

Let's try some healthy alternatives this summer.

Here are 30 trade-offs that cut about 100 or 150 calories:

To save about 150 calories...

- * Eat half a sandwich instead of a whole one.
- * Drink water or diet soda instead of regular soda.
- * Drink black coffee or use low-fat or nonfat milk with your coffee instead of cream/sugar.
- * Switch from whole milk to nonfat milk.
- * Have a 3 oz. serving of lean meat or chicken instead of 6 oz.
- * Use seasoned vinegar or lemon juice instead of salad dressing.
- * Skip the snack crackers
- * Have one less piece of pizza than usual.
- * Order a regular burger instead of a quarter-pound or double burger.
- * Have air-popped popcorn instead of microwave popcorn.
- * Skip the chips.
- * Eat one less scoop of ice cream.
- * Pass up the candy bar.



STROKE SUPPORT GROUP

Sponsored by the Rehabilitation Hospital of Fort Wayne



July/August
2009 NEWSLETTER

*Please join us for our annual ice cream social
on Tuesday, July 7, at 6:30 p.m.*

This will be a time of support and fellowship for stroke survivors as well as their caregivers.

Tuesday, August 4, 6:30 p.m.

Margaret Bryden, PT, COMT, CSCS, Director of Indiana Physical Therapy Woman, will be speaking about the neurogenic bladder. Many stroke survivors deal with bladder issues following a stroke and Margaret has an interest and passion to help others with this.

Rehabilitation Hospital of Fort Wayne
7970 W. Jefferson Blvd
Fort Wayne IN 46804-4140
RETURN SERVICE REQUESTED

The Patient Advocate Foundation (PAF) provides a ray of hope in the storm of stroke.

THEIR MISSION STATEMENT

Patient Advocate Foundation is a national non-profit organization that seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability relative to their diagnosis of life-threatening or debilitating diseases.

Resources at PAF

[African American Outreach](#)
[Blood Cancer Resources](#)
[Chemo-Related Anemia Guide](#)
[Clinical Trials](#)
[Colorectal CareLine](#)
[Co-Pay Relief](#)
[Disease-Specific Info](#)
[Employment Related Issue](#)
[Hispanic/Latino Outreach](#)
[Insurance Information](#)
[Lymphedema CareLine](#)
[Money Matters](#)
[National Financial Guide](#)
[PAF Publications](#)
[Pediatrics Resource Center](#)
[Senior Services](#)
[Sheila S. Crowe Memorial Fund for Multiple Myeloma](#)

SPECIAL EVENTS CALENDAR – July/August 2009

Tuesday July 7	Stroke Support Group Ice Cream Social: 6:30 – 8:00 p.m. at the Rehabilitation Hospital of Fort Wayne, Special Functions Room 2. Please bring a topping or dessert to share, we will provide the ice cream.
Tuesday August 4	Stroke Support Group Meeting: 6:30-8:00 p.m. at the Rehabilitation Hospital of Fort Wayne, Special Functions Room 2. Margaret Bryden, PT, COMT, CSCS speaking about the “Neurogenic Bladder”
Tuesday August 18	Newsletter Folding at 1p.m. in the Board Room of the Rehab Hospital of Fort Wayne

Directions

The Rehabilitation Hospital of Fort Wayne is located on the Lutheran Hospital Campus. Enter the campus off U.S. 24/ Jefferson Boulevard. As soon as you come into the campus, make your first right. The second building on your right is the Rehabilitation Hospital. Park near the southeast side entrance. Enter from the long overhang to Special Functions Room 2.

If you enter through the front lobby, there will be signs directing you but the walk will be longer from this direction.

Please contact Julie Wolfe at (260) 435-6136 for further information.

If you no longer wish to receive the newsletter, please call Cheri Umphrey, Executive Assistant, at (260) 435-6105 or send an email to cumphrey@lutheran-hosp.com



To save about 100 calories...

- * Eat one cup of breakfast cereal instead of two cups.
- * Drink one less glass of wine per day.
- * Have one dinner roll or tortilla instead of two.
- * Switch from whole milk to 1% milk.
- * Switch from 2% milk to nonfat milk.
- * Eat a small handful of unsalted nuts instead of a large handful.
- * Have broiled fish instead of beef.
- * Leave the cream cheese off your bagel.
- * Skip the second helping of pasta.
- * Skip the second helping of potatoes or rice.
- * Eat one cookie instead of three.
- * Have fruit instead of French fries.
- * Eat half an order of French fries instead of a whole order.
- * Eat half a donut and give the other half away.