

# Light for Life

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Editor: Becki Mudgett, RN

## 2007 Calendars

The 2007 *Light for Life* calendars will be ready the first week in December. You may purchase one by calling Enhance Printing at 970-828-1891. Thank you models for making another fabulous calendar and sharing your success with others. If you are interested in being on 2008 calendar, please let Becki know by calling 482-6456.

## ON-LINE NEWSLETTER

Starting Spring, 2007 the Light for Life Newsletter will be available on line. The website address to access this newsletter is [www.ncsurgical.net](http://www.ncsurgical.net). Please remember that this is a quarterly publication. If you do not have internet access please call our office at 970-482-6456 and we will put you on a list to send out newsletters.

We hope that this will be a convenience to our patients.

## 2007 Light for Life Support Group

The *Light for Life* Support Group meets the last Monday of each month at PVH in Café F from 6:00 – 8:00 p.m. It is facilitated by Becki Mudgett, RN and one of the surgeons. On occasion guest speakers join us. The following is the 2007 Support Group schedule.

**January 29th:** New Year Resolutions

**February 26th:** Open discussion

**March 26th:** Pivotal Wellness; Incorporating exercise into your everyday life

**April 30th:** Dr. Vanek, PhD; Q&A for Psychologist (Will be held in Mortenson Meeting Room)

**May 21st:** Open discussion

**June 25th:** Patient Perspectives

**July 30th:** Nurses from OR, Surgical floor and Preadmit

**August 27th:** Open discussion

**September 24th:** PVH Dietitians

**October 29th:** Open discussion

**November 26th:** Dr. DeMarco, PhD, Handling the Holidays

**December 17th:** Holiday Party

Please join us for a supportive and informative evening.

## WELCOME DR. ROLLER

We are pleased to announce that Dr. Michael Roller has joined Northern Colorado Surgical Associates. Dr. Roller will be joining Drs. Quaid, Dickinson and Pettine in offering bariatric surgery along with other general surgeries. You will be able to meet Dr. Roller at the Light for Life support group where he will be able to answer any questions you may have.

**Paula Harrinton, PhD from San Diego, CA is doing a study on patients who have weight regain and are at least 18 months or more out of surgery. If you are interested in participating in her study, please call her at 760-964-8846 or email her at [wresearch@yahoo.com](mailto:wresearch@yahoo.com). By participating in this study you will receive one chance at a \$500.00 raffle ticket.**

**BARIATRIC CENTER OF THE ROCKIES**

2121 East Harmony Road  
Suite 250 970-482-6456  
Fort Collins, Colorado 80528  
Address service requested

# Living Positively After Bariatric Surgery

*Living Positively After Bariatric Surgery* is a unique and special support group designed to enhance your life and positive behavior changes after WLS surgery. Dr. Vanek is a Health Psychologist who will help you maximize and maintain your weight loss and help prevent any weight relapse. Each month special topics will be focused upon with free time to discuss the needs and interests of the participants. Dr. Vanek is dedicated to helping patients improve their overall health, quality of life, maintaining motivation and living positively. She will facilitate developing healthy habits as well as the prevention or reduction of unhealthy behaviors. Dr. Vanek also has a master's degree in Exercise Science and can help you find and implement a quality and safe physical activity program for your busy daily lives.

Classes will meet from 6:30 – 8:00 pm at Poudre Valley Hospital in the Spring Creek meeting room in the basement level.

Classes are for the RNY/GBP and Lap Band surgical patients as well as their support system partner. Class fee is \$20.00 per patient or \$30.00 for patient and support member

The following is the 2007 schedule for *Living Positively After Bariatric Surgery*.

January 15th: Realistic/Achievable Goals

February 12th: Loving Yourself

March 12th: Yes! Because I Can

April 9th: Increase Your Self Esteem and Self Efficacy

May 14th: I Know I Can. Reality Check

June 11th: Body Image

July 9th: Relationship Changes

August 13th: Role of the Support Person

September 10th: Unforeseen consequences of WLS surgery

October 8th: After the Honeymoon Period...Did WLS Solve All My Problems?

November 12th: Taking Charge of the Holidays

Class pre registration is required with minimum participation of 6. Please call Dr. Betty Vanek at 970-396-9729 to register for class or for any further clarification.