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DATE: September 30, 04 L23

Clarksburg WV

WEEKLY MEETING:

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

AGENDA – THURSDAY Sept 30, 2004

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

EDITORIAL: The Amazing Human Mind.

Read the paragraph below and see how well your mind is working. It took me a while, but the understanding of the immense power of our mind is unbelievable and is within our control. Especially with stress management and how we schedule our life to complete as much stress management as possible each day. If you can read the paragraph below you can adhere with the modalities of the program. My computer spell check had to work in overload on this paragraph.

I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was radnieg. The phaonmneal pweor of the hmuan mnid Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh? yaeh and I awlyas thought slpeling was ipmorantt !!!. *Now back to the real world and real world.*

SDC: Last Thursday we had visitors from the Morgantown SDC. It was a wonderful evening; we made new friends and achieved a new link in the growing chain of Ornish cohorts.

Adherence Results Last Weeks Average:

MODALITY	RESULTS
Exercise	87.5
Diet	86.2
Stress Management	68.9
Group Support	98.8
Out Side Group Support	90
Not Attending Group	6
Number of Inputs	20

Calendar of Events:

October 9 – Heart walk at RCB.

October 16 – Annual SDC Meeting. Participants from West Virginia and Pennsylvania will be there.

RECIPES: SPINACH AND CHEESE (FETA) SQUARES From the kitchen of Alexander Alex.

2-10 pkgs. Frozen chopped spinach

1 pound small ff cottage cheese

1/3 cup feta ff, 8 oz egg substitute

1/4 cup chopped scallions or small onion

3 tbp margarine ff

2 tbp grated parmesan cheese ff

1 heaping tbp flour

1/2 tsp white pepper and dill. Pam

Thaw, drain and squeeze spinach good. Then in large bowl mix egg beater, cottage cheese, feta, and onions. Add margarine, flour, pepper, dill and mix. Then spray 9X12 pan and coat with Pam. Put mixture in pan and coat on top Pam and grated cheese. Bake at 350 for 50 to 70 minutes.