



The power of integrative care

HOLISTIC HEALING COMBINED WITH MODERN MEDICINE GIVE ANNA LINCK A NEW HEART, RENEWED LIFE

Anna Linck credits the power of modern medicine and technology with her life-saving heart transplant. Cardiothoracic surgeons with the Minneapolis Heart Institute® at Abbott Northwestern performed the cardiac transplant on Easter morning following a 10-week hospital stay.

But to hang on until her heart arrived and to recover from her transplant swiftly, she credits the power of holistic healing and the integrative care she received from the Penny George Institute for Health and Healing.

Linck, now 25, was diagnosed early in life with a heart condition. For years, she followed her doctors' advice and lived a full life. Overall, her life was remarkably normal and active. Following graduation from Orono High School, Linck moved to Boston to pursue her undergraduate degree, even living overseas for a time during college.

While preparing to attend graduate school in January 2010, Linck suffered from a serious episode of heart failure. She and her parents were stunned when doctors told her she needed to check into Abbott Northwestern immediately to be cared for and monitored while waiting for a transplant.

During her first days in the hospital, Linck learned about the integrative therapies available from practitioners with the Penny George Institute. As her health deteriorated, integrative care played a critical role in helping Linck cope with physical pain, anxiety and relaxation. "This was the time of day I looked forward to and the therapies helped me breathe, relax and work on my mind, body and spirit," said Linck.

Wendy Farrar, NCTMB, integrative health practitioner with the Penny George Institute, worked closely with Linck, initially providing gentle massage and aromatherapy to help with relaxation, and reducing the stress and anxiety of being hospitalized. "As her condition worsened, we were dealing with significant pain and nausea," explained Farrar.



"I was letting go of my own heart and that is a spiritually difficult thing to do. It's also difficult to think about another heart transplanted into your body."

— Anna Linck

but the guided imagery really helped me to cope, to heal and to accept," Linck added.

"To help her with digestion, we used ginger aromatherapy and taught her some acupressure points that she could use on herself."

Linck also found relief through other integrative therapies such as guided imagery, music therapy, and energy healing including Reiki and healing touch. "One of our goals is to empower people by giving them tools they can use themselves," added Farrar.

"Before my heart arrived, I knew that I was dying," explained Linck. "What carried me through those days was what I learned early in my hospital stay. I truly believe that it helped me to survive."

Along with the physical healing required following a heart transplant, the surgery also carries significant spiritual and emotional aspects. "I was letting go of my own heart and that is a spiritually difficult thing to do," said Linck. "It's also difficult to think about another heart transplanted into your body." Guided imagery helped her to say goodbye to that part of her being—and to gratefully welcome someone else's heart as her own. "At first I thought it was a little strange,

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RENEW YOUR FOCUS ON NUTRITION

Remodel your body; live your healthiest life



Inch by inch it's a cinch, but yard by yard it's hard. While the adage is probably relevant to many parts of our life, it's especially true when it comes to making good nutritional choices as part of a healthy lifestyle.

Day to day, most of us try to make good decisions about the food we eat. But in our fast food, super-sized world, it isn't always easy to make wise choices—or to take the time necessary to stay as active as we should be.

What we use to fuel our bodies is critically important. It's what keeps us going each day and maximizes our energy. Food gives our cells the energy necessary to support life. So, why is obesity an epidemic in our country? And why, with so much information at our fingertips, is it so easy to make the wrong choices on a daily basis?

“There is a big trend in our society with people trying to go back to eating more healthfully—more fruits, vegetables and not as many processed foods,” said Jeannie Paris, RD, LD, nutritionist with the Penny George Institute's LiveWell Fitness Center. “One major barrier in our society is that portion size is so skewed. Most of us don't have a sense of what a normal portion size is.”

Sue Masemer, MS, exercise physiologist and manager of the LiveWell Fitness Center notes that it's important to look at overall body composition, not just a number on the scale. “It isn't simply about counting calories,” said Masemer. “It's about setting healthy goals to meet nutritional needs and optimize a person's metabolic calorie burning potential. We have the ability to measure each client's resting metabolism to better understand their base calorie requirements and then determine key nutritional needs and create a practical activity plan. By reducing body fat levels and adding higher calorie burning muscle, people are able to remodel their body to improve

overall health, function and enhance the metabolic rate.”

At the Penny George Institute's Outpatient Clinic, nutritionist Catherine Bogolub, MD, LN, provides nutrition consultations to help people make informed and educated choices about food. Her work focuses on wellness enhancement and disease prevention. Although she offers consultations to people in all stages of health, she has a particular interest in helping people manage mood disorders through nutrition, and the role of nutrition in the primary and secondary prevention of cancer.

In an initial 60-minute consultation, Bogolub spends the majority of time listening. “As a holistic nutritionist, I learn a great deal by listening to people's individual concerns, which may involve sleep issues, glucose management problems, compulsive eating, cravings and other nutritional challenges,” said Bogolub. “For example, if somebody is under a lot of stress, their cortisol levels are most likely elevated and they may have extreme cravings for sugars through carbohydrates.” Bogolub then works to identify ways to make good choices through mindful eating—being consciously aware of what we're eating and setting small and specific nutritional goals.

Experts say that setting realistic goals and making small lifestyle changes makes all the difference, especially in challenging times such as the holidays or in setting goals for the New Year. In addition, the “all or nothing” mentality is easy to fall into. One bad choice snowballs into a mentality that makes it difficult to stay on track. “Nobody is perfect and nobody will make perfect food choices all of the time,” said Paris. “It's more important to be on a healthy path and know that there will be speed bumps along the way. That's normal and that's life.”

The Penny George Institute for Health and Healing offers nutrition counseling services at its LiveWell Fitness Center and the Outpatient Clinic. Learn more about your nutritional needs and establish realistic goals with the assistance of a licensed nutrition professional.

LIVWELL FITNESS CENTER

Jeannie Paris, RD, LD, covers all aspects of nutrition counseling and has a special interest in weight management, cancer survivorship and the role of nutrition for mind/body fitness. She also offers nutrition counseling services as part of the LiveWell Fitness Center's Take Action Program—a highly successful 12-week program for people who want to lose weight and keep it off.

60-minute consultation with Jeannie Paris, RD, LD: \$75
612-863-5178

PENNY GEORGE INSTITUTE OUTPATIENT CLINIC

Catherine Bogolub, MD, LN, is a Mayo Clinic-trained physician who counsels patients on holistic nutrition at the Outpatient Clinic. She has a special interest in managing mood disorders through nutrition and lifestyle changes and the primary and secondary prevention of cancer.

60-minute initial consultation with Catherine Bogolub, MD, LN: \$100
45-minute follow-up appointments: \$75
612-863-3333

Nutritional tips from Jeannie Paris, RD, LD

- Breakfast is important. It jump starts your metabolism for the day.
- Eating every three to four hours helps keep blood sugar levels in check. Eating three meals with small and healthy mid-morning and mid-afternoon snacks will help prevent overeating or making unhealthy choices to compensate for hunger.
- Many people suffer from dehydration and don't even know it. Water is critical for our body to properly digest and metabolize food. Keep the body hydrated by sipping water throughout the day.
- To feel more alert and productive, it's important to find the proper balance between carbohydrates, protein and fat.
- Shop the perimeter of the grocery store to limit processed foods.
- Mix it up! Try a new fruit and vegetable. Go for variety by choosing fruits and vegetables in different colors—red, orange, green, blue and purple.
- Portion control is a major problem in the American diet. Educate yourself on what a true serving size is. Even our fruit is sometimes super-sized today. To truly get the size of fruit that is considered a serving, consider buying organic.

Nutritional tips from Catherine Bogolub, MD

- Be sure to get enough fruits and vegetables in the winter months. Buy frozen or even canned to make sure you get enough servings. If sodium is an issue, rinse canned vegetables first.
- To keep hydrated, herbal and green teas are a great choice. All teas have concentrated plant nutrients. Green and white teas are full of phytonutrients and especially good for you. Consider cutting back on coffee and substituting with tea.
- Anti-inflammatory foods reduce inflammation—a contributor to many diseases. Vegetables and fruits should form the basis of your diet. Aim for variety and educate yourself on how to shop smarter.
- It's okay to treat yourself once in a while, but you need to plan for it. Don't turn one indiscretion into a catastrophe. Eat consciously.
- When a sugar craving hits, take three deep breaths and use biofeedback to see if the craving persists.
- Rehearse how you will deal with temptations, especially when dining out or during social events over the holidays.
- Vitamin D is critical for your good health. In Minnesota, it's not possible to take in enough vitamin D over the winter months without supplements.

LIVEWELL FITNESS CENTER'S BURN RATE PACKAGE

Combine a Bod Pod body composition assessment with a Body Gem resting metabolism test and save with a special package price. The Burn Rate package will help you evaluate your current body composition, set ideal weight/body composition goals, and understand your body's unique caloric and nutritional needs.

Package price of \$135

Gift certificates are available.

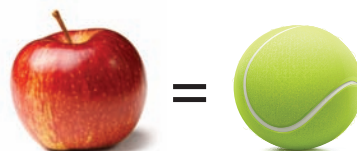
To purchase a package or learn more, call 612-863-5178.

PORTION CONTROL

Do you know how to estimate an actual portion size?

FRUIT

One small to medium apple = tennis ball



CARBOHYDRATES

One serving (approximately 1/3 cup) pasta = hockey puck



PROTEIN

One 3-ounce chicken breast = deck of cards



PROTEIN/DAIRY

Approximately 2 ounces of low-fat cheddar cheese = three to four dice



LiveWell Fitness Center Programs and Services

AM I HUNGRY?® MINDFUL EATING PROGRAM

On Jan. 1, millions of people resolve to lose weight, but few make lasting lifestyle changes. This year, how about making a resolution to change the way you think about food and exercise? This mindful eating program is based on the work of Dr. Michelle May, author of *Eat What You Love, Love What You Eat*.

In the eight-week workshop you will learn:

- how to be in charge of your eating habits
- tools to tune into hunger and satisfaction cues
- strategies to stop emotional eating
- how to eat your favorite foods without overeating or guilt
- techniques to change your mindset regarding food and exercise.

A 90-minute free Am I Hungry?® Introductory Session will introduce you to some of the concepts presented in the eight-week workshop. Come and see if the comprehensive program is for you!

**Molly Ellefson, MS, NCC, instructor,
Wednesday, Jan. 12, 6:30 – 8 p.m., Free!**

The eight-week Am I Hungry?® Mindful Eating Workshop is a comprehensive program that will cover all the material listed above. If you're tired of yo-yo dieting and want to change your relationship with food forever, this program is for you!

**Molly Ellefson, MS, NCC, instructor,
Wednesdays, Jan. 26 through March
16, 6:30 -8 p.m., \$229**

TAKE ACTION PROGRAM FOR WEIGHT MANAGEMENT

Winter group sessions meet on Tuesdays beginning Jan. 18 from 4-5 p.m. or Thursdays starting Jan. 20 from noon-1 p.m.

Take Action is a highly successful program for people who want to lose weight and keep it off. Choose between a 12-week group program or an individual, one-on-one approach. For the individual approach, the program offers flexible scheduling for the personal coaching education sessions. Participants will meet each week with a registered dietitian, fitness expert or a wellness coach. In the group approach, you will meet at an established, set time for group educational sessions.

Both programs include an initial fitness profile, personal nutrition consultation, resting metabolism measurement, Bod Pod body composition measurement, and wellness coaching sessions. A comprehensive Take Action manual is included as an ongoing reference and support tool.

Fee for group program: \$349

Fee for individual program: \$559

BURN RATE PACKAGE

Combine a Bod Pod body composition assessment with a Body Gem resting metabolism test and save with our special package price. The Burn Rate package will help you evaluate your current body composition, set ideal weight/body composition goals and understand your body's unique caloric and nutritional needs.

Fee: \$135

PILATES REFORMER TRAINING

Pilates Reformer Training consists of a series of exercises, performed on a unique piece of equipment called a reformer. Individual programs are designed to strengthen, stabilize and balance muscles of the core, shoulder, pelvis and other major joints while lengthening and mobilizing tight muscles and joints. The low-impact exercise will help to transform your body in appearance and function by improving posture, flexibility and muscle balance while engaging the mind-body connection.

Personalized, one-to-one sessions are led by a Stott®-certified reformer instructor, who will customize for your exercise level. New participants will complete an introductory package, which includes a 60-minute assessment and three 30-minute individual, follow-up sessions.

Fee for beginner's package: \$175

After completing the beginner's package, you may purchase single 60-minute sessions or packages. Fee for single session: \$75; Package of three: \$215. Package of six: \$385

HEALTHY – STEPS EXERCISE PROGRAM

Fall group classes meet on Wednesdays beginning Oct. 13 from noon – 1 p.m. for six weeks, no class on Thursday, Nov. 26

The Healthy – Steps Program moves you to better health through therapeutic dance and movement exercises. The program is based on the Lebed Method, which was designed for women receiving any kind of breast cancer intervention but, it has also benefited people with other forms of cancer. Additionally, anyone who has a chronic condition such as arthritis, multiple sclerosis, fibromyalgia, obesity or who simply lacks movement in their life will find the class beneficial. The program is a fun way to help regain and maintain range of motion, improve stamina, reduce the risk of lymphedema, and rebalance the body both physically and emotionally. Be prepared to have fun!

Fee: \$79

STRONG AND FIT PROGRAM

The Strong and Fit Program is designed to introduce participants to a variety of strength training techniques including machine and free weights, tubing, stability ball, BOSU and balance board. In this one-to-one program, emphasis is placed on learning proper technique and how to successfully design your own programs. The Strong and Fit Program consists of one 75-minute initial session, three 30-minute follow up sessions and a beginning and endpoint Bod Pod body composition assessment.

Fee: \$135

FITNESS PROFILE

The Fitness Profile is a comprehensive fitness assessment that provides an ideal starting point for any new exercise plan or an opportunity for regular exercisers to check their progress. This assessment includes: helpful information to make certain your exercise program is safe, effective and enjoyable; an intake of your health history; complete muscular strength, flexibility, body fat and muscular endurance tests; and a cardiovascular fitness assessment to establish your ideal aerobic exercise levels and heart rate ranges. An exercise physiologist will interpret your results, help you establish personal fitness goals, address any concerns, and give you recommendations for a personalized exercise program.

Fee: \$89

Fee for the Sports Performance – Exercise Metabolic Assessment: \$175

BODY COMPOSITION ANALYSIS

Body fat levels that are too high or too low can place your health at risk. But how do you know what your ideal weight is? A scale alone will not provide adequate information. You need to understand how much of your weight is lean muscle and how much is fat. Body fat analysis is helpful to those who are new to exercising or who have an established routine. Once someone begins an exercise program, they may see a change in appearance without weight loss. Typically, this is due to a loss of spacious fat and a gain in compact muscle. The only way to know for certain is to have your body fat levels measured. The body composition analysis is conducted by a trained exercise physiologist using a variety of methods, such as the skin fold caliper method and state-of-the-art Bod Pod technology, which is highly accurate. Following completion of your assessment, you will receive your results and recommendations for ideal goals.

Skinfolds fee: \$40

Bod Pod fee: \$5

BODYGEM™ RESTING METABOLISM TESTING

Do you know how many calories you should eat and burn during exercise on a daily basis?

State-of-the-art metabolic technology allows us to measure your resting metabolic rate, which is the number of calories your body burns each day at rest. This reading, along with additional calculations relating to your daily activity levels, will allow us to accurately assess your daily caloric needs. This is vital for anyone who wants to lose weight or maintain an ideal body fat goal. A licensed nutrition expert or exercise physiologist will administer the test, decipher the results and help you create a realistic action plan to achieve your goals.

Fee: \$95

MOTIVATIONAL SERVICES: WELLNESS COACHING

Do you struggle to make or maintain healthy lifestyle changes? Do you find there are barriers that get in the way of achieving your goals? Do you find it challenging to be resilient when faced with the stresses of everyday life? If

you answered yes to any of these questions, wellness coaching is for you. Wellness coaching is an approach that helps individuals discover their inner resources to make change easy and long lasting. A wellness coach will assist with motivation, changing unwanted habits, reducing stress, learning strategies for dealing with obstacles and building resilience. Following an initial 90-minute consultation, a wellness coach will help you to identify needs, establish goals and work with you to develop a plan of action.

Initial 90-minute consultation fee: \$90

Follow-up 60-minute sessions may be purchased individually or in packages to make your program more comprehensive.

One session: \$75

Package of three: \$165 member, \$210 non-member

Package of six: \$390

For more information or to register for any of the LiveWell Fitness Center's programs, call 612-863-5178.

Penny George Institute expands to the Unity Hospital campus

Those who live or work in the northwestern Minneapolis-St. Paul region now have convenient access to many of the Penny George Institute for Health and Healing's outpatient services.

Allina's Virginia Piper Cancer Institute® (VPCI) has opened in the new Fridley Medical Center on the Unity Hospital campus. The two-story, 60,000 square-foot building is located on the northwestern corner of the Unity Hospital campus. It houses the Virginia Piper Cancer Institute at Unity, in partnership with Minnesota Oncology, and a Multicare Associates primary care and specialty clinic. The Penny George Institute and Sister Kenny Rehabilitation Institute are also located within the Virginia Piper Cancer Institute.

As part of the expansion, the Penny George Institute will offer acupuncture, massage therapy, nutrition counseling, fitness and exercise physiology services. In addition to cancer patients, the Penny George Institute's services will be available to all residents in the community. "We are pleased to expand our services to the Unity Hospital campus," said Lori Knutson, executive director of the Penny George Institute. "This demonstrates Allina's commitment to integrative care as a standard of practice."

The Fridley Medical Center

has opened on Unity Hospital's campus. It houses the Virginia Piper Cancer Institute at Unity, in partnership with Minnesota Oncology. The Penny George Institute offers the following services at the new facility:

- acupuncture
- fitness/exercise physiology
- healing coach
- massage therapy
- nutrition counseling.

Call 763-236-5600 for appointments or more information.

EVENTS AND EDUCATION

The Art of Healing Program

The Penny George Institute's *Art of Healing* program provides arts-based wellness interventions and education on both an inpatient and outpatient basis on the Abbott Northwestern Hospital campus and at other facilities of Allina Hospitals & Clinics. Some program components include music therapy, artists at the bedside, collaborations with area arts groups and the creation of a volunteer program. The program includes visual arts exhibits and visual, movement, written word and music classes focused on educating individuals in the therapeutic benefits of the arts.

Visual Arts Exhibit Calendar

Each month, a new local artist is chosen to display work at the Penny George Institute's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibit and opening receptions are free and open to the public. Exhibits may be viewed during clinic hours, Monday to Thursday, 8 a.m. to 9 p.m., and Friday 8 a.m. to 4:30 p.m.

DECEMBER-JANUARY EXHIBIT

Opening reception held at the Penny George Institute's Outpatient Clinic on Friday, Dec. 3 from 6-8 p.m.

- Penny George Institute's Outpatient Clinic location (SE corner of 28th and Chicago): Mixed media work by Ingrid Restemayer
- Abbott Northwestern Hospital location (lower level by the LiveWell Fitness Center): Photography by Ron Germundson

FEBRUARY-MARCH EXHIBIT

Opening reception held at the George Clinic on Friday, Feb. 11 from 6:30-8:30 p.m.

- Penny George Institute's Outpatient Clinic location (SE corner of 28th and Chicago) and Abbott Northwestern Hospital location (lower level by the LiveWell Fitness Center): Paintings by Gregg Rochester



Related Healing Arts Programming

NECKLACE-MAKING

Bring the positive energies of compassion, love and hope into your life or the life of someone you love. Make a Strands of Hope® necklace.

Attend this two-hour beading class where you will thread beads of courage, love, strength and hope to create a unique necklace for yourself, a family member or friend facing one of life's larger challenges. Founded by four cancer survivors, Strands of Hope® provides instruction and kits for making these meaningful necklaces.

Strands of Hope® necklace kits include a pendant symbolizing the endless flow of love and gratitude and necklace patterns, which include a "random" bead representing the "unpredictable" that enters into everyone's life. No beading experience necessary. Tuition includes a materials fee for your own personal necklace kit. Open to cancer patients/survivors, caregivers or anyone undergoing one of life's unexpected challenges.

Pat Nyman, Joy Throm, Renee Macomber and Connie Marty, instructors

Thursday Feb. 3, 6:30–8:30 p.m.

\$30 (includes the materials fee for one necklace kit)

Once you have registered, we will send you instructions for pre-ordering your necklace kit so it is available when you arrive for the class.

DRUM CIRCLE

Come and drum with us! Drumming has been shown to reduce stress and have a positive impact on your health. Experience a sense of relaxation and wellbeing through self-expression, physical activity, sharing in the group energy, and having a lot of fun. No musical experience necessary. A variety of percussion instruments will be provided, but you are welcome to bring your own drum.

Kim Donley, MS, MT-BC, instructor
Mimi Lindell RN, HN-BC, CHTP, instructor

Thursday Jan. 20, Thursday Feb. 17, and Thursday March 17

7 – 8 p.m. (pre-registration required)
\$10

RESILIENCE TRAINING

Resilience Training is an eight-week group program developed by Henry Emmons, MD. Resilience Training is based on Dr. Emmons' book, *The Chemistry of Joy*, and is designed to help people enhance their natural resilience, making them less likely to develop problems with depression and other chronic diseases. Desired outcomes for program participants include reduced severity of depression and anxiety symptoms, a decrease in future episodes and less reliance on prescription medications.

Program features: The program begins with a consultation with Dr. Emmons. This provides an opportunity to learn more about the program and whether it is right for you, but also to receive an integrative assessment of your situation and any suggestions that Dr. Emmons feels may be helpful for your recovery.

Each Resilience group consists of 12-16 participants who meet once a week for eight weeks to gain a greater understanding of the interconnected workings of the mind, body and spirit. Specific techniques of meditation and mindfulness will be learned to support the process of overcoming depression and anxiety. Resilience Training also includes individual sessions with a clinical nutritionist and an exercise physiologist. Each participant will be given specific dietary and exercise recommendations for their particular needs with an overall focus on improving the body's physical imbalances and toxicities that may contribute to depression and anxiety. Learning the significance of exercise and nutrition and implementing these activities are cornerstones to the development of resilience.

To schedule the initial consultation with Dr. Emmons, please call 612-863-3333. The fee for the appointment is \$200 and is not billable to insurance. If you then make the decision to participate in the full program, the \$200 will be applied to the total Resilience Training program fee of \$900 when you enroll.



Yoga

THERAPEUTIC YOGA: YOGA FOR CANCER SURVIVORS

This six-week series is for those undergoing treatment or in recovery from cancer. The series will focus on yoga movement, breathing and relaxation techniques meant to be gently restorative to body and mind. Family members, partners/spouses or friends are encouraged to attend as well. No yoga experience is necessary.

Nissa Valdez, certified instructor

Thursdays, 9:45-11 a.m.

**Jan. 13 – Feb. 17 or March 3 – April 14,
no class March 10**

\$89

BEGINNING GENTLE YOGA

In this six-week class learn basic yoga postures, breathing techniques and meditation practices. This style of yoga invites you move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again. No previous yoga experience is necessary.

Nissa Valdez, certified instructor

Wednesdays, 5-6:15 p.m.

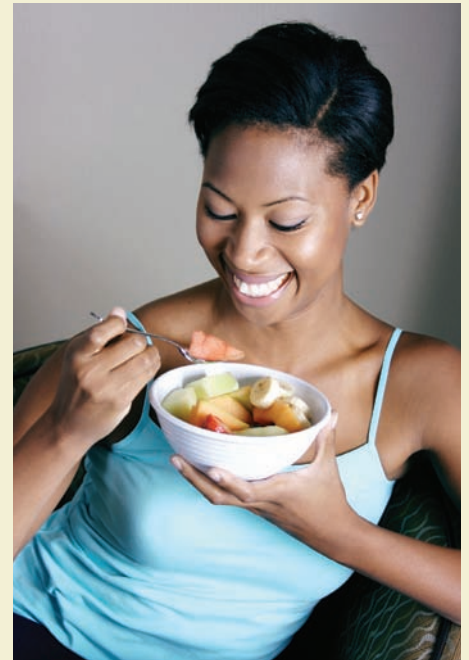
Jan. 12 – Feb. 16

March 2 – April 13, no class March 9

\$89

CONTINUING YOGA

In this six-week class, deepen your practice as you learn new yoga postures, breathing techniques and meditation practices. This style of yoga invites you to move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again.



Margie Weaver, certified instructor

Thursdays, 5-6:15 p.m.

Jan. 13 – Feb. 17 or March 17 – April 21

\$89

DROP-IN YOGA CLASSES

In addition to supporting the healing process, yoga can play a large role in keeping us healthy. Whether recharging yourself for the afternoon ahead or easing the transition from workday to evening, yoga practice replenishes our sense of vitality. The drop-in classes listed below are wellness-focused and appropriate for individuals who are not at present experiencing an active illness.

Registration and payment will cover eight drop-in classes of your choice from Jan. 19 to April 1. Additional classes can be purchased after the initial eight have been completed. No refunds are available for classes not attended.

\$100

NOON YOGA

Ashley Ochsner, RN, RYT

**Wednesdays, Jan. 19 – March 23,
12:15-1:15 p.m.**

No class Jan. 26, Feb. 23, March 30

HAPPY HOUR YOGA

Margie Weaver, certified instructor

**Fridays, Jan. 21 – April 1
4:30-5:30 p.m.**

No class March 4 or March 11

Other Classes

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

A weekly class for eight weeks including a seven-hour day of mindfulness. This introductory course is based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*. Mindfulness-based stress reduction (MBSR) is ideal for those suffering from anxiety, depression, chronic pain and illness, cardiac disease, the demands of care-giving, life-threatening illness, grief, spiritual emptiness and balancing everyday stress. Participants learn and practice the basic skills and begin to experience their impact on everyday life, health and well-being. Each session involves walking, eating, sitting and/or yoga meditation, instruction and group discussion. Instructors have trained professionally with Jon Kabat-Zinn and have many years of experience with MBSR training.

Scott Cruse, LICSW, instructor

Mondays, Jan. 10 through Feb. 28, 6-8:30 p.m.; plus a retreat on Sunday, Feb. 20 from 9 a.m. – 4 p.m.

\$330 (plus \$45 materials fee payable to instructor on first day of class)

Up to 27 CEUs for mental health and teaching professionals and up to 32 CEUs for nurses



CULTIVATING SELF-CARE THROUGH MINDFULNESS AND PRESENCE: MBSR FOR NURSES, HEALTH PRACTITIONERS & FAMILY CAREGIVERS

Caregivers provide deep listening, kindness and a steady presence to others. Yet care settings often overflow with relentless stress and responsibilities, increasing one's vulnerability to anxiety, depression, grief and spiritual emptiness. Research shows that personal resilience is greatly supported by a daily mindfulness meditation practice. Mindfulness-Based Stress Reduction (MBSR), based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*, is a simple, yet profound practice that brings one into the present moment, resulting in a deep, lasting sense of peace and relaxation. This introductory course is comprised of eight weekly sessions that include walking, eating, sitting, and yoga meditation, instruction, group discussion and a full day retreat to fully integrate the MBSR experience. For optimal results, participants are encouraged to practice daily with provided materials. Instructors have trained professionally with Kabat-Zinn and have been teaching MBSR for many years.

Kaia Svien, MS, instructor

Mondays, Jan. 31 through March 21, noon- 2:30 p.m., plus a retreat on Saturday, March 12 from 9 a.m. - 4 p.m.

\$330 (plus \$45 materials fee payable to instructor on first day of class)

Up to 27 CEUs for mental health and teaching professionals and up to 32 CEUs for nurses

COUPLES MASSAGE

Learn massage therapy for you and your partner. This is a great way to help each other with relaxation and therapeutic techniques for muscle aches and pains. Each participant will give and receive a full body clothed massage. Wear comfortable clothing.

Ann Stocker BS, LMT, NCTMB and Vicki Grossman BS, NCTMB, instructors

Thursday, Feb. 10, 6:30 – 9:30 p.m.

\$60 per couple

HEALING TOUCH LEVEL 1

This class is designed for registered nurses, licensed health care professionals, body-oriented therapists, psychotherapists or other individuals who desire to incorporate energy system concepts, principles and techniques into their existing or new practice. Students will gain an understanding of: the basics of the human energy system, chakras, principles and practice of healing touch, basic assessment and intervention techniques and application of healing touch in your personal/professional practice. This course can be taken alone or can be combined with advanced levels in the future. Endorsed by the American Holistic Nurses Association.

Instructor: to be determined (Healing Touch International)

Friday, Jan. 14 and Saturday, Jan. 15, 8 a.m. – 6 p.m. or Friday, March 4, and Saturday, March 5, 8 a.m. – 6 p.m.

\$300 (HTPA/AHNA member \$275, Allina employee \$250, student \$200, repeat \$200)

All classes will be held at the Penny George Institute's Outpatient Center on the corner of 28th Street and Chicago Avenue. To register or for more information, call 612-863-3333.

A FOCUS ON RESEARCH



Jeff Dusek, PhD, research director of the Penny George Institute

As more and more people seek integrative care across the United States, research is key to establishing measurable patient outcomes and identifying best practices through data analysis and clinical trials.

Researchers at the Penny George Institute are testing the efficacy and effectiveness of complementary medicine practices. This effort is led by Jeffery Dusek, PhD, research director of the Penny George Institute. The strength of the Integrative Health Research Center is its capacity to conduct innovative studies to determine optimal patient care.

RANDOMIZED CONTROLLED TRIALS

A randomized controlled trial (RCT) is a type of scientific experiment most commonly used in testing the efficacy of pharmaceuticals, medical devices or surgeries. In its simplest form, the RCT is used to compare the impact of a pharmaceutical with a placebo or could

also be used to compare one pharmaceutical to another. Since RCTs are considered to be the most reliable form of scientific evidence that influences health care policy and clinical practice, conventional medicine and integrative medicine researchers, including those at the Penny George Institute, test interventions using this research tool.

CURRENT RESEARCH AT THE PENNY GEORGE INSTITUTE

One example of research using RCT design is led by Dusek. The study, which is funded by the National Institutes for Health (NIH), began in 2008 and will be completed in 2012. The National Centers for Complementary and Alternative Medicine (NCCAM) is the agency within National Institutes of Health that is expanding exploration of integrative healing practices by funding studies that are conducted using a sound basis of rigorous science.

Prior research studies have shown that treating systolic blood pressure and diastolic blood pressure to targets that are less than 140/90 is associated with a decrease in cardiovascular

disease or heart disease. Heart disease is the leading cause of death for men and women in the United States. As more money—approximately \$180 billion annually—is spent on this disease, new non-pharmacologic treatment options are needed.

The purpose of this study is to compare the effects of two different forms of stress management training on high blood pressure in older adults. This 13-week study is being conducted at the Penny George Institute's Integrative Health Research Center at Abbott Northwestern Hospital. Individuals who have high blood pressure and are between 50 to 75 years of age are invited to participate. Interested people will be given free blood pressure checks, an EKG and routine lab work as screening tests for eligibility to participate in the study. Weekly visits to the center for stress management training will be required.

If you are interested in taking part in the study or would like more information, please call 612-863-9862.

The power of integrative care continued

When she learned that her heart had arrived, Linck was barely coherent and clinging to life. Following her transplant, she spent the next 36 hours recovering from the surgery. After that, healing came quickly. “From that point on, I felt like I was a little baby and reborn,” she said. “I was making extreme strides in recovery and doing really well.”

Today, Linck describes how she feels as “pretty amazing.” She is planning on returning to Boston to continue her education at graduate school where she will pursue a master’s degree in creative arts and learning. She plans to enter the teaching profession where she will weave her expertise in drama, visual arts, music and a variety of other teaching methods into the classroom.

“I spent this summer working in a garden and also took introductory healing touch and massage courses,” said Linck. Physically, Linck is more active than ever—biking, running, practicing yoga and enjoying an active life outdoors.

“What struck me most about Anna’s journey is that it really speaks to the importance of medicine—the science, technology and the capacity to actually perform a heart transplant,” said Lori Knutson, RN, BSN, HN-BC, executive director of the Penny George Institute. “For Anna to survive the length of time she needed to receive the heart was about being empowered to go the distance—that’s what holistic healing is all about.”

After Linck’s transplant team had completed her surgery, they told her that her heart had deteriorated so much that they felt she had between 24 to 48 hours to live. “I’m so fortunate and amazed,” said Linck. “The integrative therapies at Abbott Northwestern made such a huge impact on my physical, mental and spiritual health and also on my way of life today. I wish that every hospital could offer its patients this type of care. Just think of how a world with integrative care for all would be.”

IN MEMORIAM: Dr. Roberta Mann-Benson



Dr. Roberta Mann-Benson, a co-founder and early supporter of the Institute, passed away on Oct. 27.

Mann-Benson was a noted philanthropist and community leader known for her tireless support and generosity. She was an active leader in the field of integrative health and had a passion for helping those suffering from mental health problems. As president of the Ted and Dr. Roberta Mann Foundation, she led a national effort to promote integrative mental health.

A lifelong learner, Mann-Benson earned her doctorate degree two years ago from St. Mary’s University of Minnesota.

“Without Roberta’s partnership, we would not have been able to advance the care that we are known for today at Abbott Northwestern,” said Lori Knutson, executive director. “Her generous philanthropic support helped to seed innovation with our inpatient and outpatient services. Her gift was very profound and we are grateful for her support and vision.”



Class Registration

OUR LOCATION

The Penny George Institute for Health and Healing Outpatient Clinic is located on the southeast corner of East 28th Street and Chicago Avenue in Minneapolis. At this corner, our entrance is located in the parking ramp lobby. For parking, access the parking ramp at East 28th Street and Chicago Avenue, entering and exiting on the 28th Street entrance.

REGISTRATION

Pre-registration is required for all classes. To register, fill out the form and mail or fax with your payment to the Penny George Institute. You may also register and pay by phone.

REFUND POLICY

Payment at the time of registration is required to reserve your spot in the class. If a class is canceled due to low enrollment, we will notify you and refund your payment. If you register and notify us one week before the start date that you cannot attend, we will refund your payment in full. No partial refunds or class substitutions are allowed.

EDUCATION CREDITS

Continuing Education Credits (CEU) are available for select classes. Refer to individual class listings for CEU options.



For detailed directions to your class or event, call 612-863-3333 or visit abbottnorthwestern.com.

Registration Form

To register, please fill out the form and mail, phone or fax to:

PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

Abbott Northwestern Hospital
800 East 28th Street
Mail Route 15115
Minneapolis, MN 55407
Phone: 612-863-3333 Fax: 612-863-9019

Name _____

Address _____

City, State, Zip _____

Phone _____

Amount Enclosed _____

Payment (circle one): Cash / Check / Visa / MC / Discover / AmEx

Credit Card # _____ Exp. Date _____

Cardholder Signature _____

Make check payable to the Penny George Institute for Health and Healing.



Penny George[®] Institute
for Health and Healing

Necklace-Making Feb. 3 (\$30)

Drum Circle Jan. 20 (\$10) Feb. 17 (\$10) March 17 (\$10)

Therapeutic Yoga: Yoga for Cancer Survivors

Starts Jan. 13 (\$89); Starts March 3 (\$89)

Beginning Gentle Yoga Starts Jan. 12 (\$89); Starts March 2 (\$89)

Continuing Yoga Starts Jan. 13 (\$89); Starts March 17 (\$89)

Drop-In Yoga Classes (\$100)

Mindfulness-Based Stress Reduction Starts Jan. 10 (\$330)

Cultivating Self-Care through Mindfulness and Presence: MBSR for Nurses, Health Practitioners & Family Caregivers

Starts Jan. 31 (\$330)

Couples Massage Feb. 10 (\$60/couple)

Healing Touch Level 1 Starts Jan. 14; Starts March 4
(\$300 HTPA/AHNA member \$275, Allina employee \$250, student \$200, repeat \$200)



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From the Penny George Institute for Health and Healing

The Penny George Institute for Health and Healing is supported by the financial generosity of the community. To make a donation to the Penny George Institute, call the Abbott Northwestern Hospital Foundation at 612-863-4126.

Give the gift of healing

Did you know that the Penny George Institute for Health and Healing's programs and services are supported by the financial generosity of people like you? Philanthropic support is critical to the Penny George Institute's clinical care, research and education. Philanthropic dollars also support inpatient services, which are offered to hospitalized patients without additional fees or costs. In fact, more than one-quarter of the Penny George Institute's budget comes from philanthropic dollars. A generous friend of the Penny George Institute, Jane Mauer, will match your gift dollar for dollar, doubling the impact of your donation.

Care for hospitalized patient: The Penny George Institute offers healing therapies for hospitalized patients. Since 2003, more than 66,000 bedside consultations have been made by the Penny George Institute's team of health care practitioners. The inpatient team brings pain relief, anxiety reduction and healing to patients throughout the entire hospital. More than 20 integrative health care professionals work directly with the patient and their family members to provide care.

Patients may receive a combination of one or more of these therapies: acupuncture, aromatherapy, energy healing, healing arts, integrative nursing consultation, mind-body therapies including relaxation response and guided imagery, music therapy, reflexology and therapeutic massage.

Outpatient Clinic: Philanthropic support enables the Penny George Institute to bring in local and national speakers on various health and wellness topics. Donor support also makes possible the services of the Penny George Institute's spiritual coach and provides seed money for critical research on integrative health.

Research: Abbott Northwestern has the largest integrative medicine data set in the country, which enables the Penny George Institute to conduct ground-breaking research. The Integrative Health Research Center focuses on patient-centered research in areas ranging from pain management to stress reduction to breast cancer survivorship.

Art of Healing program: Established in 2004, this program recognizes that arts are an important and therapeutic tool for patient and families. Hundreds of individuals experience the Art of Healing through Abbott Northwestern's healing environment, and classes and events at the Penny George Institute's Outpatient Clinic.

Donate today: Please make a gift today to ensure that it is doubled and to meet this matching gift challenge. Your donation will help the Penny George Institute's programs grow and serve more patients, educate more community members and demonstrate the efficacy of the integrative approach to care through leading-edge research. Together, we can positively influence the overall health of our community.

To make a donation, please use the envelope in this newsletter or send a secure donation online at abbottnorthwestern.com, under "Contribute to the hospital." To learn more, call Katy Gaynor at 612-863-5610 or e-mail her at katy.gaynor@allina.com