

The *Bariatric Beat* at Regional West

November 2025



Special Announcements

Wednesday Support Group

Embark on this exciting journey with our support group meetings, scheduled the first Wednesday of every month. These sessions are designed to foster a sense of community, share experiences, and offer valuable insights. Join us as we build a supportive network to celebrate successes and navigate challenges together.

Education Seminar

You can discover all you need to know about stapling bariatric procedures through our free education seminar. Dive in for a comprehensive understanding of benefits, potential risks, and the overall process. Scan the QR code at the bottom of this page or visit RWMCWeightLossOptions.com to register. Empower yourself to make informed decisions for a healthier life!

We're Looking for Success Stories – and We Know They're Out There!

Have you experienced a victory on your weight loss journey, big or small? We want to hear about it! At Regional West Bariatric Weight Loss Program, we believe every success matters, whether it's a number on scale, a health improvement, or simply feeling better in your daily life.

Don't be shy – your story could inspire someone else to take the first step. If Regional West has made a difference in your life and you'd like to share your personal success story, let us know! We'd be honored to celebrate your journey.

Upcoming Events:

In-Person Support Group

Dec. 3, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Break through the Mental
Maze and Find Freedom
from Stuck Thoughts



Health Tips

Four Tips for Staying Healthy During the Winter Season

1. Fuel your immune system. Choose foods rich in vitamins and minerals – like citrus fruits, leafy greens, eggs, and fish – to support immune health and maintain energy.
2. Keep moving indoors. Don't let cold weather stop your routine. Try short at-home workouts, online classes, or indoor walks to stay active and boost mood.
3. Stay hydrated. Even in colder months, your body needs water. Sip herbal teas or warm lemon water to keep hydration levels up and support metabolism.
4. Prioritize rest and mindfulness. Quality sleep and stress management are vital. Practice relaxation techniques, maintain a regular sleep schedule, and stay socially connected to protect mental health.



Ask the Expert

Staying Healthy During the Winter Season

The winter season often brings challenges that can disrupt healthy routines, including reduced sunlight, colder temperatures, and increased cravings for comfort foods. Maintaining wellness during this time requires a balanced approach that supports both the body and mind. Focusing on whole foods, fruits, vegetables, and lean proteins play a central role in good nutrition, and help strengthen the immune system and maintain energy levels. Staying hydrated, even when thirst cues are weaker, also supports metabolism and appetite control.

Physical activity tends to decline in the winter, yet staying active is key for weight management, mood, and overall health. Adapting exercise to indoor environments, such as home workouts, walking in place, or stretching, keeps movement consistent when outdoor options are limited. Equally important is caring for mental and emotional health. Shorter days and increased stress can trigger emotional eating or fatigue, making self-care and social connection essential. Prioritizing rest, mindfulness, and supportive relationships helps individuals stay balanced and motivated.

Overall, staying healthy in winter means being intentional focusing on small, sustainable actions that nourish the body, maintain movement, and protect emotional well-being despite the season's challenges.

Warmest regards,
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

Dietitian's Corner: Focusing on Nutrition

Vegetable Pot Pie



- 1.5-oz. package poultry blend fresh herbs (sprigs of rosemary, thyme, sage)
- 1 bay leaf
- 3 cups sliced fresh cremini mushrooms
- 2 cups chopped onions
- ½ cup sliced celery
- 1 cup finely chopped red or yellow bell pepper
- 3¼ cups low-sodium vegetable broth
- 2 cups ½-inch pieces peeled butternut squash
- 1 15-ounce can no-salt-added chickpeas, rinsed and drained
- 1 cup frozen corn
- 3 tablespoons all-purpose flour
- 1 cup frozen peas
- Sea salt and freshly ground black pepper, to taste
- 1 pound refrigerated whole wheat pizza dough
- 1 tablespoon unsweetened plant milk, such as almond, soy, cashew, or rice

Instructions

1. Preheat oven to 425 °F. Use kitchen twine to tie together all the herbs in the poultry blend package and the bay leaf.
2. For filling, in a 4-quart saucepan, cook mushrooms, onions, celery, and bell pepper over medium 3 to 4 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add the herb bundle, 3 cups of the broth, the squash, chickpeas, and corn. Bring to boiling; reduce heat. Cover and simmer 5 minutes or until vegetables are nearly tender.
3. Whisk flour and the remaining ¼ cup broth; stir into vegetables. Cook until thick and bubbly, stirring occasionally. Stir in peas. Remove pan from heat. Remove and discard the herb bundle. Season filling with salt and pepper. Spread into a 2½ to 3-quart round or oval baking dish.
4. On a lightly floured surface, roll pizza dough into a circle or oval slightly larger than the dish. Cut several slits in dough; place on filling, and seal. Brush with milk. Bake 15 minutes or until crust is browned and filling is bubbly.

Nutritional information: Per serving (⅓ of recipe): 292 calories, 59 g carbohydrates, 13 g protein, 2.6 g total fat, 0.4 g saturated fat, 0 g cholesterol, 168 mg sodium, 11 g fiber, 9.2 g sugar

Note: Nutritional information is provided as an estimate only.