



Connectives

January-February 2007
Newsletter of Mind•Body•Spirit Connected (MBSC)

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MBSC's newsletters are posted online bi-monthly at www.MBSCOnline.org. Non-members who would like to receive this newsletter by mail may subscribe for \$10/year to help defray printing, postage and handling expenses. Call 216-426-8045 for a subscription.

New in the New Year!

When was the last time you visited www.MBSCOnline.org? Our webmaster has informed us that there are over 3,000 visits per month to our website! Thank you to everyone who utilizes this valuable resource. Whether you have visited in the past week or month or day, please take a few minutes and view the website. Keep watching as there will be more additions coming soon. New features added during the past month include:

PayPal Feature:

Beginning with the February 15, 2007 program, you will have the opportunity to make your reservation and pay online using PayPal. Save the stamp! by making your reservation online. Save another stamp and renew your membership online or make a donation online. Please watch the website for more additions and features.

Calendar of Events:

MBSC has added a calendar of events to the webpage. The calendar is an opportunity for members to list where and when they are presenting, speaker's bureau workshops and meetings of interest. Beginning on March 1, 2007 if you have an event or meeting that you would like listed please email Katrinka with all the information at kat@mbsonline.org. The information must be received two weeks prior to the event, workshop or meeting. All listings will be reviewed and will be added to the calendar if the event supports the educational mission of MBSC.

Links:

Books of interest and a link to Amazon.com has been added to the web pages.

Why Join MBSC?

As a member of MBSC you are helping educate the community about the exciting area of Complementary & Alternative Medicine so that integrative healthcare becomes the norm. Educational programs ensure members and the community at large receive up-to-date information from area presenters and leaders in the field. MBSC is about connecting, about being joined together or related. From networking prior to meetings to sharing information and building relationships, we are an organization about building relationships and rapport. The members of MBSC share information and working together for a common purpose to educate the community.



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Katrinka Morgan

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Here's to 365 brand-new days

By Regina Brett

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Original article was featured on December 31, 2006,
Cleveland Plain Dealer ©

The pressure is on.
Don't mess it up.
It's New Year's Eve.
You've got to have the perfect date, dress, meal.
The sun on 2006 is setting. A new year is on the
horizon.

The pressure is on.
Don't mess it up.
You can quit smoking, swearing and overeating.
You can start exercising, go on a diet and fall in
love.

You've got a clean slate. A do over. A second
chance.

January 1st is all that and more: It's a brand-new day.

It doesn't get more profound than that.

The greatest teacher I ever had taught me the gift of
one day.

Cancer was that teacher.

Cancer tossed my game of Life up in the air eight
years ago and the pieces went flying. Every single
morning since, I wake up and say these words: "God,
thank you for another day of life."

Not a year.

Just a day.

There's so much living to be squeezed in one little
day.

You can make someone laugh. Smile. Hope. Sing.
Think.

The most important day of the year isn't Christmas
or Easter or New Year's Eve. It's the day you are in.

Live this day only.

That's the motto cancer taught me. Live the hell out
of this day only, the day you are in. Give it 100
percent. Fill it with nothing boring, ugly or mean.

Celebrate the people right in front of you, whether
you're on the bus, at the post office or around the
dinner table.

No more waiting for a special occasion, a birthday, a
holiday, an anniversary. Wear the pearls. Light the
candles. Use the china.

Every day is special enough. Every day is worth the
fuss.

There's no pressure to make the new year anything
more than a new day. You can't try to resolve anything
for a whole year anyway. You'll choke.

Live this day only.

We're all terminal. That may sound morbid, but it's
true. Some of us have decades, some of us have days.

We're all terminal. Some of us are more aware of it
than others.

We aren't cottage cheese. We don't come with a
shelf life stamped on the bottom, but we all have one.
We just don't know the date.

A Buddhist monk at the Jesuit Retreat House in
Parma tried to teach me how to stay present. He drove
me nuts. We were supposed to sit quietly. That's it.
All weekend. The noise of me drove me nuts. I hated
it, hated it, hated it, then, peace sneaked in.

There I learned to be still, to stay put in the present
moment.

It's also the place where I learned that Jesuits'
starting foundation of their lives: To not prefer health
over sickness, riches over poverty, a long life over a
shorter one, and so on.

Instead in all things, to desire and choose whatever
will most glorify God, which in the end, brings about
the deepest joy and peace one could ever hope for.

I know, it sounds so dreadfully Catholic. But it's
not dreadful to those who live it. It's freeing.

A Jesuit once accused me of trying to live too
carefully. He said it was like I was given a beautiful
party dress to wear, but was so afraid to get it dirty, I
sat out the party.

He was right. I was so afraid to fall, so afraid to fail,
so afraid of life, I waited on the sidelines.

Cancer knocked that out of me.

Life is messy, but it is good.

So put on your party dress, the best one you have.

The pressure is off.

Go ahead. Get as messy as you can. Today,
tomorrow, and everyday.

2007 Programs

*The Programming Committee Presents Educational Programs
for this year:*

February 15: "To Prescribe or Not to Prescribe" with
Dr. Dorothy Sprecher
at Wellington Catering
Sponsored by Balanced Living Magazine

March 29: "Healthy Food: Healthy Eating" with
Dr. Liz Cavin and Dr. Ed Miller
at Mustard Seed Café in Solon

June 27: "Amazing Grace: The Twelve Steps as
Seen Through the Eyes of the Chakras" with
JoAnne Scullin at the River's Edge at St. Joseph Center

September 20: "The Pro's and con's of Non-Food
Supplements with Dr. Tanya Edwards

November 14: Annual Meeting and Networking Event

December 12: "Sound & Healing" with Deforia Lane
and drumming with Baba Jubal

Save the Date for this Special Event

Mother's Day Butterfly Tea & Silent Auction

Join us for a delightful high tea honoring Mother's and Others--all the special women in your life--mother's, sisters, friends and family members.

Your favorite hat is optional at the annual MBSC spring fundraiser



*Saturday, May 12, 2007
11:30 a.m.-2:00 p.m.
Pine Ridge Country Club
Wickliffe, Ohio*

*Special entertainment by John Maxwell Taylor
Internationally renowned speaker,
actor, author & composer*

A word from the Speaker's Bureau: A Most Valuable Resource

MBSC was created to educate the public about holistic practices and to further the educational needs of those practicing complementary healing modalities. "The Speaker's Bureau was designed to help schools, churches, community service programs, nonprofit organizations and other interested groups more easily find knowledgeable and interesting speakers willing to donate their time and share their expertise and opinions on a variety of holistic subjects." The Speaker's Bureau is a liaison between the community and holistic practitioners, providing the general public with an opportunity to better understand holistic alternatives.

In 2007, the Speaker's Bureau goal is to expand their audience base to include civic groups; specifically Rotary groups, Women's or Men's Clubs, Chamber of Commerce's. Additional opportunities are available with community recreation programs, health food stores, medical centers and businesses.

The Speaker's Bureau is seeking your help to develop a targeted list of organizations and their contact information. Do you know a civic organization or group that needs a speaker for their monthly meetings? Do you know the name and phone number of the speaker's chair for a community Rotary, Chamber of Commerce, civic group or service organization? If so, please call the office 216-426-8045 or e-mail kat@mbsconline.org.

The Speaker's Bureau is creating a survey to be sent to the membership in February, requesting information about resources for speaking opportunities. Please watch your mail

for this postcard; then complete it and return it quickly. Your help will be greatly appreciated.

Welcome New Members

Susan Mikolic, RN
President, Stepping Stones, Eastlake

Rev. Dana Cummings
Associate Minister, Unity of Greater Cleveland,
Shaker Heights

Paul Carleton
Financial Planner, Cleveland

Cindy Yoakum
Medical Intuitive & Healer, North Olmstead

Member Spotlight:

As MBSC grows, we want to continue to learn more about each other. Beginning with this newsletter we will spotlight an MBSC member. The member will share information about his/her business and/or type of work, why they joined MBSC and any special interests.

The member will be selected by a random drawing. If you would like to be included in the drawing, please contact Katrinka or Jan at the office at 216-426-8045.

Our first member spotlight is: CAROLE NITTSKOFF

Carole joined MBSC in November of 2006. She is the Human Services Manager at Cleveland Medical Devices, an award-winning company that designs, manufactures, and distributes medical devices.

Carole joined MBSC because, "After attending several meetings over the past few years, I felt it was time to support this like-minded group that recognized the value of mind, body and spirit. There is 'power in numbers!' I came to a very personal understanding of spiritual healing through some health issues that I was having. Serendipitously, my career path led to working with holistic practitioners: thus a 'match made in heaven'."

Carole's interests include the study of metaphysics, varieties of "inner work", astrology and theology.

Thank you **Carole** for sharing with the members.

Getting Involved in 2007

If you would like to support MBSC through volunteering on a committee or special event, please call Katrinka or Jan at 216-426-8045. As an MBSC member, you will then be invited to participate on a committee which interests you:

Annual Benefit (October Masquerade & Silent Auction)
Fundraising & Sponsorship
Membership

Mother's Day High Tea & Silent Auction
Programming
Speakers Bureau

MBSC Membership Levels...

As of August 2006, the membership levels were changed to the current levels as follows:

Friends \$100
Contributors \$150
Supporters \$250
Benefactors \$500

The new membership levels represent savings of \$25-\$75 over last year depending upon the membership level. This savings is based upon the benefits for each of the levels.

Friends pay \$100 and receive the basic package of"

- Bi-monthly newsletter
- Special rate to attend MBSC programs
- Discounts on a variety of products and services
- Copy of directory of holistic healthcare providers

Contributors pay \$150 and receive the basic package, *plus*:

- Free business card ad in the directory (\$50 value) Coupon for one MBSC program

Supporters pay \$250 and receive the basic package, *plus*:

- Free 1/3 page ad in the directory (\$65 value)
- Two coupons for MBSC programs

Benefactors pay \$500 and receive the basic package, *plus*:

- Free 1/2 page ad in the directory (\$75 value)
- Three coupons for MBSC programs

Full-time students and seniors +65 may join MBSC for \$75 annually.

For those members who joined prior to September 2006, your membership expired as of December 31, 2006. Please contact the office to renew your membership as soon as possible.

Those members joining after September of last year who paid pro-rated dues for 2006 and all of 2007, you will be sent an invoice to renew your membership near year-end.

All members will be listed online in MBSC's website member listing and will receive a free copy of the health providers directory.

Members who would like to be included in the Holistic Health Providers Directory will need to follow the procedures as listed in the next article.

Please call the office with any questions you may have related to your membership, (216) 426-8045.

Holistic Health Providers Directory

Beginning in 2007, our printed directory will become a tool designed primarily for the public. It will only include the profiles of holistic practitioners, integrative healthcare providers and holistic health service providers. The MBSC website

will continue to include a complete roster of all members, including contact information and the area of specialization, unless the member requests not to be listed.

Again, only MBSC members who are hands-on practitioners, integrated clinicians or holistic services providers will be included in the directory.

If you would like to be included, please provide the following:

- 1) A completed directory profile, if different from 2006
- 2) A signed Code of Ethics
- 3) A \$35 payment for directory listing

This information is due by February 28. Thank you.

Anyone who wishes to advertise in the directory may do so, whether they are an MBSC member or not:

- Business card ad (3" w x 2-1/2" h) \$50
- 1/3-page ad (4-3/8" w x 2-1/2" h) \$65
- 1/2-page ad (4-3/8" w x 3-1/2" h) \$75
- Full-page B&W ad (4-3/8" w x 7" h) \$125
- Full-page B&W ad + business card ad (4-3/8" w x 7" h) \$150
- Full-page color ad + business card ad (4-3/8" w x 7" h) \$250

All members will receive a free copy of the 2007 directory.

December Program & Social Highlights

"Head, Heart and Soul: Understanding the World of the Sacred Masculine"

All who attended this enlightening program walked away with a different perspective of the masculine world and with a better understanding of how boys and men become wounded.

Dr. J. Robert Gribble and Dr. Harry Pepper, along with seven volunteers demonstrated how men carry the wounds of their childhood throughout their lives. This truly was an engaging and touching presentation for all who were a part of this evening.

Our thanks to The Gathering Place for the use of their excellent and welcoming facilities and to Mustard Seed Market and Café in Solon and to Jon Gribbles Catering for the excellent food.



“A Smooth Start to the Day”

Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are associated with good health. At MBSC's program on "Family Health" in March 2006, one of the nutritional ideas suggested by Health Educator Janee Kutalliano was that fruit smoothies become an integral part of the daily diet. A half banana in any recipe gives it sweetness, and use of various colored fruits is a simple way to make sure you get the best nutritional value (and it uses any leftover fruits in your refrigerator). In order to get plenty of Vitamin C during the winter, citrus fruits are great in a smoothie.

According to the President's health and fitness initiative, "Low-fat diets rich in fiber, containing grain products, fruits, and vegetables may reduce the risk of heart disease and some types of cancer." Perhaps the most memorable and helpful tip from Janee's presentation, then, was that vegetables and herbs can be added to a fruit smoothie to increase the consumption and variety of veggies, too. Her demonstration of a smoothie that included kale raised a lot of eyebrows, but the samples we tasted were delicious. Since then, we've heard from many MBSC members who have experimented with their own recipes that include kale, cucumbers, parsley, cilantro, and more.

Creating a fruit smoothie is simple since there's no specific recipe that you need to follow. Just keep in mind that any time you use a sour or tart fruit, you'll want to add a sweet fruit (ratio 1:1) to help balance it out. Here is Rodney Dawson's new favorite. "I am enjoying what may be the best smoothie I have made to date," he says. "It is a pina colada base of fresh pineapple and coconut milk with mango chunks, kale, papaya nectar (for a little extra sweetness), vanilla whey for protein, vitamin B complex and some filtered water. The consistency is near perfect, like a milkshake. It is absolutely delicious. I find it hard to believe this is actually good for me."

Another MBSC member suggests that if you like your drinks to be really cold, you can add a few ice cubes to the blender, or freeze your fruit in advance. And be sure to include berries often so that your smoothies become an excellent source of antioxidants. A little fruit juice as your liquid is good instead of water.

***Save the Date* - The Littlest Heroes 2nd Annual Race for Children's Sake Sunday August 5, 2007 at Jacob's Field**

The Littlest Heroes improves the lives of Northeast Ohio children living with cancer by providing services that address the social, emotional, spiritual and physical aspects of childhood cancer. The Littlest Heroes provides massage therapy, Reiki, art therapy and music therapy to form a **total system of support** that complements traditional health care. MBSC is looking forward to being a supporting partner during the 2007 race day festivities.

Watch for more information in the next newsletter.

WISH LIST

If you would like to donate any of the following items to the MBSC office, your support would be appreciated.

New foam-core sign with our logo
Updated photos on foam core for any future exhibits
Power Point projector
HP 94 black ink cartridges

Volunteers Needed

Do you or someone you know have a few hours available to assist with mailings? Or do you enjoy creating Excel spreadsheet mailings? Perhaps you like to make phone calls and would be willing to make follow-up phone calls?

If you answered 'yes' to any of the above questions, please give Katrinka or Jan a call at the office at 216-426-8045.

Local Companies Match Employees Contributions

The following companies will match their employees' contributions to nonprofit organizations:

Administaff
Avery Dennison
Citibank
Eaton Corporation
Ernst & Young
FirstEnergy Corp
H & R Block
Home Depot
Key Bank
K-Mart Corporation
McDonald's Corporation
Progressive
Lubrizol Corporation
Steris

A complete list of corporations is available by contacting Katrinka or Jan at the MBSC office at 216-426-8045.

As a nonprofit, 501(c)3 organization, your donations to MBSC may qualify for matching contributions from your employer. Please contact your human resources department for specifics.

Sponsorship opportunities available

Would you or someone you know be interested in sponsoring one of the 2007 MBSC programs? This is an excellent opportunity to share your practice and/or business with others and support MBSC.

Significant sponsorship benefits are included. Please call the office for more detailed information. Our new number is 216-426-8045.

MBSC Members in the



Jerry Masek reports that The New Year is going GREAT! He coordinated four open houses for various hypnotists for World Hypnosis Day on Jan. 4. *The Free Times* wrote a story, Monica Robins of TV-3 aired a 30-second story, and TV-3 posted it on their Web site.

Additionally, in order to spend more time on his growing business, Jerry requested a change of duties in his day job at RTA. In his new role as Publications Specialist, he will continue to work at RTA as a writer and a photographer--but only from 8 to 5:00.

Jane Pernotto Erhman was interviewed by Associated Press Reporter M.R. Kropko for an article about utilizing Hypnotism with counseling for those who want to quit smoking. The article appeared in the January 21st News-Herald on page 1 and 4.

The following appeared in COSE's January Update News:

When staffing service Reserves Network was seeking a fresh and lively approach for their management training, Dr. Tango, the Cleveland Clinic physician also known as **Dr. Jeannette Potts**, was asked to write a script for a very memorable and constructive half-day presentation.

Dr. Tango took the floor with her unique brand of motivational speaking and employee development by combining tango demonstrations with her lecture philosophies on leadership, communication, teamwork and negotiation. According to survey results, many at Reserves felt it was the best, or one of the best, workshops they've ever attended. A specialist in male urology at the Clinic for 12 years, Dr. Potts formed Dr. Tango, LLC in 2004, in response to the personal and professional lessons she's learned from her passion for tango. Using these metaphors, Dr. Tango teaches not the dance itself, but tango-inspired business and life principles, like "do not anticipate" and "follow what you lead." She says the objective of her non-medical practice is to provide instruction for the steps to greater career and life satisfaction. "If we can be better listeners, we can be better partners, at work and at home," she says. "We forget that listening is actually a form of communicating. Tango teaches how two people can work together in near-perfect harmony, without a single word."

Dr. Tango feels that life and work are "but a series of dances between people and companies." It's messages such as these that she brings to her workshops (like the one at COSE's Small Business Conference last October) and that will publish this year in her book, "Tango: Lessons for Life."

Often described by participants as invigorating, engaging and refreshing, and even "tangolicious," Dr. Tango thinks training should provide learning, but also entertainment, and that it's no longer enough to just be an entertaining speaker.

Karen Fink, will be teaching *Laughter: Good for Body, Mind & Soul* at Lakeland Community College on March 19 from 1-3:00 p.m. Visit www.lakeland.cc.oh.us for additional information.

Upcoming Events of Interest

Saturday/Sunday, February 3-4

Winter Wellness Weekend at the Cleveland Botanical Gardens

Saturday, February 10

Angel House

11am-4pm Spa Day

For one \$25 fee, practitioners will be available for you to sample different healing techniques to combat stress and fatigue including reflexology, massage, Alexander Technique for movement, Reiki, Ek'Chan Therapy, and more. Come rest, refresh, rejuvenate!

Thursday, February 15

MBSC's kick-off event for 2007

"To Prescribe or NOT to Prescribe"
at Wellington Catering

Friday February 16

Spiritual Movie Night at Angel House (Every month on the third Friday). Enjoy a spiritual movie, popcorn and discussion. 7:00pm for a donation. Call Angel House for the February movie selection.

Wednesday, February 21

Community Drumming Circle

6:30-8:30 p.m. at Common Ground Center

For more information, visit

www.commongroundcenter.org.

Wednesday, March 7

Creating a Field of Compassion: A Lenten Evening of Reflection with Judy Cannato at the River's Edge

As of February 1, check out the MBSC website Calendar of Events Feature

Office Hours: 9:00 a.m.-4:30 p.m. Tuesdays & Thursdays.

Mondays, Wednesdays & Fridays hours are variable.

If you need to communicate with the office, please call 216-426-8045 and leave a message, or email help@mbsconline.org.

Both the voice mail and email are checked frequently.

Massage therapists needed

The Littlest Heroes is in need of Massage therapists to provide services to children who have been touched by cancer.

If you would like additional information please contact Blazine Monaco at The Littlest Heroes 440-729-5200. Fingerprinting, TB test and training are required. Compensation is available for your services.