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As we reflect on this historic year, and the many achievements of the Osher Center, we celebrate those who came together, in our remarkable community, to journey through uncharted territory to our place of strength today. I am honored to share with you the accomplishments of our 24th year as Northwestern University's integrative medicine program. In a year when holding steady would have been “enough,” we have instead grown stronger, with confidence in the importance and relevance of our mission.

Each year, when it comes time to reflect on the progress of our Osher Center I am proud to share the successes of our team at the Osher Center. This year has special poignancy. A year ago, when the pandemic was in its infancy everyone had to quickly transition to new ways of living, working and being. Northwestern Medicine pivoted to provide care for the Chicago community and the many employees who depend on it for their livelihood. Our Osher team established new processes to ensure patients could receive care in safe settings, students could still learn about integrative health, and research could enlighten the field. We are immensely grateful for our supporters, with special acknowledgement to the Osher Foundation for a new two million dollar addition to the Center endowment, that allows us to continue our important work.

Moreover, in a year where our country was awakened to systemic racism and experienced civil unrest and discord, our team, along with the other Osher Centers, were active in the conversation. Osher faculty are leaders in equity, diversity, and inclusion task forces at our respective institutions, developing strategies to eliminate bias and promote transformational change.

With Gratitude,

Melinda Ring, MD, FACP, ABOIM
Executive Director
Osher Center for Integrative Medicine at Northwestern University
PROPAGATING EVIDENCE-BASED INTEGRATIVE MEDICINE

Despite the challenges of the past year, the research program has continued to thrive and grow. We said farewell to some of our core research members as they moved on to new phases of their careers and welcomed some research team members who are just starting out. We supported some pilot grants that will seed new research directions, and continued sharing our research through journal publications, conference presentations, in the popular press, and a book!

New Arrivals

Ashley A. Dyer, DACM, MPH

With over 15 years of public health experience, Dr. Dyer remains dedicated to combining her training in East Asian Medicine with her public health roots and will continue to forward meaningful research, develop integrative health education, and incorporate natural medicine strategies into patient-centered healthcare. Practicing public health-informed East Asian Medicine, Dr. Dyer is interested in conducting community-engaged research incorporating both qualitative and quantitative methods. Additional research interests include: developing and validating acupuncture-specific quality of life measures, understanding the role of community acupuncture in healthcare settings and schools, articulating the immunologic mechanism underlying Gua Sha and other auxiliary modalities in the management of chronic conditions; and nature-based Qigong and meditation. Dr. Dyer completed her Doctorate of Acupuncture and Chinese Medicine at Pacific College of Health and Science, Chicago. She earned her Master of Public Health in Maternal and Child Health with a concentration in Global Health from the University of Illinois at Chicago where she was named a 2011 Douglas Passaro Public Health Practice Scholar and completed a year-long fellowship with the Centers for Disease Control and Prevention. Her dedication to community health systems’ capacity-building has afforded her opportunities to work locally in Chicago and globally in Guatemala, Haiti, Honduras, and Indonesia.
Jen Martinez, PhD

Jen H. Martinez received a Ph.D in Clinical Psychology from the University of Massachusetts Boston. Dr. Martinez's research program is focused on addressing the mental health consequences of racial discrimination and adapting interventions to be responsive to the contextual needs of people of color (POC). They are interested in factors that contribute to disparities in mental health and treatment (i.e., experiences of discrimination, stigma, systemic oppression), and treatment approaches such as mindfulness-based interventions that can be culturally adapted and applicable to the lived experiences of POC. Dr. Martinez's commitment to increasing representation of communities of color in academia and research was recognized by the Ford Foundation Fellowship through the National Academies of Sciences, Engineering, and Medicine, and the Distinguished Student Diversity in Clinical Psychology Award through the Society of Clinical Psychology. Dr. Martinez's dissertation, a randomized waitlist control study of a single session coping with racism intervention, was awarded funding through the National Institute of Mental Health (NIMH) R36 Mental Health Research Dissertation Grant to Enhance Workforce Diversity. Most recently, Dr. Martinez was awarded the National Institute of Health (NIH) Research Supplements to Promote Diversity in Health-Related Research, to examine adaptations of mindfulness-based strategies for coping with racism among African American adults. Dr. Martinez's work is part of an overarching goal to ensure that high quality, culturally sensitive evidence-based treatments are acceptable, accessible, and affordable in the service of eradicating mental health disparities, addressing the mental health costs of racism, and achieving mental health equity in communities of color.

Well Wishes

With gratitude, we wish our valued integrative research members much success as they move on to the next phases of their careers.

Dr. Elaine Cheung       Dr. Patricia Moreno
Dr. Jason Ong              Dr. Elfi Paul
Research News

**Inger Burnett-Zeigler**, PhD, Associate Professor of Psychiatry and Behavioral Sciences, has published “Nobody Knows the Trouble I’ve Seen: The Emotional Lives of Black Women” which explores how trauma and adversity have led to deep emotional pain and offers Black women a new framework within which to understand their life experiences, heal and thrive. Dr. Burnett-Zeigler uncovers how clinging to the image of being a strong Black woman rather than acknowledging and addressing trauma can lead to mental and physical problems, including anxiety, depression, hypertension, diabetes, and heart disease, as an estimated eight in ten Black women experience some form of trauma. She notes the different types of trauma Black women often endure through her own personal stories and the stories of family members and clients—including intergenerational trauma, childhood trauma, trauma from abusive relationships, and pregnancy trauma. Combined with the latest research, she offers insights for healing from trauma. Through this life-altering, healing guide, Dr. Burnett-Zeigler notes how a life of happiness and joy for Black women is possible through mindfulness, self-care, and compassion—and how they can uncover their true beautiful, vulnerable strength within.

**Elizabeth Addington**, PhD, Assistant Professor of Medical Social Sciences, completed the 2020-2021 fellowship in the National Cancer Institute-funded Integrative Oncology Scholars Program at the University of Michigan. Designed for the full spectrum of oncology care professionals, the program equips oncologists, nurses, physician assistants, social workers, and psychologists with the knowledge and skills necessary to provide safe and evidence-based integration of complementary therapies in conventional oncology care.

**Willemijn Schaefer**, PhD, Research Assistant Professor in Surgical Oncology, is the principal investigator of a grant titled Implementation of the Pediatric Education for Acute Pain Relief through Relaxation (PEACEFUL) video in Gastrointestinal Surgery. Osher Research member Bonnie Essner, PhD, Assistant Professor of Child and Adolescent Psychiatry, is a co-investigator. The Pediatric Education for Acute Pain Relief through Relaxation (PEACEFUL) study collects pilot data about opportunities and barriers to the implementation of an educational video of diaphragmatic breathing to manage acute pain in pediatric surgery patients.

**James Griffith**, PhD, Associate Professor of Medical Social Sciences, received a grant for his proposal titled Improving emotional well-being and quality of life in older adults experiencing dementia-related fear. The project is a randomized control study to determine the impact of a tailored, app-based mindfulness program to reduce anxiety and increase quality of life in older adults experiencing dementia-related fears.
Summer Research Interns

The summer research internship is for undergraduate students who are interested in pursuing a graduate degree and offers the opportunity for hands-on experience with integrative health research. Our interns receive mentorship from clinical and research faculty and participate in other scholarly activities such as journal clubs and attending lab meetings. Students meet regularly with their mentors to identify and set in motion a relevant course of scholarly activities, training goals and internship objectives. In 2020 our internship shifted to the virtual setting to allow interested students to take advantage of our training program during the pandemic.

Our Summer 2020 interns were:
- Lavinia Huang, The Ohio State University, '22. Faculty Mentor: Bonnie Essner, PhD
- Archisha Ghosh, University of Pittsburgh, '23. Faculty Mentor: Jason Ong, PhD

Research Grant Highlights

Osher Center 2021 IM AWARE Pilot Research Grants
We held our 2nd biennial pilot grant competition and received a number of very strong proposals from across Northwestern and affiliated institutions. Reviewers from across the Osher Collaborative helped judge the quality of the submissions, and we awarded two $25,000 grants to help continue growing the research program. Congratulations to our 2021 IM AWARE recipients:

- **Willemijn Schaefer, PhD**, Research Assistant Professor in Surgical Oncology
  Implementation of the Pediatric Education for Acute Pain Relief through Relaxation (PEACEFUL) Video in Gastrointestinal Surgery
- **James Griffith, PhD**, Associate Professor of Medical Social Sciences
  Improving Emotional Well-being and Quality of Life in Older Adults
  Experiencing Dementia-related Fear

Melinda Ring, MD, FACP, ABOIM received several grants to support the evolution of the Cooking Up Health culinary medicine course. Initially created for medical students, new iterations are being developed to meet the unique needs of resident physicians and faculty learners in an effort to promote nutrition education for both patients and self-care. Grantors include: the Greer Foundation; Weil Foundation; T. Colin Campbell Center for Nutrition Studies Community Microgrant; and the Northwestern Medicine Physician Wellness Renewal Grant.
Judith Moskowitz, PhD, MPH, in partnership with Alida Bouris, PhD, at the University of Chicago, received a five-year NIMH-Funded Grant for A Stepped Wedge Hybrid Type II Trial of an Online Positive Affect Intervention: Blending Implementation and Effectiveness to Improve HIV Continuum Outcomes. Depression is common in people living with HIV (PLWH) and is a significant barrier to optimal engagement in HIV care. The goal of this study is to implement mental health screening and referral to a positive affect skills intervention called ORCHID (Optimizing Resilience and Coping with HIV through Internet Delivery), in the Chicago-area Health Resources and Services Administration’s (HRSA) Ryan White HIV/AIDS clinics, to decrease depression and improve engagement in care. If the implementation is successful and the intervention is effective, the ORCHID program can be disseminated nationwide.

Elizabeth Addington, PhD received a Partnership Development Seed Grant from the Association for Research in Chicagoland Communities for Cultivating PEAs: A Partnership to Develop Positive Emotion Ambassadors in Violence Prevention Programs on the South and West Sides of Chicago. The project is in partnership with Rapid Employment and Development Initiative Chicago (READI), an innovative program designed to reduce gun violence in Chicago neighborhoods with some of the highest rates of unemployment, poverty, and violence. This exposure to chronic stress and trauma places READI Chicago staff and participants at risk of poorer psychological and physical health. At Northwestern, a program that teaches skills for increasing positive emotions in the midst of stress has been shown to improve well-being by decreasing depression, anxiety, and pain. In cultivating the READI-PPHIG partnership, we will: collaboratively establish our team’s goals and procedures; build shared understanding of the experience of living and working in communities with high exposure to gun violence, and examine the science of stress and positive emotions. The partners will plan research aimed at improving social determinants of health in staff and residents of high hardship communities on the South and West sides of Chicago.

David Victorson, PhD, and Siobhan Phillips, PhD received a 5-year grant from the National Cancer Institute for Optimization of a mHealth Physical Activity Promotion Intervention with Mindful Awareness for Adolescent and Young Adult Cancer Survivors (AYACS). The purpose of this study is to determine which types of social support and mindfulness training intervention components optimally increase moderate to vigorous physical activity (MVPA) in a 12-week mHealth intervention. Inactive AYACS will receive a core intervention consisting of the OPTIMAL AYAO (Adolescent and Young Adult Oncology) app and Fitbit and be randomly assigned to 4 components under consideration for inclusion in the optimized intervention: 1) general mindfulness training; 2) MVPA specific mindfulness training; 3) e-coach and 4) engagement of a buddy. We will also examine the effects of increasing MVPA on symptom burden, intensities of other activities (i.e., light and sedentary), and sleep quality and duration and potential mediators and moderators of component effects. The proposed study will lead to an improved understanding of how to effectively change and improve health and disease outcomes in this population of cancer survivors.
David Victorson, PhD was awarded the grant *WeCanManage: An mHealth self-management tool*, to empower survivors with disabilities due to the long-term effects of cancer and its treatment as part of Dr. Melissa Simon’s larger Chicago Cancer Health Equity Collaborative. The purpose of this research and development study is to develop an innovative mHealth app, called *WeCanManage* (WCM), to empower cancer survivors with disabilities to proactively manage cancer and its consequences as a chronic condition. This community-based participatory research project will proceed in two phases. In phase I, a user-centered design process will be used to develop the *WeCanManage* tool in partnership with a team of survivor scientists (members of the grass-roots cancer survivor community) who will engage with the research team as co-researchers and co-developers of the WCM tool. In phase II, the feasibility, acceptance, and user satisfaction will be examined over a 4-week engagement period with the *WeCanManage* app among cancer survivors with disabilities. This rigorous development and evaluation process will lay the foundation for future clinical trial research.

People with disabilities are an unrecognized health disparities population and are often excluded from the cancer health equity agenda. Indeed, cancer survivors indicate that their long-term disability needs are inadequately addressed across the cancer care and survivorship continuum. The WCM research project is an opportunity to enhance the cancer community’s understandings of this population and to develop evidence-informed interventions to better meet the needs of people with the ‘double whammy’ of cancer and disability.

**LOOKING FORWARD**

In the next year, we look forward to returning to more in-person interactions with our colleagues, study participants, and community partners. We will hold our biennial research day conference where we bring together integrative medicine researchers from across Northwestern and the greater Chicagoland area, and we will continue our outreach to establish new research partnerships and collaborations.
PROVIDING WHOLE-PERSON HEALTHCARE AMID CRISIS

The clinical team at the Northwestern Medicine Osher Center for Integrative Medicine worked as a cohesive and flexible team to navigate the ever-changing demands of caring for patients in a pandemic. 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 care for more patients seeking whole-person healthcare.

CLINIC NEW TEAM MEMBERS

Dr. Shakira Sanchez-Collins, Integrative Primary Care

Dr. Sanchez-Collins is a graduate of the Duke University School of Medicine and Yale Divinity School. A board-certified Internal Medicine physician, she completed her Internal Medicine Residency at Johns Hopkins Hospital with a focus in urban health and primary care. Her interests include wellness, holistic care, preventive health, stress management and obesity care. Dr. Sanchez-Collins is also a national speaker on self-care and wellness.

Dr. Rebecca Weiss-Coleman, Integrative Primary Care

Dr. Weiss-Coleman is a board-certified family physician who completed her residency at Rush University Medical Center. She completed a Faculty Development Fellowship at Cook County Hospital and has over 17 years of clinical and teaching experience. She completed an Integrative Medicine fellowship at the University of Arizona under the direction of Dr. Andrew Weil in 2018. Her special interests include preventive medicine, diabetes management, autoimmune disorders, healthy aging, and women’s health.

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. After working in public health with various non-profit organizations, Kalinda earned a Bachelor of Science in Nursing from the University of Maryland. 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.
Over the past year our clinical leadership team has undergone transition as our beloved manager, Briana Rader, was promoted to a new director role on the hospital, and Dr. Anna Jonas took on new responsibilities as interim medical director. Our new leadership team has the experience and enthusiasm to continue the positive momentum in fostering Osher team spirit and collaboration.

**CLINIC LEADERSHIP EVOLUTION**

Anna Jonas, DO
Interim Medical Director

Dr. Jonas is trained in Family Medicine and most recently completed her Neuromusculoskeletal Fellowship in July 2019 at Rocky Vista University in Parker, CO. Dr. Jonas has interests in preventive medicine, holistic patient care, and musculoskeletal complaints. She is trained in osteopathic manipulations.

Jeremy Marks
Clinic Practice Manager

Jeremy joins Northwestern Medicine, Osher Center Clinic, 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, and has completed internships at Northwestern Medicine and the Cleveland Clinic.

"The team at Osher Center for Integrative Medicine at Northwestern values collaboration and connection. Our goal is to prioritize our patient’s health by providing holistic care that integrates lifestyle medicine, conventional Western medicine, and complementary alternative evidence based approaches to meet each individual’s needs." ~Anna Jonas, DO
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.

EDUCATING OUR FUTURE HEALTHCARE LEADERS

Education is a major goal of the NU Osher Center, 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.

GENEROUS SUPPORT FROM THE BERNARD OSHER, MALKIN AND GREER FOUNDATIONS

Our goal of fostering a healthcare force well-versed in whole-person integrative care are supported in full by philanthropic and foundation grants. The investments of The Bernard Osher Foundation, Malkin Family Foundation and Greer Foundation have been critical to the ongoing growth in the number of health professionals able to access our training opportunities.
Our 2019-2021 clinical fellow, **Amrien Ghouse, DO** is a family medicine physician with a background in osteopathic medicine. Her interests include addressing healthcare disparities, functional medicine and implementing osteopathic manipulative medicine. During her second fellowship year, in addition to caring for patients through the Osher clinic, Dr. Ghouse completed advanced training to earn certifications in lifestyle medicine and functional medicine. She taught our faculty fellows, residents and medical students core principles of integrative medicine and osteopathic medicine. After completing her training in summer 2021, Dr. Ghouse will be headed to the Cleveland Clinic Center for Functional Medicine as an attending physician.

“I am so grateful for the opportunity to complete a clinical fellowship at the Osher Center. I have enjoyed working closely with Dr. Ring to expand the culinary medicine curriculum. The past two years have also allowed me to complete my training in functional medicine and meld it with a strong Integrative approach that offers patients well-rounded whole person care.”

Amrien Ghouse, DO

Our clinical fellowship program deferred acceptance of a trainee for 2021 due to the pandemic and need to provide an optimal educational environment. We look forward to welcoming clinical fellows again in future years.
FACULTY FELLOWSHIP UPDATES

From July 2020 through June 2021 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. 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 University, Harvard University, Vanderbilt University, University of California San Francisco, University of Washington and University of Miami helped with curriculum development and participated in live sessions to share their expertise. This program received recognition in 2021 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 year. Our Fellowship is expanding to include faculty from across the country, and we anticipate continued growth to meet the demand by faculty.

We look forward to seeing how our recent graduates of the Faculty Fellowship bring integrative health to our larger Northwestern and Chicagoland community. Their scholarly projects, undertaken over the course of the year, show the potential breadth of impact to our patients.

**Angelica A. Vargas, MD,**
Attending Physician, Anesthesiology,
Lurie Children’s Hospital

**Scholarly Project:** Pediatric Integrative Medicine Patient Resources for Chronic Pain

**Ann Vertovec, MD, FACEP**
Attending Physician, Emergency Medicine,
Lake Forest Hospital

**Scholarly Project:** Education program: Integrative Medicine in the Emergency Room

“The fellowship was everything I hoped for and more. I am inspired by the extensive research in Integrative Medicine and impressed by the extensive understanding of human pathophysiology, biochemistry, micro anatomy, and nutrition utilized. I learned not only additional ways to improve my patients' health but how to better research particular health questions. I am using my new Integrative Health knowledge and skills daily in the emergency department. My goal is to educate as many of my colleagues as I can about incorporating Integrative Medicine into their practice.” -- Dr. Ann Vertovec
“This has really been an amazing fellowship year for me. As a residency program director/faculty member, I feel like I am always learning, reading and refreshing my knowledge base, but being able to step back into the role of a primary learner while studying integrative medicine has been so exciting. I feel like there’s still so much to learn but I feel much more confident in my ability to introduce my residents to the field of integrative medicine and how to weave it into our daily practice of family medicine.”  --Dr. Natalie Choi
Over 30% of Americans use Integrative Medicine therapies according to the last NIH survey in 2017, with trends showing increases since then. 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 wellbeing.

The Integrative Medicine elective at Osher for medical students and residents aims to meet these needs by providing 2 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 formats, participants learn about evidence behind dietary supplements, herbs & Integrative modalities, to 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.

Anna B. Shannahan, MD
Associate Director, Education

“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 for students of the medical school where I trained.” ~Anna Shannahan
EDUCATING THE EDUCATORS

Our faculty is committed to collaborative and educational initiatives that elevate the reach and caliber of the field of Integrative Medicine and its leaders across the globe.

SHARING SCIENCE, KNOWLEDGE AND BEST PRACTICES

The 2021 Symposium, hosted by the Academic Consortium for Integrative Medicine & Health, was a virtual event attended by more than 500 researchers, educators, clinicians, trainees and students from around the world with an interest in this rapidly-developing field. Dr. Melinda Ring served as invited chair of this highly-regarded conference. Northwestern faculty served as presenters, moderators, facilitators and reviewers for this essential international meeting.

Attendees came from 11 countries, including Australia, Brazil, China, Germany, the Netherlands, and Scotland to attend 80+ peer-reviewed educational sessions and view over 100 poster presentations.

In a post-symposium survey, attendees said the event helped them to:

- Discuss a multidisciplinary approach to patient care using integrative modalities and lifestyle approaches.
- Recognize the benefits and indications of mind-body interventions.
- Describe the current evidence base for integrative therapies such as acupuncture, yoga, tai chi and mindfulness-based interventions for health conditions such as pain, mood disorders, and symptom management.
Due to the COVID-19 Pandemic, the culinary medicine course founded by Osher faculty shifted to a virtual learning environment in spring 2020. In response to the undergraduate medical education request for more virtual opportunities the original Cooking Up Health (CUH) curriculum was transitioned from a semester long course to a 2-week elective. Students completed pre-work that included video lectures, scientific literature readings, nutrition-focused case studies and quizzes for self-assessment. In addition to the original six content areas, four additional days of material were created covering: COVID-19 and nutrition; Culinary Medicine for the Underserved; Micronutrients; and Culinary/Medicinal Herbs. Over the course of the 2 weeks students met with faculty over Zoom for both discussions and debates, as well as four faculty-led cooking classes. The students engaged in service learning teaching nutrition to grade school kids in a Common Threads program.

Students in the virtual class reported increased confidence after completing the elective in their ability to provide nutrition care & obesity counseling to patients, as well as increased confidence in their cooking and food preparation skills.

"DOING THINGS VIRTUALLY ACTUALLY MADE IT MORE LIKELY THAT I’LL INCORPORATE THESE SKILLS INTO MY WEEKLY ROUTINE. I GOT MORE COMFORTABLE IN MY KITCHEN AND EXPANDED MY SPICE CABINET."

COOKING UP HEALTH FEINBERG SCHOOL OF MEDICINE STUDENT
EDUCATING OUR MEDICAL COMMUNITY

During the current academic year, the shift to virtual allowed us to engage esteemed integrative medicine faculty to educate our local Northwestern medical community. An Osher Director's Series brought the leaders from around the world to the stage, with the plan for talks from the three remaining Osher Centers to take place in fall 2021.

GRAND ROUNDS 2021

January 19, 2021
"Culinary Medicine and the Science of the Teaching Kitchen"

Melinda Ring, MD, FACP, ABOIM
Executive Director
Osher Center for Integrative Medicine at Northwestern University

February 16, 2021
"Patient outcomes in mulmorbidity - PROMS harmonised across diagnoses to guide us"

Martin Ingvar, MD, PhD
Director, Osher Center for Integrative Medicine, Karolinska Institutet, Sweden

March 16, 2021
"Seeding Patient Empowerment"

Director, Ruth Q. Wolever, PhD, Interim Director, Osher Center for Integrative Medicine at Vanderbilt
Director of Vanderbilt Health Coaching: Practice, Research & Education

Tuesday, April 20, 2021
"The Case for CBD Research"

Professor and Chair Department of Family Medicine and Community Health
University of Miami Miller School of Medicine
Director, Family Medicine Faculty Practice
Director, Osher Center for Integrative Medicine
PROMOTING HEALTH EQUITY

OUR FOCUS ON INTEGRATIVE MEDICINE ACCESS FOR ALL

Our Osher Center acknowledges the anguish and injustice that pervades our nation, 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 this public health issue. We are steadfast in our commitment to serving and engaging all communities.

DIVERSITY AND EQUITY

The Osher Collaborative Anti-Racism Coalition was founded in July 2020. Northwestern team members Kristin Smith, Diane Sepplefrick & Ania Grimone, are 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 has been co-chaired by Osher faculty member Elizabeth Addington, PhD, Assistant Professor, along with Tameka Brannon, MAOD, Senior Program Administrator. IDEA includes 50 members, representing staff, faculty and post-doctoral fellows in MSS, and its work is organized around 3 subcommittees. Early initiatives included: a public commitment to anti-racism; town halls with Feinberg Office of Diversity and Inclusion leadership; a Diversity Roundtable with members of the Boston University Center for Antiracist Research; guidelines on micro-affirmations, micro-aggressions, and community conversations; securing equity and anti-racism education funds; MSS Career Week; enhancement of inclusive hiring resources and processes; and a feature presentation in the Northwestern Best Practices Forum.
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. We also rely heavily on their expertise and network in facilitating events to engage with the local Chicago community. We are very grateful for the ongoing dedication of our Council members and the leadership of our immediate Past-Chair, Lori Lyman, and current Council Chair, Diane Meagher.

Thank You To Our Council Members:

Barb Anderson  
Leah Bostrom  
Fabrice Braunrot  
Laura Flynn  
Emily Grace  
Melinda Graham  
Diane Lappin  
Lori Lyman  
Karen Malkin  
Diane Meagher  
Brennan Murray  
Molly O’Neil  
Elizabeth Pruett  
Brett Rentmeester  
Nina Schroeder  
Sue Shattock  
Tina Trott  
Meredith Wood-Prince

JUNIOR ADVISORY BOARD

In late 2019, we established a Junior Advisory Board, which supports our vision to educate and engage a younger generation in integrative medicine through involvement in fundraising and educational events. With active members, drawn to the organization through their experience and interest in integrative medicine. Their projects will continue to focus on establishing a digital presence and increasing awareness.
Marketing

In an effort to continue to best serve our stakeholders, we are currently reevaluating our marketing strategy and exploring ways to optimize our social media and e-newsletter outreach. We are excited to launch our newly branded website.

WEBSITE

Osher Center for Integrative Medicine at Northwestern University

Promoting whole-person wellness.

Sign up to receive our newsletter.

SOCIAL MEDIA ENGAGEMENT

NU Osher Center continued to build upon our Facebook presence with relevant weekly posts. We shared content on integrative research, expert quotes, wellbeing tips, and press featuring Osher faculty. We look forward to exploring new avenues of communication, such as Instagram, this year.

E-NEWSLETTERS

Over the past several years, we have grown our eNewsletters audience to over 2,000 medical and integrative medicine professionals, current and former patients, and other interested community members. These eNewsletters share our latest research, studies, faculty news and events, as well as recipes, wellbeing resources and practices to incorporate into a healthy lifestyle. As of June 2020, we moved to a monthly eNewsletter in combination with our COVID-19 eNewsletter. Our eNewsletters generated a strong average open rate of 22% (industry-standard, “good” open rate = 20-30%).
Melinda Ring, MD, FACP, ABOIM

2021 Bravewell Distinguished Service Award

The Bravewell Distinguished Service Award is bestowed upon individuals whose work and dedicated service have made a lasting and especially meaningful contribution to the Academic Consortium for Integrative Medicine and Health. It is one of the highest honors in a field of care recognized for its focus on whole-person health and well-being and consideration of all available evidence-based therapeutic and lifestyle care approaches to achieve optimal health and healing for every patient. Presented by the Academic Consortium for Medicine and Health on behalf of 75 of the world’s most prestigious academic medical centers and health systems, the 2021 Bravewell Award was awarded to Melinda R. Ring, MD, FACP, ABOIM.

Anna B. Shannahan, MD

Andrew Weil Excellence in Integrative Medicine Education Award
Selected for Northwestern Medicine Scholar of Wellness Program

The Andrew Weil Excellence award is given to a physician who makes significant strides in furthering educational opportunities for Integrative Medicine, including teaching colleagues, the community, and the next generation of physicians.

Scholars of Wellness (SOW) is a professional development program with the objective to create a critical mass of wellness experts to drive meaningful change at NM. The program will equip physicians with the knowledge and tools to lead a wellness project/initiative that positively impacts wellbeing within their team.
SHAPING THE FUTURE OF HEALTHCARE

Our NU Osher Center 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.
The pandemic has highlighted that, in addition to high-tech science, healthcare must focus on integrative and lifestyle practices for the well-being of individuals, communities, and our world. It is clear that lifestyle choices impact not just overall health and well-being, but personal risk factors that can have serious consequences on communicable and chronic diseases. Moreover, recent events have impacted the emotional and mental health of countless individuals, leading to a call for better strategies to address the whole person, mind-body-spirit, and acknowledge the role of one's environment, access to care, and identity in being able to thrive. Our efforts looking forward aim to address these factors in a way that ensures equitable and compassionate integrative care for all.

Community and connection are deeply held values across the Osher Collaborative. We believe that we are intrinsically interconnected with each other and that belief calls us to ensure that our community is a place where people of all identities and life experiences are understood, appreciated, and fully included. We believe that members from a variety of backgrounds, experiences, identities and heritages, working together, are more likely to produce the healers and healing our society needs.

As our community moves ahead, we endeavor to enact our principles and values in ways that promote respect and dignity. We will stand by our responsibility to learn from and deepen our connections to each other. We commit to investing our time, energy, and resources to ensure we are addressing healthcare disparities to reach underserved populations who may benefit from the breadth of integrative approaches.
COMMUNITY: EDUCATION PROGRAMS

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. After taking a pause in 2020 due to the pandemic, we are in planning for a fall event on the timely subject of integrative strategies to support immunity.

COMMUNITY: PROFESSIONAL NETWORK

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 are planning a fall 2021 clinician convening. 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

Osher Center for Integrative Medicine at Northwestern University is ranked among the top academic programs in the country for the initiative work being done in research, teaching, patient care, and advocacy. The 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. Our program is now preparing to embark on an endowment campaign to establish an Endowed Professorship for the Executive Director and Research Director. Being named to 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.
"With each donation we receive, we move closer to our shared goal of transforming medical care into true health care. Thank you to each and every supporter for making a difference through your partnership and generosity."

Melinda Ring, MD, Osher Director

OUR SINCEREST GRATITUDE

On behalf of our faculty, staff, patients and the integrative medicine community, we would like to thank the many donors who have given time, money and resources that allow NU 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, and The Greer Foundation. 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 Medicine, please contact:

Terri Dillon,
Associate Dean Northwestern University
Feinberg School of Medicine
312-503-4837
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

Manager, Program Development
Isra Z. Hassan

Senior Administrative Assistant
Vanessa Hughes

Development

Executive Director,
Foundation Relations and Corporate Engagement
Sarah Fodor

Associate Dean,
Northwestern University Feinberg School of Medicine
Terri Dillon

Director of Philanthropy,
Northwestern Memorial Foundation
Karen Kliebhan

Clinic Leadership Team

Directors, Clinic (Interim)
Catherine Cheng, MD, FACP
Anna Jonas, DO

Director, Clinic Operations
Meghan Smith

Manager, Clinic Practice
Jeremy Marks

Coordinator, Clinic Operations
Kalinda Marshall, RN
FACULTY & STAFF

**Clinic Practitioners**
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- Howard Feldman, PhD
- Amrien Ghouse, DO
- Ania Grimone, LAc
- Anna Jonas, DO
- Regina Kim, MD
- Kristen Kimble, RD
- Fang Lin, LAc
- Mary-Anne Meyer, CNP
- Morgan Milin, LCSW
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- Shibani Munshi, MD
- Melinda Ring, MD
- Shakira Sanchez-Collins, MD
- Dianne Seppelfrick, LMT
- Anna Shannahah, MD
- Tatyana Shafiro, LAc
- Carly Trueger, RD
- Rebecca Weiss-Coleman, MD
- Chris Wilson, LMT

**Core Research Team**
- Elizabeth Addington, PhD
- Danny Bega, MD
- Inger Burnett-Zeigler, PhD
- Ashley Dyer, DACM MPH
- Bonnie Essner, PhD
- Kim Feingold, PhD
- Jamie Griffith, PhD
- Veronika Grote
- Jen Martinez, PhD
- Suena Massey, MD
- David Victorson, PhD
- Betina Yanez, PhD

**Core Teaching Faculty**
- Cathy Cheng, MD
- Amrien Ghouse, DO
- Anna Jonas, DO
- Rupa Mahadevan, MD
- Melinda Ring, MD
- Anna Shannahah, MD
- Lori Walsh, MD

**Group Program Instructors**
- Regina Cadenhead
- Jamie Kraus
- Tonna Reinhold

**Clinical Support Staff**
- Jaret Carrasquedo
- Shawanna Clark
- America Guzman
- Meghan Hewitt
- Renya Krempl
- Kalinda Marshall, RN
- Ana Razo
- Lizaide Roman
- Yessica Roman-Mendoza
- Samantha Srbinovski
- Kristin Smith, RN
- Vanessa Welch
**PUBLICATION HIGHLIGHTS**

**Danny Bega, MD, MSCI**


**Bonnie Essner, PhD**

James Griffith, PhD

Judith Moskowitz, PhD, MPH


Op-Eds:


PUBLICATION HIGHLIGHTS

Anna Shannahan, MD

Willemijn Schaefer, PhD

David Victorson, PhD
- Thrive Global: How to Embrace Nature in Your Own Backyard
Inger Burnett-Zeigler, PhD

MEDIA ENGAGEMENT HIGHLIGHTS

Anna Shannahan, MD
- Integrative Medicine, Wellness and Self-Care. “Connecting with Dr. Kim Swales” Podcast. October 29, 2020
- How to tell if your piercing is infected and how to treat it at home. Insider. April 24, 2021.

Danny Bega, MD, MSCI

Judith Moskowitz, PhD, MPH
- Virtual reality program lessens physical side effects of hemodialysis. Illinois News Bureau. February 24, 2021

Melinda Ring, MD, FACP, ABOIM

Inger Burnett-Zeigler, PhD
- Anxiety: 7 Ways to Deal With Stress About Post-Pandemic Life. SELF. April 23, 2021.
- Challenging Our Burdens: PW Talks with Inger Burnett-Zeigler. Publisher’s Weekly. May 21, 2021