

Volume 2; Issue 1

August-December

2011



Rear Admiral Mark Guadagnini is pictured with Jan Nelson, Executive Director of HeartSprings, two University of Mary students (Kriss Burns and Jill Heglund) and Lindsie Schoenack, Fargo Area Director for the University of Mary's Centers for Accelerated & Distance Education. (Unfortunately did not catch the name of the other commander).

On Wednesday, August 10th University of Mary's master's business students presented, to a packed room, their feasibility study for HeartSprings in creating a therapeutic farm for veterans. The students presented a thoughtful presentation with a "Green" light for the project!

On Friday, August 12, HeartSprings had the great pleasure to present the concept of a therapeutic farm for veterans to Rear Admiral Mark Guadagnini of the US Navy. Rear Admiral Guadagnini commented that he felt this was a good project and wished us well!



A Community Healing Center providing Health, Hope, and Healing for ALL.

**Fall
Fundraiser**

**Friday
November
4th**

May the Spirit of Love flow through our hearts to bring health, hope, and healing into our lives.

Housed out of:
Messiah Lutheran Church
2010 N Elm St.
Fargo, ND 58102

701-261-3142

jnelson1409@yahoo.com
www.heartspringscenter.com
www.facebook.com/HeartSpringsCenter

Music from the Heart

A Musical Collection of New & Old

Performed by

Harpist Janell Wanzek

HeartSprings "Tremble Clefs"

And Special Guests

Live and Silent Auction Items from local businesses and artists

What: HeartSprings Fundraiser
Where: HeartSprings Housed out of:
Messiah Lutheran Church
2010 N Elm St., Fgo.
[across the street from the VA]

When: Friday, November 4

6:00-10:00pm

Cost: Dinner and Show \$25/ticket
Show and Dessert \$10/ticket

Plus

Dance Instruction in
Group and Line Dancing
with Carly Nelson



Music provided by
Suficiente Sound

**All Fall Programming
Starts the week of September 6!**

Evening Yoga



What: Evening Yoga Level 1; all levels welcome (perfect for those new to yoga, returning after an absence, and those experienced to yoga that wish to revisit the basic principals.

When: Tuesdays, starting Sept. 6
6:15-7:30pm

Where: **8th Street Studio Co-op, 11 8th St. S., Fgo 3rd Floor** (around 50 steps) [You will enter the back of the Dakota Business School, next to Nicole's (old 8th St. Studio of Dance). Please park on 8th St. S. or side streets. No parking in Mexican Village parking lot.]

Cost: "Season Pass" (Sept. 6-Dec. 13) 15 classes for \$127.50 (\$8.50/class); pass expires Dec. 13. "Flex Pass": 10 classes for \$95.00 (\$9.50/class); pass expires Dec. 13. "Month Pass": \$10.00/class paid monthly; pass expires 5 weeks after purchase (except for month of Dec, pass will expire Jan. 17, one week into next session). Drop-in \$11.00 Student rte: 20% less above rates.

2nd Tuesday



Sacred Dance on the Labyrinth

"Prayer in Motion"

Who: Jan Nelson, leader

Where: HeartSprings

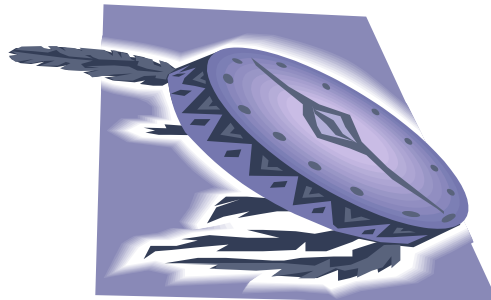
[Enter N door]

Time: 6:30-7:30pm

Dates: **Oct. 11, Nov. 8,
Dec. 13**

Cost: Heart Donation

3rd Tuesday



Drumming

Come play your drum or borrow one from us!

Who: Jan Nelson, facilitator

Where: HeartSprings

[Enter S door]

Time: 6:30-7:30pm

Dates: **Sept. 20, Oct. 18,
Nov. 15**

Cost: Heart Donation

4th Tuesday



Worship & Healing Service

Who: Fr. Jamie Parsley & Jan Nelson

Where: **St. Stephen's Episcopal Church, 120 21st Ave. N., Fgo**

Time: 6:30-7:30pm

Dates: **Sept. 27, Oct. 25,
Nov. 22**

Heart Donation Welcome

Lunch is Served from 12-1pm every Tuesday.

Soup and Sandwich for \$7

Adaptive Choir

We know your voice is soft, breathy, monotone, or slurring and you feel like you can't sing. But that's why the Tremble Clefs was created. A Regional Parkinson's choir (Eastern ND and Western MN), and now other neurological conditions, has been created and their partners are welcome. Participation in a Tremble Clefs therapeutic singing program, with or without singing experience, can help address voice and communications problems through breathing, stretching and posture activities, vocal exercise, rhythm and movement, and a strong social support system.

Who: Michelle Gelinske is a ND board certified vocal instructor

What: Tremble Clefs Choir (for anyone living with a neurological condition such as Parkinson's Disease, Multiple Sclerosis, Stroke, Early Alzheimer's....)

When: Tuesdays

11:00-12:15pm

Cost: \$20 Sign-up fee (includes book and CD)



Adaptive Yoga

Who: Carolyn Epel, yoga therapist

What: Adaptive Yoga
(with some standing and floor work)

When: Thursdays

Starting September 8

11:00am-12:00pm

Cost: Heart Donation (\$10 normal fee)



Adaptive Movement

Who: Jan Nelson, OTR/L, MA

What: Adaptive Movement
(with standing and floor work)

When: Tuesday/Thursday

9:30-10:45am

Starts September 6th

Cost: \$60/mo or \$10/class



Meditation

Mind-Body Medicine

Who: Carolyn Espel and Jan Nelson
What: Guided Meditation & Heart-based Meditation
When: Thursdays
12:15-12:45pm
Where: HeartSprings, Room 201
Cost: Free

Who: Jan Nelson, OTR/L, MA, Advanced
Practitioner in mind-body medicine
What: Women Only Mind-Body Skills Group
When: Thursdays for 12 weeks
6pm-8pm
Starting Thursday, Sept. 1
Where: Catalyst Medical Center,
1800 21st. Ave. So, Fgo.
Cost: \$24/week



Crafting Club

Young Parkinson's Gathering

Who: Artists Carol Morken & Denise Morris
What: Crafting Club (Different Craft Each
Month)
When: 2nd Saturday of the month beginning
in October (Oct. 8, Nov. 12, Dec. 10)
10:00am-12:00pm
Where: HeartSprings, enter south door
Cost: \$85/person for all 8 sessions saving
\$35) or \$15 drop-in fee



Who: Hosts Carol Morken & Denise Morris
What: Young Parkinson's Gathering
(anyone diagnosed and living in their
30's-60's)
When: Tuesday, September 27
6:30-8:00pm
Where: HeartSprings, enter the south door
Cost: Free

Dewitt Jones

Laughter Yoga & Waltzing for Joy

Who: Dewitt Jones, retired National Geographic
Photographer and Motivational Speaker
What: Motivational Topic about Life
& Photography
When: Friday, September 23 7pm
Where: Messiah Lutheran, 2010 N Elm St., Fgo
Enter North doors

Who: Jan Nelson, laughter yoga & waltz facilitator
What: Laughter Yoga and Waltzing for Joy
(single's waltzing)
When: Tuesday, November 29 6:30-8:00pm
Where: HeartSprings [Enter North Doors]
Cost: Heart Donation

Chaplaincy—If you have ever wondered how to start a prayer life or learn to meditate? Do you need to hear words of forgiveness and reconciliation? Do you need a friend to walk with you through troubled times?



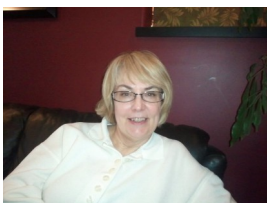
Chaplain Sonja is a board certified chaplain and past chaplain with Prairie St. John's and Hospice of the Red River Valley. She is currently serving as visitation pastor at Bethlehem Lutheran Church in Fargo. She will be able to walk, teach, or pray with you. Call HeartSprings at 701-261-3142

Cranial Sacral Therapy—The cranio-sacral system was originally discovered back in the early 1900's. It was further researched by Dr. John Upledger. Dr. Upledger while attending a surgery observed the rhythmic movement of the membrane that encompasses the brain and spinal cord called the dura mater. He researched with a team of anatomists, physiologists, biophysicists and bioengineers that confirmed the mechanisms behind the motion called the craniosacral system. A system of therapy was devised which consists of a very gentle, hands-on method of calming bodywork (with the pressure of a nickel). This therapy provides preventative health benefits, increases energy, enhance sleep, and decreases incidences of sickness.



Sherry is a licensed and registered occupational therapist within the state of ND with certification in cranial sacral therapy. Available on Tuesday. Call for appt. 701-261-3142

Counseling—Joy Belzer, M.ED., L.P.C.,L.P.C.C. is a licensed professional clinical counselor within the state of ND. She has had 20 years as a cognitive behavioral therapist with experience in working with children, adolescents, adults, individuals and families. She frequently addresses depression, anxiety, PTSD, ADHA, Bipolar, career, anger, self-esteem, assertiveness, life skills and academic performance issues. She is currently available to work with military families in a program called "The HeartMath De-Stress Workshop for Military families". Currently, Joy is available for appt. on Tuesdays from 5-8pm (private pay only).



Healing Touch—Healing Touch is an energy-based healing technique used to balance and align the human energy field coming out of the field of holistic nursing. Body, soul, and spirit are touched through this therapeutic process and each individual is empowered to participate fully in his or her healing journey. This particular healing modality is used by more than 30,000 nurses in hospitals across the country.

Healing touch can help with pain, back and neck problems, anxiety, skin problems, wound and fracture healing, premenstrual syndrome, multiple sclerosis, AIDS, hypertension, heart and lung disease, pre/post surgical procedures, headaches/migraines, autoimmune diseases, diabetes, cancer, arthritis, chronic fatigue syndrome and disease prevention.

"In a 2003 study, healing touch lowered pain, blood pressure, fatigue, and emotional problems in cancer patients receiving chemotherapy." US News and Word Report, 1/21/08

Gwen is a registered and licensed nurse in the state of ND and is a certified healing touch practitioner, which is the highest level in healing touch. Available the 2nd Tuesday of the month. Call 701-261-3142 for appt.

Integrated Imagery

Imagery is simply harnessing the power of your imagination. Imagery is a natural process that uses the senses to help bridge the subconscious and conscious mind. If you worry or daydream, you're involved in imagery. Worrying is a negative way to image and can be very destructive in an individual's life. If you daydream, you may have experienced the relaxation and goal setting that can occur.

Benefits of imagery include: relaxation; decreased pain and symptom relief; increased reduction in blood pressure; assist in healing, provide inspiration, insight, and motivation; pain management; preparation for surgery and post-surgical procedures; stress reduction; and empowering individuals in difficult situations.

Gwen is a registered and licensed nurse in the state of ND and has had 110 hours in advanced training in imagery and is certified from the Holistic Nurses Association in Integrated Imagery. Available 2nd Tues.

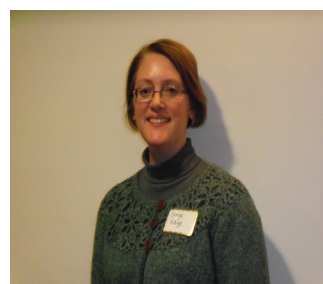
Therapeutic Massage

Massage therapy is an ancient healing art dating back to 2700 B.C. Through manipulation of the body's soft tissues by pressure, tension, motion or vibration, massage alleviates muscle spasms and stress. Massage is also a well-known aid in healing injury and managing pain. By improving the function of the circulatory, lymphatic, muscular, skeletal and nervous systems, massage therapy has proven beneficial to lower back pain, arthritis, bursitis, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation, depression, anxiety and more.

Hot Stone massage adds the benefit of stones with their added heaviness and warmth that creates a sense of overall well-being. Stone massage is not for people with open wounds, fungal infections, high blood pressure, diabetes, osteoporosis or are pregnant.

"Every now and then, I experience a sore back and sore muscles; it is time to schedule a massage by Sonja. Through the years I have been treated by three massage therapists – each excellent, but there is something very special about Sonja's quiet demeanor and gifted hands. A massage is luxurious, relaxing healing. If you have not experienced a massage by Sonja, I encourage you to do so (even if your muscles aren't sore!)." Bev

Sonja, who is certified and licensed massage therapist in the state of ND provides a relaxing experience while rejuvenating your body and mind. Sessions incorporate trigger point and myofascial release appropriate for anyone. Sonja is available on Tuesdays from 8:30am-4:00pm. Call 701-261-3142 for an appt.



Reflexology

Reflexology is the ancient art of applying pressure to the hands, ears, and feet. Ears alone is called auricular therapy. Pressure points are stimulated which results in the physiological changes within the body and the facilitation of relaxation.

Benefits include relaxation, improved circulation, improved nerve supply to the body, balance, and the normalization of the body and its functions.

"I've never felt this way before. It was amazing. I appreciated having the same person who can track changes in my body." Jill
Sonja is a licensed and registered reflexologists in the state of ND.

September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 (MG) (AY) (MT) (WMBG)	2	3
4	5	6 (MG) (TC) (EY)	7	8 (MG) (AY) (MT) (WMBG)	9	10
11	12	13 (MG) (TC) (EY)	14	15 (MG) (AY) (MT) (WMBG)	16	17
18 Streets Alive 12-5	19	20 (MG) (TC) (EY) (DR)	21	22 (MG) (AY) (MT) (WMBG)	23 Dewitt Jones 7pm	24
25	26	27 (MG) (TC) (EY) (WH) (YPDG)	28	29 (MG) (AY) (MT) (WMBG)	30	

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 (MG) (TC) (EY)	5	6 (MG) (AY) (MT) (WMBG)	7	8 (CC)
9	10	11 (MG) (TC) (EY) (SDL)	12	13 (MG) (AY) (MT) (WMBG)	14	15
16	17	18 (MG) (TC) (EY) (DR)	19	20 (MG) (AY) (MT) (WMBG)	21	22
23	24	25 (MG) (TC) (EY) (WH)	26	27 (MG) (AY) (MT) (WMBG)	28	29
30	31					

Schedule of Events

- **Sept. 1—Women's Mind-Body Group (WMBG) starts**
- **Sept. 6—Movement Group (MG) starts**
- **Sept. 6—Tremble Clefs (TC) starts**
- **Sept. 6—Evening Yoga (EY) starts**
- **Sept. 8—Adaptive Yoga (AY) starts**
- **Sept. 8—Meditation (MT) starts**
- **Sept. 20—Drumming (DR)**
- **Sept. 27—Worship & Healing (WH)**
- **Sept. 27—Young PD Gathering (YPDG)**

Schedule of Events

**Same Schedule as above
Additions this month:**

- **Oct. 8—Crafting Club (CC)**
- **Oct. 11—Sacred Dance on the Labyrinth (SDL)**
- **Oct. 18—Drumming (DR)**
- **Oct. 25—Worship & Healing (WH)**

November 4—FUNdraiser

November 29—Laughter Yoga & Waltzing for Joy

HeartSprings
Housed out of:
Messiah Evangelical
Lutheran Church
2010 Elm ST N
Fargo, ND 58102

What was supposed to be a nice quiet summer, suddenly flipped! What happened? HeartSprings has been looking to start a therapeutic farm for veterans (except our plan was about in about 8 years or so). Needless to say “the powers that be” thought otherwise. It all started when the University of Mary graduate business students said “Are you sure you want to start a farm in MN, because we believe the monies and political will to support the project are in ND.” Boom! From that statement, my summer changed and so did HeartSprings. So, it has been a whirlwind of unplanned activity which continues to unfold. But, more about that in another newsletter!

Same GREAT staff! Please consider using our complementary medicine practitioners for your overall preventative medicine AND when your in pain, having surgery, having problems with wound healing, anxiety, sleep problems, back and neck issues, improve circulation, relaxation, stress reduction, infertility issues, depression, and more. Call #701-261-3142 for an appointment.

It should be a FUN fundraiser on **Friday, November 4th**. Plans are coming together so write it on your calendar! “Music from the Heart” with singing and dancing as this years theme. From harps, to choirs, to learning some line dancing will all be here. So, we will be having some FUN, in our FUNdraiser!

We give SPECIAL THANKS to Trudy Eidi, who has played piano for HeartSprings Community Healing Services for around 9 years. Now, those are some healing hands! Thanks Trudy for everything!!

Giving you a head’s up that **Tai Chi Chih and Nia** will be coming later this fall. Watch for details!

Peace and Healing, Jan Nelson, Executive Director