

Back To Health and Living SDC News Letter



DATE: June 20, 2005, L56

WEEKLY MEETING BHLC:
ST MARK'S LUTHERAN CHURCH
The Church is located at the corner of
Route 19 South & Route 98 (Davisson
Run Road) Next to the United Hospital
Center.

EDITORIAL: Some changes in the
Ornish portion serving size.

The Egg substitute used to be 1/4 Cup now it
is 1/2 cup. Cooked dried beans used to be 1/2
cup now it is 1/3 cup. Change information
from Jennie Wilkins Dietitian at The Health
Connection UHC.

SDC: Stress Management: Last week June
23, Elisabeth Connor started the first of 6
classes in the next step of stress management
at the weekly SDC meeting at 6:30 pm. It
was an excellent evening with 17
participants. Please join us this week, (5
classes left) there is a small fee charged,
contact lmasey@ma.rr.com for any addition
information. **Please bring your mats and
pillows, we have class on a hard floor.**

SDC Meeting June 23, 2005. Last week we
had a great meeting with exercise, stress
management (Live with Elisabeth Connor),
group and Potluck dinner. The SDC potluck
dinners are the best, below is last week's
menu. All Ornish and fat free.

Menu: Teila, Grape Salad, Green beans,
Chile, Taco shells, Sour Doe Bread, Green
Lima beans, Five Bean Bake, Italian green
beans, Fruit trays, Chocolate cake, Blue berry
muffins, Strawberry Jam, Fruit dip, Angel
flood cake with cherries, and Water.

Modality Adherence results for the week of
6-13-2005, from the Clarksburg Electronic
Adherence are shown below. The link to our

Clarksburg WV

weekly modality adherence form is below;
just add it to your web browser for access.
[http://www.equipmenthealth.com/Clarksburg
.htm](http://www.equipmenthealth.com/Clarksburg.htm). Thank you for your response with 24
inputs. Keep up the good work, and see if we
can get the number of participants above 30.

MOLADITY	RESULTS %
Exercise	93.8
Diet	94.5
Stress Management	74
Group Support	80.4
Out Side Group Support	92.7
Not Attending Group	7
Number of Inputs	24

RECIPES: Harvest Snack Cake

From the Kitchen of Patsy Frisenda

2 cups whole wheat flour
1 1/4 cups packed brown sugar
2 teaspoons baking soda
3/4 teaspoon of ground cinnamon
1/2 teaspoon ground nutmeg 1/8 to 1/4 teaspoon
ground ginger
Egg beaters = 2 eggs
1/2 cup unsweetened applesauce
1 teaspoon vanilla extract
1 1/2 cups shredded carrots
1 cup raisins

In a bowl, combine the flour, brown sugar,
baking soda, cinnamon, nutmeg, and ginger.
Combine the eggs, applesauce, and vanilla;
stir in dry ingredients just until moistened.
Fold in the carrots and raisins (batter will be
thick). Spread evenly in a 13 x 9 x 2-inch
baking pan coated with nonstick cooking
spray. Bake at 350 degrees for 30 to 35
minutes or until a toothpick inserted in the
center comes out clean.