

At Brookdale

April 2014

NEWS & NOTES

Dear Friends,

Happy Spring and New Beginnings! After this long and cold winter, we certainly have spring fever. Spring is a great time to get active and outdoors. There are many activities that you can do once the weather is warmer. We have many tips and resources on our [website](#) that can help you stay on track.

Springtime is when the Live Light Live Right team starts many new and exciting programs for our participants. We are well on our way to planning our amazing summer program. Our partner, the [Fresh Air Fund](#), has a summer program that we support. This spring we will be starting our first ever Live Light Live Right Bike Club with [Bike New York](#). This is a very exciting venture for our children, their families and our community.

With these new programs there will be new expenses. If you would like to make a donation to support a child for the summer program or the Bike Club at Live Light Live Right, you can do so through our [website](#).

You can also mail your donation to:

Live Light Live Right
c/o Sarita Dhuper
Rm 300 CHC
Brookdale University Hospital
Brooklyn, NY 11212

Yours truly,

Dr. Sarita Dhuper



Brooklyn Breast Feeding Empowerment Zone Is Hosting Doula Training

The Brooklyn Breastfeeding Empowerment Zone in collaboration with By My Side Birth Support Program will be hosting a Doula Training from June 17 through June 20. Applications are due May 5.

Eligible candidates will have an opportunity to be interviewed and attend information sessions to help them learn more about this rewarding career path.

Eligibility Criteria:

- Should reside in or near Bedford Stuyvesant or Brownsville (CD# 3 or CD#16)
- Must be at least 18 years of age
- Must be reliable and committed to serving others
- Must be an excellent communicator
- Must be available to attend bi-weekly continuing education classes
- Must be able to attend the our training session from June 17 thru June 20 from 8:30am to 4pm daily.

Please see the attached flyer and application.

[Doula Training Flyer](#)

[Doula Training Application](#)

For further information please contact
Sharon Marshall-Taylor, Program Manager
Brooklyn Breastfeeding Empowerment Zone

NYC Department of Health and Mental Hygiene
Brooklyn District Public Health Office (BKDPHO)
smarshalltaylor@health.nyc.gov
718-637-5276

Click [here](#) for more info on the BKDPHO.

Learn more about the importance of breastfeeding and how it can affect obesity read this [article](#) from Time magazine.

5 Tips for Building a Healthier Salad

By Judy Marshel, senior nutritionist



With the warmer weather just around the corner, salads can be quite appealing. Eating salad is a great way to curb your appetite and add nutrients to your diet. Yet when it comes to your health, not all salads are created equal. Salads can contain more calories and fat than you think.

Consider a Cobb salad. It includes chopped bacon, eggs, blue cheese, avocado and loads of creamy dressing. Another high calorie salad is the Chef's salad, which typically comes loaded with Swiss cheese, roast beef, eggs and dressing. These two salads can have more than 1,000 calories and 80 grams of fat.

But don't give up on salads. If you choose wisely a salad is not only a healthy option, but a delicious one.

Follow these five tips on our [website](#) to help you build a healthier low-calorie salad.

Live Light Live Right Joins Brooklyn Insights

[Brooklyn Community Foundation](#) launched *Brooklyn Insights*, a project designed to bring hundreds of local residents, advocates, entrepreneurs and leaders together to discuss Brooklyn's future, the pressing needs of our communities, opportunities for change and strategies for collective action.

Brooklyn Community Foundation is committed to boosting our borough's capacity to overcome challenges by building on our community's strengths and experience. Decades of academic research and community development practice support our belief that genuine and sustainable transformation happens when residents are engaged in creating their own solutions.

Brooklyn Insights will put residents' voices and ideas at the forefront of the Foundation's work, and position the Foundation as a listener, reflector, and provider of staging for community change. By bringing people together, the project will help build relationships across economic, cultural, and social divides, and connect residents with other community stakeholders to focus on how we can move Brooklyn forward together.

LLLR and East New York Farms Team Up for Cooking Demos



You may think of Macomber Turnips as a plain winter vegetable, but they have a nice combination of sweetness and spice. Spice 'em up a little more with this recipe from [East NY Farms!](#)

Curried Turnip

Ingredients

- * 2 T. olive oil
- * 1 large onion, thinly sliced
- * 1/2 tsp. fresh ginger, grated
- * 1 clove garlic, finely chopped
- * 1 T. curry powder
- * 1 tsp. each ground cumin, coriander, and whole mustard seeds
- * 1/2 tsp. turmeric
- * 2 cups fresh turnips, peeled and diced
- * 1 14-oz. can fire-roasted diced tomatoes
- * 2/3 cup water
- * 1/2 tsp. brown sugar
- * 1 tsp. salt
- * 1/2 cup firmly packed fresh cilantro leaves, roughly chopped

Directions

1. Heat oil in a heavy-bottom pot on medium heat. Saute onions until golden.
2. Add the ginger and garlic, stir 2 minutes more, and then add the spices, stirring well to cook.
3. Stir in the turnips, tomatoes, water, sugar and salt. Cover and bring to a simmer for 10 minutes.
4. Add fresh cilantro and taste. Serve.

Recipe by Community Cook Louise Noel of Corbin Hill Farms



Live Light Live Right's mission is getting fit and active. Now, we're taking it to work. [Shape Up NY](#) has started exercise classes for the employees at Brookdale Hospital and we now have Yoga on Wednesday nights at 8pm. This is an open level class with a focus on bringing awareness to the body through core strengthening and total body conditioning.

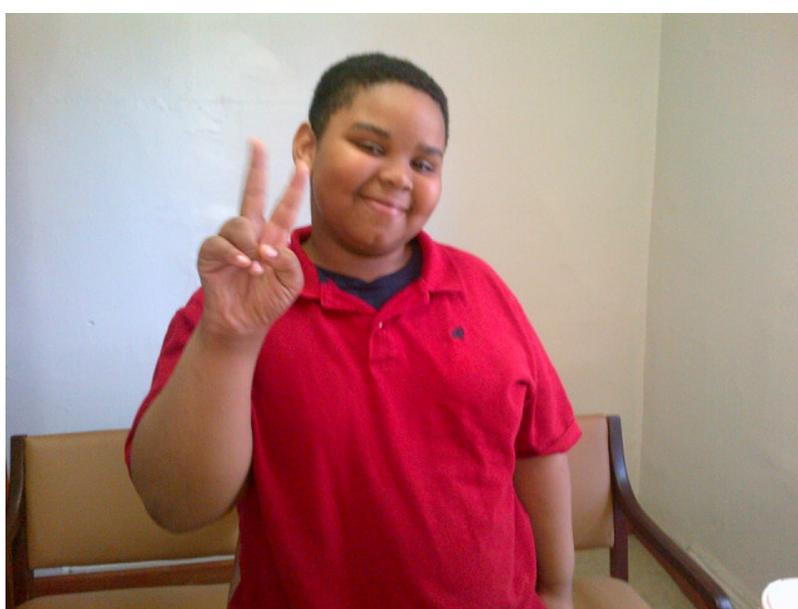
Live Light Live Right program has started a new exercise program for parents and their children at Brookdale Hospital from 5:30pm to 6:30pm on Mondays.
'Fit Parent Fit Child' series

You are invited to join us for the class. It would be a great opportunity to work out with our most qualified trainers, Ebony and Kim.

We also have Boot Camp on Friday evenings at 5pm.
Look out for more exciting classes and activities over the next few months including cooking demos, workshops and health promotions.
To find out more please call Gina Tasco at 718-240-7333

Click here to download the flyer
[Brookdale Wellness Calendar](#)

Niché Bryant, A Report from his trainer Ebony Harris



Once a shy and quiet young man, Niche Bryant quickly became the leading fitness participant at the Camba Beacon Live Light Live Right Program. Starting the program this January, Niche struggled with the exercise.

As time passed, I watched Niche quickly progress in the program. He went from participator to motivator in the blink of an eye. He became so active that even the adults found it hard to keep up with him -- but they tried!

In session, Niche loves and excels at all he does. His favorite workout is the obstacle course, which consists of moving quickly through a variety of exercises like sprinting, jumping jacks, pushups and squats. Outside of the program, Niche is an avid reader and writer, keeping his mind as well as his body fit.

To read more on Niche Bryant's story go to our [website](#)



Join [Bike New York](#), our new partner, for their **free bike education classes**. Whether you have a child who is ready to ditch training wheels and ride a two-wheeler for the first time, or you're an adult who is ready to ride, there is a class for you!

Bike New York instructors will teach the whole family how to ride independently on two wheels. Learn more and register at www.bikenewyork.org. Bikes and helmets are provided

for free at the adult classes.

In addition, call to join the exclusive Live Light Live Right bike Club starting this summer in conjunction with Bike New York and the Brooklyn District Public Health Office.

Bike New York Classes are held at the Community Bike Education Center at PS/IS 202, the Ernest S. Jenkyns School located at 982 Hegeman Avenue, in East New York.

Stay Connected



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info@livelight.org
livelight.org
Alisha: 516.984.6865