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DATE: March 31 2005, L46

**WEEKLY MEETING BHLC:
DUFF STREET UNITED METHODIST
CHURGH. 400 Duff Ave. Clarksburg WV.
AGENDA – THURSDAY March 31, 2005**

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

EDITORIAL: Group Support Meetings

Sometimes we may have trouble connecting in the group support meetings. I have seen this on some of the comments on the Modality Adherence form. But I have found that an open heart and taking time to listen to others has made a major difference in my prospective of group. I am not the person that is vocal about my inner feelings, but I have an abundance of Love in my heart for others as I feel we all do. I want to comment on our last group SDC meeting. I was touched by each person as they gave a testimonial of what the program has done for them and this was not planned but from only thinking of a word. And every word was positive. I leave group each week energized for the next week. I would recommend anyone who does not attend a SDC to make every effort to attend at the next opportunity. It will enrich your life.

SDC:

Modality Adherence results for the week of 3-07-2005, from the Clarksburg Electronic Adherence form are shown below. Thank you for the participation, it is important to our future. Great job on keeping the Stress Management above the 80% mark.

MOLADITY	RESULTS %
Exercise	83.9
Diet	84.5
Stress Management	81.5
Group Support	90.8
Out Side Group Support	80.4
Not Attending Group	3
Number of Inputs	14

Clarksburg WV

Don't forget about the Taste of Ornish meetings in West Virginia. Please make a copy and give one to your neighbors that may be interested in coming and seeing what the program is about. Let's help everyone we can.

April 6 – Wheeling Hospital, Wheeling – 6pm – 8pm

April 7 – Charleston Area Medical Center, Charleston – 5:30pm – 8pm
West Virginia University Hospitals, Inc., Morgantown – 5pm – 7:30pm

April 12 – St. Mary's Hospital, Huntington – 3:30pm – 6:30pm

April 13 – United Hospital Center, Clarksburg – 5:30pm – 7pm

RECIPES: ORANGE-CHERRY BISCOTTI

By: MAX WEAVER

Preheat oven to 350. Mix in food processor or by hand:

2 cups wheat flour

1 cup sugar

1 tsp baking powder

2 tblsp nonfat dry milk

Blend, then add: 3 eggs worth of egg substitute or $\frac{3}{4}$ cup egg whites

2 tblsp orange juice

1 tsp vanilla, Zest of 1 orange

Blend. Remove from processor. Then stir in: $1\frac{3}{4}$ cup dried cherries (or currants, raisins, or dried cranberries or a combination) Mixture should be thick and sticky. Form into two long logs on a Pam-sprayed cookie sheet. Bake for 20 minutes. Let cool 10 minutes or so. Slice into cookies, as thin or thick as desired, using a SHARP knife.

Lay back out on cookie sheet and bake 15 min per side. Let cool on rack. Will harden more as it cools.

You can use any flour; if you use whole wheat or other coarse flour, add 1 or 2 tablespoons of gluten per cup. Can also substitute Splenda for part of the sugar.