

Back To Health and Living SDC News Letter



DATE: February 10 2005, L40

Clarksburg WV

WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue
AGENDA – THURSDAY February 10, 2005

1. 5:00 Exercise
2. 6:00 Stress Management **Ornish program.**
3. 7:00 Group
5. 7:30 Dinner **PIZZA PARTY**

EDITORIAL: How SEX makes you younger. Source – **Secrets of the Super young: The Scientific Reasons Some People Look Ten Years Younger Than They Really Are.** By **Dr. David Weeks and Jamie James.**

“Like a number of other stimulating sensations, sex releases a group of substances in the brain, among them beta-endorphins, natural painkillers that can also alleviate anxiety. The major advantages arise from improved circulation, bone strength and immune-system functions and a more favorable muscle-to-fat ratio in the body, caused by a small rise in the growth hormone.”

Sexual Vitality Can Keep You Young. A great sex life can certainly ease stress, improve sleep, and leave you with an overall deeper sense of well-being, but did you know it can also keep you looking and feeling younger? According to the results of a 10-year study conducted by researchers at the Royal Edinburgh Hospital in Scotland, enjoying and active sex life can make a woman look up to seven years younger:

A woman’s body goes through a great number of physical changes as she ages, some of which have a direct impact on libido and arousal. But never fear: By adhering to a healthy lifestyle and boosting your sexual

vitality with a couple of nutrients, you can continue to feel frisky throughout your golden years.

“There is a significant number of older women who actually find enhanced sexual desire as they enter into menopause,” says Beth Burch, ND of the Transitions for Health Women’s Institute in Portland, Ore. According to Burch, if a woman eats a healthy, plant-based diet, exercises regularly, manages her stress, and nurtures her relationships, then libido should be no problem-unless of course her hormones are out of balance. In that case, she can work with her health practitioner to replenish estrogen, progesterone, or testosterone that is waning.

“The women who take care of their over-all health are usually the sexiest and the most sexually active,” says Burch. Safe, regular sexual activity itself is also a big factor in maintaining sexual health. “It is the old concept of use it or lose it” she says.

Self Directed Community:

Last weeks Modality Adherence results from the Clarksburg Electronic Adherence form are shown below. Great results on Stress Management Adherence, and thank you for the participation, keep up the good work.

MOLADITY	RESULTS %
Exercise	92
Diet	93.2
Stress Management	81.5
Group Support	97
Out Side Group Support	85.2
Not Attending Group	5
Number of Inputs	22

Self Directed Community Dues. It is a new year and dues should be paid when you can. The dues for member that attend the SDC meetings are 5 dollars a month or \$60.00 for the year. If you cannot pay that is no problem the SDC is there for everyone to help them with their lifestyle change. We want everyone to attend when they can. Below is a copy of the SDC bylaws for anyone who does not have a copy.

BACK TO HEALTH AND LIVING COMMUNITY BYLAWS - January, 2003

Rev. B, February 27, 2003

Article 1. Definitions and Purpose

WHAT IS A SELF DIRECTED COMMUNITY? The definition of SELF is "by means of ones self", the definition of DIRECTED is "subject to regulation", the definition of COMMUNITY is a "unified body of individuals having a common specific goal".

OUR GOAL, therefore, is to establish a self directed community for a group of people with the common goal of reversing heart disease, and each member subscribing fully and faithfully to the permanent lifestyle changes as set forth in the scientifically proven "Program for Reversing Heart Disease", authored by Dr. Dean Ornish.

OUR BEGINNING: We began our self directed community in January 2003. All members are continuing participants in and alumni of the "Dr. Dean Ornish Program" as presented at the United Hospital Center in Clarksburg, West Virginia. Our voluntary technical consultants are the staff of the hospital's "Health Connection". Our weekly meeting are held at the First Baptist Church

of Nutter Fort, in Harrison County, West Virginia.

OUR MISSION is to serve as a catalyst for bringing our members into healing communities around the core component of the program. To become mentors for others with heart disease. To serve as a maintenance program for sustaining the Dean Ornish lifestyle. To enhance the quality of life and to demonstrate how this knowledge is the source of healing on the physical, emotional and spiritual level of each individual. Following and embodying the principles of nonjudgmental acceptance and the interpersonal values of group support. (Listening with empathy and compassion, speaking about things one cares about)

OUR OBJECTIVE is to support a collective shift in thinking about heart disease and the development of the Ornish Lifestyle at the grass roots level. A shift in the collective thinking of the nation in the former basis of the knowledge of heart disease to include lifestyle change as a treatment option for reversing heart disease.

NAME of the Self Directed Community hereinafter shall be called Back To Health And Living Community, or BHLC.

THE OFFICERS of the BHLC shall be the President; the Vice President; the Secretary; and the Treasurer. Term of office shall be one year beginning in January of each year. The election of officers shall be by nomination and by second of the nomination. If more than one nomination is presented then the BHLC shall vote upon the office.

PRESIDENT: The president shall be ex-Officio of all committees. He shall when present preside at all meetings of the BHLC.

VICE-PRESIDENT: The vice president in the absence or at the request of the President, shall preside at meetings of the BHLC.

SECRETARY: The Secretary shall record and keep the minutes of the proceedings of the BHLC, to keep and maintain the list of members, to carry on the correspondence of the BHLC.

TREASURER: The Treasurer shall receive and bank all monies for the BHLC, to keep proper accounts of all receipts and disbursements and to report upon the state of the treasury whenever called upon by the President or a committee.

Article 3. Committees

COMMITTEES shall be established as needed by the BHLC and assigned by the President.

PROGRAMS COMMITTEE: The Program Committee shall arrange for meetings or activities of the BHLC. Three members shall serve on the committee on a voluntary basis.

PUBLICITY COMMITTEE: The Publicity Committee shall look after any publicity required by the BHLC in connection with the activities of the BHLC. Three members shall serve on the committee on a voluntary basis.

SPECIAL EVENTS COMMITTEE: The Special Events Committee shall have jurisdiction over all special events conducted by the BHLC. Three members shall serve on the committee on a voluntary basis.

MEMBERSHIP COMMITTEE: The Membership Committee shall contact graduates of the Ornish Programs to invite them to BHLC meetings. The committee shall maintain communication with the staff at United Hospital Center's Health Connection for names of new graduates.

Article 4. Meetings

WEEKLY MEETINGS: Weekly meeting of the BHLC shall consist of :

(1) Exercise, (2) Stress Management, (3) Group Support, and (4) Dinner.

MONTHLY BUSINESS MEETING: A monthly business meeting shall be held on the 3rd week of each month. The time shall be one hour before the BHLC meeting. The order of business shall be as follows:

Minutes of the previous meeting. 2. Business arising out of the Minutes. 3. Correspondence. 4. Reports of Standing Committees. 5. Unfinished business. 6. New business.

Article 5. Membership

MEMBERSHIP: Any person graduating or stratified from an Ornish program is eligible to become members of the Back to Health and Living Community. The term of membership is for the life of the member, unless voluntary termination of membership.

ASSOCIATE MEMBERSHIP: Family or Friends of members of a BHLC that actively support the goals of the BHLC can become an associate member and participate with the community at Dinners and Special Events.

DUES: Dues are set at \$60.00 per year, or paid at \$5.00 per month per member. Dues are optional for members with hardships.

Article 6. Amending By-Laws

The By-Laws of the Community may be rescinded, altered or added to but only by "Extraordinary Resolution" of the Community. These revisions will be binding by a 75% vote from the membership in attendance. A one month notice shall be given to all members before any Bylaws revisions shall be voted upon.

Non-Profit Status

The BHLC shall be carried out without the purpose of gain for its members and any profits or other accretions to the BHLC shall only be used in promoting its objects. No member shall receive remuneration for his or her services. No part of the income, profits or accretions of the BHLC is payable to or otherwise available for the personal benefit of any proprietor, or member of the BHLC Community.

Auditing

The books and accounts of the Back to Health and Living Community shall be audited at least once each year by a duly qualified accountant or by two members of the Community.

Confidentiality

Each member's medical information is the property of the BHLC: therefore, all records must remain in the custody of the BHLC at all times. Medical information is not released by any member of the BHLC staff without a member's prior written consent. All group discussions are considered confidential and any information disclosed during the group discussions is not to be discussed outside of the group

Disclaimer

Information obtained from the BHLC meetings is not intended as a substitute for professional care. You should consult your healthcare provider, with any problems. The BHLC does not offer medical advice. In no event shall the BHLC be liable for any direct, indirect, special, punitive, incidental, exemplary or consequential damages, personal injury, or any damages whatsoever. The BHLC exercise and stress management programs are established programs, and are used by each participant at his or her own risk, with out any liability to BHLC officers or BHLC members.

Officers Signatures and Date:

President: Date: Wesley Miller

Vice President: Date: Louis Iquianto

Secretary: Date: Wendy Kallmyer

Treasurer: Date: Larry Massey

RECIPES: *Spanokopita* From the Kitchen Alex Alexander

2 packages of frozen spinach, chopped

1 – 8 ounce container of nonfat cottage cheese

1 – 8 ounce package nonfat feta cheese

2 egg whites

2 chopped green onions, fine

½ teaspoon dill (optional)

Phyllo dough

Salt and pepper to taste

Lightly sauté green onion in nonstick fat free cooking spray. Allow spinach to thaw to room temperature. Do not soak in water. Squeeze dry the spinach and add all other ingredients together. Arrange 5 phyllo which have been sprayed with nonstick cooking spray. After the fifth phyllo, arrange the spinach filling along the long length of the dough. Then roll the phyllo like a coil. Afterwards, lay rolled phyllo on baking sheet and spray with nonstick cooking spray on top. Repeat with other dough until the spinach filling runs out. Arrange on baking sheet. Bake for 25 minutes or until puffy and crisp. Serve hot or cold.