

WINTER 2016

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

Whole person health care

Treating mental illness holistically

You probably know someone struggling with mental illness or addiction. Consider these statistics.

- One in four Americans experience a mental illness in a given year.
- One in five struggle with addiction.
- About 70 percent of adults with a mental health diagnosis also have a physical health condition.

One of the challenges of treating mental illness is that it's often wrapped up in a complicated web of physical, social and emotional issues. And sometimes we are slow to acknowledge, recognize or treat mental illness, allowing mild problems to grow into big problems.

(continued on page 2)



AllinaHealth 

**PENNY GEORGE™
INSTITUTE FOR HEALTH
AND HEALING**

Whole person health care

Treating mental illness holistically

(cont. from page 1)

Cheryl Perron-Kaufer, APRN, CNS, a psychiatric nurse prescriber at Allina Health Woodbury Clinic, sees this every day in her work with children and adolescents. "A teenager may come in with a learning disability, along with some family issues and chemical dependency. And she may also be eating poorly, spending a lot of time on her phone and not sleeping well. It's all interrelated, and the question is, where do you start?"

START WITH PREVENTION

Perron-Kaufer and other mental health providers believe that focusing more on prevention is critical, along with removing the stigma surrounding mental illness and mental health treatment.

"On average, it takes three years for a person to receive a diagnosis and begin treatment for a mental illness," said Mary Beth Lardizabal, DO, psychiatrist at Allina Health Mental Health-United Clinic. "It's partially because of long wait times for appointments, but it's also the stigma. People are concerned about seeing a mental health provider, and they are concerned about being labeled as having a mental illness."

A NEW APPROACH FOR CARE

Concerns like these are being addressed through the new holistic services that were recently launched by the Penny George Institute at Allina Health Woodbury Clinic (see page 8).

The programs and services based there will help primary care, mental health care and integrative medicine providers work more closely together to provide care that focuses on the whole person. The Penny George Institute's holistic services, ranging from acupuncture to Mindfulness Training to nutrition counseling, can help patients manage stress, eat healthy and sleep better to promote their mental wellness.

"There are many things we do in providing mental health services that can also be done as prevention or as part of a wellness program," said Perron-Kaufer. "That would help us shift the focus to helping more people stay well."



Cheryl Perron-Kaufer, APRN, CNS, sees patients at Allina Health Woodbury Clinic. **For appointments, call 651-241-3000.**

Why your brain cares about what you eat

It's not just your waistline that suffers if you're not eating well. Your brain is one of the first organs in your body to feel the effects of poor food choices.

Blood sugar: keep it steady

Basic brain chemistry reveals why. All the cells in your body, including those in your brain, function best when they are getting a steady supply of blood sugar. When your blood sugar spikes because you've eaten something sugary or full of refined carbohydrates, "you are overloading the cells with sugar," said Jamie Carlson, RD, LDN, a nutrition specialist with the Penny George Institute for Health and Healing at Allina Health Woodbury Clinic.

Over time, that creates inflammation. Brain cells then have a harder time using brain chemicals called neurotransmitters, some of which are the "feel good hormones" that help create a sense of well-being and calm.

But low blood sugar also hurts your brain. "That's what people mean by 'hangry,'" said Carlson. If you've gone too long without eating, you're likely to feel anxious and irritable. This can also happen a few hours after overloading on sugar or carbs – after the initial spike, your blood sugar crashes.

Healthy fats are brain food

Another nutrient your brain needs is fat. "The brain is composed of 60 percent fat, and those fats come from the

food we eat," Carlson explained. Fats are required to support healthy brain tissue, but they should be the right kind of fats: omega 3 fatty acids, like those found in fatty fish, nuts and some oils. Fats also help keep your blood sugar stable, so you don't feel hungry an hour after eating.

Gut check

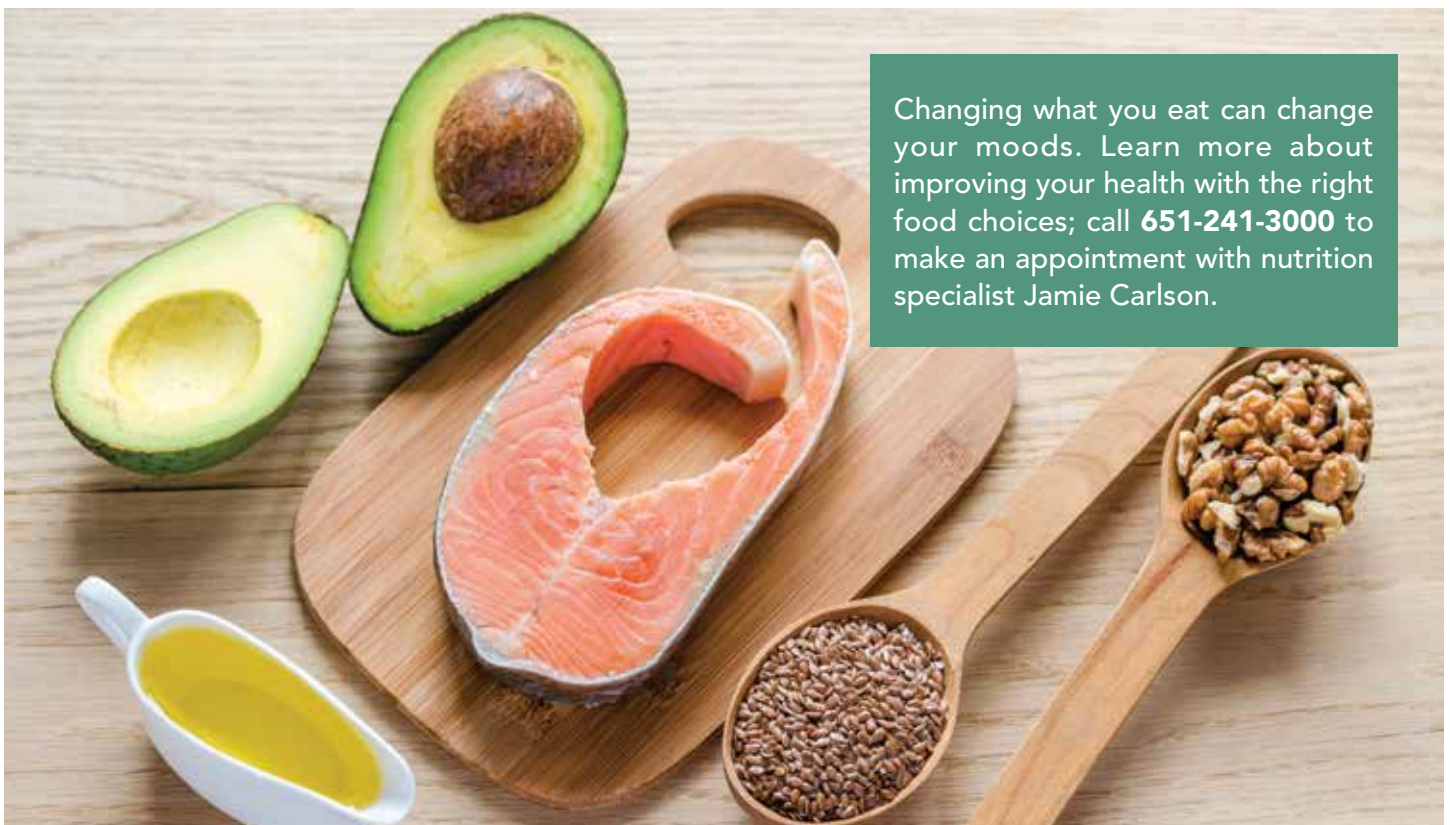
Finally, brain health is directly related to intestinal tract health. "Most of your body's neurotransmitters are produced in the gut," said Carlson. Neurotransmitters communicate information throughout the brain and body and can affect concentration, mood and many body functions.

Food sensitivities, processed foods and foods that are high in sugar or refined carbohydrates can all irritate and damage the gut. "It's important to remove the foods that are causing the

irritation, and it often helps to add probiotics to your diet," said Carlson.



Jamie Carlson, RD, LDN, sees patients at Penny George Institute at Allina Health Woodbury Clinic. **For appointments, call 651-241-3000.** See her profile at wellness.allinahealth.org/carlson



Changing what you eat can change your moods. Learn more about improving your health with the right food choices; call **651-241-3000** to make an appointment with nutrition specialist Jamie Carlson.

Resilience Training: Managing life's ups and downs

Part of being human is experiencing the ups and downs of everyday life.

While the challenges are different for everyone, we all need a toolset to cope with adversity, stress and loss, explained Mary Beth Lardizabal, DO, psychiatrist at Allina Health Mental Health – United Clinic.

One way to do that is to develop the skills that contribute to resilience – the capacity to cope with stress and manage conditions like depression or anxiety.

BUILDING A RESILIENCE TOOLSET

The Resilience Training offered by the Penny George Institute (see page 5) “has the three pillars of good health: mindfulness, nutrition and exercise,” said Lardizabal, who is also a Resilience Training group leader. “I think everyone could benefit from learning these skills, starting with kids and parents.”

The combination of the three interventions is critical. “There’s so much data about how diet can affect your health; even small changes can have a cascade of health benefits,” said Lardizabal. Regular exercise helps to manage stress and improve mood, and learning to be in the present instead of worrying about the past or the future makes life more manageable and deepens self-awareness.

STARTING EARLY PAYS OFF

Lardizabal noted that it takes practice to build mindfulness skills. Just like building physical stamina through exercise, taking time every day to practice mindfulness can have a powerful effect over time.

“In Traditional Chinese Medicine, there is a saying about the importance of prevention – that if a patient presents with a disease, you’ve waited too long,” said Lardizabal.

That’s why she’s an advocate for teaching these skills to people when they are young. “This is really a tool for maintaining wellness. It can help people realize how much they can do for themselves to feel better overall.”



Mary Beth Lardizabal, DO, sees patients at Allina Health Mental Health – United Clinic in St. Paul. **For appointments, call 651-241-5959.**

“To fight a disease after it has occurred is like trying to dig a well when one is thirsty or forging a weapon once a war has begun.”

~The Yellow Emperor’s Classic of Internal Medicine

Growing evidence supports use of Resilience Training

There is growing evidence that Resilience Training can change lives. Through its Integrative Health Research Center, the Penny George Institute has investigated the outcomes of Resilience Training for people suffering from depression, anxiety and stress.

Two studies, one that looked at the effectiveness of Resilience Training for 371 individuals, and another that compared the outcomes of 20 people enrolled in the program with 20 people who were wait-listed, showed that Resilience Training had a significant effect on key mental health scores and also helped with sleep quality and fatigue.

For example, the comparison study showed that the Resilience Training group had up to a 70 percent reduction in depression, 48 percent reduction in stress and 23 percent reduction in anxiety compared to the wait-list group. A two-month follow-up study found that most improvements persisted.

“The research demonstrates that the combination of mindfulness training along with nutrition and exercise counseling can help people learn effective strategies to reduce depression, stress and anxiety, even among people who’ve had depression for years,” said Jeff Dusek, PhD, research director, Penny George Institute.

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.

ONLINE

 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

ST. PAUL

- SP-UH** United Hospital
333 Smith Ave. N. | 612-863-3333
- SP-MH** Allina Health Mental Health – United Clinic
280 Smith Ave. N. | 612-863-0041

SHAKOPEE

- SF** St. Francis Regional Medical Center
1455 St. Francis Ave. | 763-577-7877

WOODBURY

- W-PGI** Allina Health Woodbury Clinic
8675 Valley Creek Rd. | 651-241-3000

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, Jan. 11-Feb. 29 6-8:30 p.m.
Mondays, Mar. 7-Apr. 25 6-8:30 p.m.
- SP-MH** Wednesdays, Feb. 3-Mar. 23 6-8:30 p.m.
- P-PGI** Tuesdays, Mar. 8-Apr. 26 6-8:30 p.m.

Registration 612-863-0041 or resiliencetraining@allina.com
\$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. Register online at links provided.

- M-PGI** Tuesdays, Jan. 26, Feb. 2, 16 4:30-6:30 p.m.
and Tuesday, Feb. 9 4:30-8:30 p.m.
Registration allina.learnitlive.com/invite/class/7505/
- P-PGI** Mondays, Feb. 1, 8, 22 5-7 p.m.
Monday, Feb. 15 5-9 p.m.
Registration allina.learnitlive.com/invite/class/7617/
- W-PGI** Wednesdays, Feb. 3, 10, 24 4:30-6:30 p.m.
and Wednesday, Feb. 17 4:30-8:30 p.m.
Registration allina.learnitlive.com/invite/class/7618/

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

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 1:30-4 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:

M-AH Tuesdays, Jan. 26-Apr. 12 4:30-5:30 p.m.

Registration 612-863-5178

EDU Online class Tuesdays, Feb. 16-May.3 5:30-6:30 p.m.

Registration allina.learnitlive.com/class/7263/

\$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. Register online at links provided.

EDU Online class Mondays, Feb. 1-Mar. 21 12-1 p.m.

Registration allina.learnitlive.com/class/7267/

Online class Wednesdays, Mar. 23-May 11 4:30-5:30 p.m.

Registration allina.learnitlive.com/class/7449/

\$249

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

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-UNITY Mondays 11:30 a.m.-1:30 p.m.
Registration 612-863-5178
Call for pricing

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, Feb. 16-Apr. 5 4:30-5:30 p.m.
Tuesdays, Apr. 19-Jun. 7 4:30-5:30 p.m.

Registration 612-863-5178 | Drop in sessions available
\$70 or \$10 per session to drop in

Healing Touch Level 1

Part of the Healing Touch Certification Program, this class covers the basics of the human energy system, chakras, principles and practice of healing touch, basic assessment and intervention techniques, and using healing touch in personal/professional practice.

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

P-PGI Saturday and Sunday, Feb. 27-28 8:30 a.m.-6 p.m.
Registration allina.learnitlive.com/class/7745/

SF Saturday and Sunday, Mar. 19-20 8:30 a.m.-6 p.m.
Registration allina.learnitlive.com/class/7749/

Online registration preferred. Call 763-577-7877 with questions.
\$305 (\$267 for HTI or AHNA members, Allina Health employees, students and repeat participants.)

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.

P-PGI Saturday and Sunday, Apr. 16-17 8:30 a.m.-6 p.m.
Registration allina.learnitlive.com/class/7750/

Online registration preferred. Call 763-577-7877 with questions.
\$305 (\$267 for HTI or AHNA members, Allina Health employees, students and repeat participants.)



EVENTS

Calming inflammation: Tips for putting out the fires

Mary Beshara, clinical nurse specialist, and Paul Magee, acupuncturist, from Penny George Institute for Health and Healing, join Kowalski's nutritionist Sue Moores to discuss integrative medicine and traditional Chinese medicine approaches to handling inflammation.

Wednesday, Jan. 20 6:30-8 p.m.
Kowalski's Woodbury Market & Wine Shop
Registration kowalskis.com/classes
\$25

Headache relief: Effective strategies for easing pain

Mary Beshara, clinical nurse specialist, and Paul Magee, acupuncturist, from Penny George Institute for Health and Healing, join Kowalski's nutritionist Sue Moores to discuss integrative medicine and traditional Chinese medicine approaches to handling headaches.

Wednesday, Feb. 24 6:30-8 p.m.
Kowalski's Woodbury Market & Wine Shop
Registration kowalskis.com/classes
\$25

Sleep (better) on this: How sleep affects your health and ways to get a good night's rest

Mary Beshara, clinical nurse specialist from Penny George Institute for Health and Healing, joins Kowalski's nutritionist Sue Moores to discuss sleep. Learn how it affects overall health, what disrupts and improves sleep, and how you can make adjustments for the better. You'll leave class with holistic strategies for better rest.

Wednesday, Apr. 6 6:30-8 p.m.
Kowalski's Woodbury Market & Wine Shop
Registration kowalskis.com/classes
\$25



PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

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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 centers 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.

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NOW OPEN at Allina Health Woodbury Clinic

Holistic services – ranging from integrative medicine consultations to acupuncture to Mindfulness Training – are now available from the Penny George Institute for Health and Healing at Allina Health Woodbury Clinic. We're here to help you become the healthiest version of yourself – mind, body and spirit.

Learn more at allinahealth.org/georgeinstitute-woodbury.

Make a donation

If you share our passion for transforming health care and improving health, consider a donation to the Penny George Institute Foundation. As a donor, you'll be among the first to learn about our events and new offerings, and you'll also have an opportunity to receive our e-newsletter starting later this year.

Donate today at allinahealth.org/donate-georgeinstitute.