

Back To Health and Living SDC News Letter

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Clarksburg WV

DATE: October 14, 04 L25

WEEKLY MEETING:

FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue

AGENDA – THURSDAY Oct 14, 2004

COHORT 9 GRADUATION:

1. 3:30 SDC Presentation
2. 4:00 Exercise
3. 4:30 Stress Management
5. 5:00 Group
6. 5:30 Dinner & Graduation

EDITORIAL: By: Wesley Miller

Have you ever made a New Year's Resolution and seen it broken before the end of January?

Have you felt like giving up because no one was there to talk to, and if they were there, would they understand?

How about your participation in a program that is improving you quality of life? Were you tempted to quit because it was too demanding or you don't see the results as soon as you thought you should?

Well, join the club! We have all been there, but at the time, we each felt like we were alone.

This is just one of the reasons why we, as "Ornish Alumni", are dedicated to the permanence of the successful changes we have made in our lifestyle.

You are not alone!

You will learn today how you share in the fellowship of a Self Directed Community. (S.D.C.)

In the S.D.C.

You will discover that "Someone Does Care".

You will receive..... "Support During Crisis".

You will be open to
 "Sharing Deliberate Compassion".

While managing
 "Specific Disease Control".

In a program with a "Steady Daily Commitment".

This sustained support is what the Self Directed Community is all about. This is why we call our's the "Back to Health and Living Community"

Enjoy your day; you have a great day for it!

SDC: Modality adherence is up this week great job. It is a hard battle, but remember "success is a journey not a destination".

Adherence Results Last Weeks Average:

MODALITY	RESULTS
Exercise	89.3
Diet	91
Stress Management	75.2
Group Support	92.3
Out Side Group Support	79.8
Not Attending Group	8
Number of participants	21

Calendar of Events:

Heart Walk. It was a beautiful day for the annual American Heart Walk, we even had Ornish friendly Pizza for lunch. It was a great day, see the pictures on the following page.

October 14 – Cohort 9 Graduation held at the Self Directed Community. Another great cohort taking another step toward reversing heart disease.

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

RECIPES:

ORANGE-CHERRY BISCOTTI

From the kitchen of Max Weaver

Preheat oven to 350. Mix in food processor or by hand:

2 cups flour

1 cup sugar

1 tsp baking powder

2 tbsp nonfat dry milk

Blend, then add:

3 eggs worth of egg substitute or $\frac{3}{4}$ cup egg whites

2 tbsp orange juice

1 tsp vanilla

Zest of 1 orange

Blend. Remove from processor. Then stir in: $1\frac{3}{4}$ cup dried cherries (or currants, raisins, or dried cranberries or a combination)

Mixture should be thick and sticky. Form into two long logs on a Pam-sprayed cookie sheet. Bake for 20 minutes.

Let cool 10 minutes or so.

Slice into cookies, as thin or thick as desired, using a SHARP knife.

Lay back out on cookie sheet and bake 15 min per side. Let cool on rack. Will harden more as it cools.

You can use any flour; if you use whole wheat or other coarse flour, add 1 or 2 tablespoons of gluten per cup. Can also substitute Splenda for at least part of the sugar.

American Heart Association Heart Walk Pictures.

