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WELLNESS NEWSLETTER | JANUARY 2022
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Greetings to all! Welcome to the SCH Weight + Wellness Program. Some of you have been with this program for quite some time and have seen multiple different providers come and go, and others are very new. This month, Kelly Lopez, whom many of you have been with, is moving on and passing the torch. She will be greatly missed and has been the backbone of the Weight+Wellness Program through the COVID-19 pandemic, which has not been easy. But, we are looking ahead to changes that will make this program more accessible to everyone in our community.

This month's newsletter will highlight some aspects that have already changed and changes that we hope to make in the future. This includes the addition of new services and some additional ways of accessing what we have to offer.

The first addition is this newsletter which will be produced and distributed frequently to all participants of the Weight+Wellness Program who wish to receive a copy. In the newsletter we will share updates to the Weight+Wellness Program and include resources and information regarding weight loss and maintaining a healthy weight. You may also find helpful tips and healthy recipes, and common questions answered. We are here for you so if there is anything that you would like addressed you can let us know and we will include it in one of our newsletters.

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A message from the Provider Team
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Future plans for the Weight+Wellness Program include group visits and classes that occur either in person or via video calls.

While we understand that some issues relating to your health are personal, we also know that research and experience have shown that having the support of someone or multiple people going through a similar situation can facilitate successful weight loss. It also creates a sense of belonging, community, and teamwork. During the group visit participants may also have a brief meeting with the provider to satisfy any requirements for medication refills, if applicable. Otherwise, the meetings will be facilitated by a health coach to walk you through the course material. The group visits will be optional, and not a requirement, and will be conducted after normal business/office hours.



Charlotte Lane, FNP-C



McHaley Hoffman FNP-BC



Mark Rugarber FNP-C



Jodi Cooper, RN



Melissa Kruskamp RN

One of the most-effective things you can do is join a culture where your desired behavior is the normal behavior. New habits seem achievable when you see others doing them every day.

One thing that we do less and less of as we age is ask ourselves *why*. We become less concerned with cause and more concerned with just dealing. Let's be honest, life is cram-packed with scenarios that we are forced to "deal" with many times over, every single day. Understanding *why* is far from our minds. *Why* am I tired? *Why* am I in a hurry? *Why* am I sad? *Why* do healthy foods seem to be so much more expensive than junk foods? We are so involved with getting past these challenges that we don't always strive to understand the challenges. This year I encourage you to try and ask yourself *why* more often. Keep an open mind when the answers start to become clear to you. Only then can we fully tackle these challenges, create lasting joy, and grow.

Join us!

If you are not in the Weight+Wellness Program but have a desire to be, please ask your primary care provider for a referral. We would love to have you!



"Start where you are. Use what you have. Do what you can."

—Arthur Ashe

