



June 2011 edition

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Summer is the Perfect Time to Explore Tai Sophia

Attend an open house this summer and explore all of Tai Sophia's academic offerings – from master's degrees to graduate certificates to individual master's-level courses. Bring a friend or family member and learn how we can partner you to advance your current career or support you as you shift in a new direction.

Tai Sophia now offers four master's degrees: [Acupuncture](#), [Herbal Medicine](#), [Transformative Leadership and Social Change](#), and the brand new [Master of Science in Nutrition and Integrative Health](#), as well as six graduate certificates: [Chinese Herbs](#), [Health Coaching](#), [Herbal Studies](#), [Medical Herbalism](#), [Transformative Leadership](#), and [Wellness Coaching](#).

We're also excited to announce our plans to offer our first post-master's program – the [Post-Master's Certificate in Chinese Medicine for Women's Health and Wellness](#). Pending MHEC endorsement, this program will start in late September 2011.

Mark your calendar for these upcoming Graduate School Open Houses. Click on event title for more information.

[Graduate School Open House](#)

[Saturday, June 18](#)
9:30 a.m. - 12:30 p.m.

[Graduate School Summer Showcase](#)

[Saturday, July 30](#)
9:30 a.m. - 12:30 p.m.

Plan to attend an Open House? Please RSVP to the Office of Graduate Admissions at admissions@tai.edu or 410-888-9048 ext. 6647.

Tai Sophia Institute is accredited by the Middle States Commission on Higher Education. The Institute's graduate programs are reviewed and endorsed by the Maryland Higher Education Commission (MHEC).

Milestones in Tai Sophia's History

Acupuncture, Then and Now



June 6, 1981: Tai Sophia's first acupuncture class begins with 23 members.

Also in 1981, the institute hosts the first of five international conferences on acupuncture. This Baltimore, Maryland gathering brings together acupuncture leaders from across the U.S. and is the source point for the meetings that birth the three national organizations formed in 1982 – the national council of acupuncture schools and the national accreditation and certification bodies (today's [CCAOM](#), [ACAOM](#), and [NCCAOM](#)).

Several years later, Tai Sophia (then the Traditional Acupuncture Institute) becomes

the first school to be accredited by the national accrediting commission for acupuncture schools.

June 2011: Tai Sophia is home to one of the nation's largest, oldest, and most respected acupuncture programs in the country, welcoming new students twice each year. Acupuncture alumni ranks have topped 1,000, the faculty is comprised of some of the top clinicians and teachers in the field, and the Tai Sophia chapter of the [AAAOM Student Organization](#) is one of the strongest and most active in the country.

Classroom Dedicated to Elizabeth Hughes

On May 16, Classroom 1 (located on the first floor next to the library, with a view of the meditation garden), was named the Hughes Classroom in

honor of the late Elizabeth M. Hughes, R.N., Ph.D., "a pioneer and passionate leader in the nursing profession ... a role model for women, and a strong advocate for forward-thinking public policy, wellness care and prevention, eldercare, and increasing the professional standards in nursing."

At the dedication ceremony, which was attended by the late Elizabeth Hughes' husband Charlie and his wife Diane, dear friends of the Hughes family, and Tai Sophia staff, faculty, officers, and board members, Tai Sophia President and CEO Frank Vitale declared the day "a day of celebration of Elizabeth and Charlie and their generosity and commitment to Tai Sophia and the world of health and wellness."



Tai Sophia President and CEO Frank Vitale, Charlie Hughes, and Tai Sophia Co-founder and Chancellor Emeritus Dianne Connelly, Ph.D. [Read dedication plaque.](#)

"As a nurse and as Dean of the Georgetown University School of Nursing, Elizabeth was an early pioneer in asking questions about healing and complementary medicine," said Tai Sophia Co-founder and President Emeritus Bob Duggan, who served as Elizabeth's acupuncturist for many years. "She was lively, curious, and passionate and part of a courageous generation of leaders, mainly women, who by their curiosity opened new possibilities for all of us. And she lived this in her daily life and in coping with the presence of serious illness."

Tai Sophia Board of Trustees Vice Chairperson Adele Wilzack offered a moving tribute, describing Elizabeth's extraordinary history as a pioneer in the nursing profession, as a trailblazer for women in leadership positions, and as a proponent of wellness. A "pillar of strength and endurance," Hughes' many accomplishments and contributions include her emphasis on the healing of the body-mind-spirit, drafting national long-term care legislation in the U.S., designing the infrastructure for public health in Poland, and her work with the World Bank and with local academic institutions and health organizations.

Dedicating this classroom at Tai Sophia, said Wilzack, "means that Elizabeth's love of learning will be honored every day."

Space Available in June *Redefining Health* Workshop



This Weekend!

It's not too late to participate in the June offering of [Redefining Health](#) (RDH), Tai Sophia's most popular program. Taught by Tai Sophia Co-founders Dianne Connelly and Bob Duggan, this weekend workshop offers powerful and positive frameworks and tools to support wellness and create new possibilities for yourself, your relationships, and your work.



[Redefining Health Weekend](#) A Signature Program

Saturday, June 4, 2011

9:00 a.m. - 5:00 p.m.

Sunday, June 5, 2011

9:30 a.m. - 4:30 p.m.

Fee: \$165

CEUs: 12

Instructors: [Dianne M. Connelly](#), Ph.D., M.Ac.(UK) and [Robert M. Duggan](#), M.A., M.Ac.(UK)

[Register Now](#)

For more information, please contact Community Programs at communityprograms@tai.edu.

Join us in July for a Whole Foods Cooking Class



Learn about whole foods, seasonal eating, and how to gently detox at this super summer nutrition workshop. Space is limited, so register today.

[Eat Well, Eat Healthy Cooking Demo](#)

Thursday, July 21, 2011

6:00 p.m. - 8:00 p.m.

This engaging two-hour class will introduce participants to a variety of whole foods recipes that support health and wellness. Cooking and food preparation demonstrations will feature seasonal, antioxidant-rich fruits, vegetables, and beans. Warm weather brings an abundance of local produce and is traditionally viewed as a time to support detoxification pathways in the body and assist with gentle elimination. Along with sampling prepared foods, participants will be given handouts to guide them in healthy lifestyle changes and a gentle cleanse.

Fee: \$35

Instructor: [Bonnie Gray](#), M.A., M.S., CCE, CEPC

[Register Now](#)

Farmers' Markets Ripe with Opportunities





Local farmers' markets are now open and in full swing. A treat for all of your senses, these bountiful markets feature the season's freshest, locally grown produce, baked goods, flowers, transplants, and organically grown produce and specialty items.

Check out the [Buy Local](#) section of Howard County's Economic Development Authority (EDA) website for a list of local farmer's markets and vendors, a harvest calendar for seasonal foods, a list of restaurants that support local agriculture, and information about community supported agriculture programs (CSAs).

Visit [Green Central Station](#) and learn more of the same PLUS information on composting, eco-responsible gardening, and much more.

Below is a list of four farmers' market locations near Tai Sophia. Click on location for map.

[St. John's Episcopal Church](#)

9120 Frederick Road in Ellicott City
Wednesdays, 2:00 p.m. - 6:00 p.m.
May 4 - October 26

[Howard County General Hospital](#)

5755 Cedar Lane in Columbia
Fridays, 2:00 p.m. - 6:00 p.m.
May 6 - October 28

[East Columbia Branch - Howard County Library](#)

6600 Cradlerock Way in Columbia
Thursdays, 2:00 p.m. - 6:00 p.m.
May 5 - November 17

[Glenwood Branch - Howard County Library](#)

2350 State Route 97 in Cookeville
Saturdays, 9:00 a.m. - 12:30 p.m.
May 7 - October 29

[Find a farmers' market near you and view more links and resources.](#)

Fall Sneak Peek – Continuing Professional Education



Back by popular demand, *Building, Managing, and Marketing Your Practice* will be offered in November. We're equally honored to host a weekend workshop with *Dr. Peter Eckman* in October. Stay tuned this summer for the complete list of upcoming continuing professional education classes and seminars taught by subject-matter experts and held at Tai Sophia's Laurel campus.

[Chinese Medical Classics](#)

Saturday, October 15 - Sunday, October 16
9:00 a.m. - 5:00 p.m.

Instructor: Peter Eckman, M.D., Ph.D., M.Ac.

[Building, Managing, and Marketing Your Practice](#)

Saturday, November 19 - Sunday, November 20
9:30 a.m. - 4:30 p.m.

Instructors: Robert Notter, CHHC, AADP, and Rose Payne, CHHC, AADP

Click on titles for course descriptions, faculty biographies, and to register.

Become an Advanced Special Student

Enroll in an Individual Academic Course

Tai Sophia Institute is pleased to offer a special selection of graduate-level academic courses for non-degree-seeking students. We are currently enrolling for the following 3-credit courses:

[ISci 521: Foundational Chemistry for Health Sciences](#) – class starts August 26

[ISci 632: Foundations of Health and Wellness](#) – class starts September 19

Click on course title for details or contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or admissions@tai.edu.

New Himmelfarb Exhibit Features Art Quilts



[Artist Reception on June 15](#)

"Pieces as Prayers: Kolam and Kaleidoscope Quilts," art quilts by Gaithersburg, Maryland artist Lauren Kingsland, opens Friday, June 5 in the Himmelfarb Gallery.

Symmetry and reflection speak to our fundamental yearning for balance and order in ourselves and the world. Kingsland's quilts explore the beauty of this balance through the Indian Kolam tradition and the magic of peeking into a kaleidoscope.

An [artist reception](#) will be held on Wednesday, June 15, from 5:00 p.m. - 8:00 p.m. All are welcome.

["Pieces as Prayers: Kolam and Kaleidoscope Quilts"](#)

Artworks by Gaithersburg, MD artist Lauren Kingsland

Showing from June 3 - August 27, 2011

Monday - Thursday: 8:00 a.m. - 7:00 p.m.

Friday: 8:00 a.m. - 5:00 p.m.

Saturday: 8:00 a.m. - 4:00 p.m.

Artworks from the show are on sale through the Meeting Point bookstore, which is adjacent to the gallery.

Learn more about the [Himmelfarb Gallery](#) online or call 410-888-9048.



"Sovereign Service," a Kolam quilt

Last Chance to Watch Free Nutrition Webcast

Register to watch *Live Nourished* today!



Annemarie Colbin, Ph.D., keynote speaker at the *Live Nourished* Nutrition Conference.

The complete [Live Nourished Nutrition Conference](#) will only be available via free webcast **until June 30**.

Watch five of the country's top nutrition thought leaders — Annemarie Colbin, Charles Eisenstein, Sally Fallon Morell, Paul Pitchford, and Kathie Swift.

Once you register, you may view the speaker presentations whenever you like through June 30. [Register for the free webcast today](#).

Register Now

The Natural Care Center

Spotlight on Acupuncture



Home to one of the first acupuncture clinics in the state and the nation, Tai Sophia has been offering acupuncture services since 1975.

Today, the Institute's clinic, the Natural Care Center, also offers [nutrition counseling](#), [herbal medicine consultations](#), [massage therapy](#), and [craniosacral therapy](#).

To schedule an appointment, please call the Natural Care Center at 410-888-9048 ext. 6614.

To learn more about our services and practitioners, visit the [Natural Care Center](#) online or schedule a [FREE 15-minute consultation](#).

What's New at the Sherman Cohn Library

The Sherman Cohn Library is pleased to share a [list of new additions](#) to our collection and our hours for June and July.

Visit the [Library's web page](#) or keep in touch via [Facebook](#).

Hours

Weekdays: 8:00 a.m. - 7:00 p.m.

Saturdays: 10:00 a.m. - 2:00 p.m.

CLOSED: Monday, July 4



Upcoming Off-Campus Events



Healthy Howard Day
 Sunday, June 5, 2011
 10:00 a.m. - 3:00 p.m.
 Centennial Park
 Columbia, MD
 Visit the Tai Sophia
 tent.

Come to Centennial Park and visit the Tai Sophia tent at the 4th Annual Healthy Howard Day. We'll have herbal medicine teas, lotions, and other products, Qi Gong demonstrations, raffles and gifts from the Meeting Point bookstore, auricular acupuncture demonstrations and FREE treatments, and more.



2011 ACES
Ethnobotanical Symposium
 Friday, June 24, 2011
 8:00 a.m. - 4:30 p.m.
 Mount Washington
 Conference Center
 Baltimore, MD
[Learn more and register.](#)

Located at Frostburg State University, the Appalachian Center for Ethnobotanical Studies (ACES) is a partnership between Frostburg State, Tai Sophia Institute, the University of Maryland Biotechnology Institute, and West Virginia University. [Learn more about ACES.](#)



Food as Medicine Professional Training Program

June 9-12, 2011
 Hyatt Regency Bethesda
 Bethesda, MD

[Register now.](#)



Transformation: Healing Beyond Time or Space

October 20-23, 2011
 Westfields Marriott Washington Dulles Hotel
 Chantilly, VA

[Learn more and register.](#)



Moving from Abstraction to Embodied Consciousness

Wednesday, June 22, 2011
 5:00 p.m. - 7:00 p.m. (PDT)
 A live telesiminar.

Speaker: Robert Duggan, Tai Sophia Co-founder
 Host: Angela Murphy



Integrating Five Elements & Traditional Chinese Medicine

November 12-14, 2011
 Location and CEUs to be announced.

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