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DATE: September 19, 05, Letter 63

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)

Mountain State Blue Cross and Blue Shield Newsletter. MSBCBS will be featuring a participant story in the MSBCBS newsletter and the insert that will go into the PEIA direct member mailing. Also several case studies/success stories will be featured at future dates. This is an excellent opportunity to share with others the great success we have had with the Ornish program, and how it has improved each of our lives. Please contact Toni Marascio at the UHC Health Connection with your success story. Phone – 304-624-2935.

EDITORIAL: In this newsletter we will be listing important dates to mark on your calendar for next month, and important information. Oct 8,16,22-2005

Annual SDC Meeting. Plan to join us for the third annual SDC meeting in Clarksburg West Virginia, Saturday October 22, 2005. This year **Dr. Dean Ornish will join us by Video-conference.** This year we will not only be discussing Self Directed Communities in the area, but also changes to the Ornish program from Diet changes to Vitamin changes over the last year. Plus door prizes and a great dinner. If you have not received a registration form please contact me, lmasey@ma.rr.com or Vickie at vicamico@adelphia.net.

Bulk Foods. From Carolyn Dennison. A new store opened here in Quiet Dell. It is called Stonewood Bulk Foods. I stopped in Saturday before they opened and she sold me whole wheat pastry flour, I think 23 cents a pound. That is really cheap. They also carry whole wheat pasta and will get TVP in bulk for us if we are interested. Located off 1-79 exit 115, first building by the underpass where Marty's Bakery used to be. I am sure she will carry a lot of things that will interest us, the flour is all I wanted at the time, and really did not look much. She said, "If we need something she can order it for us". They were stocking at the time getting ready to open.

Annual Heart Walk. The American Heart Association's Annual Heart Walk will be Sunday October 16, 2005 at 2:00 pm at RCB High School.
In 2002 the Ornish walkers raised \$475.00
In 2003 the Ornish walkers raised \$695.00
In 2004 the Ornish walkers raised \$720.00
Let's make 2005 a record year and go over \$1000.00, get your walking exercise, meet with your friends, have a great day and get a T-shirt.

Free Holistic Health Fair.
Saturday, October 8, 2005
The first Holistic Health Fair of Clarksburg! This day promises to be full of learning about alternative ways to create strong health, plus free classes and food to sample.

A great opportunity to invite a spouse, co-worker, or neighbor who may want to know more about yoga, meditation, stress relief, vegetarian diet! I suggest you all try out the Qi-Gong class at 2pm. (: Check out the following information and see you there!!
Peace, Elizabeth Connor, RYT

MOMENTUM CENTER FOR THE ARTS is hosting the first

HOLISTIC HEALTH SAMPLER

Saturday October 8, 2005 10-4pm

FREE to anyone who would like more information on Holistic Health Care.

Meet your local holistic health care providers, sample classes, visit informational tables, view or participate in demonstrations, and sample food - FREE!

Schedule of mini classes:

10:00 - YOGA with Elizabeth Connor, RYT

10:30 - MEDITATION with Ryan Kurzack, LMT

11:00 - INTRO TO ACUPUNCTURE with Jim Slaymaker, OMD

12:00 - VEGETARIAN FOODS with Beth Weegar

12:30 - EMOTIONAL FREEDOM TECHNIQUES (EFT)

What is it? Q & A with Ryan Kurzack, LMT

1:00 - STRESS RELIEF with Elizabeth Connor, RYT

1:30 - USING HERBS FOR HEALTH with Anne Romance

2:00 - 18 FORM QI-GONG with Linda Harrington

2:30 - REIKI What is it? Q & A with a host of Reiki Practitioners

ON-GOING ACTIVITIES THROUGHOUT THE DAY

COME 'FEEL' FOR YOURSELF!!

* THAI YOGA MASSAGE with Valarie A. Dunlevy, LMT

* CHAIR MASSAGE with Hannah Ross, LMT

* SPINAL SCREENING with Mike Mason's Chiropractic

Life can be difficult, but there are natural ways to take care of the whole body, mind and emotions.

Come learn healthy, alternative ways to care for yourself.

MOMENTUM CENTER FOR THE ARTS is located at: 315 4th Street Clarksburg, WV 304-623-0620

For more information call Or email Linda Harrington at lindahwv@aol

Rochester New York: Check out the Heart Beats for Life website. The Ornish Support group has been together for over 10 years. Check their website at

<http://www.heartbeats4life.org/>

SDC:

Modality Adherence results for the week of 9/5/2005, 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.

MOLADITY	RESULTS %
Exercise	90.6
Diet	88.1
Stress Management	74.6
Group Support	100
Out Side Group Support	95.3
Not Attending Group	3
Number of Inputs	16

RECIPES: Custard Pie

From The Kitchen of Dan Dunkle

1 box Kroger nonfat custard (pie filling)

2-3 tsp. frozen apple juice

1 cup Nutty Nuggets

Mix frozen apple juice with nutty nuggets. Press in to glass pie pan. Bake approximately 10 minutes. Remove and cool.

Fix custard following instructions on box. Substitute nonfat milk or soy milk for the milk. Add fresh fruit if you want to the baked crust. Use sugar substitute if you wish. Pour mixture in to pie shell.