I am running Windows 7, with Office 2007.  All of a sudden when I open an excel file I get the "There was a problem sending the command to the program".

Solution: Open Excel, and click on the Microsoft Icon at the top left.  In the window at the bottom is "Excel Options".  Click it.
Then select "Advanced" on the left side of the screen.  When the display comes up, you need to scroll almost to the bottom.
Under the blue "General" category, will be  "Ignore other applications that use Dynamic Data Exchange (DDE )"
Make sure it is not checked.

Hope that helps