

FALL 2015

# LiveWell®

A newsletter from

PENNY GEORGE™ INSTITUTE  
FOR HEALTH AND HEALING

Founded by the George Family  
Foundation and the Ted and  
Dr. Roberta Mann Foundation

## How's the family?

Healthy living starts with you

For many families, fall can mean new schedules and priorities, along with more stress and less sleep.

Meanwhile, nature is signaling that it's time to step back and shed old habits. When it comes to your family's health, Timothy Noonan, MD, a family medicine doctor at Allina Health Woodbury Clinic, believes we should take a cue from Mother Nature.

"I see many families who are over-scheduled," said Noonan. Kids have activities nearly every night of the week. Dinner, homework, laundry, errands and more are squeezed in before bed. "Then parents have to scramble in the morning to grab breakfast, fix lunches and get out the door. The day starts in a stressful state."

*(continued on page 2)*

AllinaHealth 

PENNY GEORGE™  
INSTITUTE FOR HEALTH  
AND HEALING



# How's the family?

(continued from page 1)

## GET SOME SLEEP

**NOONAN'S PRESCRIPTION FOR A HEALTHY FAMILY?** It begins with getting enough sleep. Sleep has a direct impact on your mood, ability to concentrate, appetite and immune system.

To make sure everyone is getting enough sleep, it's up to parents to set priorities for how the family spends its time. That may mean limiting some after-school activities.

## LIMIT SCREEN TIME

"Computer and screen time is another big one for both kids and parents. Parents have to be good role models and not spend the night on Facebook and watching TV," said Noonan.

Finding recreational activities to do together is a great way to divert attention from the screen. Walks, bike rides, and visits to the park and gym can also relieve stress and help you sleep.

## EAT REAL FOOD

Stock your house with real food, not processed items. "Try to reserve treats for special occasions," said Noonan. "Sugar suppresses the immune system and increases the risks for a number of diseases. The biggest health threat we face as a nation is metabolic and weight-related, and sugar that is added to packaged foods is a key factor."

Noonan noted that 80 percent of packaged items at a typical grocery store contain added sugar, including sweetened yogurt, fruit juice,

chocolate milk, granola and cereal bars, and some breakfast cereals.

Also, remember that there is a strong emotional component to good health. Cultivating a loving family environment will go a long way in helping everyone in the family cope with the inevitable stress in their lives. "Showing and saying that you love each other is important," Noonan said.



Timothy Noonan, MD, sees patients at Allina Health Woodbury Clinic. For appointments, call 651-241-3000.

# What's in your wellness toolkit?

We asked integrative medicine doctor Nancy Van Sloun, MD, for her recommendations on a household wellness toolkit. Here are her ideas for essential items to have on hand, as well as simple techniques to build into your day.

## FOR COLDS AND FLU

**Tea** – teas with ingredients like licorice and slippery elm. They have throat-coating properties that help reduce irritation.

**Honey** – its throat-coating properties can soothe sore throats and suppress coughs. Have some on a spoon or stir into tea.

**Echinacea\*** – can reduce the duration of cold symptoms, particularly if used during the first day or two. It is available as tea, drops or pills.

**Elderberry syrup\*** – has antiviral properties, making it helpful for colds and influenza. Follow dosing on the package.

**Pelargonium\*** – an herb used in some natural cold/cough remedies. It shortens the duration and severity of colds.

\*Try each of these individually and see which you like best; don't use all three together.

## FOR YOUR DIGESTIVE SYSTEM

**Ginger** – helpful for upset stomach, nausea and motion sickness. Available as a tea (look for medicinal brands), or try candied ginger when you're on the go.

**Probiotics** – live bacteria and yeasts that are good for your digestive system. Probiotics can help with diarrhea caused by infections or related to antibiotic use. Available in supplements and in foods like yogurt, miso paste, kombucha, kimchi and raw sauerkraut.

## TOPICAL PRODUCTS FOR ACHES AND SKIN IRRITATION

**Arnica cream** – soothes muscle aches, pains and bruising.

**Tea tree oil** – an anti-inflammatory agent for bacterial or fungus infections. Use it for spot treatment of acne and for athlete's foot.

**Calendula** – soothes skin irritations like eczema and diaper rash.

## FOR RELAXATION AND SLEEP

**Tea** – try chamomile tea in the evening as you are winding down.

**Lavender** – an aromatherapy oil used for calming and relaxation. Safe for both young children and older adults.

## FOR REDUCING STRESS

Set aside five minutes before starting your day for slow, deep breathing. Think about the day ahead, what you are grateful for and the people in your life.

On the way to school, teach your kids to use breathing exercises to help them prepare for the day ahead. Slow down breathing by inhaling for four seconds and exhaling for six seconds. This activates the part of the nervous system that calms us.

Spend a few minutes after work to prepare for the transition home. Put to rest the unresolved issues at work and shift your focus to your family.



Nancy Van Sloun, MD, sees patients at Penny George Institute for Health and Healing – WestHealth in Plymouth. For appointments, call 612-863-3333. See her profile at [wellness.allnahealth.org/vansloun](http://wellness.allnahealth.org/vansloun).

## A note about safety:

Tell your doctor about any herbal remedies or supplements you are taking. Consult your doctor before adding herbal remedies if you are pregnant, breastfeeding, or taking prescription medications.



## FAMILY HEALTH:

# Getting on the same page

It's good to have someone on your side – especially when you are making the lifestyle changes that lead to better health.

For Frieda Raver and her spouse, Pat Parnow, the decision to enroll in the Take Action Weight Management Program (see page 6) together made all the difference. They had both been struggling with food and weight issues for some time. “We were not feeling healthy and not able to be active like we wanted to be. We were floundering,” said Raver.

Through Take Action, the couple received individualized guidance on diet and exercise, giving them the tools they needed to be successful. Going through it together boosted their motivation and resolve. “We're able to support each other and challenge each other to stay on track,” said Raver.

For example, when grocery shopping, the couple makes decisions together



*Pat Parnow and Frieda Raver with their dog, Twitchy Nik.*

about what to buy – and they are able to question one another's choices if they seem unwise. “Not that we're policing each other's choices, but we do feel accountable to each other,” said Raver.

Working toward similar goals at the same time also makes it easier to shift their priorities to include regular exercise. “Exercise and learning how to eat differently was the magic combination – they just fueled each other. It's given us more energy, and we've both lost weight.”

## Are you ready to Take Action?

The Take Action Weight Management Program gives you the individualized guidance you need to lose weight. Individual, group and online programs are available. See page 6 for details.

## THE JOY OF GIVING

While the secret to happiness is a little different for everyone, there is one trait that happy people tend to share. “It's a strong commitment to contributing to a greater good, whether through random acts of kindness, volunteer work or charitable giving,” said Molly McShane, a health and wellness coach with the Penny George Institute.

McShane explained that it can be deeply satisfying to contribute to an organization or a cause that mirrors your passions and interests. “It's a way to give new meaning or purpose to our lives. You feel empowered to know that you are making a difference.”

Donations to the Penny George Institute Foundation can help transform someone's life by providing scholarships for people who can't pay out of pocket for programs it offers that are not yet covered by insurance. “Our community has so many people who could benefit from Resilience Training, Mindfulness Training, nutrition counseling and other programs and who can't pay for it themselves,” said McShane.

But donations also fund a broader transformation in our health care system. Gifts made to the Penny George Institute Foundation are helping providers and health systems shift their focus to whole person, prevention-oriented care. “That's something that benefits all of us,” said McShane.

# CLASSES AND SERVICES

Use this key to find services and classes in your area. Register by phone or online according to the class description.

Learn more about the Penny George Institute services and classes at [allinahealth.org/georgeinstitute](http://allinahealth.org/georgeinstitute).

## ONLINE

 [allina.learnitlive.com](http://allina.learnitlive.com)

## MINNEAPOLIS

**M-PGI** Abbott Northwestern Hospital  
Penny George Institute Clinic  
2833 Chicago Ave. S. | 612-863-3333

**M-LW** Abbott Northwestern Hospital  
LiveWell Fitness Center  
Wasie Building, Lower Level  
800 E. 28th St. | 612-863-5178

**M-AH** Midtown Exchange  
Allina Health Commons  
2929 Chicago Ave. S. | 612-863-5178

## PLYMOUTH

**P-PGI** Abbott Northwestern Hospital – WestHealth  
Penny George Institute  
2805 Campus Dr., Suite 115 | 612-863-3333

## FRIDLEY

**F-VPCI** Unity Hospital  
Virginia Piper Cancer Institute® – Unity Hospital  
Fridley Medical Center  
480 Osborne Road, Suite 200 | 763-236-5656

**F-UNITY** Unity Hospital  
550 Osborne Road | 612-863-5178

## COON RAPIDS

**CR-VPCI** Mercy Hospital  
Virginia Piper Cancer Institute – Mercy Hospital  
Mercy Specialty Center  
11859 Blackfoot St. NW | 763-236-0808

## GOLDEN VALLEY

**GV** Courage Kenny Rehabilitation Institute™ – Golden Valley Campus  
3915 Golden Valley Road | 612-775-2306

## ST. PAUL

**SP-UH** United Hospital  
333 Smith Ave. N. | 612-863-3333

**SP-HVC** United Heart and Vascular Clinic  
225 Smith Ave. S. | 612-863-3333

**SP-VPCI** Virginia Piper Cancer Institute®  
310 Smith Ave. N. | 612-863-3333

## SHAKOPEE

**SF** St. Francis Regional Medical Center  
1455 St. Francis Ave. | 763-577-7777

## Resilience Training



Based on research conducted at Abbott Northwestern, Resilience Training helps to restore balanced brain chemistry with natural therapies including diet, exercise and selected micro-nutrients. It is designed to benefit anyone who:

- feels over-stressed or anxious
- has mild depression or other stress-related mental health conditions
- wants to improve their physical and mental resilience.

Resilience Training includes a visit with a holistic practitioner, two individual visits with an integrative nutritionist, two fitness consultations with an exercise physiologist, and an eight-week mindfulness group program. Allina Health employees and BluePrint insurance enrollees should check their benefits for coverage eligibility.

**M-PGI** Mondays, Oct. 12-Nov. 30 6-8:30 p.m.  
**SP-UH** Tuesdays, Oct. 13-Dec. 1 6-8:30 p.m.

Registration 612-863-0041  
\$900



## Mindfulness Training

Practicing mindfulness can help you recover a calm, stable mind and lasting contentment even in the face of difficulty. This four-week series offers highly effective tools to help you manage stress and achieve a higher state of well-being. Learn to stabilize your mind and increase your resilience through mindfulness practices such as meditation and yoga. Dress comfortably in loose fitting pants and tops. All materials will be provided.

**SF** Wednesdays, Oct. 7, 14, 28 5-7 p.m.  
and Wednesday, Oct. 21 5-9 p.m.

**P-PGI** Mondays, Nov. 2, 9, 23 5-7 p.m.  
and Monday, Nov. 16 5-9 p.m.

Registration and upcoming schedule:  
[GeorgeInstitute-mindfulness.eventbrite.com](http://GeorgeInstitute-mindfulness.eventbrite.com) (online registration preferred) Call 763-577-7877 with questions.

\$128

## Motivational Services: Wellness Coaching



Do you struggle to make or maintain healthy lifestyle changes? Are there are barriers that get in the way of achieving your goals? Are you overwhelmed by the stresses of everyday life? If you answered yes to any of these questions, wellness coaching may help. A wellness coach can assist with motivation, changing unwanted habits, reducing stress, overcoming obstacles and building resilience. An initial 60-minute consultation will help you identify needs, establish goals and develop a plan of action. Follow-up 60-minute sessions may be purchased as needed to make your program more comprehensive.

**M-LW** Registration 612-863-5178

**P-PGI** Registration 612-863-3333

Initial 60-minute consultation fee: \$75

Follow-up, 60-minute sessions: \$75 single session

Package of three: \$210

Package of six: \$390

## Quit to Live Well



Looking for a new approach to quitting tobacco? Try Quit to Live Well — a holistic, tobacco cessation program. Work one-on-one with a clinician to develop a personal quit plan that may include drug therapy, counseling or coaching, acupuncture, aromatherapy, stress and weight management tools, and a Craving to Quit app for smart phones and tablets.

The cost of this program may be covered by insurance; check with your insurance provider.

**P-PGI, M-PGI, SP-HVC, SP-VPCI**

Registration 612-863-3333



## Weekly Group Acupuncture

Acupuncture is part of an ancient medical system called Traditional Chinese Medicine. An acupuncturist gently inserts fine, sterile acupuncture needles through your skin to help promote health and treat illness or pain. (Appointments every 15 minutes.)

**M-PGI** Wednesdays 12:30-2:45 p.m.

**F-VPCI** Wednesdays 1:30-5 p.m.

**P-PGI** Fridays 1:15-3:15 p.m.

Registration 612-863-3333

**CR-VPCI** Thursdays 8:30-11 a.m.

Registration 763-236-0808

\$40 initial consultation and session | \$30 follow-up sessions

## Take Action Weight Management Program



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. Both programs allow you to work with a registered dietitian, fitness expert and wellness coach, and include an initial fitness profile, personal nutrition consultation, resting metabolism measurement and Bod Pod body composition assessment. Learn the skills needed to manage weight including regular exercise, healthy nutrition and lifestyle modification.

**M-LW, P-PGI** Individual program scheduled as needed.

Group programs:

**P-PGI** Tuesdays, Sept. 29-Dec. 15 5:30-6:30 p.m.

Registration 612-863-5178

**EDU** Online class Mondays, Oct. 5-Dec. 21 5:30-6:30 p.m.  
Registration [allina.learntolive.com/class/6526/](http://allina.learntolive.com/class/6526/)

\$349 Group program | \$559 Individual program

## Am I Hungry® Mindful Eating Workshop



Are you tired of yo-yo dieting? This mindful eating program is based on the work of Dr. Michelle May, author of *Eat What You Love, Love What You Eat*. This eight-week workshop will change your relationship with food forever as you learn to take charge of your eating habits and change your mindset regarding food and physical activity

**P-PGI** Wednesdays, Sept. 30-Nov. 18 5-6 p.m.

Registration 612-863-5178

**EDU** Online class Thursdays, Oct. 8-Dec. 3, 12-1 p.m. (no class Nov. 26) Registration [allina.learntolive.com/class/6523/](http://allina.learntolive.com/class/6523/)

\$249

## Getting Ready for Successful Weight Management



If you struggle to begin or maintain a healthy lifestyle, this class is for you. Attend this innovative program and learn how to shift from knowing to doing. You will learn strategies to change your mindset about weight, nutrition, stress, mindless eating and physical activity — all important components of healthy, long-term weight management. Includes three weekly group sessions led by a dietitian and wellness coach, and one 30-minute coaching/nutritionist session to help plan your next steps.

**EDU** Online class Wednesdays, Nov. 4-18, 5-6 p.m.  
Registration [allina.learntolive.com/class/7019/](http://allina.learntolive.com/class/7019/)

\$49

## Body Composition Analysis



Body composition analysis tells you how much of your weight is lean muscle and how much is fat. This information can help you tailor an exercise program to meet your goals. An exercise physiologist conducts the analysis using Bod Pod® technology, provides the results and recommends ideal goals for you.

**M-LW** Registration 612-863-5178 | \$55

**P-PGI** Registration 612-863-5178 | \$35 (*Skinfold method only*)

**F-UNITY** Registration 612-863-5178 | \$35 (*Skinfold method only*)

## BodyGem™ Resting Metabolism Testing



Do you know how many calories you should eat and burn during exercise each day? Metabolic testing measures your resting metabolic rate, the number of calories your body burns each day at rest. This reading, along with calculations related to your activity levels, help determine 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 administers the test, deciphers the results and helps you create a realistic plan to achieve your goals.

**M-LW** Registration 612-863-5178

**P-PGI** Registration 612-863-5178

\$95

## Fitness Profile



The Fitness Profile is a comprehensive assessment that provides an ideal starting point for any new exercise plan or an opportunity for regular exercisers to check their progress. It includes information to make your exercise program safe, effective and enjoyable; a health history; strength, endurance, flexibility and body fat tests; and a cardiovascular fitness assessment to establish target exercise levels. An exercise physiologist interprets your results, helps you establish fitness goals and makes recommendations for a personal exercise program.

**M-LW** Registration 612-863-5178

**P-PGI** Registration 612-863-5178

**F-UNITY** Registration 612-863-5178

\$89



## Hatha Yoga

This eight-week series is a gentle yet challenging Hatha yoga practice designed to quiet the mind while building strength, balance and flexibility.

**M-PGI** Tuesdays, Oct. 13 - Dec. 1 4:30-5:30 p.m.  
 Tuesdays, Dec. 15 - Feb. 2 4:30-5:30 p.m.

Registration 612-863-5178  
 \$70

## Healing Touch Level 2

Part of the Healing Touch Certification Program, this class includes an intake interview, back techniques, and a one-hour healing sequence with an emphasis on developing healing sequences for specific client needs. Prerequisite: Healing Touch.

Approval for CE credits by American Holistic Nurse Association (AHNA), National Certification Board for Therapeutic Massage and Bodywork and California Board of Registered Nursing.

**SP-UH** Saturday and Sunday, Aug. Nov. 7-8 8:30 a.m.-6 p.m.

Registration and upcoming schedule:  
 GeorgeInstitute-HealingTouch.eventbrite.com (online registration preferred). Call 763-577-7877 with questions.

\$320 (\$267 for HTI or AHNA members, Allina Health employees, students and repeat participants.)

## Strong and Fit Program



The Strong and Fit Program introduces 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, the emphasis is on learning proper technique and how to design your own exercise routines. It includes one 75-minute initial session, three 30-minute follow-up sessions, and a beginning and endpoint Bod Pod body composition assessment.

**M-LW** Registration 612-863-5178  
 \$135

## Group Exercise for Cancer Survivors



Individual fitness assessment with an exercise physiologist, followed by once-weekly group exercise training for six weeks. Sessions include stretching, cardiovascular and resistance training. There are many benefits of exercise during and after cancer treatment that include increased stamina, strength, energy and movement. (Individual assessment in Cancer Center; all other sessions in Cardiac Rehab Fitness Center.)

**F-VPCI** Mondays 11:30 a.m.-1:30 p.m.  
**F-VPCI** Thursdays 7-9 a.m.  
 Registration 763-236-5629  
 \$50

## Tai Chi



Tai Chi is practiced with upright body postures, moderate bent leg stances and coordinated whole body movement. Relaxation, comfortable breathing and slow focused movement help reduce pain, calm the mind and strengthen the body. No experience necessary and postures can be modified based on individual's needs and ability.

**GV** Tuesdays, Oct. 13-Dec. 15 9-10 a.m.  
 Registration 612-775-2306  
 \$120

NEED SOME HEALTH ADVICE  
 OR INSPIRATION?

Visit  
**healthsetgo.**

Healthsetgo.org is Allina Health's new digital wellness destination with content from Penny George Institute practitioners, along with other Allina Health experts.

Healthy Set Go covers these topics:

**Nourish:** Tips and recipes for healthy eating.

**Move:** Inspiration and how-to articles to get moving.

**Thrive:** Support and insight for mental and emotional well-being.

**Heal:** Knowledge to deal with illness.

**Prevent:** Information to prevent illness and injury.

**Care:** Advice to care for yourself and others at life's unique stages.

*Visit Healthy Set Go today and get the health information you need from experts you trust.*



# PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

2833 Chicago Ave.  
Minneapolis, MN 55407

[allinahealth.org/georgeinstitute](http://allinahealth.org/georgeinstitute)



[facebook.com/allina](https://facebook.com/allina)

For questions about this newsletter or to be removed from the mailing list, call 612-863-4957.

## ABOUT THE PENNY GEORGE INSTITUTE

The Penny George Institute for Health and Healing, part of Allina Health, was founded at Abbott Northwestern Hospital in 2003. It is a national leader in holistic health care and has helped tens of thousands of individuals on their path to health and healing through its outpatient clinics, fitness center and services for hospitalized patients at several Allina Health hospitals.

The Penny George Institute is supported, in part, by the financial generosity of the community. To make a donation, contact Laurie Hennen at the Penny George Institute Foundation at 612-775-2590 or [laurie.hennen@allina.com](mailto:laurie.hennen@allina.com).

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## Transforming Medicine

Join the conversation with thought leaders and change agents interested in the future of medicine.



Krista Tippett, host of On Being, the Peabody Award-winning public radio program and podcast, speaks with three health visionaries:

- Mark Hyman, family physician, director of the Cleveland Clinic Center for Functional Medicine
- James S. Gordon, psychiatrist, founder and director of The Center for Mind-Body Medicine in Washington, D.C.
- Penny George, co-founder of the Penny George Institute for Health and Healing

Friday, Oct. 9 | 5:30 p.m.

Best Buy Auditorium in the Northrup University of Minnesota, Minneapolis

Space is limited. Advance registration required at [donate.allina.com/TransformingMedicine2015](http://donate.allina.com/TransformingMedicine2015). For questions, call Laurie Hennen, 612-775-2590.

## COMING SOON to Allina Health Woodbury Clinic

Penny George™ Institute for Health and Healing services and programs coming to Woodbury:

- integrative medicine consultations with a doctor
- acupuncture
- nutrition consultations
- health coaching
- weight management
- tobacco cessation
- stress management.



**Allina Health  
Woodbury Clinic**  
8675 Valley Creek Rd.  
Woodbury, MN 55125