

# OKlahoma WEIGHT LOSS OPtions OWLO QUARTERLY

OWLO.com

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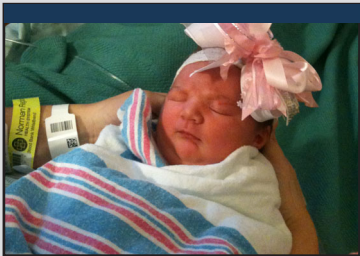


## NEWS FLASH

The new and improved OWLO website is up and running!

Feel free to log on at [www.owlo.com](http://www.owlo.com) to check out the website's newest additions and keep yourself up to date with current happenings at OKlahoma WEIGHT LOSS OPtions.

## CONGRATULATIONS!



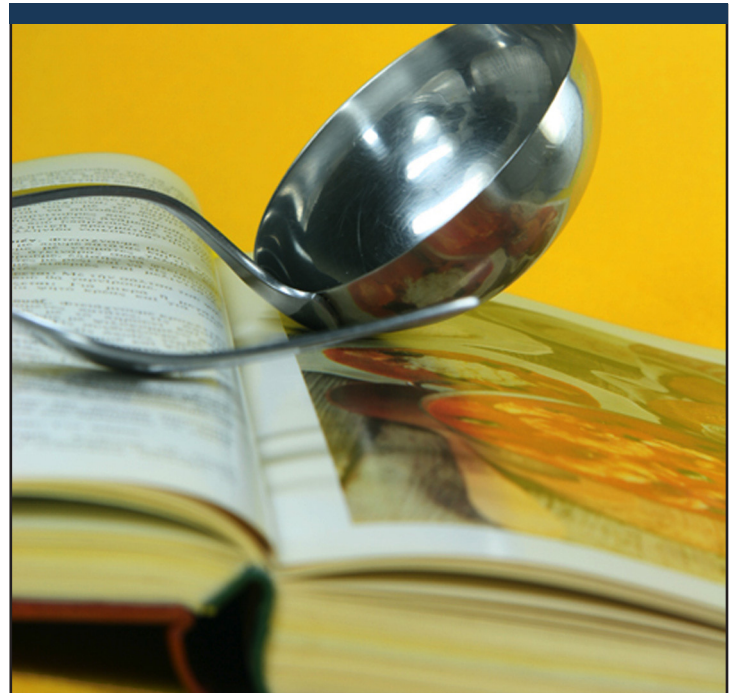
November 11, 2010 our PA Winter Bathe gave birth to a beautiful daughter named Maiya. At birth Maiya weighed 7 pounds 13 ounces and was 18 and 3/4 inches long. Congrats Winter!

## Bariatric Cookbook Coming Soon – Cooks and Bariatric Style Recipes Wanted

The Norman Regional Health System Bariatric Program will be publishing their first bariatric style cookbook. In order to make this cookbook a success we need your bariatric friendly recipes.

You will be given credit for all submissions to the final product. The cookbook will not only provide a set of great recipes but will also highlight success stories of those who have had weight loss surgery through our program.

There is a recipe submission form located at the OWLO office or you can e-mail the dietitian at [colson@owlo.com](mailto:colson@owlo.com) and she can email you the form as well. Recipe submission forms must be complete so that the dietitian can perform a nutrition analysis on your recipe. All varieties of recipes are encouraged whether it is for a main course or a protein shake!



## 2011 “Reflections” Bariatric Fashion Show Models Needed

April 8, 2008 will be our 5th installment of the Reflections Bariatric Fashion show.

We are starting model recruitment now, so if you are interested in sharing your weight loss story we would be honored

to have you participate. Last year 32 models strutted their stuff on the runway but next year we would like to see 50 models show off their success.

The fashion show will also include our second silent auction with proceeds going

to the ASMBS supporting obesity research.

Please help us make the next fashion show even more memorable than last year's. If you are interested in being a model send an e-mail to [colson@owlo.com](mailto:colson@owlo.com) or call our office at (405)360-7100.

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# Employee Spotlight: Cheslea Jackson – Employee Excellence



OWLO Patient Coordinator Cheslea Jackson and her ten year old son, Grayson, and six year old daughter, Mia.

When going through the weight loss surgery process, one of the first smiling faces you will see is Cheslea Jackson. Cheslea has been an employee at OWLO for two years.

Many of you will remember her as a receptionist which is where she began her career at OWLO, however Cheslea has now taken on the role and responsibilities of patient coordinator.

Cheslea performs many duties around the office, beginning with patient coordinator and ending with human resources manager. Dr. Keith and co-workers depend on Cheslea and count on her as their

“go-to” person for big or small matters at the office because she never leaves a task unfinished.

Outside of work Cheslea enjoys spending time with her husband and kids. Cheslea has a six year old daughter, Mia and a ten year old son, Grayson. She is a big OU football fan and an even bigger Texas Rangers baseball fan (so throw up the “Claw” or “Antlers” next time you see her).

Like many of the employees you come in contact with at OWLO, Cheslea possesses various hidden talents and hobbies. She states that she can redo just about any piece of old furniture. In fact, every piece of furniture in her home has been refinished or reupholstered by her. She has sewn all of the curtains in her home.

Cheslea attends college at The University of Oklahoma and is working towards a degree in radiology. She also possesses her realty license, so she is always able to give the best advice if you are looking to purchase or sell a home.

Cheslea lives her life in accordance with a famous quote by Martin Luther: “I have held many things in my hands, and lost them all; but whatever I place in God’s hands, that I still possess.”

## Crock pot Chicken Fajitas Recipe

Nutritional information  
for 1/2 cup serving

**CALORIES**

153

**PROTEIN**

34 grams

**FAT**

2 grams

**CARBOHYDRATES**

6 grams

### INGREDIENTS:

2 lb boneless skinless chicken breasts  
1 Medium Red Onion  
1 Medium Red Bell Pepper  
1 Medium Yellow Bell Pepper  
1 Medium Green Bell Pepper  
1 tsp Chili Powder  
1 tsp Ground Cumin  
1/4 tsp Salt  
1/2 cup Chicken Broth  
4 Tbsp Fresh Lime Juice

### DIRECTIONS:

Cut chicken into 1 inch crosswise slices.

Place chicken in crock pot.

Cut off ends of onion and slice crosswise then add to crock pot.

Cut off ends of bell peppers and remove inside seeds and membranes.

Slice crosswise and add to crock pot.

In a small bowl stir chili powder, ground cumin and salt with the chicken broth. Pour mixture over chicken and vegetables.

Squeeze fresh lime juice over the chicken and vegetables and cook on high for 4 hours or on low for 8 hours.

## Patient Spotlight – Barbara Beardain



Barbara Beardain moderates the NWOKC Bariatric Support group.

Barbara Beardain, moderator of the NWOKC Bariatric Support group had gastric bypass surgery in November of 2006. Since surgery she has lost 125 pounds, going from a size 24-26 to a size 4-6.

Health issues that are now resolved since surgery include: hypertension, high

cholesterol, asthma, osteoarthritis and reflux. All the extra energy she has experienced since surgery is an unexpected health benefit that Barbara views as a bonus.

Barbara's biggest supporters since surgery include her husband and kids. Her hobbies include: cooking,

reading, going to the gym and walking.

Barbara has some great advice for those who are about to start their weight loss journey. She cannot stress the importance of support enough. Attending support groups is a necessity.

She credits Carol Clugston, also a weight loss surgery patient of OWLO, for cheering her on at support group meetings which made the lifestyle changes easier to deal with.

She states you can read everything out there about the surgery but that it is also important to also speak to those who have actually had the surgery.

To Barbara the surgery is definitely a lifestyle change and sharing experiences at support groups makes it easier to cope. Barbara is a firm believer that support group meetings help with successful management of emotional eating.

She admits that even after four years she still makes poor food choices on occasion, but she doesn't beat herself up and starts a new day eating the right way to remain healthy.

Barbara did not have surgery to be slim and attractive but to have a healthier and longer life. However, she does like the slender person that she now sees in the mirror!

## New Flavors mmm...



Recently we have added some new products to our supplement line at the clinic. We now carry Bariatric Fusion meal replacements in tubs and single serving shaker bottles.

The new flavors we carry are: Chocolate Mousse, Mint Chocolate Ice Cream, Cinnamon Bun and Unflavored (great if you get tired of regular meal replacement flavors).

We have also added some new flavors to our snack drinks including Cranberry Fusion and Orange.

Finally, for those that have grown tired of vanilla and chocolate flavored protein bars we now have Cinnamon Pecan Dream protein bars for you to pick up next time you stop by!

OKlahoma WEIGHT LOSS OPTions

# IMPORTANT DATES

## Support Groups

AGB, RNY & VSG

12-2-10

12-16-10

1-6-11

1-20-11

2-3-11

2-17-11

Saturday Group

12-18-10

1-15-11

2-19-11

Ada

12-1-10

1-5-11

2-2-11

NWOKC

12-9-10

1-13-11

2-10-11

Ft. Smith

12-16-10

1-20-11

2-17-11

Madill

12-28-10

1-25-11

2-22-11

McAlester

12-14-10

1-11-11

2-8-11

Enid

12-14-10

1-11-11

2-8-11



## Seminars

Seminars will be held each Thursday at 2:00 and select evenings. Please call the office (405)360-7100 to schedule a seminar or find out additional dates.

RNY and AGB support groups are held the first and third Thursdays of the month at Norman Regional Hospital in the Education Center.

AGB 6:00-6:45

RNY 7:00-7:45

# BARIATRIC WORD SCRAMBLE

R B E R Y R A N C

U S I F N O

R T A O R O N C D I O

R S K E H A

P Y L F R U S O O C O

N N M N C A I O

Bonus word! Use the letters in the marked squares to form another word. Hint! This is a delicious dessert.