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DATE: July 25, 2005, Letter 60

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 is highly probable that children born today will have a shorter life expectancy than their parents. This is part of an article from the West Virginia Executive by Dr. William Neal. West Virginia's future will be determined by the health and well being of its citizenry. If we are to thrive in the increasingly competitive global economy, we must have a workforce capable of creativity and productivity, unburdened by the extraordinary cost of chronic disease.

We are fighting an uphill battle which will require an informed, concerted effort by the public and private sectors. The challenge is daunting, yet failure is unacceptable.

The greatest threat to public health is our adverse lifestyle. Behavioral Risk Factor Surveys conducted by the U.S. Centers for Disease Control and Prevention consistently rank West Virginia among the 10 worst states in terms of preventable risk factors for heart disease, diabetes and cancer, not to mention:

- * self-reported hypertension (3rd)
- * sedentary activity (2nd)
- * tobacco use (5th)

Worst of all, we are routinely described as one of the most obese states in the nation. If present trends continue, one in three infants born today will develop diabetes. We will continue to experience among the highest rates of death and disability from heart

disease in the world. It is highly probable that children born today will have a shorter life expectancy than their parents; a phenomena that has not occurred for hundreds of years."

The article goes on to explain about the expansion of the Coronary Artery Risk Detection In Appalachian Communities (CARDIAC). The program is now operational in 55 counties to monitor school children. More than 10,000 school children are screened for diabetes and heart disease risk factors each year. As I read articles like this one I know we have to be more proactive in mentoring and setting good examples for our future generations and our families. We will be discussing some of the options we can do during our yearly SDC meeting later this year.

SDC: Stress Management: Last week July 21, 2005 Elisabeth Connor conducted the fifth 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 additional instruction of the traditional yoga poses along with the conventional yoga stretches. Please join us this coming Thursday, (Final class). **Please bring your mats and pillows, for a restful evening.**

SDC Meeting July 21, 2005. Last week we had a great meeting with exercise, stress management (Live with Elisabeth Connor), group and POTLUCK. It was an excellent meeting with a lot of communications, hard work, relaxation, connectivity, and a great meal. Potluck dinners are the best, they are not planned but we always have different

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dishes and plenty to eat of Ornish friendly foods.

Modality Adherence results for the week of 7-11-2005, 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	83.8
Diet	90.5
Stress Management	69.4
Group Support	89.7
Out Side Group Support	91.2
Not Attending Group	4
Number of Inputs	17

RECIPES: Soy Burgers,

From the kitchen of Mary Mutschelknaus

1 pkg. Smart Ground (By- LIGHTLIFE)
4 egg whites
1/3 c. oats
1 med. Onion
onion powder (to taste)
garlic powder (to taste)
1/3 c. catsup

Mix Smart Ground until crumbly
Saute onion - add to mixture
Add all other ingredients and mix well
Shape into burgers- brown on both sides in stick-free skillet that has been sprayed with Pam.
Cover and let simmer (very low heat) around 5-7 minutes.

Apple Impromptu

From the kitchen of Alexander Alex

8 – 10 Apples
1 tsp vanilla
¾ c sugar
½ cup egg beater

¼ tsp cinnamon
2/3 – ¾ cup flour
hint of nutmeg (optional)
1 TBSP Baking four
2 TBSP Fat Free Margarine
1 teaspoon baking powder

Pare, core and slice apples and put in pot. Sprinkle with ¼ cup sugar and ¼ teaspoon cinnamon. Nutmeg is optional. Cook about 20 minutes on top of stove. Then add cornstarch to thicken the apples. Put apples in 9 x 13 pan that is sprayed with fat free Pam. Meanwhile, cream margarine with sugar, then add vanilla and eggbeaters. Beat Well. Slowly add Flour and baking powder. Spread mixture evenly over apples and bake at 400 for 20 – 25 minutes until brown.

JOKES: AGE BY CHOCOLATE ~

YOUR AGE BY CHOCOLATE MATH

This is pretty neat.

It takes less than a minute..... Work this out as you read.

Be sure you don't read the bottom until you've worked it out! This is not one of those waste of time things, it's fun.

1. First of all, pick the number of times a week that you would like to have chocolate. (more than once but less than 10)
 2. Multiply this number by 2 (Just to be bold)
 3. Add 5. (for Sunday)
 - 4.. Multiply it by 50 I'll wait while you get the calculator.....
 5. If you have already had your birthday this year add 1755.... If you haven't, add 1754
 6. Now subtract the four digit year that you were born. You should have a three digit number. The first digit of this was your original number (i.e., how many times you want to have chocolate each week). The next two numbers are . YOUR AGE! (Oh YES, it is!!!!)
- THIS IS THE ONLY YEAR (2005) IT WILL EVER WORK.**