

SAVE-THE-DATE for these upcoming Wellness Foundation Events . . .

Vegan Potluck Dinners

Monday, September 10th, 2012 at 6:30 p.m.

Monday, October 1st, 2012 at 6:30 p.m.

Monday, November 5th, 2012 at 6:30 p.m.

Location: East Hampton Middle School Cafeteria.
Bring a vegan-friendly dish to share, a copy of your recipe,
and your own utensils and plates. Free event.



Free screenings of the documentary film: "Younger Next Year: The New Science of Aging"

featuring New York Times best-selling author and Wellness Foundation Advisory Council Member, Henry S. Lodge, MD FACP

Wednesday, September 5th 2012 • 10:30 a.m.

John Jermain Library in Sag Harbor (temporarily located at 34 West Water St.). Wellness Challenge registration after film.

Thursday, September 6th 2012 • 7 p.m.

YMCA East Hampton RECenter, 2 Gingerbread Lane. Wellness Challenge registration after film.

Thursday, September 13, 2012 • 7 p.m.

Fall Seminar with Wellness Foundation's Advisory Council Member Dr. Pam Popper and special guest Chef Del Sroufe, author of *The Forks Over Knives Cookbook*

See newsletter cover for details.

Beginning the week of October 1st, 2012 **Fall Wellness Challenge** See inside for information.

Chef Del Sroufe's Barley and Sweet Potato Pilaf from *Forks Over Knives: The Cookbook*



Barley is not the usual in pilafs, but it works well when you want a change from rice. Tarragon has a flavor similar to fennel but milder. Serve this on a bed of spinach for a filling meal. Serves 4.

- 1 medium onion, peeled and chopped
- 2 cloves garlic, peeled and minced
- 3½ cups low-sodium vegetable broth
- 1½ cups pearled barley
- 1 large sweet potato (about ¾ pound), peeled and diced small
- ¼ cup tarragon, minced
- Zest and juice of 1 lemon
- Salt and freshly ground black pepper to taste

Place the onion in a large saucepan and sauté over medium heat for 6 minutes. Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan. Add the garlic and cook 3 minutes more. Add the vegetable stock and barley and bring the pot to a boil over high heat. Reduce the heat to medium and cook, covered, for 30 minutes. Add the sweet potato and cook for 15 minutes longer, or until the potatoes and barley are tender. Stir in the tarragon and lemon zest and juice, and season with salt and pepper.

Recipe from *Forks Over Knives—The Cookbook: Over 300 Recipes for Plant Based Eating All Through the Year*, copyright © Del Sroufe, 2012. Reprinted by permission of the publisher, *The Experiment*. Available wherever books are sold.

Stay up-to-date on all of our upcoming events and programs!
Join our e-mail list (e-mail: info@wfeh.org) and visit us online at www.wfeh.org
and find us on Facebook and Twitter for all the latest news!



Wellness Foundation

Empowering People

WELLNESS FOUNDATION OF EAST HAMPTON NEWSLETTER • FALL 2012 • NUMBER 5

ANNUAL FALL SEMINAR to feature Dr. Pam Popper Thursday, September 13th, 2012 • East Hampton Middle School

Optimum Wellness:

Learn how to empower yourself to live your best life by integrating optimal nutrition, fitness, and new approaches to reducing stress.

Presented by Dr. Pam Popper with special guest Chef Del Sroufe, author of *The Forks Over Knives Cookbook*.



Pam Popper, Ph.D., N.D.

"Thanks to Wellness Foundation, an entire generation of children in the Hamptons is learning that good health is dependent on the foods we eat."

Wellness Foundation's Advisory Council member Pam Popper, Ph.D., N.D., is the featured speaker at our annual Fall Seminar slated for Thurs., September 13th. Dr. Popper will present an informative program about achieving optimal wellness through the integration of optimal nutrition as fitness, as well as new strategies for reducing stress.

Dr. Popper's special guest Chef Del Sroufe will share how he lost over 200 pounds following Dr. Popper's wellness strategies! After the speaking portion, Chef Del will sign copies of his new best-selling book *Forks Over Knives: The Cookbook*. There will also be a tasting of some of Chef Del's delicious culinary creations!



Please register in advance by September 7th at: (631) 329-2590 or info@wfeh.org

INSIDE:

- A letter from our Founder and President, Douglas D. Mercer
- Fall Wellness Challenge registration information
- Wellness Challenge success stories
- Photos from our 1st Annual Summer Benefit
- Grant awarded by the East Hampton Healthcare Foundation
- An exclusive recipe from *Forks Over Knives: The Cookbook*
- Upcoming Vegan Potluck Dinner Dates... and more!



Dr. Popper was featured in the documentary film *Forks Over Knives*, alongside Wellness Foundation's Advisory Council Members T. Colin Campbell, Ph.D., and Caldwell B. Esselstyn, Jr., M.D. The film examines the claim that most, if not all, degenerative diseases can be controlled – or even reversed – by eliminating our current menu of animal-based and processed foods and exchanging it with a plant-based diet, rich in whole foods.

WELLNESS IS A JOURNEY ... LET US BE YOUR GUIDE • WWW.WFEH.ORG

A Letter from Wellness Foundation President: Douglas D. Mercer

Dear Supporters of Wellness Foundation's 1st Annual Summer Benefit,

My memory of the Benefit will always be of the "Perfect Event", as if it was willed by mother-nature to effortlessly follow her staging of the perfect summer evening. And so it was!

After seven years of quietly developing and implementing wellness programs for children and adults, we were having our debut. As a new charitable cause I wondered what the result would be. The reality is now history. Because of the tremendous outpouring of support by Sponsors, Benefit Committee Members and Ticket Purchasers, the Benefit was an outstanding success.

Sponsors were extremely generous. Benefit Committee Members worked quietly and effectively. Ticket Purchasers responded with such enthusiasm that sales soared past the goal of 250 past 400, when we regretfully had to declare sold out. Most significant to me at the event was the demeanor of the attendees. There was an energy and liveliness that prevailed as they connected. There was respectful interest in the speakers. Their unstated message seemed to be a strong validation of wellness.

I extend my heartfelt thanks to all of you in our very special community that had a part in making our Benefit so successful!

Gratefully, Douglas D. Mercer, Wellness Foundation President and Founder



Wellness Challenge Spotlight: It's never too early or too late to begin your wellness journey!



I'm heading to college soon and need to take care of myself now, so I took the chance to experiment with a new diet, to see what it was like to be a vegan.

The Wellness Foundation opened my eyes to new cooking skills, vegetables, and the overall ability to recognize what you should really be eating for your body.

Not only is the group there to inform you of the benefits, but they motivate you to change your life for the better. My cholesterol lowered. My sleeping improved and became a priority. I am preparing myself far more in advance for college than other students. I believe that everyone should challenge themselves and do it!

- Mariah Dempsey, 18

When my cholesterol levels came back high last fall, my doctor wanted me to start a statin drug. Instead, I joined the Wellness Challenge with the hopes of lowering my cholesterol naturally. After just four weeks eating plant strong, my cholesterol dropped 79 points!

I found the program delightful with lots of support and encouragement and I am still learning. I intend to stay on this wonderful program for the rest of my life.

- Marie Kuhl, 91

FALL WELLNESS CHALLENGE Kicks Off October 1, 2012!

Register for our Fall Wellness Challenge, an easy and effective 6-week program designed to help you lose weight, lower cholesterol and reduce prescription drug usage . . . all while increasing your level of exercise, and eating heart healthy, quick, delicious, nutritious foods!

LOCATIONS:

Mondays: Southampton Hospital, 7-8:30 pm
Beginning October 1st

Tuesday: EH Day Care Learning Center, 7-8:30 pm
Beginning October 2nd

Wednesday: Bridgehampton Library, 10:30 am-12 pm
Beginning October 3rd

Thursday: Sag Harbor Pierson School 7-8:30 pm
Beginning October 4th

Registration will open the first week in September. To register, call Wellness Foundation at (631) 329-2590 or download registration materials on our website: www.wfeh.org.



WELLNESS FOUNDATION

Wellness Foundation's mission is to empower children and adults in our community to maximize their wellness potential through the integration of optimal nutrition, physical fitness and stress management.

STAFF

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Martha O'Neill, Development Director
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Wellness Foundation is a 501(c)(3) non-profit corporation.

Wellness Foundation's 1st Annual Summer Benefit • Saturday, June 30, 2012

Our 1st Annual Summer Benefit on June 30th was a smashing success with a sold-out crowd!

The Foundation's Advisory Council members, T. Colin Campbell, Ph.D., Antonia Demas, Ph.D., Caldwell B. Esselstyn, Jr., M.D., and Pam Popper, Ph.D., N.D. were the evening's special Honorees and our special guest was wellness guru and best-selling author, Kathy Freston.



The outdoor event was held at Pat and Doug Mercer's East Hampton village residence under a beautiful Sperry tent, overlooking scenic Hook Pond.

Guests enjoyed delicious vegan hors d'oeuvres catered by Art of Eating, and music by Jane Hastay, Peter Martin Weiss & John Cataletto.

"Wellness Foundation is the most spectacular, effective, and most promising wellness program that I know in the country." – Dr. T. Colin Campbell



Doug Mercer chats with Benefit guests Susan & Allan Patricof

We extend special thanks to our Benefit Committee Members and Event Sponsors, without whose generous support our Summer Benefit would not have been possible.

Our special Wellness Foundation gift bags were a popular parting gift, chock-full of goodies including gift certificates, books, DVDs, magazines, samples and more!

Special thanks to our wonderful Gift Bag Donors:

Edible East End magazine, Erika Bloom Pilates, The Golden Pear Cafe, Hamptons magazine, Naturopathic Holistic Health Spa, Natural Awakenings magazine, Positive Promotions, Provisions, Reboot Your Life, Virgil Films, and Weinstein Books.



Dr. T. Colin Campbell, Douglas Mercer, Dr. Antonia Demas, Dr. Pam Popper



Barbara Kinnier & Dr. Caldwell Esselstyn



Joe Cross, Larry Carlson & Jennifer Taylor



Kathy Freston & Katie Lee



Peggy Kraus & Ginny Reale



Vivienne Evans, Dr. David Lado & Faith Evans



Mayor & Mrs. Paul Rickenbach

Photos: Ellen Watson

Wellness Foundation Wins Healthcare Creativity Grant from East Hampton Healthcare Foundation

Wellness Foundation is thrilled to announce that we have been chosen as a 2012 Grant recipient by *The East Hampton Healthcare Foundation!* We received a grant for \$8,000 to underwrite our *Happy Healthy Families* program for the 2012-2013 school year. The *Happy Healthy Families* program is a hands-on, four-session intergenerational evening workshop series offering educational and interactive cooking demonstrations to children and their families, helping them work together to create budget-friendly and healthy meals. The *Happy Healthy Families* program will be offered to all students and their families in our local schools participating in our *Healthy Food for Life* program.

The East Hampton Healthcare Foundation "Healthcare Creativity" grant initiative was launched to fund creative new ideas from East Hampton Town residents and non-profit organizations that work towards promoting and improving healthcare, preventative health services, and educational programs in the community.