

# Back To Health and Living SDC News Letter



**DATE: July 11, 2005, Letter 58**

**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)

We want to wish Frank the best in his new job and with God by his side he will be where he is needed to help others. Below is one of Frank's articles published in a past newsletter.

**EDITORIAL: A great friend and mentor, is moving on in his journey through life.** Mr. Frank Taylor the director of the Group Support portion of the Ornish Program at United Hospital Center is leaving for a new job in Cumberland Maryland.



Frank was a true friend and leader to establish our initial group setting. Frank tweaked our ability to express our

feelings and to understand our inner feelings, so we could promote healing with in our own body.

Frank has been our inspiration and leader to finding our own feelings, and understanding that we are not alone in our battle with heart disease. Frank has been an important friend to all of us (**12 Cohorts**) in our lifestyle change. His continuing efforts are appreciated by all of us.

Frank was a major support person to help us start our Self Directed Community. He was always involved with our Self Directed Community. He stopped by to join us for group last Thursday.

Frank Taylor, GSF  
United Hospital Center Hospital  
Clarksburg, WV

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

**SDC: Stress Management:** Last week July 7, 2005 Elisabeth Connor conducted the third of 6 classes in the next step of stress management at the weekly SDC meeting at 6:30 pm. It was an excellent meeting with some new ideas on maintaining a clear mind with no outside influences during stress management and meditation. Please join us this coming Thursday, (3 classes left) there is a small fee charged, please contact [lmassey@ma.rr.com](mailto:lmassey@ma.rr.com) for any additional information. **Please bring your mats and pillows, for a restful evening.**

**SDC Meeting July 7, 2005.** Last week we had a great meeting with exercise, stress management (Live with Elisabeth Connor), group and Potluck dinner. It was an excellent meeting with a lot of communications, hard work, relaxation, connectivity, and a great meal. The potluck dinners are an important part of the self directed community.

**Modality Adherence** results for the week of 6-27-2005, 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. Keep up the good work, and congratulations on the

adherence to the stress management. The **87.7 %** is a new record.

MOLADITY	RESULTS %
Exercise	86.5
Diet	99.8
<b>Stress Management</b>	<b>87.7</b>
Group Support	100
Out Side Group Support	94.2
Not Attending Group	2
Number of Inputs	13

**RECIPES: Warm Peach Cobbler – From the Mountain State BlueCross BlueShield newsletter.**

- 6 medium peaches
- 1/3 cup sugar
- 3/4 cup unbleached all-purpose flour.
- Pinch salt
- 6 tablespoons non-fat milk
- 6 tablespoons liquid egg substitute
- 1/2 teaspoon vanilla extract

Preheat oven to 400 degrees F. Peel and slice peaches. You should have about 4 cups. Sprinkle with 2 teaspoons sugar taken from the 1/3 cup. In a bowl, stir together remaining sugar, flour, baking powder, and salt. In a large bowl, whisk together milk, egg substitute, and vanilla. Add dry ingredients to wet ingredients and stir just to blend. Batter will be thick. Put peaches in a 9-inch nonstick pie pan. Spoon the batter over the peaches, smoothing it with the back of the spoon. It doesn't need to cover the peaches completely; in fact, it looks nice if some of the peaches are poking through. Bake until the peaches are bubbly and the topping is browned, about 30 minutes.

- Serving size: 1/8 of the cobbler
- Calories: 110
- Fat: 0.18 g
- Cholesterol: 0.2 mg
- Carbohydrates: 25.0 g
- Protein: 2.9 g
- Sodium: 20.0 mg.