

# LIGHTEN UP NEWS, August, 2001

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**Website** – <http://www.lightenupforever.org> **Email:** [lightenup@musc.edu](mailto:lightenup@musc.edu)

**COMMUNITY SERVICE AWARD** presented to *Lighten Up* by ISHIB at their July 8<sup>th</sup> meeting in Las Vegas. ISHIB is the International Society on Hypertension in Blacks and shares the goal to improve health and life expectancy of ethnic populations. It is a tremendous honor and truly reflects the power of faith that participants must have to make important lifestyle changes.

**LIGHTEN UP SESSIONS:** Folly Beach United Methodist Church (FBUMC) and Honey Hill Community Center (HHCC) will be conducting *Lighten Up* this fall.

|                     | <b>FBUMC</b><br><b>Mon 7 pm</b> | <b>HHCC</b><br><b>Sat 9 am</b> |                     | <b>FBUMC</b><br><b>Mon 7 pm</b> | <b>HHCC</b><br><b>Sat 9 am</b> |
|---------------------|---------------------------------|--------------------------------|---------------------|---------------------------------|--------------------------------|
| <b>Introduction</b> | Sept 4 Tues                     |                                | <b>Kindness</b>     | Oct 8 Mon                       | Oct 20 Sat                     |
| <b>Health Check</b> | Sept 8 Sat                      | Sept 15 Sat                    | <b>Joy</b>          | Oct 15 Mon                      | Oct 27 Sat                     |
| <b>Love</b>         | Sept 10 Mon                     | Sept 22 Sat                    | <b>Self-control</b> | Oct 22 Mon                      | Nov 3 Sat                      |
| <b>Knowledge</b>    | Sept 17 Mon                     | Sept 29 Sat                    | <b>Godliness</b>    | Oct 29 Mon                      | Nov 10 Sat                     |
| <b>Peace</b>        | Sept 24 Mon                     | Oct 6 Sat                      | <b>Health check</b> | Nov 3 Sat                       | Nov 17 Sat                     |
| <b>Faith</b>        | Oct 1 Mon                       | Oct 13 Sat                     | <b>Dinner 7-9</b>   | Nov 5 Mon                       | Nov 5 Mon                      |

**LIGHTEN UP FOREVER:** James Island Presbyterian will begin *Lighten Up Forever* with an introduction on Monday, Sept 17<sup>th</sup>. The Forever baseline and 1 year *Lighten Up* health check will be Sept 22<sup>nd</sup>. Rhoda Ascanio will be conducting the 8 educational sessions on Mondays at 7 pm.

## HEALTH CHECKS: Skip your breakfast! (8 – 10 am)

|  |   |  |  |
|--|---|--|--|
| <b>First Baptist</b><br><b>Camp Rd., JI</b><br>August 18 <sup>th</sup><br>1 year | <b>Folly Beach UMC</b><br><b>W. Indian Ave, FB</b><br>September 8 <sup>th</sup><br>Baseline | <b>Honey Hill</b><br><b>Seaside Lane, JI</b><br>September 15 <sup>th</sup><br>Baseline | <b>JI Presbyterian</b><br><b>Ft. Johnson &amp; Folly</b><br>September 22 <sup>nd</sup><br>1 year |
|--|---|--|--|



**LEADERSHIP TRAINING** will be taking place at North East Medical Center, 920 Church Street in Concord, NC on August 8 (10 am – 4 pm) and Moses Cone Health Systems, 1200 N. Elm Street in Greensboro, NC on August 9 (9 am – 3 pm). The contact person in Concord is Jane Honbarrier at (704)-783-1180 and Lelia Moore in Greensboro at (336)-832-3589. Want to come? Call us at 792-3047!

*Pictured: Folly Beach Training, June 23*

**SUMMER DESSERT:** Eat fruit or try this cool, refreshing, and delicious dessert! Combine 2 cups fat free, sugar free Cool Whip, 1 cup fresh or frozen fruit (peaches, raspberries, or blueberries), and 2 cups of sugar free, fat free pina colada or key lime yogurt. Chill and serve in a fancy glass. Whole recipe contains only 800 Calories. It's easy!



**EVELYN ADDISON, AN INSPIRATION!** Evelyn is 68 years young, African American, and lives in Summerville, SC. She participated in *Lighten Up* at St. Luke's Evangelical Church in the fall of 1998. We met to talk about how she has now reached her goal weight. She had felt powerless; but has now lost a total of 115 pounds! A turning point began when she heard the "sermon" about risk factors for heart disease and stroke. The risk factor cluster includes high blood pressure, diabetes, obesity, and high blood cholesterol. The first symptom of these risk factors could be death in the form of a heart attack or stroke. *I began to understand that I was a walking time bomb getting ready to explode at any minute!*

*Life is about choices.* Her doctor had presented her with the choice of either medication or a diet to treat her diabetes. Evelyn had to change her attitude about "diet". She accepted the responsibility and challenge by seeing nutrition for health as her most powerful medicine. The keys were balance and moderation. When people told her she must be sick to lose so much weight, she relied on her doctor who periodically checked her blood and weighed her. She wanted to do it safely!

*I began to understand that my body is God's temple. We are the church, not the building; but, individual people. I had abused the church by the way I was eating. Be a good steward and don't neglect the temple! I was powerless, until God gave me the courage to change! God healed me by giving me a new way of thinking. He continues to heal my mind, body, and spirit."*

*I had the vision that I could be smaller and was encouraged by my Doctor, dietitian, friends, church family, and a support group. My goal has been balance and moderation. These are the changes I made.*

*I studied food tables & learned to set limits. I spent hours in the grocery store as I read food labels. Because of the diabetes, I would not eat any food with more than 3 grams of sugar. Because of the high blood pressure, I would not eat any food with more than 200 mg of sodium. Because of the obesity, I would not eat any food with more than 3 grams of fat. I don't pop pills. I pop vegetables! I think of what I eat as preventive medicine.*

***I had to give up the foods that I love.** Through prayer I could overcome the temptation of fried chicken, pizza, or fast foods. It is back to basics. I gave up bread because I could never eat just one slice. I find the other starches of rice, potatoes, pasta, and cereal to be more filling.*

***I tried new foods.** I had never eaten baked fish; but now I eat it 4 or more times each week. Cover the fillet with chopped onions and tomatoes. Sprinkle with Mrs. Dash (original) and lemon pepper. Bake at 350 F for 20 minutes. You can use the same preparation for pork, beef, or chicken. When I have a salad, I top it with fresh juice from a ripe tomato and Mrs. Dash. I am not adding all the sodium.”*

***I cook traditional foods differently.** For example, I like Hoppin Johns for New Year’s Day. I bought a hog face, which weighed about a pound. I removed all of the fat and ended up with only 2 ounces. Also, I soaked the meat in water to remove some of the salt. This is what I added to the peas and rice. It works!*

***I take supplements:** 600 mg calcium twice a day, a single One-A-Day multivitamin with minerals, and Vitamin E.*

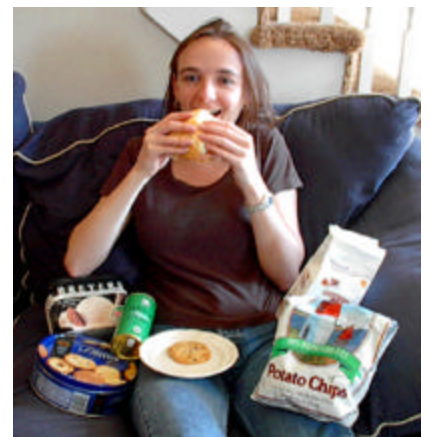
***I walk 2 miles each day.** I can do this in 30 minutes. I started by walking only 10 minutes and slowly built up the pace and distance.*

*Lighten Up means don’t take life so seriously and don’t sweat the small stuff. I have accepted that nutrition is for the rest of my life. There is no going back as I have now gained the knowledge and not the pounds. God revealed to me, don’t worry, which comes from fear. **Praise and thanksgiving to God!***

Evelyn has been inspired by Matthew 6:31-34: “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”



**THINK  
BEFORE  
YOU  
EAT!**





**Dr. Heno Lopes eating a donut**

## **DONUT or DO NOT?**

|               | <b><u>Calories</u></b> | <b><u>Fat</u></b> | <b><u>Sugar</u></b> |
|---------------|------------------------|-------------------|---------------------|
| Apple Fritter | 300                    | 14                | 12                  |
| Cake Donut    | 270                    | 15                | 13                  |
| Cake Plain    | 270                    | 15                | 13                  |
| Cinnamon Bun  | 510                    | 15                | 42                  |
| Dunkin' Donut | 240                    | 15                | 6                   |
| Plain Bagel   | 340                    | 3                 | 7                   |

*Dr. Lopes can be seen riding his bicycle across the James Island Connector in the morning and the evening. If you are eating high Calorie foods, exercise!*

**MUSC**  
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*Lighten Up*

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