



## Where Food Nourishes Body, Mind & Spirit!

June 2016

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“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one that has been opened for us.” Helen Keller



## News You Can Use!!

Class Cancellations at  
CCHC

Food for Life Classes,  
Cape Cod & Naples, FL

“Cowspiracy” Documentary

June Green Nosh, June  
29<sup>th</sup>

Presentation on “Your  
Gut”!  
Cape Cod Wellness  
Collaborative



Summer conjures up images of relaxation, lazy days under the sun, enjoying a favorite book, tending gardens, or creating memory making moments with family and friends. For many however, work, ongoing responsibilities and advocacy remain part of that picture!

The joy of spreading the healing benefits of plant based foods, both for individual health and our planet's sustainability, is ongoing. The need is great as rising rates of obesity, type-2 diabetes, and other chronic health conditions continue their ravaging impact.

Our Green Nosh Group joins with others who are spreading the word that Plant Based Nutrition heals. We will not be daunted!



## FOOD FOR LIFE CLASSES CANCELLED AT CAPE COD HEALTHCARE

For those of you who signed up for classes at Cape Cod Hospital, I'm still perplexed at the way cancellation happened. I feel badly for those eager to attend the series.

After last year's well received 'three' four-week series at the hospital, I was informed that the Community Benefits Committee would be funding two series this year. My point person at the Cancer Center scheduled the months, days and times in early winter, and also noted CCHC would promote the classes as needed. I then started advertising the series.

The June series filled quickly and, without much advertising, fourteen persons had registered for August.

A week before the start of the June series, I received an email from my point person saying that the room for the first class was changed. I emailed registrants of the room change. I was then asked in an email what I needed for room set-up, and I responded. That set off alarms!

Right before Memorial Day weekend I received two voicemail messages and an email from the CEO's Administrative Assistant saying that NO COOKING is allowed in the hospital. To say I was stunned was putting it mildly. I wondered - after 3 previous series (12 classes), with equipment and materials being carted in and out of the hospital, and the aroma of foods wafting through the hallway, did the powers that be not know that cooking was involved in the program? That was made very clear two years ago when I met with the then Director of Cancer Services and Chief Operating Officer. Both have since either retired or moved on.

Additionally, CCHC's Communication Department did an extensive video interviewing of me, the class, participants, and also had one of its staff members interview me for an article for publication. How did the powers that be not know that cooking was involved in the Food for Life program? Seven years ago I did a 4-week series at Falmouth Hospital!

One of their emails noted, *"You will not be able to do any cooking in Martins or any other conference room at CCH or other facility at Cape Cod Healthcare. Due to fire codes, it is not permitted. If you have done this in the past here, it was not properly reviewed and not approved by our in-house authorities or the fire chief. You are free to use the conference room but are not allowed to do any cooking whatsoever. Also, in reviewing the files, the Food for Life contract has expired with CCH. There is not contract in place for the June event/FY2017."*

I more than understand their concerns for safety at the hospital. It's just a shame that someone dropped the ball two years ago, and either weren't aware of the safety codes or didn't feel it was an issue. I don't know the answer to that. It's just a shame that many who were eager to participate in the series were disappointed at the cancellation. In all fairness they did say I could do a class without the cooking, but learning about the foods that heal, how to prepare them, and then taste them is what makes our program unique.

After the weekend I sent an email to the new Director of Cancer Services, suggesting that I could bring the food already prepared to class, and also discussed using thermal cookware which involves no direct heating, plugs, etc. I also noted that a return phone call from a local Senior Center indicated their willingness to host the series if funding were provided.

The Director responded:

**Thank you for reaching out. We at CCHC recognize the importance of nutrition as part of the ongoing care of our cancer patients. Given the recent developments, we have been able to identify internal resources as an alternative so this is the direction we are going to pursue. As you well know, cancer patients' nutritional needs should be met routinely with ongoing support and advice in conjunction with the physicians and their treatment plan. Although your program has been helpful and valuable to those that attend, there are far more that need frequent, one on one interaction so this is where we are going to focus our efforts from this point forward.**

**Thank you for the time and knowledge you have shared with our patients and community. I wish you all the best in your future endeavors.**

I'm grateful for the opportunity I had to present our Food for Life series at CCHC. Many participants tell me of the ongoing difference the information has made in their health and well-being. I sincerely hope that CCHC initiates educating patients on the well-researched benefits of plant based nutrition. Many medical institutions across the country are getting on board. Let's hope CCHC joins the chorus!

**Given the events of the past couple weeks, I am now seeking other venues in which to do the program.**

**Currently, I am doing a private class for five individuals, and will be offering series in August and October. Class dates to follow.**





**Food for Life Series for Cancer  
Prevention/Survival/Health & Wellness**

**August, 2016  
Thursdays 5 - 7:30 pm**

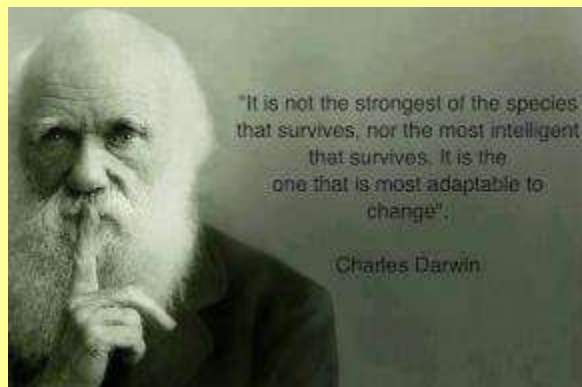
**August 4, 11, 18 and 25**

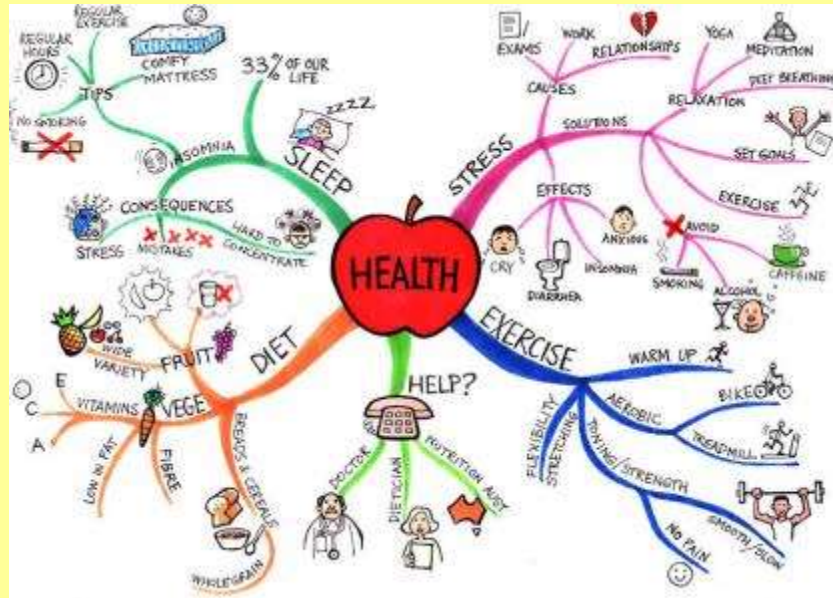
**Cost: \$100 per person (for couple - \$175)**

**Class limited to 10 persons.**

**At Joanne's home in South Yarmouth**

**Either call or email to register by July 1<sup>st</sup>.**





## 5-Week KICKSTART to Health & Wellness

Do you desire to lose some weight?

Lower blood pressure?

Lower your lipid numbers? - Cholesterol, Triglycerides

Boost your energy?

Reduce cravings for those not so good foods?

In a small, supportive, group environment, take the step to achieving your health goals. You can make it happen!

**Thursdays,**

**October 6, 13, 20, 27 and Nov. 3**

**11 am – 1:30**

Cost: \$125 per person (\$225 for a couple)

Class limited to 10 persons.

Each class involves DVD education, resources, cooking demos, and tasting all prepared dishes!

In South Yarmouth, contact Joanne by July 1<sup>st</sup>!

# Food for Life in Naples, Florida



Some great news - Cancer Alliance of Naples will be offering a Food for Life Series for Cancer Prevention/Survival this July. One of my fellow instructors, Kathy Reynaert from Ft. Myers, will be presenting the series.

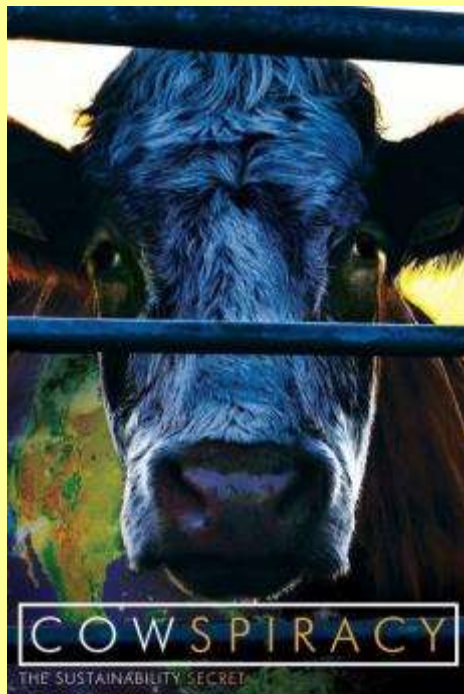
Cancer Alliance will be moving to a new location as of June 1<sup>st</sup>. This series will be offered either at their new location in Bonita Springs or at a venue in Naples. Location to be determined!!

**The Dates: July 5, 12, 19 and 26.**  
**From 5:00 - 7:00 PM**

If you are interested in participating in this **FREE series**, please email Jodi Bisogno, Executive Director of Cancer Alliance at: [Jodi@cancer Naples.com](mailto:Jodi@cancer Naples.com) AFTER June 1, 2016.



# ANIMAL AGRICULTURE IS THE MOST DESTRUCTIVE INDUSTRY ON THE PLANET!



- **FILM SCREENING & DR. WILL TUTTLE, LIVE!**
- **CAPE CINEMA, 35 HOPE LANE, DENNIS, MA (OFF RTE. 6A)**
- **WEDNESDAY, JULY 13<sup>TH</sup> @ 7 PM, DOORS OPEN @ 6 PM**
- **\$12/TICKET**

“Cowspiracy” is a groundbreaking, shocking, and yet humorous documentary that follows intrepid filmmaker, Kip Anderson, as he uncovers the most destructive industry facing the planet today, and investigates why the world’s leading environmental organizations are too afraid to talk about it. Leonardo DiCaprio is the Executive Producer. Will Tuttle is an educator, composer, pianist, former Zen monk and Dharma Master and author of the best-selling book, “The World Peace Diet”.

***Dr. Will Tuttle, will take questions after the film.***

- Sponsored by Path to Vibrant Health
- Contact: 508-888-6677 or [Dorothy.torrey@gmail.com](mailto:Dorothy.torrey@gmail.com)
- Advance tickets can be ordered online at: [www.capecinema.com](http://www.capecinema.com)

**Spread the word! Invite friends, neighbors, relatives, physicians, politicians!!!**



*June Green Nosh Gathering  
“El Rodeo” Mexican Restaurant  
Festival Plaza, Rt. 132 Hyannis*

*Let's go Mexicali - greens, beans, veggies, and some guacamole!*

*June 29<sup>th</sup>, Wednesday, 5:30 PM*



*Note: RSVP's by June 17<sup>th</sup> as reservations  
are needed. Manager needs numbers!!  
Either call or email Joanne.  
Hope to see many there!!*





# **FREE HEALTHY LIVING PRESENTATION**

*Thursday, June 30<sup>th</sup>*

*5 pm*

*At: The Riverview School, 551 Rt. 6A, Sandwich*

## ***“What’s Your Gut Got to Do With It?”***

**The Link Between Food Sensitivities, Inflammation and Chronic Disease**

**Presented by:**

**Amy Rose Sager, Registered Dietitian, LDN, CLT  
Nutritionist, Certified Leap MRT Therapist  
Specializing in digestive issues and plant-based eating**

**Topics will include:**

**What is Inflammation’s Role in Chronic Disease?  
How Diet Impacts the Immune System  
Change your Diet, Change Your Gut Bacteria**

**RSVP:**

**508-833-4210**

**Seating is limited and pre-registration required.**

## *The Cape Cod Wellness Collaborative.....*

*Is a nonprofit established to connect those facing cancer on Cape Cod and the Islands with complementary, integrative therapies such as massage, reiki, and energy work, yoga, nutritional counseling, acupuncture and chiropractic, which are provided free-of-charge by CWC.*

*Your truly has just joined their team and will be providing Reiki to cancer patients.*

*Check them out: [CAPEWELLNESS.ORG](http://CAPEWELLNESS.ORG)*

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**Our Green Nosh Group is planning exciting events this Fall. Stay tuned. Enjoy your summer days, and let us know how our Green Nosh group can support and assist you in your plant based journey. Together, we can continue spreading this paradigm shift across our Cape, our nation, and world!!**

**Enjoy Summertime, Everyone!**

