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DATE: June 17, 2004 L8

Clarksburg WV

WEEKLY MEETING: BHLC SDC

FIRST BAPTIST CHURCH NUTTER
FORT 219 Maryland Avenue

AGENDA – THURSDAY June 17, 2004

- I. 5:00 Exercise
- II. 6:00 Stress Management
- III. 7:00 Group
- IV. 7:30 Dinner Minards

EDITORIAL: Mentorship. In the next few newsletters we will list characteristics that make a good mentor by: Jim Gatto Cohort 5, West Mifflin.

1. A mentor is someone who takes a special interest in helping new or current participants develop into successful followers of the guidelines and practices of the Ornish Program.

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

SDC: Group Support. There are many kinds of support groups. Some focus on coping with a specific disease, addiction, or problem. Some groups focus on depression, anger, eating disorders, or other disorders. The group support focus in the Dean Ornish Heart Reversal Program is to create an intentional community of people who are committed to healing loneliness and isolation.

Group support has been part of the Ornish research since 1977. It has evolved from its original purpose, to help people stay on the OTHER parts of the program- following the diet, exercise, practice yoga. Research revealed participants in the program needed a place where they could openly talk with each other. The group needed a place where everyone felt heard and understood. Group support, today, helps participants feel supported in their lifestyle changes and creates access to feelings within the participant that facilitates ways to core issues of problems in the lifestyle changes. What makes group support so powerful is that people begin to realize that they are not alone.

Through genuine caring, and support people are encouraged through this safe environment to once again trust others, themselves and the process of healthy lifestyle choices. It becomes a contagious environment where people listen with empathy, compassion, without judging, belittling others, or trying to fix problems. Once the support

begins for each person, participants talk about their feelings and they begin to open their hearts to trust each other. Healing starts, creative minds are unleashed and once again participants lead productive lives of happiness in their homes and communities. Sound like a fairy tale ending or beginning? Why not re-energize your commitment to yourself and attend the Self-Directed Community in Clarksburg, WV, this Thursday evening at 5: 00 p.m. or attend next Thursday? Back to Healthy Living Choices and the support you need to fight Heart disease. Frank Taylor, GSF United Hospital Center Clarksburg, WV

HOSPITALS IN WEST VIRGINIA OFFERING THE ORNISH PROGRAM

Camden Clark Memorial Hospital

800 Garfield Avenue
Parkersburg, WV 26101 Program
Director Lee Hickman
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FX 304/424-2693
E-mail: lhickman@ccmh.org

Charleston Area Medical Center, Inc

3200 MacCorkle Avenue, SE
Charleston, WV 25304 Program
Director Ed Haver
PH 304/388-9520, direct
PH 304/388-9411, inquiries
FX 304/388-9422
E-mail: ed.haver@camc.org

Princeton Community Hospital Association, Inc.

P.O. Box 1369
Princeton, WV 24740-1369 Program
Director Cindy Gillespie
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PH 304/431-5068, inquiries
FX 304/487-7900
E-mail: cgillespie@pchonline.org

St. Joseph's Hospital

1824 Murdoch Avenue
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Director Gini Jacobs
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virginia.jacobs@hcahealthcare.com

St. Mary's Medical Center

2900 1st Street
Huntington, WV 25701 Program
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United Hospital Center

#3 Hospital Plaza
Clarksburg, WV 26301 Program
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The Wellness Center at City Hospital

2000 Foundation Way, Suite 1200
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West Virginia University Hospitals, Inc. Medical Center Drive

Morgantown, WV 26506-8120
Program Director David Harshbarger
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Wheeling Hospital

Howard Long Wellness Center
800 Medical Park
Wheeling, WV 26003 Program
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