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DATE: July 29, 2004 L14

Clarksburg WV

WEEKLY MEETING:

FIRST BAPTIST CHURCH NUTTER
FORT 219 Maryland Avenue
AGENDA – THURSDAY July 29, 2004

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

EDITORIAL:

Submitted By Wesley Miller

Joseph William "Joe" Capozzi
1949-2004 UHC - Ornish Cohort 1
"The Dirty Dozen"

"Remembering Joe"



Joe was good medicine for the soul. You had to feel better when Joe was around. He just wouldn't let it be any other way.

He was a gentle blend of encourager and enforcer. He saw to it that, no matter what the challenge, there was no excuse for not giving it your best shot.

His constant admonition to "eat abundantly" was a reflection of his full and unselfish influence on those around him.

We are all the better for having known him. We miss you Joe.

SDC: Mark you calendars our Annual SDC meeting will be scheduled for Saturday, October 16, 2004.

Our second set of results from the electronic modality adherence program were recorded. The program appears to be working correctly, but we will be monitoring the calculations as the program evolves. We will be adding a questions answer portion to the Newsletter in response to the comments on the electronic form. We will also have a graph at the end of each month to track our results. Good job on increasing the stress management adherence from 54 to 68%.

Results from last week:

MODALITY	RESULTS
Exercise	90.8
Diet	92.3
Stress Management	68.1
Group Support	98.7
Out Side Group Support	90.8
Not Attending A Group	6
No of inputs	19

Comments and Answers from the electronic form:

1. Is this always going to go from Monday to Monday? *Yes, or you can use Thursday to Thursday as long as you monitor 7 days.*

2. Do we need to add supplements? (vitamins and Omega?) *No, from the inputs we receive everyone is taking their supplements.*

3. Are you taking them? *Yes I take the required supplements each week.*

4. I adhere to the diet mostly but this is such a busy summer that I have been working 12 +hour days and I don't get to do stress management. *We all have problems with the 7 hours of Stress Management, but it is one of the most important parts of the program. We have discussed different approaches to the problem. Some do 15 minutes each morning, some at lunch, some while waiting on an appointment, some while taking a bath, some listening to soft music. The idea is to clear the mind and relax the body each day. There are many ways to increase the adherence, it does not have to be one hour every day following a tape or CD.*

5. The hospital needs to continue to provide a two day a week stress management program to enable us to do better in that area. *This comment is sent to UHC by way of the Newsletter, but remember we as a self directed community need to be looking for ways to continue our healthy life style change after the hospital program. I know our Stress Management leader at the hospital has weekly classes outside of the hospital and CDs are available through the BHLC SDC in Nutter Fort.*

RECIPES: Vegetables with Rice *From The Kitchen of Louis Iquinta*

4 pattys soy sausage
1 large onion (diced)
1 package frozen pepper stir fry
1 package frozen broccoli
1 can diced tomatoes
Salsa to taste
½ to 1 cup water
Grated fat free cheddar cheese
Cut sausage in small cubes and cook sausage with diced onion. Add peppers, broccoli, and tomatoes. Add water for

desired moisture. Add salsa for taste. Sprinkle fat free cheddar cheese prior to serving. Cook brown rice and serve with vegetable mixture.

Sweet and Sour Red Cabbage *From The Kitchen of Diane Davis*

1 small head red cabbage (1 pound), shredded
1 medium unpeeled apple, cored and shredded
1 small potato, peeled and shredded
1 small onion, chopped
Grated peel of ½ lemon
Juice of 1 lemon
3 tablespoons firmly packed brown sugar
1 tablespoon red wine vinegar

In large covered nonstick skillet, cook cabbage, apple, potato and onion in 1 cup water over low heat for 15 minutes; stir occasionally. Add remaining ingredients. Cover; cook over low heat an additional 10 minutes, stirring often, until vegetables are tender and mixture thickens slightly.

JOKES:

