MONTHLY ANNOUNCEMENTS

• The monthly Support Group Newsletter will no longer be emailed out each month. It will now be posted on The Center for Bariatric Surgery website at https://www.lifespan.org/centers-services/center-bariatric-surgery/patient-newsletter. Please visit https://www.lifespan.org/centers-services/center-bariatric-surgery, as well as the Facebook Weight Loss Striders group page, for important program announcements such as changes or cancellations to support group meetings.

• **Upcoming cancellation:** There will be no support group meeting on Monday September 4, 2017 due to the Labor Day holiday. Please plan your upcoming support group attendances wisely to ensure that you fulfill your pre-surgery requirements.

• **Reminder:** The next Quarterly Men’s Support Group Meeting will be on Tuesday August 1, 2017 at 6:00 pm in the Hurvitz 2 conference room. All pre-op and post-op men are welcomed to join but please note that attendance at this meeting does not count toward your pre-op support group requirement.

FEATURED RECIPE OF THE MONTH
Oven Baked Falafel
Author: Beth Hornback from *Eat Within Your Means* at www.eatwithinyourmeans.com

Makes about 24 falafels

**Ingredients & Materials Needed**
- Food processor
- Baking sheet with parchment paper or foil
- 1 cup dried chickpeas soaked in 4 cups water overnight
- 1 medium red onion, chopped
- 1 cup fresh parsley, chopped
- 3 garlic cloves, peeled and roughly chopped
- Juice from one fresh lemon
- 1 Tbsp. ground cumin
- 1 tsp. salt
- Pinch of cayenne pepper (or more to taste)
- Cooking spray

**Instructions**
1) Preheat oven to 400° F
2) Rinse and drain the chickpeas that were soaking overnight. Add the chickpeas to a food processor and pulse until coarse.
3) Add in the chopped onion, parsley, garlic, lemon juice and spices and pulse until finely ground and no large chunks / pieces remain. For ease of processing, feel free to do steps 1 & 2 in separate batches and then combine together before baking.
4) Portion about 2 Tbsp. of the mixture at a time on the parchment/foil lined baking sheet.
5) Bake for 20-25 minutes or until golden brown & cooked throughout.
6) Pair with hummus, tahini sauce, salsa or guacamole and enjoy!

HOT TOPICS AT UPCOMING MEETINGS

- Monday July 3, 2017
  10:00 – 11:00 am
  *Re-scheduled topic*
  “Under Pressure: Strategies for Stress Reduction”

- Tuesday July 25, 2017
  5:30 – 6:30 pm
  “Food Demo”

- Monday August 7, 2017
  10:00 - 11:00 am
  “Patient Panel Support Group”

- Tuesday August 22, 2017
  5:30 – 6:30 am
  “Love Your Gut”

- Monday September 4, 2017
  *No Support Group - Labor Day Holiday*
SOCIAL MEDIA SCENE

FACEBOOK
Facebook Weight Loss Surgery Striders Group: Friend request Kellie Fredette Armstrong & request access to the group page. Please note that this group is patient-run & is not operated by The Center for Bariatric Surgery.

BLOGSPOT

TWITTER
Follow @kimbaskitchen on Twitter for updates on health, wellness & nutrition news at The Center for Bariatric Surgery.

PINTEREST
Follow dietitian Sara Stiles’s Pinterest page LifeStiles to explore pins that nourish the mind, body & soul. Visit www.pinterest.com/LifeStiles.

SUMMERTIME FOOD SAFETY
Summertime is the perfect time to spend outdoors at the beach, at the park or even your backyard with cookout’s and BBQ’s. Please make efforts to keep your food safe so you and your loved ones stay healthy and happy. The heat and humidity can cause microorganisms to multiply, increasing the risk for food poisoning.

Here are some food safety tips to follow:
- ALWAYS wash your hands before handling food
- Use separate cutting boards for raw/uncooked foods
- Beef, Pork, Lamb, Veal: Cook to 145°F
- All Ground Meats: Cook to 160°F
- All Poultry: Cook to 165°F
- Serve cold food in small batches outdoors & never leave food outside for more than 2 hours

For more summer food safety tips, visit www.foodsafety.gov.

COME BACK TO VISIT YOUR CARE TEAM!
All post-op patients are welcome to come back to visit the staff that cared for them while they were at The Miriam Hospital having surgery. The surgical & nursing team would love to see how you are doing! Visits can be scheduled Monday-Friday during the hours of 8 am- 4 pm. Please call Kellie Armstrong or Joyce Cureton at 401-793-3922 to coordinate your visit.

NEW CENTER FOR BARIATRIC SURGERY BOOK SHARE!
We’re pleased to offer patients the ability to stop by TMH to take a look at and/or make copies from some top bariatric cookbooks. You’ll be able to snap pictures of the recipe pages with your phone or request to make copies of recipes as you choose….you just won’t be able to take any book home with you. To request a drop-in “book share visit” Monday-Friday during the hours of 8am-4pm, please feel free to email dietitians Kimberly Maloomian at kmaloomian@lifespan.org or Sara Stiles at ssstiles@lifespan.org.

Want to speak to a Weight Loss Surgery Mentor for additional support throughout your journey? Already had weight loss surgery and want to “pay it forward” by becoming a mentor? If so, contact Sara Stiles, RD, LDN at 401-793-3514 or ssstiles@lifespan.org for more information.

UPCOMING SUPPORT GROUP MEETINGS

<table>
<thead>
<tr>
<th>1st Monday Morning</th>
<th>QUARTERLY!</th>
<th>2nd Wednesday Morning</th>
<th>3rd Monday Evening</th>
<th>Cada Tercer Miércoles del Grupo En Español</th>
<th>4th Tuesday Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>No meeting on September 4th!</td>
<td>September 13, 2017</td>
<td>September 18, 2017</td>
<td>September 20, 2017</td>
<td>Septiembre 20, 2017</td>
<td>September 26, 2017</td>
</tr>
<tr>
<td>10:00-11:00 am</td>
<td>6:00 – 7:00 pm</td>
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<td>5:30 – 6:30 pm</td>
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<tr>
<td>Hurvitz 1 Conf. Room</td>
<td>Hurvitz 2 Conf. Room</td>
<td>Hurvitz 2 Conf. Room</td>
<td>146 West River, St. Providence, RI</td>
<td>Ubicacion Hurtiz 2</td>
<td>Sopkin Auditorium</td>
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<tr>
<td>1st floor</td>
<td>1st floor</td>
<td>1st floor</td>
<td>1st floor, Miriam Wt. Mngt. Group Room A</td>
<td>En la Sala de Conferencias</td>
<td>1st floor</td>
</tr>
<tr>
<td>The Miriam Hospital</td>
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<td>The Miriam Hospital</td>
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<tr>
<td>Open to all pre-op &amp; post-op patients</td>
<td>Open to pre-op &amp; post-op men only (Does not meet pre-op requirement though)</td>
<td>Open to post-op patients only</td>
<td>Open to post-op patient s who are 6 mo. out from surgery or more</td>
<td>Abierto a todos los pacientes preoperatoria y postoperatorio</td>
<td>Open to all pre-op &amp; post-op patients</td>
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★ = Meets pre-surgery support group requirement

Less weight. More health.
Center for Bariatric Surgery
Rhode Island Hospital The Miriam Hospital