

# Back To Health and Living SDC News Letter



**DATE:** August 26, 2004 L18

**Clarksburg WV**

## **WEEKLY MEETING:**

**FIRST BAPTIST CHURCH NUTTER FORT**  
219 Maryland Avenue

**AGENDA – THURSDAY Aug 26, 2004**

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

## **EDITORIAL: SDC Goals.**

One of the goals of the Ornish Community is to support a collective shift in thinking about heart disease and the development of the Ornish Lifestyle at a grass roots level. Currently there are 40 to 50 grass roots communities throughout the nation. Over time a critical mass of people following the principles and recommendations of the Ornish Lifestyle will develop to create a paradigm shift that includes lifestyle change as a treatment option for reversing heart disease. Other Goals: 1. To be self-sustaining and self-directed. 2. To provide updated information about the Dean Ornish Program. 3. To mentor others regarding the Ornish Lifestyle. *The above information was taken from the Lifestyle Advantage Manual and the Bylaws of the Back to Health and Living Community.*

**SDC:** Our Annual WV SDC meeting will be scheduled for Saturday, October 16, 2004. Please make plans to join us for a great day of presentations, group discussion, door prizes and a great dinner. We will be sending out registration forms next week. Following are the modality adherence results from last week. 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 participate.

## **Adherence results for last week:**

MODALITY	RESULTS
Exercise	<b>82.8</b>
Diet	<b>78.2</b>
Stress Management	<b>50.5</b>
Group Support	<b>86.3</b>
Out Side Group support	<b>87.5</b>
Not Attending Group	<b>5</b>
Number of inputs	<b>16</b>

## **RECIPES: Harvest Snack Cake**

*From the Kitchen of Patsy Frisenda*

- 2 cups whole wheat flour
- 1 ¼ cups packed brown sugar
- 2 teaspoons baking soda
- ¾ teaspoon of ground cinnamon
- ½ teaspoon ground nutmeg 1/8 to ¼ teaspoon ground ginger
- Egg beaters = 2 eggs
- ½ cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1 ½ cups shredded carrots
- 1 cup raisins

In a bowl, combine the flour, brown sugar, baking soda, cinnamon, nutmeg, and ginger. Combine the eggs, applesauce, and vanilla; stir in dry ingredients just until moistened. Fold in the carrots and raisins (batter will be thick). Spread evenly in a 13 x 9 x 2-inch baking pan coated with nonstick cooking spray. Bake at 350 degrees for 30 to 35 minutes or until a toothpick inserted in the center comes out clean.

## **JOKES: Doctors Notes:**

The lab test indicated abnormal liver function.

Patient's past medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.