

TRY THIS!

Experiment with the Anatomy of a Laugh

1. Place both hands on your belly.
2. Lift your eyebrows; this helps you look tall and think (ha, ha, this is a joke).
3. Smile until your molars show.
4. Add sound by saying "ha ha ha."
5. Add movement by gently rolling your head up and down.



Enjoy!
Rx: At least 3 times a day.

THE EFFECTS of TEENAGE (Soft) Drinking

The Center for Science in the Public Interest says that data shows teenagers are actually drinking more high-calorie soft drinks than ever – despite growing concerns about obesity.

The CSPI petitioned the FDA to require a series of rotating health notices on sodas – such as “This drink contains x grams of caffeine, which is a mildly addictive stimulant drug. Not appropriate for children.” Besides health messages on labels, CSPI recommends requiring calorie labeling of beverages on chain restaurant menus and menu boards, and stopping soda sales in schools.



INTEGRIS *James L. Hall Jr.* CENTER FOR MIND, BODY AND SPIRIT

The INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit is a not-for-profit educational organization committed to improving health by increasing awareness of the healing power of the connection between mind, body and spirit. The center is intended as a community resource.

For more information, please call (405) 943-3921, or write:

4900 N. Portland, Suite 102
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FALL 2005

HARMONY

James L. Hall Jr. Center for
MIND, BODY AND SPIRIT

COMING THIS FALL

Thursday, Oct. 27

Self Care and The Healing Process

7 p.m.

James L. Henry Auditorium
INTEGRIS Baptist Medical Center
Public Presentation – Free

Our minds and bodies contain within them the capacity for profound regeneration. With guidance we can access wellsprings of zest, selfhood, self worth and authenticity no matter what suffering we have endured. Clinical psychologist Stephanie Mines has synthesized the best of Eastern and Western medicine. Experiential exercises with energy medicine and demonstration treatments will allow participants to learn self-care practices that will be useful for their everyday lives.



Stephanie Mines

Friday, Oct. 28

Regeneration for Caregivers - The Power of Self Care

8:30 a.m. to Noon
Educational Workshop for Professionals – \$50

Self care, secondary traumatization, burnout, self awareness and self healing are the topics Dr. Mines will cover for the educational workshop. Both didactic and experiential learning, individual treatments, hands-on opportunities. Stephanie Mines, Ph.D., is the founder and director of an international training program called The TARA Approach for the Resolution of Shock and Trauma. She conducts seminars and workshops worldwide for psychologists, psychotherapists, occupational therapists, physical therapists, and health care providers of all kinds. Dr. Mines is the author of *The Dreaming Child: How Children Can Help Themselves Recover from Illness and Injury*; and *Sexual Abuse/Sacred Wound: Transforming Deep Trauma; Energy Medicine and We Are All in Shock: How Overwhelming Experiences Shatter You ... and What You Can Do About It.*

For reservations call the
INTEGRIS HealthLine at (405) 951-2277.

For reservations call
(405) 943-3921.

UNLOCKING THE MYSTERIES: What's Worth Knowing in Caregiving

Thursday, Nov. 3 • 8:30 a.m. to 4 p.m. • Registration: 8 a.m.

For reservations contact the Central Oklahoma Chapter of the Alzheimer's Association at (405) 319-0780 or 800-272-3900.

The INTEGRIS James Hall Jr. Center for Mind, Body and Spirit is joining with INTEGRIS Third Age Life Center and the Central Oklahoma Chapter of the Alzheimer's Association to present an all day workshop featuring keynote speaker Wendy Lustbader, M.S.W.

Lustbader will present two sessions, "Speaking of Feelings" and "Rx for the Caregiver," followed by "Guilt and Unresolved Issues" presented by Bob Willis, certified grief counselor, Hospice of Oklahoma County.

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INTEGRIS
James L. Hall Jr.
CENTER FOR MIND, BODY AND SPIRIT

4900 N. Portland, Suite 102
Oklahoma City, OK 73112

Tuesday Nights at the Center

October and November 2005 • 6:30 to 8 p.m.

4900 N. Portland, Suite 102

Call Kerry Ann at (405) 943-3921 for reservations. Presentations are free.

Tuesday Nights at the Center continue to be well attended as we bring in local professionals to help us learn more about many of the complementary therapies being talked about today. These are techniques that may be helpful, in addition to any medications or treatments recommended by your physician. They are never meant to be a substitute.

So far this year we have offered a look at Creative Journaling, Resentment Free Living, Guided Imagery, Reiki, Acupuncture and Reflexology. October and November will bring Aromatherapy and Humor as tools for better health. Many of these seminars will be offered again in 2006 because of the interest in each one that has resulted in a waiting list. The 2006 offerings will be listed in the next Harmony that will arrive in your mailboxes in November. You must make reservations through our center at 943-3921.

Tuesday, Oct. 11

Aromatherapy 6:30 to 8 p.m.

Join us for a fun introduction to the clinical use of Aromatherapy. Learn what "Clinical Aromatherapy" means and how it is different from scented candles and products from your favorite bath shop. Hear the intriguing history and background of modern aromatherapy. Find out why the distributor you select can make a profound difference in the results you get from your oils. **(Do you really know what's in that bottle?)** Learn when and when not to use specific oils. Participate with us in experiencing some useful oils and some of the different techniques for using them.

Raine Benham is a registered nurse and has worked within the health care field for more than 25 years in the areas of intensive care and psychiatric nursing. She is a certified Healing Touch



Raine Benham



Brenda Walters

practitioner and a Healing Touch instructor. She is co-founder of Integrative Healing Arts LLC, where she has a full time private practice offering Healing Touch, aromatherapy and other complementary modalities. Raine has been working with the clinical application of essential oils since 1997.

Brenda Walters is a certified massage therapist who has had a private practice in Oklahoma City since 1992. She is also a certified Doula, certified infant massage instructor, certified clinical aromatherapy professional and a Reiki master. She has recently been certified as an instructor of the 'm' Technique, a touch therapy especially developed for the severely and terminally ill. She has instructed classes in pregnancy and infant massage at Heritage College. She was a presenter at the International Wellness Conference in Galveston, Texas.

Tuesday, Nov. 1

Laughter is Good for Your Health

Is your funnybone drying up? Does your funnybone have cracks in it? Do you even know where your funnybone is located? Then you need to come for a fun filled evening and have your funnybone replaced, reactivated or just plain tickled! It will also help you manage your stress through the holiday season just ahead.

Join **Judy Barker, S.A.M.**, better known as the clown called "The Cute One," for an evening that not only will be funny and entertaining, but will also leave suggestions to develop your humor skills, create mirthful moments and learn how to live life to the funniest!

Barker, who has been laughed at across the United States and twice in Canada, is the founder and president of Healthy Humor Clown Unit Inc., a not-for-profit organization that teaches clowns how to do caring clowning. The organization also provides clowning services to many hospitals, children's facilities, hospice, nursing homes, assisted living facilities and grief groups.



Judy Barker

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Unlocking the Mysteries: What's Worth Knowing in Caregiving

Lustbader is a geriatric social worker and a mental health counselor at Pike Market Medical Clinic in Seattle and a professor at the University of Washington School of Social Work. She lectures nationally on topics related to chronic illness, aging and the needs of family caregivers. She is the co-author of *Taking Care of Aging Family Members: A Practical Guide* and

author of *Counting on Kindness: The Dilemmas of Dependency*. Her latest book is *What's Worth Knowing*.

Lunch will be served. \$10 per person. Reservations are required.



Wendy Lustbader, M.S.W.



FROM THE DIRECTOR

By Charlotte Lankard, LMFT, director, James L. Hall Jr. Center for Mind, Body and Spirit

Create a Bigger Picture of Health ...

is the title of an article written by John W. Travis, M.D.,

author of *Wellness Workbook* and *Wellness for Health Professionals*. He quotes Werner Erhard, who said, "Health is a function of participation." Travis believes the "participation" that Erhard was talking about is participation in relationships and in work that serves a vision or a context larger than your own personal survival, and that health and wellness are by-products of a life that is less focused on one's own physical or circumstantial problems and more diligent in your commitment to the well-being of others. *Think of Mother Teresa.*

Travis suggests that obsession with health can be every bit as wasteful of your human

potential as ignorance and carelessness can be. He thinks focusing primarily on self-health can be isolating, expensive and outrageously time consuming.

When you are ill, illness tends to permeate your world, whether it is a simple cold or a chronic condition. Having asthma or having arthritis can easily become your identity.

When that happens, you can use or abuse that, judge yourself or manipulate others.

Rather than becoming "the woman with arthritis" or "the guy with asthma," the doctor suggests aligning yourself with a bigger context of health that will keep you from using illness or disease.

What he is talking about, of course, is

balance. Certainly it is important to take care of yourself, but equally important to reach out to help others. "Service to others in need can be a powerful remedy for your own pain or sense of alienation," says Travis. He calls this "putting your own drama aside" for a time, in order to touch with understanding, the life of another.

This is why support groups for different illnesses are helpful to patients. If you have cancer and you join a support group made up of other cancer patients, you will help yourself when you also reach out in shared pain and shared humanity, to help someone else.

Tim McGuire

Ethical Stewardship: Expanding Our Notion of Ethical Choices

Wednesday, Oct. 12 – 11:30 a.m.

Presented by the Oklahoma Ethics Consortium in collaboration with the INTEGRIS James L. Hall Jr. Center For Mind, Body and Spirit

Tim Mc Guire was a guest lecturer for the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit, in 2003. He writes a weekly syndicated column for United Media called *More Than Work*. The column covers ethics, spirituality and values in the workplace. The column appears in 33 newspapers, including *The Oklahoman*.

A distinguished journalist, McGuire retired as editor of the *Star Tribune* in Minneapolis after a successful stint that included that paper receiving a Pulitzer Prize. He has served as a Pulitzer jurist six times. In the spring of 2005, he was the Donald Reynolds Distinguished Visiting Professor at Washington and Lee. In 2003 he was the distinguished Batten Professor at Davidson College.

McGuire's down-to-earth approach is an

inspiration! He is an outspoken advocate for finding the personal courage required to operate profitable businesses, which serve the common good and public interest. He also emphasizes building sustainable franchises for the long term.

McGuire holds a B.A. from Aquinas College and graduated cum laude from Mitchell College of Law with a juris doctor degree. In September, 2002, he was named to the Aquinas College Board of Trustees.

For more information or reservation, call Shannon Warren with the Oklahoma Ethics Consortium at (405) 858-2233 or



Tim McGuire

visit www.okethics.org.

LUNCHEON
11:30 a.m. – 1:15 p.m.
**Ethical Stewardship:
Expanding Our Notion of
Ethical Choices**

Opening Remarks by Ed Kelley, editor of the *Oklahoman*
Petroleum Club, 100 N Broadway, 36th Floor, downtown OKC.

AFTERNOON WORKSHOP
1:30 – 4:30 p.m.

Doing the Right Thing in Business
Kerr McGee Room, 100 N Broadway, 35th Floor, downtown OKC.