

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.

CHHA and The Year Of The Child

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



In an effort to focus some of CHHA's energy (Zen thing you know), CHHA leadership has decided to place a special concentration on Stress Management with an emphasis on Youth. Of course, nutrition, fitness and other relevant modalities will also be addressed. In fact, we decided to call 2006 the 'year of the child.' And we have

already started planting seeds and cultivating the common ground by building relationships.

This past October CHHA and CSYSA (CT State Youth Services Association) started what is sure to be a long and fruitful relationship. This initiative commences with a joint conference on Rejuvenation and Stress management. Dr. Tom spoke on relationships between stress, nutrition and fitness, along with a practical application of the importance of humor. Dr. Kathleen Wheeler addressed the important, but often overlooked relationship between stress and trauma and intervention (including EMDR). I spoke on social and neurobiological aspects of Stress. To balance the day, Irene Mardal, LMT, led an awesome experiential session that lasted more than 30 minutes.

As we continue to roll out these initiatives, we expect that many new schools, colleges and universities will come on board. CHHA's emphasis on ethics and professionalism has been praised by several educational administrators. Due consideration (diligence) for youth-safety, appropriate protocols geared for youth, and possible gender concerns have been noticed and appreciated by all.

Recently, I received feedback from college students that many of you may find interesting. I taught them how to relax through meditation, imagery and progressive relaxation. They were less stressed during exams and actually did better overall. I used similar

strategies during my own undergrad engineering program and found myself getting straight A's in advanced math, chem, physics....MUCH better than in my high schools days!

The future is bright as we help youth to build strong and solid foundations that will last a lifetime and help the entire planet to thrive. Please be part of this as you renew your CHHA membership.

Happy 06 to ALL! Michael



ANNOUNCEMENTS

- 1) The following CHHA positions are open: Treasurer, Branch Director, Greater Norwich, Membership Chair and Membership Directory Chair. Please contact Michael at president@cthha.org if interested.
- 2) Jon Roe was given the Sustaining Contributor Award at the Annual Holiday Party/Meeting.
- 3) Jeanette Tedesco, PhD was presented the Outstanding Service Award 2005.
- 4) Special thanks to Pat Barry, PhD for her two year term as Branch Director of CHHA, Greater Hartford.
- 5) Under the new system, CHHA memberships will be valid for one year after initial or renewal membership begins. For many of you, this means that January 1, 2006 is a great time to renew.

Please support CHHA by renewing quite easily on line. Visit www.cthha.org to renew or join!

NOTE: If you have been receiving the newsletter but have not paid your dues by 30 January, this will be your last issue. We sincerely hope that you will re-join today.



CHHA BRANCH REPORTS

GREATER DANBURY

6:30-8:30 pm Wednesday, February 2 The Healing Arts Community, 777 Federal Road, Brookfield, CT Sharona Fein, Certified Hypnotherapist, will present *Money, Manifestation & Miracles*. Learn the secrets of creating abundance of all kinds and make miracles happen! CHHA members: \$5. Non-CHHA members \$10. Seniors \$1.

6:30-8:30 pm, Thursday, March 2 at Greenwoods in Bethel. We will host a networking/social at Greenwoods Restaurant, 186 Greenwood Avenue. This lovely establishment is the old Opera House and the perfect place to relax with new friends and old. Plenty of hors d'oeuvres and cash bar. Join us for some fun. Bring your partner, spouse or friends for \$15 per person. Contact Irene Mardal @ Take Time Relaxation Center 203-792-2456 to reserve your spot.

Join us as we grow and create more connections with each other and the community. With gratitude and blessings, breathe peace. Irene Mardal, Branch Director, 203-792-2456

GREATER HARTFORD

CHHA, Greater Hartford will have a new branch director when this issue reaches your mailboxes. It has been a pleasure for me to serve as your branch director for the past two years. I want to thank everyone who has assisted me during this time, especially Linda Catrambone, MA and Dr. Mike Goupil who have been supportive members of the planning committee that guided our programs and activities.

The results of the CHHA survey distributed last spring showed three recommendations as the primary interests of CHHA members. The survey indicated that members want:

1. Information on developing and promoting their holistic health care practices.
2. Opportunities to network with other holistic care providers.
3. Occasions to have fun.

As an aid to the incoming director, the planning committee has suggested the following activities for consideration: April: A networking event for holistic health care practitioners in the Greater Hartford area. June: A picnic that will be open to CHHA members, their families, and friends. October: Cancer Expo: Holistic Health Approaches with Cancer. December: the CHHA Annual Holiday Party. Until the new branch director is in place, if you have questions or issues to discuss, you are welcome to contact me. Sincerely, Dr Pat PatDBarry@AOL.com.

GREATER LITCHFIELD

Winter in the Litchfield Hills is an invitation to embrace the energy of the season and to enjoy a bit of stillness and hibernation. So it is that we are starting 2006 quietly with no formal events planned for January and February. We DO invite all CHHA members and any interested folks to join us at our Holistic Practitioners' Gatherings on the first Fridays of every month at **9:30 AM: January 6th, February 3rd and March 3rd** at Hannah's Bakery, 21 Main Street in Torrington. This is a great forum to get to know area practitioners as well as sharing ideas for—and participation in—future events and lectures!

1PM, Wednesday, March 29th The Litchfield Community Center, 421 Bantam Road [Route 202] in Litchfield. We invite you to join area Acupuncturists, Jenny Fairservis and Carol O'Toole as they present *A Mind-Body Approach to Aging with Asian Medicine*. Learn how acupuncture and herbs can help slow down the aging process. They will discuss the basic history of Asian Medicine, Western Medicine vs Asian Medicine [a different paradigm] and Holistic Psycho-Spiritual components of healing [as well as discussing specific diseases and their treatment]. This is a great lecture for those new to Asian medicine and veterans alike. This event is free to CHHA members and \$5 for non-members. For more information, call Rosemari at 860-738-1608. Rosemari Roast CHHA, Greater Litchfield Branch Director

GREATER NEW HAVEN

March 2006 The Greater New Haven Branch is looking forward to co-hosting the Third Annual Holistic Health Fair at Quinnipiac University We'd love to have a few volunteers help Don Levy organize the event, schedule presentations and accept reservations for booths. [Don's work number is (203) 789-2124; email is sm275@bncollege.com.]

Each week means a new *Touchstones*® cable TV program. [New Haven Channel 26, **Thursday and Sunday nights at 7 pm**, Bridgeport area Channel, **Friday nights at 10:30**]. Upcoming topics include helping kids deal with scary real world events with Yale child psychoanalyst Steven Marans, PhD. *Touchstones*® will talk with Michael Berman, MD about the trauma of losing an infant or experiencing a miscarriage. Dr. Berman heads the Hygeia Foundation which is dedicated to helping women deal with such losses.

Southern Connecticut State University poet and writing instructor Vivian Shipley will tell the *Touchstones*® audience how they can use their writing skills as a means of healing and of achieving greater wholeness and energy. CHHA's Donna Kemper will discuss her recent energy work as well as her use of hypnosis in healing.

You can bring the CHHA-Sponsored *Touchstones*® program to your area by asking your local cable operator to carry the program. Contact Don at 203-785-2124 for more information on becoming a *Touchstones*® sponsor in your area or becoming a guest on the program.

GREATER NORWALK

This fall Dr. Denise Green discussed the role of Spirituality and Medicine at Norwalk Community College. This special talk led to a variety of lively discussions and included an experiential session as well.

A panel discussion on holistic approaches to ADHD is in the planning stages for winter. Please check the CHHA website for further details.

The second annual Stress Management Fair in collaboration with UCONN, Stamford is in the planning stages for this spring. Last year more than 500 faculty, students, practitioners and community members attended.

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Editorial

Forgiveness, Patience, Peace The Legacy of Karol Wojtyla

by Dr Tom [Tom Laga, PhD]

Nutrition - Fitness - Stresscare Counselor

In the first week of December 2005, I was deeply moved by the CBS original movie about Karol Wojtyla of Poland who became Pope John Paul II. [This film starred Academy Award Winner, Jon Voight]. The film traced Karol Wojtyla's childhood through his young adulthood in an acting troupe to his decision to become a priest-- and then a bishop, cardinal and pope.



While he detested the philosophy and tactics of the Nazis and later the Communists, he always believed that winning the battle was through resistance and peaceful protest which excluded killing--paralleling Gandhi and Dr Martin Luther King.

John Paul II wanted world peace above all else via prayer, meditation, visualization, peaceful protest, demonstration and active participation in the peace process for human dignity. He also believed that we had to forgive our "enemies" such as the Nazis, the Commies and even the person who may make an attempt on our life [as he forgave the man who shot him--one bullet missing his heart by a millimeter].

With the spirits of the John Pauls and Martin Luther Kings, we can enjoy the gifts of the season: love, joy and peace in our hearts in spite of the war. In holiday spirit, we can express one of our deepest assets of being human: we can forgive. We can forgive knowing that what is given is returned several fold.

We can also renew our New Year's Resolution[s] toward our Bodies, our Minds, our Spirits--the essence of HOLISTIC health--and healthCARE which we personally profess and professionally practice. Holistic MEANS the integration of BodyMindSpirit--that the whole [persons]are greater than the sum of their parts.

As I read in My Daily Word's meditation this morning:"I am blessed with an unfailing ability to make healthful choices for myself. I have many opportunities to CHOOSE what supports my wholeness and well-BEing.

And yeeeee, maybe we should have spelled it Wholistic [rather than the Greek derived Holistic] so people would understand the concept more easily. But we didn't. So it's up to you--to each of us--to proudly proclaim that we ARE indeed members of the Connecticut Holistic Health Association [CHHA] and that we are here to help you in the healing process now and for the rest of our lives.

So if you ARE a member of CHHA, please renew to keep our association a powerful voice. If you're not yet a member, please join us. Healthy New Year! Peace, Dr Tom

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 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 2006. So mark your calendars now while you're thinking about it!

BROOKFIELD - Third Wednesday Breakfast 8-10 AM. Healing Arts Community, 777 Federal Road, Brookfield. Monthly speakers. For Holistic Healthcare Professionals and those interested in networking with them. Sharona Fein 203-775-8332 or RSVP@HACCT.org.

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 is **the only evening meeting** of the groups listed.]

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. Rosemarie 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 Jon.Roe@comcast.net.

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.

WINDSOR - Fourth Friday 9:00-10:30 AM, monthly at **Centre Coffee Bar**, 20 Union St. JON ROE at 860-875-4101 or email Jon.Roe@comcast.net. A second networking event will be held every other month at the office of an area practitioner. Location, date and time will vary.

Renew your membership online. It's so easy! Visit www.cthha.org now! If dues are not received by Jan 30 this will be your last newsletter! Don't miss an issue! **RENEW NOW!**

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Norwalk - continued from page 2

We are in the process of developing a special relationship with the Wainright House in Rye, NY, just over the NY State border. Many great things are expected to happen for CHHA members. BTW, they love our membership directories!

GREATER STORRS

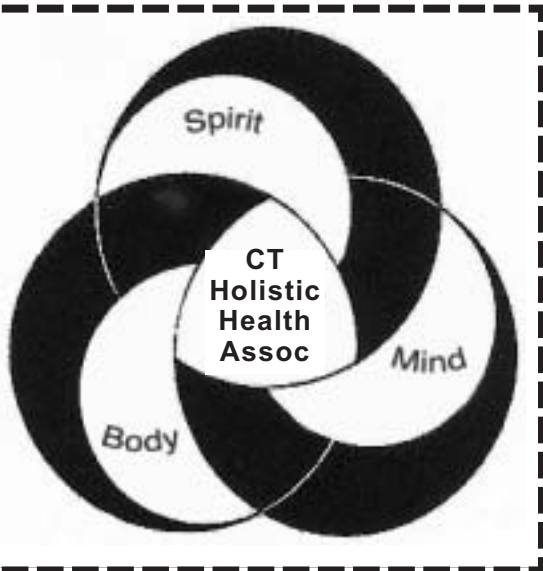
We're still working out some details, but here's the Winter line-up! Watch your email and www.cthha.org for updates. Contact Holly McHaelen, EEFengShui@juno.com or at 860-301-2808 for more info, to RSVP, or get involved!

6-9 pm Thursday February 2 at Energy Works of Starfarm, Chaplin, CT Networking Potluck for Holistic Health Practitioners hosted by Lee-Ellen Acten of "Energy Works of Starfarm." Connect and energize! This informal gathering will be a great opportunity to network, socialize and briefly present your work (Bring business cards!) Please also bring a dish to share. Free to CHHA members but please RSVP for directions.

6-9 pm Thursday, March 2 Storrs [Location to be announced] *Growing Your Holistic Practice*. Whether you're a seasoned professional or a newbie, don't miss this informative presentation/panel discussion addressing business aspects of sustaining and expanding your practice. Topics include: 1]Principles And Resources For Creating A Solid Financial Structure; 2] Marketing And Networking; 3]Promoting Your Practice From The Inside Out 4] Internet Savvy, Website Development, Reaching Clients Through The WWW. Plenty of networking time. Bring business cards! Enjoy light refreshments. Call for location and to register. Pre-registered/paid by March 1: \$10/members, \$15/non-members. After March 1: \$15/members, \$20 non-members. Checks payable to CHHA; mail to: Holly McHaelen, 19 Autumn St., Manchester, CT 06401

6:30-8:30 pm Wednesday April 5 Mansfield Public Library *Children's Wellness: A Body-Mind-Spirit Approach* panel discussion. Details in the CHHA spring newsletter and at www.cthha.org. Or contact Holly at 860-301-2808 for more information on this thought-provoking event. Administrators and CHHA members personally or profe

Our best wishes for a stress-free enjoyable holiday season!



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