

Roger Williams Life Changers

Weight loss for a healthy life

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**Roger Williams
Medical Center Weight
Loss Surgery**



Surviving the Holidays: 10 Tips for Success

Even though we look forward to the holidays, it can be stressful. We get busier and get out of our usual routines. Many people travel, have time off from work and socialize more with family and friends. There are more treats, eating out, parties and generally more food around.

The following tips can help you stay on track with your health goals. Even if you can't do all ten, pick one or a few you feel you can commit to over the next few weeks.

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Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

Announcements

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

- 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 RDN

December 16, 2021*

January 27, 2022

* one week earlier due to the holidays

1st Thursday of the month at 7:00-8:00 pm with
Carmen Diaz-Jusino

No meeting in December

January 6, 2022

To join a support group, please email Diana at diana.beaton@chartercare.org You will receive a link to join the call. You can also join the call by phone. See our website www.loseweightri.org under "Patient Resources" for updated information on our support groups.

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1. Stay Hydrated.

Water is the perfect way to keep hydrated. Add flavor with cut up fruit, like lemon or lime, or fresh cucumbers. Sparkling waters are a good option too; they come in many flavors and are calorie-free and usually don't have artificial sweeteners.

2. Plan ahead.

Whatever your day brings, be sure to plan ahead, especially your meals and beverages. Try not to go too many hours without eating. If you arrive at a party hungry, you may be tempted to eat the first foods that you see.

3. Bring a dish that you can eat.

Recipes for appetizers or desserts can be modified to have less calories, or less sugar or fat and can be served in small portions. It will put you at ease if you know ahead of time that there's something you can eat.

4. Keep active.

Try to keep your activity level up, even though it's a busy time for families. Add a brisk walk before or after a meal if you can.

5. Don't forget fiber.

Be sure to include foods with fiber, like fruits and vegetables, during the holidays. If you feel fuller, you may avoid going back for seconds or having dessert.

6. Limit foods with added sugar.

Holidays are usually the time when there are more cookies and desserts around. Try to limit the size of your dessert or avoid it altogether. For people with an addiction to sugary foods, it's hard to stop with one taste.

7. Get your sleep.

On days when you can, aim for 7-9 hours of sleep per night.

8. Remember your self-care.

Take time for yourself during the holidays, even if it's only a few minutes to rest or sit down. Holidays and visiting family and friends can be stressful. Make a list of what helps you de-stress. Is it time for yourself? Preparing your food ahead of time? Going to bed early? Whatever works for you, focus on the thing that can make a difference in your day.

9. Get outside for fresh air.

Even though the weather is getting colder, take advantage when the sun is out at mid-day and get fresh air.

10. Remember what you're grateful for.


Take a few minutes each day to reflect on the things that matter most to you.

Adapted from Diabetes Education Services at www.DibetesEd.net November 2021.



A Better Way to Better Health Care

Stay Connected!

 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



Zucchini Lasagna Roll-Ups

Ingredients

- 3 large zucchini, trimmed, sliced lengthwise into 1/8-inch-thick strips
- salt and freshly ground black pepper
- 1 tablespoon olive oil
- 3/4 pound ground Italian sausage, casing removed
- 1 cup part-skim ricotta cheese
- 1/3 cup freshly grated Parmesan
- 1 large egg
- 1/4 cup chopped fresh basil leaves
- 2 cloves garlic, minced
- 1 1/2 cups marinara sauce, divided
- 2 cups shredded mozzarella, divided

Directions:

1. Line a baking sheet with paper towels. Lay zucchini slices flat in a single layer onto the prepared baking sheet. Sprinkle with salt; let stand 15 minutes.
2. Heat olive oil in a large skillet over medium heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.
3. In a medium bowl, combine sausage, ricotta, Parmesan, egg, basil and garlic; season with salt and pepper, to taste.
4. Preheat oven to 350 degrees F.
5. Spread 3/4-1 cup marinara sauce onto the bottom of a 9x9-inch oven-proof casserole dish or pan; set aside.
6. Spread 1 tablespoon ricotta mixture evenly along each zucchini slice; sprinkle with 1 tablespoon mozzarella cheese. Roll up and place in the prepared dish with seam side down; repeat with remaining zucchini slices and filling. Top with remaining 1/2 cup marinara sauce and sprinkle with remaining 1 cup mozzarella.
7. Place into oven and bake for 45 minutes, or until lasagna rolls are heated through and the cheese is beginning to brown.
8. Serve immediately.