2022 Annual Report
A Year of Accomplishments

Osher Center for Integrative Health
at Northwestern University
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LETTER FROM THE DIRECTOR

Each year, our Osher Center leadership team comes together for a retreat to review our strategic plan and establish goals for the year. At this year’s meeting we realized it was the first time we had all gathered in over two years. After reflecting on the challenges that have kept us from connecting with each other, our patients, our colleagues and our communities, we set the intention to consciously build meaningful bridges and break down silos.

Integrative health by its nature aims to acknowledge the benefit of the "and":

- a care plan that includes biomedicine and holistic integrative practices
- decisions made in partnership by a provider and patient
- a view of health that sees the role of body and mind and spirit
- healthcare can happen in a healthcare setting and one's home or community

With the idea that a rising tide lifts all ships, our Osher team aims to collaborate generously and to improve healthcare for all. Our annual report this year highlights some of the ways our research, education, and clinical members have partnered with community organizations, other academic centers, national organizations, and patients to foster well-being.

We are grateful this year to have a team that cares for each other and enjoys being part of our important mission. Our heartfelt thank you also to our key supporters and grantors, who amplify the tide that makes our work possible.

With Gratitude,

Melinda Ring, MD, FACP, ABOIM
Executive Director
Osher Center for Integrative Health at Northwestern University
RESEARCH
Socio-political and public health upheavals of the past few years have highlighted longstanding racial, ethnic, and socio-economic inequities in health. In the Northwestern Osher Research program, we strive to leverage the power of scientific research in integrative medicine to address these inequities. For years, supported by the Northwestern Alliance for Research in Chicagoland Communities (ARC), members of our research program have partnered with community-based organizations to better understand and begin to address the inequities facing Chicago-area communities.

This year, we continued this trend, establishing new partnerships with the Academy for Global Citizenship (AGC) and Rapid Employment and Development Initiative-Chicago (READI Chicago). AGC is a non-profit Chicago public charter school whose mission is to develop mindful leaders to positively impact their communities with a holistic approach that aims to foster systemic change and inspire the way society educates future generations. Our initial focus with AGC is to evaluate their plant-based food program, but we also look forward to working with AGC to help determine the effects of all the components of their vision. READI Chicago works toward safer communities by addressing trauma and increasing opportunity among men most likely to experience gun violence. In our partnership with READI, we assist the front-line gun violence prevention program to address the high rates of secondary trauma and increase resilience so they can avoid burnout and continue this important work.

New Arrivals

Jacquelyn Stephens, PhD, started as a postdoctoral researcher for the Osher Center on June 1, 2022. She received her PhD in Human Development and Social Policy from Northwestern University in 2022. She investigates how stress and emotions get under the skin to predict health and well-being over time, as well as how our close relationships can help improve or hinder our well-being. She is also interested in interventions that promote mindfulness and positive emotions in a variety of populations.
The Northwestern Osher Center team participated in the International Congress on Integrative Medicine and Health in Phoenix this past May 2022. David Victorson, PhD, was co-chair of the program of this outstanding meeting. Veronika Grote, Judy Moskowitz, PhD, Melinda Ring, MD, and David Victorson, PhD, were among our NU Osher team members who presented workshops, panels, and lectures.

Below are the posters that were presented on behalf of Northwestern:

- Associations between increased bodily awareness and meaningful symptom improvement in a young adult cancer sample: A mixed methods study -Christina Sauer
- Comparable Efficacy of a Virtual Culinary Medicine Elective for Medical Students -Veronika Grote
- Eco-Wellness: Connection, Cancer, and Preservation of Mind, Body, and Soil -Dr. David Victorson
- Using Participatory Action Research Principles to Translate an English-Language Mindfulness App into Spanish -Sebastien Nacher
- Considering the Role of Religion and Spirituality in Adapting Mindfulness-Based Interventions for Black Communities -Andrea Haidar
- Preventing Mindfulness from Being “Lost in Translation” for Spanish Speakers: Considerations for Translation, Adaptation, and Implementation -Jocelyn Ocampo-Mota
The mission of the Academic Consortium for Integrative Medicine and Health is to advance the principles and practices of integrative healthcare within academic institutions with a vision to transform the healthcare system. The membership currently includes 75 highly esteemed academic health centers and affiliate institutions.

“As Program Committee Co-Chair, I am extremely proud of the comprehensive program our team put together for the 2022 International Congress on Integrative Medicine and Health meeting in Phoenix. We tried to make sure that issues of inclusion, access, equity, and representation were woven throughout all aspects of the Congress, spanning clinical, research, policy, and educational domains. A colleague told me one of her trainees, who identifies as a person of color, attended the meeting for the first time and said that she felt at home at this meeting and with this group because she could see herself represented in multiple ways. Comments like that give me hope in what is yet to come.” - Dr. David Victorson

Summer Research Interns

The undergraduate internship program provides motivated students with an opportunity to explore the field of integrative health, through networking opportunities with professionals working in a variety of integrative health settings and through personalized mentorship with a Northwestern faculty member conducting integrative health research. Students gain hands-on experience with integrative health research, receive mentorship from clinical and research faculty, and participate in other scholarly activities.

The 2021 cohort represented five undergraduate institutions, with diverse backgrounds and a variety of career goals.

- **Trisha Sangupta**, Freshman, Emory University; Faculty mentor: Bonnie Essner
- **Ria Jindal**, Sophomore, Vanderbilt University; Faculty mentors: Kim Feingold, Alyssa Vela
- **Ria Daniels**, Senior, Chicago State University; Faculty mentor: Inger Burnett-Zeigler
- **Hosanna An**, Junior, The Ohio State University; Faculty mentor: Jamie Griffith
- **Fiona Fragomen**, Junior, Case Western University; Faculty mentor: Melinda Ring
Looking Forward

We look forward to hosting our biannual research symposium on Friday, November 11, 2022. Our theme is Integrative Health Equity.

At the conference, we will announce the call for proposals for our 2023 IM-AWARE integrative medicine pilot projects. Our team also looks forward to new projects in the health equity space. We have a proposal under review to improve racial, ethnic, and geographic diversity through participation in our mind-body intervention for chronic pain and development of mind-body interventions. Its focus is on helping adolescents exposed to potentially traumatic experiences improve their psychological and physical well-being.

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Research Grant Highlights

Osher Center Research program members Judy Moskowitz, PhD, Liz Addington, PhD, and Inger Burnett-Zeigler, PhD, received a grant from the National Center for Complementary and Integrative Health (NCCIH) to develop, implement, and manualize the FOREST (Fostering Optimal Regulation of Emotion to prevent Secondary Trauma) program, and build capacity for staff at gun violence prevention programs to sustainably enhance resilience, prevent burnout, reduce turnover, and increase emotional well-being, job satisfaction, and effectiveness among front-line providers.

To successfully prevent firearm injury and mortality, programs depend on skilled, resilient staff who are able to sustain a supportive connection with their clients who are at high risk of involvement in gun violence. This exposes front-line staff to chronic stress and trauma, placing them at risk of poorer psychological and physical health and burnout.

This work will set the foundation to sustain and disseminate the FOREST program to other organizations working to reduce firearm injury and mortality across the U.S.
PROVIDING WHOLE-PERSON HEALTHCARE

The clinical team at the Northwestern Medicine Osher Center for Integrative Health has worked as a cohesive and flexible team to navigate the ever-changing demands of caring for patients in a pandemic and reopening world.

While many integrative programs across the country needed to downsize their team, we are proud that Northwestern supported the growth of the clinical program to continue to care for the increasing number of patients seeking whole-person healthcare.

New Clinic Team Members

Scott Robinson, LMT
Scott joined the Osher Center on May 18, 2022. His specialty is deep tissue massage and clinical bodywork.

Amna Haq, MS, RD, LDN
Amna joined Osher on May 18, 2022. In addition to providing nutrition counseling at the Osher Center, she is an outpatient dietitian at Prentice Women's Hospital.

Clinic Leadership

Anna Jonas, DO
Medical Director, Osher Center for Integrative Health
Dr. Jonas accepted the permanent position of Medical Director in 2021. She is trained in Family Medicine and most recently completed her Neuromusculoskeletal Fellowship at Rocky Vista University in Parker, CO. Dr. Jonas has interests in preventive medicine, holistic patient care, and musculoskeletal complaints and is trained in osteopathic manipulations.
Jeremy Marks, MS-HSM  
Clinic Practice Manager

Jeremy joined the Osher Center Clinic in 2021, from his fellowship role at Oregon Health and Sciences University. He is a Chicago native who received his Master's in Health System Management from Rush University.

Kalinda Marshall, RN  
Operations Coordinator

Kalinda graduated with a Bachelor of Arts in Speech Communication from the University of Illinois at Urbana and a Masters in Public Health with a focus in Health Education from Benedictine University. Kalinda is a chemotherapy/biotherapy-certified registered nurse. Most recently, she was the lead nurse for the gynecological oncology division at Prentice Women’s Hospital.

Kara Martin, MHSA  
Director Of Operations

Kara has been a Director in Primary Care overseeing the Osher Center for Integrative Health since July 2021. She joined Northwestern Medicine eight years ago and has held various roles in process improvement, practice management and ambulatory operations. Prior to joining NM, Kara worked as a consultant in clinical operations and revenue cycle for academic medical centers in Boston and Kansas City. She received her Master of Health Services Administration degree from the University of Michigan.

“Dr. Jonas listened well and addressed my health concerns while including me in conversation. I felt like it was a collaborative experience which is what I am looking for in a doctor/patient relationship. She gave me helpful advice which I always like and she was able to tell me what she wasn’t qualified to do which was refreshing.” -Clinic patient

“I truly don’t know where I would be without Fang Ling’s acupuncture and holistic care. She knows EXACTLY what is going on with the body. I am in awe with how connected she is both to her patients and her work. I am so appreciative for her gentle and proactive care. I constantly recommend her to other because she is helping me turn my life around.” -Clinic patient
Awards, Recognition and Statistics

Awards and Recognitions

- Gentle Lawrence was one of the 2022 recipients of the prestigious Partner-in-care Award.

- Dr. Anna Shannahan was elected to the Board of the Illinois Academy of Family Physicians.

Clinic At-a-Glance Stats

- Over 20,000 clinic visits completed since the start of FY22.

- On average the clinic sees 80 patients daily. Twenty percent are new patient visits.

- Clinic patient satisfaction rates are consistently above 90%.

Taxonomy Code Approved For Integrative Medicine

The American Board of Integrative Medicine (ABOIM) announced that is successfully applied for an Integrative Medicine (IM) Taxonomy Code from the National Uniform Claim Committee (NUCC) for allopathic and osteopathic integrative physicians. The code took effect April 1, 2022 and is a game-changer for the field.

A taxonomy code is a unique 10-character code that designates health care providers’ classification and specialization. It is important that providers select the correct code because many insurers require the use of taxonomy codes to issue billing credentials, process health insurance claims, and determine network adequacy. The appropriate taxonomy code ensures correct payment of claims. Until this year, integrative allopathic and osteopathic physicians did not have access to a taxonomy code for IM. Credentialing and insurance reimbursement have historically been difficult because of this.

For integrative allopathic and osteopathic physicians, the procurement of this taxonomy code represents a milestone in the field. It offers further validation of integrative physicians who will now be able to accurately describe their scope of practice, which is key to maximize reimbursement.
EDUCATION
EDUCATING OUR FUTURE HEALTHCARE LEADERS

Education is a major goal of the Osher Center for Integrative Health at Northwestern University, and our work is driven by three pillars:

**Purpose:** We believe that all health professionals should be versed in providing care that acknowledges all aspects of a patient's life, establishes a connection between provider and patient to support healing, and honors a patient's preferences for the inclusion of safe, evidence-informed approaches that may be outside of mainstream biomedicine.

**People:** We serve students and healthcare professionals across the learning continuum. We consider both the needs of our learners, as well as the impact of the education we bestow upon the thousands of patients they will treat.

**Product:** We are dedicated to delivering the highest quality education through continual self-assessment, self-improvement, and investment.

Now more than ever, it is imperative to train the next generation of physicians to be aware of evidence of integrative medicine therapies and how to counsel patients concerning their use. In addition, with physician burnout rates climbing due to the pandemic, integrative medicine education provides important resources that physicians and physicians-in-training can use for their own well-being.

The Osher Center for Integrative Health at Northwestern University places significant importance on providing opportunities for both current and future physicians to pursue training in integrative medicine. This past year we continued to expand our education initiatives and opportunities.

It was my own experience as a fourth-year Northwestern medical student, going through our Osher Center's integrative medicine elective, that helped solidify my interest in pursuing integrative medicine as a career. It is now my privilege to provide the same exposure and opportunities at the medical center where I trained.

The Three Pillars

Education is a major goal of the Osher Center for Integrative Health at Northwestern University, and our work is driven by three pillars:
Generous Support

Our goal of fostering a healthcare force well-versed in whole-person integrative care, is supported in full by philanthropic and foundation grants. The investments of The Bernard Osher Foundation, Malkin Family Foundation, Weil Foundation, Greer Foundation, and Tim and Meg Callahan have been critical to the ongoing growth in the number of health professionals able to access our training opportunities.

Faculty Fellowship

From July 2021 through June 2022, Northwestern welcomed faculty from across the health system into our new Faculty Fellowship program, developed in collaboration with our sister Osher program at the University of California San Francisco (UCSF). Five Northwestern faculty and five UCSF faculty met weekly with experienced providers to learn the knowledge and skills to be able to bring integrative health to their own patients and learners. Esteemed faculty from Northwestern, UCSF, Harvard University, Vanderbilt University, University of Washington, and University of Miami helped with curriculum development and participated in live teaching sessions to share their expertise. This program has received formal recognition from the Academic Consortium for Integrative Medicine and Health, which allows these physicians to sit for the American Board of Integrative Medicine certifying exam upon successful completion of the training.

The 2021-2022 Faculty Fellows:

**Deepti Argawal, MD**
Dr. Deepti Agarwal currently works as a health system clinician of anesthesiology at Northwestern Medicine Lake Forest Hospital. Dr. Agarwal's interests include integrative medicine in the space of treating chronic pain, prehabilitation for surgical recovery, and increasing awareness of lifestyle medicine.

**Margaux Chan, MSc, DO**
Dr. Margaux Chan practices primary care in Seattle, WA and is a clinical instructor for University of Washington Family Medicine. Prior to that appointment, she practiced full-spectrum family medicine in the South Sound. She values the patient-physician alliance in approaching evaluation and treatment planning with an emphasis on holistic wellness, including the use of osteopathic manual medicine.
Mary Coleman, MD, MPH
Dr. Mary Coleman is a developmental and behavioral pediatrician and medical director of the High Risk Infant Follow-Up Program and is a teacher in the UCSF Family Medicine Program at Natividad Hospital serving predominantly Spanish and indigenous language speaking families from the Salinas Valley. Her interest in complementary and alternative medicine is to, first, better understand the use of indigenous complimentary and alternative medicine treatments among migrant families in her community, and, later, consider the introduction of additional modalities such as mindfulness, mediation, and improved nutrition to promote resilience and optimize neurodevelopment during critical periods in the lifespan.

Doan T. Le, MD
Dr. Doan Le is an attending physician in hospital-based medicine/pediatrics at Ann and Robert H. Lurie Children's Hospital of Chicago. She has an interest in partnering with families, community based pediatricians, and emergency medicine physicians to provide patient-and-family-centered care for children in their local communities. She also likes to teach and train medical students and residents to deliver high-value pediatric care in community hospital settings. Dr. Le is also interested in food as medicine and contemplative practices including yoga.

Kira Knight Rodriquez, MD, MS
Dr. Knight Rodriquez is a pediatrician at University of Miami Osher Center for Integrative Health. Her life's goal is to become a holistic practitioner and integrative healthcare leader. She recognizes the natural healing power of a living organism and humbly strives to provide support to her patients innate healing capacity. With this in mind, she journeys alongside families through family-centered care and aims to provide holistic, culturally competent, evidence-based, nurturing medicine, allowing them to lead healthier, happier, longer lives.

Christopher Sizemore, MD
Dr. Christopher Sizemore is an assistant professor of Obstetrics and Gynecology at Vanderbilt University Medical Center. He currently practices a full scope of women's health including obstetrics, preventative care, and gynecologic surgery. His interest in integrative medicine comes from his passion to better understand the mind-body connection and its influence on mental and physical health.

Eleanor Smith, MD
Dr. Eleanor Smith is an internal medicine specialist at Northwestern Medical Group. She came to medicine after a thriving career as a rabbi. She loved everything about her life as a rabbi, but her love of her community fostered a deep desire to understand what was happening when her people got sick. She studied medicine at the University of Chicago where she also did her residency in internal medicine. She has been on the clinical faculty at Northwestern since 2012. She enjoys a very diverse clinical practice in Evanston, Illinois, and continues to serve many rabbinic functions.
Medical Student Integrative Elective

The integrative medicine elective for medical students, residents, and fellows was highly subscribed this year: evidence of increasing interest in our future healthcare workforce in whole-person strategies to health.

Participants from all years of medical training enjoyed their rotation experiences. The integrative medicine elective at Osher for medical students, residents, and fellows provides two weeks of ambulatory patient care in the integrative medicine clinic, as well as experiential learning opportunities. In March 2021, this elective was successfully converted to a virtual format in light of the pandemic, achieving very positive reviews from participants. In both in-person and virtual formats, participants learn about evidence behind dietary supplements, herbs and integrative modalities, and how to use mindfulness, yoga, nutrition, and exercise for both patients and themselves. As pandemic restrictions allow, we hope to return to experiential opportunities for acupuncture, massage, and chiropractic treatments.

Educating Our Community

During the recent academic year, our grand rounds series highlighted directors of esteemed programs within our Osher Collaborative. Each session was presented virtually and garnered record attendance. Upcoming grand rounds lectures will continue to feature integrative medicine experts on topics of relevance and importance.

Grand Rounds 2021-22

**December 2, 2021**  
"Tai Chi for Whole Person Health and Healthy Aging"  
Peter Wayne, MD  
Executive Director  
Osher Center for Integrative Medicine at Harvard University

**February 3, 2022**  
"Leveraging Integrative Medicine to Advance Health Equity"  
Shelley R. Adler, PhD, Co-Presenter  
Executive Director, Osher Center for Integrative Health at University of California San Francisco
Collaborating with our Community:
Academy for Global Citizenship & Cultivate Collective

Cultivate Collective (Cultivate), is a new community learning, sustainability, and wellness hub that will spur economic development on Chicago’s Southwest Side. The first phase of construction will house the Academy for Global Citizenship existing public K-8 school, an early childhood center, community healthcare center, three-acre urban farm, neighborhood marketplace, six teaching kitchens, and a range of community wellness programs and amenities and will create a holistic center of services for the community, including minority workforce training focused on green jobs. Cultivate is a transformative project for Chicago, set to serve a historically under-resourced neighborhood: a 96% minority constituency impacted by decades of disinvestment and social, environmental, and racial injustice. The project is catalyzing neighborhood investment, focused on whole child wellness and environmental sustainability, which will generate local wealth, create jobs, and have a significant and sustained impact for generations. Cultivate’s development is slated to be completed and open to the public by the fall of 2023.

Osher Center for Integrative Health will be one of the major educational collaborators in this upcoming, cutting-edge teaching community in helping with assessment of the programming to allow for future scaling of successful initiatives. Two community-academic grants from Northwestern University will support this important work.
This academic year the Cooking Up Health program also expanded to serve new levels of medical trainees. A pilot grant supported delivery of a novel curriculum to Northwestern Lake Forest family medicine residents, in which they learned key nutrition content, participated in chef-guided healthy cooking classes, and visited a local school to teach at-risk grade-school children about the link between nutrition and health. Osher also partnered with two outside institutions to pilot novel Cooking Up Health programs, one for pediatric residents and one for a full class of medical students. Additionally, two culinary medicine workshops were offered to Northwestern physicians and staff as part of a wellness project. The faculty who participated came from a wide variety of departments, including primary care, emergency medicine, and pain medicine.

Initially developed in 2016 through a partnership grant between our Osher Center and the non-profit Common Threads, Cooking Up Health has gone through many iterations to refine the content. Now, when the need for nutrition content for physicians is needed more than ever, we have entered an important partnership to scale the curriculum and make it accessible internationally for any program training healthcare professionals. To achieve this goal, Dr. Melinda Ring is working closely with the Teaching Kitchen Collaborative (TKC) to explore the co-creation of a ready-to-use, customizable curriculum built upon the Cooking Up Health framework and enhanced through the collaborative efforts of leading culinary medicine institutions of the TKC.
DIVERSITY, EQUITY & COMMUNITY ENGAGEMENT
In our own program, we have explored both internal processes, as well as the need for systemic change across our healthcare system. As integrative health promotes a preventive approach, we need to continue to proactively have courage to manifest change needed to heal these public health issues. We are committed to identifying ways that integrative medicine can work with patients and communities to overcome the unfair and avoidable differences in health status that arise from social determinants of health, and advance health equity. We are steadfast in our commitment to serving and engaging all communities through whole-person care, and strive to incorporate this through our clinical care, education programs, research studies, and community initiative.

The Osher Collaborative Anti-Racism Coalition was founded in July 2020. Dr. Elizabeth Addington represents Northwestern and is part of a group of 14 volunteers from across the collaborative. The goal of this coalition is to lead the framing of our path forward to better use anti-racism as a lens for all Collaborative initiatives and ensure it is woven into our central values. As a Collaborative, we think it is vital to look forward and shift our perspectives and conversations with a readiness to learn and take action. The group first created holistic review materials and hosted a Collaborative-wide discussion on cultural appropriation.

The Inclusion, Diversity, Engagement and Action (IDEA) Committee in the Department of Medical Social Sciences (MSS) at Northwestern is co-chaired by Osher faculty member Elizabeth Addington, PhD, assistant professor. Osher Director of Research Judy Moskowitz, PhD, is the Culture subcommittee co-chair. IDEA includes approximately 50 members, representing staff, faculty, and post-doctoral fellows in MSS. Initiatives in the past year included: a continued public commitment to anti-racism; advocacy for equity in the search for MSS's new department chair; inclusive mentorship trainings; and enhancement of equitable hiring resources and processes.
ADVISORY COUNCIL
IM AWARE ADVISORY COUNCIL

IM AWARE is our advisory council, whose vision is to help integrative medicine become everyone’s everyday medicine. The Council works to raise awareness, provide guidance, and contribute funds in support of our center. Our program is enhanced through our members expertise and networks, which enable us to engage with the local Chicago community.

We are very grateful for the ongoing dedication of our council members and the leadership of our current council chair, Diane Meagher. We are always looking for new council members with a passion for integrative medicine. To learn more, please contact Isra Hassan at isra.hassan@northwestern.edu.

Thank You To Our Current Council Members:

Barbara Anderson  Diane Lappin  Izabel Olson
Leah Bostrom      Lori Lyman      Molly O’Neil
Fabrice Braunrot  Karen Malkin   Nina Schroeder
Christine D’hondt Diane Meagher Sue Shatlock
Laura Flynn       Brennan Murray Tina Trott

Gratitude To Our Past Council Members:

Carey Cooper       Jim Karas       Kanwar Singh
Tara DeMarco      Pam Miller      Aaron Underwood
Emily Grace       Elizabeth Pruett Molly Vaile
Melinda Graham   Brett Rentmeester Marigale Walsh
Sheila Gutman   Melissa Ritter    Tracy Ward
Paul Heiselmann  Viki Ryan       Mark Weglarz
Elisabeth Ihlenfeld Mary Jeanne Scott Vanya Weglarz
Elinor Jannotta  Avanti Singh    Meredith Wood-Prince
REBRANDING & MARKETING
This field has seen the evolution of its name many times over in the last few decades—from folk medicine to alternative and complementary, and then most recently, integrative medicine. Each of these changes has helped position the field closer to and more accurately within the dominant biomedical model—but we have advocated for another revision.

In January 2022, the Osher Collaborative for Integrative Medicine changed its name to the Osher Collaborative for Integrative Health. The shift to integrative health from integrative medicine aligns with our mission as a Collaborative to promote well-being for all. The term better reflects our work, which provides care beyond the scope of mainstream medicine. Medicine has become a collection of techniques focused on diagnosis and treatment of disease, whereas health speaks to the holistic nature of our work and a focus on wellness.

In order to continue to challenge the issues of health disparities, we must recognize they are far broader than access alone. Changing our name to reflect our commitment to health and not just providing medicine, better aligns with our values and better equips us to have an impact.

While a name change can feel small, we are looking ahead to where the Osher Collaborative strives to be and where we feel the field should go. We aim to be inclusive of interprofessional diversity, focused on health and wellness in an increasingly dangerous global landscape, and aligned with the values of health equity.
DIGITAL OUTREACH: SUCCESS OF OUR MONTHLY NEWSLETTER

Newsletters, in general, are designed to keep subscribers and other members of the community up to date on and engaged with the latest information. They inform and educate rather than pander and sell product. They help us stay connected in a rapidly changing world.

Because we felt that this important, interweaving thread of communication was crucial to our center, in September of 2021, we revamped and reinstated our monthly newsletter and it has been met with great success. We have seen a low unsubscribe rate of 1% and a very high open rate of 40%, indicating that we are speaking to our community in ways that engage and connect.

Below is a recent example of our monthly publication. Please consider subscribing on our website.

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Osher Center for Integrative Health

June 2022

The Warmth of the Season and of a Father's Love

Hooray, June! Finally we are in the midst of warmer temperatures, outdoor dining and long, lazy, beach days. June is also the special month where we celebrate our fathers, caregivers and paternal influences and the warmth they bring to our lives.

For most people, life's major satisfactions revolve around meaningful relationships with others. As literature shows, the quality of personal relationships, especially relationships with parents and children, is a major predictor of functioning and development for both children and adults. Expressions of love and nurturing from a father-figure to child—such as cuddling, comforting, praising, and playing—support healthy social, emotional, and cognitive
LOOKING AHEAD
The Osher Center for Integrative Health at Northwestern University is committed to providing leadership in integrative medicine that fosters whole-person healthcare through innovative and impactful education, research, and advocacy. As we evolve to the changing needs of today's healthcare landscape, we aspire to transform healthcare in our efforts to:

**EDUCATE** current and future healthcare professionals, policymakers, and community members about safe, evidence-informed approaches to integrative care;

**ENGAGE** key stakeholders in our mission to disseminate knowledge and scientific research;

**INFLUENCE** healthcare delivery on a local, community, and national level; and

**SUSTAIN** our center to develop faculty, grow programs, and ensure their long-term impact.

In addition to one-on-one patient care, we strive to share health tips with the broader community through day-long symposia on relevant health topics. Our own team's unique expertise is augmented with talks from outside leaders in the field, blending talks on the scientific underpinnings with practical applications. In past years, topics have included food as medicine, mind-body medicine, integrative oncology, and women's health. In 2021, we held a virtual symposium focused on integrative strategies to support immunity. On Saturday, November 12, 2022, we look forward to hosting our Osher Community Education Symposium in person.

Northwestern Medicine has expanded into the north and west regions of Chicagoland, expanding the number of clinicians with expertise in integrative health. In order to create a community for like-minded clinicians to meet and share ideas, knowledge, and their passion for integrative care, we held an inaugural, virtual, clinician convening in the fall of 2021. A second clinical convening was held in June 2022. Our hope is that the Osher Center can act as an organizing force to expand integrative medicine beyond the walls of our own clinic, creating a network of primary care, specialist, and complementary therapy caregivers to meet the needs of patients seeking holistic care.
Community: Endowment Planning and Giving

Osher Center for Integrative Health at Northwestern University is ranked among the top academic programs in the country for the innovative work being done in research, teaching, patient care, and advocacy. The Bernard Osher Foundation has awarded a generous expansion of the center endowment, which will allow us to provide support for junior faculty—the future leaders in the field. In addition, our center has launched an endowment campaign as an initiative to establish two Endowed Professorships that potentially would be held by the Executive Director and Research Director of the center. Being appointed to hold an endowed chair is the highest honor a faculty member can achieve. More importantly, an endowed professorship generates spendable funds to support the holder’s work to advance scholarly work, hire new faculty, and expand programming. For additional information on our endowment campaign, please contact Terri Dillon, Associate Dean, Northwestern University Feinberg School of Medicine, at 312-503-4837 or terri-dillon@northwestern.edu.

Our Sincerest Gratitude

On behalf of our faculty, staff, patients, and the integrative health community, we would like to thank the many donors who have given time, money, and resources that allow the Osher Center to continue to thrive. As a non-profit organization, we depend on the generosity of our supporters, and we are grateful for their partnership as we grow the field of integrative medicine to improve the health and well-being of people across the globe. Our philanthropic advisory council, IM AWARE (Integrative Medicine: Advising with Awareness, Resources, and Education), has been instrumental in our success. For more information about IM AWARE, please visit our Osher Center website.

We also express deep appreciation for the generous, multi-year financial support we have received from the Bernard Osher Foundation, the Malkin Family Foundation, the Weil Foundation, the Greer Foundation, and Tim and Meg Callahan. We thank you for your ongoing support, and look forward to continued collaboration in the coming year.

To make a donation to the Osher Center for Integrative Health at Northwestern University, please contact:

Terri Dillon
Associate Dean
Northwestern University Feinberg School of Medicine
312-503-4837/ terri-dillon@northwestern.edu
feinberg.northwestern.edu/giving

"With each donation we receive, we move closer to our shared goal of transforming medical care into true healthcare. Thank you to each and every supporter for making a difference through your partnership and generosity."

~Melinda Ring, MD, Osher Director
APPENDICES
Faculty & Staff

Osher Leadership Team

Executive Director
Melinda Ring, MD, FACP, ABOIM

Director, Research
Judith Moskowitz, PhD, MPH

Associate Director, Education
Anna Shannahan, MD

Director, Internship
Elizabeth Addington, PhD

Director, Program Development
Isra Z. Hassan

Program Coordinator
Vanessa Hughes

Development

Executive Director
Foundation Relations & Corporate Engagement
Sarah Fodor

Associate Dean
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Publication Highlights

**Elizabeth Addington**

**Danny Bega**

**Bonnie Essner**

**Jamie Griffith**
Inger Burnett-Zeigler

Melinda Ring

Anna Shannahan


David Victorson

Media Highlights

Melinda Ring
1. The Podcast by KevinMD- Unconscious biases against vitamins and supplements
2. Insider- 5 major benefits of green tea for your memory, skin, and heart health
3. Fox News Segment- Healthy eating provides immunity boost heading into winter months
4. Well + Good- Why It Could Always Be Worse Is Actually the Worst Thing You Can Tell Yourself for Stress Management
5. Clinical Conversation- Maximizing Impact in Integrative Medicine
6. Integrative Practitioner- Culinary medicine and nutrition education for health professionals
7. Parade- So You Feel a Cold Coming On—Here’s Everything You Can Do to Stop It In Its Tracks
8. TEDxChicago Talk- What if you could be your own, best, first doctor?
10. AARP- Resurrecting the Artist Within Is the Best Part of My Life

Anna Shannahan
1. Huffington Post- Here’s How Day Drinking Affects Your Body Differently, According To Experts
2. Well & Good- Once and for All, Does Sex Count as Exercise? Fitness and Sex Experts Have Thoughts (and Tips)
3. Chicago Health- Battling Belly Fat: Trim the flab with at-home ab exercises
4. Millenial Health Podcast- Integrative Medicine, Millenial Health
5. Insider- How to treat and sleep better with a stuffy nose

Inger Burnett-Zeigler
1. Seattle Times- What burnout really is, and ways to prevent it
2. Good Morning America- Dr. Inger Burnett-Zeigler talks about her new book | GMA
3. KultureHub- Influencers and suicide prevention awareness: How to use your powers for good
4. Ladies Leading Podcast- Get your Mind Right in 2022!
5. WTTW- For ‘Lockdown Generation’ School Shootings Are Their Reality

Danny Bega
1. Fox News- Man with Parkinson’s reflects on his incredible weight loss journey

David Victorson
1. Blog-Chicagochec
2. Blog-Elephants and Tea