

# Back To Health and Living SDC News Letter



**DATE:** May 5, 2005, L51

**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.

dinner. Below is a picture of some of the  
Cohort 11 participants.

**AGENDA – THURSDAY May 05, 2005**

1. 3:30 SDC Presentation
2. 4:00 Exercise
3. 4:30 Stress Management
5. 5:30 Dinner & Transition



**EDITORIAL:** This week we will be  
looking at the Self Directed Community.

The Self Directed Community is the base and support for continuation of the program after graduation from the program at the Hospital. The SDC plays an important part in the 4 modalities. The SDC is the foundation for connectivity with other participants and a place to continue each modality. Try and join us any Thursday for any of the modalities, and you will find it gets in your blood and continues to help reverse heart disease.

Below is a picture of our dinner area at the Self Directed Community. We had over 20 at the dinner, with some excellent food prepared by the Chef at UHC.

## **SDC:**

**Newsletter:** This is newsletter number 51. Please email any Ornish news you would like published in the up coming newsletters to [lmassey@ma.rr.com](mailto:lmassey@ma.rr.com) .



**Cohort 11 Transition Dinner:** The transition dinner for each cohort is held at the Self Directed Community so each participant can see what is done in the SDC. On May 5, 2005 Cohort 11, participated in the transition at the Self Directed Community. A small presentation was shown and we had a mini exercise and stress management class before

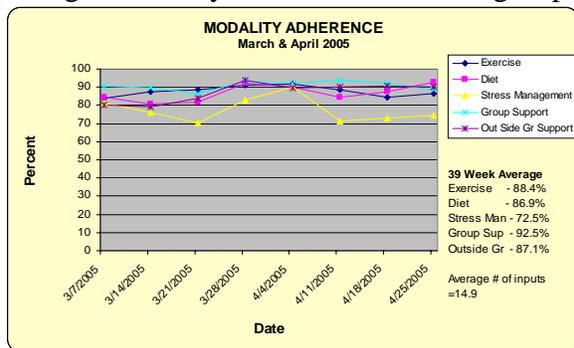
**Modality Adherence** results for the week of 4-25-2005, from the Clarksburg Electronic Adherence are shown later. Thank you for your weekly participation. The link to our weekly modality adherence form is on the next page you can click on it there or add the

link to your web browser for easy access.  
<http://www.equipmenthealth.com/Clarksburg.htm>.

Any one who is an Ornish graduate is invited to help us prove that a large group of participants can maintain the program.

MOLADITY	RESULTS %
Exercise	86.3
Diet	92.7
Stress Management	74
Group Support	88.8
Out Side Group Support	90
Not Attending Group	5
Number of Inputs	20

Below is a graph of our last two months of modality adherence results. Thank you for your participation in the program. Your input provides us with information on where are strengths and any weaknesses are as a group.



## RECIPES: Cole Slaw My Way

*From The Kitchen of Violet Stackpole*

3 cups shredded cabbage (may use package cole slaw mix)

½ cup carrot slivers

½ cup red pepper slivers

½ cup green pepper slivers

1 teaspoon celery seed

½ cup raisins

To this mixture, add dressing:

½ cup fat free mayonnaise

½ cup vinegar

2 packets Splenda

1 teaspoon mustard.

Mix and add to cabbage mixture. Toss well.

Sprinkle paprika on top of slaw.

Reminder not all fat free mayos are Ornish friendly and friendly ones are hard to find. Always check the

food label to make sure there are no unacceptable oils and if it is fat free (0g fat) then the acceptable oils can be anywhere in the ingredient list. Don't forget to count as an added fat food.

## Zucchini Brownies

*From The Kitchen of Mike and Mickey Nardella*

2 cups grated zucchini

½ cup mashed ripe banana

1 teaspoons vanilla

1 cup unbleached all purpose flour

¾ cup sugar

½ cup carob powder

1 ½ teaspoons baking soda

1 teaspoon salt

Confectioners sugar, sifted

Preheat oven to 350 degrees. In a large bowl, combine zucchini, banana, vanilla and 1 tablespoon water. In a medium bowl, stir flour, sugar, carob powder, baking soda, and salt. Add dry ingredients to wet and mix until blended. Batter will be stiff. Spread in 9x13 baking dish, either nonstick or lightly sprayed with nonstick spray. Bake about 35 minutes. Cool, dust lightly with confectioner's sugar.

**JOKES:** Jacob, age 92, and Rebecca, age 89, living in Florida, are all excited about their decision to get married. They go for a stroll to discuss the wedding, and on the way they pass a drugstore. Jacob suggests they go in. Jacob addresses the man behind the counter: "Are you the owner?" The pharmacist answers, "Yes." Jacob: "We're about to get married. Do you sell heart medication? Pharmacist: "Of course we do." Jacob: "How about medicine for circulation?" Pharmacist: "All kinds." Jacob: "How about Viagra?" Pharmacist: "Of course." Jacob: "Medicine for memory problems, arthritis, jaundice?" Pharmacist: "Yes, a large variety." Jacob: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?" Pharmacist: "Absolutely." Jacob: "You sell wheelchairs and walkers?" Pharmacist: "All speeds and sizes." Jacob: "We'd like to use this store as our Bridal Registry."