



**Whole Food Plant Based Club Monthly Digest**  
**August 2024**

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***This group was created to support your interest in a WHOLE FOOD PLANT-BASED (WFPB) way of eating, regardless of where you are on your journey to wellness. This way of eating includes fruits, vegetables, whole grains, legumes, nuts, seeds and strives to eliminate oils.***

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*This site and services are for support and informational purposes only and should not be construed as medical advice.*

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**Whole Food Plant Based Club Gatherings**

**When:** Second Thursday of Each Month

**Where:** Riverbend Recreation Center 1833 Corbin Trail The Villages, Florida 32162

**Time:** Noon-1:30

**Who:** Members of The Villages and those with a Guest Pass.

Bring your own table setting and a compliant WFPB dish to share with the recipe and whether or not it is gluten free.

**Description of Compliance:** <https://nutritionstudies.org/what-is-a-whole-food-plant-based-diet/>

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On a WFPB Lifestyle? [Click Here ...](#) [What to Eat and What Not to Eat](#)

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**Save the Dates for 2024 Gatherings at Riverbend:**

January 11	April 11	July 11	October 10
February 08	May 09	August 08	November 14
March No Gathering	June 13	September 12	December 12

**DON'T FORGET TO VISIT OUR WEBSITE!**

**OUR RESOURCES, TOOLS, GUIDES, SOCIAL MEDIA LINKS, MINI COOKBOOKS, AND PAST NEWSLETTERS CAN BE FOUND ON OUR WEBSITE.**

**[www.wholefoodplantbasedclub.com](http://www.wholefoodplantbasedclub.com)**

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**THEORY AND COOKING CLASSES**

***SIGN UP FOR DEBBIE WADDELL'S THEORY AND/OR COOKING CLASSES  
-YOU WON'T REGRET IT-  
HER SIGN UP SHEET WILL BE AT OUR MONTHLY GATHERINGS.***

Continuous thanks to **Debbie Waddell** for her commitment to educating our members through theory and cooking classes.

**DEBBIE CAN BE CONTACTED AT: [acupunctdeb52@gmail](mailto:acupunctdeb52@gmail)**

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Thank you, VHA President Peter Russell, for talking about the certified organic farm you owned in New Hampshire.

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## 50/50

**We are now offering a 50/50 drawing at gatherings. Participation contributes to supporting club supplies and initiatives. Tickets are offered at the door and winners are announced after lunch. Half the collected donations will go back to the club and the other half of donated funds will be split between 2 or 3 winners depending on the amount of the pot. Join in on the fun each month and "Best of luck to all participants! May the odds be in your favor!"**

**(Must be present to collect)**

***Continuous thanks to Cathy Ochs for helping with fundraising for our club.***

**DO YOU HAVE AN IDEA FOR A FUNDRAISER? Contact Cathy at: [cathyochs@att.net](mailto:cathyochs@att.net)**

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### **August:**

In August, VHA President Peter Russell, talked about the certified organic farm he owned in New Hampshire. He discussed blueberry growing, as well as the Shared Harvest Gardens.

If you missed this presentation—it was videotaped by Chris Nader and she posted it on our Facebook page (Whole Food Plant Based Club).

## **COMING ATTRACTIONS...**

### **September:**

In September, our guest speaker will be Debbie Waddell who will demonstrate how to make her Veggie Sushi. Jodi Michienzi from Island Fin Poke will also speak to give us updates on her new menu items.

**Anyone with a Villages ID or Guest Pass is able to attend.**

### **October:**

Dr. Laura Varich will return to talk about Lowering Inflammation.

### **November:**

Please join us for a Friendsgiving potluck. There will be no speaker this month. Instead, bring a plant-based, no-oil Thanksgiving-type dish to share plus one copy of your recipe. We will share stories of your plant-based journey and have a question/answer session.

***Continuous thanks to Chris Nader for securing speakers and presenters for our club.***

**DO YOU HAVE A TOPIC YOU WOULD LIKE TO BE CONSIDERED?**

**CONTACT CHRIS NADER: [chrisn734@gmail.com](mailto:chrisn734@gmail.com)**

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## **GLOBALY RECOGNIZED MASTERMINDS**

Mark your calendars for **Dr. Klaper** who will be speaking in The Villages on **Saturday, October 26, 2024**. Tickets are now available on Eventbrite.

# **“What I Wish I Learned in Medical School About Nutrition”**

Learn about the link between the food we eat and chronic diseases.

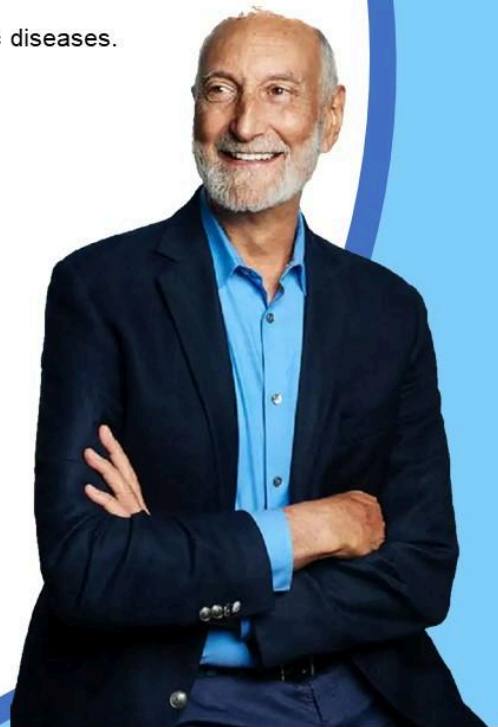


**SATURDAY, OCTOBER 26, 2024**  
11:00 AM (DOORS OPEN 10:30 AM)

**OLD MILL PLAYHOUSE THEATER**  
1000 OLD MILL RUN, THE VILLAGES



**SCAN TO  
PURCHASE  
TICKETS  
\$22**



**QUESTIONS? (352) 638-0955 THEVILLAGES.WFPB@GMAIL.COM**

**OPEN TO THE PUBLIC**

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**Continuous thanks to Paul Himes for securing world-renowned speakers for our club.**

**DO YOU HAVE A SPEAKER YOU WOULD LIKE TO BE CONSIDERED?**

**CONTACT PAUL HIMES: [tpaulhimes@gmail.com](mailto:tpaulhimes@gmail.com)**

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### **NEED A SPEAKER FOR YOUR CLUB OR ORGANIZATION?**

If you need a speaker for one of your clubs or organizations, **Diane Bray** has a very interesting and informative talk about her vast knowledge regarding how closely diet and health are interconnected. She has a wonderful story about how changing her way of eating changed her Life. Diane's inspirations will create a spark for members of your organization while they listen, learn, and explore ideas on how they can incorporate her suggestions into their own journey towards a better living experience. She provides a wealth of information and references and we are very appreciative for the time she spends educating others.

**Continuous thanks to Diane Bray for investing her time, energy, and passion into promoting the values of our WFPB club.**

Diane can be contacted at: [dianekbray@gmail.com](mailto:dianekbray@gmail.com)

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### **WFPB DOCUMENTARY DISCUSSION GROUP**

Member Jacki Rose has volunteered to host a WFPB Documentary Discussion Group!

**It meets the 2nd Tuesday of each month on Zoom from 7:00-8:00 pm.**

Participants will watch the "said" documentary of the month prior to the evening.

**For more info. go to:** [www.WFPBFun.com](http://www.WFPBFun.com)

**Continuous thanks to Jacki Rose for her commitment to creating meaningful and educational experiences for our members.**

Contact: Jacki Rose [www.WFPBFun.com](http://www.WFPBFun.com)

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**I received this invitation—feel free to contact Sarah if you are interested....**

*By way of introduction, my name is Sarah Hollingshead. I'm the Patient Engagement Director at Charter Research here in The Villages. We would like to cordially invite A Whole Food Plant Based Group to an upcoming, complimentary tour of The Villages Grown on Tuesday, September 10th. Tours will take place at 3:30 & 4:30pm. If your group is interested in attending, please let me know. Thank you!*

*Warm Regards,  
Sarah*

**Sarah Hollingshead, MS, CCRC, CCRA**  
***Patient Engagement Director***  
**Office : 352-775-1000**  
**Cell : 352-247-1982**  
**CharterResearch.com**

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Member, **Joe Cunningham**, contributed...

Our monthly meetings at the Ezell picnic area continue to be successful and fruitful. New and seasoned WFPB club members share problems and possible solutions to continue on our path. We invariably follow Dr. Greger's writings and app discussing strategies on how to implement on a daily basis.

Looking forward to having more members join us.

**JOE'S GROUP DOES NOT MEET IN JUNE, JULY, OR AUGUST.**

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### **Volunteerism in the Works**

Thanks to those of you who have volunteered to help with the club. If you are interested in volunteering alongside these individuals or you have an initiative you would like to propose – please see Debbie Waddell or email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com).

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## **Holistic Holiday at Sea:**

<https://holisticholidayatsea.com>

Member Diane Bray has very organized information on the above cruise. You can reach Diane at: [dianekbray@gmail.com](mailto:dianekbray@gmail.com) if you are interested in finding out more.

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## **21 - Day Vegan Kickstart**

Ready to kickstart your health? The Physicians Committee for Responsible Medicine has the tools you need to get started in the relaunched [21-Day Vegan Kickstart](#) online program and mobile app. The free program is available in both English and Spanish and features hundreds of healthy recipes, meal plans, grocery lists, expert nutrition advice, cooking demonstrations, and more.

The program is based on decades of scientific research demonstrating that a vegan diet can help you reach a healthy weight and lower your risk for heart disease, type 2 diabetes, and other chronic diseases. The Kickstart program features more than 100 low-fat, plant-based recipes that will help you reap these health benefits.

## **Eat Plants Love**

Click here [EPL PLANT BASED GUIDE](#)

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## **Plant Pure Plunge Booklet**

Click Here: [PlantPure\\_Plunge\\_Booklet](#)

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## **Plant Based Jumpstart**

THE ESSELSTYN FOUNDATION'S has Written a PLANT-BASED JUMPSTART GUIDE

[Click Here for the Guide](#)



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### **We Did It!**

*We did it! We are offering yet another Whole Food Plant Based Gathering to take place at the **Pinellas Library** one Saturday each month. Mark your calendars with the dates below. No food is allowed in the library.*

Continuous thanks to **Deb Waddell** for her commitment and enthusiasm in taking on the role of leading the Whole Food Plant-Based (WFPB) question and answer session.

Contact information: *Deb Waddell at [acupunctdeb52@gmail.com](mailto:acupunctdeb52@gmail.com)*

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### **Public Health Plant Powerful**

#### **Mt. Dora, Florida**

Meets the 2nd Saturday of the month, 3pm, at WT Bland Library in Mt. Dora, Florida.

Contact:

352-250-7942

Susan: [Susanpetit1@hotmail.com](mailto:Susanpetit1@hotmail.com)

Sharon: [Soulitude421@aol.com](mailto:Soulitude421@aol.com)

[MeetUp.com](https://www.meetup.com) or Facebook

<https://www.facebook.com/SusanHartsfieldNP/>

<https://fb.me/e/3yyXYuu8M>

<https://meetu.ps/e/HFwSd/1J9vW/i>

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Whole Food Plant-Based Club

# LIBRARY MEETUP

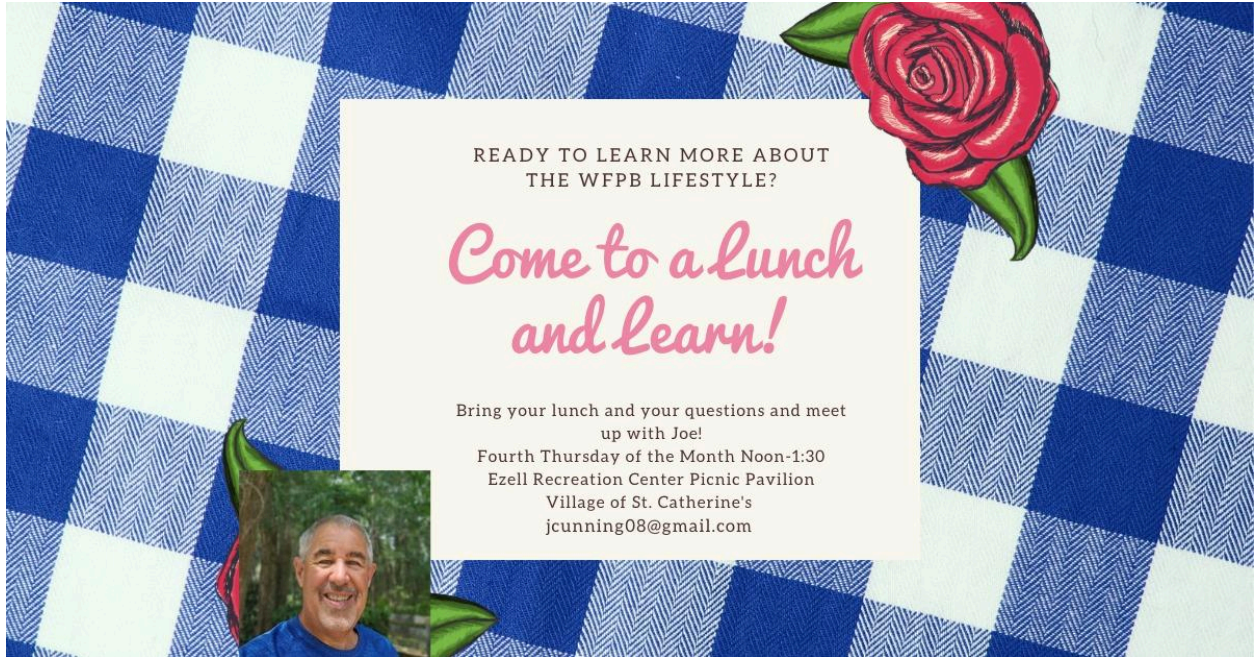
**Monthly Topic Discussion  
Plus, Questions and Answers**

**When:** Saturdays at 12:00pm (see dates below)

**Where:** The Villages Library at Pinellas Plaza  
7375 Powell Rd, Wildwood  
Room 102

Jan (no meeting)	Jul 20
Feb 17	Aug (no meeting)
Mar 23	Sep 21
Apr 20	Oct 19
May 18	Nov 23
Jun 22	Dec 21

Questions? Email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)



READY TO LEARN MORE ABOUT  
THE WFPB LIFESTYLE?

## *Come to a lunch and learn!*

Bring your lunch and your questions and meet  
up with Joe!

Fourth Thursday of the Month Noon-1:30  
Ezell Recreation Center Picnic Pavilion  
Village of St. Catherine's  
[jcunning08@gmail.com](mailto:jcunning08@gmail.com)

**Continuous thanks to Joe Cunningham for stepping up and making a positive impact on our wfpb community.**

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<p>MEET WITH <i>DIANE</i> AT THE RESOURCE TABLE DURING THE MONTHLY GATHERINGS (2ND THURSDAY AT NOON RIVERBEND)</p>	<p>MEET WITH <i>DEBBIE</i> WFPB COOKING CLASSES CONTACT: ACUPUNCTDEB52@GMAIL.COM 908-288-2681</p>	
<p>MEET WITH <i>JOE</i> LUNCH AND LEARN (4TH TUESDAY - ST. CATHERINE'S -NOON) CONTACT: JCUNNING08@GMAIL.COM</p>	<p>MEETINGS AFTER THE MEETING NEED MORE SUPPORT? CHECK THESE OUT!</p>	<p>MEET WITH <i>RICK</i> BY FACETIME PHONE OR FACE-TO-FACE CONTACT: 715-577-0515</p>

**Beginners Support:**

*It is hard for beginners of the whole food plant based lifestyle to continue their goals without support. With this in mind, the above are a few ways you can get additional help...*

*Stay tuned to see what else will be offered. Many thanks to all that give back to help others become healthier!*

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Yours in Health,

***CHARLENE WAGNER***



The Villages WFPB Group  
The Villages, Florida 32162

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