

# Back To Health and Living SDC News Letter



DATE: June 24, 2004 L9

Clarksburg WV

## WEEKLY MEETING: BHLC SDC

FIRST BAPTIST CHURCH NUTTER  
FORT 219 Maryland Avenue  
AGENDA – THURSDAY June 24, 2004

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

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

2. An effective mentoring relationship is characterized by mutual respect, trust, understanding and empathy. A successful mentor is able to share personal experiences and concerns to establish an environment in which only their level of commitment limits participant accomplishments. An effective mentor is approachable, available and wants to encourage participant commitment.

An effective mentor is a good listener. The mentor hears what the participant is trying to say and pays attention to the undertones of their words, including attitude and body language. An effective technique for the mentor is to summarize and repeat an important discussion point to a participant to check for mutual understanding. Through careful listening, the mentor conveys understanding of the participant's challenges. When a participant feels this empathy, the way is open for clear communications and more effective mentoring.

## RECIPES: Toni's Bean Soup

*From The Kitchen of Toni Marascio*

- 1 package 16 bean soup
- 1 onion, chopped/diced
- 1 clove garlic, chopped
- 2 tablespoons chili powder
- 1 can (1 lb. 1 oz.) tomato sauce
- 1 can (14.5 oz.) petite diced tomatoes
- 1 tablespoon cayenne pepper
- ¼ teaspoon No Salt
- ½ teaspoon black pepper

Cook beans as directed. Add tomato sauce, diced tomatoes, and onions. Add chili powder, cayenne pepper, salt, pepper to taste. Simmer until served.

**SDC:** During the next 3 months we will be experimenting with a web based modality adherence form for the Clarksburg SDC. This will be an easy tool for members to help the SDC keep a record of how our SDC is doing. Then be easily expanded to involve the large Ornish community. The program will evolve to a totally automated system. We will keep everyone up-to-date on our progress and how they can get involved.

**JOKES:** A 92 year-old man went to the Doctor to get a physical. A few days later the Doctor saw the man walking down the street with a gorgeous young lady on his arm. At the next physical the Doctor talked to the man and said, "You're really doing great, aren't you?" The man replied, "Just doing what you said Doctor, 'Get a hot mamma and be cheerful.'" The Doctor exclaimed, "I didn't say that. I said you got a HEART MURMUR. BE CAREFUL."