

Back To Health and Living SDC News Letter



DATE: April 14, 2005, L48

Clarksburg WV

**WEEKLY MEETING BHLC:
ST MARK'S LUTHERAN CHURCH**
The Church is located at the corner of
Route 19 South & Route 98 (Davisson
Run Road) Next to the United Hospital
Center.

AGENDA – THURSDAY April 14, 2005

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

EDITORIAL: Below is some of the
spring 2005 article in the Healthy
Lifestyles newsletter from Mountain State
BlueCross BlueShield.

Four Components.... Countless Health Benefits. For more than twenty-five years, Dr. Dean Ornish and his colleagues have conducted research demonstrating that comprehensive changes in diet and lifestyle can slow, stop and even reverse heart disease. Unless these changes are made, the risk of recurrent heart attacks, blockages and angina remains a threat. Heredity, obesity, stress, lack of exercise and social isolation are contributing factor to the progression of heart disease. By combining stress management, moderate exercise, group support and a low fat, whole foods nutrition plan, participants in the Ornish Program experience improvements in weight, chest pain, cholesterol, blood pressure and vitality. As taken from experts from the Ornish Program, following are tips to the Nutrition component of the Program.

NUTRITION: The nutrition plan that Dr. Ornish recommends for his program is a low-fat, plant-based plan that uses fruits,

vegetables, whole grains, beans, and soy products. With this eating style you do not have to choose between good food and good taste. You can have both. Eating choices are high in flavor and low in fat and cholesterol. Also naturally rich in fiber from complex carbohydrates like whole grains, fruits and vegetables so you can eat more and with less.

SDC:

Newsletter: This is newsletter number 48 we are near the mark of 52 weeks of newsletters. I would like to ask anyone to send me any articles or comments they would like published in the upcoming newsletters. I would also like to receive testimonials from anyone so I and post these in the newsletter for others to read. I will put your name with the article if you desire. We need to spread the good news of our success.

New SDC Location: We had our first meeting at the ST Mark's Lutheran Church, below United Hospital Center. We had an excellent meeting and a great dinner afterwards, please join us next Thursday.

Time: Time is still flying but I did get, get, get, my taxes in before midnight Friday with the help of stress management. Also Cohort 12 will be starting at United Hospital Center next month. Three years have passed quickly, and we have enjoyed every day.

Taste of Ornish: The Taste of Ornish at United Hospital Center was a great success with about 60 attending. And many new interested people in the program. This type of meeting not only introduces the program to new participants but as one of our SDC members said. "I was revitalized at the meeting".

Modality Adherence results for the week of 3-28-2005, from the Clarksburg Electronic Adherence form are shown below. Thank you for your participation. Great job on keeping the Stress Management result above the 80% mark. Can we do 90%? I am going to try for my 100% next week.

MOLADITY	RESULTS %
Exercise	91.3
Diet	92
Stress Management	82.7
Group Support	93.1
Out Side Group Support	93.8
Not Attending Group	3
Number of Inputs	20

RECIPES: Stir Fry Vegetables with Rice
From The Kitchen of Joe Capozzi

2 red peppers
1 yellow pepper
1 green pepper
2 small zucchini
1 small yellow squash
1 large Vidalia onion
2 cups sliced mushrooms
1 cup diced pineapple chunks
1 cruet fat free Italian Dressing
2 cups Lundberg Blend of Wild Rice and Premium Brown Rice
1 teaspoon freshly ground black pepper
1 teaspoon freshly grated ginger

In a large wok, slowly sauté the Vidalia onion in the fat free Italian dressing for about 8 minutes. Add the chopped peppers, zucchini, squash and mushrooms and cover for approximately 15 minutes or until tender. Add seasoning and remaining dressing before covering.

Scrape back the vegetables and add the cooked rice, ginger and pineapple chunks and cover for approximately 7 to 8 minutes. Mix all the vegetables, rice and pineapple together and cover for another 8 to 10 minutes.

Sweet and Sour Red Cabbage

From The Kitchen of Diane Davis

1 small head red cabbage (1 pound), shredded
1 medium unpeeled apple, cored and shredded
1 small potato, peeled and shredded
1 small onion, chopped
Grated peel of ½ lemon
Juice of 1 lemon
3 tablespoons firmly packed brown sugar
1 tablespoon red wine vinegar

In large covered nonstick skillet, cook cabbage, apple, potato and onion in 1 cup water over low heat for 15 minutes; stir occasionally. Add remaining ingredients. Cover; cook over low heat an additional 10 minutes, stirring often, until vegetables are tender and mixture thickens slightly.

Yield: 6-3/4 cup servings

JOKES:
PARROT,

This man had a parrot that could talk. Unfortunately, it swore a lot.

In an effort to get the parrot to be quiet, he put him in a cupboard. The parrot continued swearing and after a while the man decided to put the bird in the freezer. After that, the parrot started swearing even more. After a few minutes, he suddenly became quiet.

The man opened up the freezer and the parrot said, "I'm sorry, sir, it will never happen again." As the man took the bird out of the freezer he wondered what the difference was between the cupboard and the freezer.

Just then, the parrot said, "So, uh, what'd the chicken do?"