

Roger Williams Life Changers

Weight loss for a healthy life

Want the latest news and information from our program?

Visit Facebook and search for:

**Roger Williams
Medical Center Weight
Loss Surgery**



Announcements

Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

Upcoming WLS Support Groups

Due to new hospital guidelines regarding Covid, we will be continuing our support groups online.

4th Thursday of the month at 5:00-6:00 pm with
Diana Beaton RD
January 26, 2023

1st Thursday of the month at 7:00-8:00 pm with
Carmen Diaz-Jusino (in Spanish)
February 2, 2023

To join a support group, please email Diana at diana.beaton@chartercare.org You will receive a link to join the meeting. You can also join the call by phone. See our website www.loseweightri.org under "Patient Resources" for information on our support groups. We welcome people to join the call who have had surgery already and also for those who are pre-surgery or still deciding.

SMART Goals

Setting goals can be helpful to kick start new habits and work towards improvements but sometimes goals can be too broad or vague. When setting goals, try picking goals that are “SMART.” SMART goal setting is a system that allows you to set specific, measurable, attainable and relevant goals. They also should have a time-component. Be sure to start with only a few goals. Use the template below to create your own goals for 2023!



Sweet Potatoes with Sage Brown Butter

Ingredients:

- 2 pounds sweet potatoes, peeled and cut into 1-inch slices
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ½ teaspoon ground pepper
- ½ cup low-sodium vegetable or chicken broth
- 2 tablespoons unsalted butter
- 2 tablespoons finely chopped fresh sage

Directions:

- Position rack in upper third of oven; preheat to 500°F.
- Toss sweet potatoes, oil, salt and pepper in a large bowl. Arrange in a single layer in a 9-by-13-inch metal baking pan. (Do not use a glass dish, which could shatter.) Roast, flipping once, until browned, 25 to 30 minutes.
- Carefully add broth to the pan. Continue roasting until most of the liquid is absorbed and the sweet potatoes are very tender, 5 to 8 minutes more.
- Meanwhile, melt butter in a small skillet over medium-high heat. Cook until just starting to brown, 2 to 3 minutes. Remove from heat. When the butter stops bubbling, stir in sage. Spoon the browned butter mixture over the sweet potatoes before serving.

Serving Size: about 1/3 cup

Nutrition per serving: 103 calories; 2g protein, 15g carbohydrates, 4.5g fat (good source of vitamin A and potassium).

www.eatingwell.com October 2022.

S

SPECIFIC

- What would you like to accomplish?
- Why do you want to do this now?

M

MEASURABLE

- How will you know when you accomplish your goal?
- Set numerical value of what you want to accomplish.

A

ACHIEVABLE

- Can the goal be reached?
- Is it reasonable for your current situation and schedule?
- What are some barriers that will stop you from reaching your goal?

R

RELEVANT

- Is this something that will meet your current needs?
- Does this fit in with your long-term goals?

T

TIME-BASED

- In what period of time would you like to complete this?
- Is this a short-term or long-term goal?



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 Join us on Facebook at www.facebook.com/RWMCWeightLossSurgery. Have a good tip or recipe to share. Tell us about your success. What you've discovered may be helpful to others.

Email Diana.Beaton@chartercare.org