

# 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 RDN

October 27, 2022

November 17, 2022 \*one week prior to Thanksgiving

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

October 6, 2022 with Carmen Diaz-Jusino

November 3, 2022 with Paula Arroyo

To join a support group, please email Diana at [diana.beaton@chartercare.org](mailto: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](http://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.

## Thank you, Carmen!



We want to thank **Carmen Diaz-Jusino** for her long-standing commitment to Roger Williams Medical Center's Weight Loss Surgery Program. Carmen has facilitated our bariatric Spanish Language Support Group for over 12 years and has been a valued member of our team. She will be holding her last support group on Thursday, October 6, 2022 at 7:00 pm. Please feel free to join us. We wish Carmen the best in her future endeavors and will miss her!

## Autumn Cooking Classes (online)

Chef and culinary nutrition educator, Marianne Jurayj, will be hosting online cooking classes this fall. Marianne works at Nutritional Weight and Wellness, a private practice of dietitians and nutritionists in several locations in Minnesota. Nutritional Weight and Wellness hosts the popular radio show and podcast, Dishing Up Nutrition.



You can register for classes at: [www.weightandwellness.com/classes/cooking-classes/](http://www.weightandwellness.com/classes/cooking-classes/)

Classes are \$25. each.

Please note: The classes are live through Zoom. You will receive the link to the recording via email the following day. You'll have three days to view the class before the link expires.

### Here's the schedule for Fall 2022:

- Sept 28, 2022, 7:00-8:15 pm **Vegetables: Raw, Roast, Steam, and Sauté**
- Oct 12, 2022, 7:00-8:15 pm **Meat- Roast, Braise and Sauté**
- Oct 26, 2022, 7:00-8:15 pm **Global Flavors: Spices & Sauces**
- Nov 9, 2022, 7:00-8:15 pm **Batch Cooking for Simple Weeknight Dinners**
- Nov 16, 2022, 7:00-8:15 pm **Cooking in Autumn**
- Dec 7, 2022, 7:00-8:15 pm **Sheet Pan & One-Pot Meals**



## Stay Connected!

 Join us on Facebook at [www.facebook.com/RWMCWeightLossSurgery](http://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](mailto:Diana.Beaton@chartercare.org)



## Sautéed Apples

*Makes 2 servings*

### Ingredients:

- 1 large, crisp apple (cored and cut into chunks)
- 1 tsp coconut oil or butter
- 2 Tbsp. chopped walnuts
- 1/2c canned coconut milk (blended) or heavy cream (whipped)
- 1/8 tsp. cinnamon

### Directions:

1. Heat a skillet to medium high heat; add coconut oil (or butter).
2. Add the chopped apple, stirring infrequently to allow them to caramelize to a nice brown, about 5 minutes.
3. Divide into two bowls and top with coconut milk (or whipped cream), nuts and dust with cinnamon.

From [www.weightandwellness.com/resources/recipes](http://www.weightandwellness.com/resources/recipes)