

Try This!

Finding a balance between work and time with family and friends is crucial to a satisfying life. The following suggestions may help you in making the transition from the end of your work day, and reconnecting with your private life.

1. Use the last 15 minutes of the work day to do low-pressure tasks. Clean off your desk, return one or two calls to people you enjoy. More importantly, take the time to plan and write down tomorrow's tasks. Trying to remember them will just keep your mind preoccupied all night.

2. Make a point of noticing the scenery on your journey home. Smell the air, notice the trees or the sky. It will help distance you from the work day, relax you and remind you of a larger perspective.

3. When you get home, don't immediately launch into a litany about how tough your day was. Ask your family to



also hold off on their demands for a few minutes to a half hour. Use this time to change clothes, take a shower or a walk, or enjoy a cup of tea.

4. Establish rituals. Simple things like family dinners have gotten lost in today's busy lifestyle. Try to create "touchstones" at home that make you all reconnect. This can be sitting down as often as possible for a meal together or spending a designated time each week together doing something everyone enjoys.

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
Oklahoma City, OK 73112

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HARMONY

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

Lily Tomlin - LAUGHTER IS GOOD FOR YOUR HEALTH

She's been Ernestine the telephone operator and Edith Ann, a precocious 6-year-old. She was Judith Beasley the housewife, Trudy the bag lady, Crystal the hang-gliding quadriplegic, Rick the singles bar cruiser, Glenna a child of the Sixties, and Sister Boogie Woman, a 77-year-old blues revivalist. She was Murphy Brown's boss. Now, she's the president's right-hand woman on *The West Wing* and Ms. Frizzle on the famed *Magic School Bus*. Best of all, Lily Tomlin is kicking off INTEGRIS Health's 18th annual Women's Health Forum with a lively conversation about her characters and her life. Tomlin's presentation, co-sponsored by the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit, will be held at 7 p.m., Saturday, Sept. 11, at the Civic Center Music Hall downtown, 201 N. Walker Ave.

A multi-talented entertainer, Lily has performed on television, in the theater, and in motion pictures, through animation and video. Her awards include six Emmys; a Tony for her one woman Broadway show, *Appearing Nitely*; a

second Tony as best actress; and the Drama Desk Award and Outer Critics' Circle Award for her one woman performance in Jane Wagner's *The Search for Signs of Intelligent Life in the Universe*. Lily also has won a CableAce Award for executive producing the film

Scream, And That's the Truth, and *On Stage*. She has two Peabody Awards - the first for the ABC television special, *Edith Ann's Christmas: Just Say Noel* and the second for narrating and executive producing the HBO film, *The Celluloid Closet*.

Lily was born in Detroit, Mich., and grew up in a working-class neighborhood on the outskirts of one of the city's most affluent areas. Her favorite actors include Lucille Ball, Bea Lillie, Imogene Coca and Jean Carroll, one of the first female stand-ups on The Ed Sullivan Show. Lily planned to study medicine at Wayne State University, but her theater arts courses prompted her to leave college and perform in coffee houses. Lily moved to New York where she performed in clubs and opened the legendary Mabel Mercer in the Downstairs Room.

Lily's television debut was in 1966 on *The Garry Moore Show*, and in 1969, she joined *Laugh-In* and immediately rose to national prominence with her characterizations of Ernestine and Edith Ann.



Lily Tomlin

adaptation of *The Search*; a Grammy for her comedy album, *This is a Recording*, as well as nominations for her subsequent albums *Modern*

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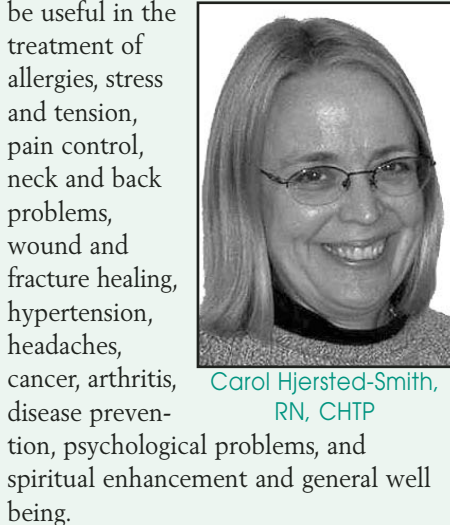
TUESDAY NIGHTS AT THE LIBRARY

6:30 to 8 p.m. • 4900 N. Portland, Suite 102

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

Tuesday, Sept. 14 HEALING TOUCH

Healing Touch is an energy-based therapeutic approach to healing. The non-invasive technique uses touch (or hands just above the body) and compassionate intentionality to influence the energy system of a person, thus affecting physical, emotional, mental, and spiritual health and healing. Healing Touch can be useful in the treatment of allergies, stress and tension, pain control, neck and back problems, wound and fracture healing, hypertension, headaches, cancer, arthritis, disease prevention, psychological problems, and spiritual enhancement and general well being.



Carol Hjersted-Smith, RN, CHTP

Introduction to Healing Touch is instructed by Oklahoma City nurses

Carol Hjersted-Smith, RN, CHTP, and Raine Benham, RN, HTP. Participants will experience several Healing Touch techniques, which may be used for continued self-care, and to facilitate the health and well being of family members and pets.



Raine Benham, RN, HTP

Tuesday, Oct. 12 GENTLE YOGA

If you've ever thought about enrolling in a yoga class, Harriet Lerner will give you a chance to "try it out" during an evening of Gentle Yoga.

Yoga is not a religion, but an ancient practice for health and well-being that calms the mind and strengthens the body. The benefits of yoga are stress relief, strengthening of muscles, building stamina, increase in flexibility, energy and

stimulation of the immune system. When you leave a yoga class you will feel both energized and calm at the same time.

Harriet Lerner has a science background and a degree in bacteriology from UCLA. She is a registered medical technologist and has worked for 30 years in clinics and hospital laboratories. Sixteen years ago she started practicing yoga and now owns a studio in Guthrie. In addition to students in Guthrie, she also has students from Edmond and Oklahoma City. She has offered classes for several churches and currently leads a class for INTEGRIS Third Age Life Center.



Harriet Lerner

FROM THE DIRECTOR

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

Living A Healthy Lifestyle



The purpose of the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit is to provide education and information about living a healthy lifestyle and how to cope in times of facing a health crisis. We do this through our library, workshops and public lectures. One of the things we've added this year is the *Tuesday Nights at the Library* series.

Tuesday Nights at the Library has been a rousing success. Every audience has been filled to capacity, with dozens of people on a waiting list. The series continues in September and October this year, and then we will be offering it again in 2005. Watch this newsletter for your opportunity to take some of the classes you missed, as well as some new ones.

In addition to Lily Tomlin in September and Leland Kaiser, who will speak on *Healthy Aging* in March, we are bringing back Rabbi Harold Kushner in May.

Rabbi Harold Kushner, best known

for his book *When Bad Things Happen to Good People*, was one of our earliest public lecturers when the James L. Hall Jr. Center for Mind, Body and Spirit was established. He is the author of several books. Many of them are in our library for you to check out.

Elisabeth Kubler-Ross says the book, *When Bad Things Happen to*

Kushner's *When All You've Ever Wanted Isn't Enough* addresses a need that is universal and timeless: the wish for a meaningful life.

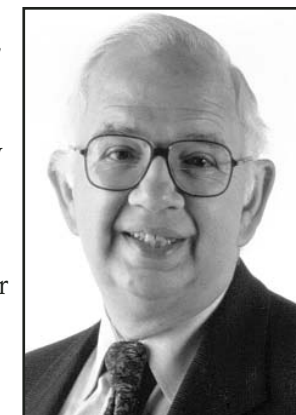
He poses the question, "Why is it that after attaining many of our goals, we are left with a sense that something vital is missing?" He then guides us to a heightened sense of joy, purpose and meaning, and helps us to redirect our energies toward goals that will bring us lasting happiness and true fulfillment.

Who Needs God was written by Kushner because he believes there is a kind of nourishment our souls crave, even as our bodies need the right food, sunshine and exercise.

His latest book, *The Lord is My Shepherd*, teaches us about living our day-to-day lives.

Visit our library. Check out Kushner's books and tapes, and watch this newsletter for the time and place when you can hear him again in person.

Don't miss our educational offerings. They will enrich your life and give you tools for taking better care of yourself.



Rabbi Harold Kushner



Leland Kaiser

Good People, "offers a moving and humane approach to understanding life's windstorms." The book was written after Kushner and his wife were told their 3-year-old son Aaron would die in his early teens of a rare disease.

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Lily Tomlin - LAUGHTER IS GOOD FOR YOUR HEALTH

Her stage appearances include *Appearing Nitely*, a collection of characters Lily portrayed on stage. Her film career has spanned many comedic roles including the happy homemaker who became *The Incredible Shrinking Woman* and the eccentric rich woman whose soul invades Steve Martin's body in Carl Reiner's popular *All of Me*.

In 2002, Tomlin joined the cast of the hit NBC series, *The West Wing*, playing President Bartlett's assistant, Debbie Fiderer - a role for which she

received a Screen Actors Guild nomination for Best Actress in a Drama Series. In summer 2003, she began filming *I Love Huckabee's*, a David O. Russell comedy with Dustin Hoffman, Jude Law, Naomi Watts and Mark Wahlberg.

For more information or to make reservations to attend her lively performance that's guaranteed to leave you in stitches, call the INTEGRIS HealthLine at (405) 951-2277.

Something to Think About: A Prayer by Rabbi Nachman of Bratzlava

Grant me the ability to be alone. May it be my custom to go outdoors each day among the trees and grasses, among all growing things, and there may I be alone and enter into prayer to talk with the one that I belong to.

COMMUNITY FORGIVENESS CLASSES

Debra Luther, LPC, Counseling Services

5:30 to 7 p.m.
Jamestown Office Park,
3035 N.W. 63, OKC
Monday evenings, Sept. 27, through Nov. 8
For more information, call (405) 990-1974

Redbud Counseling Center

6:30 to 8 p.m.
3525 N. W. 56th, A-150, OKC
Thursday evenings, Aug. 12 through Sept. 30
Classes will be led by Mark Shreffler, LPC
For more information, call (405) 942-4308