

Back To Health and Living SDC News Letter



DATE: October 28, 04 L27

Clarksburg WV

WEEKLY MEETING:

**FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue
AGENDA – THURSDAY Oct 28, 2004**

- 1. 5:00 Exercise**
- 2. 6:00 Stress Management**
- 3. 7:00 Group**
- 5. 7:30 Dinner PIZZA PARTY!!!!**

EDITORIAL: The Heart Healthy Lifestyle Program -- Dean Ornish, MD. - 02/19/03 (Posted on WebMD)

Although diet's important, it's only one part of my program. Emotional stress plays an important role in just about all illnesses, both directly and indirectly. For example, emotional stress makes arteries constrict and clot blood faster, which, in turn, may cause a heart attack. Also, people are more likely to smoke, overeat, drink too much, work too hard, and so on when they are feeling stressed. Thus, stress management is an important part of what I recommend. These techniques include:

- Yoga stretching
- Breathing techniques
- Meditation and imagery
- Support groups

Even a few minutes a day can make a big difference. Also, I recommend moderate exercise. The more you exercise, the more fit you become, but not necessarily the healthier you become. Just walking 20 or 30 minutes a day and not even all that fast can reduce premature death by 50% or more. The last and perhaps most important part of the program involves love and intimacy. Study

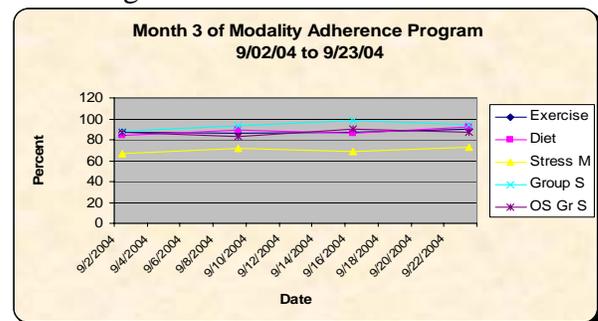
after study are showing that people who feel lonely and depressed are more likely to get sick and die prematurely than those who have a strong connection, caring, and community.

SDC: Below is the modality results for last week and a chart for last month.

Adherence Results Last Weeks Average:

MODALITY	RESULTS
Exercise	81.6
Diet	89.9
Stress Management	73.3
Group Support	90.9
Out Side Group Support	86.8
Not Attending Group	6
Number of Inputs	19

The graph below shows the modality trend through September with all modalities increasing at the end of the month.



RECIPES: Hot Bacon Cream Cheese Spread

From the Kitchen of Louis Iquinto

1 package fat free cream cheese
1 teaspoon Dijon mustard
½ to 1 teaspoon horseradish
1 ounce soy bacon, crumbled
Combine ingredients until completely blended. Refrigerate until ready to use. Use as a bagel spread or serve on crackers.

ANNUAL SELF DIRECTED COMMUNITY MEETING: October 16, 2004.

Our annual Self Directed Community Meeting was held at the First Baptist Church in Nutter Fort West Virginia. It was a great meeting with a tremendous amount of communications and connectivity with the other attending SDC locations.

The meeting was opened by Vicki D'Amico, the SDC president Wesley Miller, and Marlene Janco (Highmark). Presentations on Diet (Jennie Wilkins), Strength training for the heart (Erin Hunt) and Anger Kills (Elisabeth Connor & Frank Taylor) the staff of the Health Connection at UHC. Excellent testimonials were given by members of the Back to Health and Living Community. A mini modality session was completed with exercise, stress management, and then going into 4 separate groups for discussion. A presentation was given on monitoring modality adherence and the importance of continuing the 4 modality program. Door prizes were given out and we attended a great buffet dinner at the Runway Grill. SDC cohorts were present from Greensburg PA, Martinsburg WV, Windberg PA, Clarksburg WV, Parkersburg WV, Morgantown WV, and other Pittsburgh PA locations.

We want to thank all the BHLC members that worked and planned to make this event happen. The people who made the name tags, made the signs, did the decorations, brought the snacks, donated the door prizes, set up the dinner, gave the excellent presentations and testimonials, and the time and materials necessary to make this meeting a success. And many thanks to the Church for letting us have our meeting in such a great atmosphere. God has truly blessed us all. Thank everyone for their comments on the satisfaction survey.

Following are some pictures from the Meeting. We will be planning to have a similar meeting each year, possibly hosted next year at one of our fellow Self Directed Community locations.



Meeting location provided by the First Baptist Church in Nutter Fort West Virginia.



Larry Snyder talking about cooking while hunting, and providing a great testimonial.



Carolyn and Bob Dennison speaking from their heart and giving a great testimonial about the Ornish Program and the SDC.



Group exercise.