

# Back To Health and Living SDC News Letter



**DATE:** July 18, 2005, Letter 59

**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: It may be easy to help others with heart disease, by only our actions and a few words.**

I was reading the West Virginia Executive which had some very interesting information on health care in West Virginia. I will share some of this with you during the next few newsletters. First the editor of the West Virginia Executive, Erika Celeste has a very interesting analogy to our Self Directed Community. She says "The right words can change the course of tides. An example was when she was at recent luncheon. Throughout the meal, we eyed some wonderful desserts. When we finally got a chance to taste the delicious creations, a co-worker made the statement that she had lost a lot of weight by not denying herself. Instead she always tried to leave half of what she ate on her plate. It was a small statement in passing, which I did not realize everyone at the table heard. About half way through the keynote address I looked around the table and realized everyone, including myself left half their desserts on their plates. My eyes wandered to the other tables in the room to see if this phenomenon was unique to our table. Sure enough there was not a crumb of cake left anywhere else in the room. Her suggestion inspired us to be a little healthier, at least for that day."

I feel this is a very important part of our Self Directed community. The power we receive each week from the group helps to keep us on track with the requirements of the program. After graduation from the program we feel better and our mind will take suggestion from others in our environment that may not be eating healthy, and we may sway from the program. But the power of suggestion from the participants at each weekly meeting helps to promote another successful week of heart disease reversal. The SDC meetings are like a booster shot each week, except it is a shot of love, connection and mental suggestion. It is a life style change and we need help along the way to continue on our journey.

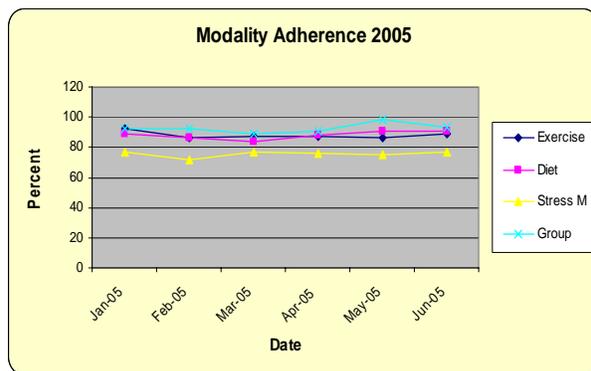
**SDC: Stress Management:** Last week July 14, 2005 Elisabeth Connor conducted the fourth of 6 classes in the next step of stress management at the weekly SDC meeting at 6:30 pm. It was an excellent meeting with some new stretches and meditation techniques. Please join us this coming Thursday, (2 classes left). **Please bring your mats and pillows, for a restful evening.**

**SDC Meeting July 14, 2005.** Last week we had a great meeting with exercise, stress management (Live with Elisabeth Connor), group and dinner at Ryans. It was an excellent meeting with a lot of communications, hard work, relaxation, connectivity, and a great meal. Eating out is an important part of our life and eating dinner together helps to promote a healthy learning atmosphere for us.

**Modality Adherence** results for the week of 7-04-2005, 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.

MOLADITY	RESULTS
Exercise	86.7
Diet	89.3
Stress Management	67.3
Group Support	96.1
Out Side Group Support	91.7
Not Attending Group	2
Number of Inputs	15

Below is a graph of our modality adherence for the first 6 months of 2005. There were ups and downs each week, but below shows the average for each month.



## **RECIPES: Grilled Portobello Mushroom and Onion Burgers – From the Mountain State BlueCross BlueShield newsletter.**

2 French-style baguettes (each about 24 inches long and 2 inches in diameter)  
 4 Portobello mushrooms (about 6 ounces each)  
 1 ½ cups non-fat bottled Italian salad dressing  
 5 Tablespoons chopped fresh thyme  
 ¼ cup Worcestershire sauce  
 2 large red onions, in ½ inch-thick slices

2 large red bell peppers, quartered, stems and ribs removed  
 8 lettuce leaves

Cut each baguette into four equal sections, then cut each section in half horizontally. Wipe the mushrooms clean with a damp paper towel. Remove the stems and slice the caps into ½ inch-thick slices. In a small bowl, whisk together salad dressing, thyme, and Worcestershire sauce. Preheat oven to low and prepare a medium-hot charcoal fire. Place grilling rack 4 to 6 inches from the coals.

Brush mushrooms, onions and bell pepper with herbed dressing. Grill, turning once or twice, until nicely browned on the outside and tender, 6 to 8 minutes total. Remove from grill and keep warm in oven. Brush the cut sides of the baguettes with remaining herb dressing. Place cut side down over indirect heat (not directly over the coals) and grill until rolls are just heated through and beginning to brown at the edges.

For each “burger”, place a baguette bottom cut side up on a plate. Top with an onion slice, 4-5 mushroom slices, one quarter of a bell pepper, and a lettuce leaf. Cover with the top of the baguette pressing down gently to form a sandwich.

Repeat with remaining ingredients. Serve immediately.

Serving size: 1 burger  
 Calories: 235  
 Fat: 2.2 g  
 Cholesterol: 0 mg  
 Carbohydrate: 45.0 g  
 Protein: 8.3 g  
 Sodium: 233.0 mg

\*Comment: I would use wheat buns, and read the contents carefully on the non-fat Italian salad dressing. Some non-fat Italian salad dressings do not comply with our heart disease reversal program guidelines.