

CHHA

The Newsletter of the Connecticut *Holistic* Health Association, Inc.
Healthcare & Wellness focused on the Body-Mind-Spirit

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Supporting a wide scope of holistic practitioners while promoting on-site education for and partnerships with conventional medicine, industry, academia and government agencies throughout Connecticut.

The Zen of CHHA

by Michael Basso, Ph.D., MBA, President



Modern professionals may learn much from the extraordinary capabilities of the tried and true Zen masters. The ability to *focus* is among their most important attributes and in combination with right training and ‘right work’ all things are possible. Even ‘mega-multitasking’ can become easy when we learn to focus appropriately.

We are sometimes led into events that force us to do just that when all else fails.

My lifelong holistic interests were spawned as a teenager when I was saved from a prolonged bout with pneumonia using nutritional techniques. Nothing else would work, including antibiotics, and sulfa drugs. During the same period, I was very interested in swimming, running, and a variety of athletic pursuits. Shortly thereafter the works of Zen expert, Alan Watts began to intrigue me and the importance of focusing became readily apparent. Later in life, when I worked in industry, I was given the task of taking a primary leadership role in the launch of several new programs that could not get out of the meeting room. Lots of meetings and paper, but little real progress. My boss let me know that if we failed, the company would suffer considerably. Once again, do it right or pay the piper.

To my amazement, my small team launched 11 successful programs in two years, whereas before not one was actually launched in that much time! While we broke all the rules, our little team of renegades accomplished what a huge team just talked about.

While these tough experiences almost brought me to my knees, I am eternally grateful for them today. *Focus* and *Concentration*, while doing ‘right work,’ and trying to do it right the first time were among important and very hard lessons learned. I feel that we can apply these lessons/ principles to CHHA.

After a long period of successful growth and recognition for CHHA, it is now time to refocus on a few programs that will certainly bring us to the next level. Among several new initiatives, we are *actively* investigating the automation of our membership, directory, and workshop processes. Online registration and payment, multi-year memberships, and state of the art workshop processing are all part of this investigation.

In addition, a focused effort is being placed upon the development of statewide PR initiatives and the formalization of our policies, procedures, and guidelines. New communication and financial processes are in the works too. Under the leadership of CHHA VP, Dr Whitney Miller, we are about to launch new ways to run CHHA as a democratic organization. Many thanks to all the CHHA leaders who are working diligently to serve CHHA membership with innovations. Special thanks to CHHA, New Haven Branch Directors Dr Emma Norton, Dr Jenn Krebs and Don Levy for helping make the recent QU Health Fair a great success. Meanwhile, Dr Jeannete Tedesco is fine-tuning the Third Annual Holistic Health Fair at WCSU on 9 April.

All of these processes and technological innovations are critical for our stable existence. The CHHA Board of Directors has voted for the addition of three more CHHA branches. The long awaited CHHA southeastern branch will be called CHHA, Greater Norwich. Two other recent additions are CHHA, Greater Litchfield and CHHA, Greater Storrs. That’s a total of seven branches! We are growing!

If we do it right, our ‘external product’ (education and public awareness) will continuously be improved as our interactions are continuously enhanced. Our new, comprehensive, strategic PR plan will benefit all CHHA members. Our relations with academia, industry, conventional healthcare and government will be enhanced significantly. We are discovering more effective ways to improve our documentation, including our history. Our friends and colleagues at Quinnipiac University have offered to help in this regard. They plan to digitally archive the history, progression, and evolution of CHHA!

Namaste, Michael

CHHA BRANCH REPORTS

GREATER DANBURY

Spring was a busy time for CHHA, Danbury. Along with the Institute for Holistic Health Studies at WCSU, we will host an evening program by renowned board certified psychiatrist and author Dr. Judith Orloff. The lecture will be presented 7 April at the Ives Concert Hall at Western Connecticut State University [WCSU], Danbury.

On 9 April, the Third Annual Holistic Health Fair will take place at WCSU. Many students and members of the community will turn out to attend the lectures presented and to learn from the various practitioners who will have booths at the fair. Once again CHHA, Danbury will present an educational week for the community as well as raise money for the WCSU scholarship program.

On 10 May, in WCSU's Alumni Hall, wellness consultants Denis and Rosemary Bouffard will demonstrate how to offset the negative effects of our technological environment with the use of magnets and far-infrared products. It will be a fun, hands-on evening. On 14 June, Diana Gubbay will lecture on homeopathy. The meeting will be held in Warner Hall.

CHHA, Danbury wishes to thank Dr. Jeanette Tedesco for her dedication and inspiring direction as Branch Director these past two years.

Editor's Note: By the time you receive your printed copy of this newsletter, the April events may have transpired even though we met our printer's deadline of 10 March. On the other hand, if you regularly check our web site, then you would have received this information on or about 10 March!

GREATER HARTFORD

CHHA, Hartford focused most of its first quarter efforts on organizing an online auction. Here's a synopsis of the press release.

Healthy Online Auction To Fund Holistic Education for Cancer Patients

On March 14, 2005, the general public was invited to save up to 50% off the retail price for holistic health services and products donated by holistic professionals and organizations throughout Connecticut. These products and services will be available for bid in an internet-based auction. The goal of the auction is to raise funds for the Connecticut Holistic Health Association (CHHA) and increase awareness and accessibility of holistic healthcare.

Visitors to www.mycharityauction.com will discover up to 100 products and services to bid on. Potential bidders will be informed of the full retail value of each item for bid directly on the auction site and bidding will begin at 50% of regular retail value. Participants will be automatically notified by email when someone else outbids them and if they are the winning bidder. All bids will close at midnight on March 28, 2005.

Funds raised by this event will be used by CHHA to

produce an expo aimed at educating the general public about options and availability of holistic, integrative and preventive treatment of cancer patients. The expo is slated for Spring 2006.

According to Mike Basso PhD, president of CHHA, "A highly significant percentage of the US healthcare dollar is spent on holistic healthcare. Now, most of these services are not covered by insurance. They are paid out-of-pocket. So we know that there is a tremendous demand. However, there is a comparative lack of financial backing available to educate the public about holistic forms of treatment. We feel it is critical to help educate consumers and healthcare professionals--particularly when it comes to cancer, cardiovascular disease, stress, nutrition, and pain management."

GREATER NEW HAVEN

On 26 February, hundreds of guests got a chance to mingle with and learn from dozens of CHHA members at the Third Annual Quinnipiac University Holistic Health Fair. Kudos go to the events tireless organizers: NDs Emma Norton and Jenn Krebs.

Co-Branch Directors Jenn, Emma and Don would like some help! Please contact Don Levy at the Yale Medical Bookstore [203 789-2124 or sm275@bncollege.com] if you would like to help plan and implement upcoming CHHA, New Haven events.

Don's new cable TV program *Touchstones® — An Eclectic Guide to Health* – is getting the attention of New Haven TV viewers. The show airs in prime time – on Thursday and Sunday nights at 7 p.m. on New Haven cable Channel 28. Don would be delighted to help members make sure their local cable operators carry *Touchstones®*. So phone or email him.

Everybody is invited to join CHHA New Haven members at 2 pm on Sunday, 1 May for an herb-spotting hike up Sleeping Giant State Park. Meet at the water pump at the "near end" of the parking lot. We'll be joined by members of the Connecticut Herb Association.

GREATER NORWALK (formerly Southwest)

Our first Stress Management Fair, in collaboration with the University of Connecticut, Stamford was an astounding success. Hundreds of students, faculty, local professionals, and the general public attended this significant event. Many commented on the professionalism, integrity, and willingness to share exhibited by the many CHHA members present. The event was so successful that a sequel is planned for October. It will become an annual event thereafter.

Other collaborative events are also anticipated at UConn, Stamford. Please stay tuned as CHHA, Greater Norwalk continues to build our holistic relationships from Greenwich to Bridgeport! Much more to follow very soon.

Editorial

The Power of Intention and Strategic Planning in CHHA

by Dr. Tom [Tom Laga, PhD]
Nutrition--Fitness--Stresscare Counselor

Last night, Carol Ann and I were watching a PBS special titled Dr. Wayne Dyer's *The Power of Intention*, which is also the title of his latest book. An Amazon editorial review said: "...His core teachings speak to tapping into a universal source of energy which can also be called the 'power of intention.'



He calls people [like CHHA members?] who are consciously co-creating with this energy source 'connectors.' Connectors are committed to the 'seven faces of intention': creativity, kindness, love, beauty, expansion, abundance and receptivity."

When I attend the quarterly strategic planning meetings of CHHA at Quinnipiac U, I am so appreciatively amazed by the talent and dedication of our team.

Treasurer Carmen Brickner—with magic marker in hand—outlines our brainstorming innovations and relentless questioning as she facilitates the meetings and keeps us seven regular participants on task—as does Dr. Mike Goupil with stopwatch in hand. Dr. G also raises questions of organizational procedures which keep us focused.

Complementing Ms. Brickner, Secretary Diane Reda-West's organizational ability provides a very detailed and useful agenda with several pages of graphics and synopses of issues such as the recent naming of the new CHHA Branches—seven, total.

Branch Directors Dr. Pat Barry [Hartford], Dr. Jeannette Tedesco [Danbury] and Don Levy [New Haven] represent their constituencies so well and freely share ideas about what their members want and the progress being made on projects.

President Emeritus Dory Dzinski, MAPC, writes and revises CHHA's policies and bylaws. Her law background is so valuable!

President Dr. Mike Basso consistently and assertively expresses his vision for CHHA and suggests time frames in which to complete needed tasks. And while we all take CHHA seriously, we laugh frequently at ourselves. While there are inconveniences, dedicating 4 hours/4 times a year seems "reasonable" for Dr. Dyer's *Power of Intention*: creativity, kindness, love, beauty, expansion, abundance and receptivity."

Holistic Practitioner Groups

Holistic practitioner groups are an opportunity for area practitioners to **come together informally to network, share experiences and create community.** Although not specifically CHHA functions, many CHHA members attend and CHHA members coordinate five of the seven groups. Most groups send e-mail notices of events. So send your e-mail address to the contact person to be put on the list of your choice.

Groups are easy to setup and require minimum effort to coordinate. If you would like information on starting a group in your town, contact JON ROE, (860) 875-4101 or email anopendoor@aol.com, for suggestions. Don't be intimidated by location. Just go to www.mapquest.com to get directions from your home or your office to the meeting places. All addresses are stated below.

Here are the meeting times and co-ordinators for the groups starting in January 2005. So mark your calendars now while you're thinking about it!

MANCHESTER - First Thursday evening 6-8 PM monthly at the **Center For Progressive Therapies**, 192 Hartford Rd. JIM COWLES at 860-649-9600, info@c4pt.org or visit www.c4pt.org. [Note that this **the only evening meeting** of the 7 groups listed.]

MANCHESTER - Third Wednesday breakfast, 9-10:30 AM at Natural Rhythms, 964 Main St. JERI REID, 860-463-5109, or email: jerireid@hotmail.com

MIDDLETOWN - Third Thursday lunch, 12-1:30 PM at It's Only Natural in the clock tower, 386 Main St. DWIGHT NORWOOD, 860-344-8733, or email: intuition_ABC@comcast.net

NORWALK - Healthcare Professionals' Networking Breakfast. First Tuesday 8:30-10 AM monthly at the **Total Life Care Center**, 152 East Ave., Norwalk, just off I-95, Exit 16. RSVP: BETH LEAS at 203-853-4852 or email TLCCenter@aol.com. [Note: The Norwalk group usually has a speaker.]

TORRINGTON - First Friday, breakfast at Hannah's Bakery, 21 Main St. 9-10 AM. ROSEMARI ROAST, walkinthewoods@5pillars.com, 860-738-1608.

VERNON - First Friday 9-10:30 AM, monthly at **Charlie's**, 520 Hartford Tnpk (Rte 30). JON ROE at 860-875-4101 or email anopendoor@aol.com.

WETHERSFIELD - Third Friday breakfast, 8:30-10:30 AM monthly at **Max Bibo's**, 691 Silas Deane Highway. MARIE MAMMONE, ND at 860-529-1200 or email MarieMND@cs.com.

WILLIMANTIC - Second Thursday 12-1:30 PM, monthly at **Oobahs Deli**, 861 Main St. DAWNA MARTIN 860-822-0880 or The Wellspring Center 860-423-6235 or email dawna@thewellspringcenter.net.

WINDSOR - Fourth Friday 8:30-10:30 AM, monthly at **Centre Coffee Bar**, 20 Union St. JON ROE at 860-875-4101 or email anopendoor@aol.com.

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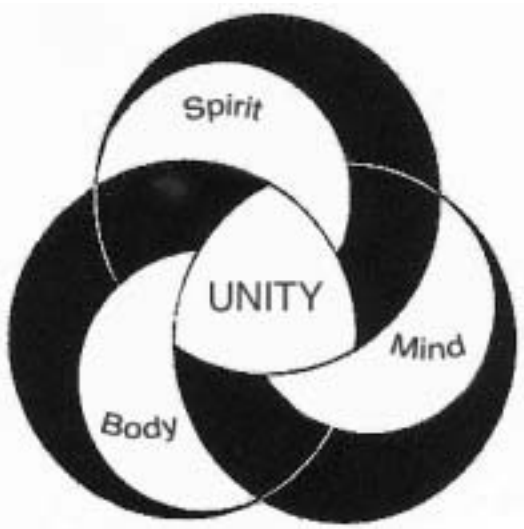
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ANNOUNCEMENTS

- 1) The CHHA award for academic excellence at the UCONN Health Center was awarded to sophomore medical student Taylor Spencer for his stress related study entitled, *Health-Related Quality of Life and Related Factors in Adolescents with Physical and Developmental Disabilities*.
- 2) A collaborative holistic fair, with Manchester Community College is planned for 21 April from 4-8 pm. Visit www.cthha.org for more details.
- 3) Please plan to participate in, or attend, the Third Annual Connecticut Holistic Health Association Fair in collaboration with Western Connecticut State University, Danbury on 9 April. This awesome event will follow a presentation by Judith Orloff, MD on 7 April. Many, many thanks to the comprehensive efforts of Danbury Branch Director Jeanette Tedesco, PhD.
- 4) Congratulations to New Haven Branch co-director, Don Levy for the development and production of a new holistic TV show called *Touchstones*. This show will bring many opportunities to CHHA. Don and Dr Tom have discussed the possibilities of also making the show available on public access Nutmeg Television in central Connecticut.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



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