

## HeartSprings meets with Governor Daylrumple



Senator Tim Flakoll had attended our U of Mary presentation in August about forming a therapeutic farm for veterans. He immediately got on board and has worked to help HeartSprings bring the idea to the Governor.



Senator John Andrist was also invited and brought his support to the project.

HeartSprings visited with Governor Daylrumple, during special session in November,



about forming the first therapeutic farm in the state of ND for service members. This farm would be looking to support service members from any war.



Lonnie Wangen, Commissioner

We also thank Lonnie Wangen, Commissioner for the VA and Brian Kalk, ND Public Service Commissioner as supporters in our mission of moving forward with a therapeutic farm.



Much more work to follow, but we will keep you updated on our progress!

## Special points of interest:

- New Service: "Healing Guides" Read about it on page 6.
- New Activity: "Crafting for a Cause" No sign-up. Help others! Read more on page 4.
- Jim and Joy Coffey talk about the "joys" of giving and gratitude and why they chose HeartSprings as their special organization to donate to for the holidays!

HeartSprings takes off time over Christmas to rejuvenate our practitioners and celebrate with family. Thanks for understanding!

Classes and therapies start **Tuesday, January 10th**

**Call for an appointment on Monday, January 9th!**

## Eric Johnson to help HeartSprings make educational videos

You don't know what healing touch is? You'll have the chance to learn about it. You don't know what Nordic Walking is? We'll show you some video footage. You want to learn about therapies for chronic pain? We'll show you some effective strategies. Didn't know we have a support group for individuals who have been diagnosed with Young Onset Parkinson's disease? You'll meet the facilitator.

HeartSprings has so many programs that sometimes people don't know how to use our services. Hopefully these videos along with our new program called "Healing Guides" will help people choose which services would help them in their healing process.

If you are feeling "stuck", want to add more "tools" to your toolbox in healing strategies, or need to

practice ways to quiet and center yourself we have it all here!

HeartSprings is always re-creating itself to *maintain* those things that are life-giving and *add* new things that bring more clarity, substance, and excellence in recruiting skilled, effective and powerful healers to our center.

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**1st Tuesday**



**Young Onset**

**Parkinson's Gathering**

"An informal place to talk"

Who: Denise Morris,  
facilitator

Where: HeartSprings  
[Enter S door; watch for signs]

Time: 6:30-8:00pm

Dates: **Jan. 10, Feb. 7,  
March 6, April 3,  
May 1**

Cost: Free

**2nd Tuesday**



**Sacred Dance on  
the Labyrinth**

"Learn to dance! Otherwise the angels  
in heaven will not know where to begin  
with you."

Who: Jan Nelson,  
leader

Where: HeartSprings  
[Enter N door]

Time: 6:30-7:30pm

Dates: **Jan. 17, Feb. 14,  
March 13, April 17,  
May 8**

Cost: Heart Donation

**3rd Tuesday**



**Drumming**

Come play your drum or  
borrow one from us!

Who: Jan Nelson,  
facilitator

Where: HeartSprings  
[Enter S door; watch for signs]

Time: 6:30-7:30pm

Dates: **Jan. 24, Feb. 21,  
March 20, April 17,  
May 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: **Jan. 31, Feb. 28,  
March 27, April 24,  
May 22**

Cost: Free

Come and walk the labyrinth at the above labyrinth dates anytime from 8am-8pm on the second Tuesday of the month

**Two Classes of Evening Yoga Available from Cammie Lamey**

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

When: Tuesdays, starting Jan.  
10; Free promotional class on Tues-  
day, January 3rd at 6:15-7:30pm.  
Try a class for free that day!

Dates: Jan. 10-April 17, 2012

Time: 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" (Jan. 10-)  
15 classes for \$127.50 (\$8.50/  
class); pass expires May. "Flex  
Pass": 10 classes for \$95.00 (\$9.50/  
class); pass expires May. "Month  
Pass": \$10.00/class paid monthly;  
pass expires 5 weeks after purchase  
Drop-in \$11.00 Student rte: 20%  
less above rates.

What: Therapeutic Yoga

Dates: Tuesdays, Jan. 10-April 17

Time: 5:00-5:45pm

Where: HeartSprings

Housed out of Messiah

Lutheran; 2010 N Elm St., Fgo.

[Enter S door, go upstairs and follow  
signs]

Cost: Options: 1—\$112.50/  
session (15 classes)

Option 2—10 class pass \$85 till end of  
session

Option 3—Pay/month \$9 X how many  
Tuesdays in a month

Option 4—Drop in fee \$10





## 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. Partners are welcome to join along! 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**

**11:00-12:00pm**

**Every Tuesday starting January 10th-May 29th**

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



Michelle Gelinske



**Lunch is Served from 12-1pm every Tuesday for \$5**

## Adaptive Yoga

Who: Carolyn Espel, yoga therapist  
What: Adaptive Yoga  
(with some standing and floor work)  
When: Thursdays  
Starting January 10-May 31st  
11:00am-12:00pm

Cost: Heart Donation (\$10/class is a suggested fee if you can afford it); if you can pay up front for the whole month (whatever you can afford) will hold a spot for you as this class has become very popular!



## Adaptive Movement



Who: Jan Nelson, OTR/L, MA  
What: Adaptive Movement  
(with standing and floor work)  
When: Tuesday/Thursday  
9:30-10:45am  
Starts January 10-May 31st  
Cost: \$60/mo or \$10/class



**Here are the Tremble Clefs performing at HeartSprings fundraiser. They also performed at the Parkinson's support group in Moorhead for their Christmas party. They look pretty dapper don't you think?**

## Meditation



Plant the seed of meditation and reap the fruit of peace of mind.

Who: Carolyn Espel & Jan Nelson  
Facilitators in HeartMath and Yoga Nidra

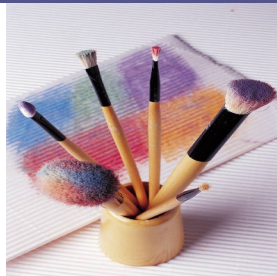
Where: HeartSprings  
[Enter S door and walk straight into carpeted area]

Time: 12:15-1:00pm

Dates: Every Thursday, beginning January 12-May 31

Cost: Free

## Crafting for a Cause



"...Being creative and working on arts and crafts is nature's best and most effective antidepressant..."

Who: Denise Morris, facilitator

Where: HeartSprings

[Enter S door and turn right into room across hall from kitchen]

Time: 9am-11am

Dates: Second Saturdays; Jan. 14, Feb. 11, March 10, April 14, May 12 (Look at craft schedule below)

Cost: No cost unless you purchase your own craft

## Dewitt Jones Movies



Dewitt Jones allows you to fall in love not only with his photography but with life. Come and spend some time with Dewitt through his movies and see how this man moves through life with wonder and awe.

Where: HeartSprings

[Enter S door and turn right into room across hall from kitchen]

Time: 12:30-1:00

[Come and join us for lunch (\$5) at noon to share in the WHOLE experience.]

Dates: 1st Tuesday of the month; Feb. 7, March 6, & April 3

Cost: Free

## Tell me more about "Crafting for a Cause"

What is "Crafting for a Cause"? It is a way for those who participate to delight in the process of being creative with others.

It is also a way to give back to others who cannot afford our services. We often have people sent to us from other agencies or come on their own who cannot afford counseling, energy work for chronic pain, exercise, etc. because of life's circumstances. Many people have tried traditional services that haven't been helpful and find complementary medicine to offer benefits beyond their ex-

pectations.

So, (after the cost of materials) the rest will go into a "scholarship" fund here at HeartSprings.

If YOU, yourself need help but cannot afford it, come and help us and you may be a beneficiary of our services!

We will notify everyone with the number of items we have to sell each month through e-mail. First come, first serve!

### Crafting Schedule

January—dream catchers

February—To Be Determined

March—fairy furniture

April—wool fairies

May—Rhubarb leaf molds for bird baths, feeders, or pavers

## HS Store

"We're small, but nifty"

- Light weight blankets
- Emu lotions and soaps
- Imagery CD's for almost anything
  - Baby baskets
- Norwex cleaning products
- Homemade items

## Nordic Walking



Who: Tom Holte,  
Nordic Walking Certified instructor

What: 3rd Annual Nordic Walking Workshop

When: May 2012

Time: 6:30-7:30pm

Where: HeartSprings

Cost: Free

More information closer to the date about how to obtain Nordic walking poles.

## Drum Making



Who: Doris Issendorf

What: Drum Making  
(Deer, Buffalo, Elk, Moose hides)

When: Saturday, February 18  
(alternative snow day Feb. 25)

Time: 10:00am-1:00pm

Where: HeartSprings

Cost: Varies depending on type of hide and size chosen to make the drum. Call Jan at #701-261-3142 for prices.

## CSA Share



What: Lakes and Valley  
Community Supported  
Agriculture (CSA) 2012  
season

When: Starting Spring 2012  
First payment due May 1

[Depending on type of share (Full Value, Plenty Half, or Good Eatin' )]

Check out their website at [www.lakesandvalleycsa.com](http://www.lakesandvalleycsa.com)

## Service Members & Military Families

### The HeartMath De-Stress™ Workshop for Military Families



Joy Belzer, Licensed Professional Clinical Counselor, is a certified

presenter in the De-Stress program for military families. She will teach 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

Call Jan at HeartSprings #701-261-3142 today to schedule a **FREE** 2 1/2 hr. workshop for your military family support group!

## Service Members & Military Families (continued)

### G.R.I.T.

(Growing Resiliency  
Into  
Tomorrow)

Mind-body medicine focuses on the interaction between the mind and the body and the powerful ways in which YOU can participate in your own health and healing. Thoughts, feelings, beliefs, and attitudes CAN affect your biology. Learn how you can take control!

In the learning group you will be taught about the skills, practice the skill, and then process the skill in a group. The group work will help you self-reflect and encourage you to integrate the skill into your life. “Learn through your head; practice through your heart.”

You will learn about:

- Breathing techniques
- Biofeedback
- Autogenics
- Imagery
- Meditation

- Exercise
- Dialoguing with a symptom
- Wise Guide Imagery
- Mindful Eating
- Spirituality
- Drawing

Call Jan at  
#701-261-3142 to  
find out about the  
next available group.

## Service Members & Military Families (continued) Healing Guides

Join HeartSprings  
In 2012 at the VA  
Mind-Body Connection:  
Skills for Managing  
Stress

If you live in town or are coming in for an appointment check out the schedule at [www.fargo.va.gov/patients](http://www.fargo.va.gov/patients) and click on “Patient Education” or go to [www.heartspringscenter.com](http://www.heartspringscenter.com) and click on “life transitions” track and click on military families

Monday, January 9,  
2012—*Mindful Eating*

Monday, February 13,  
2012—*Drawing & Journaling to Relieve Stress*

Monday, March 12, 2012—  
*Breathing Basics*

Monday, April 23, 2011—  
*Exercise*

Monday, May 14, 2012—  
*Meditation*

Monday, June 11, 2012—  
*Biofeedback: Using feedback from your body in managing stress*

Monday, July 9, 2012—  
*Mindful Eating*

Monday, August 13, 2012—  
*Drawing & Journaling to Relieve Stress*

It’s been an amazing fall with:



What is “Healing Guides”? It is a new service that will provide guidance and direction along your healing journey. **Jan Nelson**, (executive director and occupational therapist and advanced practitioner in mind-body medicine and HeartMath) along with **Denise Morris**, (social worker with years of experience in mental health and hospice and grief work) will guide you along the path of health and healing. This is a co-creative process that will include information on current research and evidenced-based therapies, your own insights and willingness to work where needed, and intuition from both parties to come up with a comprehensive program of healing which will include modalities and service within and outside of HeartSprings, including your general practitioner.

When: Available upon request to meet on Tuesdays  
or Thursdays

Time: Availability from 1:30-7pm

Initial Consult: 1 1/2 to 2 hours

Cost: Free initial consult and donation only follow-up

### Introducing our Practitioners



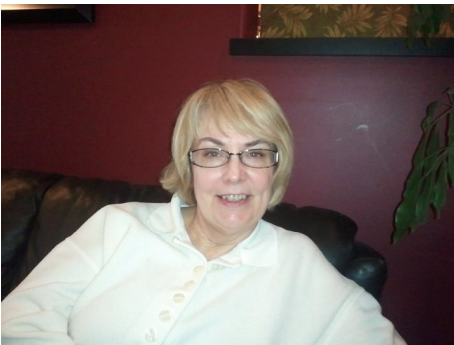
**Chaplaincy**—If you have ever wondered how to start a prayer life or learn to meditate? Do you need to hear words of forgiveness and reconciliation? Do you need a friend to walk with you through troubled times?

*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 uses a combination of techniques when she works including reiki to bring you to your greatest potential.



*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.*



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## 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.*

Jim and Joy Coffey interview with Denise Morris in why they are giving to HeartSprings at Christmas.

## Gifts of Gratitude



For many of us, the holidays are often a busy and stressful time. While we hustle and bustle about decorating our homes, baking holiday favorites and braving the cold and crowds in search of the perfect gift for our loved ones, Jim and Joy Coffey sit back and smile at one another content, for they have found “the perfect gift – a donation to HeartSprings, in Thanksgiving for our family,” Joy said.

Jim and Joy explained that last Christmas, as they were thinking about purchasing gifts for their family, they decided that the best gift they could give was a gift of gratitude. That gift was \$1000 donation to HeartSprings. Jim said, “HeartSprings was a natural choice and our family agreed.” “The kids talk about what a good place this is for Jim to be,” Joy added.

Their gift not only celebrates their deep love for their family, but it also honors the many ways their lives have been blessed through their connections with HeartSprings and it will inevitably ripple out to touch the lives of others in the community who come to HeartSprings for wellness and healing.

Jim and Joy first became familiar with HeartSprings three years ago when Jim started attending the Movement group for people with Parkinson’s. Initially while Jim was exercising with the group Joy would use the time to run errands or just to catch up on things. Now she too joins the group as she feels that she can also benefit from the exercises. Both Jim and Joy are a part of the Tremble Clefs choir and have been faithful supporters of HeartSprings in many ways. Jim said, I just love the sense of community here, it’s such an encouraging and uplifting place to be.” We have an “abundance of abundance” Joy said, referring to a message shared recently by their pastor Fr Jamie Parsley and “so we want to share our abundance out of gratitude for all that has been given to us.”

### June through November 2011 Donations

Dennis & Delores Mycerchin	memorial for Mack Fontaine
Dennis & Delores Mycerchin	memorial for Bob Granbonski
Jan Nelson	memorial for Borgni Edin
Jan Nelson & Stan Andrist	memorial for Stan Thompson
Jan Nelson	memorial for Tibor Olah
Jeff & Sharon Weitzel	memorial for Myrtle Styf
Dennis & Delores Mycerchin	memorial for Jim Knox
Virginia Duval	
Deb and Dan Pullen	
Junielle Olah	memorial for Tibor Olah
Cindy Hanson	
Jim & Joy Coffey	in honor of our family

Thanks to Carolyn & Tom Espel for their donation of four new yoga blankets to HeartSprings!

HeartSprings also has the ability to take funds on-line now through our website [www.heartspringscenter.com](http://www.heartspringscenter.com) and click on the “PayPal” key.



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

You may want to consider a Christmas donation to HeartSprings in honor of a service member, in memory of someone, and/or in honor of a special event or person!

Phone: 701-261-3142  
Fax: 701-237-4937  
email: jnelson1409@yahoo.com  
www.heartspringscenter.com  
www.facebook.com/heartspringscenter



## Jots from Jan

- Meeting the Governor and talking about the possibility of a therapeutic farm for service members
- And of course our faithful practitioners who bring their healing craft to HeartSprings every month!
- New groups and classes such as Young Onset PD group and meditation
- Old favorites with new twists such as sacred dance on the labyrinth, worship and healing service now held at St. Stephen's Episcopal church, evening yoga held at Cammie's husband's art studio downtown, and crafting for a cause.



"Floodwatch" barbershop singing sensation



Here is Carly Hager teaching a group of participants how to salsa!

Thanks everyone for your show of support! And special thanks to Dennis, Robert, and Stan for your humor, encouragement and conviction! Happy New Year!