



Wellness Foundation

Empowering People

WELLNESS FOUNDATION OF EAST HAMPTON NEWSLETTER • SPRING/SUMMER 2012 • NUMBER 5

**SAVE-THE-DATE FOR THESE UPCOMING WELLNESS FOUNDATION EVENTS**

**Vegan Potluck Dinners**

Monday, June 4th, 2012 at 6:30 p.m.  
 Monday, July 23rd, 2012 at 6:30 p.m.\*  
 Monday, Sept. 10th, 2012 at 6:30 p.m.

\*All of our Potluck Dinners are held at the East Hampton Middle School Cafeteria, with the exception of our July 23rd Beach Party Potluck, see details at right!

Please bring a vegan-friendly dish to share, a copy of your recipe, and your own utensils and plates. We will provide water. Free event.



**WE'RE THRILLED TO HOST OUR 1ST ANNUAL SUMMER BENEFIT** on June 30th in East Hampton! Join us for this special evening as we honor *Wellness Foundation* 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. – and welcome as our special guest – wellness expert and *New York Times* best-selling author, Kathy Freston! This is the “Don’t Miss” event of the summer for wellness-minded individuals on the East End! *Read more about the Benefit inside. Tickets are now on sale on our website, wfeh.org*



**HEALTHY FOOD FOR LIFE,**

our in-school, interactive nutrition program, had an exciting year of growth! Last fall we expanded our highly acclaimed program to the third grade at *John M. Marshall Elementary School* in East Hampton. The warm reception we received far exceeded

our expectations! At the request of faculty, parents, and students, we expanded our program this spring to the fourth and fifth grades at JMMES. The teachers were so inspired by *Healthy Food for Life*, they requested a *Wellness Challenge* group and over a dozen teachers graduated from the program in March.

We also sponsored a very successful pilot program, *Happy Healthy Families*, for JMMES parents and children. Families learned how to incorporate more whole foods into their daily meals in this fun, hands-on, three-part series. A variety of healthy meals were prepared in each class and everyone loved the food. Children, parents – and even grandparents – packed the classroom every week!

During *National Nutrition Month* in March, we offered special nutrition programming to over 1,000 children in our local schools. Beginning this spring, we'll expand *Healthy Food for Life* to the third, fourth and fifth grades at the Springs, Amagansett and Montauk Schools. What an amazing year! By the end of the school year, we'll have empowered over 1,000 new “Food Detectives” and “Healthy Kitchen Magicians!” We can't wait to expand to Sag Harbor in the fall of 2012. Through our *Healthy Food for Life* program, *Wellness Foundation* is truly empowering a “Generation of Change!”

**LOOK FOR THE W**

for Healthy Dining Options on the South Fork

Wellness Foundation has collaborated with a select group of east end food shops and restaurants to create “Wellness Challenge Approved” menu items and offerings.

When you're out and about and looking for a healthy meal, check out some of these local establishments and ask about their “W” selections!



- AMAGANSETT**  
Mary's Marvelous  
Stuart's Seafood Market
- BRIDGEHAMPTON**  
Golden Pear  
Almond
- EAST HAMPTON**  
Babette's  
East Hampton  
Gourmet  
Fierro's Pizza  
Golden Pear  
Hampton Seafood Market  
Juicy Naam  
Mary's Marvelous  
Mill House Inn  
Pepperoni's  
Rowdy Hall
- HAMPTON BAYS**  
Inn Spot on the Bay
- MONTAUK**  
Gurney's Inn
- SAG HARBOR**  
Dockside  
Golden Pear  
Juicy Naam  
LT Burger  
Muse in the Harbor  
Page at 63 Main  
Provisions  
Sen
- SOUTHAMPTON**  
Golden Pear  
Schmidt's Market
- WAINSCOTT**  
Breadzilla



**Free Screening of “Forks Over Knives”**

Tuesday, May 22nd, 2012 • 7 -9 p.m.

John Jermain Library, Sag Harbor  
 temporarily located at 34 West Water St., next to the Pilates studio

This 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. The film's major story line traces the personal journeys of *Wellness Foundation* Advisory Council members T. Colin Campbell, Ph.D., and Caldwell B. Esselstyn, Jr., M.D., and also features Advisory Council members Neal Barnard, M.D., Pam Popper, Ph.D., N.D., and Rip Esselstyn. We are honored to include these nutritional pioneers on our Advisory Council and continue to encourage all to view this important – and potentially life-changing – film!

**Wellness Foundation's Fall Seminar with Dr. Pam Popper  
 Thursday, September 13, 2012**

Advisory Council member Pam Popper, Ph.D., N.D., will give an informative and fun lecture on achieving a balanced lifestyle through plant-based nutrition, exercise, and stress management. Check [www.wfeh.org](http://www.wfeh.org) for full details and registration information.



Stay up-to-date on all of our upcoming events and programs!

Join our e-mail list (e-mail: [info@wfeh.org](mailto:info@wfeh.org)) and visit us online at [www.wfeh.org](http://www.wfeh.org) and find us on Facebook and Twitter for all the latest news!

## CONGRATULATIONS NEW WELLNESS CHALLENGE GRADUATES!



**OUR WINTER 2012 WELLNESS CHALLENGE GRADUATES** collectively lost more than 800 pounds and dropped 164 inches off their waists. Their average cholesterol levels dropped 33 points, and energy levels reportedly shot up 50%! Now slimmer, healthier, and more energetic, these "Ambassadors of Wellness" are living proof of the wonders of a whole, natural plant food diet and regular exercise.

Our thanks go to *Provisions Natural Foods Market & Organic Café* in Sag Harbor, for donating the food for demonstrations and tastings, for both the Winter and Spring 2012 Challenge groups.

We were overwhelmed with eager participants for our *Spring 2012 Wellness Challenge* and quickly filled all available spots. For those who missed the Spring deadline, our *Fall 2012 Wellness Challenge* begins the first week of October. Watch our website for full details and downloadable registration documents, available in early September. Until then, get a jump-start at our monthly vegan potluck dinners and dive into our list of recommended books and videos (see [www.wfeh.org](http://www.wfeh.org)) focusing on whole, natural plant foods and regular exercise.

## WELLNESS CHALLENGE SPOTLIGHT



**PETER AMBROSE** is a busy chef, but his wife Clare persuaded him to join her in the *Winter Wellness Challenge* with the hope that the program could help him get back on track to a healthy lifestyle. She knew that carrying

around extra weight was not good for Peter. Encouraged by their family physician to participate, the two hired a baby sitter to mind their young children so they could sneak out to the weekly *Challenge* meetings.

In the six weeks the couple was making changes to their kitchen, their diets, and their exercise plans, Peter was preparing to open *The Hampton Seafood Company*, an East Hampton retail market for fresh-caught fish and delicacies of every kind. Already the chef/owner of the successful catering business, *Peter Ambrose Events*, Peter made time in his hectic schedule to take part in the *Challenge*.

Today, Peter's new market is thriving. His store boasts an entire counter case of *Wellness Challenge* approved delights and he is planning to stock a variety of healthful grocery items to increase the availability of nutritious food.

As for Clare, her wish has come true. Not only has she shed both pounds and cholesterol points, but Peter is back on track. Having lost 38 pounds by the close of the *Challenge*, Peter is not finished yet. His goal is to be down to 240 by the end of September. If the past is any sign of his determination to reach his goal, Peter will get there!



**ANNEMARIE BROWN** is a physical education teacher at *John M. Marshall Elementary School* in East Hampton. She joined our *Winter Wellness Challenge* for JMMES teachers, to lower her risk of heart disease

and diabetes, both of which run in her family.

Annemarie's goal at the beginning of the *Wellness Challenge* was to lose ten pounds and lower her cholesterol. She wanted to inspire her family to take control of their health destinies by following a plant-based diet. Annemarie is not only a teacher, she is a wife and mother to a beautiful little girl. Here's what Annemarie had to say about her *Wellness Challenge* experience:

*"I have really enjoyed the Wellness Challenge. I enjoy eating healthier, having more energy and being happier about myself. I started the Challenge wanting to lose ten pounds. I lost 26 pounds in six weeks! I wanted to lower my cholesterol and I lowered it 100 points. It is now 117 and I am heart attack proof!"*

*At the beginning of the Challenge I had painful plantar fasciitis and was not able to run or even walk without pain. Now I can run two miles a day and I don't have any aches, inflammation or headaches! I love eating this way. I have influenced my husband and daughter to eat healthier and I have inspired my parents as well. I plan to continue this lifestyle to have a long and healthy life."*

### WELLNESS FOUNDATION

*Wellness Foundation empowers people of the Town of East Hampton, from Sag Harbor to Montauk, on their journey to increased health and happiness.*

*We believe that nutritional excellence, regular physical exercise and stress management are the components of a successful personal wellness journey.*

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*Wellness Foundation is a 501(c)(3) non-profit corporation.*

## WELLNESS FOUNDATION HONORS ADVISORY COUNCIL AT FIRST ANNUAL

# Summer Benefit



T. Colin Campbell, Ph.D. • Antonia Demas, Ph.D.  
Caldwell B. Esselstyn, Jr., M.D. • Pam Popper, Ph.D., N.D.

**SATURDAY  
JUNE 30, 2012  
6-8 PM**

**WELLNESS FOUNDATION** is pleased to invite the community to our 1st Annual Summer Benefit! We've been busy the past several months, planning a very special evening to honor our esteemed Advisory Council and celebrate their significant and wide-ranging contributions in the fields of optimal nutrition and wellness.

Our Advisory Council features many of the nation's leading nutritional authorities, health advocates, researchers, educators and proponents of plant-based eating (see a list of *Wellness Foundation's* Advisory Council members at left, and read more about each member on our website, [www.wfeh.org](http://www.wfeh.org)).

Advisory Council members T. Colin Campbell, Ph.D., Antonia Demas, Ph.D., Caldwell B. Esselstyn, Jr., M.D., Pam Popper, and Ph.D., N.D. will be joining us at the Benefit and we're thrilled to welcome wellness expert Kathy Freston as the evening's special guest!

Guests will receive special *Wellness Foundation* gift bags, chock-full of goodies, including books, DVDs, magazines, gift certificates and more!

The outdoor tented reception will be held at Pat and Doug Mercer's East Hampton village residence, overlooking Hook Pond. *Valet parking will be available.*

**Tickets are available online at our website: [www.wfeh.org](http://www.wfeh.org), or by phone at (631) 329-2590.**

*Event proceeds will benefit the non-profit Wellness Foundation, providing programs, services, and support that empower the community by promoting a lifestyle of optimal nutrition, fitness and health.*



### ABOUT OUR SPECIAL GUEST: KATHY FRESTON

*Kathy Freston is a renowned wellness expert and author of the New York Times best-selling books *Veganist*, and *Quantum Wellness*. Her TV appearances include the *Oprah*, *Ellen*, and *Dr. Oz* shows. Kathy's new book, *The Lean*, just came out this spring and immediately hit the best-seller lists! We're thrilled to welcome Kathy at our Summer Benefit and are grateful for her support of *Wellness Foundation*.*

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