

Support Group Minutes – 12/8/20 (VIRTUAL)

Roundtable

- Catch up since last support group
- Discussion around struggles since COVID-19
 - Weight gain
 - Joint issues
 - Illnesses
- Suggestions to help with struggles
 - Set up behavioral care/counseling appointment (call us for referral if needed)
 - Incorporate counseling a part of the program after surgery (informed group that it now is included 6 months after surgery)
 - Can also schedule follow-up's with dietitians as needed
 - Log every single item that you have to eat or drink
 - Keep some form of tracking (whether it is on paper or in an app)
 - My Net Diary app
 - Mealime app
 - Prep meals ahead of time/meal plan
 - Increase water intake
 - Focus on healthy options
 - Zucchini noodles
 - Portabella mushrooms for pizza crust
- Next month's support group is 1/12/21 (Guest speaker: Dr. Jassim)
 - Need to register for every month and they will get a new link sent to them after registering
- Use a grocery delivery service if you are unable to make healthy choices while walking through the aisles