

# Back To Health and Living SDC News Letter



DATE: October 15, 2006 Letter 73

**Clarksburg WV**

**WEEKLY MEETING BHLC:**  
**FIRST BAPTIST CHURCH OF**  
**NUTTER FORT.** 5:00 pm each Thursday.  
219 Maryland Avenue. Nutter Fort, WV.

(door closes promptly at 5:25 p.m.)  
Buffet Dinner provided in the John E. Jones  
Conference Center Health Sciences Cafeteria  
Immediately following. RSVP by October  
11, 2006. To: Diane Richardson 293-2520  
E-mail: [richardsond@wvuh.com](mailto:richardsond@wvuh.com)  
Seating assigned on a first to respond basis

#### ARTICLES:

1. Internet links.
2. Morgantown SDC dinner / video conference with Dr. Ornish.
3. Heat Walk at Morgantown Mall.
4. Clarksburg SDC and Members of the month.
5. Editorial my pride in the SDC.
6. Recipe.

#### Menu:

Johnnie Marzetti  
Parmesan Eggplant  
Bruschetta Florentine  
Garden Salad with Assorted Vinegars  
Blueberry Wheat Muffin  
Fresh Fruit  
\$4.00/person\* -- Checks made payable to WVUH

LINKS: (1) <http://www.chasoc.org>  
(2) <http://www.heartbeats4life.org/>  
(3) <http://www.msnbc.msn.com/id/3037964/site/newsweek/>

\*Morgantown Ornish Self-Directed  
Community will offset this cost for  
anyone under financial hardship. Please  
contact Jeannie Lewis at (304) 291-0195 or  
[jimjeanlewis@gmail.com](mailto:jimjeanlewis@gmail.com)  
All items prepared as Ornish compliant.

**INTERNET LINKS:** Added above are  
some internet links. The new Charleston SDC  
website is excellent with the latest news and  
a reference to the Clarksburg and Huntington  
Newsletters. The second link is from a SDC  
group started in New York over 10 years ago,  
it is an excellent site. The last link is to the  
articles published in Newsweek by Dr.  
Ornish. *(Please check out his article about  
green tea and its health benefits.)*

MOSDC Morgantown Ornish Self-Directed  
Community Meeting time:  
Mondays 5:30 p.m.  
Morgantown Church of Christ  
361 Scott Avenue  
Morgantown, WV 26505.

**THE MORGANTOWN ORNISH  
SDC COMMUNITY:** Cordially invites  
you and a guest to attend. The Alumni Dinner  
and Video Conference with Dr. Dean Ornish  
At the Health Science Center. On October 16,  
2006. 5:00 - 8:00 p.m. Dr Ornish will begin  
speaking at 5:30 p.m. in Room 2094

**MORGANTOWN HEART WALK:**  
**Leslie Sansone's** sending a couple of her  
walk leaders to Morgantown tomorrow for  
the Heart Walk.

The Heart Walk will be held Friday, October  
20, during the WVU Health Expo at the  
Morgantown Mall.

The following walks are planned:

**8 a.m.** - Community Walk led by Mary Fanning, RN

**11 a.m.** - "Go Red for Women" Walk led by Claudette Brooks, MD (wear red!)

**2 p.m.** - Mountaineer Walk led by Joanne Carrigan and Linda Newell

**5 p.m.** - "Business After Hours" Walk led by Stephen LaCagnin of Jackson Kelly

The 8 a.m., 11 a.m. and 5 p.m. walks will involve participants carrying a AHA red balloon and taking a lap around the outside perimeter of the mall. The meeting point for these 1-mile walks will be the American Heart Association booth (#31), located between the Food Court and the JC Penney entrance.

At the booth, the following will be offered throughout the Expo: blood pressure screenings, body fat analyses and cardiac risk assessments. Physicians with the WVU Heart Institute will also make appearances at the booth.

**The 2 p.m. walk, which will be a two-mile walk, will take place at the stage area near the Food Court. Participants will walk and exercise in place. This walk will be led by Joanne Carrigan and Linda Newell, walk team leaders, Leslie Sansone In-Home Walking.**

Team Captains at WVUH include:

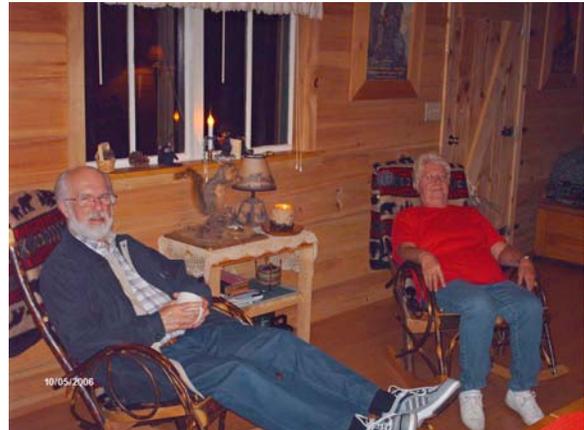
- Nancy Miller - 10 East
- Selma Strakal - CTU/CCU
- Virginia Moore - 10 West
- Georgania Grove - 5N OR
- Denise Palmer - Cardiology
- Muffy Cherok - Cardiovascular and Interventional Services
- Jennifer Johnson - 9 East / Stroke

## **CLARKSBURG SDC:**

**Potluck at the Mutschelknas Cabin:** On Thursday October 5, 2006 the BHLC Clarksburg SDC held their by monthly potluck dinner at Willie and Mary Mutschelknas's cabin. We all want to thank them for the hospitality and devotion to the Ornish program. Below are some pictures from the cabin.



Stress management relaxation is easy in the calmness of good friends and a great meal. Notice Wes and Helen below.



Talk about great food. Please join us at our next potluck dinner.

## **SDC Modality Adherence August & September**

MOLADITY		RESULTS
Exercise		96
Diet		90.7
Stress Management		87.3
Group Support		96.6
Out Side Gr Support		89.5

### **SDC Members of the Month:**

**Mary and William Mutschelknas** – Graduates of Cohort 1 and members of the Clarksburg SDC (Back to Health and Living Community). Mary and Willie are an inspiration to us they work full time and always plan to be involved with the SDC.



A few comments from Mary. “I am Mary Mutschelknas my husband Willie and I were in the first cohort of the Ornish program. We were the first couple to go through the program. We have been in the program almost 5 years and we cannot say enough good about the program. The program has been wonderful for the both of us with our health problems. Willie has 5 stints and had done great on the program. The people are wonderful and when we have our potluck dinner it is just out of this world. We enjoy everyone so much the connection to others with similar problems helps us. Tonight we are glad to have an outing at our cabin, we are having laughs and barrels of fun. Anyone that can come and join us we would love to have you.”

**Quote of the Month:** *If I were to name the three most precious resources of life, I should say books, friends and nature; and the greatest of these, at least the most constant and always at hand, is nature.* Naturalist, John Burroughs

**EDITORIAL:** By Larry Massey: I want to express my pride in the Ornish Self Direct Communities that are forming and the changes I see in the participants each day. The great ideas that are coming from each community, the websites, the newsletters, the programs and mentoring of others, the connectivity of each of us with others that have a form of heart disease. I see each year a growth in the program that makes me proud to be a very small part of changing our life style. I can say I love the program and all participants of the program that I know. I am blessed.

### **RECIPES: Polenta with Feta Cheese**

**From the Kitchen of Alexander Alex**

1 fat free Organic Polenta tube (frieda's from Walmart)

4 oz fat free feta crumbled

8 oz fat free Sour Cream

1/2 cup of fat free yogurt

1 tb dill, chopped

chopped green onions to garnish

Cut into 1/2 inch or less slices and put baking dish. Put crumbled feta, sour cream and yogurt in bowl mix lightly and cover polenta. Before serving heat it up in the oven, sprinkle fresh chopped and green onions on top.

p.s. I find this may need salt and pepper for taste. If so then lightly put on polenta before the cream mix, you may feel free to put more onions and dill. Happy appetizing

**JOKES:** The latest in baby foods. Check out the baby.

