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DATE: June 13, 2005, L55

Clarksburg WV

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: Self Directed Community events for the next few weeks. Renew your Stress Management practice with advanced instruction. These guided **LIVE** SM classes will take us deeper into the practice to explore the healing process. During the next few months we will be planning our yearly fall SDC regional meeting (The Road To Better Health). This year we will be using all our resources to schedule the meeting so that Dr. Ornish may be able to attend. Last year the meeting was excellent with a lot of ideas and participation from Ornish sites in West Virginia and Pennsylvania.

SDC: Stress Management: Starting the week of June 23, Elisabeth Connor will be conducting a 6 week course in the next step of stress management at the weekly SDC meeting at 6:00 pm. There will be a small fee charged please contact lmasey@ma.rr.com for any addition information. Please bring your mats and pillows.

SDC Meeting June 9, 2005. Last week we had a great meeting with exercise, stress management, group and Potluck dinner. The SDC potluck dinners are the best, below is last week's menu. All Ornish and fat free.
Hamburgers (homemade Ornish burgers,)
Teila, Macaroni and cheese, Fresh green onions, Fresh baked wheat bread, Chocolate angle food cake, Island pineapple dessert, Trifle, Fat free sherbet, Fresh fruit and Water.

Business Meeting. Last meeting we had a short business meeting to elect new officers. Dan Webster was elected Vice-President. The other officers remained the same. President – Wesley Miller, Treasure- Larry Massey, Secretary- Wendy Kallmyer. The dues remained the same at \$5:00 per month.
Modality Adherence results for the week of 5-30-2005, from the Clarksburg Electronic Adherence are shown below. The link to our weekly modality adherence form is below; just add it to your web browser for access. <http://www.equipmenthealth.com/Clarksburg.htm>. Thank you for your response with 27 inputs and stress management near 80%. Keep up the good work.

MOLADITY	RESULTS %
Exercise	87
Diet	93.6
Stress Management	79.6
Group Support	98.5
Out Side Group Support	90.7
Not Attending Group	5
Number of Inputs	27

RECIPES: Mary Mutschelhnaus (Soy Burgers)

1 pkg. Smart Ground (By-LightLife)
4 egg whites, 1/3 cup oats, 1 med. Onion.
Onion powder (to taste)
Garlic powder (to taste)
1/3 cup catsup
Mix Smart Ground until crumbly, Saute onion- add to mixture. Add all other ingredients and mix well. Shape into burgers – brown on both side in stick-free skillet that has been sprayed with fat-free Pam. Cover and let simmer (very low heat) around 5-7 minutes.