

Back To Health and Living SDC Hews Letter



DATE: July 22, 2004 L13

Clarksburg WV

WEEKLY MEETING:

FIRST BAPTIST CHURCH NUTTER
FORT 219 Maryland Avenue
AGENDA – THURSDAY July 22, 2004

1. 5:00 Exercise
2. 6:00 Stress Management
3. 7:00 Group
4. 7:30 Dinner POTLUCK

EDITORIAL: Stress Management.

Submitted By: Vicki D'Amico

Doing well by doing nothing.
Meditation at work. From: Inc.
Magazine,

<http://www.inc.com/magazine/20040601>

Page 58 By: Jess McCuan

Feeling unfocused? Try doing nothing.

Or rather, try sitting in a quiet room
thinking about nothing for at least 20

minutes, twice a day. It sounds simple,
even boring, but transcendental

meditation isn't just for mantra-chanting
yogis or herbal-tea-drinking hippies.

Maxed-out professionals are turning to
daily meditation to lower blood pressure,

prolong concentration, and crank up
creative juices. "It helps me slow down,"

says Erica Kalick, founder and president
of Erica's Rugelach & Baking Co., a 10-

employee gourmet pastry manufacturer
in Brooklyn, N.Y. Kalick took up

meditation to help her cope after a
personal tragedy. "We run around all

day, usually thinking about ourselves,"
she says. "But if, for example, I'm pissed

off at an employee, I can slow down and
think about it from the other person's

perspective. "Unlike other kinds of
meditation that focus on breathing, the

goal of transcendental meditation is to clear the mind completely. "It's like having a quieter and quieter thought," explains Gary Kaplan, director of Clinical Neurophysiology at North Shore University Hospital in Manhasset, N.Y. When performed correctly, Kaplan says, meditation allows the brain to "settle down," while the meditator experiences a heightened level of alertness. According to studies conducted at Harvard and the University of Massachusetts, long-term benefits include lower blood pressure and reduced risk for heart disease and stroke. But other positive results, such as reduced stress, lower heart rate, and increased alpha brain waves for greater concentration, may be noticeable after a few weeks. Encouraging workers to meditate, then, can potentially increase productivity and may also reduce health care costs. Eric Schwartz, CEO of Cambridge Investment Research, a 115-employee, \$65 million financial services firm based in Fairfield, Iowa, has been meditating for more than 30 years. He relocated from Washington, D.C., in part because Fairfield's Maharishi University is a mecca for transcendental meditators. Schwartz, who footed the bill for meditation courses for his top three managers, believes his brokers are open to new ways of doing business and see problems as opportunities to improve. "Most businesses succeed or fail based on their people," he says. "We've succeeded because we've kept an open mind." Schwartz, who is the only person

in his family without high blood pressure, can defuse potential crises. Once, an employee who had been with the company for about two years dreaded having to report that a trading error lost the company \$33,000. "He came into my office thinking, 'Eric's going to go crazy,'" Schwartz recalls. "But I just looked at him and said, 'What are we going to do to make sure this doesn't happen again?' I was in a clear space."

Other businesses are also hoping meditation can help keep employees healthy and harmonious. At the University of Massachusetts Center for Mindfulness, Lawrence Horwitz, director of outreach and corporate program development, has noticed a swell of participation in the center's Power of Mindfulness in the Workplace program, which offers on-site courses, workshops, and retreats. Eric Biskamp runs WorkLife Seminars, a Dallas-based corporate meditation coaching service. "It's now accepted by some insurance companies and taught at pain management clinics," says Biskamp, who has coached Nortel, Raytheon, and Texas Instruments execs. "The perception of meditation is changing."

SDC: Our first results from the electronic modality adherence program are recorded. We did find some mathematical problems with register entries, but were corrected. Each week there may be slight changes to the programming until everything works correctly. We had 21 participants but only 17 were counted because we processed the results on Thursday, some were later. **RESULTS:** Exercise = 98%, Diet = 92%, Stress Management = 54%, Group = 100%, Out Side Group = 90%, Number not attending group = 6, Number of inputs = 17.

RECIPES: Creamy Mushroom Stroganoff

From The Kitchen of Mike Nardella

1 (2.5 ounce) patties Boca Burger "No Fat Original" Salt and pepper
1 cup chopped onion
1 teaspoon minced garlic
1 teaspoon soy sauce
4 cups sliced mushrooms
2 cups Vegetable Broth
2 cups nonfat sour cream
2 tablespoons cornstarch
1 tablespoon brandy (optional)
¼ cup minced parsley
1 pound dried fettucine (without egg)
Cook Boca Burger according to package directions. Chop into 3/4 – inch dice. In a large nonstick skillet, combine onion, garlic, soy sauce, and ¼ cup water. Bring to a simmer over moderate heat and simmer until liquid evaporates and onions are translucent, 3 to 5 minutes. Add mushrooms, stock, and Boca Burger. Simmer gently until mushrooms are cooked, 15 to 20 minutes. Stir in sour cream and bring mixture to a simmer. In a small bowl, whisk together cornstarch and 2 tablespoons cold water until smooth. Add to sauce, whisking it in well. Simmer until thickened, about 3 minutes. Stir in Brandy and half the parsley and season to taste with salt and pepper. Keep warm. Bring a large pot of salted water to a boil over high heat. Add noodles and cook according to package directions until al dente. Drain. Divide noodles among four warm plates. Ladle mushroom stroganoff over noodles. Top each serving with some of the remaining minced parsley.

JOKES:



Exercise
ridding
lawnmower