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DATE: September 26, 05, Letter 64

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)

EDITORIAL: As in the last newsletter we will be listing important dates to mark on you calendar for next month, along with important information.

October 8, 16, 22, 2005

One item that is very important to me is the Annual SDC meeting. It provides us the opportunity to see how the other Self Directed Communities are doing and provides each SDC with new ideas and the connectivity we need to become one large family that will change the health of future generations. With the added plus this year of being able to ask questions to Dr. Ornish who has spent his life researching the best way to improve our health.

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 and how to get new members from graduating classes, but also changes to the Ornish program from Diet changes to Vitamin changes over the last year. We are looking forward to getting information and possible guest speaker from Rochester New York an Ornish support group that has been together for 10 years. Check out the -

Heart Beats for Life website.

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

Participants registered to-date for the annual meeting are from (Clarksburg, Morgantown, Martinsburg, WV) (Windber, Jameson, Greensburg, Pittsburgh, PA). 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. Talk to and invite all your friends this is going to be a great event. And bring a family member their support helps each of us to follow the program as we get better each day.

Annual Heart Walk Clarksburg. 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!

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To be removed from this email please reply to lmasey@ma.rr.com and write Remove.

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!
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

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.

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 I-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. She said, "If we need something she can order it for us". They were stocking at the time getting ready to open.

SDC:

Modality Adherence results for the week of 9/12/2005, 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	89.3
Diet	90.5
Stress Management	64.9
Group Support	100
Out Side Group Support	94.6
Not Attending Group	5
Number of Inputs	14

RECIPES: Whole Wheat Bread

From The Kitchen of Denver Barnett

2/3 cup instant nonfat dry milk
1/4 cup sugar
2 packages active dry yeast
1 tbsp. salt
6 1/2 to 7 1/2 cups whole wheat flour

In large bowl, stir 3 cups warm (not hot) water, dry milk, and yeast. Let stand 3 to 4 minutes. Add sugar, salt, and 4 1/2 cups flour. Beat vigorously until smooth. Add 1 1/2 cups remaining flour and stir into manageable dough. Turn dough onto floured surface. Knead for 2 minutes. Add additional flour as needed. Let dough rest 10 minutes. Knead additional 8 minutes until dough is smooth and elastic, adding additional flour as needed. Spray large bowl with nonstick spray. Place dough in bowl, cover with towel, let rise until doubled, 1 to 2 hours. Punch dough down, divide in half, and form 2 loaves. Place in 8 1/2 x 4 1/2 x 2 1/2 inch loaf pans, lightly sprayed with nonstick fat free spray. Cover with a towel, allow to rise 45 to 60 minutes. Bake 55 to 60 minutes at 350 degrees.

Makes 2-8 1/2" loaves