

Healing Journal



The changing landscape of health care and integrative health

The Patient Protection and Affordable Care Act includes a number of provisions related to integrative care

Although the Patient Protection and Affordable Care Act was signed into law in March 2010, the new federal health reform law includes many provisions that won't take effect until future years. Some of the new law's provisions include prohibiting denial of coverage based on pre-existing conditions, establishing health insurance exchanges and supporting medical research.

According to Janet Kahn, PhD, executive director of the Integrated Healthcare Policy Consortium (IHPC), the Patient Protection and Affordable Care Act includes a number of provisions in support of integrative health, wellness, prevention, and patient-centered care and research.

The IHPC is a broad coalition of clinicians, patients, health care educators and organizations committed to public policy that ensures all Americans access to safe, high quality health care including the full range of qualified conventional, complementary and integrative health care professionals. The IHPC describes integrated health care as a coordinated system in which the diverse spectrum of health care professionals are educated about one another's professions and collaborate with each other and with their patients to help people achieve optimal well-being.

"Our coalition has been involved in health reform legislation and will continue to be involved in its implementation," said Kahn. "Embedded in this law are some of the values of integrative health, including a shift in emphasis from a disease-fighting approach to health care to a health-promoting, disease-preventing approach to care. Toward this end IHPC is also focused on integrated policy, meaning that many aspects of domestic policy have critical implications for the nation's health and must be thought about in that regard."

Continued on page 3

THE INTEGRATIVE HEALTHCARE POLICY CONSORTIUM ADVOCATES FOR A NEW VISION AND APPROACH TO CREATING HEALTH:

- Science has demonstrated that 70 percent of chronic illness is due primarily to lifestyle patterns and environmental issues.
- No longer is it reasonable to wait until disease reaches an advanced diagnostic threshold and then provide expensive care.
- Prevention, health promotion, chronic disease management and healing require a new vision of health and disease based on self-care and lifestyle management.

For more information, visit ihpc.org.

WHAT IS INTEGRATIVE HEALTH?

Integrative health is defined as an approach to health care that places the patient at the center of care. It focuses on prevention and wellness and attends to the physical, psycho-social, emotional and spiritual needs of each person.

At the Penny George™ Institute for Health and Healing, integrative health:

- blends conventional medicine with evidence-based complementary therapies and integrative medicine
- promotes a partnership between the patient and caregiver
- recognizes the whole patient and his or her individual needs
- focuses on healing as much as curing
- emphasizes patient empowerment and personal responsibility
- advocates health promotion and prevention of illness through education and coaching.

SERVING PATIENTS, PROFESSIONALS AND THE COMMUNITY



The Penny George Institute offers educational programming in three areas: professional education on integrative care, patient and community education that focuses on health promotion, and community classes and programs that provide an understanding of the principles and therapies of integrative medicine.

This year, the Penny George Institute will offer three unique programs for health care professionals. From Aug. 3-5, physicians, nurse practitioners, nurses and other practitioners with experience in a hospital setting will have the opportunity to broaden their professional and personal practice through a three-day conference. Developed and taught by the leaders and clinicians of the nation's largest hospital-based integrative health care program, the course will cover clinical skills, workflow, operations and outcomes of hospital-based integrative care.

From June 27-July 1, the Penny George Institute will offer a 40-hour professional education program for massage therapists across the country how to expand and adapt their practice for working in an integrated care setting. New this year, the Penny George Institute will also offer a program for Oriental medicine practitioners from Aug. 15-19.

"These professional education programs are designed to give health care professionals the tools they need to expand and adapt their personal and professional practice" said Mollie O'Brien, NCTMB, MA, integrative health practitioner. "When diverse health care professionals learn about the benefits and impact of integrative care and experience the transformative nature first-hand, it's amazing how the work of integrative care becomes positively contagious."

Space is limited for all three professional education programs. For more information or a program brochure, visit the Penny George Institute's website after April 1 under the hospital services link at abbottnorthwestern.com.

Innovative community-based research



Jeffery Dusek, PhD

Research is the key to establishing measurable patient outcomes and identifying best practices through data analysis and clinical trials. Through its Integrative Health Research Center, researchers at the Penny George Institute are testing the efficacy and effectiveness of integrative practices to determine optimal patient care. This effort, led by Jeffery Dusek, PhD, research director, is critical as more people seek integrative care across the United States.

Earlier this year, Allina's Center for Healthcare Innovation and the Penny George Institute launched a multi-site study with Massachusetts General, Hartford Hospital and Abbott Northwestern in collaboration with the Minneapolis-based Cultural Wellness Center. The research study will evaluate the effect of vitamin D supplementation on blood pressure.

Hypertension, or high blood pressure, is the most common cardiovascular disorder, affecting one-third of all adults. A large body of experimental and observational evidence links vitamin D deficiency and elevated blood pressure and smaller trials have shown that vitamin D supplementation leads to decreased systolic pressures in adults.

According to Dusek, the randomized, multicenter trial will be completed in approximately one year and is an example of the Penny George Institute's commitment to partnering with the community. "Our research focuses on observational studies of our inpatient integrative medicine services, randomized controlled trials of stress management and we are beginning to do more collaborative, community-based research including multi-site clinical trials," explained Dusek.

The changing landscape of health care and integrative health continued from page 1



Lori Knutson, RN, BSN, HN-BC

conference of major integrative health care stakeholders in Washington, DC.

"Integrative care is a critical component of health reform," said Knutson. "The law validates that an integrative approach needs to be part of the fabric of health care for our nation. Now, we need to put that into action to ensure that cost-effective care focused on prevention, health promotion and wellness is the standard."

The legislation also establishes a National Prevention, Health Promotion and Public Health Council with a purpose of coordinating and providing leadership on prevention, wellness and health promotion practices, the public health system and integrative health care in the United States. In addition, the bill indicates the intention to establish community health teams to support the patient-centered medical home and creates a Patient-Centered Outcomes Research Institute (PCORI), which will fund research that compares the effectiveness of different approaches to treatment so we can put our money and efforts where the greatest benefit lies.

"Long-term, our goal is to evolve our country's health care policy so that it supports responsible, high-quality, personalized whole-person care. I believe we do that by returning

to the original meaning of evidence-based medicine," explained Kahn. To illustrate, Kahn points to a publication by Sackett et al. (2000) that defined evidence-based medicine as "the integration of best research evidence with clinical expertise and patient values."

"The best evidence is to be weighed with clinical expertise and each patient's values to determine the best, and most appropriate, course for that patient. These are the values of integrated health care," said Kahn. "And the question of what constitutes best evidence is being helped enormously by the law's focus, through PCORI, on generating data that is helpful to decision-making by patients, providers and policymakers."

"Long-term, our goal is to move to a consumer-driven health care model that is truly patient-centered," added Kahn. "We will be closely following the rule-making process, during which the specifics on how the law is implemented will be determined. This is an opportune time to envision and support the next steps in support of patient-centered integrative health care."

Sackett, D.L., Straus S.E., Richardson W.S., Rosenberg W., Haynes R.B. 2000. Evidence-based Medicine: How to practice and teach EBM. Edinburgh: Churchill Livingstone. p.3.

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 in to 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!

Introductory session:
Molly Ellefson, MS, NCC, instructor
Thursday, April 21, 6:30 – 8 p.m.
Free!

Workshop:
Molly Ellefson, MS, NCC, instructor
Thursdays, April 28 through June 16,
6:30 -8 p.m.
\$229

TAKE ACTION PROGRAM FOR WEIGHT MANAGEMENT

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 a 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



LiveWell Fitness Center

coaching sessions. A comprehensive Take Action manual is included as an ongoing reference and support tool.

Group sessions meet on Thursdays beginning April 21 from 4-5 p.m. or Tuesdays starting April 19 from noon-1 p.m.

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.

\$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 postural stability, 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 and modify the training for your individual exercise level. New participants will complete an introductory package, which includes a 60-minute assessment and three 30-minute 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

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, M.S., 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

Call for dates and times.

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; 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 both 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: \$55

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: \$210

Package of six: \$390



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

EVENTS AND EDUCATION

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 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. Program components available to the general public through this program include 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 Institute for Health and Healing Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibit and opening receptions are free and open to the public. Exhibit 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.

APRIL-MAY

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

- Penny George Institute's Outpatient Clinic location (SE corner of 28th Street and Chicago Avenue): Photography by Meg Ojala

JUNE-JULY

Opening reception held at the Penny George Institute's Outpatient Clinic on Friday, June 10 from 6-8 p.m.

- Penny George Institute's Outpatient Clinic location (SE corner of 28th Street and Chicago Avenue): Textiles by Kimber Olson and Kristi Kuder

Therapeutic Yoga

YOGA FOR BACK PAIN

Yoga has been proven to be very successful in helping reduce back pain. This course is intended to help alleviate back pain caused by habitual patterns of chronic sitting, lack of strength, and asymmetry from overuse of particular muscle groups. Using gentle asana (easy movements and postures), breath awareness, and deep relaxation, students will learn how to alleviate chronic pain by strengthening different muscle groups, by bringing more circulation to the back and by creating more functional movement patterns. Practices will be equally divided between upper back and lower back conditions. The course is not intended to address serious back conditions such as herniated discs, spinal fusions, or advanced scoliosis. If you have had a surgery or have suffered from serious conditions, a doctor's recommendation is strongly advised. You will receive two home practices to help create a healthier back, and a home practice will be strongly encouraged.

Carol Dines, instructor
Thursdays, 3-4:30 p.m.
May 4 through June 8

Or
June 15 through July 27
(no class July 6)
\$89

YOGA TO REDUCE STRESS AND CULTIVATE BALANCE

Yoga gives us tools to calm our nervous system and balance our lives. Using gentle asana (easy movements and postures), breath awareness, guided meditation, and deep relaxation, this course will give you tools to reduce stress, gain more focus, work with challenging emotions and to feel more balanced in your life. You will take away three short practices that can be done at home, and a home practice will be strongly encouraged.

Carol Dines, instructor
Tuesdays, 3-4:30 p.m.
May 3 through June 7
Or
June 14 through July 26
(no class July 5)
\$89

YOGA FOR CANCER SURVIVORS

This six-week series is for those undergoing treatment or in recovery from cancer. This series will focus on yogic 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.
April 21 through May 26
Or
June 2 through July 7
\$89

BEGINNING GENTLE YOGA

In this six-week class learn basic 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. No previous yoga experience is necessary.

Nissa Valdez, certified instructor
Wednesdays, 5:00 - 6:15 p.m.
April 27 through June 1
Or
June 8 through July 13
\$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 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, 5:00-6:15 p.m.
April 28 through June 2
Or
June 9 through July 21
(no class on June 23)
\$89

DROP-IN YOGA CLASSES

In addition to supporting the healing process, yoga can play a large role in keeping us healthy. Whether recharging your self 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 of \$100 will cover eight drop-in classes of your choice during April 1-June 30. Additional classes can be purchased after the initial eight have been completed. No refunds are available for classes not attended.

NOON YOGA

Ashley Ochsner, RN, RYT, instructor
Wednesdays, April 6 through June 29,
12:15-1:15 p.m.
No class April 27, May 25, or June 22

HAPPY HOUR YOGA

Margie Weaver, certified instructor
Fridays, April 8 through June 17,
4:30-5:30 p.m.
No class May 27 or June 24

Other Classes

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, application of healing touch in personal/professional practice. This course can be taken alone or can be combined with future advanced levels. Endorsed by the American Holistic Nurses Association.

Instructor: Healing Touch International
Coordinator: Kathryn Kerber
(612-863-7937)

Three course options:

- **Friday, March 4 and Saturday, March 5, 8 a.m.-6 p.m.**
- **Friday, Aug. 5 and Saturday, Aug. 6, 8 a.m.-6 p.m.**
- **Friday, Oct. 7 and Saturday, Oct. 8, 8 a.m.-6 p.m.**

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

Up to 18 CEUs available for nurses and massage therapists

HEALING TOUCH LEVEL 2

In Healing Touch Level 2, students will: review/practice Level 1 techniques, develop interview and assessment skills, learn a 1 hour healing touch sequence, understand appropriate documentation, learn specific techniques for patient health situations, and describe the Standards of Practice and Code of Ethics for involved in the application of Healing Touch. Healing Touch Level 1 is a pre-requisite of this class. Endorsed by the American Holistic Nurses Association.

Instructor: Healing Touch International
Coordinator: Kathryn Kerber
(612-863-7937)

Friday, April 1 and Saturday, April 2,
8 a.m.-6 p.m.

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

Up to 18 CEUs available for nurses and massage therapists



MINDFULNESS-BASED STRESS REDUCTION (MBSR)

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 everyday stress.

Participants learn and practice basic mindfulness skills to improve their health, well-being and everyday life. This introductory course is based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*. Participants meet weekly for eight weeks and a seven-hour day of mindfulness retreat is included. 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, April 4 through May 23, 6-8:30 p.m.; plus a retreat on Saturday, May 14 from 9 a.m.-4 p.m.
 Or
Mondays, Oct. 3 through Nov. 21, 6-8:30 p.m.; plus a retreat on Sunday, Nov. 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

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
Thursdays, May 5 through June 23, 12 p.m.-2:30 p.m.; plus a retreat on Saturday, June 11 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

DISCOVER YOUR BODY'S WISDOM

In this class, Margaret McRaith, MA, PT, invites you on a journey to discover your physical body as a source of wisdom, healing and transformation. Using principles, maps and tools based in ancient wisdom and grounded in the latest science, come explore the relationship between your physical body and the various aspects of your inner self (emotions, thoughts, spirituality). You will learn tools to quickly and easily apply on a daily basis in almost any setting to bring greater health and wellbeing. Specifically, you will learn and practice how to: shift from outer to inner awareness, notice subtle but tangible connections between body tension and feelings/thoughts/spirit, and reduce body tension/stress and increase relaxation and vitality.

Margaret McRaith, MA, PT, instructor
Monday June 6, 5:30-8:30 p.m.
\$35

Integrative Medicine Series

This series of classes is geared toward health care consumers who want to inform and strengthen their personal self care practice and gain tools for daily resilience. Participants will obtain a combination of theoretical and pragmatic knowledge to help chart their own wellness program. The instructor, Gary Carlson, MD, is board-certified in family medicine, holistic medicine and is board-eligible in medical acupuncture. The goal of his clinical practice and educational programming at the Penny George Institute is to develop patient-centered programs of healing that integrate the best of traditional and complementary/alternative medical care. Participants may register for individual classes or the whole series. This class is available at a 15 percent discount for Allina Hospitals & Clinics employees.

AN INTEGRATIVE APPROACH TO HEALTH

This class provides an overview of what "integrative health" is all about. How do you combine the best of traditional and non traditional health care in your quest for wellness?

Gary Carlson, MD, instructor
Monday, April 4, 4:15-5:30 p.m.
\$25

FOOD AS MEDICINE

Food is fuel and, more importantly, it is "information" for the body. We will explore concepts of insulin sensitivity, digestion/absorption, detoxification and more.

Gary Carlson, MD, instructor
Monday, April 18, 4:15-5:30 p.m.
\$25

STRESS AND HEALTH

Is your life accelerator and break on at the same time? What are the consequences of stress on your health and what can you do about it?

Gary Carlson, MD, instructor
Monday May 2, 4:15-5:30 p.m.
\$25

EXERCISE AS MEDICINE

Strength, aerobic capacity, flexibility and body awareness all contribute to overall health. How does research support conceptualizing exercise as medicine?

Gary Carlson, MD, instructor
Monday, May 16, 4:15-5:30 p.m.
\$25

Transforming Health Care Practice: A Series of Classes for Health Care Professionals

This series of classes will inform and transform your health care practice by expanding your

patient interventions to include integrative therapies. By participating in this class the healthcare practitioner will describe the scope, purpose and methods used in the specific integrative modality being taught; demonstrate basic skills in the use of the modality in patient care; identify sources of evidence for the practice being taught. Participants can earn up to 3.25 nursing contact hours. Individuals representing other professional disciplines may submit course materials to their respective professional associations for 3.25 hours of continuing education credit. You may register for individual classes or the whole series. This class is available at a 15 percent discount for Allina Hospitals & Clinics employees.

THE HEALING ENERGIES OF MUSIC

We are surrounded by sound. Whether or not we have chosen it, we still respond to it on many levels. In this presentation, we will explore the effects of sound and music on all parts of our being (physical, cognitive, existential, emotional and spiritual). Skills to intentionally choose music/sound in our environments to elicit certain responses will be taught.

Kim Donley, MS, MT-BC, instructor
Friday, April 15, 8:30 a.m.-12 p.m.
\$90



CLINICAL AROMATHERAPY

In this engaging class you will acquire a clear understanding of essential oils and the clinical applications of their use. It will describe the science of the oils by explaining their chemical composition. By the completion of this class, you will be able to identify the safety measures for application of the oils, the relationship of the chemistry of the essential oils to their therapeutic properties. Students will experience the effect of the oils on themselves and identify as a self care tool.

Mary Ellen Kinney, BA, RN, HN-BC, CPCA, instructor
Friday, April 15, 1-4:30 p.m.
\$90

CARING FOR SPIRIT

This class will explore the thesis that spirituality is the foundation for the health care professional and his or her practice. The concepts of applied spirituality will be examined as an interpersonal and intrapersonal process. The health care professional will learn ways to explore spirituality as an essential element in the health and well-being of self and of his or her clients.

Doug Dandurand, PhD, spiritual coach, instructor
Friday, May 20, 8:30 a.m.-12 p.m.
\$90

GUIDED IMAGERY

Imagery is the language for communication between our minds and bodies. Current research has demonstrated that guided imagery can be used to promote relaxation, well being and creativity, and support the body's innate healing abilities. Using lecture, experiential exercises and group discussion this class will include a brief overview of imagery's use throughout history, the scientific understanding of its effectiveness. Basic techniques will be taught and practiced.

Debbie Smith, MA, RN, HN-BC, CHTP, instructor
Friday, May 20, 1-4:30 p.m.
\$90

MASSAGE

This course will emphasize how the impact of touch is necessary on the health and well-being of humans. We will discuss the evidence for the multiple outcomes of massage including comfort, caring, pain and stress reduction, and will introduce simple, easy-to-use massage techniques and identify benefits and uses. This course will also introduce you to the basic use of the traditional Chinese medicine technique of acupressure for common health concerns of patients and yourselves. Using acupressure we can treat symptoms and help restore health.

Wendy Farrar, NCTMB, instructor
Friday, June 10, 8:30 a.m.-12 p.m.
\$90

INTRODUCTION TO TRANSFORMATIONAL LANGUAGE

A medical crisis is more than a physical experience – it is a mind, body, spirit experience and an invitation for healing on every level. This course will introduce participants to the basic concepts of transformational language and the guiding principles of neuro-linguistic programming. The health care professional will learn new ways of hearing patient stories and will obtain skills to respond with effective reflective listening.

Pat Vitale, LICSW
Friday, June 10, 1-4:30 p.m.
\$90

HEALTHY SELF: FOOD AS INFORMATION

This course will broaden your knowledge of nutrition beyond the science of calories, grams and fat. You will learn how food impacts the body and health, exploring the concept of food as information. The focus will be on foods to include in the diet and why, with discussion of related topics such as phytonutrients, fats, inflammation...and yes, the benefits of chocolate.

Carolyn Denton, MA, LN, instructor
Friday, June 24, 8:30 a.m.-12 p.m.
\$90



MEDICAL FITNESS

The course will explore how exercise affects the body's physiology through the basic fitness components. The many benefits of exercise in preventing chronic disease and as a powerful complement to traditional medical interventions will be identified. Learn how to play an integral role in educating your patients about medical fitness, important self-care practices and motivational tools for patient engagement.

Sue Masemer, MS, Exercise Physiologist, instructor
Friday, June 24, 1-4:30 p.m.
\$90

Resilience Training

Resilience Training is an eight-week group program developed by Henry Emmons, MD. Resilience Training is based on Dr. Emmon's book, *The Chemistry of Joy*, 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 Training group consists of 12-16 participants that 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.

Allina Hospitals & Clinics employees may receive discounts and/or benefits for some Penny George Institute classes. Check your benefits information for further details

GIVE THE GIFT OF HEALING

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.

Carol Cushmore has been a dedicated volunteer and supporter of the Penny George Institute since its inception. "My passion with integrative medicine is linked to personal experience," said Cushmore. "I believe in the Institute, its mission and I want to ensure that its programs and services are accessible to more and more people." Cushmore served on the Institute's first Steering Committee and is a member of its newly formed Advisory Committee. "The research component of integrative care is so important," she added. "The staff members have such expertise and are leaders in the field. They are truly transforming health care."

FOR 2011, FUNDRAISING PRIORITIES INCLUDE:

Patient Care: 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.

Donations for patient care in 2011 will support the music therapy program and spiritual coaching services at the Outpatient Clinic. Funds will also be used to support innovations in patient care programs and services, such as the upcoming "Heal Thyself" program.

Education and Training: Gifts to the Penny George Institute may be directed to support interactive technology-based information and learning for health care professionals, the Hospital-Based Integrative Care Conference, integrative health care practitioner training for

acupuncturists and massage therapists and a community speakers' series.

Research: Abbott Northwestern has the largest integrative medicine data set in the country, which enables the Penny George Institute to conduct ground-breaking research. In 2011, gifts for research will support innovations in outpatient care.

Art of Healing program: Established in 2004, the 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. Charitable gifts support Music on the Mall events, galleries and artist talks, an artist in residency and the Ante-Partum Arts Intervention program.

To make a donation, please use the response form in this newsletter or send a secure donation online at abbottnorthwestern.com, under "Contribute to the hospital." To learn more, contact Katy Gaynor of the Abbott Northwestern Hospital Foundation at 612-863-5610 or katy.gaynor@allina.com





NONPROFIT ORG
US POSTAGE PAID
ALLINA HEALTH
SYSTEM

Penny George™ Institute for Health and Healing

800 East 28th Street
Minneapolis, MN 55407

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.

New Online Class Registration

HOW TO REGISTER

- 1) Log into www.allina.com
- 2) Click on "Classes, Events and Support Groups" (under "Quick Links")
- 3) Select "Integrative Health Classes")
- 4) Click on "Sign in" and create a profile/account
- 5) Search & register for your class(es) of choice

REGISTRATION QUESTIONS

If you have registration questions or do not have access to the internet, call Class Registration at **1-866-904-9962**. For more information about the content of course, call **612-863-3333**.

REGISTRATION CONFIRMATION

A registration confirmation will be sent via e-mail. This is the only receipt you will receive; please retain a copy for your records. The e-mail will include course details (please print). If you have not received a registration confirmation via e-mail prior to the start of the course, please call Class Registration at **1-866-904-9962**.

CANCELLATION POLICY

If cancellation is received by 10 days prior to the course, tuition is refundable with the exception of a \$10 non-refundable registration fee. After this date you will not receive a tuition refund. To complete your cancellation call Class Registration at **1-866-904-9962**.

LOCATION

All classes will be held at the Penny George Institute's Outpatient Center on the corner of 28th Street and Chicago Avenue.