

# Back To Health and Living SDC News Letter



**DATE:** July 5, 2005, L57

**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. (Every Thursday 5:00 pm)

## **EDITORIAL: Other Self Directed Community Newsletters and the PMRI Website.**

During the coming weeks we will also be sending copies of the Huntington WV newsletter, a fantastic newsletter. The Chicago newsletter is posted on their website. Just follow their link below. It is great to see the commitment of so many people to the program. Our small group is becoming larger every day, and our influence on others becomes stronger as we grow and can become mentors to our friends and neighbors that have heart disease.

Chicago SDC website:

<http://www.geocities.com/genesull1/ornish.htm>

**Our SDC President Wesley Miller:** Check out the PMRI website, Wes has his testimonial on the personal stories. The [personal stories](#) are great, take some time to read and absorb them. These stories are what we need to share with others that have heart disease. We can make a difference in the future not only for ourselves but for our next generation.

PMRI website: <http://www.pmri.org/>

**SDC: Stress Management:** Last week June 30, Elisabeth Connor conducted the second of 6 classes in the next step of stress

management at the weekly SDC meeting at 6:30 pm. It was an excellent meeting which was recorded for a future CD of Stress Management. Please join us this coming Thursday, (4 classes left) there is a small fee charged, contact [lmasey@ma.rr.com](mailto:lmasey@ma.rr.com) for any additional information. **Please bring your mats and pillows, we have class on a hard floor.**

**SDC Meeting June 30, 2005.** Last week we had a great meeting with exercise, stress management (Live with Elisabeth Connor), group and dinner at Minards. We had a tossed salad and whole wheat spaghetti with marinara sauce, bread, water and some wine.

**Modality Adherence** results for the week of 6-20-2005, 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 15 inputs. Keep up the good work, and let's try to get the stress management back up to 80%. The modality adherence program is to help us monitor our adherence each week and to keep records that can prove that a large group of participants can adhere to the program.

MOLADITY	RESULTS %
Exercise	86.7
Diet	89.3
Stress Management	71
Group Support	100
Out Side Group Support	88.3
Not Attending Group	3
Number of Inputs	15

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## **RECIPES: Old-Fashioned Potato**

**Salad** – From the Mountain State BlueCross BlueShield newsletter.

3 pounds red-skinned potatoes  
1 cup diced celery  
1 cup diced red onion  
¼ cup cider vinegar  
1 ½ teaspoons salt  
¼ teaspoon pepper  
3 tablespoons sweet pickle relish  
3 hard-boiled egg whites, chopped  
¾ cup nonfat mayonnaise  
1 tablespoon minced parsley

In a bamboo steamer or collapsible metal steamer, steam the potatoes over boiling water, covered, until tender when pierced, 30 to 40 minutes, peel, then cut into ½ to ¾ inch cubes. In a large bowl, stir together potatoes, celery, onion, vinegar, salt and pepper.

Add relish, egg whites and mayonnaise and stir gently to combine.

Taste and adjust seasoning with salt and pepper. Transfer to a serving bowl and sprinkle with parsley.

*Serving size: ¾ cup.*

*Calories: 84*

*Fat: 0.17 g*

*Cholesterol: 0 mg*

*Carbohydrate: 18.0 g*

*Protein: 3.3 g*

*Sodium: 523.0 mg*

*Serves 8.*

## **Tips for Getting Better Medical**

**Care** – From the Mountain State BlueCross BlueShield newsletter.

No matter what the illness, there are some general techniques you can use to improve the quality of care you receive:

**Ask questions.** If you don't understand, be sure your doctor knows that. Use "I" statements. For example, "I don't understand" is more effective than "You're being unclear about...."

**Write it down.** Studies have shown that only about one-third of patients remember the diagnosis when the doctor communicates it verbally, but 70 percent remember when it's written down.

**Tell all.** What may seem like extraneous information to you may be of key importance. Tell your doctor about allergies you may have, medicines you are taking, and lifestyle choices that may affect your diagnosis and treatment.

**Bring someone with you.** When meeting with your doctor to discuss treatment options, bring someone with you for support and ask the person to take notes for you.

**Record it.** Bring a tape recorder so you have a record of your diagnosis and instructions.

**Be assertive.** If you don't know what a word means, ask your doctor to explain it.

## **JOKES:**

"Oh, I sure am happy to see you," the little boy said to his grandmother on his mother's side. "Now maybe daddy will do the trick he as been promising us."

The grandmother was curious "What trick is that?" she asked.

I heard him tell mommy that he would climb the walls if you came to visit.

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."