

## Heart-To-Hearts Are Good for the Mind

"Most advice for preserving and enhancing mental function emphasizes intellectual activities such as reading, doing crossword puzzles, and learning to use a computer," says psychologist Oscar Ybarra. But a series of studies has convinced the University of Michigan researcher that "just getting together and chatting with friends and family may also be effective."

In one study, he analyzed data on 3,617 Americans aged 24 to 96, including how often they reported talking on the phone or getting together with friends, neighbors, and relatives; and how many people with whom they could share their private feelings and concerns.

The interviewers administered a mental exam and a series of arithmetic tasks to assess participants' cognition and working memory. Ybarra found that "across all age groups, the more socially engaged participants were, the

lower their level of cognitive impairment and the better their working memory performance" – even when he controlled for physical health and activity, age, education, sex, income, marital status, race, and ethnicity.

Ybarra speculates that by encouraging children to develop social skills, parents and teachers could also help them improve their intellectual skills. And in the workplace, instead of encouraging employees to keep their noses to their computer monitors, effective supervisors might encourage them to take some time out to socialize.

**Sitting quietly, doing nothing, spring comes and the grass grows by itself.**  
— Japanese Zen Poem



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

The 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, associated with INTEGRIS Health, is intended as a community resource. For more information, please call (405) 943-3921, or write:

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# HARMONY

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

SPRING 2004



## FROM THE DIRECTOR

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

## Help Us Build an Endowment



We began six years ago, to build an endowment that would assure the ongoing educational opportunities provided by the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit. This year we can increase that fund by \$30,000 through a matching grant from the Kirkpatrick Family Fund.

We are asking for your help. For every two dollars donated by our supporters, the Family Fund will match it with one dollar. Your gift will be an investment in the future of this center and its mission.

Enclosed in this newsletter is an envelope if you wish to mail a gift. You may also call the INTEGRIS Foundation office at

(405) 951-5005 or you can donate online at [www.integrismindbodyspirit.com](http://www.integrismindbodyspirit.com). Your gift is tax deductible.

The James L. Hall Jr. Center for Mind, Body and Spirit was created eight years ago to provide soundly tested knowledge and expertise on the mind, body, and spirit connection as related to health.

Throughout these past eight years we have hosted dozens of free public appearances by such nationally acclaimed speakers as Rabbi Harold Kushner, Dr. Herbert Benson, Dr. Dean Ornish, Dr. Joan Borysenko and Dr. Rachel Naomi Remen. They have blessed us with their knowledge and their wisdom.

We have also built a library with a wide range of books, tapes and videos, available to

the general public for their personal use. We publish this newsletter bi-monthly, again no charge to receive it, and also offer educational workshops for physicians and mental health professionals.

In addition Dr. Krishna and I speak several times a month to churches, civic, business and professional groups around the state.

With the exception of the educational workshops, all of our services are free and available to anyone in the community.

Dr. William Hawley, chairman of our board, Mr. James Henry, board member and Endowment committee chairman, and Dr. Murali Krishna join me in encouraging you to help us assure this program will continue.

## Oklahoma City Physician and Chairman of the Board at INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit Appointed President of the National Lymphoma Research Foundation

The Lymphoma Research Foundation (LRF) announces the election of Oklahoma City physician William Hawley, M.D., as the new president of the foundation, the largest lymphoma-focused non-profit in the world. Dr. William Hawley was chief of cardiac surgery and chairman of the department at INTEGRIS Baptist Medical Center when he was diagnosed with follicular lymphoma eight years ago, a low-grade indolent form of cancer for which there is no cure. Approximately 500,000 Americans are affected by lymphoma, the most common of all blood cancers and the third most common cancer of childhood.

Dr. Hawley will become the "public face" of lymphoma as the official

spokesperson for the foundation. "As both a patient and a physician, Dr. Hawley is uniquely qualified for this challenging and extremely rewarding job," says Jerry Freundlich, current president and founder of LRF.

"In November 2002, Dr. Hawley received a national award from LRF for his commitment to lymphoma research and public advocacy. The Ellen Glesby Cohen Leadership Award recognizes an individual for his or her extraordinary vision, commitment and action to further research, increase public awareness of lymphoma, and advocate for the needs of the lymphoma community.

The mission of the Lymphoma

Research Foundation (LRF) is to eradicate lymphoma and serve those touched by the disease. The foundation is the nation's largest lymphoma-focused voluntary health organization devoted exclusively to funding research to cure all lymphomas and providing patients and health care professionals with critical information on the disease.

People affected by lymphoma can receive free personalized information tailored to their diagnosis, help with finding a clinical trial, and easy-to-understand information on lymphoma, current treatments, and promising research. Please call (800) 500-9976, e-mail [helpline@lymphoma.org](mailto:helpline@lymphoma.org), or visit the Web site [www.lymphoma.org](http://www.lymphoma.org).



William Hawley, M.D.

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CENTER FOR MIND, BODY AND SPIRIT

## Become A Regular Library User

A book donated to the center library by Dr. William Hawley, the center's chairman of the advisory board, is *Second Opinions*, by Jerome Groopman, M.D.

One of the greatest challenges that patients and their families face is how to evaluate and act on medical advice. Swept up in the rush of events, anxious about the prognosis, facing a blur of technical jargon, fatigued from worry or pain, and often reluctant to question the doctor, people who are ill are easily overwhelmed by clinical choices.

In *Second Opinions*, Jerome Groopman, an eminent physician at Harvard Medical School and a staff writer for The New Yorker magazine, explores how patients and their doctors make these critical decisions. In eight gripping clinical dramas, he offers a unique insider's view of today's complex and often contentious world of medicine: the social and economic forces at work, the altruistic and egoistic motives of caregivers, the blind alleys in the labyrinth of managed care, and the hope and limits of new treatments.

*Second Opinions* illumines the world of medicine where knowledge is imperfect, no therapy is without risks, and no prognosis is fully predictable. It portrays moments of astute diagnosis and misguided perception, of lifesaving triumphs and shattering failures. These real-life stories prepare us to navigate the uncertain terrain of illness, and enable us to balance intuition and information, and thereby make the best possible decisions about our health and future.

Another book at the library is *Beyond the Obvious*. This book is about intuition which the author, Dr. Christine Page, calls our "wise, compassionate friend who helps us to clarify decisions, to avoid unpleasant situations and to access the deeper levels of awareness," tools always important in well-being or in times of a health crisis.



## Food as Stress Therapy

Adapted from *Food: The New Stress Therapy* by Susan Male Smith, R.D.

To give yourself a boost, try protein:

Some foods suppress a brain chemical, serotonin, which makes you sleepy. These foods are "energizers," and will rev you up and give you energy in a healthier and less jittery manner than caffeine or sugar.

**TRY:**  
Tuna  
Low-fat yogurt  
Veggie pizza  
Peanut butter/cheese crackers  
Lean ham or turkey rolled around celery for crunch  
Hard-boiled egg  
Low-fat burger with lettuce and tomato  
Low-fat chocolate milk

When you need a calming effect, try carbohydrates:

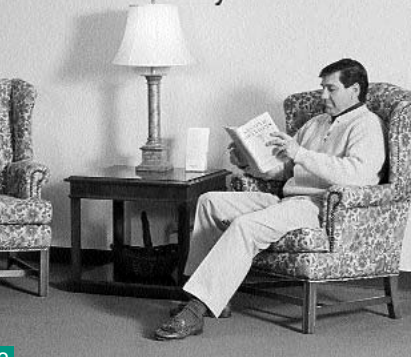
Carbohydrates, when eaten alone with little or no protein, signal the brain to boost sero-



tonin. This increase in serotonin can help you focus better and actually may help calm you down, relax, and unwind before bed or a stressful part of the day.

**TRY:**  
Animal crackers  
Fresh bagel  
English muffin  
Pretzels  
Rice and veggies  
Pita stuffed with veggies  
Red beans and rice  
Popcorn  
Sorbet or sherbet  
Breadsticks  
Pasta with marinara sauce  
Pancakes with fruit and syrup  
Baked potato  
Split pea soup  
By eating well, you may actually be in better shape to cope.

## Crowe & Dunlevy Library



## Tuesday Nights in the Spring of 2004 at the Center Library

Join the James L. Hall Jr. Center for Mind, Body and Spirit this spring on Tuesday evenings in April, May, and June as we feature four very different educational seminars – all of which will be fun as well as useful. Each session is designed to encourage you to be creative in stress management and self care.

Presentations will be from 6:30 to 8 p.m. in the Crowe & Dunlevy Library at the center, located at 4900 N. Portland. Call Kerry Ann at 943-3921 for reservations; seating is limited.

April 13

### STRETCHING – Alan Moring

STRESS. We know that it's unavoidable, and we all have ways to cope with it, but how can we minimize its impact on our body?

You can take a yoga class and/or you can come relax with Alan Moring as he shows us methods of relieving tensions that we can do as we move through our normal daily routine. Simple adjustments to how we carry ourselves and light stretches will be among the techniques taught. The goal is to increase the awareness of our own bodies so that we can relax into a state of better health, physically and mentally – every day.

Alan Moring is an architect and yoga teacher in Oklahoma City. He lives in Norman with his wife Jana and their 8-year-old son Quin. Alan is also a member of the advisory board of the James L. Hall Jr. Center for Mind, Body and Spirit. This evening will provide you with tools that are simple, useful and fun.

May 11

### BENEFITS OF RELAXATION TRAINING IN LIVING WITH A CHRONIC ILLNESS – Charlotte Lankard



Have you been diagnosed with an illness such as chronic non-bacterial prostatitis, irritable bowel syndrome, interstitial cystitis or other chronic painful pelvic disorders? Or do you live with chronic pain and discomfort for other reasons? Your doctor is doing his part. He or she is recommending treatments and therapies and medications. What can you do?

"Consider stress management classes," says urologist Dr. Phil Mosca, a member of the James L. Hall Jr. Center for Mind, Body and Spirit advisory board. "It is well known in all of the chronic pelvic pain disorders that stress is an aggravating factor. This is not to say that you may not have a disease which is aggravated by other items such as diet, medications, etc. But in all of these processes, environmental stress can also aggravate the disease symptoms. Learning how to handle the stress and learning how to live with chronic pain can often make the disorder tolerable."

If you live with chronic pain for any reason, join Charlotte Lankard to learn some relaxation techniques that can be useful to you in managing it. Charlotte is director of the James L. Hall Jr. Center for Mind, Body and Spirit. She lived with chronic back pain for 22 years following a climbing accident, before surgery provided relief.

June 8

### LIVING DELIBERATELY – Summer Simonton, Life Coach

"Imagination is everything," said Einstein. "It is the preview of what is to come." We have all been born with an active imagination, however, the key is in learning how to use it deliberately to design the life you want. In this seminar you will discover three easy and fun tools to guide you in the direction of your dreams. These tools are useful in multiple areas – everything from quitting smoking and weight loss to managing stress.

Summer Simonton recently moved to Oklahoma from San Francisco where she was, and still is, a Life Coach, as well as keynote speaker and trainer in small businesses and fortune 500 companies such as Charles Schwab, Levi Strauss, and Hewlett Packard. Join us for this fascinating and powerful presentation.



## Napping

If common wisdom holds true and we learned every thing we need to know in kindergarten, then what happened to nap time? You may think that an afternoon nap will take a big bite out of your schedule. On the contrary: Investigators in Japan found that study participants who took a 15-minute nap were more alert than their cohorts who napped for 45 minutes. Results of the study confirmed that a 15-minute post-lunch nap can increase productivity in the afternoon. Try to catch a few winks after lunch. Even if you have only a few minutes to snooze, you've got nothing to lose.

