

Back To Health and Living SDC News Letter



DATE: May 26, 2007 Letter 80

WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH OF
NUTTER FORT. 5:00 pm each Thursday.
219 Maryland Avenue. Nutter Fort, WV.

ARTICLES:

1. Internet links.
2. Newsweek Dr. Ornish.
3. Annual WV/PA SDC meeting
4. Clarksburg SDC.
5. UHC Ornish Refresher Course
6. Vegetarian Summer Fest:
7. Editorial Larry Massey.
8. Jokes

LINKS: (1) <http://www.chasoc.org>
(2) <http://www.heartbeats4life.org/>
(3) <http://www.msnbc.msn.com/id/3037964/site/newsweek/>
(4) <http://www.clarksburgbhlc.com>

NEWSWEEK HEALTH BY DR.

ORNISH: If you did not read. “Genes Are Only Part of the Story” this is a very interesting, please take the link below and read the article by Dr. Ornish. Please rate any article.

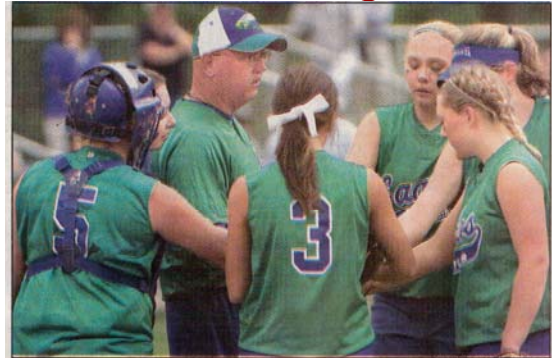
<http://www.msnbc.msn.com/id/18557987/site/newsweek/>.

CLARKSBURG SDC:

SDC Birthdays: May – Jeannie Lewis, David Wolfe - HAPPY BIRTHDAY.

Congratulations to **Larry Rabbit Snider:** Harrison County Coach Of The Year. See the next picture. **Great job Rabbit.**

Clarksburg WV



Staff file photo by Bob Shaw
Robert C. Byrd coach Larry "Rabbit" Snider was named the Harrison County Coach of the Year award after leading the Eagles to a 20-win season.

SDC Meeting May 19, 2007. On May 19, we held the annual WV and PA meeting at United Hospital Center. There were 27 in attendance. United Hospital Center provided an excellent vegetable and fruit dishes for the breaks and a great meal after the meeting. We appreciate the use of the conference room for the teleconference with Dr. Ornish.



On the next few pages is an outline of the speakers at the meeting. We all appreciate their effort and commitment to our healthy life style change. With out our connection to other SDC locations these meetings would

not be possible. We also want to thank everyone that helped with the set up of the program.

Booklets were handed out during the meeting with information on nutrition information, product guide for Ornish friendly foods, 65 new Ornish recipes, 20 new complete meals, and a Stress Management CD. The Ornish self directed community manual and other handouts were also given during the meeting.

Below is a picture of **Dan Webster** the Vice-President of the Clarksburg Back to Health and Living Community. Dan was the chair person for the meeting.



Below is a picture of **Wes Miller** the President of the Clarksburg SDC. We are all very proud of Mr. Miller.



Ron Begolea gave an excellent presentation on bulk foods and the opportunity for all of us to share in their program. Thanks Ron for the Whole Wheat snacks at each table.



Marlene Janco from HighMark Blue Cross Blue Shield gave an excellent presentation on the Ornish Clinical Outcomes of 2261 participants in WV and PA, showing that the Ornish program decreases cardiovascular risk by 50% and a reduction in health care utilization. Marlene also handed out the new SDC community manual.



The high light of the program was the video conference with **Dr. Ornish**. Dr. Ornish spoke for 25 minutes and answered questions for about 30 minutes. We all appreciate him being with us on this Saturday.



Elizabeth Connor RYT, Stress Management Instructor at UHC discussed the up coming Ornish Refresher Course at UHC, starting June 16.



Thelma Hutchins from the Morgantown SDC gave an excellent presentation on Celiac disease. This was a very interesting presentation. For more information please visit.

<http://www.clanthompson.com/index.php3>



Jennie Lewis from the Morgantown SDC gave an excellent presentation about the beginning of their SDC and how it functions. Their involvement with the community, doctors, and hospital. Examples of the Ask me about Ornish Pins.



Ronnie VanGilder from the Morgantown SDC gave an excellent presentation on the Morgantown SDC and what they are doing to recruit new members.



Denise Binion from the Morgantown SDC gave an excellent presentation and demonstration of Jin Shin Jyutsu.



Jennie Wilkins Dietitian at UHC gave an excellent presentation on new Ornish Nutrition updates.

Joy Howard from the Greensburg SDC gave an excellent presentation on the history of their SDC and what they are presently doing to recruit new members.



Jeff Adams from the Rochester NY SDC gave an excellent presentation on Cancer awareness.

Larry Snider gave an excellent presentation on what the Clarksburg SDC is doing to promote attendance and awareness of the SDC to new program graduates, along with a history of the Clarksburg SDC. Larry is also has the honor of being Harrison county coach of the year.



Edward Ehlers from the Rochester NY SDC gave an excellent presentation on dietary problems associated with milk.



I (Larry Massey) gave a small presentation on information received from other SDC locations. Examples of brochures and congratulation certificates were shown from Rebekah Chris of the New Castle SDC. These are presented to each new graduating cohort by members of the SDC.

I talked about the excellent website provided by the Huntington SDC. And the great monthly newsletters provided by Charleston, Greensburg, Morgantown and Clarksburg SDCs.

Our meeting this year was to discuss how each location contacts cohort graduates to be involved with the SDC. We had many excellent ideas with some we in Clarksburg will consider introducing into our mentoring program. I and we want to thank all the participants this year.

In conclusion to the meeting I read an email from Rich Hopkins of the Charleston SDC. They are having an outing at a baseball game and serve Smart Dogs and other Ornish friendly treats during the game this is a great idea. He also said in his email, "Our attendance is very similar to yours. That can be rather disturbing if you let it, but those numbers are apparently as good or better than the national average. Dr. Avenson, Ornish Psychologist, has counseled us, during a

recent conference call, to not be discouraged by the turnouts. Work with those who want to be worked with and don't try to change what you are to get others to be retained into the group. We in Charleston are attempting to remain as attractive as we can to all members." I appreciate these comments from Rich and felt it was a good way to conclude the meeting.

Please email me with any ideas for next years meeting, locations, length of meeting, time of year, topics, etc. lmassage@ma.rr.com

Attendees: Adams Jeff, Begolea Ron, Binion Denise, Connor Elizabeth, Ehlers Edward, Fligge Karen, Frith Stanley, Griffith Martha, Howard Joy, Hutchins Thelma, Janco Marlene, Lewis Jeannie, Massey Larry, McFarlin Dave, Miller Wesley, Mutschelknaus Marry, Mutschelknaus William, Quintana Liz, Snider Larry, Stepp Sherry, Taylor Linda, VanGilder Ronnie, Weaver Max, Weaver Nancy, Webster Dan, Wilkins Jennie, Wolfe David B.

Satisfaction Survey – From the survey with satisfaction rating between 1 for very unsatisfied to a 7 for very satisfied. We averaged a 6.1. The question – What did you enjoy most? – Dr. Ornish video and connection with other SDC groups. The main question on the survey was how to improve participation in the SDC? - Answers were- (More interaction prior to graduation), (Start pushing the SDC early in the program), (Keep in touch phone calls, emails), (Have more variety at the SDC, cooking classes, different outings).

ORNISH REFRESHER COURSE:

ORNISH REFRESHER

Tuesdays

June 16 ,26, July 3, 10 & 17th

5:30 GROUP SUPPORT

6:15 STRESS MANAGEMENT

7:00 MEAL AND MODALITY UPDATES

United Hospital Center

5 week comprehensive program for ORNISH ALUMNI

**REJUVENATE AND UPDATE YOUR
LIFESTYLE
RECONNECT AS AN ORNISH
COMMUNITY
EXPERIENCE PROFESSIONAL GUIDED
INSTRUCTION**

COST: \$250 **limited to 15 participants**
Must have minimum of 6 participants for event

VEGETARIAN SUMMER FEST:

From Ed Ehlers: Rochester Group.

Check out www.vegetariansummerfest.org and give it some thought for you and your posse. You will love it. Great food! Great speakers! One of which is Dr. Esselstyn that is a friend of Dr. Dean Ornish. A few people from Rochester besides myself are planning to go. Would be great for all of us to meet. The dates are July 25-29th.

Quote of the Month:

"Our lives are not determined by what happens to us, but by how we react to what happens. A positive attitude is a catalyst...a spark that creates extraordinary results."

EDITORIAL: By Larry Massey:

I totally enjoyed the annual SDC meeting this month. It is so inspiring to see the growth of other communities. I can reflect on a little over 5 years ago when we were starting our self directed community with the first 12 people of cohort 1. We did not know what to expect or what to do, but we were determined to improve our health as much as possible. We now have friends through out WV, PA and NY. Our connection by only email is so important. The meetings at different times with other SDC members is very important to discuss new ideas. The growth of newsletters and websites along with the mentoring to new cohorts has grown in the eastern area. Everyone associated with the Ornish program participants, staff and families should be proud of themselves.

If anyone would like a book from the annual meeting please email me. We will be putting together a list of the comments from Dr. Ornish and will be in the next newsletter.

JOKES:

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.

GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.