



CHHA

The Newsletter of the Connecticut *Holistic* Health Association, Inc.
Healthcare & Wellness focused on the Body-Mind-Spirit

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Supporting a wide scope of holistic practitioners while promoting on-site education for and partnerships with conventional medicine, industry, academia and government agencies throughout Connecticut.

The Perception of Holism

by Michael Basso, Ph.D., MBA, President



We know from the world of psychology that our senses are constantly bombarded with millions of bits of information every second. However, unless our processing centers are cued to pay attention to important info, we just don't know what's happening around us.

In the CHHA, 2005-06 has been active and productive. Yet due to changes in communication protocols, many members are unaware of or confused about our technology. For example, many of you are still confused about the new online membership enrollment and renewal system. YOU may set the official start and end dates at your convenience, pay online and take advantage of many new member options. And many of you are not yet using our very powerful online workshop system.... If you need help joining or renewing or listing workshops, please contact Joanne Marcinek. [webmaster@cthha.org].

CHHA has now "arrived" in many new and important ways, including our enduring and evolving relationships with UCONN, Yale, Quinnipiac, MCC, CT Youth Services, Agency on Aging, and arts groups. We are being contacted by school systems throughout the state that want to collaborate with us. And we are presenting awards too. For example Kathleen Watkins has received the CHHA award for academic excellence at the Yale School of Nursing for her work with Native American populations.

To best serve you, it would be helpful if more volunteers from the CHHA would step up and help out. We need a new treasurer and a PR committee for starters. If you know anybody who may be interested, please contact me at president@cthha.org. The time to evolve our legislative awareness team is NOW. So please contact VP Carmen Brickner or me if you are willing to share ideas.

We have grown to the point where people-power can help us to help you and the Connecticut community. As we continue to fill the HR holes within our infrastructure, our ability to communicate the most important aspects of CHHA will be enhanced considerably. When this happens – and there are many indicators that it is happening right – it will be much easier to see the whole picture again.

Holistic Practitioner Groups

Holistic practitioner groups are an opportunity for area practitioners *to come together informally to network, share experiences and create community*. Send your e-mail address to the contact person to be on the list of your choice.

Groups are easy to set up and require minimum effort to coordinate. If you would like information on starting a group, contact JON ROE, (860) 875-4101. Go to www.mapquest.com for directions from your location. All addresses are stated below.

Here are the current meeting times and co-ordinators. So mark your calendars now while you're thinking about it!

BROOKFIELD - Third Wednesday Breakfast 8-10 AM. Healing Arts Community, 777 Federal Road, Brookfield. Monthly speakers. For Holistic Healthcare Professionals and those interested in networking with them. Sharona Fein 203-775-8332 or RSVP@HACCT.org.

MANCHESTER - First Thursday evening 6-8 PM monthly at the **Center For Progressive Therapies**, 192 Hartford Rd. JIM COWLES at 860-649-9600, info@c4pt.org or visit www.c4pt.org. [Note that this is **the only evening meeting** of the groups listed.]

NORWALK - Healthcare Professionals' Networking Breakfast. First Tuesday 8:30-10 AM monthly at the **Total Life Care Center**, 152 East Ave., Norwalk, just off I-95, Exit 16. RSVP: BETH LEAS at 203- 853-4852 or email TLCCenter@aol.com. [Note: The Norwalk group usually has a speaker.]

TORRINGTON - First Friday breakfast at **Hannah's Bakery**, 21 Main St. 9:30 AM. Rosemarie Roast 860-738-1608, walkinthewoods@5pillars.com.

VERNON - First Friday 9-10:30 AM, monthly at **Charlie's**, 520 Hartford Tnpk (Rte 30). JON ROE at 860-875-4101 or email Jon.Roe@comcast.net. A second networking event will be held every other month at the office of an area practitioner. Location, date and time will vary.

WETHERSFIELD - Third Friday breakfast, 8:30-10:30 AM monthly at **Max Bibo's**, 691 Silas Deane Highway. MARIE MAMMONE, ND at 860-529-1200 or email MarieMND@cs.com.

WINDSOR - Fourth Friday 9:00-10:30 AM, monthly at the **Windsor 75 Diner**, 35 Poquonock Ave. JON ROE at 860-875-4101 or email Jon.Roe@comcast.net.

CHHA BRANCH REPORTS

GREATER DANBURY

Our winter and spring networking meetings were well attended and informative. Speaker topics included “Manifesting Miracles,” “Spirituality & Sex,” and “Proactive Through Pain.”

6:30—8:30 PM, Wednesday, August 16, Greenwoods Restaurant, 186 Greenwood Avenue, Bethel, CT 06801 Back by popular demand, this summer we will host a *Networking Social*, \$15.00 per person, cash bar. We will be gearing up for our fall events and look forward to seeing some new faces as well as all our hardworking favorites who could “bring an interested friend.”

September will be dedicated to planning our “Child & Family Wellness Day” for October. We will have online applications for vendors and speakers for an informative as well as interactive day for families. For more information, please contact Irene@taketimecenter.com

11:00 AM—3 PM Sunday October 1, Warner Hall, Western Connecticut State University, 181 White Street, Danbury, CT 06810 “Child & Family Wellness Day.”

Any members who would like to participate in planning and board meetings, please call Irene 203-792-2456. We would love to hear from you. As always, our goal is to bring awareness to the public of holistic choices to health and well-being through education and events. Please join us. Together we can make a bigger ripple. Breathe peace. – Irene Mardal, Branch Director, CHHA, Greater Danbury. Irene@taketimecenter.com

GREATER HARTFORD

The creative juices of CHHA, Greater Hartford flutter with the buzz of excitement that accompanies the arrival of summer. Longtime friends are emerging to reconnect and rekindle energies. As we set our intentions for the summer season, we rededicate ourselves to the concept of self-creation/empowerment to help heal our patients. One of the things that we share as Holistic Healthcare providers is the opportunity to be creative in our practices. Each of us has created a unique niche, choosing the particular type of practice that suits us best as healers. And so we all benefit by sharing with each other.

7:00—9:00 PM Monday June 9, 345 North Main St., West Hartford, Suite 103. At this meeting we shall complete our plans for autumn events.

5:00—7:00 PM Saturday July 15 Elizabeth Park Hartford, a family style potluck picnic. Everyone is welcome and encouraged to participate. Music and paper goods will be provided. Just bring a dish to share. R.S.V.P.: 860-231-1111. Victoria Wasserman, Branch Director, CHHA, Greater Hartford.

GREATER LITCHFIELD

7:00—9:00 PM Friday, August 18, Marinelli’s Supper Club on 175 Monroe Road in Burlington, CT. Please join us for the CHHA, Greater Litchfield Branch *Holistic*

Summer Social! \$20 includes summer appetizers—vegetables, fruit, cheese, humus, dips, cookies, brownies, networking, socializing and good fun! Cocktails available at cash bar. This Summer Social is open to CHHA members and all interested parties. So please bring a partner, friend or associate to join the fun. Dress is casual. For additional fun, plan to stay afterward to enjoy karaoke until 10:00 PM!

DIRECTIONS:

From Hartford: I 84 W to Exit 38 Rt. 6W to Stafford Avenue, Bristol. Right on Stafford Avenue to Monce Road. Marinellis is on the left.

From Waterbury, Thomaston: Rt. 8 to Rt. 6E to Stafford Avenue, Bristol. Left onto Stafford Avenue to Monce Road., Marinellis’ on the left.

From Canton, Farmington: Rt. 4 to 177 S to Burlington Road. Right onto Burlington Road. Go 1 mile to stop sign and bare left onto Monce Road for 1 mile. Marinellis is on the right.

For more information or a registration form, contact Rosemari Roast at 860.738.1608.

Remember to join us at our Holistic Practitioners’ Gatherings on the first Fridays of every month, 9:30 AM at Hannah’s Bakery, 21 Main St. in Torrington. This is a great forum to get to know area practitioners and to share ideas for and participate in events and lectures. Rosemari Roast, Branch Director, 860-738-1608 or www.cthha.org/litchfield

GREATER NEW HAVEN

The Fourth Annual Holistic Health Fair co-sponsored by Quinnipiac University and the Connecticut Holistic Health Association in March was a rousing success! Please plan on joining us next March for the Fifth Annual Fair.

The *Touchstones* cable TV program continues to grow and mature. Upcoming programs will explore Energy Medicine, Heart Disease Prevention, integrating a holistic perspective within conventional medical training, eating right by buying whole foods grown locally and organically at farmers’ markets, and dousing as a diagnostic tool within Naturopathic Medicine.

In June, many CHHA members are participating in a pilot program linking CHHA with the International Festival of Arts & Ideas [www.artidea.org]. CHHA members are reaching out to visiting artists by providing special introductory offers of their services. Stay tuned: next year CHHA hopes to maintain a booth throughout the Festival for members to provide health services such as massage, Reiki, and various forms of energy healing.

I am always on the look out for folks who want to participate in the *Touchstones* cable TV program. It’s a great way to learn new and powerful skills and to meet interesting people. You can also participate by sponsoring

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Editorial

Trusting Blood Labs A Case Study

by Dr Tom [Tom Laga, PhD]

Nutrition - Fitness - Stresscare Counselor

When in the course of human events...it becomes necessary to stand up to Medicare, Quest Diagnostics Labs and the American Medical Collection Agency at age 65, then you just do it. Let me give you the scenario.



Back in 2004, my lab results from a few PSAs were well over the health limit of 3.0 and there was a concern about prostate cancer. So my endocrinologist/internist referred me to a urologist for a prostate biopsy. The urologist wanted a pre-biop PSA and a few weeks or months later, a post biop PSA.

During that time, I was also working with an APRN endocrinology specialist who was trying to "naturally balance" my hormonal levels [biologically-identical hormone therapy] just as I balance MY patients mineral levels through Tissue Mineral Analyses via Hair Biopsy.

Because I had skin cancer back in 1990, my dermatologist also wanted a closer look at PSA levels from a preventive viewpoint. And because I had been treated for atrial fibrillation [due to my genetic inheritance] by a holistic cardiologist, he also wanted to be updated on my current and future PSAs.

Here we have FOUR—count ‘em, four—medical doctors and an APRN who want regular PSAs due to the cancer risk. So, as requested, I went to Quest Diagnostics [QD] for a few blood draws. With five medicalcare professionals requesting those PSA blood tests, would YOU assume that your insurance [including Medicare] would pay for the tests? Yes indeed, I did too.

But Medicare [M] refused to pay QD \$87.15 for a particular PSA. I contested Medicare’s decision in a logical, clearly written letter in autum 2004 with a copy to QD. But M refused again and instead of fighting for its client [me], Quest mailed me a bill in December 2004 which I ignored for awhile. Then I re-printed my letter to M for QD and asked Q to collect from M.

Not being able to act “outside the box” and being too poor to assume the loss of \$87.15, QD

hired the American Medical Collection Agency [AMCA] which has tried to collect the \$87.15 monthly for over a year—even though I mailed AMCA a copy of my Medicare letter. Here’s my last letter to AMCA.

“Mr Howard: I am writing to you because I need you to understand that I have not altered the truth of the letter I mailed to your client, Quest Diagnostics or *its* client, Medicare, which still owes Quest Diagnostics the \$87.15 since 12/17/04.

It is both the patients’ and professionals’ understanding that when even ONE medical doctor orders ongoing tests to check for prostate cancer [or even benign prostate hypertrophy], insurances and Medicare pay for the tests because it’s a matter of life or death for the patient. But when FOUR medical doctors *and* an APRN order continuing PSAs before—and especially after—a patient has a prostate biopsy, then the insurance company and/or Medicare have the OBLIGATION to pay. [As a matter of fact, my latest reading in April 06 was 4.3 and lab standards state that it should not exceed 3.0.]

Medicare cannot be allowed to circumvent its own rules and regulations. If you’ve followed the logic of this, then you must agree that it is Medicare which owes Quest Diagnostics, not I.

In all honesty and fairness, your client should have “stood up to” Medicare on my behalf. Both you and I can feel outraged that such a claim would be presented to Quest, me, and you despite Medicare’s own rulings which would indicate its responsibility to pay.

Considering the previously outlined circumstances, I am both frustrated and bewildered that an organization—created to ensure a prudent, committed healthcare system—would be so badly mishandled and misrepresented.

I trust that you and AMCA now see the logic and will therefore re-turn this case to Quest Diagnostics with the recommendation that Quest collect from Medicare. I wish you and AMCA well. Sincerely, Tom Laga, age 65

cc: Richard Blumenthal, Attorney General, State Of Connecticut.” [End of Letter]

The federal government can pay \$2,000,000 a day for a war but it [Medicare] refuses to pay a senior citizen’s bill of \$87.15 for PSA testing which is a matter of life or death. I urge you to stand up for what you feel is right in a world of questionable moral values. As Dr. Bernie Siegel would say, "we’ll see"... if justice will prevail.

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"Branch Reports" continued

Touchstones in your hometown. Contact CHHA Branch Director Don Levy at (203) 789-2124 or at SM275@bncollege.com. Don is also looking for energetic folks to help plan events for the CHHA, Greater New Haven Branch.

GREATER NORWALK

The interest in stress leadership is evolving throughout southwestern Connecticut. The Second Annual Stress Management Fair with UCONN, Stamford was once again a huge success. The attendance was great and the helpfulness and professionalism of the CHHA participants were appreciated by all. The next phase of this endeavor is being planned for October.

GREATER STORRS

CHHA, Greater Storrs sponsored several successful events during this past Winter/Spring season! Our February kick-off event, a Networking Potluck, was followed in April by "Children's Wellness: A Body-Mind-Spirit Approach." A panel of local experts explored themes such as nutrition and eating habits; parenting concerns; school-related problems; child development and behavior; spiritual nourishment, and other facets of the wellness of children and their families. Our May event, "Growing Your Holistic Practice" included plenty of networking time, and featured a panel focusing on holistic business development issues such as "blogging" and the www; marketing/advertising; and creating "right success."

This Summer, we offer you two more networking and social gatherings with other local practitioners, including the opportunity to briefly present your work to the group. Bring your business cards! Free! RSVP to Toni Vicalvi at 860.429.2471 or tintinabulation@sbcglobal.net.

6:30-9:00 PM, Tuesday July 25, Studio 111 on 111 Pilsfershire Road, Eastford CT 06242. Summer Networking Soiree: Join CHHA and host Margherita Shaw for an Open House. Please bring a summery snack to share. You'll also have the opportunity to share briefly about your own work. And Margherita will offer a Pilates demonstration, so dress comfortably!

6:00-9:00 PM, Wednesday, September 20, Clear Point Retreat Center, 259 East Street, Stafford CT 06075. Networking into Fall: Come celebrate the seasonal transition with host Steven Munn and your colleagues! Everybody will share a bit about their work, and Steve will conduct a guided meditation introduction to Emotional Freedom Technique. Bring something tasty to share!



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