

Back To Health and Living SDC News Letter



DATE: April, 22, Letter 68

**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. (Every Thursday 5:00 pm)

EDITORIAL: In this newsletter I would
like to review some important dates for
future Ornish events.

**COHORT 15 IS STARTING AT
UHC MAY 2, 2006:**

If you know of a friend or loved one who
needs this program --- please give their name
to Toni Marascio and she will work on
getting them interested in being part of this
healthy revolution.

Toni Marascio, CFNP
Director, Health Connection
United Hospital Center
304 624-2959

**STRESS MANAGEMENT FOR
ORNISH ALUMNI:**

Stress Management for Ornish Graduates:
It's not too late to join!
5 places still available!
*Meet us at UHC Classroom B
Tuesday April 25th 6-7 pm

Contact - Elizabeth Connor, RYT - Stress
Management Specialist.

Clarksburg WV

Take advantage of this opportunity to
connect with fellow Ornish alumni and
support each other with your on-going
adherence to a heart healthy lifestyle! Enjoy
these guided sessions and jump-start your
Stress Management practice.

**Contact - Elizabeth Connor, RYT - Stress
Management Specialist at 304 624-2935**

FAT FREE RICOTTA CHEESE:

Ann, of our current cohort #14, found fat free
ricotta cheese locally at the Food Loin in
Clarksburg. I know several have been
looking for this product and have been going
to Morgantown to get it. Please pass the
word.

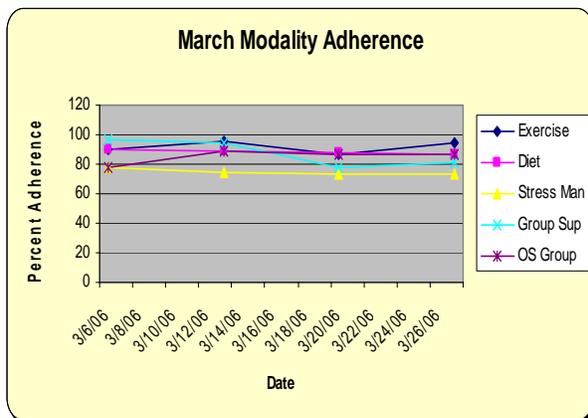
Enjoy,
Jennie

**THE MORGANTOWN ORNISH
SDC:**

Will have weekly Monday meetings at the
Morgantown Church of Christ
Activities as follows:
5:30-6:00 Exercise
6:00-7:00 Stress Management
7:00-7:30 Group Support
7:30- Refreshments Served
Wednesday meetings every first and third
Wednesday of the month.
1st Wednesday, Potluck at the Friends
Meeting Place at 5:30.
3rd Wednesday, Eating out.

SDC:

Modality Adherence The chart below shows the month of March and the adherence recorded to each modality. Notice the stress management is decreasing, and the group support is decreasing. Lets see if next month we can increase our stress management and discuss any problems in group.



Below is a table showing the average weekly adherence for the month.

Exercise	92.4%
Diet	88.5%
Stress Management	74.7%
Group Support	87.7%
Outside Group	85.2%

RECIPES: Creamy Fruit Salad, By Jeannie Lewis:

1 20 oz can unsweetened pineapple chunks, drained
1 15 oz can sliced peaches in their own juice, drained
1 11 oz can mandarin oranges, drained
4 medium Granny Smith apples peeled and sliced
1 ½ c skim milk
1/3 c orange juice concentrate
1 (1 oz) pkg. sugar free/fat free instant vanilla pudding
¾ c fat free sour cream

In large bowl, combine fruit and set aside.
In medium bowl whisk milk, orange juice concentrate and pudding. Mix for 2 minutes or until smooth.
Add sour cream, mix well.
Fold pudding mixture into fruit, cover and refrigerate till serving.

½ Cup = 1 fruit.

A LAUGH:



A Catholic priest and a nun were taking a rare afternoon off and enjoying a round of golf. The priest stepped up to the first tee and took a mighty swing. He missed the ball entirely and said "S___, I missed."

The good Sister told him to watch his language. On his next swing, he missed again. "S___, I missed."

"Father, I'm not going to play with you if you keep swearing," the nun said tartly.

The priest promised to do better and the round continued. On the 4th tee, he misses again. The usual comment followed.

Sister is really mad now and says, "Father George, God is going to strike you dead if you keep swearing like that."

On the next tee, Father George swings and misses again. "S___, I missed."

A terrible rumble is heard and a gigantic bolt of lightning comes out of the sky and strikes Sister Marie dead in her tracks.

And from the sky comes a booming voice ..
"S___, I missed."