



**Tai Sophia
Institute**

REUNION POINT

Alumni Newsletter

Summer 2009

Volume 20, Number 1

Message from New Director of Alumni Affairs

Esteemed Alumni,

Welcome to the Summer issue of *Reunion Point*. We are pleased to announce our current innovative initiatives and exciting plans at Tai Sophia in this newsletter! Abundant possibilities and measurable growth are evident. Read on.

A leader in wellness education and practice for over 30 years, the Institute is uniquely positioned to contribute on a national level. In February, members of the United States Senate solicited the advice of Sister Charlotte Kerr, Bob Duggan, and others (including Simon Mills, Core Faculty in Herbal Medicine and member of the Board of Trustees, and Wayne Jonas, a member of our Board of Overseers) as part of the Senate hearing, "Principles of Integrative Health: A Path to Health Care Reform." At the Institute, we are also developing degree programs at multiple academic levels and creating a university which will graduate future national leaders in health and wellness.

This issue of *Reunion Point* will highlight these and other recent events, including a new academic department, new integrative wellness-based research, new administrative staff in key leadership positions, new professional development programs for alums, a new name for and expansion of clinical services, and a new initiative in workplace and organizational wellness that includes wellness coaching. This is an exciting time of growth and energy in the Institute's history.

We are always delighted to hear about the lives, work, passages, interests, and accomplishments of our amazing alums, as well as ways that we might serve you. We learn from you, and your talent and experience are unique, rich resources for our community. Specifically, we will be soliciting your advice and opinions through the Alumni Survey and welcoming your participation on the new Alumni Council. We also invite your input on topics for Continuing Professional Education (CPE) programs and look forward to your feedback as we progress through the Middle States Commission on Higher Education re-accreditation process. You are a vital member of this community, and there is no Tai Sophia independent of the individuals who make up the Institute.

If we may update your contact information, (including a current email address!), please let us know; current contact information will assure that you are included in all our communications.

I have had the pleasure of meeting many of you in person, by email, or phone over the past three months. My door is always open, and I look forward to meeting many more members of your impressive ranks in the coming days.

A bit about me — I joined the Tai Sophia community this February with a long-time connection to the Institute and an extensive background in higher education from Johns Hopkins University, the University of Maryland, and Loyola College in Maryland.

In partnership,
Patricia DeLorenzo
Director of Alumni Affairs
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Tai Sophia welcomes new leadership to the staff. See their bios on the next page. Clockwise from top left: David Mercier, Bob Gordon, Cheryl Walker, Kimberly Duncan, Tim Ambrose, Judi Broida, Patricia DeLorenzo, and Reginald Garcon.

SPOTLIGHT

Meet New Leadership

Timothy Ambrose **Vice President for Advancement**

Tim Ambrose brings over 26 years of professional fundraising and non-profit management to Tai Sophia. During his career, Tim has been responsible for directing and leading staff, volunteers, and board members in securing over \$175 million in gifts and grants. He served as a vice president for such well-known institutions as Interlochen Center for the Arts, The National Parks Conservation Association, Erickson Retirement Communities, and the Nashville Symphony. Tim also held senior development positions at the University of Maryland and the Denver Symphony, and currently serves as a member of the Chesapeake Planned Giving Council Board.

Judith Broida **Vice President for Academic Affairs**

Judi Broida joined Tai Sophia as Vice President for Academic Affairs in 2008. Previously she served as Associate Provost and Dean of Professional Studies at the University of Maryland; as Associate Dean of Public Policy, Planning and Urban Development at the University of Southern California; and as Associate Dean and Director of the Division of Business and Management at Johns Hopkins University. In each institution, her goal was to create energizing learning opportunities for the non-traditional student and to enhance the quality of the academic experience for faculty, students, and the community.

Kimberly Duncan **Program Director, Integrative Health Sciences**

Kimberly Duncan began working in cancer chemotherapy development in 1980. She earned her Ph.D. in Pharmacology at the Mayo Clinic looking at neurosurgical approaches to drug delivery for the treatment of cancer. She has developed new treatments for cancer at some of the top medical centers in the U.S. including the NIH, Johns Hopkins, and in the U.K. at Cambridge University. In addition to laboratory research, she has written many grants and manuscripts, lectured throughout the U.S. and Europe, and coordinated research programs to look for new treatments for cancer, AIDS, TB and other infectious diseases. She joined the faculty at Tai Sophia in 2006 teaching Bioscience in the acupuncture program.

Reginald Garcon **Associate Vice President for Student Services and Registrar**

Reggie Garcon has joined Tai Sophia as Associate Vice President for Student Services and Registrar. Reggie has an extensive background working with Student Affairs/Student Services. He comes to us from Mountain State University in Beckley, WV, where he most recently served as Dean of Students and Registrar. Prior to his six years at

Mountain State, Reggie worked six years at Florida Atlantic University in Boca Raton, FL, where he held several positions, including that of Assistant Dean of Students. He is currently pursuing his doctorate through the University of Phoenix, and holds a Master's degree in Educational Leadership from Florida Atlantic University.

In his current role at Tai Sophia, Reggie will oversee Admissions as well as the Division of Student Affairs, including Student Advisors, Information Coordinator, and the Data Analyst.

Robert Gordon **Co-Program Manager for the Institute's Community and Organizational Wellness, and Adjunct Faculty Member**

Bob has over 25 years of instructional and management experience in adult learning, leadership development, organization development, and training. He holds a Master of Science in Organization Development from American University in partnership with the NTL Institute for Applied Behavioral Science, and a Master of Arts in Applied Healing Arts (AHA'05) from Tai Sophia Institute. He is doing graduate work toward a Ph.D. in counseling.

David Mercier **Associate Vice President for Wellness Resources**

David Mercier joined Tai Sophia to manage the Natural Care Centers (Laurel, Silver Spring, and Baltimore) and oversee Community Programs. In this new leadership role, he will assist Tai Sophia in further building clinical services and community outreach programs.

A 1983 graduate of the M.Ac. program, David founded and directed the Center for Integrative Medicine, Shore Health System, University of Maryland Medical System, Easton, M.D.. The Center has received numerous awards for patient satisfaction.

In addition to his acupuncture practice, David has a strong history of private and corporate entrepreneurial business development, including marketing, process improvement, and development of organizational culture. His core interests include transformation of business into an agent of world benefit.

Cheryl Walker **Co-Program Manager for Tai Sophia's Workplace and Organizational Wellness Programs**

Cheryl Walker served as a Dean of Students at Tai Sophia for five years prior to pursuing consulting on a full-time basis. Cheryl has over 20 years' experience as a business owner, educator, and leadership coach. She has a Master's of Leadership degree from Georgetown University's McDonough School of Business, and a Master Certified Coach certification from the International Coach Federation.

US Senate Committee Testimony by Bob Duggan and Sister Charlotte Kerr

Senate committee hearings were held in February, at the request of Senator Kennedy and chaired by Senators Harkin and Mikulski, to discuss incorporating integrative healthcare principles and practices into the upcoming reform debate. Senator Barbara Mikulski stated, "The hearings are particularly important as we work to develop a new paradigm for delivering healthcare to improve the quality of our health system and the wellness of its users."

Sister Charlotte Kerr (ACU'77) and **Bob Duggan (ACU'72)** were among those invited to testify and share their ideas, experience, and knowledge in a hearing of the US Senate Committee on Health, Education, Labor, and Pensions. The topic was "Principles of Integrative Health: A Pathway to Health Care Reform." They were joined in testimony by James Gordon, MD; Mary Jo Kreitzer, PhD, RN; Wayne Jonas, MD (a member of our Board of Overseers); and Cathy Baase, MD. Simon Mills, of our Herbal Medicine faculty, also submitted written testimony. On February 26, Dr. Mehmet Oz, Dr. Mark Hyman, Dr. Dean Ornish, and Dr. Andrew Weil testified on "Integrative Care: A Pathway to a Healthier Nation."

Throughout the testimonies, the concept of a health system based on wellness as opposed to disease was proposed and exemplified by the speakers. It's well worth your time to listen to the entire Senate committee hearing, which heralds a revolution of healthcare in our nation.

Audio CDs of the proceedings are available in the Institute's Library; and you can hear and view the full hearing on line through Tai Sophia's website (www.tai.edu/NEMultiMedia.aspx), or through the US Senate website (http://help.senate.gov/Hearings/2009_02_23/2009_02_23.html).

INSTITUTE NEWS

New Programs to Address the Need for Leaders in Wellness Reform

The urgent need for healthcare reform presents an opportunity to restructure our health system around wellness. And to address the national need for leadership in wellness reform, we are expanding academic programs at Tai Sophia. Judi Broida, our new Vice President for Academic Affairs, points out, "We've been in the wellness business for over 30 years, and the timing is now opportune to take a national role in educating new leaders in healthcare and wellness."

A vision for a future Tai Sophia University is forming. Judi presented the Board of Directors with an ambitious plan to transform Tai Sophia Institute to Tai Sophia University. This will include the development of upper division bachelor programs (final 60 credits), graduate certificate programs that bridge to master's degrees, additional graduate programs that include new master's degrees and the introduction of doctoral programs.

We are in the initial planning stages. Judi has been talking to faculty, staff, administration, students, and alumni to help frame the new programs. Tim Ambrose, our new Vice President for Advancement, will be working with the various constituents to develop a comprehensive funding plan. We will keep you informed as our plans progress.

Workplace Wellness Initiative

With a proven track record for developing and demonstrating standards of excellence in relationship-centered healthcare, Tai Sophia is now taking its expertise to workplaces through the Workplace and Organizational Wellness (WOW) initiative. Compelling research studies have quantified impressive returns on investing in wellness programs. These returns take the form of reductions in medical costs, insurance claims, absenteeism, and disability as well as increased productivity. The time is ripe for what Tai Sophia does best.

In January of this year, **Bob Gordon (AHA'05)** and Cheryl Walker were hired as consultants to develop WOW and to design programs for corporate and government institutions that include Group Wellness Seminars, Natural Care Services, Leadership Development for Wellness Initiatives, and Wellness Coaching. Bob and Cheryl are ready and eager to draw upon the talent of the Tai Sophia community to build teams of wellness consultants, wellness educators, and wellness coaches to assist in bringing the work of Tai Sophia to the institutional domain. They will be notifying students and alumni in the near future of ways they can join a workplace wellness team.

For more information:

Bob Gordon: rgordon1@tai.edu, 410-888-9048 ext. 6694

Cheryl Walker: cwalker@tai.edu, 410-888-9048 ext. 6695

INSTITUTE NEWS

Integrating the Perspectives: Health Sciences and Ancient Teachings

Kimberly Duncan, PhD, Program Director for Tai Sophia's new Department of Integrative Health Sciences, is a research scientist with an impressive curriculum vitae (detailed in the "Meet New Leadership" section). She recently held the role of coordinating research and research-related programs at the Institute. Kimberly explains, "Every week, it seems, we receive another call from someone with a new idea for a research grant or program. There's no shortage of dance partners who want to join Tai Sophia in doing research. In evaluating these possibilities, the big question is, 'What research should we be doing? What brings us closer to our vision for the future?' In deciding where we should go next and with whom, I always ask myself how compatible the project is with our mission."

Choreographing CAM research is a complex challenge. "The numerous conversations in the scientific world about how to frame research in CAM are a strong call for us to get down to the business of collecting evidence to support its benefits and use tools that function well in both worlds. By that, I mean using measurements that have been validated by use within conventional medicine, specifically measurements that look at quality of life and the effects of therapy on the whole person."

Kimberly also teaches biosciences in the acupuncture program and is developing courses for the new department of Integrative Health Sciences. She says, "We're offering courses on cutting-edge science in a context that integrates the perspectives of ancient teachings and modern bioscience. One class I am really excited about is our 'Wellness Physiology' course. We just completed this with the Sept '08 Acupuncture students, and we had a great experience examining processes that support wellness such as breathing, sleep, hydration, and exercise. The structure for this acupuncture course was based on the Applied Medicine classes in the Herbal program. One of our goals is to have everyone speaking the same 'language' with respect to wellness and the science of healing."

"In answer to the question, 'What research should we be doing?' I'd say that probably the best path for us to take is research focused on a paradigm that examines the whole person, mind-body-spirit. Using the words of Simon Mills, 'This Tai Sophia-style treatment pushes or nudges patients to tend their own symptoms and concerns. Importantly, this nudge involves more than just the physical symptoms of patients; it speaks to the whole person — to their intentions, their actions, their mind, their spirit.' When we (and scientific studies) are open to the effects of therapies on the whole person, we see evidence all around us that supports the use of CAM. Have a few words with patients leaving the clinic, and you'll know what I'm talking about."

INSTITUTE NEWS

Redefining Health at the Urban Zen Foundation

Bob Duggan offered a day of redefining health at the Urban Zen Foundation on March 16.

His topics included:

- How Smart is Your Body
- Exercises to Awaken the Senses
- Exercises to Awaken Relationships
- Being Upset in Life is Optional

Several alumni from the New York City area attended the event, and enthusiastic participants report that the day was very well received.

Marion Skelly: Treasured Friend, Colleague, Teacher, and Mentor

Marion Skelly (ACU'72), "a great and glorious human being," died on January 17, 2009. She was a beloved and honored member of the Tai Sophia community, and classmate of Bob Duggan and Dianne Connelly in the American contingent that studied with J.R. Worsley in England in 1972.

A memorial event in celebration of her life and her contributions to students, the Institute, and the profession was held March 25 at Tai Sophia. Friends, colleagues, and alumni gathered with their love, stories, remembrances, and gratitude for being touched personally and by her work. Many other former students from around the country shared their memories via email.

Those who attended Marion's Memorial Service were delighted with a poem presented by **Guy Hollyday (ACU'94)** entitled "Marion Remembers the Early Days," especially her U.K. classmates who were present: **Jack Daniel (ACU'72)**, **Dianne Connelly (ACU'72)**, and **Bob Duggan (ACU'72)**. In response to Guy's reading, Jack Daniel spoke of reliving those memories as he listened. If you would like a digital copy of this vivid description of the early days as recounted by Marion, or a compilation of memories submitted by those who loved Marion, please contact me by email me at pdelorenzo@tai.edu or phone 800-735-2968 ext. 6642.

Middle States Re-accreditation

In June of 2006, Tai Sophia Institute was accredited by the Middle States Commission on Higher Education, the accrediting body overseeing degree-granting colleges and universities in our geographical region. Earning and maintaining accreditation at the regional and/or national level classifies higher educational institutions in a category of excellence, and the degrees granted at such institutions as "quality" and "worthy" in the eyes of potential employers and students. Regional accreditation has significantly contributed to the respectability and recognition of Tai Sophia's name and educational offerings.

Upon earning accreditation from Middle States, Tai Sophia committed to a cycle of self-evaluation and assessment, peer review, and examination to maintain such status.

As we approach the five-year mark of our initial accreditation, we have begun preparing for its reaccreditation, the first affirmation of our accredited status. To do this, we have embarked on a required Self-Study Process led by Judi Broida, Vice President for Academic Affairs.

Each constituent group integral to Tai Sophia will be studied to assure that Middle States standards are met or plans are in place for improvement. Alumni are invited to participate in the process and provide their perspective. Your involvement is welcomed and valued. If you are willing to contribute, please contact Pat DeLorenzo by email at pdelorenzo@tai.edu or by phone at 410-888-9048 ext. 6642.

Tai Sophia Clinics – New Name and New Services

In a continued effort to respond to the growing need for high-quality wellness services, Tai Sophia Institute's Clinical Services Center expanded their services in December 2008 and announced a new name – Natural Care Center – for the clinic at the Laurel campus.

The decision to make this change emerged from a desire to better describe current offerings as well as plans for future expansion. This name change and other innovations reflect an institutional commitment to shaping the future of healthcare and serving our clients who come to the Natural Care Center every day.

All of the acupuncture and herbal services we have offered are still intact, as is the dedication of practitioners and staff to the relationship-centered care the community has come to know and trust. We also have a holistic physician on board, Jennifer Rabenhorst, M.D., who specializes in Integrative Family Medicine.

The Institute's Natural Care Center is now offering group acupuncture treatments. In this approach, treatments are provided in group settings, in a quiet room with comfortable reclining chairs, and for a reduced cost. The initial examination is conducted in private. In adding this new service, we honor our commitment to the local community and take another step in bringing wellness to the wider world.

In another expansion of offerings, we are integrating new nutritional services. While many of the Institute's acupuncture and herbal practitioners incorporate nutrition into the work they do with clients, our nutritionists focus primarily on diet, food selection, and eating habits as tools to enhance the health of the individual.

In addition to regular consultations, our nutritionists offer one-on-one grocery store tours and cooking classes, designed to provide practical support for clients.

If you are interested in more information on the Natural Care Center, please contact the front desk at 410-888-9048, extension 6614.

News from the Applied Healing Arts Program

This year, for the first time, Applied Healing Arts students who have completed their Projects of Excellence (POE) are presenting their work at POE celebrations. These celebrations, open to the community, are forums where the students have an opportunity to share their Projects of Excellence and explain how their independent studies and the journey through the Applied Healing Arts program have brought them to the "world work" that they are presenting. The student becomes teacher to her/his teachers and fellow learners. These presentations continue to be powerful sharings of the Applied Healing Arts program in action.

Here is a sampling of recent POE celebrations:

Aine O'Connor (AHA'06): "My Peace I Give You Retreat"

Paula Jilanis (AHA'06): "Creating Your Wellness Center"

Linda Mastro (AHA'06): "Building Relationships through Language Workshop"

Xiaoning Zhang (AHA'06): "To Build a Website as a Connection between Chinese Medicine and Our Daily Life"

Frances Royo (AHA'04): "Inquiring into Corporate Initiatives: Perspectives from Employers and Employees"

Lou Rodio (AHA'05): "Designing Memories for Life"

Applied Healing Arts students and graduates make a difference!

In loving partnership,

Anne Baker, Director

Applied Healing Arts Program

FACULTY & ALUMNI NEWS

Celebrating Jim Duke's 80th Birthday

Herbal Medicine faculty member Jim Duke, recognized as a leading world authority on healing herbs, author of more than 30 published books (the latest coming out in June), turned 80 this year. Colleagues and students honored their beloved mentor during a March 31 party at Tai Sophia. James Snow, director of the Herbal Medicine program, reports:

"The wide range of attendees at Jim Duke's party was testimony to the first 80 years of a remarkable life. Research scientists mingled with gardeners and musicians, all telling stories of how Jim had influenced and touched their lives. And by the way, organic hot dogs with barbeque sauce never tasted so good!"

A Tribute to Herbalist Michael Moore

January 9, 1941 - February 20, 2009

March 26th marked Tai Sophia Institute's successful event to recognize the substantial work of herbalist Michael Moore. James Snow offered a heartfelt, engaging presentation of physiological patterns and energetics unique to the teachings of Michael Moore. James also presented a perspective of understanding Michael's teaching in a more current context. For alumni who attended, it was an opportunity to be re-inspired by the brilliant teaching of James Snow as well as Michael Moore.

The event also included a silent auction with generous donations of services and items from members of our community. Thank you to those who donated and the successful bidders who helped us raise over \$2,600 to help keep alive the teaching and work of herbalist Michael Moore.

Robyn Urbach (HRB'02)

Alumni Relations and Outreach Specialist
Herbal Medicine Program

Alumni Treating Veterans and their Families

Tai Sophia attracts people who want to make a difference in the world, and several of our alumni are involved in programs that make a big difference in the lives of American veterans and their families — people who know the trauma of war. The highlights of three alumni programs are outlined below.

Gene McMahon (ACU'94) is passionate about his work with recovering vets through a non-profit corporation called "Vets Journey Home: Homecoming . Healing . Hope . Honor." He runs workshops around the country as well as seeing patients for acupuncture. The

Vets Journey Home workshop is a free weekend event for combat zone veterans who have already paid the price for their honoring and healing.

Program Goals:

- An opportunity to tell their story and be heard
- A safe place to face and heal the wounds of war

Gene explains: "When combat veterans return home, they have important stories to tell. Stories that need to be heard, without judgment, to heal the anger, the grief and the fear. Often friends and families are uncomfortable asking about the war. The result is that the pain within the vet's soul remains unprocessed. This can lead to nightmares, alcohol and drug addictions, broken families, isolation and even suicide. Vets Journey Home creates a safe, secure container in which the wounds of war can be healed. It is staffed by other veterans and civilians — men and women whose intention is confidentiality, healing, and honoring."

Appropriate candidates for Vets Journey Home include combat zone veterans of any war or nation, and other military personnel who have experienced acts of terror (bombings, sniper fire, and other acts of violence). If you know a combat zone veteran who would be served by this program, please refer them to www.vetsjourneyhome.org for a participant application.

If you are interested in being involved as a volunteer, please contact Vets Journey through the website, www.vetsjourneyhome.org, or by email, ottervision@wildblue.net.

Alaine Duncan (ACU'98, CHP'97) also brought together a group of healers who can make a difference for soldiers, their families, and their caregivers by founding the nonprofit Crossings HealingWorks as an affiliate of Crossings: A Center for the Healing Traditions. Alaine founded this complementary healing center in Silver Spring, Maryland with another Tai Sophia alumna, **Jane Grissmer (ACU'79)**. Crossings HealingWorks is supported by donations and foundation grants.

Carolyn Nelka (ACU'96) helped establish a free clinic at the VFW Post in Owings Mills, Maryland, in memory of her husband, Gene Nelka, a Vietnam veteran who died in 1979 from injuries he sustained in the war. Acupuncture is free for veterans and their families as well as active duty military and their families. If you are interested in volunteering, please contact Carolyn Nelka at 443-324-8985.

For full reports on the treatment of veterans by Alaine Duncan and Carolyn Nelka, please see *The Report*, Spring 2009, which was recently mailed to you.

Lender Recognition Reception

On March 12, Tai Sophia acknowledged more than 35 long-time community members and lenders at its first lender recognition reception. It was, in the words of Tim Ambrose, "a celebration and recognition of those who have invested in a shared dream, one that promises more than a simple return on investment."



Above: Diane Juray (ACU'04), Roger Meade and Sherrie Black (ACU'02)

Right: Lucas Naden (ACU'05) performed classical guitar

Below: Ron and Collette McKee (ACU'97) with Kathy Crosland (ACU'02)



PROFESSIONAL PROGRAMS

NEW

Continuing Professional Education Designed for Alumni

The requests keep coming, and we're responding with a new series of professional development programs (CEUs awarded) specifically targeted for alumni. Each program is designed to include perspectives from the Acupuncture, Herbal Medicine, and Applied Healing Arts Programs. We want to offer you an opportunity to enhance your careers and stay connected with members of the Tai Sophia community.

The following series of programs begins in the Fall of 2009 (dates to be announced):

Welcoming the Next Generation: Supporting Fertility

Building, Managing, and Marketing Your Practice for Success

Supporting Wellness in Children

Motivational Interviewing for Ownership of Wellness

Supporting those with Allergies to Food and the Environment

REUNION POINT

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Visit our website: www.tai.edu



Printed on recycled paper, supporting Tai Sophia Institute's commitment to bring about a healing relationship among people, the earth, and all life.

ALUMNI NEWS

News from You

Anne Adams Strozier (ACU May'94) has moved to West Virginia and opened a practice in Lewisburg. She welcomes hearing from friends and colleagues! Anne may be reached at 3591 Brush Road, Lewisburg, WV 24901, by phone at 304-645-3275, or by email at ahsadams@gmail.com.

Karen Giles (ACU Sept'04), a nationally certified NY State licensed acupuncturist, continues to grow her practice in Port Jefferson, New York. In addition to treating patients in private practice on Long Island, Karen recently taught a class titled "Living Fully within the Seasons of Life" in her community and will be offering similar classes in the fall. This spring she will be speaking at a complementary medicine lecture series at SUNY Stony Brook's Multiple Sclerosis clinic, as well as at a support group for women patients in treatment at SUNY Stony Brook's Cancer Center. She can be reached by phone at 631-804-5902 or email at karen_giles@hotmail.com.

Dr. Judy Becker Worsley (ACU'73), wife of the late professor J.R. Worsley, is seeing patients for consultation in Bethesda, MD. For information call 301-699-5996 or email franceskc@verizon.net. To learn more about Judy Becker Worsley, please visit her website: worsleyacupuncture.com.

Monika (Ellrich) Armbruster (ACU Feb'95), was recently appointed to manage the Center for Integrative Medicine, Shore Health System, University of Maryland Medical System, Easton, MD. She accepted the position when **David Mercier (ACU'81)**, founder and director, left to join Tai Sophia as Associate Vice President for Wellness Resources.

Cara Michele Nether (ACU'02) has or will be participating in the following events.

- December 2007, Jewish Addictions Services Conference, presentation titled "A Complete Recovery: Complementary Approaches to Substance Abuse Treatment."
- September 2008, Association of DHMH Social Workers Annual Conference, Vantage House in Columbia, MD, presentation titled "Holistic Approaches to Infectious Diseases; An Update on Clinical Implications to Well-being."
- February 24, 2009, Sister-to-Sister Heart Health Fair speaker and exhibitor.
- March 7-8, 2009, Women's Expo speaker and exhibitor.
- May 5, 2009, Father Martin's ASHLEY Conference on Chemical Addiction, Ripken Stadium Club Level, Aberdeen, MD, presentation titled "Acupuncture as a Tool for Pain and Addiction treatment."

Barbara Walker (ACU'00) and family have moved to Texas, and despite the big adjustment, she says they "really love it here." In addition to running a busy laboratory for her husband, Jerry, being a stay-at-home mom, making new friends and creating a new community, Barbara is working on her acupuncture license and expecting another baby in April!

Allegra Hamman (HRB'08)

Less than two months after the Hopkins Hospital opened a new Integrative Medical Center, the Student Health and Wellness (SHWC) announced plans to offer integrative treatments to Hopkins students. Allegra Hamman, CRNP, clinical herbalist and wellness consultant, will be administering the new services for the SHWC. Allegra will provide "wellness consultations" to students.

Neil Gumenick (ACU'80) is Founder and Director of The Institute of Classical Five-Element Acupuncture in Santa Monica, California. Please visit his website at www.5elements.com for information and a complete list of his seminar offerings, including the October 2 - 4 Symposium: "Continuing the Journey" to be offered in Santa Monica, CA.



Barbara Walker and family in their holiday photograph.

Gene McMahon (ACU'97) will formulate the mix of herbs and flowers for the cleanse tea used at the Summer Solstice Cleanse at the Gaia Healing Center in Mt. Airy, MD on June 24. For details please call 301-829-1822 or email gaiahealing@wildblue.net.

Serving our Country

Pam Thomas (ACU'04) is in Iraq through the Department of Homeland Security and stationed at Camp Victory, Baghdad, until August. Pam writes, "I am keeping up with the alumni page. When I return I will have brief write-up for everyone as to what I'm doing. (And I did bring my needles with me!)"

Published

Richard Karel (HRB'06) is a third year Master's candidate and clinical herbalist intern in Tai Sophia's Master of Science in Herbal Medicine. His paper titled "Ten Herbs for Glycemic Control in Type 2 Diabetes" was published in the *Journal of the American Herbalist Guild*, Vol. 8, No. 2.

Lena Bezman (HRB'04) published a paper titled "The content and quality of human clinical trials on herbs and phytomedicines published in Russian medicals in the 21st century," *Herbalgram* 80, 60-65. Lena works at Johns Hopkins and Kennedy Krieger, and also practices in Baltimore as an herbalist.

Kate Carter (ACU'92) was asked to write an article for a continuing series in *The Frederick News-Post*. Her article was published on Saturday, April 11 (Easter Saturday Edition). The series is called "Paths to Peace," and Kate's contribution is centered on living in accordance with nature to create and maintain peace in our lives.

Cara Michele Nether (ACU'02) was a contributing author in the book *Conscious Choices: An Evolutionary Woman's Guide to Life*, published in December 2008.

In the News

Kaiya Larson (ACU'97)

The Washington Post Health Section printed an article titled "Millions Embrace Acupuncture, Despite Thin Evidence" on March 17. Kaiya Larson, acupuncture core faculty and practitioner at Tai Sophia Institute, was featured demonstrating her treatment approach and needle technique on a 31-year old woman. The article stated, "A study published in December by the National Center for Complementary and Alternative Medicine (NCCAM), part of the National Institutes of Health, found that 3.1 million adults and 150,000 children used acupuncture in 2007, seeking relief from ailments including headache or back pain, insomnia, and attention deficit disorders. That was about 1 million more adults than in 2002, when the last NCCAM study was done."

Mimi Hernandez-Middleton (HRB'02) was recently featured in the *New Life Journal* as Asheville's "Life's Leader." Mimi is vice president of the North Carolina Herb Association, as well as an herbal educator at One World Healing Arts Institute and AB Tech in Asheville. The link to the article about Mimi is <http://www.newlifejournal.com/cms/content/view/929/55/>.

Pat Nordell (ACU'02) and **Dave Wurzel (ACU'97)** were featured in an acudetox article in the *Baltimore Sun* on March 23 titled "Acupuncture helps addicted inmates: Therapy sessions ease cravings, offer hope for a clean life."

Births

Anne Baker (AHA'02), Director of the Applied Healing Arts Program, welcomed her first grandson, Christopher Joseph Boyd, Junior, on April 11. Christopher was born to Anne's daughter, Catherine, and her husband, Chris. Christopher was born exactly one week after the death of his great grandmother, **Sarah Stang (ACU'83)**. Life!

Susan Duggan (ACU'94) welcomed her grandson, Dominick Anthony Bavaro, on April 21. Dominick's parents are Scott and Jennifer Bavaro, and Ava is his big sister. His grandmother adds that he is so darn cute!

Congratulations to **Jody Cutler (ACU'99B)** on the birth of Lucas Arden, born April 2. We hear that Jody is totally smitten.

Max River Hecker Block was born to proud parents Heidi Block and **Arnie Hecker (ACU'85)** on Monday, February 9. "Healthy, and the most precious thing in the world," says his mom.

"Marketplace"

In order to provide timely information about space availability, practitioners needed, and similar offers, we are posting these listings on our website - www.tai.edu. Please scroll over "Our Learning Community," scroll over "Alumni," scroll over and click on "Marketplace." Please help us in our effort to save paper and staff hours by utilizing this free-of-charge, self-service site.

Passages

Amy Wheeler (ACU'97) and **Barry Fudim (ACU'97)** were married on Saturday, October 11, 2008, at the Sage Mountain Retreat Center in Orange, VT (where they met twelve years ago). They were married by Rosemary Gladstar on "a beautiful, magic-full fall day."

Sarah Elizabeth Stang (ACU'83) died peacefully in her sleep on Saturday, April 4, surrounded by family and friends at her home in Washington, DC, following a long neuro-degenerative illness. Sarah brought her warmth, enthusiasm, and a joyful presence to all her friends and family. She was stepmother to **Anne Huyler Baker (AHA'02)**. At Sarah's request, there was no funeral. A memorial concert is being planned to honor Sarah. It will take place by the sea in Ireland sometime this summer. Anyone wishing to make a contribution in memory of Sarah may send it to Tai Sophia Institute.

Terri Trainor died last May "after a two-year diagnosed dance with cancer." Her partner, **Gwynn Chippendale (ACU'96)**, asks that we share this news with the alumni. We send our sincere condolences to Gwynn.

Dr. Henry Abrams, father of **Barbara Abrams (ACU'93)**, died on January 25, 2009. Born on October 3, 1911, Dr. Abrams, an ophthalmologist, was particularly proud that Albert Einstein was his patient and that Einstein was godfather to his son, Mark.



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Mini Alumni Reunion in Manhattan

Bob Duggan and Barbara Ellrich invited acupuncture alumni in the New York City metropolitan area to join them for dinner on February 20. On a cold winter night, a warm gathering of seven alums met for a lovely evening of reconnecting, catching up, and learning about each other's worlds. Those in attendance now have a local peer support group as a professional network. We will be planning alumni gatherings around the country designed for alumni in all of Tai Sophia's Master's programs. We hope you will join us!



Pictured here are the alumni who attended the "mini-reunion" in New York City for an evening of fun and reconnection.

Front row, from left: Barbara Ellrich (AHA'05), Regina Walsh (ACU'92), Bob Duggan (ACU'72), and Pat Gorman (ACU'83).

Second row, from left: Robert Abramson (ACU'79), Willow Rabinovich (ACU'00), Joan Borden (ACU'92), Andy Starr (ACU'04), and Tuna Flores.