

Your Support Group

We have included a list of support groups that we have heard about through a variety of sources, but cannot always be sure that the information provided is current or accurate.

If you have newer information or corrections, please let us know so that we can update the list for future editions of this binder. Please call (510) 248-3850.

More importantly, if you know of a support group that does not mind having new members, please provide us with the information so we may include it in future editions.

The support group does not have to be sponsored by Kaiser, but it should consist of people who have undergone or will undergo a roux en y gastric bypass, Lap Band or Sleeve Gastrectomy and who meet on a regular basis.

PLEASE MAKE SURE TO CONTACT THE LOCATION YOU ARE PLANNING TO ATTEND AROUND ANY HOLIDAY. DATE'S MAY BE CANCELLED OR RESCHEDULED ON A DIFFERENT DAY.



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Weight Loss Surgery Support Groups

Northern California

Bariatric Surgery Support Group List

LOCATION	TIME AND PLACE	Contact Person/Phone/ E-mail	COMMENTS
Antioch *	1 st Tuesday of Each Month 6:30pm – 8:30pm Conference Room 1A and 1B Kaiser Facility in Antioch Medical Center <u>Sand Creek Building</u> 4501 Sand Creek Rd Antioch, CA 94531	Kim Berry (925) 270-5966 Group e-mail: wlssg-antioch@att.net	All Welcome - No Fee No Registration Needed
Antioch *	3 rd Saturday of Each Month 1:00pm – 3:00pm Conference Room 1, 2 & 3 Kaiser Facility in Antioch Medical Center <u>Deer Valley Building</u> 5601 Deer Valley Rd. Antioch, CA 94531	Kim Berry (925) 270-5966 Group e-mail: wlssg-antioch@att.net	All Welcome - No Fee No Registration Needed
Burlingame	1st Saturday of each month (except Holiday Weekends) 10:30am - 11:30am Mills Peninsula Medical Center Sierra Room, #G600B 1501 Trousdale Dr. Burlingame, CA 94010	Laura Matteucci, RN- Bariatric Coordinator (800) 559-9960 matteuL@sutterhealth.org	All Welcome - No Fee No Registration Needed

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Campbell *	4th Wednesday of each month 6:00pm - 8:00pm Kaiser Facility 220 Hacienda Ave Campbell, CA 95008 Conference Room 1 A/B	KenMcL@aol.com	Ran by patients who have gone through Bariatric Surgery
El Dorado Hills	Last Two Tuesdays of Each Month 6:00pm - 9:00pm 3935 Park Drive El Dorado Hills, CA 95762 Raleys Supermarket (In the event center) (North of Folsom)	Rose (916) 300-7673	All Welcome No Fee No Registration Needed
Fairfield	Second Monday of each month 6:30pm - 8:00pm Rockville Bible Church 720 Link Road Fairfield, CA 94534	(510) 869-8972	All Welcome - No Fee No Registration Needed
Fremont *	2nd & 4th Friday of Each Month 6:00pm - 8:00pm PRE-OPS (6:00pm - 7:00pm) POST-OPS (6:00pm - 8:00pm) Kaiser Facility 39400 Paseo Padre Pkwy Fremont, CA 94538 (Niles Building East Side, 1st floor conference rooms)	(510) 248-3455	All Welcome - No Fee No Registration Needed
Fresno *	2nd Tuesday of each month 5:30pm - 7:00pm Kaiser Facility 7300 North Fresno St Fresno, CA 93720 4th Floor, Cypress Building Conference Room #4	(559) 448-4646	All Welcome - No Fee No Registration Needed

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Gilroy	3rd Monday of Each Month 7:00pm - 9:00pm 9400 No Name Uno Gilroy, CA 95020 Saint Louise Regional Hospital	Sister Rachela (408) 848-8603	All Welcome - No Fee No Registration Needed
Livermore *	3rd Tuesday of Each Month 6:00pm - 7:30pm Kaiser Facility 3000 Las Positas Rd. Livermore, CA 94551 Conference Room: 1, 2 or 3	Linda Valenty (925) 243-2923	All Welcome - No Fee No Registration Needed
Lodi	2nd Saturday of each month 11:00am - 12:30pm Lodi Library 201 West Locust St. Lodi, CA 95240	(510) 869-8972	All Welcome - No Fee No Registration Needed
Modesto*	3rd Wednesday of Each Month 6:00pm - 8:00pm 4601 Dale Road Facility Modesto, CA 95356 (1st Floor Conference Rooms)	Health Education (209) 557-1601	All Welcome - No Fee No Registration Needed
Modesto	2nd & 4th Tuesday of Each Month 6:00pm - 8:00pm Bethel Church (North Entrance) 2361 Scenic Dr. Modesto, CA 95355	Denise Rhinehart (209) 614-4552 raedeniser@yahoo.com	All Welcome - No Fee No Registration Needed

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Modesto	2nd Wednesday of each Month 6:00pm - 7:30pm Health Education and Conference Center McHenry Village 1700 McHenry Ave Modesto, CA 95350	Jennifer Downs-Colby (209)-572-7262	All Welcome - No Fee No Registration Needed
Mountain View	2nd Thursday of each month 5:45pm - 7:30pm El Camino Hospital 2500 Grant Rd Mountain View, 94040 Conference Room: E & F	Karen Thomas (650) 988-7563 www.elcaminohospital.org	All Welcome - No Fee No Registration Needed
Napa *	(Holidays please call to verify date) 3rd Monday of Each Month 6:00pm - 7:30pm 2nd Floor of NEW Kaiser Building 3285 Claremont Way Napa, CA 94558 Conference Room A	Ron (707)-280-9940 OR oldbbser@gmail.com	All Welcome - No Fee No Registration Needed
Oakland	2nd Thursday of each month 6:00pm - 7:30pm Elm Room-Merritt Pavilion, Summit Campus 350 Hawthorne Ave Oakland, CA 94609 (Room located next to the Emergency Room)	(510) 869-8972	All Welcome - No Fee No Registration Needed
Palo Alto	2nd Wednesday of Each Month 6:00pm - 8:00pm Stanford Hospital & Clinics Blake Wilbur Building 900 Blake Wilbur Dr Palo Alto, CA 94304	Dana Schroeder (408) 307-2890 (408) 399-9291 OR www.bariatricu.com dana@schroeder.net	All Welcome - No Fee No Registration Needed

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Richmond *	1st and 3rd Wednesday's of Each Month 6:00pm - 7:30pm Kaiser Permanente Richmond Medical Center 901 Nevin Ave Richmond, CA 94801 Building 2, Third Floor Room: 317- 1, 2 and 3	Elizabeth McLaren *Must call for exact Date (510) 307-2915	All Welcome - No Fee No Registration Needed
Sacramento *	Every Monday of the Month 7:00pm - 9:00pm Kaiser Facility Wyndham Building 7300 Wyndham Dr Sacramento, CA 95823 2nd Floor Conference Rooms 3 & 4	Steve Cecil (916) 396-1637 Juli Wisor (916) 296-4775	All Welcome - No Fee No Registration Needed
San Jose/ Good Samaritan Hospital	2nd Tuesday of Each Month and 4th Thursday of Each Month 7:00pm - 9:00pm 2425 Samaritan Dr. San Jose, CA 95124 Conference Trailers in the East Parking Lot	Dana Schroeder (408) 307-2890 (408) 399-9291 OR www.bariatricu.com dana@schroeder.net	All Welcome - No Fee No Registration Needed
San Leandro	3rd Saturday of Each Month Pre-op & Newbie's Group: 1:15pm - 1:45pm General Session for Everyone: 2:00 - 3:30pm San Leandro Hospital 13855 East 14th St San Leandro, CA 94578 Eduactional Center in back of the hospital Building	Kimberlee Macvicar (510) 299-0450 OR info@eastbaybariatric.org www.eastbaybariatric.org	All Welcome - No Fee No Registration Needed
Santa Clara	1st Monday of Each Month 6:00pm - 7:30pm Santa Clara Central Park Library 2635 Homestead Rd Santa Clara, CA 95051	wendyr3@aol.com	All Welcome - No Fee No Registration Needed

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<p>Santa Rosa *</p>	<p>3rd Thursday of Each Month 6:30pm - 8:00pm Kaiser Permanente Santa Rosa Medical Facility 401 Bicenntial Way Santa Rosa, CA 95403 Conference Room Varies: E5</p>	<p>Jeri (707) 571-3290 www.kaisersantarosa.org *classes/weight management *weight loss surgery support group</p>	<p>Members Only - No Fee No Registration Needed</p>
<p>Santa Teresa/ San Jose *</p>	<p>3rd Wednesday of Each Month 6:15pm - 7:45pm Santa Teresa Kaiser Medical Office Building 275 Hospital Parkway San Jose, CA 95119 Conference Room #3</p>	<p>Health Education (408) 972-3340 wendyr3@aol.com</p>	<p>All Wecome - No Fee No Registration Needed</p>
<p>Saratoga</p>	<p>1st and 3rd Wednesday's of Each Month 7:00pm - 9:00pm Saratoga Community Center 19655 Allendale Ave. Saratoga, CA 95070</p>	<p>Dana Schroeder (408) 307-2890 (408) 399-9291 OR www.bariatricu.com dana@schroeder.net</p>	<p>\$5.00 per person Please Register</p>
<p>South San Francisco *</p>	<p>Every Thursday of Each Month 6:00pm - 7:30pm Kaiser Permanente South San Francisco Medical Center 1200 El Camino Real South San Francisco, CA 94080 2nd Floor Conference Rooms</p>	<p>Health Education (650) 742-2439</p>	<p>All Welcome - No Fee No Registration Needed</p>
<p>Stockton *</p>	<p>PRE-OP: 2ND Thursday of Each Month and POST-OP: 4TH Thursday of Each Month 6:00pm - 8:00pm Kaiser Facility 7373 West Lane Stockton, CA 95210 Near Health Education</p>	<p>Erlinda Camins, RD (209) 839-6136 Daryl Lewis (209) 327-6688</p>	<p>All Welcome - No Fee No Registration Needed</p>

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Walnut Creek	Every 1st Tuesday of Each Month 6:00pm – 7:30pm (Held in the basement of John Muir in Walnut Creek, Located in Sterns Conference Room) 1601 Ygnacio Valley Rd Walnut Creek, CA 94598 FYI: This Support Group just uses their facility, it is not affiliated with John Muir Medical Offices	Join Facebook Blog for any updates at Bari-Buddies Walnut Creek Group	All Welcome – No Fee No Registration Needed
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The following is a gathering of on-line sites that a patient who has undergone gastric bypass surgery found helpful. You can also find helpful information at the following Kaiser sites:

www.kp.org/maintainweight

<http://healthgroups.yahoo.com/group/gastric-bypass-support-kaiser-patients/>

There are many resources on the internet.

Some are run by organizations and others run by individuals who have had weight loss surgery.

One of my favorite sites is maintained by a person who has been very positive about her weight loss surgery. The resources below can be found on her site at:

<http://www.smallboxes.com/gblinks.htm>

Useful tools

- [Yahoo Groups](#) - You will need to sign up with a Yahoo name and password, but it is free. By the way, "OSSG" stands for "Obesity Surgery Support Group" and "WLS" is "Weight Loss Surgery." Here are the groups I find most useful:
 - [TheOtherSideWLSsurgery](#) - Small, friendly, very supportive. I think most of the members are in Northern California, but not all. Open to all.
 - [gastric-bypass-support-kaiser-patients](#) - Small, friendly. Nominally Kaiser patients, apparently mostly San Francisco bay area. Fair amount of discussion about local support groups, local medical care providers who are supportive of the surgery, etc.
 - [GastricBypass-InfoCentral](#) - A big, very active, supportive group. Lots of really knowledgeable people.
 - [OSSG-Protein](#) - Big group, specifically protein issues, especially protein supplements. Also info about other nutritional supplementation in relation to weight loss surgery.
 - [Graduate-OSSG](#) - Big, very supportive. This one I can only lurk and learn, which I do religiously. Posting is limited to those who have had the surgery at least a year ago. This is because there are lots of other groups for newbies, but this group wants to address the concerns of long-term post-surgical folks. I read because I want to know what to expect in the future, what I can do to stave off problems, and what has worked for people who've been there. Some of the posties are ten years out, and I learn a lot from them.
 - [OSSG Back On Track](#) - Another one, new and fairly small, that I can only lurk in. Posting is limited to those who had surgery at least a year ago. It's primarily for those who have had problems with weight gain, and how they are getting themselves back on track.
 - [DietOrganizer](#) - Really useful software, with nutrition, diet, weight logging. The best I've found, after testing about ten different programs.
 - [VitalAdv](#) - Wonderful source of protein products, nutritional supplements, sugar-free syrups, and all sorts of things for those of us who have had the surgery. Although she is a vendor, I have found a LOT of useful information on her site. She had the surgery in October of 1994, and her husband (vitagy) had it a year later. She works very hard at finding out

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what those with weight loss surgery can use. This means that she knows which forms of iron, calcium, and other minerals we can absorb, and which should not be taken together. She is a frequent poster on many of the Yahoo groups. I have written her personally with questions, and she has graciously answered. Her prices are pretty good, although not the cheapest. There are reviews of the things like the tastes of the protein drinks, and she isn't afraid to say negative things about the taste, even if she does sell them. My favorite description is "Dirty socks a la tang!" Yes, I am a vitafan!

General info about Morbid Obesity and the surgery

- [Pacific Bariatric Surgical Medical Group](#) - In San Diego. I've talked to a couple of people who have had the surgery there, and they are full of praise for Pacific Bariatric.
- [Alvarado Center for Surgical Weight Control home page](#) - Good info.
- [To see an actual surgery at the University Hospital in Newark, New Jersey](#) - The first time I tried watching this, the connection was so bad I gave up, but then I was able to see with no problems at a later date. It shows in several steps. This page also provides lots of other links in the same site to more info about the surgery.
- [Beyond Change. Information regarding Obesity and Obesity Surgery](#) - Another site with lots of info.
- [Different types of obesity surgery](#) - The type I had is the Roux-En-Y, which is in the "Restrictive Procedures with Some Malabsorption" category
- [Obesity \(Gastric bypass\) Surgery Information Center \(Weight Loss Surgery\)](#)
- Outcomes
- General, good and bad
- [Weight Loss Surgery Information Center](#) - Scroll down to the section labeled "Gastric bypass (RNY)", since that is the type I had.
- Good outcomes
- Victoria (whom I want to thank for her helpful site)
- [Some of her pictures](#)
- [Her Weight Loss Journal](#)
- [Sue](#) - (another excellent one)
- [Christie](#) - Wonderfully detailed journal, showing the ups and downs, including lots of good advice.
- Bad outcomes (see, I really did look for negatives also)
- [Patsi](#) - She had some serious problems with adhesions and persistent, severe abdominal pain. Her site is wonderfully balanced and helpful.

The following sites were added to this list 3/17/06:

- www.obesityhelp.com/morbidobesity
- www.obesityhelpevents.com/eventschedule.html

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