

Back To Health and Living SDC News Letter



DATE: April 7, 2005, L47

WEEKLY MEETING BHLC:
UNITED HOSPITAL CENTER
“3 YEAR BIRTHDAY PARTY”.
ROOM F 5:30 PM.

EDITORIAL:

WORDS FROM OUR PRESIDENT

Have you ever made a New Year’s Resolution and seen it broken before the end of January?
Have you felt like giving up because no one was there to talk to, and if they were there, would they understand?
How about your participation in a program that is improving your quality of life? Were you tempted to quit because it was too demanding or you don’t see the results as soon as you thought you should?

Well, join the club! We have all been there, but at the time, we each felt like we were alone. This is just one of the reasons why we, as “Ornish Alumni”, are dedicated to the permanence of the successful changes we have made in our lifestyle.

You are not alone!

In the S.D.C.

You will discover that
.....”Someone Does Care”.
You will receive...”Support During Crisis”.
You will be open to
“Sharing Deliberate Compassion”.
While managing”Specific Disease Control”.
In a program with a”Steady Daily Commitment”.

Clarksburg WV

This sustained support is what the Self Directed Community is all about. This is why we call our’s the “Back to Health and Living Community”

Wes Miller, Pres. BHLC
whmiller@sbccom.com

SDC:

Time: As we have all seen time does fly, three years have past sense the Ornish Program started at United Hospital Center and many of our lives have changed from the program for the best. Our Self Directed Community is over two years old and we are still going strong.

The birthday party at UHC this past Thursday was great we had excellent food and a chance to see other cohorts and friends we have not seen for a while. I did not get a good count of the attendance but it was near 60 people. We in the self directed community want to thank Mr. Carter and his staff for having this dinner. It keeps our connectivity alive and promotes the continuation of this life style change that reverses heart disease.



Modality Adherence results for the week of 3-21-2005, from the Clarksburg Electronic Adherence form are shown below. Thank you for the participation, it is important to our future. Good job on keeping Stress Management above the 70% mark let's work on 80% for next week.

MOLADITY	RESULTS %
Exercise	88.5
Diet	81.6
Stress Management	70.5
Group Support	86.3
Out Side Group Support	83.7
Not Attending Group	10
Number of Inputs	26

The week of 3-21-2005 was an excellent week for the modality adherence program. Between the Clarksburg SDC with a record of 26 participants and the Greensburg SDC with a record of 17 participants, this makes a total of 43 participants monitoring weekly this great journey. We are making history as we reverse heart disease. We are also proving that a large group of people can maintain the program and continue to have success. I am so proud to be a part of this program.

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

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

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

Our next SDC meeting will be at the St Marks Lutheran Church on Rt 19 just below UHC on Thursday April 14, 05.

Please join us for a few hours of exercise, stress management, group and a great dinner.

RECIPES: BANANA BREAD

By: Carolyn Dennison

1/2 Cup applesauce
2 teaspoon of lecithin
1 Cup sugar
1/4 Cup eggbeaters
2-3 large mashed bananas
1 tsp baking soda
2 tsp Rumford baking powder
2 cups WW pastry flour
1/2 cup skim milk

Beat applesauce, lecithin, sugar, eggbeaters, and milk together, add flour, baking powder and soda .

Mix together well, pour into a pam sprayed loaf pan or double recipe and put into a 9x13 baking dish, and top with banana pudding. Bake at 350 for 1 hour.

JOKES:

New wine for seniors

California vintners in the Napa Valley area, which primarily produces Pinot Blanc, Pinot Noir and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic.

It is expected to reduce the number of trips older people have to make to the bathroom during the night.

The new wine will be marketed as ***Pino More.***