

Top Stories

Healy Family Memorial Scholarship Fund to Help Support Single Parents

Applications are being accepted for the Healy Family Memorial Scholarship, the first Northwestern Health Sciences University scholarship designed to support single-parent students in any program who demonstrate a high level of achievement, service and leadership.

The \$500 annual scholarship was established in 2004 in memory of Jack and Betty Healy, parents of John Healy, director of communications at Northwestern, and the in-laws of Nancy Healy, clinic operations coordinator for the University. Jack Healy, PhD, was a cultural geography professor for more than 35 years, while Betty Healy, RN, worked as a public health nurse for nearly 40 years. Both were products of single-parent households and each believed passionately in the value of education and the importance of preventative health care.

“The Healy Family Memorial Scholarship was a natural way for us to remember them,” says John Healy. “They both loved the institution, its mission, its people and the students. We wanted to do something to remember the impact they had on our lives and allow students to be impacted in the future.”

While the scholarship will launch with one \$500 scholarship, John Healy says he hopes to eventually offer six \$500 scholarships each year. Currently the scholarship is the only endowed scholarship available to massage therapy students and is one of two scholarships available to acupuncture and Oriental medicine students.

Eligibility requirements for the scholarship are:

- Chiropractic, and acupuncture and Oriental medicine students must be in their first through ninth trimesters of study;
- Massage therapy students must be in their first two trimesters of study;
- Applicants must have filed a Free Application for Student Aid form for 2004-05;
- Acupuncture and Oriental medicine students must be passing;
- Chiropractic and massage therapy students must have a GPA of 2.5 or greater;
- Applicants must show evidence of service and leadership involvement for the fall 2004 trimester; and
- Applicants must submit a recommendation from a faculty or clinic member.

The deadline for application is Feb. 28; visit the financial aid office to pick up an application. The scholarship will be awarded prior to the beginning of the spring term in April.

Buy Artwork and Support Northwestern Health Sciences University

In an effort to raise money to benefit Northwestern Health Sciences University, photographer Bill Forsyth has decided to donate the proceeds from sales of select pieces of his photography throughout the month of February.

Forsyth, who claims no ties to Northwestern, learned about its mission from his neighbor, Brady Forseth, BA, director of development "I admire Northwestern's vision and philosophy," he says. "I was raised on the importance of preventative health. Raising money for this cause is very important to me."

Three photographs entitled "Foggy Path," "Orange Tree" and "Fall Path" are available through Forsyth's online gallery. The photographs come in three different dimensions at price levels ranging from \$25 to \$40.

Forsyth began photography as a hobby in high school. "It really began as a result of one teacher's praise," he says. "I was told that I had the most potential he had ever seen."

His camera at his side at all times, Forsyth fits his photography into a busy schedule that includes a full-time position as a application developer and systems analyst at Cargill Inc. "I started my online photography gallery about three years ago," he says. "In addition to nature themes, I do portrait photography and still life."

For more information on Forsyth's art or to buy a print and help support Northwestern, visit <http://www.forsythfotography.com/Merchant2/merchant.mvc>.

Northwestern College of Chiropractic Alumni Association Names Distinguished Alumnus of the Year

Darrell E. Crider, DC, was selected as the Distinguished Alumnus of the Year by the Northwestern College of Chiropractic Alumni Association at the 2005 Homecoming and Winter Gathering in February. Dr. Crider, a 1959 graduate of Northwestern, practices at Crider Chiropractic in Minneapolis, Minn.

"Anyone who knows Dr. Crider is well aware of his love for chiropractic, his great sense of humor, and his talent for telling wonderful stories and jokes," says Michael Ameli, DC, a 1971 Northwestern alumnus and president of the Alumni Association.

Dr. Crider grew up on a farm in Eagle Bend, Minn. Upon graduating from Bertha High School, he entered the military's Field Artillery Intelligence Service, serving his country in both the United States and in Germany.

Upon leaving the military, Dr. Crider worked briefly as a payroll auditor for the St. Paul Fire and Marine Insurance Company. His marriage to Arlene Schmerdel from St. Louis Park, Minn., and the birth of their first child, Vicky, led Dr. Crider to consider a career

change. Initially considering law, Dr. Crider discovered that his true interest was in the field of chiropractic.

Dr. Crider enrolled at Northwestern College of Chiropractic in 1956. Dr. Crider's experience in chiropractic runs nearly a half-century. "People like Dr. Crider who have all these years in practice are the core of what we are all about," says Alfred Traina, DC, president of Northwestern. "We are what we are today because of people like Dr. Crider."

Since his graduation, Dr. Crider has been involved in community events, and is active in church, political and civic groups. As member of the Northwestern Alumni Association Board of Directors from 1993 - 2001, Dr. Crider was an advocate for chiropractic in health care.

"I met him on the alumni board," says Kathleen Bloom, DC, a 1984 Northwestern College of Chiropractic graduate, and former president and current member of the Alumni Association Board of Directors. "He was such a great influence. When I learned about all the things he had done in his life, I knew that he was an ideal candidate for this award."

Although Dr. Crider recently suffered a stroke, he returned to work at his practice in less than two months. "When he wasn't working, his patients would call constantly, asking 'when will you be back?'" says Dr. Ameli. "Dr. Crider truly loves his patients. Many of them have become close friends over the years.

"Dr. Crider is such a wonderful, positive and helpful personality," says Deborah Peterson, director of alumni relations at Northwestern. "He has been a true advocate for the chiropractic profession. We should all be proud to have him among our Northwestern alumni."

According to Dr. Crider, the award entails a greater sense of responsibility toward the advocacy of his profession. "I must dedicate the rest of my life to earn this award," he says. "It is not what chiropractic can do for me, rather what I can do to further the chiropractic profession."

Program Information Day Introduces Students to Different Modalities

More than 300 first-year students at Northwestern Health Sciences University explored the different modalities of natural health care taught at the University during Program Information Day on Feb. 8.

The event, which was incorporated into the class work for students in their first three trimesters of education, offered students from each of the three main programs at Northwestern — chiropractic, acupuncture and Oriental medicine, and massage therapy — a glimpse into the techniques and methods used by the other programs. Students were

divided into teams of 15-20. In five-minute increments, students participated in hands-on demonstrations led by second- and third-year students.

Each modality had four stations, except massage therapy, which had two, allowing students to spend more time receiving and observing both chair and full-body massages. Other stations included demonstrations of different adjustment methods, acupuncture, cupping, and tongue and pulse diagnosis.

Program Information Day was initiated as a result of the University's commitment toward integrating diversity into its strategic direction. "We thought it was important to talk about the unique diversity in and of our various programs," says Tolu Oyelowo, DC, associate professor, chair of Northwestern's Diversity Commission and one of the facilitators of the event. "As with any diversity initiative, interaction is key."

Molly Masis, a T2 chiropractic student and Student Senate parliamentarian, says she was happy to participate in the program. "I really looked forward to it," she says. "It's 'mandatory,' sort of an enforced enlightenment, but it's a good thing."

Program Information Day was sponsored by the Diversity Commission, Student Senate, the Office of Student Affairs, Northwestern College of Chiropractic, the Minnesota College of Acupuncture and Oriental Medicine, and the School of Massage Therapy.

Energy Healing Club Named 'Club of the Trimester' by Student Senate

The Energy Healing Club was recently awarded "Club of the Trimester" by Student Senate for the Fall 2004 trimester.

The award recognizes one club each trimester. Honorees must not only meet the established requirements for student organizations, but also serve as a great example of the opportunities for learning that can be created by a student organization.

The Energy Healing Club was specifically recognized for its exceptional organizational skills, its efforts toward bringing in a large number of diverse speakers, and its ability to provide information about upcoming events in a timely manner to the student body.

To suggest a club to receive the Winter 2005 trimester "Club of the Trimester" award, contact your Student Senate representative.

Accreditation Site Visit Slated for March 21-24

On March 21-24, Northwestern College of Chiropractic — a college of Northwestern Health Sciences University — will welcome a team of site visitors from the Chiropractic Council on Education (CCE), the College's accrediting body.

During the visit, which is a major component of the reaccreditation process, the team will verify information contained in the self-study report regarding compliance with the CCE standards.

“Our institution has always had a good reputation with the CCE,” says Rob Scott, DC, dean of Northwestern College of Chiropractic. “We have always done very well during our site visits. I’m not worried at all.”

In preparation for the site visit, the College began a self-study process in February 2004 leading to the submission of a self-study report to the CCE in November 2004. The report identifies the College’s strengths, as well as areas that could use improvement.

While conducting the self-study, the College identified a few areas that could be improved. For example, while chiropractic students see a wide variety of cases during their internships, there hasn’t been a focused emphasis on the 25 most commonly encountered cases. Upon recognizing the deficiency, Dr. Scott began work to add case studies into coursework.

“We need to establish some consistency with our case studies,” says Dr. Scott. “We know students see these cases, but we need to be more explicit. That’s the good thing about self-studies; they really help us strengthen our programs.”

During the site visit, the team will spend three days touring campus and interviewing faculty, staff and students. On the fourth day of the visit, the team will share their findings with College officials. A final report will be presented in the weeks following the visit, and in the summer, the CCE will determine whether to continue Northwestern’s accreditation. Typically Northwestern’s accreditation has been renewed for five to seven years.

To view a copy of the self-study report, contact Dr. Scott.

Dive-In Movie Gets Two Thumbs Up

More than 32 kids and 22 parents and guardians filled Northwestern’s pool for the recent “dive-in” movie that featured “Finding Nemo.” A movie-going experience unlike any other, kids and parents lounged on Funoodles and floatation devices while watching the brilliantly animated film. This is the first time that Northwestern Health Sciences University has hosted such an event.

“The Dive-In Movie was a great example of the University and the community coming together to have a great time,” said Nicky Simon, BA, Northwestern’s community relations coordinator. “As a University it is important to give back to the community and to model a sense of community service for our future doctors and practitioners.”

The splashy event began with a 45-minute swim. Kids played games, splashed with their friends, and relaxed in the heated water.

A matinee performance of “Finding Nemo” followed the free swim. “Finding Nemo” is the story of a boy clownfish who is stolen from his coral reef home. Against all odds, his timid father searches the ocean to find him.

After the film, children and parents enjoyed hot chocolate, cookies and give-aways provided by the University. A \$50 gift certificate to the Mall of America was awarded to Evelyn Reed, a seventh-grader from Bloomington, Minn.

Communicating Northwestern: What are the Tools and How Can You Help?

By Jaime Hunt, public relations coordinator

Since I joined the staff in the communications department at Northwestern Health Sciences University, I have spent much of my time getting to know the campus and the people who fill its halls. As the University’s public relations coordinator, it is my job to cover the campus and make information available to a number of audiences, including the campus community, alumni, prospective students, donors and friends of the University, the media, and the general public. This is the first in a regular column in which I will keep you up-to-date on the University’s public relations efforts.

Northwestern Today and Northwestern Weekly

In an effort to improve communication on campus, we have transitioned from offering a weekly online update, *The Communicator*, to providing a daily online journal, *Northwestern Today*. The new publication keeps the campus community abreast of the latest news on campus. Currently, Northwestern is the only natural health care institution that offers daily news.

Additionally, we spruced up the printed version of *The Communicator* and gave it a new name — *Northwestern Weekly*. Full-color posters advertising the publication are located around campus.

University Update

In addition to improving our on-campus communications, we have created a new venue for communicating to alumni, friends of the University, and prospective students — *University Update*. Delivered to more than 12,000 e-mail addresses bi-weekly, *University Update* provides news and information about Northwestern to those who are not regularly on campus. By keeping our brand in the forefront of the minds of various constituencies, we create ties to the University that are not easily severed. Our Feb. 1 issue was read by more than 40 percent of alumni and friends of the University, and 20 percent of prospective students — terrific statistics for an unsolicited electronic newsletter.

Natural News Service

In addition to communicating about Northwestern through publications, I have been busy keeping the general public aware of Northwestern through a public information service we created called Natural News Service. Every month we send a natural health care article to more than 300 newspapers in Minnesota. All around the state, the general public is reading about chiropractic, acupuncture, Oriental medicine, naturopathy, massage and other natural health care topics featuring our faculty as experts! Our initial article, which offered stress relief tips provided by Dale Healey, DC, dean of the School of Massage Therapy, was printed in 17 newspapers around the state, accumulating 218 column inches (roughly two full pages) — a \$1,500 - \$3,000 value if the same space was purchased for advertising! As the service continues to gain the attention of newspaper editors and publishers, we hope to begin to increase our distribution to every other week and perhaps extend our circulation beyond Minnesota's borders.

Press Releases

As the University's public relations coordinator, naturally I am responsible for sending press releases to media outlets around the country. Since September, I have sent 59 press releases to scores of publications, including the *Star Tribune*, *Dynamic Chiropractic*, local television and radio stations, and dozens of others. Additionally, we have sent scores of new graduate press releases, new student press releases and scholarship winner releases to hometown papers across the country. In all, more than 750 column inches has been published about Northwestern in Minnesota newspapers since September!

It Comes from You!

The success of all of these communications tools is greatly dependent on *you!* Sharing your stories, your successes and your news with both the campus community and beyond will help us strengthen our reputation as the leading natural health care institution in the nation! You can assist me as I try to shape our image in the minds of the general public, alumni, prospective students and others by sharing your stories with me. Without you, Northwestern would not be the vibrant and exciting place it is; help me spread the word!

Culture and Chiropractic: Developing Cultural Competence in Practice

Whether by playing Samba music when adjusting a Brazilian patient, or utilizing their expertise in Spanish, French, Vietnamese, Laotian, Persian and English languages and cultures, the practitioners at Align Chiropractic owe much of their success to their understanding of cultural competency.

Started by Reza Alizadeh, DC, a 1994 graduate of the chiropractic program at Northwestern Health Sciences University, Align Chiropractic is home to four doctors of chiropractic and four massage therapists. Originally located in St. Paul, Minn., the clinic's success led to its expansion in 1998 to an additional site in downtown Minneapolis, Minn. With a continually growing client base, Align Chiropractic serves people from more than seven different ethnic communities.

Leaving his home country of Iran at the age of 17, Dr. Alizadeh arrived in the United States with entrepreneurial ambitions. Graduating from Macalester College, in St. Paul, Minn., with degrees in international studies, economics and business, Dr. Alizadeh had a brief financial career, working for the Chicago Mercantile Exchange as a currency trader. But after a few years, he realized his career was not fulfilling and sought a change. “I knew that there was more to life than finances,” he says. “This feeling ultimately drove me to areas of healing.” Dr. Alizadeh entered the chiropractic program at Northwestern in 1990, and graduated four years later.

Despite moving from the world of finance to the world of health care, Dr. Alizadeh did not lose his business sense — or his independent spirit. “My entrepreneurial dreams remained strong,” he says. “I didn’t want to work for someone else. I wanted to create my own business, my own way.” Dr. Alizadeh started his own practice in 1994 and he is currently working with Patrick Levesque, DC, a 1994 graduate of Northwestern; Minh Pham, DC; and Mark Jerome, DC.

As an immigrant himself, Dr. Alizadeh immediately recognized the importance of reaching out to the various ethnic communities that surrounded his clinic, including recent immigrants. Because of the clinic’s cultural sensitivity, it began attracting patients through word-of-mouth. Ultimately, Dr. Alizadeh discovered that word-of-mouth advertising was more effective in penetrating ethnic communities than traditional marketing.

“Once you develop a relationship with a patient, your chance of expanding into his or her community becomes greater,” says Dr. Alizadeh. “If you diversify and form relationships with more diverse patients, you may diffuse your practice into even more communities.”

“Around 70 percent of our patients are from minority populations,” he adds. The client base at Align Chiropractic reflects growing trends in national demographics. According to the 2000 United States Census, the U.S. is growing increasingly diverse. In the year 2000, approximately 30 percent of the population belonged to a racial or ethnic minority group. The Census Bureau projects that by the year 2100, the percentage of ethnic minorities will jump to 60 percent.

Align Chiropractic is ahead of the curve. Dr. Alizadeh and his fellow practitioners, who hail from Columbia, the French Canadian province of Quebec, Mexico, Vietnam and Roseville, Minn., use various strategies to work with patients, and form relationships with their respective cultural communities.

Dr. Alizadeh promotes listening to patients’ needs, rather than to one’s own beliefs. “Healing is an innate mechanism,” he says. “If you tune yourself to your patient, the innate will do a superb job. When our ego takes over, it affects how we diagnose. It is better to be a good listener and do our best to provide for the patient.”

As indicated by Census figures and as evidenced by the experiences of Align Chiropractic, many new practitioners will encounter patient populations and professional

values that require skills in negotiating cultural differences. Recognizing that, in 1999 Northwestern Health Sciences University established a Diversity Commission. One of the goals of the commission is to introduce students to cultures other than their own and eventually provide students with the skills they will need to handle such populations effectively.

“We are working to help the campus community explore the reality of the world outside of Northwestern,” says Tolu Oyelowo, DC, Diversity Commission chair and associate professor at Northwestern College of Chiropractic. “Our goal is to partner with the larger campus community to create an environment that fosters understanding and an appreciation for diverse opinions and ideas. In addition, we initiate and champion University-wide efforts that prepare students and employees to effectively respond to the needs of diverse populations.”

The commission is working toward including cultural competency education in the chiropractic curriculum. “Northwestern students seem to be showing interest in expanding their education into these areas,” says Dr. Oyelowo. “The success of La Clinica de Mariposa, [a volunteer internship in which students work in a multi-disciplinary health center located in Costa Rica], is an example.”

Despite its clinical relevance, the health profession has generally been slow to recognize a need for cultural education. “This is due in part to the fact that patients are self-selecting,” says Dr. Oyelowo. In other words, non-Hispanic white clinicians may not have an opportunity to treat patients of different races because those patients would rather choose doctors who are a part of their own racial or ethnic communities.

Limited availability of health care for minority communities may also be attributed to low minority representation in the chiropractic profession. According to a 1994 study by Glenda C. Weise, PhD, entitled “A Qualitative Study of 16 African Americans in Chiropractic Education” (*Journal of Chiropractic Education*, 2004), only 1 percent of chiropractors were African American, and enrollment of African Americans in chiropractic schools continues to be low.

Additionally, recent literature suggests that the disconnect that occurs between a patient and practitioner often points to cultural misunderstanding. “Recent literature points to the fact that a lack of cultural competence may lead to non-compliance on the part of the patient,” says Dr. Oyelowo. “For instance, patients who view health in terms of spirituality will not view taking aspirin as a helpful resource, even when instructed to do so by a doctor.”

While such literature is often directed toward the allopathic medical community, chiropractic professionals can greatly benefit from their findings. According to Dr. Oyelowo, chiropractic care produces unique opportunities in terms of dealing with different cultures. “Many minority cultures tie in very well with chiropractic philosophies,” she adds. “Ideas of health that address the body as a whole parallel the ideas of many cultures.”

Additionally, recurring patient visits may aid in ensuring cultural understanding. “Unlike medical doctors, we have a unique privilege of treating patients over a course of time, rather than through a single visit,” explains Dr. Oyelowo. “This provides an opportunity for dialogue between the patient and practitioner.” Through repetition, doctors have more occasions to make sure that what they are saying is understood by the patient and that they are tuned into the patient’s needs.

On the other hand, chiropractic’s ‘hands-on’ approach may be problematic for some cultures. “In Islamic culture, for example, a male doctor performing a hands-on treatment for a female patient is quite taboo,” says Dr. Oyelowo.

Working to develop the appropriate methods to dealing with an increasingly diverse population will be the challenge for new doctors of chiropractic. As the success of Align Chiropractic indicates, growing cultural competency holds potential for great rewards.

Side bar:

According to the U.S. Census Bureau, U.S. minority populations are projected to grow in the next 50 years:

	2000	2010	2020	2050
White non-Hispanic	71%	66%	63%	53%
Hispanic	12%	15%	16%	24%
Black	12%	13%	13%	13%
Asian	4%	5%	6%	9%
American Indian	1%	1%	1%	1%

Northwestern Health Sciences University Hosts Carnival for Kids

This year’s Bloomington Loves Its Kids Carnival, slated for Feb. 19 from 12:30 p.m. – 3 p.m. on the Northwestern Health Sciences University campus, includes free food, activities and entertainment sure to delight children of all ages. More than 2,000 people are expected to attend. Students, faculty and staff of Northwestern are invited to attend with their families.

“The Bloomington Loves Its Kids Carnival is a great opportunity for Northwestern to open its doors and welcome thousands of people on campus,” says Nicky Simon, BA, community relations coordinator. “It gives us a chance to meet our neighbors, give back to the community and also to have fun!”

The Bloomington Loves Its Kids Carnival is a combination of local dance, arts, music, games, education and entertainment. In addition to activities, snacks and beverages will be provided for children.

Countless volunteer organizations will donate their time and talents to the event. The Bloomington Breakfast Optimist Club and Kennedy High School Students will sponsor carnival games in the gym. An educational exhibit area, including dozens of booths that provide community and child-related information, will be sponsored by several dozen Bloomington-based organizations.

For those with a creative bent, art-related activities will allow kids to showcase their talents. The Bloomington Arts Center will offer various activities that kids can make and take home. Don't like to paint? No worries, face painting and balloon twisters will also be available.

“Pluggie,” a robotic fire hydrant, will make a return visit this year, along with all of his friends at the Bloomington Fire Department. Be sure to check out exhibits featuring the Bloomington Police Department and representatives of the Police Community Resource Unit, including animal control, DARE and the canine unit.

Back again this year will be a special kid's favorite – Ronald McDonald! McGruff, the crime-sniffing dog, will also make an appearance at the event.

If the exhibits and characters are not enough to bring you to this great event, perhaps the afternoon of entertainment will entice you. The University's auditorium will be filled with local talent ranging from dance to music to Ronald McDonald.

Dancing up a storm, CityScape Dance will open the afternoon's events with a demonstration of their amazing dancing talents and abilities. Cityscape Dancers will perform from 12:30 p.m. – 1 p.m. in Northwestern's gymnasium. Musician Jack Pearson, also known as Mr. Song Strummin' Story Man, will follow the dancers. Pearson's musical talents and storytelling abilities will take you to an imaginary world full of adventure and song.

Musical Avenues, a Bloomington Schools community education program, will perform a concert from 2:30 p.m. – 3 p.m. in the auditorium. Known for their high-energy and fun music, Musical Avenues is sure to set kids spinning and dancing. Ronald McDonald will also make an appearance from 1:50 p.m. – 2:20 p.m.

New this year is Northwestern's Entertainment Stage located in the gymnasium. Entertainment begins at 1 p.m. with magician Darren Marr, and follows with an

interactive Healthy Spine activity. Bill the Juggler takes the stage at 2 p.m. followed by a second Healthy Spine activity. Northwestern's Entertainment stage is hosted by Northwestern Health Sciences University and the Bloomington Crime Prevention Association.

This all-inclusive, free event will also provide parents with an activity area for their little ones. Sponsored by the Early Childhood Family Center, the tot area will allow parents some freedom to enjoy the various educational exhibits.

The Bloomington Loves Its Kids Carnival will be an event that features diverse activities for kids of all ages. Don't miss the fun-filled Saturday that will be heavy on the entertainment and activities and light on your pocketbook.

Shall We Dance? Northwestern Offers Ballroom Lessons

For staff, students and faculty of Northwestern Health Sciences University who suffer from "two left feet syndrome," a ballroom dancing class may be just what the doctor ordered. Dance lessons are offered from 5 p.m. – 6 p.m. on Tuesday evenings in the gym.

Michael Anderla, a T5 chiropractic student and president of the Ballroom Dancing Club, initiated dancing lessons at Northwestern in September 2004. "This is an opportunity for Northwestern students to do something that is completely different from their normal activities," says Anderla.

Rather than offering the typical lectures, panel discussions and brown bag luncheons that characterize most Northwestern student organization events, the Ballroom Dancing Club offers an activity that transcends academic discipline and requires no note taking. "We dance tango, meringue, cha cha, salsa, swing, rhumba, waltz and more," says Anderla.

Anderla's passion for dance began seven years ago, during his undergraduate studies at St. Olaf College, in Northfield, Minn. "I took ballroom dancing as a physical education requirement. I never expected that it would develop into such a passion," he says.

"My favorite dance was definitely the waltz," he adds. "It is one of the smoothest and most free-flowing of movements. It also permits you to improvise in terms of moves." Anderla's passion for ballroom dance led to a dancer camaraderie on St. Olaf's residential college campus. "We used to bring portable speakers wherever we went," he says. "During any moment of free-time we would just plug them in and begin to waltz."

Upon graduation, Anderla became a professional dance instructor, teaching at Dancer's Studio, a former fire department located in St. Paul, Minn. "Although I knew how to dance, Dancer's Studio turned me into an instructor. I continued to teach at their studio on Snelling Avenue for three years," he says.

Upon entering Northwestern's College of Chiropractic in September 2003, Anderla was temporarily forced to remove his dancing shoes. "I spent that year missing it a great deal," he says. "I really wanted to set something up so that I could give students here the same opportunity I had in college."

These days, Anderla's ballroom dancing class is increasing in popularity. "There are about 10 to 15 people who come every week and who are very committed to learning the art," he says. "I am not surprised that more and more people are becoming interested. The image of it in the movies and the fact that it is so different from what we do here is very appealing."

Health and Wellness

Submitted by Rosie Ward, MPH, CHES, health and wellness coordinator

February is American Heart Month

Steps to Reduce Your Risk for a Heart Attack

Heart disease is the leading cause of death for both men and women in the United States. In fact, more women die of heart disease annually than men. Some risk factors for heart disease, such as age and heredity, are not within your control.

After age 65, the risk of death from heart disease rises dramatically. Children with parents who have heart disease are more likely to develop it themselves.

There are still ways to reduce your risk for a heart attack. Follow these eight steps for a healthier heart:

1. Don't smoke. If you do smoke, quit. It will greatly reduce your risk for a heart attack. Contact your health care provider for help to quit. Also avoid exposure to secondhand smoke.
2. Lower high blood pressure. High blood pressure – also called hypertension – makes the heart work harder and increases the risk of heart disease. High blood pressure usually has no symptoms. Contact your health care provider for a blood pressure check and to find out if you need to take steps to reduce your blood pressure. Normal blood pressure for adults is less than 120 mm Hg for systolic pressure and less than 80 mm Hg for diastolic pressure
3. Reduce high blood cholesterol. High cholesterol has no symptoms. Over time it builds up in the arteries and can eventually block blood flow to the heart and lead to a heart attack. It can be treated with lifestyle changes such as a heart healthy eating plan, regular physical activity, and maintaining a healthy weight. If these changes do not lower cholesterol, medication can help. Blood cholesterol levels

should be checked with a fasting “lipoprotein profile” every five years starting at age 20. Desirable, healthy blood cholesterol levels are:

- Total blood cholesterol: less than 200 mg/dL
 - LDL (“bad”) cholesterol: less the 100 mg/dL
 - HDL (“good”) cholesterol: 40 to 59 mg/dL (the higher the better)
 - Triglyceride Level: less than 150 mg/dL
4. Aim for a healthy weight. Eating a sensible, heart healthy diet and getting regular physical activity are important for maintaining a healthy weight. Check with your health care provider to find your healthy weight.
 5. Be physically active each day. To protect your heart, you need at least 30 minutes of moderate physical activity most and, preferably, all days of the week. If 30 minutes is too much at one time, you can break it up into periods of at least 10 minutes each.
 6. Maintain your fasting blood sugar level to below 100 mg/dL. Ask your health care provider when you should have your level checked. If you have diabetes, monitor and control your sugar levels. Diabetes damages blood vessels including the arteries of the heart and greatly increases the risk for heart disease.
 7. Manage your stress. Individual response to stress may be a risk factor for heart disease. Some people under stress will overeat, start smoking or smoke more.
 8. If you drink alcohol, drink in moderation. Too much alcohol can raise blood pressure, cause heart failure, and contribute to obesity, as well as alcoholism, suicide, and accidents.

By following these steps, you can go a long way to keeping your heart healthy.

Sources: “Reducing Heart Attack Risk,” National Heart, Lung, and Blood Institute, <http://www.nhlbi.nih.gov/actintime/rhar/rhar.htm>. “Cholesterol Levels: AHA Recommendation,” “Risk Factors and Coronary Heart Disease,” American Heart Association, www.americanheart.org. “Women’s Steps to a HealthierUS,” 2004 Daybook, The National Women’s Health Information Center, <http://www.4woman.gov>.

Healthy Heart Checks Available to Staff and Faculty Throughout the Month of February

In an effort to promote heart health, and in honor of American Heart Month, Northwestern Health Sciences University staff and faculty will have the opportunity to participate in heart health screenings in the University Health Services clinic.

The 30-minute appointments will include a complete heart health questionnaire; a physical assessment that includes the measurement of height, weight, waist and hip ratio, body mass index, and blood pressure; and an opportunity to have a full lipid profile ordered if deemed appropriate.

Short follow-up appointments will be scheduled as needed to review the results of your lipid profile and to provide you with lifestyle education. Screenings will be available beginning Feb. 7.

To schedule your appointment, call ext. 415 and request the Healthy Heart Check. Appointments are available during regular University Health Services hours:

- Mondays: 7 a.m. - 9 a.m., noon - 5 p.m.
- Tuesdays: 7 a.m. – 1 p.m.
- Wednesdays: 7 a.m. - 9 a.m., noon - 5 p.m.
- Thursdays: 7 a.m. – 1 p.m.
- Fridays: 7 a.m. - 9 a.m., 3 p.m. - 5 p.m.

Are You At Risk for a Stroke?

Did you know that two-thirds of all stroke victims did not have any warning of their impending stroke? Healthy-U is hosting screenings through Stroke Detection Plus for all employees of Northwestern Health Sciences University and their family members. The goal of these screenings is to alert people to health risks that might otherwise go undetected and to inform them of the need to follow-up with their physician.

Usually doctors cannot order these tests without the patient showing signs or symptoms. Stroke Detection Plus offers these screenings at a fraction of the regular cost and comes highly recommended by many hospitals and individuals in the medical community.

Screening tests estimate the percentage of blockage in arteries based on new research from the University of Washington. Screenings tests include screening to determine blockage in the carotid arteries (neck); screening for an abdominal aortic aneurysm; screening for peripheral vascular disease (blockage in legs); and screening for bone density and risk for osteoporosis.

All four tests take approximately 20-25 minutes to complete. You will receive preliminary results from a radiologist immediately with full results mailed directly to you within 10 business days. Watch for posters throughout the building and a flyer in your paycheck with more details about the tests and a checklist to determine if you or a loved one might be at risk.

Screenings will take place from 9 a.m. – 4:30 p.m. on April 7 in the Cafeteria Conference Room. The cost for all four tests is only \$70 (each test alone would normally cost \$300 – \$700 in a hospital setting). These tests are allowable expenses under VEBA and medical reimbursement accounts.

To make your appointment, call (877) 732-8258.

“Do” Campaign

“Do,” a social-marketing campaign put together by Blue Cross/Blue Shield and the American Heart Association, provides fun, point-of-decision marketing to remind you to make choices to be healthy and add activity into your day.

The campaign reinforces how easy it is to “groove your body” three times a day for 10 minutes to promote good health and to decrease the various health risks associated with inactivity. It was piloted in Brooklyn Center and Duluth earlier this year and was so successful that the campaign messages have spread to Minneapolis and St. Paul.

The “do-crews” have spotted and rewarded 18 people. The latest winners are **Jerry Micelle**, bookstore manager. Micelle was spotted parking in the back corner of the parking lot. He received a Target gift certificate. **Christine Kelly**, admissions staff, was spotted hand-delivering items to MCAOM rather than sending them via inter-office mail. She was also spotted working out on campus on more than one occasion. Kelly received a Sportmart gift certificate. **Monika Rimple**, Web coordinator, was spotted participating in exercise classes on campus. She received a set of exercise bands. If a do-crew spots you “doing,” you could be the next big winner!

Healthy-U Program Updates

February Recess Activities

Remember when you were a kid and had “play” time each week? Imagine the benefits on your stress levels and personal well-being if you took time out for yourself each week

You will receive a new 2005 Recess tracking card when you attend your first Recess activity for the year. Each time you participate in a Recess activity, the group leader for that activity will initial your tracking card. At the end of July, there will be drawings for varying levels of prizes based on your participation. Even if you can only attend one or two events, you’re still eligible for a prize!

- **Thursday, Feb. 17 – Ice Skating** – will take place from 5 p.m. – 7 p.m. at Centennial Lakes, in Edina. Grab your ice skates and your warm clothes for some fun, exercise and socializing.
- **Friday, Feb. 18 – Relaxation Class** – will take place from 11:30 a.m – 11:50 a.m. in the gym. Take 20 minutes out of your day to unwind and rejuvenate.
- **Tuesday, Feb. 22 – Lunchtime Games** – come anytime between 11:30 a.m. – 1 p.m. for fun and games.

Health Club Discount Program

Did you know that as an employee or student of Northwestern, you can receive discounts when joining one of our eight health club partners?

Northwestern has health clubs partnerships with:

- Bally Total Fitness (all locations);
- Calhoun Beach Club (Minneapolis);
- Fitness Crossroad (Minneapolis and St. Anthony);
- Gold's Gym (Vadnais Heights and White Bear Lake);
- Lifetime Fitness (all locations, no discount until spring 2005);
- Northwest Athletic Club (all locations);
- YMCA (18 metro locations); and
- YWCA of Minneapolis (Downtown, Midtown and Uptown).

Wellness Fun Facts

Lack of Sleep Risks Weight Gain

When you don't get enough sleep your blood level of leptin – a hormone that suppresses your appetite – drops. When the level drops, your appetite will increase for high-calorie, high-carbohydrate foods. To help keep your leptin level up and reduce your urge to overeat, get six to eight hours of sleep a night.

Source: *The Journal of Clinical Endocrinology and Metabolism*, November 2004.

Quote of the Week

“So what do we do? Anything. Something. So long as we just don't sit there. If we screw it up, start over. Try something else. If we wait until we've satisfied all the uncertainties, it may be too late.” ~ Lee Iacocca, former CEO of Chrysler

Upcoming Events – March

“Do-winter” and start training for a walking, running or bicycling event.

Saturday, March 12 – Lake Johanna Four-Mile (Arden Hills, Minn.)

- A scenic and challenging loop around Lake Johanna.
- This race is free to members of the Minnesota Distance Running Association.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Saturday, March 19 – Spring Fever 5K Run and Walk (Blaine, Minn.)

- \$12 entry fee if registered before March 12; \$16 day of event.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Saturday, March 26 – Get Your Rear in Gear Colon Cancer Coalition Run
(Minneapolis, Minn.)

- A 5K run and walk and a half-mile kids fun run to benefit colon cancer research.
- \$18 entry fee for adults; \$12 entry fee for children 12 and under.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Recipe Corner

Red Wine Risotto

Ingredients

2 cups low-sodium vegetable or chicken broth
1 tablespoon olive oil
1 cup diced onion
8 ounces sliced wild mushrooms, such as shiitake, oyster or cremini
1 clove minced garlic
1 1/2 cups Arborio rice
1 1/2 cups red wine
1/2 cup freshly grated Parmesan cheese
salt to taste
freshly ground black pepper

Cooking Instructions:

1. Heat the broth in a small saucepan and keep warm over low heat.
2. In a separate, medium-sized pot, heat the olive oil over medium heat. Add the onion and mushrooms and cook until the onion has softened, about eight minutes. Add the garlic and cook for one minute. Add the rice and stir to combine.
3. Turn the heat to low, add 3/4 cup of the red wine and stir slowly until the broth is absorbed. Add the remaining wine and cook until it is absorbed.
4. Add the hot broth about 3/4 cup at a time, occasionally stirring, letting the rice absorb the broth before adding more.
5. The rice is cooked when it is creamy on the outside and just al dente in the center, about 20 to 25 minutes total. Stir in half of the Parmesan cheese, salt and a few twists of freshly cracked black pepper.
6. Divide the risotto among six serving bowls and sprinkle each one with some of the remaining Parmesan cheese.

Yield: six servings (serving size = one cup)

Nutrition: 351 calories, six grams fat (two grams saturated), 12 grams protein, 50 grams carbohydrate, two grams fiber, 602 mg sodium

Student Resources

Workout, Earn Miles, and Get to Where You Want to Be

All students, faculty and staff of Northwestern Health Sciences University are invited to participate in Northwest Athletic Club's Passport to Fitness Program, which takes place from Feb. 15 – Feb. 28 at all Northwest Athletic Club locations.

Throughout the Passport to Fitness Program, Northwestern students, staff and faculty have 14 days of free club access, the ability to earn "miles," turn "miles" into rewards, and win a trip for two to any Club Med destination in the world.

To sign up for the event or for more information, contact Shane Korman at (952) 884-1612 or e-mail skorman@wellbridge.com.

2005 NHSC Student Loan Repayment Program Applications Have Arrived

In an effort to assist medically underserved communities in recruiting and retaining primary care clinicians to serve in their areas, President George W. Bush recently signed legislation to extend a pilot program allowing doctors of chiropractic to participate in the National Health Service Corps (NHSC) student loan repayment program. Applications for the 2005 two-year study will be available in March and will be due in June.

Students interested in applying must enter into employment agreements with a facility in a Health Professional Shortage Area (HPSA). Both the site and the doctor of chiropractic must apply to the Health Resources and Services Administration (HRSA) for consideration into this program.

For more information and to read the requirements, visit <http://nhsc.bhpr.hrsa.gov/publications/faq-index.asp> or http://nhsc.bhpr.hrsa.gov/applications/lrp_05/index.asp. To obtain an application by mail, call (800) 221-9393 and ask for the chiropractic student loan reimbursement application.

Employee Resources

Workout, Earn Miles, and Get to Where You Want to Be

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To sign up for the event or for more information, contact Shane Korman at (952) 884-1612 or e-mail skorman@wellbridge.com.

Daily Hot Spots

"Toldot," a Hebrew word which translates to "generations" and "life stories," is a springboard for exploring Jewish identity and culture through art and multimedia exhibits. <http://www.toldot.org/main/main.html>.

Plot a course to one of the Web's best sources of digitized maps at University of California – Berkeley's Earth Sciences and Map Libraries site. The digital maps are organized into areas such as nautical charts, topographic maps, transportation and communication maps, facsimile maps and reproductions, and aerial photography. <http://www.lib.berkeley.edu/EART/>.

Like the music it covers, Jazz Online is exceedingly smooth. <http://www.jazzonln.com/>.

If you understand the following, this site is for you: "All pseudogenes of the ANT gene family seem to lack introns." This highly technical catalog is a goldmine on how genetic differences cause illnesses, deformities and changes among species. <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=OMIM>.

For children with special play needs, the Dragonfly Toy Company sells (and ships) toys worldwide. In categories such as Fine Motor Skills, and Cognitive and Sensory Stimulation, you can browse an inventory that includes Texture Dominos, a Sound Puzzle Box and Curved Martian Canal – a semicircular sandbox on legs designed to fit around a wheelchair. <http://www.dragonflytoys.com/>.

The electronic book "54 Ways to Help the Homeless" by Rabbi Charles A. Kroloff offers practical advice to individuals trying to cope with one of society's most overwhelming problems. The 54 steps outlined here include pragmatic and preventative measures to deal with homelessness in both the short and long term. <http://www.tinman.org/sue/articles/54WaysYouCanHelpTheHomeless.html>.

Northwestern People

Employee Spotlight: Shannon Ruschmeyer, Patient Services Coordinator at the Edith Davis Teaching Clinic

Where are you from originally?

I grew up in Bloomington. I went to college at University of Wisconsin – Eau Claire.

What did you study in college?

I earned a bachelor of fine arts in graphic design.

And in addition to Northwestern, you work at the Minnesota Zoo?

Yes. I am the marketing coordinator at the zoo.

What is your favorite aspect of working at the zoo?

It is so cool to just walk downstairs and see animals. I do it whenever I get the chance.

What is your favorite animal?

The tree kangaroo. They are slow moving, gentle animals. They are soft and cuddly like teddy bears.

What is your least favorite aspect of working at the zoo?

Probably the fact that I am on-call to work 365 days a year.

It also smells.

It is not too bad in the office area.

What do you enjoy to do outside of work?

Anything outdoors. I also love to read, scrapbook and make greeting cards.

What is the last book you read?

“The Good Earth,” by Pearl S. Buck.

What was the last image that you placed in your scrapbook?

I took a trip to Chile last year with some friends. Not only was it absolutely beautiful, but I got to experience summer vacation in the middle of winter.

Have you traveled anywhere else?

I have! I went to South Africa through an opportunity offered by the Minnesota Zoo. I saw elephants, giraffes and hippopotamuses at close range.

Clarify close range.

Four feet.

That sounds very ambitious. You got within four feet of the hippopotamuses?

Yeah. They are the most dangerous animals that exist in Africa.

I heard that, too. They look so benign, but get too close and you might lose an appendage.

What is your dream job?

I would love to be a children's book illustrator.

Do you have a favorite children's book?

"Old Turtle" is an amazing story that is illustrated by a Chinese watercolorist.

Student Spotlight: Patricia Hinton, T2, Acupuncture and Oriental Medicine Student

Where are you from originally?

Glendale, Calif. I usually tell people I am from Los Angeles, but in fact, I am from a suburb of the city.

So you are a Valley girl?

Although Glendale is technically in the Valley, I don't really relate with that image. First of all, I don't overuse the words, "like" or "whatever."

But you were a cheerleader...

That much is true.

What did you do before coming to Northwestern?

I was an elementary school teacher for 14 years.

What grade did you teach?

I taught kindergarten through second grade.

Describe that experience.

It was so much fun! My favorite aspect of teaching was watching that little light bulb go off in their heads when they understood how to read. Working in California, the majority of my time was spent teaching Spanish speakers in an English-only classroom.

What made you decide to stop teaching?

Basically, I did it as long as it was an enjoyable career. I grew tired of the political climate in which politicians, many who had never taught or had experience in the public school, were making what I considered to be poor decisions.

Have you ever run into an old student?

My sister who is still in California, does. One woman came up to her (thinking she was me) and told her about how her daughter, my former student, had recently joined the Peace Corps!

That is so much better than finding out she is in jail or something!

I know!

So you quit teaching and decided to attend Northwestern?

Yup. I entered the chiropractic program and after a trimester switched to acupuncture and Oriental medicine. I just felt it was a better fit.

What do you do outside of school?

I work on the switchboard.

So you are the voice that I hear when I press zero!

Yeah, if I am the one working.

What are the strangest questions you have encountered while working the switchboard?

Unfortunately, we get a lot of inappropriate comments concerning the massage therapy program. Some people just aren't educated regarding what we do here.

I also get a lot of calls from people who are interested in completing the chiropractic program online. I guess they think that Northwestern is like the University of Phoenix or some online university. I don't really get how you would or could get a chiropractic, massage therapy, or acupuncture and Oriental medicine education through online coursework. Pretty strange stuff.

Practice Management

Poll Question

What are you going to do after your last midterm?

- (a) Go out on the town. I hope I will forget midterms ever occurred.
- (b) Sleep for at least 72 hours.
- (c) Call my mom and tell her how well I did.
- (d) Sit down at my desk with my favorite G-2 stylus, a handful of blue and pink highlighters and start studying for my boards.

Menu

Monday:

The cafeteria will be closed in observance of Presidents Day.

Tuesday:

- Grilled chicken breast, rice pilaf, vegetables, roll and butter \$5.25

- Lentil soup

Wednesday:

- Grilled veggie wrap, pasta salad, pop \$5.25
- Turkey soup

Thursday:

- Hot roast beef sandwich, mashed potatoes, gravy, vegetables \$5
- Broccoli cheese soup

Friday:

- Assorted pizza by the slice \$5
- Bean and bacon soup

Basket special: Sloppy Joe sandwich, chips, salad, pop \$4.75