

LIGHTEN UP NEWS, October 2001

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Website – <http://www.lightenupforever.org>

Email: lightenup@musc.edu

SEPTEMBER 11, 2001. This date will stay in our minds. We have been brought to our knees and have an opportunity to grow spiritually. I think that The New Yorker Magazine captured our somber feelings with a cover that was jet black with date in red letters. Sour grapes are a normal part of our lives, which ultimately challenges us to thank God for the opportunity to discover the spiritual fruits. Life is filled with mystery and paradox. So, replace despair with hope. It is always time to put God first and to follow His commandment to love one another. I encourage you to read Psalm 91 and to attend the following worship service.

“SHARING THE SACREDNESS OF LIFE” is a special worship service open to the community and the Medical University of South Carolina. It will be on October 16 at 7 pm at MUSC’s St. Luke’s Chapel. Our diversity and respect for each other is just one way for our humanity to be seen. **All are welcome!**



Folly Beach United Methodist Church

LIGHTEN UP returns to Folly Beach United Methodist Church and James Island Presbyterian Church showing how the program can return to a site and bring new people in. *Lighten Up* is expanding to new places and within.



James Island Presbyterian Church

VANDALIA PRESBYTERIAN CHURCH in Greensboro, NC has started *Lighten Up* under direction of Parish Nurse, Lois Bazhaw. “God is walking with me on this program!” Nancy Cox and Mary Beard also attended Leadership Training and are working with Lois to make the program a success. The health check revealed that Mary has borderline diabetes. She has now inspired others to improve health through spiritual growth.



Lesia Osborne asks Cheryl Bazhaw, “Will this hurt?”

The Medical University of South Carolina through the encouragement of the Employee Wellness Committee of MUSC is an example of how *Lighten Up* can be implemented in a work setting. The program was promoted through the website and *The Catalyst*. <http://www.lightenupforever.org>

HONEY HILL COMMUNITY RESOURCE CENTER under the leadership of Inez Brown-Crouch with funding from The N.E.W. Fund of the Community Foundation serving Coastal SC for 30 people to participate. The group has very high risk for cardiovascular disease and is now accepting responsibility by making significant lifestyle changes. Small changes over time make a difference!

<u>SESSIONS</u>	Vandalia Mon 7 pm	HHCC Sat 9 am	MUSC Wed 4 pm	FBUMC Mon 7 pm	JI Presb. Mon 7 pm	GRACE Wed 6 pm
Introduction	Sept 9		Sept 12	Sept 4	Sept 17	Sept 26
Health Check	Sept 22	Sept 15	Sept 14	Sept 8	Sept 22	Sept 29
Love	Sept 25	Sept 22	Sept 19	Sept 10	Sept 24	Oct 3
Knowledge	Oct 2	Sept 29	Sept 26	Sept 17	Oct 1	Oct 10
Peace	Oct 9	Oct 6	Oct 3	Sept 24	Oct 8	Oct 17
Faith	Oct 16	Oct 13	Oct 10	Oct 1	Oct 15	Oct 24
Kindness	Oct 23	Oct 20	Oct 17	Oct 8	Oct 22	Oct 31
Joy	Oct 30	Oct 27	Oct 24	Oct 15	Oct 29	Nov 7
Self-control	Nov 6	Nov 3	Oct 31	Oct 22	Nov 5	Nov 14
Godliness	Nov 13	Nov 10	Nov 7	Oct 29	Nov 12	Nov 21
Health check	Nov 17	Nov 17	Nov 9	Nov 3	Nov 17	Dec 1

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

DIP: We all like to dip vegetables, chips, and stuff to add flavor and make food slide down. This can be deadly so use this alternative. I use this for a dip or a spread on a sandwich. It's easy. **Just mix and chill.** Try with celery, broccoli, bell pepper, or any vegetable... Enjoy!

Ingredients:

- 1 cup ricotto cheese
- 1 cup plain nonfat yogurt
- Garlic powder & parsley to taste
- 2 cups = 580 Cals, 32 gm Fat, 420 Na
- 1 Tbls = 17 Cals, 1 gm Fat, 13 sodium
- Mayonnaise has 100 Cals/Tbls!*

Read Food Labels!

3 cookie portion	Sugar Free
Servings/Container	7 servings
Calories	120 Cals
Fat	6 gms
Carbohydrate	19 gms
Sugar	0 gms
Cost per Pound	\$5.80



Regular
13 servings
130 Cals
6 gms
19 gms
10 gms
\$1.60

Sugar free cookies do contain less sugar; but the grams of carbohydrate are equal. The impact on blood sugar is identical. The biggest difference is in price!

LIGHTEN UP is very busy this fall. It makes me think of the Prayer of Jabez. *“Oh, that you would bless me indeed, and enlarge my territory, that Your hand would be with me and that You would keep me from evil, that I may not cause pain.” So God granted him what he requested. I Chronicles 4:10.*

ALPHA KAPPA ALPHA SORORITY of N. Charleston will be sponsoring *Leadership Training* for Jerusalem Baptist, Mt. Sinai Holiness Church, Ebenezer AME, and Wesley United Methodist. Through community service, the sorority reaches the people of Charleston County by focusing on Health, Economics, Arts, the Black Family, and Education. Training will be at Youth Build Charleston Americorps, 1553B King Street Extension, on October 20 (9 am – 3 pm). God bless your good works. Together, we can make a difference!

PEOPLE make *Lighten Up* so special. It is one person at a time that together inspires me to get up in the morning, put God first, and keep the faith! It may be awhile since you did *Lighten Up*, but be encouraged and of good cheer.

Lighten Up Smiles!



Rhoda Ascanio & Jakob,
James Island Presbyterian



Laddie Wieters & Louise Feath,
Redeemer Lutheran in Charleston, SC



Evelyn Addison, St. Luke's
Lutheran, Summerville, SC



Saddie, Rebecca & Ida: Sisters Conquering Cholesterol
Nazareth AME Church, Georgetown, SC



Ruth Singleton & Harold Pinkney,
First Baptist, James Island, SC

“Things turn out best for those who make the best of the ways things turn out.”

John Wooden

What You Pick Does Make a Difference!



**2 Tbls serving
16 per container**

Calories
Sodium
Fat
Calories/Container
Sodium/Container

**Lite
Italian**
15 Cals
430 mg
1 gm
240 Cals
6880 mg

**Regular
Italian**
100 Cals
550 mg
10 gm
1600 Cals
8800 mg

**Fat Free
Ranch**
45 Cals
310 mg
0 gm
720 Cals
4960 mg

**Regular
Ranch**
140 Cals
250 mg
15 gm
2240 Cals
4000 mg

MUSC
MEDICAL UNIVERSITY
OF SOUTH CAROLINA

Lighten Up

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