

LIGHTEN UP NEWS, June 2002

Mary Joan Oexmann, PO Box 250219, 210 Clinical Science Building, Charleston SC 29425; ph 843-792-3047.
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Website: www.lightenupforever.org Email: lightenup@musc.edu

The Medical Cost of Obesity is \$100 Billion each Year! Every other adult in America is either overweight or obese. If you are obese, your health care costs are 36% more & you spend 77% more on medications. Obesity is everyone's responsibility and *Lighten Up* participants have lost over 2000 pounds! If you have made lifestyle changes to improve your health, go the next step to teach someone. Become a *Lighten Up* leader.

LEADERSHIP TRAINING will be at my home on **June 13, 6-9 pm**. We will be showing some of the new **Nutrition Nugget Videos**. This will make taking the message to your congregation much easier. We won't be talking that much about the health check as in Charleston, Rhoda and I will take care of that. We want to focus on how to take *Lighten Up* to your church for the first time or how to bring it back to help all of us keep on course to turn the obesity tide. **Call to get directions or schedule another time at 792-3047**. All are welcome to come and find out what we can do to change the obesity epidemic!

The MUSC Dietetic Interns graduated on May 11. Under Rhoda Ascanio's skilled leadership, their videos on exercise, carbohydrate counting, and food tables are now ready for *Lighten Up* leaders to use during educational sessions. Congratulations to this knowledgeable, flexible, enthusiastic, and professional team of dietitians. There is hope for all of us when talented young people join the dietetic profession. Good luck in your future careers!



Front: Julie DesMarteau, Amanda Clark, Laura Becker
Back: Purvi Shah, Kevin Tomlinson & Holley Johnson



Rev. Carl Jackson and his wife, Jewell, plan to take *Lighten Up* to their church in Spartanburg, **Greater Trinity A.M.E.** Rev. Jackson is an expert. He attended two April Training programs!



I am only one, but still I am one; I cannot do everything, but still I can do something; and because I cannot do everything I will not refuse to do the something that I can do.

Everett Hale

“LAUGHTER, WHITE CHOCOLATE, and FISHIN’ were the main topics at the party for the Brownsville Community Church of God on April 16 at Mary Joan’s. The group began the meeting sitting outside on the deck until the no -see -ums decided to come out. This inquisitive, alert group found God’s handy work all around. First we found crabs in the yard – ducks on the water – and weather the best it could be. So lots of shoes were left off while we had our meeting in style and comfort. This *Lighten Up* group is truly inspiring. Each member contributed greatly to this informative and interesting meeting. We shared our progress, helpful hints, as well as recipes. We spoke of the importance of teaching our children good nutrition so they could practice it throughout their lives. We discovered we are all concerned about the amount of fat in school lunches. Our Lord blessed this group with a great sense of humor. The winning recipe includes 2 Tablespoons of humor and a dash of practical *Lighten Up* guidelines. As the meeting progressed, success stories gave proof of *Lighten Up*’s effectiveness. A rare bond of friendship came into the group. Positive results were grand through this group’s dedication, caring, and wise outlook on the very serious disease of obesity. So *Lighten Up* to all members. The true spirit is in Summerville at the Brownsville Community Church of God. They invite everyone to join in their fellowship. You can’t get much better than that get - together. Oh, the white chocolate is sugar free made by Jell-O to *Lighten Up*!”

Suzanne Bolger

INSPIRE OTHERS by SHARING YOUR STORY! Call 792-3047, or email lightenup@musc.edu



Bernadine Ford & Sonya Bailey, *Lighten Up* Leaders

Bernadine & Sonya have truly been outstanding leaders at the Brownsville Community Church of God in Summerville, SC. Thirty Eight pounds have been lost through spiritual growth. Their plan is to continue to meet every other week and begin the *Lighten Up Forever* spiritual activities. They have also decided to meet in each other’s homes or “*Upper Room style*”. Folly Beach continues to meet on a monthly basis to share the reading of spiritual books. Lifestyle change is about “forever”.

QUOTES FROM *LIGHTEN UP* PARTICIPANTS

“*Lighten Up* is a wonderful ministry. You change spiritually, physically, and mentally. I have been renewed and restored in Jesus’ name. I am walking in the light and set free from the chains of obesity. To God goes the glory.” *Sonya Bailey*

“This has been such wonderful fellowship with my brothers and sisters in Christ. We are learning to treat our bodies as a temple of God in every sense of the word.” *Bernadine Ford*

SPARTANBURG, SC. Over 20 churches were represented for Leadership Training, which took place on April 25. Georgia Lanford and Sue Barker of the Spartanburg Regional Healthcare System hosted the parish nurse meeting. The day was very full as we went through the nuts and bolts of exporting *Lighten Up* from Charleston to a new community. The powers of *Lighten Up* come when people within the church community take ownership and lead the way.

Rhoda and I will be working with each and every one of you every step along the way as you let your light shine and make *Lighten Up* a successful lifestyle change program. Our goal is to help you and your congregations improve health through spiritual growth. To God goes the glory!



Georgia Lanford & Sue Barker



Bethel United Methodist Church



First Presbyterian Church



St. Johns Lutheran Church

Church communities working together to *Lighten Up*! Congratulations Spartanburg!

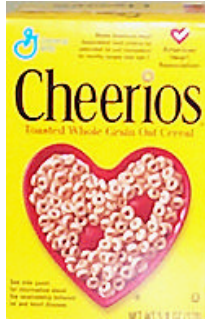
More QUOTES:

“It is not a program or a method. It’s a lifestyle change that means you’re going to continue to change. I have a lot of old new clothes.” *Deanna Mitchell*

“I can shop again. I feel better about going to the store because clothes fit. They’re not tight. I’m comfortable. The program is excellent because it uses God’s word to reinforce the information about eating healthy and taking care of our bodies.” *Brenda Cummings*

“*Lighten Up* is a dynamic program. It lifts you spiritually as well as physically. When we are together, instead of heaviness, we experience lightness.” *Barbara White*

What's a Good Breakfast Choice? READ LABELS & COMPARE!



Cheerios – ½ cup
60 Calories
150 mg sodium
13 grams carbohydrate



Shredded Wheat – ½ cup
90 Calories
5 mg sodium
28 grams carbohydrate



Raisin Bran – ½ cup
130 Calories
230 mg sodium
30 grams carbohydrate



Sugar free Yogurt
100 Calories
17 grams carbohydrate
10 grams sugar



Lowfat Yogurt
240 Calories
47 grams carbohydrate
42 grams sugar

MUSC
MEDICAL UNIVERSITY
OF SOUTH CAROLINA

Lighten Up

Digestive Disease Center

96 Jonathan Lucas Street, Suite 210

P.O. Box 250327

Charleston, SC 29425