1 (15-Ounce) can unsalted chickpeas, rinsed & drained
1/4 Teaspoon kosher salt
3 Tablespoons water
1 Garlic clove
1 Three-ounce beet, peeled
Parchment paper
1/2 Teaspoon honey
1/4 Teaspoon kosher salt
Dash black pepper
3 Tablespoons crumbled bleu cheese
1 1/2 Tablespoons chopped toasted walnuts

Directions:

1. Combine tahini, lemon juice, olive oil, chickpeas, 1/4 teaspoon kosher salt, water, and garlic clove in the bowl of a food processor. Wrap beet in parchment paper. Micro-wave at HIGH 3 minutes or until tender. Let stand 5 minutes; quarter beet. Add beet, honey, 1/4 teaspoon kosher salt, and black pepper to food processor with chickpea mixture; process until smooth. Top hummus with blue cheese, walnuts, and micro-greens, if desired.



Cranberry Crumble Bars

Ingredients:

1 1/2 Cups quick-cooking rolled oats
1 Cup all-purpose flour
2/3 Cup packed brown sugar OR brown sugar substitute blend equivalent to 2/3 cup brown sugar
1/4 Cup whole wheat pastry flour
1/4 Cup flax seed meal or wheat germ
1/2 Teaspoon baking soda
1/2 Cup fat-free milk
2 Egg whites, lightly beaten
1/4 Cup snipped dried cranberries
3 Tablespoons butter
1/4 Cup chopped pecans or almonds

Nutritional Facts:

Calories: 175
Protein 3.7g 8% DV
Carbohydrates: 23.1g 7% DV
Dietary Fiber: 2.2g 9% DV
Fat: 7.8g 12% DV



Directions:

1. Preheat oven to 350 degrees F. In a medium bowl, stir together rolled oats, all-purpose flour, brown sugar, whole wheat pastry flour, and flax meal. Set aside 1/2 cup of the oat mixture for streusel topping. Stir baking soda into the remaining oat mixture.
2. In another medium bowl, whisk together milk, oil, egg whites and vanilla; add to oat mixture, stirring until combined. Stir in cranberries. Pat mixture into a foil-lined 9x9x2 inch baking pan.
3. Using a pastry blender, cut butter into reserved streusel topping until mixture resembles coarse crumbs; stir in pecans. Sprinkle over mixture in pan.
4. Bake 20 to 25 minutes or until center is set. Cool on a wire rack. Use foil to lift out of pan; cut into bars.

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Fun Ways to Burn Calories this Holiday Season

Sledding - If continuously walking uphill can burn over 400 calories in one hour

Ice Skating - Depending on your speed, can burn 300-900 calories per hour

Snow Shoeing - 400-600 calories per hour or more depending on terrain and speed

Hiking - Possibly 430 to 650 calories per hour

Shoveling Snow - More than 200 calories per hour depending on amount of snow

Cross Country Skiing- 400 to 800 calories per hour depending on speed

*Data provided from the National Personal Training Institute Organization Website



Center for Surgical Weight Loss

227 Centreville Road
Warwick, RI 02886
(401) 736-3731

Our Providers

Dr. Jeannine Giovanni

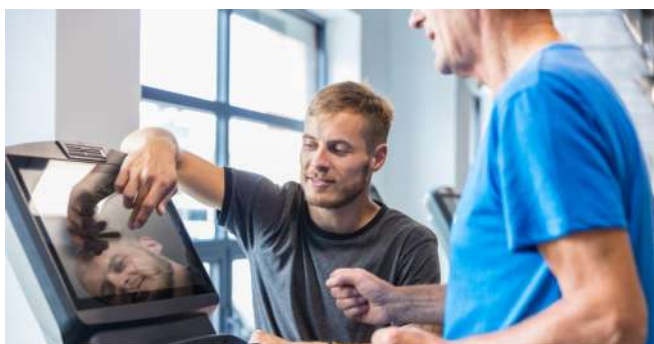
Dr. Lindsay Tse

Jocelyn Cobb, PA-C

Daniel Piascik, PA-C

Interested in Weight Loss Surgery?

Click Here to Watch our Webinar Today 



Helpful Resources

American Society for Metabolic and Bariatric Surgery (ASMBS)
<https://asmbs.org/patients>

CDC Nutrition Recommendations
https://www.cdc.gov/healthyweight/healthy_eating/index.html

CDC Healthy Activity Guidelines
https://www.cdc.gov/healthyweight/physical_activity/index.html

Obesity Action Coalition
<https://www.obesityaction.org/>



Healthtrax
FIT FAMILIES FOR LIFE

Request a referral for the P.R.E.P. Program (Physician Referred Exercise Program) at Healthtrax!

The Physician Referred Exercise Program is a guided introduction to exercise where participants meet with fitness professionals to get started on an individual program.

Participants receive:

- A guided group or individual session with a fitness professional
- Full access to Healthtrax fitness amenities for 60 days
- Group exercise classes including yoga and aqua classes
- Indoor aquatics centers including lap pool and whirlpool
- A complimentary half-hour appointment with the Wellness Center's registered Dietitian

P.R.E.P. medical director is Gregory Degnan, MD, orthopedic specialist. Ask your doctor for a P.R.E.P. referral prescription to get started. Call (800) 505-5000 or visit healthtrax.com/prep.

Care New England Wellness Center

Care New England offers cardiac maintenance/supervised exercise programs. Participants do not need to have had a cardiac event to join. Anyone at risk for cardiac disease or who is currently inactive and needs an exercise prescription is welcome.

You can also arrange for sessions with an exercise physiologist.

Care New England Wellness Center
2191 Post Road, Warwick RI
(401) 732-3066

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