



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

SAVE THE DATE

Friday, November 4

HeartSprings Fundraiser

With

Janelle Wanzek

And Others

Parkinson's Symposium Pg. 2

CSA, Concordia, Mind-Body Medicine Pg. 3

GRIT, Tremble Clefs, Dewitt Jones Pg. 4

Thank you's, Donations Pg. 5

Donations, Fundraiser Pg. 6

Fall, Practitioners Pg. 7

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/HeartSprings Center

2nd Annual Nordic Walking Clinic!



HeartSprings welcomes back Tom Holte, Nordic Walking Instructor! Tom will show you the basics of Nordic Walking to get you going. If you've been walking for awhile, Tom can show you some other more advanced techniques!

When: **Tuesday, June 7th at 7pm**

Where: South parking lot of Messiah Lutheran, 2010 N Elm St., Fargo

Cost: Free and open to the public

To order your poles, call Jan by May 31 with your name, phone number, and height. Sturdy, all-in-one pole costs \$60.

Last summer/fall, HeartSprings initiated a study with Dr. Tanya Harlow, neurologist at Sanford, utilizing the walking poles with our Parkinson's clients. The results were quite good. To view the summary of the study go to www.heartspringscenter.com, click on Life Transitions, then click on Parkinson's and scroll down.



Joy Belzer, Certified Clinical Counselor

HeartSprings welcomes Joy Belzer, Certified Clinical Counselor. Besides being a fine counselor she has taken on the task of training with HeartMath to become a certified presenter in the De-Stress program for military families. This is a practical approach that teaches family members specific skills for de-stressing and bringing more balance and ease into their daily challenges, communications, relationships and support of loved ones during deployment and reintegration.

The techniques and skills learned in this workshop will help with:

- Stressful situations
- Becoming anxious, angry or frustrated
- Unexpected changes and making difficult decisions
- Arguments
- Disappointments
- Conflicts and Overload

Workshop Objectives:

- Understand how stress impacts you and your loved ones
- Learn how to better self-regulate thoughts and emotions
- Learn how to create more coherent and harmonious family relationships
- Learn how to find more effective solutions for life challenges and stressful situations
- Learn how to create ease through many stressful scenarios and create flow through challenges

Call Jan at HeartSprings #701-261-3142 today to schedule a **FREE** 2 1/2 hr. workshop for your military family support group or any other type of community gathering for military families!

The HeartMath De-Stress™ Workshop For Military Families

Parkinson's Symposium and Art Show

"What a Great Day!" were the comments of the 2nd Annual Parkinson's Symposium and Art Show! Those living with Parkinson's, friends, spouses/caregivers, family and medical professionals attended the symposium held on Thursday, May 5th at the Courtyard Marriott in Moorhead.

Speaker Carlie Froemke, nutritionist from Sanford Health, began with a wonderful presentation on Nutrition for People Living with PD [not pictured].

She was followed by everyone's favorite Dr. Tanya Harlow, neurologist with Sanford Health, speaking about "Improving Quality of Life for People with PD" [pictured talking with symposium attendee after her presentation.]



We were served a fabulous lunch, during which the "Tremble Clefs" (a Parkinson's specific choir, located at HeartSprings, entertained our audience). The "Tremble Clefs" is part of a national organization dedicated to the enrichment of people living with Parkinson's disease.



After lunch, Carolyn Espel, yoga therapist with HeartSprings, presented on "Yoga and Parkinson's"

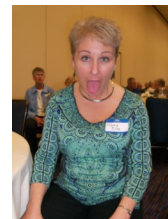
[Pictured below are some movements we all tried.]



Breathing Exercises



Stretching Exercises



Here is our Master of ceremonies practicing a yoga move known as "The Lion"



But, here's a better picture of our Master of Ceremonies, Trudy Edie. Thanks Trudy for your funny stories and genuine compassion!!



Lydia Skoog, Coordinator of the American Parkinson's Disease Association, talked about "Coping with Life Changes Affecting People Living with PD and Caregivers". Thanks Lydia for your insights!

Last, but certainly not least, was Andrew Knight, professor of music therapy at UND and music therapist Anna Driscoll teaching us how music therapy can benefit those living with Parkinson's Disease.



It was difficult getting a clear picture of Andrew because he was always moving!



Thanks to Denise Morris, MSW and person living with Parkinson's Disease, who had the vision and passion to put forth this vision of a symposium that would help us ALL look at quality of life and what that means for families!

Many thanks also goes to Michelle Maier from TEVA Neuroscience!!

Community Supported Agriculture, Mind-Body Medicine and More



Lakes and Valley Community Supported Agriculture (CSA)

produces a wide range of organic vegetables, herbs, edible flowers, eggs, and beef for approximately 160 members in Park Rapids, Detroit Lakes, and Moorhead, Minnesota, and Fargo, North Dakota. The CSA operates on 6 acres of land, part of a 440-acre biodynamic farm eight miles southwest of Park Rapids. The CSA is in its ninth season of operation. We're currently accepting memberships for the 2011 season.

Why join the CSA?

Receive just-picked, vibrantly ripe, high-quality seasonal produce grown without the use of synthetic pesticides, fertilizers, or herbicides by biodynamic farmers dedicated to sustainable agricultural practices and building healthy, living soils. Support the training of young farmers, the next generation of non-GMO food producers.

Receive vegetables not available in local supermarkets. We raise heirlooms for their incomparable flavor and nutrition, and hybrids for their reliability in our northern climate.

Create a 21st century food system, where growers and consumers live

and eat in close relationship with their communities and the land.

We accept EBT because we believe every family deserves to eat well.

Members are welcome to visit the farm, volunteer in the field or in some other capacity, and to participate in farm social and educational events.

Call Anne Morgan at #218-252-5858
<http://www.lakesandvalleycsa.com/>



Concordia Students help HeartSprings with “learning how to communicate”



HeartSprings had the privilege to work with the health communication students at Concordia college, under the leadership of assistant professor Cindy Larson-Casselton, to produce some marketing tools for HeartSprings. To the left is one of their boards they put together to highlight in a concise way all the things that HeartSprings has to offer. Now, that's a major task! Great job Concordia students and HeartSprings thanks you from our whole heart!

So far this spring HeartSprings has used the display at:

- Parkinson's symposium
- Community Stroke Event put on by Sanford
- Eastern ND synod meeting of WELCA women
- Baby Boomer Bootcamp at Hjemkomst
- Internal Medicine Associates
- Sanfords' Survivorship picnic

Mind-Body Medicine

Jan Nelson, executive director, had the great honor of being able to have studied under Dr. James Gordon [pictured right]. Dr. Gordon has been the leader in mind-body medicine for the past 35 years. He has been a research psychiatrist at the National Institute of Health, Clinical professor in Psychiatry and Family Medicine at Georgetown University, he has recently been on the White House Commission on Complementary and Alternative Medicine policy, and he has also served as the first

Chair of the Program Advisory Council of the National Institutes of Health's Office of Alternative Medicine and is a former member of the Cancer Advisory Panel on Complementary and Alternative Medicine of the NIH. Author of several books, the latest one being "Unstuck" which deals with depression.

Jan has taken advanced training in mind-body medicine and is working towards certification.



Growing Resiliency Into Tomorrow (G.R.I.T)

GRIT is a twelve-week mind-body program for our returning soldiers and veterans-of-any-era. Similar mind-body groups are currently being implemented at Walter Reed Medical Center and Bethesda Naval Hospital.

HeartSprings started a GRIT program this spring with women veterans mixed with civilian women. The power of a group has been amazing in what we learn from each another!

Another mind-body skills group will start this fall with homeless veterans and a general women's group. Look for more details in August and check out our facebook page and website for advanced details!

www.heartspringscenter.com

OR

www.facebook.com/HeartSpringscenter



Tremble Clefs Choir will open to more this fall!



Michelle Gelinski

Michelle Gelinski has been taking the Tremble Clefs choir to a new level. They had their first performance at the Parkinson's Symposium in May and another performance at the Hjemkomst Center in Moorhead.

The Tremble Clefs were originally designed for those living with Parkinson's Disease. But, Michelle is opening up the class for anyone with difficulty in articulation, a weak voice, rhythm, organization, etc.

People who are living with neurological conditions such as Multiple Sclerosis,

those who have had a stroke or traumatic brain injury or those living with Alzheimer's or other conditions are all welcome! This is a therapeutic-inspired choir with assistance from music and speech therapists to help us to work with those who want a therapeutic environment AND fun in learning new songs and making new friends!

Michelle will be holding classes this summer at her studio. Call HeartSprings for more information #701-261-3142.

Dewitt Jones Presenting at Messiah Lutheran this Fall!

A world-class photojournalist and a visionary teller-of-tales, Dewitt Jones spent **twenty years** with the incomparable **National Geographic**. As a movie director, he received **two Academy Award nominations** before the age of thirty for *Climb* and *John Muir's High Sierra*. He offers audiences practical steps for seeing the world anew, for expanding their potential for joy and for achievement. Dewitt has lived the vision of "celebrating what's right in the world" and embraced an attitude that took him to new heights, both in business and in life. He found that the creative tools he employed as a photographer had even deeper application when applied directly to his personal and professional growth. His nine books include *California!*, *What The Road Passes By* and *Canyon Country*. Most recently, he collaborated with Stephen R. Covey to write *The Nature of Leadership*. [Picture and Biography taken from the website of The Harry Walker Agency]

Save the Date:

What: Dewitt Jones

When: Friday, September 23

The presentation will be open to the public, but those interested in photography will find this of particular interest as Dewitt will cover some of the technical aspects of photography.

Thanks to Jim and Joy Coffey who befriended Dewitt and are active members of HeartSprings. Thanks for sharing him with us!

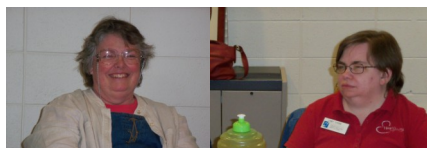


Volunteers, We Thank You!



Special thanks to our "Volunteer of the Year" Melanie Deschamp, who made our delicious noon lunches for us for the past six months! Thanks Melanie!

Great thanks to our office volunteers, Sandy Branstiter and Lynnet Ysteboe who help in so many ways its hard to describe .



And, to Amy Weiser-Willson for getting us up and going on facebook!

Thanks to Denise Morris and Carol Morken for helping to lead the "Crafting for the Soul "series!

Thanks to our newsletter volunteers, Vicki Peterson, Lehka Shankar, Lynnet Ysteboe, and Jane Nelson.

A hardy thanks to our volunteer board of directors Dennis Seeb, Cindy Larson-Casselton, Carol Reitz, Denise Morris, Donna Grandbois, Merry Helm, Vince Dicks, and Amy Weiser-Willson.

Thanks for Jamie Parsley for leading worship and healing services!

Donations

Donations from:

January 2011-May 31, 2011

Allen & Joyce Henderson

Donna Dineen

Sharon and Jeff Weitzel

Dr. Stan Andrist

Tom and Carolyn Espel

Dr. Jim and Joy Coffey

Jane Nelson

Kathy Harrington

Don and Evelyn Ommodt

Dennis and Delores Myerchin

Meredith & Erwin Danielson

Beverly Olson & Dave Solberg

Denise Morris

Jan Nelson

Jan Nelson

Pam and Mike Burns

Jan Nelson

Margaret Johnson

Dr. Jim and Joy Coffey

John & Barbara Marsh

Winifred Christensen

in honor of our entire family

in memory of Gordon K. Nelson

in memory of Larry L. Harrington

in memory of Paul Erickson

Cathy and Virgil Erickson

in memory of Charles Nelson

in memory of Harold Foley

in memory of Harold Foley

in memory of Don Napper

in memory of Elaine Andrist

in memory of Harold Foley

in memory of Harold Foley

in memory of Harold Foley

in memory of Harold Foley

COME, LORD JESUS

Harold Foley



Harold Foley was an active member of HeartSprings participating in our exercise specific class for those living with Parkinson's Disease. His quiet demeanor and funny repertoire will be missed! Harold was a music teacher and performer and loved Michelle's Tremble Clefs choir. He passed away on Saturday, February 12th.

Thanks Harold for sharing your life with us!

Donations continued

Jean Moe

in memory of Harold Foley

Bruce & Janice Harmon

in memory of Harold Foley

Donna Dineen

in memory of Harold Foley

Ella Borge

in memory of Don Napper

Dana Leopold

in memory of Harold Foley

Charlene Altendorf

in memory of Harold Foley

Stanley and JoAnn Rouse

in memory of Harold Foley

Diane Scheff

in memory of Harold Foley

Donna Rosh

in memory of Harold Foley

Janice Skraly

in memory of Harold Foley

Stella Stasiak

in memory of Harold Foley

Jill Johnson-Danielson

for disadvantaged

Elizabeth Spur

Dee and Denny Myerchin

In memory of Clayton Mack

Dee and Denny Myerchin

In memory of Harold Anderson

3rd Annual Fundraiser

HeartSprings 3rd Annual Fundraiser is set for Friday, November 4th.

Janelle Wanzek, high school senior and harpist will be performing. Janelle is finishing her Girl Scout Gold Award (which is equivalent to the Eagle Scout Award for boys). Playing her harp for our group and making recordings of her music is part of working towards her award. We are proud to have Janelle as one of our performers for the evening!



Tremble Clefs Choir

What to Look Forward to This Fall!

Expanded Adaptive Exercise

Moving away from just a Parkinson's-specific exercise class to an expanded adaptive exercise class. This will allow others who are having difficulty with balance, flexibility, strength, and coordination to join us! Seniors you are welcome too!

Tues/Thurs. 9:30-10:45am
Starting September 6

Expanded Yoga class

We are moving away from just a Multiple Sclerosis focus and moving into an adaptive class here too for those who want a very gentle type of yoga. Again for anyone and seniors are welcome!

Thursday 11:00am-12:00pm
Starting September 8

Expanded Choir

We are opening up the choir to not just those living with Parkinson's disease but other neurological conditions. Anyone is welcome who needs to work on articulation, organization, rhythm, voice control and volume.

Tuesdays 11:00am-12:15pm
Starting September 6

Evening Yoga

This class will remain the same with beginning and intermediate yoga students. Anyone is welcome no matter what your level!

Tuesdays 6:15-7:30pm
Starting September 6

Some New Additions & New Times

1st Tuesday—Drumming at 6:30-7:30pm

2nd Tuesday—Labyrinth Walk and Sacred Circle dance

3rd Tuesday—Waltzing for Joy

4th Tuesday—Currently open
Crafting is currently tabled for either an evening or Saturday morning slot.

Noon Meditation will be added

Carolyn Espel and Jan Nelson will add noon meditations in the fall.

Nonviolent Communication group to start in the fall.

Sonja Kjar will facilitate a fall group in nonviolent communication



Our Healing Practitioners are still available this summer for appointments!!



Sherry Loen-Bakke, OTR/L
Craniosacral



Sonja Kaye
Massage Therapy/Reflexology

Gwen Fraase, RN

[Not Pictured]

Healing Touch Practitioner
Integrative Imagery Specialist



Certified Clinical Counselor

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

Jots from Jan

Greetings all,

I was recently visiting doctors offices this spring and surprise, surprise you know what they said was the number one reason that most people are coming into their offices??? Can you guess??? It rhymes with the last word??? Still stuck??? OK , it's stress. OK, another question, guess who is most prone to this or at least reporting it the most??? If you thought female and came up with women and young teenage girls your right. Lots of pressure on our young adults to do well these days and with women trying to "do it all", it is leaving families stressed out and depressed.

So, HeartSprings is picking up on these threads in offering some classes this fall that address both depression and stress. Outside of our wonderful practitioners who can help you, mind-body medicine, dancing (see "Waltzing for Joy"), drumming, meditation, yoga (Carolyn went to a special workshop on depression and yoga), worship, exercise, being in community are all things that can help. If you want some help to get started, give us a call!

Blessings on your summer! Jan



*Jan Nelson, OTR/LMA
Executive Director HeartSprings*