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DATE: August 19, 2004 L17

Clarksburg WV

WEEKLY MEETING:

FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue

AGENDA – THURSDAY Aug 19, 2004

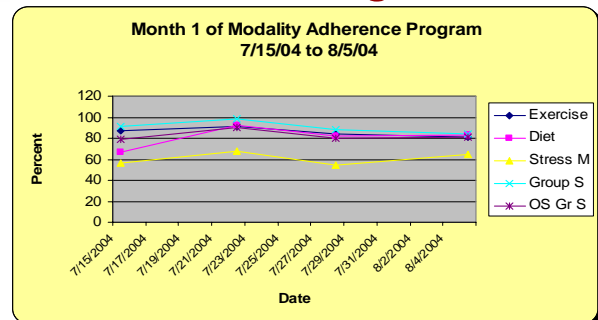
1. 5:00 Exercise
2. 5:30 Stress Management
3. 6:00 Group
4. 6:15 Planning Meeting
5. 7:30 Dinner Peking

EDITORIAL: SDC Objectives.

What are the objectives of the Ornish Self Directed Communities? I have listed below some of the objectives and are we doing them to the best of our ability?

1. Serve as a catalyst for bringing members into healing communities around the core components of the Dean Ornish Program.
2. Serve as a maintenance program for sustaining the Ornish lifestyle over time.
3. Create alliances with other Ornish Communities and with Lifestyle Advantage.
4. Serve to enhance quality of life and to demonstrate how this knowledge is the source of healing on a physical, emotional and spiritual level.
5. Follow and embody the principles of nonjudgmental acceptance and the interpersonal values of group support (listening with empathy and compassion, speaking about things one cares about).

SDC: Our Annual SDC meeting will be scheduled for Saturday, October 16, 2004. Please email me any suggestions for the meeting. We will be making plans this week for the meeting and sending out registration forms by the end of the month. Below is our first month of modality adherence results. These results are based on the information submitted by the participants in the electronic adherence form program, from any Cohort that receives our email and wants to help.



Adherence results for last month:

MODALITY ADHERENCE

4 WEEK AVERAGE	RESULTS
Exercise	85.9
Diet	81.1
Stress Management	61.0
Group Support	90.6
Out side of group support	82.8
Number of inputs average	18

RECIPES: ZUCCHINI CRAB CAKES

From the Kitchen of Alexander Alex

- 2 ½ CUP GRATED ZUCCHINI
- 1 EGG BEATER
- 2 TBL F/F MARGARINE
- 1 CUP SEASONED BREAD CRUMBS
- ¼ CUP MINCED ONIONS
- 1 ½ TSP OLD BAY SEASON
- ¼ CUP OF WHEAT FLOUR
- PAM FOR FRYING

Grated several fresh, unpeeled zucchini. Place in a colander to drain. Wrap the grated zucchini in a clean dishtowel to squeeze out as much liquid as possible. You want to end up with 2 ½ cups grated zucchini. In a large bowl, combine the zucchini, egg and margarine. Add the seasoned crumbs, minced onion and seasoning. Using your clean hands, mix well. Now shape mixture in patties. Shake flour on the patties and fry in pam until golden brown.

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