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DATE: August 05, 2004 L15

Clarksburg WV

WEEKLY MEETING:

**FIRST BAPTIST CHURCH NUTTER
FORT 219 Maryland Avenue
AGENDA – THURSDAY Aug 5, 2004**

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

EDITORIAL: Group Support.

As I was reading an article yesterday I immediately thought about our group support meetings, and how we must synergize to fully obtain the benefits from the program. One paragraph said,

”When a person has access to both the intuitive, creative, and visual right brain, and the analytical, logical, verbal left brain, then the whole brain is working. In other words, there is psychic synergy taking place in our own head. And this tool is best suited to the reality of what life is, because life is not just logical-it is also emotional.” The second paragraph:

“Valuing the differences is the essence of synergy - the mental, emotional. and psychological differences between people. And the key to valuing those differences is to realize that all people see the world not as it is, but as they see it.” Everyone in their SDC by utilizing the whole brain can help in the process of heart disease reversal, and can then follow and embody the principles of nonjudgemental acceptance and the interpersonal values of group support. (Listening with empathy and compassion, speaking about things one cares about.) Group Support is very important to maintaining the program.

SDC: Mark your calendars our Annual SDC meeting will be scheduled for Saturday, October 16, 2004. Please email me any topics you would like to have discussed at the meeting, or if you would like to put on a presentation.

Adherence results from last week:

MODALITY	RESULTS
Exercise	84.2
Diet	81.8
Stress Management	54.6
Group Support	88.3
OS Side Group Support	80.3
Not Attending A Group	9
No inputs	19

RECIPES: Vegetable Pizza

From The Kitchen of Patsy Frisenda

Whole Wheat Crust

1 packet of ranch dressing, fat free

18 ounce package of cream cheese, fat free

½ cup tofu mixed with fat free bottled ranch dressing

Broccoli, cauliflower, carrots, chopped

Fat Free cheddar cheese

Spread dough in pan to make crust.

Bake at 350 degrees until brown. Let cool. Mix together cream cheese, ranch dressing, and tofu. Spread over cooled crust. Add veggies and top with cheddar cheese.

JOKES: Redneck dictionary.

Artery - The study of paintings

Barium - what doctors do when patients die

Cat scan - searching for kitty

Labor pain - getting hurt at work

Medical staff - a doctor's cane

Tumor - one plus one more

Varicose - nearby / close by

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