

# CENTER FOR COMPREHENSIVE WEIGHT LOSS

## HOLZER'S 500th SURGERY

The staff at the Holzer Center for Comprehensive Weight Loss in Gallipolis, Ohio hosted a celebration on October 4, 2004 for patients, guests and staff of Holzer Medical Center. The staff hosted approximately 75 patients, guests, and Holzer Medical Center staff members to celebrate the 500<sup>th</sup> completed gastric bypass surgery since the clinic's opening in 2001. The Center began seeing patients for consultation in July 2001 and the first surgery was performed October 31, 2001.

The celebration was held at the Picnic Shelter at Holzer Medical Center with **101.5 The River** holding a radio

remote. Several patients offered testimonies on the radio and CCWL staff members Terri Canterbury, Counselor, Sarah Wolfe, Dietician, and April McLain, Program Director also shared program details on the radio.

LaMar Wyse, President and CEO of Holzer Medical Center spoke on the radio and shared that Holzer Medical Center is pleased to offer a surgical weight loss program to the community. "There is probably nothing else that we do that changes lives more dramatically than this surgery," said Mr. Wyse.

Several patients spoke at the celebration, confirming the

positive changes in their lives since surgery. Since having gastric bypass surgery the patients reported improved overall health, a boost in self-esteem, and increased energy and activity levels. "I now have more energy to be with my family," one patient reported.

Guests at the celebration were treated to healthy snacks and beverages plus each patient was given a small gift of appreciation.

The staff of the Holzer Center for Comprehensive Weight Loss looks forward to the future and the next 500 surgeries.



Holzer Medical Center Staff

Center for Comprehensive Weight Loss Clinics

- **Holzer Medical Center**  
Gallipolis, OH  
(740) 446-5825
- **Hurley Medical Center**  
Flint, MI  
(810) 235-1746
- **St. Elizabeth Health Center and St. Joseph Health Center**  
Youngstown, OH  
(330) 480-2866
- **St. John Health Oakland**  
Sterling Heights, MI  
(248) 967-7000

Answers for Page 4

1. German
2. Hungarian
3. Spanish
4. Portuguese
5. Italian
6. Czech
7. Slovenian
8. Dutch

## How to Winterize Your Workout!- Make Health Your Choice

If cold weather is putting a damper on your exercise routine, try some indoor activities.

- **Mall Walking**– Go window shopping (at a fast pace) before the stores open. Bring hand weights and give your upper body a workout.
- **Stair Climbing**– Did you know that a 150 pound person burns 1 calorie for every 5 steps (that's going up not down)? Just

say NO to escalators and elevators. Take the stairs whenever they are available.

- **Bowling**– A family favorite– just ask for a lane away from the snack bar.
- **Exercise Videos**– Clear a spot in the living room and pop in an aerobic workout tape. Most libraries have tapes you can check out free of charge.

- **Cleaning**– Housework can take on a whole new meaning when you think of the valuable exercise you are getting. Listen to music or a book on tape while scrubbing and cleaning.



*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”*

*John Fitzgerald Kennedy*

# Happy Thanksgiving from



## Southwestern Turkey Soup –www.allrecipes.com

### Ingredients:

- 1 1/2 cups shredded cooked turkey
- 4 cups vegetable broth
- 1 (28 ounce) can whole peeled tomatoes
- 1 (4 ounce) can chopped green chilies
- 2 Roma (plum) tomatoes, chopped
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tablespoon lime juice
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- Salt and pepper to taste
- 1 avocado– peeled, pitted and diced
- 1/2 teaspoon dried cilantro
- 1 cup shredded Monterey Jack cheese

### Directions:

1. In a large pot over medium heat, combine turkey, broth, canned tomatoes, green chilies, fresh tomatoes, onion, garlic, and lime juice. Season with cayenne, cumin, salt, and pepper. Bring to a boil, then reduce heat and simmer 15 to 20 minutes.
2. Stir in avocado and cilantro, and simmer 15 to 20 minutes, until slightly thickened. Spoon into serving bowls and serve with shredded cheese on top.

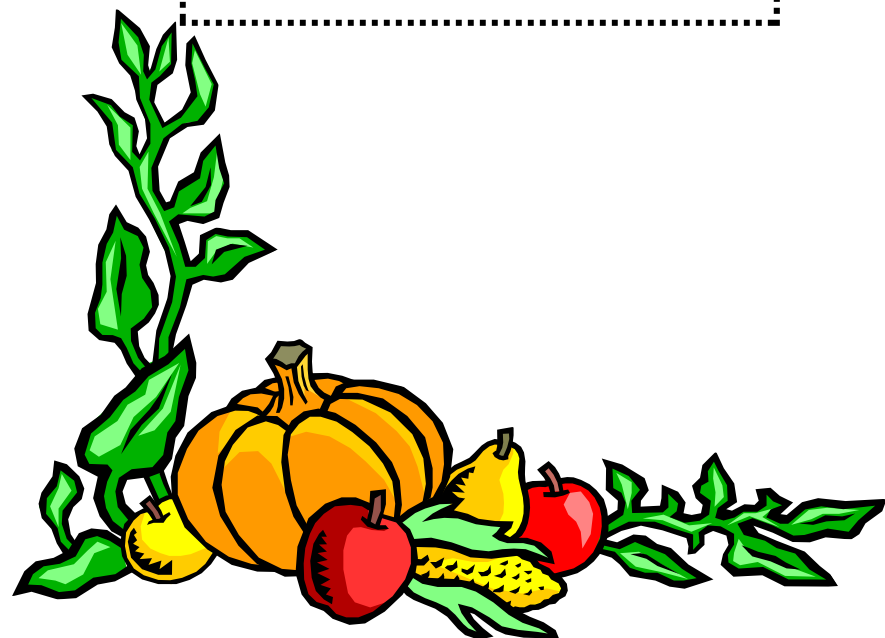
## Mulled Cider –www.allrecipes.com

### Ingredients:

- 8 cups unsweetened apple cider
- 1/2 cup Splenda® No Calorie Sweetner, Grandular
- 16 whole cloves
- 6 whole allspice
- 5 (3 inch) cinnamon sticks
- 1/3 cup fresh lemon juice
- 1/2 cup dried cranberries
- 8 thinly sliced oranges
- 8 thinly sliced lemons

### Directions:

Combine cider and next 5 ingredients in a stock pot. Cook over low for 60 minutes. Do not boil. Add fruit slices 10 minutes before serving. Serve hot.



# Match the "Thank You" to the Language

1.



Spanish



2.

Hungarian

3.



Portuguese



4.

Czech

5.



German



6.

Dutch

7.



Italian

Bedankt

8.

Slovenian

## The Top 10 Ways to Feel Great About Yourself originally submitted by Ronya Banks

- 1. Write a list of all your innate gifts and strengths you've developed during your life.** You were born with natural gifts. You may be gifted with the disposition to being calm and easy-going, or you may be gifted with more energy than three normal people put together. Write down a list of all the Gifts you feel you brought with you. In addition to your innate gifts, you've also had experiences wherein you've learned to develop additional personal strengths. So, write down a list of all of these strengths. Enjoy writing these lists and read them at least once a day. Start focusing on the wonder of YOU!
- 2. Treat yourself to a special evening or day.** Whatever helps you refuel and appreciate life - take the steps to make it happen. Everyone is different. So what may look like a candlelit bubble bath to you, may be a movie or dinner out to someone else. Go for it! You deserve it!
- 3. Acknowledge yourself in the mirror.** Take a few moments every day while you're primping in front of the mirror to thank and appreciate yourself for who you are, your gifts, strengths, and accomplishments. Smile at yourself while you acknowledge yourself. If you feel very uncomfortable doing this, then it is an indication that you have an opportunity to get acquainted with, and appreciate your Unique – YOU.
- 4. Tell someone you love or care about, how you feel about him or her.** Nothing feels better than witnessing the wonder, surprise, and joy others will experience as a result of your verbalizing how you feel about them. Maybe you'll tell them how much you love and appreciate having them in your life. Or, you'll tell someone how much his or her belief in you has meant to you. Life is short! Don't assume they already know. They'll love to hear it, and you'll feel great about yourself for saying it!
- 5. Exercise regularly.** We've all heard about the endorphins released during exercise that make you feel happier and healthier. If you want to feel great, get your blood flowing!
- 6. Make a list of all the things you have to feel grateful for.** We take a lot for granted. Focusing on what you have to feel grateful for will help you shift your focus from one of negativity to one of positivism, and you will feel great as a result!
- 7. Forgive someone.** Holding on to grudges takes energy. Forgive someone whom you perceived hurt you and you will experience a surge of relief and freedom. Choose wisely on how you want to accomplish this. Some people write a letter to the person and never send it. Just make sure you release the energy from your heart.
- 8. Accomplish a Goal.** Finish something you've been wanting to finish. Whether that's cleaning out a closet, or getting a college degree, you're going to feel great about yourself not only when you accomplish that goal, but also during the process of accomplishing it!
- 9. Face a big fear.** Nothing feels better than facing a fear and risking to work through it. If you experience terror at the thought of meeting someone new, introduce yourself to someone you don't know. If the thought of public speaking makes you want to hurl, then give a speech. Whether you're great at it or not, you'll feel so much better about yourself for taking the risk. But please, don't risk your life!
- 10. Laugh at yourself and others.** Stop taking yourself sooo seriously! Life can be a drag, or a blast, depending on your outlook. Choose to see the hilarity in nearly every situation. For instance, you forgot to buy the one thing you went out to the store to purchase. So what! You could laugh about it all the way back to the store, or you could get angry and frustrated and ruin yours and everyone else's day! Laughter surely feels and looks a lot more enjoyable, and you won't be emotionally beating up yourself or anyone else.