

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

Vegan Potluck Dinners

Bring a vegan-friendly dish to share, a copy of your recipe, and your own utensils and plates. Free community event, open to all—bring a friend! (Held at the East Hampton Middle School cafeteria, unless otherwise announced.)

- **Monday, January 6th at 6:30 p.m.** *Special Guest: Kathy Malfitani, RN, from Southampton Hospital.* Kathy will do a short presentation about stress management and how to create boundaries that can help restore our sense of health and well-being. At the conclusion of the presentation, Kathy will lead us in a mindful meditation.
- **Monday, February 3rd at 6:30 p.m.**
- **Monday, March 3rd at 6:30 p.m.**

Fitness Class at Hamptons Dance Authority

Saturday, January 4th, 10:30 a.m. - 12:30 p.m., at HDA, 425 County Rd. 25A, Southampton

Let the folks at the Hamptons Dance Authority take you on a journey through movement. Experience a sampling of dance, fitness and yoga classes. Free. RSVP to 631-283-1488 or info@hamptonsdance.com (A special discount on future classes is available for Wellness Zone members.)

Happy Healthy Families Evening Workshop Series

Tuesdays, January 7th - January 28th, 7 p.m., at East Hampton High School

Free workshop series for children and parents, empowering families to take control of their health destinies. Advance registration is required—contact jennifer@wfeh.org or call (631) 329-2590. Please see the events page of our website (www.wfeh.org) for complete schedule and class descriptions.

Wellness Challenge Refresher Class for program graduates

Saturday, January 11th, 10 a.m. - 12 noon, at the Hampton Library in Bridgehampton

Get back on track with your wellness journey at this special refresher class led by Peggy Kraus. Free for Wellness Zone Members; \$25 for non-members. Call the office at (631) 329-2590 to register.

Winter Wellness Challenge Begins the week of January 20th, 2014

Registration opens January 2, 2014. See www.wfeh.org and page 1 of this newsletter for more information.

WELLNESS ZONE MEMBERSHIP PROGRAM . . . New Year's Special!



If you're a Wellness Circle or Challenge graduate but haven't taken advantage of a Wellness Zone membership, you can do so now at a discount. Call our office to become a member for only \$99 (individual) or \$149 (family). This special pricing is in effect January 1-14!

For Membership Program details and benefits, visit our website (www.wfeh.org) and click on the "Members" page.

Stay up-to-date on all of our upcoming events and programs! Join our e-mail list (e-mail: info@wfeh.org), 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 • WINTER 2014

Are you ready to make 2014 your healthiest year ever?

"Experiencing the fact that I do have the ability to improve my health—and hearing the compliments from many who have noticed the change—has stoked my will and determination to make other positive changes in my life. Before the Wellness Challenge, I felt that I was aging. Now, of course, I still am—but I'm not only getting older, I'm getting better."

—Joanne P., Wellness Challenge graduate, Spring 2013

Never Better! Never Healthier! by Peggy Kraus

Wellness Foundation's Wellness Challenge is a six-week program that shows you how to lose weight, lower cholesterol, manage stress and increase exercise—all while learning to enjoy heart-healthy, easy to prepare, and delicious whole natural plant foods. Since 2009, more than 1,000 people on the East End have participated in the Wellness Challenge program and have turned their health around.

Last spring, Wellness Foundation launched the new Wellness Zone Membership Program—a Wellness Challenge graduate-inspired program—to provide ongoing inspiration, motivation, education and support to Challenge graduates as they continue on their wellness journeys. To compliment the Wellness Zone Membership Program, the East End community has rallied together to create a zone in which it is now easier to make healthful choices.

WINTER WELLNESS CHALLENGE SCHEDULE

BRIDGEHAMPTON:	Wednesdays, 10:30 a.m., at the Hampton Library, beginning January 22.
EAST HAMPTON:	Thursdays, 7 p.m., at the Jewish Center of the Hamptons, beginning January 23.
SOUTHAMPTON:	Mondays, 7 p.m., at Southampton Hospital's Ed & Phyllis Davis Wellness Institute, beginning January 20.



To accommodate the changed palates and preferences of Wellness Challenge graduates, local restaurants have modified their menus, and food retailers have stocked their refrigerator cases with selections that meet the guidelines of the Wellness Challenge. In addition, many offer generous discounts to make it easy on your wallet. Community health and fitness businesses and organizations have stepped up to offer discounts and incentives too, to keep graduates moving and motivated! As the membership of this program grows, so will the Wellness Zone, where wellness will be the norm.

Program fee: \$150. Please visit www.wfeh.org for complete program details and registration requirements.

"I'm so grateful for the Wellness Zone Membership Program. The monthly events provide lots of scientific information and wonderful support. I'm always amazed at the pertinent discussion groups that are led by very knowledgeable facilitators. The many events have always inspired and encouraged me to stay on track. In fact, the events fuel my enthusiasm for making the right choices for my well-being. The many discounts to local businesses are a great added bonus. You truly saved my life."

—"Bobbi" Barbara Waldman, 2013 Wellness Challenge graduate and Wellness Zone member



SAVE-THE-DATE for our 3rd Annual

Summer Benefit

Saturday • June 21 • 2014

See Inside for News About...

- New Year's Message from Executive Director Jennifer Taylor
- Healthy Food for Life Program
- Heart Health Information & Recipe
- Wellness Zone Membership

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

A Letter from Executive Director Jennifer Taylor

Dear Friends,

Happy New Year! The new year offers a chance for a fresh start, the time to set new goals and resolutions, the perfect opportunity to improve ourselves. Of course we can do these things any time, all year long, but it feels like the new year marks something special.

I like taking advantage of all the reminders about New Year's resolutions, and I set my goals and make my plan based on the things I've learned about health, fitness and nutrition. This year, I'm making a stronger commitment to fitness. I'm committing to working out sixty minutes, six days a week. I'm continuing to eat nutrient dense foods that fuel and heal my body. I'm going to take time to rest and relax each day, whether that means having lunch with a friend, soaking in the tub, reading a book or "unplugging" for an hour.

If you have some goals for living a healthier life, we at Wellness Foundation are here to support you. Join a Wellness Challenge and take positive steps to improve your health—if you've taken the Challenge before, you can always take it again! Our new Wellness Challenge Guidebook is the essential guide to a lifelong wellness journey. If you're a Wellness Challenge graduate, become a member of the Wellness Zone and challenge yourself to participate in at least one activity a month. If you're not sure the Challenge is for you, come to one of our community events and talk with our staff and people who've participated. Take advantage of the opportunities that living in the East End Wellness Zone offers you. I am committed to making 2014 my healthiest year ever and I hope you will join me in making that commitment for yourself. Wishing you all a happy and healthy new year!

Be well, Jennifer Taylor



WELLNESS FOUNDATION IS... Changing Lives



Larry & Jody Carlson, 2012 Wellness Challenge graduates

We have derived so much joy from our experience with the Wellness Challenge. Firstly, it is a real joy to learn—about nutrition, diet, how to read labels and how to make so many truly delicious meals. Secondly, it is a real joy to feel better. The combination of our weight loss and reduced cholesterol levels have made us feel physically, emotionally and spiritually happier.

Thirdly, it is a real joy to make new friends and share such a lovely experience together. A sense of community is always a positive experience and attending this six-week program with like-minded people gave us this very nice added bonus.

We have made it a point to continue the association by attending lectures and potluck dinners with other members of the Wellness Challenge. We now enjoy others asking us why we look so much happier and healthier, and we delight in telling them our story and recommending this incredible program to them. Passing this on is a privilege.

GET IN THE ZONE: Join our Wellness Zone Membership Program

Wellness Challenge and Wellness Circle graduates: Are you aware of the benefits of a Wellness Zone membership? Your Zone membership card gets you discounts at great local restaurants, a variety of fitness studios and other wellness-oriented businesses. We encourage you to check out the complete list of discounts on our website.

There are other benefits, too. Wellness Zone teleconferences with wellness experts have been a source of ongoing education and inspiration for members. You can also ask your questions, getting opinions from these nationally recognized experts. The Wellness Zone monthly support group discusses a variety of topics through the year, branching out from food and fitness to stress management, holistic methodologies and more. As a Wellness Zone member you also get special opportunities at our workshop and events, and discounts on special classes and events. The monthly Wellness Zone e-newsletter contains all the upcoming event information, as well as recipes, tips and articles just for you.

UPCOMING WELLNESS ZONE MEMBER EVENTS:

January 11: Wellness Challenge Refresher Class for program graduates

10 a.m. - 12 p.m. at Hampton Library, Bridgehampton

January 27: Member Support Group

7 p.m. at Hampton Library, Bridgehampton

Get back on track with your wellness journey at this class led by Peggy Kraus. Free for Wellness Zone Members; \$25 for non-members.

Marie Weller will lead an inspiring discussion on setting yourself up for success with your wellness goals in the new year!

See the back cover of this newsletter for a special Wellness Zone membership offer!

WELLNESS FOUNDATION

Wellness Foundation provides programs, services, and support that empower the community by promoting a lifestyle of optimal nutrition, fitness and health.

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Empowering a Generation of Change

"If it's white, don't take a bite!" Third grade students enthusiastically shared what they learned about whole grains in a recent Healthy Food for Life lesson at Montauk Elementary School. Students and their parents also enjoyed delicious brownies made with whole grains and black beans that instructor Ginny Reale brought for the tasting portion of the lesson.

Healthy Food for Life empowers children and their parents in Pre-K, Kindergarten, third grade and sixth grade to become Food Detectives and to make healthy food choices. The sessions take place in school and parents are invited to join in, so they can support the lessons at home.

We know that some parents aren't able to attend Healthy Food for Life during the school day, so Wellness Foundation also offers an evening workshop series for families of Healthy Food for Life students. From the first class in school to the last evening session, we've found that 70% of families consume less soda, and 57% consume less junk food and sweets. 78% of families eat more whole foods and leafy green vegetables. Changes don't just stop at food, though. 53% of families spend time together planning meals and grocery shopping, and 30% of families that did not previously eat meals together are now spending that time together. Wellness Foundation programs empower children and families to make decisions that will positively impact both their health and their lives. We are truly creating a Generation of Change in our East End community.

In January, Healthy Food for Life students and their families are encouraged to register for Happy Healthy Families, a four-week workshop that continues their lessons with family-style cooking classes. The sessions provide lots of nutrient-dense, budget-friendly recipes and meal ideas that everyone in the family will enjoy. Please register by January 4th by contacting: jennifer@wfeh.org or calling the office at 329-2590.



February is Heart Health Month



During the month of February, we encourage you to focus on activities and foods that improve your heart health. Dr. Caldwell B. Esselstyn, a member of our Advisory Council and author of "Prevent and Reverse Heart Disease," has identified the most effective way to do that, and it is simple and within your control: eating a very low-fat plant-based diet.

In contrast to the standard approach, this nutrition-based program is not dangerous, there is no mortality or morbidity, and aside from a modest counseling expense, it is virtually free, as we all must eat. The benefits of stents, bypass surgery, and drugs are transient as disease continues to progress, while those of counseling endure and improve with time. In the history of our profession, have we ever before developed an expensive, painful, nontherapeutic treatment of the leading killer of women and men while failing to inform them of the cause of their illness?

Sadly, today our adolescents are but a decade or two away from compounding this epidemic. It is time to tell the truth. Family history and genetic background do not cause this illness. It is not the luck of the draw. It is a matter of personal action and responsibility. Genes load the gun, but lifestyle pulls the trigger. It all starts and stops with our endothelium, the guardian and lifejacket of our blood vessels. If we destroy our endothelium, we develop the disease. If we restore our endothelium, we vanquish our disease.

—(Esselstyn, "Is the Present Therapy for Coronary Artery Disease the Radical Mastectomy of the Twenty-First Century?" www.heartattackproof.com)

This February, focus on eating a low-fat plant-based diet. If you've taken the Wellness Challenge, you know how to do this. You have the knowledge and the recipes to spend the month treating your heart right, and giving it an opportunity to heal. If you haven't been strict with the program, buckle down for a month as a Valentine's gift to yourself. Wellness Zone members, be sure to take advantage of February's special heart health member events. If you haven't taken the Wellness Challenge yet, call our office to sign up for the next session, and be sure to check out our Wellness Challenge Refresher for Wellness Challenge Graduates on January 11th.

A Healthy Investment by Peggy Kraus

Peggy Kraus, RCEP, CDE, MA is a registered clinical exercise physiologist and a certified diabetes educator. Peggy works in the Cardiac Rehab department of Southampton Hospital and is a Wellness Challenge Facilitator. She treats people not with drugs and procedures, but with food and exercise, proven approaches to reversing chronic conditions such as overweight and obesity, heart disease and diabetes.

These days, Paul Dorego is feeling well and confident. He is dedicated to staying as healthy as he can be; regular exercise and eating a diet rich in plant foods have become his routine.

Eleven years ago, Paul learned that his cholesterol was 350. His doctor started him on cholesterol-lowering medication, and within six weeks, the level was down to 230. Being slim and active, he thought that the drug would spare him from any harm. Naturally, he was stunned when he had his first heart attack ten months later. Paul was 46.

After the heart attack, Paul's doctor recommended that he begin to exercise at the cardiac rehab gym where he could be monitored and instructed about safe and effective exercise, a proven method for rebuilding the heart. He would show up at the gym to work, and when he was finished, he was sweaty, but invigorated.

Paul had a second heart attack in 2010. It was two years after the second heart attack that he decided to take the Wellness Challenge. Paul is impressed with the benefits he is getting from his efforts to improve his diet. He admits that the food he thought of as healthy was really dragging him down, and that after only 1½ weeks of participation in the Wellness Challenge, he was feeling more energized. Fewer pounds to lug around, less inflammation, and most of all, lower cholesterol levels are the incentives he needs to keep on his program.

It's fundamental: both exercise and diet are required for good health, and those who invest the time and the energy into their heart's renovation are never disappointed.

Paul sums it up well. He says that after the Wellness Challenge, "I became confident that I could control my cholesterol forever."



Heart Healthy Soup: Savory Lentils & Greens

The perfect hearty and heart healthy meal for a cold winter night!
Printed with permission from Engine 2 Diet by Rip Esselstyn.

- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 2 carrots, chopped
- 2 tomatoes, chopped
- 1-1/4 cup dried lentils (French green, yellow, brown or red)
- 2-1/2 cups vegetable broth
- 2-1/2 cups water
- ground pepper to taste
- 1 lg. head of leafy greens, chopped into bite-size pieces (kale, collards, spinach, Swiss chard, or a combination)



In a large soup pot, add onion, celery, garlic and carrots and stir-fry over low heat for 10 minutes, stirring frequently. Add the tomatoes and stir-fry for 5 more minutes. Add the lentils, broth, water and pepper, and bring to a boil, uncovered, over high heat. Cover, turn the heat down, and simmer for 45 minutes. Check the lentils for doneness, and if you want them mushier, cook for another 10 minutes. Add the greens and simmer for another 10 minutes, or for especially green and fresh-looking greens, boil or steam the greens first, then add them to the soup pot just before serving. Serve with warm whole grain bread or brown rice, and greens. Serves 5-6.