

New Hope News

The Recipe Edition

New Hope Elections Come to a Decision

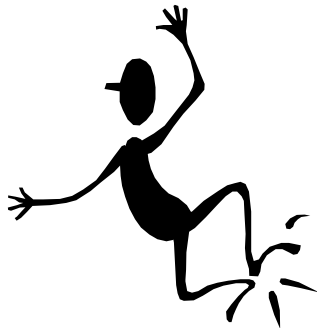
By Denise Robinson

The *New Hope Surgical* support group came to a final decision regarding our 2004 candidate elections.

All ballots were passed out to members on February 16th at our last meeting.

Denise Robinson is now the President, and Nina Dillon is our Vice President.

The combined



position for Secretary and Treasurer came out to be a tie.

There are two

very wonderful ladies to share and uphold this position, and they are going to be Katherine Bezinovich and Nadine Buzek.

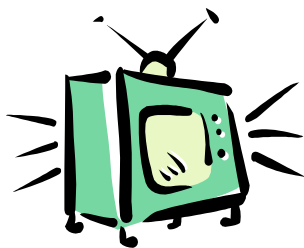
All four ladies will assist in the support group activities.

They will hold these positions for the next two consecutive years.

What a great year to look forward to.

Members and surgeon in a WCIU commercial

If you have recently tuned into WCIU TV station on channel 26, you might have noticed that *New Hope Surgical* was on



your television screen.

A commercial had just recently been created to be viewed on the above local cable and national television station.

Did you spot any of your dazzling support group friends on the commercial? There were three of them in total.

Your favorite surgeon, Dr. Frederick

Tiesenga, also made a special guest appearance.

The advertisement was aired typically during the court t.v. shows in the afternoon.

Did you get the chance to take a quick peak at the commercial and support *New Hope Surgical*?

March 15, 2004

Volume 2, Issue 3

Inside this issue:

Have you seen your nutritionist lately?	2
Recipe for Low-fat Salmon Patties	2
Recipe for Baked Apples	2
Question of the Month	3
Recipe for Beef Teriyaki Sticks	3

Mark your calendars! The "Walk from Obesity" will take place on Saturday, September 18th, 2004. Details will follow.

Have you seen your nutritionist lately?

By Denise Robinson

Before your surgery, everyone must see the nutritionist before the surgery and then follow up about a month afterwards.

However, most of us need to remember—when you start to eat more regular, we could fall back on our old habits and eat the way we used to.

It is a really good idea to see the nutritionist every couple of months to help keep us on the right eating path. If you are not losing or gaining, or even just

want to maintain where we are on our weight loss journey, the nutritionist can offer us the ideas or meal plan to get us going again.

We even need to at least make sure our choices are healthy ones.

There may come a point when you cannot hear Dr. Fred Tiesenga's voice saying no to sugar and no to carbohydrates.



At times like these, call your nutritionist for any helpful suggestions.

A nutritionist you can contact is Merle Shapera.

Her office phone number is (708) 763-2120.

The most important thing to never cease from your memory, is that we should never give up and that there is always someone to help us out.

Low-fat salmon patties and Baked apple Recipes

Provided by Nina Dillon

Low-fat salmon patties

Gather the following ingredients:

**1 can of pink salmon

**2 egg beaters

**1/2 cup of low-fat cracker crumbs

**non-fat cooking spray

For the preparation, flake the salmon with a fork. Whip egg beaters and add to the salmon. Stir in cracker crumbs



and mix well. Form into patties. Spray a non-stick skillet with cooking spray. Place patties into prepared skillet. Brown on each side (turn only one time).

Baked apples

The ingredients will include:

**apples

**cinnamon

**artificial sweetener

**non-sugar black cherry soda

Wash and core apples. Slit and peel 1/3 of the way down. Place apples in oven-proof dish and pour soda over them. Sprinkle with cinnamon and sweetener. Bake at 375 degrees until the apples are tender.

You can substitute diet 7-up for the diet black cherry soda if you'd like.

(Carbonation cooks out).

We're on the web!

www.newhopesurgical.com

Support Group Question of the Month

What should I do when I have extra hanging skin?

Typically some patients who are post-operative find themselves with extra, unwanted skin. This is true proof that all of your hard work has paid off.

However, when this happens you should see a plastic surgeon, have a consultation, and have the skin removed.

Additionally, you can request to have your skin donated to burn victims. In some circumstances, if you donate your skin,

“ you can request to have your skin donated to burn victims.”

the plastic surgeon might do the

surgery free of charge.

Once again, this is really dependant upon the surgeon and which hospital all of your surgery will be performed.

Remember, when you do reach the point when you have met your goal weight, this still means you have to follow up with the surgeon, dietician, and primary doctor on a regular basis.

Recipe for Beef Teryaki Sticks

Gather the following:

- **1 pound beef tenderloin (cut into 3 inch thin strips)
- **4 inch skeres
- **1/2 cup Teriyaki Sauce
- **1/2 bunch scallions (chopped)
- **1 tablespoon garlic powder
- **1 tablespoon sesame oil
- **1 teaspoon crushed red pepper
- **1 cup pearl onion

Place all ingredients into a medium mixing bowl and marinate for 1 hour in refrigerator.

Next skewer meat onto skewes.

In a large skillet on medium high heat add olive oil.

Once olive oil is hot, add skewed meat and sauce for 1 minute on each side.

You can also garnish it with chopped parsley and fresh grated ginger.

Servings: 8 (yield of 4 ounces)

Serving Idea: This is a great dish to add mushrooms and garnish with egg noodles.

Per serving (excluding unknown items):

389 Calories; 30g Fat (68.8% calories from fat); 23g Protein; 7g Carbohydrate; trace Dietary Fiber; 81mg Cholesterol; 1435mg Sodium. Exchanges: 0 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 4 Fat.

Free and Open to the Public

Barbara Thompson is a professional speaker, author of Weight Loss Surgery: Finding the Thin Person Inside You, and motivator. She will be speaking at Resurrection Hospital located at 7435 W. Talcott, Chicago, IL 60631.

This will be sponsored by Dr. Fred Tiesenga Thursday, July 8th, 2004 from 6:30 p.m. to 8:30 p.m.

For more information call Crystal Dunbar (708) 366-5070.

Website <http://wlscenter.com> E-mail Barbara@wlscenter.com Phone (877) 440-1518

Fun Fact of the Day

Did you know bariatric surgery finally has a place in filing your taxes?

The Internal Revenue Service (IRS) recently stated that taxpayers who spend money on reasons related to obesity such as stomach stapling, weight loss drugs, and nutritional counseling are now considered deductible expenses.

They considered obesity to be a disease in 2002. Deduction guidelines are posted in its Publication 502. More information can be provided by contacting the IRS or locating their web site.

