

# Connectives . . . May/June 2005

Published for Members and Friends of *Mind-Body-Spirit Connected*, Cleveland, Ohio

*Mind-Body-Spirit Connected (MBSC)* is a 501(c)(3) nonprofit association that promotes health and wholeness through an understanding of mind, body and spirit connectivity. While many organizations focus on various aspects of holistic practice, *MBSC* strives to bring together all disciplines and to bridge the gap between the holistic and conventional healing communities. *MBSC* encourages an understanding of both eastern and western philosophies.

## Inside This Issue:

*MBSC's* New Website, Free Website Listings, pg. 2

Grant from CCF, Member Info, pg. 3

Holistic Humor (You won't want to miss.), pg. 5



**Donna Nowak**  
Founder/Executive Director

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*MBSC's* newsletters are posted online bi-monthly at [www.MBSCOnline.org](http://www.MBSCOnline.org). Non-members who would like to receive this newsletter by mail may subscribe for \$10/year to help defray printing, postage and handling expenses. Please contact Donna Nowak at the *MBSC* office if you have questions or comments related to the newsletter. Unless specified otherwise, articles are written by Donna as Executive Director/CEO.

## Alternative Spirituality and Wellness Project Research Study

*MBSC* members who attended the April 26<sup>th</sup> program already heard about an exciting collaborative effort between our organization and a researcher by the name of Dr. Louis Busacca. Since we are asking for 100% member participation by those who practice an alternative form of spirituality, this article will ensure that all members are aware of this landmark study being conducted locally.

Dr. Busacca is interested in learning more about the spiritual and lifestyle wellness of individuals who have an alternative orientation toward their spiritual development. As a result, the Alternative Spirituality and Wellness Project (ASWP) is designed to assess the beliefs, practices, spiritual and lifestyle wellness of people involved in alternative forms of spirituality.

As you might guess, the population under study is currently under-represented in research literature. The literature in counseling and psychology contains numerous empirical studies about the spirituality and wellness of mainstream religious groups; but there are currently few studies that address the spiritual practice and lifestyle wellness of individuals involved in alternative forms and methods of spirituality.

The information collected in this study will be used to:

- 1) Gain a description of an alternative spiritual community
- 2) Gain an understanding of spiritual and lifestyle wellness
- 3) Address current myths and stereotypes that may be associated with the alternative spiritual community
- 4) Provide valuable information for counselor training, holistic practice, and medical and mental health practitioners.

This study is open to individuals living in Ohio who are 18 years of age or older and currently practice an alternative form or method of spirituality. "Practice" is defined as current self-application of a spiritual form, method, or ritual for the purpose of spiritual development. For purposes of this study, alternative spirituality includes practices within the following categories: divination, alternate reality, energy healing, spirit communication, psychology, body-work, meditation, earth-based practices, paganism, martial arts, creative arts, and complementary medicine.

The ASWP survey will be available online June 4, 2005. The website to take the survey is [www.drbusacca.net/page7.html](http://www.drbusacca.net/page7.html). For further questions about the study, please contact Dr. Busacca at [lb@drbusacca.net](mailto:lb@drbusacca.net). We look forward to your participation in this important study.

## Free Listing on Website

Our last newsletter told you about a no-charge, online directory for holistic services and related events at [www.HolisticNetwork.org](http://www.HolisticNetwork.org). In this issue we are pleased to introduce you to another free service. The only work on your part is to add yourself as a holistic practitioner to the database by visiting [www.333connect.com](http://www.333connect.com).

A husband and wife team created this site, which they describe as their “contribution to the Holistic ‘Evolution’ that is now going on”. Bill Robinson is a web designer, and Nanette is a massage technician/energy healing practitioner.

Website [www.333Connect.com](http://www.333Connect.com) actively promotes the site through search engines, mailings, bumper stickers and anything else that the Robinsons can use to get the word out. To you, this means exposure to more people and the ability to facilitate more healings! Simply put, they are providing a no-cost, online service for people in search of holistic alternatives. Their database needs data, so please consider adding your information for the public’s easy use.

If you would like to increase your search engine rankings, you can also check out their Reciprocal Links Program at this web address: [www.333connect.com/links/links.html](http://www.333connect.com/links/links.html). Enhanced listings that include your photo and a link to your website are available at only \$5 per month.

If you have any questions, contact [Bill@333connect.com](mailto:Bill@333connect.com).

## MBSC’s New Website

If all goes as planned, our new website should be launched by the time you receive this newsletter. We extend a HUGE thank-you to Rodney Dawson of Rod’s Web Design for developing the new site and to Maggie Busser for her creative assistance and support. Please visit [www.MBSConline.org](http://www.MBSConline.org) to see our wonderful new look.

## Should You Avoid this Free Listing?

It is important to use discretion when making a decision about whether or not to participate in a particular online directory. For example, [www.altmed101.com](http://www.altmed101.com) is providing free services for alternative medicine practitioners, including an unlimited number of photo ads. The cover note sounded friendly and sincere, and it may be a wonderful free service. However, in order to post information, a practitioner has to agree to a series of terms and conditions, one of which is noted below.

“By providing any Content to our website, you agree to grant to us a worldwide, royalty-free, perpetual, non-exclusive right and license (including any moral rights or other necessary rights) to use, display, reproduce, modify, adapt, publish, distribute, perform, promote, archive, translate, and to create derivative works and compilations, in whole or in part. Such license will apply with respect to any form, media, technology known or later developed”.

This pretty much says that for all eternity, without any consideration for the practitioner’s desires or message, this organization has the right to use, manipulate and publish anything given to them by individuals desiring a free listing. I shared my concerns with the creator at AltMed101, and he said that the main purpose of these terms is for their protection. He thought that their requirements were “pretty much standard terms that you will encounter with other websites”. He added, “Do not take it too literally. It simply says you grant us rights to do something in a reasonable manner. For example, we may recommend some of the information you provided to our visitors, or print it out (which is available on the bottom of each ad). We want to make sure such reasonable uses will not violate your copyrights.” He said he couldn’t think of any reasons to distort anyone’s ads.

It sounds like the intentions of [www.altmed101.com](http://www.altmed101.com) are pure, but it is important to recognize that posting your information with them requires agreement to abide by acceptance of a term which would give them the right now or at any time in the future to modify, adapt, publish and distribute anything you have submitted.

*MBSC* encourages you to use your own discernment, but as Executive Director I am personally going to avoid this particular online directory. If you feel strongly one way or the other, send me an email or call and let me know what you think.

## May 7<sup>th</sup> High Tea

### Introducing *MBSC* to the Public in a Delightful Way

While it was called a “Mother & Daughter High Tea”, we promoted the May 7<sup>th</sup> mini-fundraiser as a unique way to spend time with sisters, aunts, nieces, friends, etc. In case you haven’t yet heard, the Tea at Myers University Club was a tremendously fun event. One guest sent a thank-you note saying, “Wow, Donna. You and your committee did an outstanding job for the M&D Tea. My hat is off to you!”

More than 140 guests registered for the event. Attendees enjoyed harp music by Carol J. Spears and a lovely assortment of finger sandwiches, canapés, and pastries, along with a specialty selection of fine teas. Comedienne Mary Faktor was incredibly entertaining with her “Six Ages of Woman”, helping us look at ourselves with a combination of laughter and compassion. Due to the generosity of our donors--and guests who bid high and often on more than 30 auction items--we generated profit of \$3,700 which will help carry us through the summer. (Historically, we have run out of funds in the spring, but this event, along with a grant described on the next page, should carry us through until the August 16<sup>th</sup> dreamwork program.)

Reporter Caroline Merk covered the event for *Currents* magazine, and an article will be included in their next issue. She said that she was surprised and impressed to learn that we tithed to another charitable organization from our profits. As you may recall, the Women’s City Club was beneficiary of our tithes from the Mother & Daughter Tea. Eleven of their members attended.

## Cleveland Clinic Awards \$3,000 Grant to MBSC

Thanks to Dr. Tanya Edwards, *MBSC's* Board Vice-President, and Rosalind Strickland of the Cleveland Clinic Foundation's Division of Marketing, we have been awarded a \$3,000 grant by CCF for educational programming efforts in 2005. Not only was the grant application Tanya's original idea, she secured the application for the grant, paved the way for our submission, and then helped follow-up when it seemed like our request had fallen by the wayside. Ms. Strickland was instrumental in obtaining approval for the grant, so our sincere appreciation is extended to her as well.

The grant comes just in time to cover printing expense for additional copies needed of the program directory and expanded direct mailing efforts planned for mid-summer. Some of the money will also be used for media advertising for the balance of the year. Perhaps you have noticed ads in *Balanced Living Magazine*, *Cleveland Women's Journal*, and other recent publications in order to increase public awareness of our educational events. One of our 2005 goals was to reach out to a broader constituency and increase community awareness. The Cleveland Clinic Foundation grant will help us accomplish that goal.

### Save the Dates

*Saturday, July 16*

#### **"Potluck Picnic" - Member & Spouse Only (or Guest)**

White Pines Campus at the Environmental Education Center,  
Located in the Oak Hill area (Cuyahoga Valley)

Members of *MBSC* and their significant others join in the fun of the annual potluck picnic. Networking and interactive activities focus on helping people to get to know each other. Bring a favorite dish to share.

*Tuesday, August 16*

#### **"Dream for a Change"**

Cleveland Airport Marriott

According to the Dreams Foundation, "Not only do dreams offer a private means to explore inner reality and to gain unique, undeniable, personal experiences, but there is overwhelming evidence that they can be used to improve waking life." Jackie Lowe-Stevenson and Jody Wainer will share their perspectives on how you can use your dreams to make small but powerful changes in your life.

This will be a particularly good program for inviting guests to join you since everyone can benefit from a better understanding of how to use their dreams. First-time guests who are not practitioners may attend at the same price as members. See your event flyer for details.

Sponsor for the Evening  
**Karen Raven, LPCC**

Educational Programming Sponsor  
**Cleveland Clinic Foundation**

## Sponsorship Opportunity

Marilyn Wise, Massage Bodyworker and Somatic Release Counselor, would like to share the spotlight with another professional interested in co-sponsoring the December 8<sup>th</sup> program, "Change Your Thoughts, Change Your Health." If you would like to consider a collaborative sponsorship, please contact Ann Driscoll or Donna Nowak for more info.

## Welcome New Members

Dr. Louis Busacca, Cleveland  
Researcher

Eileen Coan, Beachwood  
Medical Librarian

Sharon Dundee, Youngstown  
Graphic Designer

Dr. Stephen Flynn, Cleveland  
Integrative Physician

Dr. Charles May, Mayfield Village  
Acupuncturist

## New Board Members

Welcome to *MBSC's* board two new members, Dr. Stephen Flynn, Director of the Fairview Hospital Family Medicine Center, and Eileen Coan, Medical Librarian for The Gathering Place. Both will be serving three-year terms.

Vacancies still exist for the unexpired terms previously held by Cliff Berns and Anne Stevens (2006) and Lorna Richman (2007).

Sandra Anne Taylor,  
Honorary Chair for MBSC  
Benefit

If you enjoy being with friends and having an especially fun evening, then be sure to put a big X on your calendar for Saturday, October 29, and plan to attend *MBSC's* second Annual Benefit.

The thought of attending an event described as a cross between *Tina & Tony's Wedding*, *My Big Fat Greek Wedding*, and *The Rocky Horror Picture Show* was enough to entice Author Sandra Anne Taylor into saying that she would be delighted to serve as Honorary Chair of this year's Annual Benefit, a "Wedding Masquerade Ball". Sandra's book, entitled, "The Laws of Attraction" certainly fits well with this year's event theme.

## Inspirational Quotes

Shared By Vlad Meltzer

“One of the things I keep learning is that the secret to being happy is doing things for other people.”

*Dick Gregory*

“The truth is there’s no better time to be happy than right now...Your life will always be filled with challenges.”

*Richard Carlson*

“Lay hold of something that will help you, and then use it to help somebody else.”

*Booker T. Washington*

“There is only one success – to be able to spend your life in your own way.”

*Christopher Morley*

“Be a ‘go-giver’ as well as ‘go-getter’.”

*Leonard Hudson*

“Things are temporary, relationships last forever. Nothing can replace the time we spend investing in the life of another.”

*Roy Lessin*

“One of the surest and most generous joys of life comes from being happy over the fortunes of others.”

*Archibald Rutledge*

## MBSC Member In the News

The May 19<sup>th</sup> West Geauga Sun ran a front page article on charter member, Sarah Weiss. It took up a quarter of the front page and was continued inside. It was a beautiful article describing the work that Sarah does as a healing arts practitioner. (Most of you know Sarah, who bridges the academic and the intuitive, the traditional and the non-traditional, the spiritual and the secular. She is a Medical Intuitive, Spiritual Counselor, Energy Practitioner, and even more.

The interviewer was Linda Hoy Socha, Assistant Editor. If you don’t have access to the May 19<sup>th</sup> West Geauga Sun, an excerpt from the article may be found on the web at [www.sunnews.com/news/2005/part1/0519/EREIKI.htm](http://www.sunnews.com/news/2005/part1/0519/EREIKI.htm)

## October 29th Benefit: How Can Your Help?

Perhaps you’re wondering how you can contribute to the success of this year’s Annual Benefit on October 29? Well, let us count the ways.

- Join one of the planning committees (Auction, Decorations, Entertainment, Clean-up, Oversight, etc.). Contact Carol J. Spears at 440-639-9958.
- Donate an item for the Silent Auction, or help gather items from others. The best auctions include gifts from all over town! Contact Donna Nowak at 216-321-9181.
- Provide the names of individuals/organizations which might like to be sponsors or reserve tables at the event. Contact Maggie Busser at 216-226-6094.
- Provide names/addresses of friends, family, neighbors, and others who might like to attend so that we can add them to the mailing list. Send an email with their contact information to Donna Nowak at [Help@MBSCOnline.org](mailto:Help@MBSCOnline.org).

We hope to raise a minimum of \$25,000 profit from this year’s Benefit. We have several great ideas for 2006 which require added manpower and financial support. We hope that you will find a way to help.

## Holistic Humor

It was fun being a baby boomer...’til now. Some of the artists we grew up with in the ’60s are revising their hits with new lyrics to accommodate us boomers.

They include:

Herman's Hermits - Mrs. Brown You've Got a Lovely Walker  
The Bee Gees - How Can You Mend a Broken Hip  
Bobby Darin - Splish, Splash, I Was Havin' a Flash  
Ringo Starr - I Get By With a Little Help From Depends  
Roberta Flack - The First Time Ever I Forgot Your Face  
Johnny Nash - I Can't See Clearly Now  
Paul Simon - Fifty Ways To Lose Your Liver  
Commodores - Once, Twice, Three Times to the Bathroom  
Marvin Gaye - I Heard It Through The Grapevines  
Procol Harum - A Whiter Shade of Hair  
Leo Sayer - You Make Me Feel Like Napping  
The Temptations - Papa's Got a Kidney Stone  
Abba - Denture Queen  
Tony Orlando - Knock Three Times (on the Ceiling When You Hear Me Fall)  
Helen Reddy - I am Woman, Hear Me Snore  
Willie Nelson - On the Throne Again  
Leslie Gore - It's My Procedure and I'll Cry if I want To

So much for aging gracefully—which leads to this next lovely story...

There was once a man and woman who had been married for more than 60 years. They talked about everything. They kept no secrets from each other except that the old woman had a shoe box in the top of her closet that she cautioned her husband never to open or ask her about.

For all those years he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover. In trying to sort out their affairs the little old man took down the shoe box and took it to his wife's bedside. She agreed that it was time he should know what was in the box.

When he opened it he found two crocheted doilies and a stack of money totaling \$25,000. He asked her about the contents. "When we were married," she said, "My grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doily." *(continued on back)*

## Holistic Humor (continued)

The little old man was so moved: he had to fight back tears. Only two precious doilies were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness. "Honey," he said, "that explains the doilies, but what about all this money? Where did it come from?"

"Oh," she said, "That's the money I made from selling the doilies."

## MBSC Directory as a Resource for Physicians

We would like to distribute additional copies of the *MBSC* membership directory to doctors who are interested in integrative healthcare. If you know of a physician who would like to receive a copy of our directory in order to more easily make referrals or access additional information regarding CAM practitioners, please give us their name and address.

If you would prefer to personally deliver a copy, please let us know.

## Books Recommended for Transformation

by Vlad Meltzer, MBA in leadership/  
systems management in financial services

In order to be healthy and happy, it is important that our lives be balanced in mind, body and spirit. Transformation can occur on many levels. As a passionate, diversified loan consultant, I look for ways to help people realize the importance of cash flow/leverage in the new, transforming world. Awareness of simple principles can increase business, improve life styles, or both.

More and more people have concern about their financial future in the uncertain economic environment. I feel that by employing the principles of *Cash Flow/Leverage* and *Personal Development*, you,

your clients, and friends can take control of your financial futures while maintaining a balanced life style. In order to achieve that goal, here are some personal development resources that I recommend:

[www.landmarkededucation.com](http://www.landmarkededucation.com)

- "Pushing up People" by Art Williams
- "As A Man Thinketh" by James Allen
- "Think and Grow Rich" by Napoleon Hill
- "How to Win Friends and Influence People" by Dale Carnegie
- "Chicken Soup for the Soul" by Jack Canfield and Mark Victor Hansen
- "Conversations with God" by Neal Donald Walsch
- "The One Minute Millionaire" by Mark Victor Hansen and Robert Allen
- "You Can Heal Your Life" by Louise Hay
- "The 7 Habits of Highly Effective People" and "The 8<sup>th</sup> Habit" by Steven Covey
- "Fifth Discipline" by Peter Senge
- "The Magic of Thinking Big" by David J. Schwartz, PhD

## Nominations Solicited for 2006 Board of Directors

*MBSC's* Board will have several openings for directors to be elected for three-year terms at our October 6<sup>th</sup> annual meeting. If you would like to propose for consideration the name of someone who you feel is a respected "mover and shaker" in the holistic community--someone committed to the mission, ethics and goals of *MBSC*; someone who will represent us in a positive and professional manner--please get in touch with Board President, Linda Droblich by July 31. If the person you recommend is not currently an *MBSC* member, one of the requirements is that they will need to join the organization and sign our Code of Ethics.

The Board of Directors meets on the second Tuesday of each month, and directors commit to the following:

- 1) **Serve actively in the governance of the organization**, i.e., chair, co-chair or very actively participate on at least one committee; or serve as an officer of the board.
- 2) Assist in the development of **financial sponsorship support**.
- 3) **Plan to attend** all regularly scheduled *MBSC* events.
- 4) **Disclose any conflict of interest** with *MBSC* (or potential conflict).
- 5) **Make a personal contribution** to *MBSC* in as many of these ways as possible:
  - Make a concerted effort to get to know members
  - Recruit new members
  - Recruit members to serve as volunteers
  - Serve on an ad hoc project
  - Sponsor or co-sponsor a meeting or event
  - Place an advertisement
  - Make a financial contribution

While the above requirements may seem like a significant commitment of time and energy, board service is very rewarding. Feel free to ask any of our current directors (listed on the front of this newsletter) how they feel about serving on *MBSC's* Board.

## MBSC Launches New Website

Just in case you missed the article on page two... Our new website should be launched by the time you receive this newsletter. Rodney Dawson of Rod's Web Design has proven himself again to be an incredible resource to *MBSC*, and Maggie Busser was helpful in creative design, making the website more user-friendly, and gently nudging the project forward. Please take a few minutes to visit [www.MBSCOnline.org](http://www.MBSCOnline.org) and see our wonderful new look.