

# Back To Health and Living SDC News Letter



Clarksburg WV

DATE: December, 16 L34

## WEEKLY MEETING BHLC:

FIRST BAPTIST CHURCH NUTTER FORT  
219 Maryland Avenue

AGENDA – THURSDAY December 16, 2004

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

**EDITORIAL:** As we enjoy our family and friends during the holidays let's look at some health issues.

### Is It a Stroke?

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

**\*Ask the individual to smile.**

**\*Ask him or her to raise both arms.**

**\*Ask the person to speak a simple sentence.**

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage. Tell as many people as possible about this.

**Vitamin E:** In regard to the recent research regarding Vitamin E, here is a new PMRI positions paper on Vit E. Bottom line, the optional intake level has been lowered from 100-400 IU/day to 100 IU/day. "Given the above considerations, the vitamin E supplementation regimen recommended by Dr. Ornish is 100 IU/day of mixed tocopherols. It is important to check whether additional vitamin E is provided by other supplements, such as a multivitamin or fish oil supplements, and not to exceed a total intake of 150 IU vitamin E/day from supplements." Please contact Elizabeth Quintana at [equintana@hsc.wvu.edu](mailto:equintana@hsc.wvu.edu) if you wish to receive the complete discussion on vitamin E.

**SDC:** Below are the modality results from last week. Congratulations on the stress management being above 70%, keep up the good work. Let's do 75% over the Holidays. Remember we can do 5 minutes of deep breathing and meditation during break or lunch to help relax our body and mind. Also this small amount helps us to reach our goals for stress management and improve our quality of life.

MODALITY	RESULTS
Exercise	93.8
Diet	86.4
Stress Management	71.9
Group Support	89.5
Out Side Group Support	82.8
Not Attending Group	3
Number of Inputs	16

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## **RECIPES: Coleslaw**

*From The Kitchen of Frank Taylor*

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, cholesterol 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.

## **Creamy Peach Cheesecake**

*From the Kitchen of Jackie Vandevander*

32-ounce carton plain nonfat yogurt\*  
1 ½ cups Nutty Nugget cereal (for crust)  
16-ounce can peach halves, packed in juice  
2 tbsp. quick cooking tapioca  
½ cup honey  
1 tsp. vanilla  
½ tsp almond extract  
1 ½ tbsp. arrowroot  
2 egg whites

\*Day before: Drain yogurt to make yogurt cheese – see attached sheet  
Preheat oven to 325 degrees. Moisten fingers with water and press cereal over bottom of 8-inch springform pan. Chill while preparing remaining ingredients. Drain peaches, reserving liquid. Combine liquid and tapioca in a saucepan. Set aside for 5 minutes, then cook over low heat until slightly thickened, about 3 minutes. Cool slightly. Beat together yogurt, cheese, honey, vanilla, almond extract, and arrowroot. Gradually add tapioca mixture, stirring until well blended. In a

separate bowl, beat egg whites to soft peak stage. Fold egg whites into cheese mixture and mix until well blended. Pour half of the cheese filling into prepared pan. Slice peaches thinly. Cover the cheese filling with half of the peaches. Pour remaining filling on top and smooth with spatula. Arrange the rest of the peach slices on top. Bake at 325 degrees for 50 minutes, or until center is set and surface is lightly browned. Remove from oven, cool to room temperature, then refrigerate until thoroughly chilled, about 2 to 3 hours. Yield: 8 servings

## **Whole Wheat Bread**

*From The Kitchen of Denver Barnett*

2/3 cup instant nonfat dry milk  
¼ cup sugar  
2 packages active dry yeast  
1 tbsp. salt  
6 ½ to 7 ½ cups whole wheat flour

In large bowl, stir 3 cups warm (not hot) water, dry milk, and yeast. Let stand 3 to 4 minutes. Add sugar, salt, and 4 ½ cups flour. Beat vigorously until smooth. Add 1 ½ cups remaining flour and stir into manageable dough. Turn dough onto floured surface. Knead for 2 minutes. Add additional flour as needed. Let dough rest 10 minutes. Knead additional 8 minutes until dough is smooth and elastic, adding additional flour as needed. Spray large bowl with nonstick spray. Place dough in bowl, cover with towel, let rise until doubled, 1 to 2 hours. Punch dough down, divide in half, and form 2 loaves. Place in 8 ½ x 4 ½ x 2 ½ inch loaf pans, lightly sprayed with nonstick spray. Cover with towel, allow to rise 45 to 60 minutes. Bake 55 to 60 minutes at 350 degrees.

Makes 2-8 ½ loaves

# **HAPPY HOLIDAYS**