



Connectives

November-December 2006

Newsletter of Mind•Body•Spirit Connected (MBSC)

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Networking Event Photos



Noreen tells all to Maggie & Nick



Carol quizzes Jennifer



Katrinka & Donna at center stage

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.

Who, What, Where and Why?

Who is MBSC?

MBSC is an organization of 143 dynamic members committed to educating the community about the mind, body, spirit connection for health and wholeness.

What is MBSC?

MBSC is a membership-based nonprofit organization dedicated to bridging the gap between the holistic and conventional healing communities.

Where is MBSC?

MBSC is all over town with our members. Within the past two months MBSC members have participated in two community workshops. On October 21-22, Karen Fink, Carol Spears, Judi Bar, Neal Szpatura, Doris Cohen, Michelle Martin, Jane Ehrman and Donna Nowak were presenters at the Cuyahoga Valley National Park System Women's Wellness Retreat.

MBSC members were also featured presenters at the Integrated Therapies: Blending the Past with the Present Symposium, presented by MetroHealth Medical Center. The Keynote speaker was Tanya Edwards, M.D.; along with members Sarah Weiss, MA, LMT; and Paula Vetter, RN, MSN, FNP.

Why is MBSC?

MBSC exists because of the organization's members. The more we work together, the more energy we create. The synergy that we create in this community comes from being involved with MBSC's dynamic, stimulating and passionate members.

MBSC has an incredible opportunity before us. Your membership in this organization ensures that we will continue to integrate, educate and communicate within our community.

Why Join MBSC?

Studies show that individuals join groups and/or associations for two reasons: one is to establish an identity with a group that shares a mutual passion or mission, and the second reason is to develop relationships with others.

Membership in MBSC provides these opportunities and so much more. The benefits of membership include resources to share your passion and educate the community, as well as opportunities to develop relationships with members who share your passion.

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.



Executive Director
Katrinka Morgan

**MBSC BOARD
OF DIRECTORS**

Officers

Dr. Tanya Edwards, President
Hank Roth, Vice-President
Maggie Busser, Secretary
Donna Nowak, Treasurer

Paul Carleton
Deborah Dockery
Dr. Ed Miller
Carol Russetti
Carol J. Spears
Lynn Szanyi

Annual Meeting and Networking Event...

...was held on Wednesday, November 15. Forty-five members and guests braved the wind and the pouring rain to witness the "official" passing of the torch. Katrinka Morgan, new Executive Director, welcomed everyone and reviewed the highlights of the past year. Dr. Tanya Edwards presented certificates of appreciation to outgoing members of the Board of Directors, including Tedde Abbott, Judy Carlin, Jennifer Corlett, and Steve Flynn for their support of MBSC. Dr. Edwards presented Donna Nowak with the Founder's Award for recognition of her vision and leadership to MBSC.

New Board Members were elected and are as follows:

Paul Carleton
Lynne Szanyi
Deb Dockery

Board Members who were asked to serve another term were renewed and are as follows:

Dr. Tanya Edwards
Carol (Fifner) Russetti

After the meeting and election of Board Members, Katrinka shared networking "Do's and Don'ts". To help everyone remember the tips, activities were introduced that helped reinforce the ideas that had been shared. Topics were provided and everyone practiced listening and conversation skills while avoiding those FBI questions, sure to end conversations. "Are you married? Where do you live? Where do you work? What do you do for a living?" Another activity asked guests to introduce themselves, using the first letter of their name as an adjective to describe themselves. Nick was novel, JoAnne was juicy, Rodney was red (for OSU) and Maggie was magnificent. What a way to get the energy flowing! Thanks to the upcoming Ohio State vs. Michigan game, we had lots of bantering and relationship building. The activities ended with networking bingo where everyone had to find or ask questions to complete their bingo cards. There is one person who is still trying to find someone who wears a size 8 shoe.

2006, the Year in Review

by Katrinka D. Morgan

At MBSC, we are not waiting until the last week of the year to present a "year-in-review" report. The Annual Report was presented to the members in attendance at the Annual Meeting on November 15. Copies are available via email; if you would like a copy; please contact either Jan Lewis or me at (216) 426-8045.

Did you know that in 2006:

Nearly one-third of MBSC members provided volunteer services by participating on committees, including the Speaker's Bureau and special events.

MBSC hosted 5 educational programs, with an average attendance of 62.

MBSC has a current membership of 143.

The MBSC Speaker's Bureau offers over 60 workshops, including topics for children and their parents.

MBSC moved to new office space and is making the transition from a start-up organization to an established presence in the non-profit community.

MBSC continues its strong collaboration with community organizations, including the Cuyahoga Valley National Park System and MetroHealth Medical Center, while maintaining established partnerships with *Balanced Living Magazine*, the *Cleveland Women's Journal* and Tri-C's Advisory Council.

New for 2007

The Programming Committee Presents Educational Programs for next year:

February 15: "To Prescribe or Not to Prescribe" with Dr. Dorothy Sprecher

March 29: "Healthy Food: Healthy Eating" with Dr. Liz Cavin and Dr. Ed Miller

June 27: "Amazing Grace: The Twelve Steps as Seen Through the Eyes of the Chakras" with JoAnne Scullin

November 14: Annual Meeting & Networking Event

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

Save the Dates for these Special Events

May 12: Annual Mother's Day Tea with presenter/entertainer, John Maxwell Taylor

October 27: Annual Masquerade Event

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.

Connect, Connected, Connections

You hear the word **connected** on a daily basis...

"He is really well-connected in the media"

"My computer isn't connecting properly."

"We have plenty of time until our next (flight) connection."

Con•nect' as defined by the American Heritage Dictionary is a verb meaning to build rapport or a relationship.

Con•nect'•ed is an adjective defined as being joined or fastened together or related by family.

Con•nec'•tion is a noun defined as connecting, the state of being connected, one that connects: a link, an association or relationship, a means or channel of communication.

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.

MBSC would like you to consider sharing your connections since the best referral system is our members.

Do you know a civic organization or group that needs a speaker for their monthly meetings? We have free (yes, **Free** with no strings attached) volunteer speakers available. Call the office for a brochure about the Speaker's Bureau.

Are you aware of area employers who have a matching gift program? Some area employers will match every dollar you donate to MBSC. Is your employer one of these? Talk to your Human Resources Department or call Katrinka at 216-426-8045.

Do you have a friend who wants more information about membership? Or needs a referral to a holistic practitioner?

Do you have a dream for MBSC? Call Katrinka at 216-426-8045 or email kat@mbsconline.org.

She'd love to have the opportunity to get more connected with each and every member, if you have an idea for a program, location, the newsletter? Please feel free to share your ideas. She looks forward to hearing from you.

Welcome New Members

Mary Yursky, MSN, CNP
Hellerwork Practitioner, Lakewood

Dr. Judith Weiss, M. D.
Holistic Healthcare Provider, Chesterland

Barbara S. Rabin, MSPT, AT/C
Physical Therapist, Personal Trainer

Dr. Francoise Adan, M.D.
Integrated Psychiatrist, Shaker Heights

Betsy Brown, RN, CHTP, RCST
Nurse, Shaker Heights

Carole Nittshoff
Human Resources Manager, Cleveland

MBSC Membership Levels

MBSC appreciates ALL of its members:

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

All members whose membership will expire at the end of 2006 were sent renewal letters via email on November 22. If you did not receive the email, please contact Katrinka or Jan at 216-246-8045.

Membership renewal is due by 12/31/2006. Thank you.

Holistic Health Providers Directory

For the past four years MBSC has published a directory of its complete membership. Beginning in 2007, our printed directory will only include the profiles of holistic practitioners, integrative healthcare providers and holistic health service providers. This will make it an even more valuable resource for the public's use. MBSC's 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.

Any MBSC members who are hands-on practitioners, integrated clinicians or holistic services providers will be included in the directory once they have submitted the following items, all of which are due by January 31, 2007: 1) completed directory profile, 2) signed Code of Ethics, 3) \$35 payment for directory listing.

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.

Congratulations



to Jane Erhman the winner of a gift certificate to attend one free program in 2007. Those members attending the Annual Meeting and renewing their MBSC membership were entered into a drawing.

Masquerade Event, October 28, 2006

“Make a Refashion Statement”

At this year’s Benefit, you could find John Lennon, Mary Poppins, several 1970’s prom queens, a gangster and his ‘girlfriend’, a roman soldier and even a couch potato!

More than 110 guests braved the unusual weather complete with snow, rain and thunder to enjoy the warmth of friends at the Acacia Country Club. Guests were greeted by guitarist Bobby Patetta and wife, Jan accompanying him on the piano. Complimentary photos were provided by Jerry Masek and Nick Tullio. Even with a last-minute change in photo processors due to a power outage, the pictures were ready for guests as they left.

Benefit chair Judy Carlin and her volunteer committee were responsible for securing excellent auction items from award-winning eco-designers, including apparel and accessories. Prior to dinner, attendees shopped and bid on over 150 items displayed throughout the halls of the country club.

Table decorations of recycled yarn flowers made by the residents of Woodside Assisted Living Center in Bedford Heights carried the “refashion statement” to the dining room.

The evening’s festivities included the introduction of the benefit’s sponsors, Dee Wolk of Dee Wolk’s Weight Solutions, Barbara Daniel of *Cleveland Women’s Journal* and Maggie Busser Malemud of *Balanced Living Magazine*. Special recognition was given to Donna for her vision and leadership of MBSC.

The costume contest was judged by Neal and Peggy Szpatura and Carol and Andy Russetti. Tight competition resulted in a three-way tie, with Judi Bar, Michelle Martin and Carol Spears each wearing their original gowns in their original unaltered size.

The evening continued with dancing provided by DJ Michael Mathena and a tasty chocolate fondue fountain.

Thank you to all who attended, supported, and provided donations for the event. It was a huge success. After our tithe to Earth Day Coalition, MBSC will net over \$16,000.

A special thank you to Judy Carlin and everyone who worked to ensure the success of this event.

Start working on your costume now for next year; see you on October 27, 2007!

Special Thanks to these Supporters

Academy Graphic Communication for printing, labeling and mailing of the invitations for the October 28th Benefit.

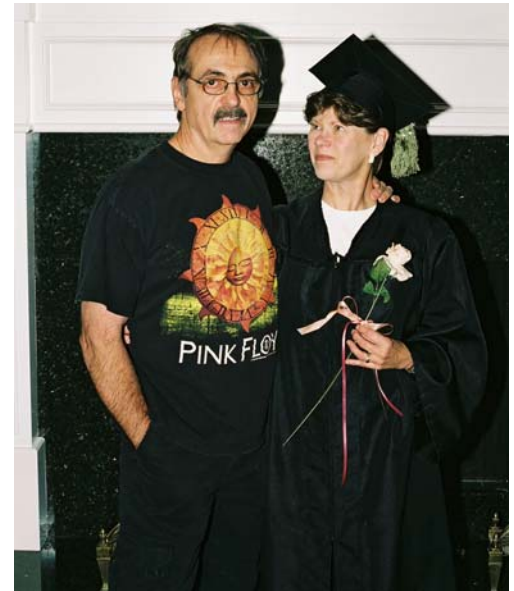
Bob Kovacevic of Minuteman Press in Middleburg Heights for printing the “Save the Date” postcards.

Bob Perkoski of Perkoski Design (and *Balanced Living Magazine*) for graphic design of both the “Save the Date” cards and invitations for the benefit.

Dee Wolk of Dee’s Weight Solution for paid sponsorship of the Masquerade Dinner/Dance & Silent Auction.



Mother Earth & Recycle Man



Carol (Fifner) Russetti & new hubby, Andy
“We are SO happy to be here”



Currents reporter Kathryn Riddle with Chair, Judy Carlin
“So, that’s why you have all those cans!”

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 the 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 and men's clubs and chambers of commerce. Additional opportunities are available with community recreation programs, health food stores, libraries, medical centers and businesses.

The Speaker's Bureau is seeking your help to develop a targeted list of organizations and contact information of local organizations. 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 after the first of the year, 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.

Seasonal Stress Solutions:

At some point in the next month, all of us may need a gentle reminder when faced with the holidays.

A fire crackles in the hearth. The aroma of cider and gingerbread fill the house. It is as peaceful as the hush after a freshly fallen snow. The ideal home all ready for the holidays. Yet, the reality is that we have shopping, wrapping, baking, cooking, cleaning and decorating on our "to-do" list. While we may be mindful and in a peaceful place this holiday season, there are many stressors that can challenge our sense of spirit and mindfulness.

Long lines are everywhere. While waiting, use this time to reflect on a happy experience, savor the positives of your life rather than the negatives of the world around you.

Crabby sales associates are on the receiving end of those long lines and are probably tired, as well as overworked. Don't let their attitudes affect you or your spirit. Try to empathize with them and share your spirit and your light. Thank them for their assistance. Always treat others as you would want to be treated.

Your gift list is too long. Studies show that American's spend an average of \$1,200 per year on holiday gifts. Add to that the average credit card balance of \$9,000, and it's easy to see that getting caught up in the "buying and giving frenzy" of the holidays can be a high price to pay. Concentrate on thoughtful giving, not lavish spending, and share this idea with others. Listen when your friends or family are talking about a book they read or an old movie they really enjoyed. Those are gifts that will make a lasting impression because they came from the heart. Exchange homemade cookies or candies this year--another way to share from the heart.

Cooking for company can take the fun and enjoyment out of creating in the kitchen. Try to make items that will freeze well before you need them. Start making an extra batch or two of cookies every week and freeze them. You will be surprised by the number of goodies you have by the end of the month. (unless someone in your house finds them first).

Remember not to lose sight of what this time of year means to you and your family and embrace it.

Share the Fun...

Road Rage

An honest man was being tailgated by a stressed-out woman on a busy boulevard. Suddenly, the light turned yellow, just in front of him. He did the right thing, stopping at the crosswalk, even though he could have beaten the red light by accelerating through the intersection.

The tailgating woman hit the roof, and the horn, screaming in frustration as she missed her chance to get through the intersection, dropping her cell phone and makeup. As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up.

He took her to the police station where she was searched, finger printed, photographed, and placed in a holding cell. After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects.

He said, "I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, flipping off the guy in front of you, and cussing a blue streak at him!

"I noticed the 'Choose Life' license plate holder, the 'What Would Jesus Do' bumper sticker, the 'Follow Me to Sunday-School' bumper sticker, and the chrome-plated Christian Fish emblem on the trunk.

Naturally... I assumed you had stolen the car."

MBSC Members in the



Jan Hauenstein, Director and Founder of TRY 4 Life Teacher Training & Certification School was interviewed by the **Cleveland Plain Dealer** and highlighted in the *At Work* Section on Sunday, November 19. When asked the best thing about her job, Jan stated, "I don't consider this my job. Rather it's my joy, my passion and my life." Congratulations Jan for sharing your passion with the community.

Currents included a ¼-page article in its November 16th issue about MBSC's masquerade benefit, featuring photos of Tedde Abbott, Judy Carlin, Katie Carlisle-Kesling, Tanya Edwards, Katrinka Morgan, Donna Nowak and Dee Wolk-Orum.

TV-5's David Bentkowski attended our annual benefit and included footage on WEWS' November 1st noontime program called "Around the Town". David enthusiastically described the fun entertainment provided by member Jan Patetta and her hubby, Bob, during cocktail hour. He also showed a variety of silent auction items, with special attention given to some of the innovative eco-design and recycled treasures. Captured on film were members Rodney Dawson, Elizabeth Grosse and numerous others.

ABCNews online "*The Secret to Success*" interviewed Tanya Edwards, M.D. To read the entire story, go to: <http://abcnews.go.com/Health/story?id=2681640&page=1>.

Getting Involved in 2007

At the January MBSC board meeting, the Board of Directors will be appointing current or previous members of the board to serve as committee chairs for 2007.

2007 is going to be an exciting year and we encourage you to join the Board of Directors and staff on this journey.

If you would like to support MBSC through volunteering on a committee or special event, please call Katrinka or Jan Lewis 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

What is a Dreamer?

A dreamer looks beyond the limits of today to the possibilities of tomorrow and sees what can be, rather than settling for what is. A dreamer images the most wonderful new things and finds a way to make them real.

A dreamer knows that stars were made to wish upon and that dreams DO come true!

Upcoming Events of Interest

Wednesday, December 13

"Head, Heart & Soul"

MBSC Holiday Party & Dramatization
at The Gathering Place

www.mbsconline.org

Saturday, January 20

Women's Circle Program at the
Cleveland Botanical Gardens
Be on the look-out for details.

Friday, January 26

"Bed Heads & Big Ideas"

Women's Community Foundation
Pajama Party

www.wcfcleveland.org

Saturday/Sunday, February 3-4

Winter Wellness Weekend at the
Cleveland Botanical Gardens

Thursday, February 15

MBSC's kick-off event for 2007

"To Prescribe or NOT to Prescribe"
at Wellington Catering

Have you seen "The Secret" yet?

If you haven't yet seen this film, you may want to add it to your holiday "wish" list, or do a little Internet sleuthing and download the movie for \$4.95. Copies of the DVD are also circulating amongst MBSC members and can be purchased at a variety of Unity churches, wellness centers, etc.

Office Max presents:

Custom calendars for you to share with family, friends and business associates. This could be a novel gift item for one of those "hard-to-buy-for" friends or family members.

Office Max will take your 12-13 photos and create a custom calendar for 2007. Each month can be a different photo, or you can choose one for the entire year.

Remember that all MBSC members receive "Retail Connect" discounted prices. For more information, contact Brian Bognar at the Golden Gate Office Max in Mayfield. Phone 440-446-2592 or email pds0001@officemax.com.