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Clarksburg WV

DATE: March 10 2005, L44

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

1. 5:00 Exercise
2. 6:00 Stress Management
3. 7:00 Group
5. 7:30 Dinner POTLUCK

EDITORIAL: Below is an important article I received by email and would like to share it with everyone.

Is It a Stroke?

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

- *Ask the individual to smile.
- *Ask him or her to raise both arms.
- *Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting

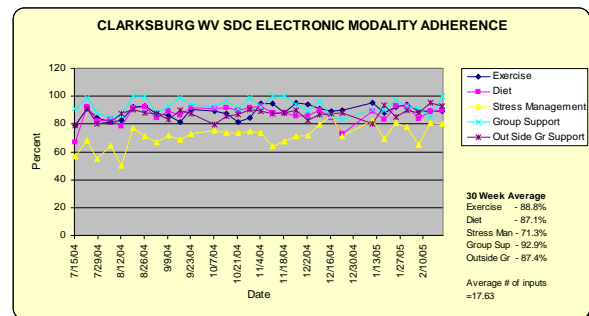
last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage. Tell as many people as possible about this.

Self Directed Community:

Modality Adherence results for the week of 2-21-2005, from the Clarksburg Electronic Adherence form are shown below. Thank you for the participation, keep up the good work.

MOLADITY	RESULTS
Exercise	89.7
Diet	89.6
Stress Management	81.2
Group Support	85.7
Out Side Group Support	95.6
Not Attending Group	3
Number of Inputs	17

Below is a graph of our adherence from 7/15/2004 the overall weekly average from last year has increased by almost 2% when we added the 2 months of this year. This is the type of improvement we need to reverse heart disease. Success is a journey and not a destination.



RECIPES: *Squash Deluxe*
From The Kitchen of Vicki D'Amico

1 ½ pounds yellow squash, sliced
½ cup chopped green pepper
½ cup chopped red pepper
1 green chili, chopped (optional)
1 onion chopped
½ cup egg beaters
1/3 cup fat-free mayonnaise
½ cup fat free cheddar cheese
2 tablespoons fat free Parmesan cheese

Place squash, green pepper, red pepper, chili and onion in a 2 quart dish. Cover and microwave for 8-10 minutes until veggies are tender. Drain. Mix egg beaters, mayonnaise, and cheddar cheese, and stir into squash. Add salt, pepper, and minced garlic to taste. Sprinkle with parmesan cheese and bake uncovered in preheated 350 degree oven and bake 20-30 minutes or until golden brown.

Dessert Lasagna
From The Kitchen of Erin Hunt

12 pieces soy lasagna
4 cups nonfat ricotta cheese
1 cup sugar, divided
8 kiwis, peeled
4 cups strawberries, washed and trimmed, 8 reserved for garnishing
4 cups blueberries, washed
Mint sprigs, to garnish

Cook the pasta according to package directions. Rinse, drain, and set aside. In a medium bowl, stir together the ricotta cheese and ½ cup of the sugar, then set aside. In a food processor, puree 4 kiwis with 2 tablespoons sugar. Transfer the puree to a bowl and set aside. Rinse processor bowl.

In the processor, puree half the strawberries with 2 tablespoons sugar. Strain the puree into a bowl and set aside. Rinse processor bowl.

In the processor, puree half the blueberries with 2 tablespoons sugar. Strain the puree and set it aside. Reserve

¼ cup of each of the purees to use as a garnish when serving.

Slice the kiwis in ¼-inch thick rounds. Slice the strawberries into 1/8-inch thick pieces. Slice the blueberries in half.

To assemble the lasagna, first cover the bottom of a 9x13 glass baking pan with 3 pieces of pasta. Spoon 1/3 of ricotta on top and spread it evenly. Pour the kiwi puree over the cheese and arrange the kiwi slices on the puree.

Lay on 3 more pieces of pasta and cover with ½ of the remaining cheese. Pour strawberry puree over the cheese and sprinkle with sliced strawberries.

Lay on 3 more pieces of pasta and cover with the remaining cheese. Pour the blueberry puree over the cheese and sprinkle with blueberries. Top with a final layer of pasta. Cover and refrigerate overnight. Just before serving, sprinkle the lasagna with the remaining 2 tablespoons of sugar. Cut into 8 rectangles and use a spatula to set the pieces on dessert plates. Decorate the plates with dots of reserved purees. Garnish each piece with a strawberry and a sprig of mint.

LAUGHS:

SUPPORT A FAMILY:

The prospective father-in-law asked, "Young man, can you support a family?"

The surprised groom-to-be replied,

"Well, NO, I was just planning to support your daughter the rest of you will have to fend for yourselves."

DOCTOR: I have some bad news and some very bad news. Patient: Well, might as well give me the bad news first. Doctor: The lab called with your test results. They said you have 24 hours to live. Patient: 24 HOURS! That's terrible!! WHAT could be WORSE? What's the very bad news? Doctor: I've been trying to reach you since yesterday.