



OSHER CENTER FOR INTEGRATIVE MEDICINE  
AT NORTHWESTERN UNIVERSITY

# ANNUAL REPORT



ANNUAL REPORT - FY 2020



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## FUELING RESILIENCE THROUGH INTEGRATIVE MEDICINE

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During a historic year for healthcare, I am honored to share with you the accomplishments of our 23rd year as Northwestern University's integrative medicine program, as we continue to bring life-changing and evidence-based practices to the field of integrative medicine, and our Chicago community. This year, in particular, we have done so by fostering our ***collective resilience***.

Further detailed in this report, our accomplishments are due to our impressive core team who have stepped up, alongside our fellow Osher Centers, to maintain our goals in the realms of research, education, clinical care and community outreach. More than ever, I am grateful to serve alongside this dynamic team, who is dedicated to promoting whole-person wellness and perseverance, at a time when healthcare needs it the most.

On behalf of our NU Osher Center, I wish to thank all of our generous supporters in helping us in our mission. We are immensely grateful to Bernard Osher Foundation, The Malkin Family Foundation, and Greer Family, through whom we have been able to provide needed faculty and fellowship support, develop our novel educational program, and pursue vital research. The inspiration and partnership of each of our allies raises the bar for our academic accolades, clinical excellence and reputation.

With Gratitude,



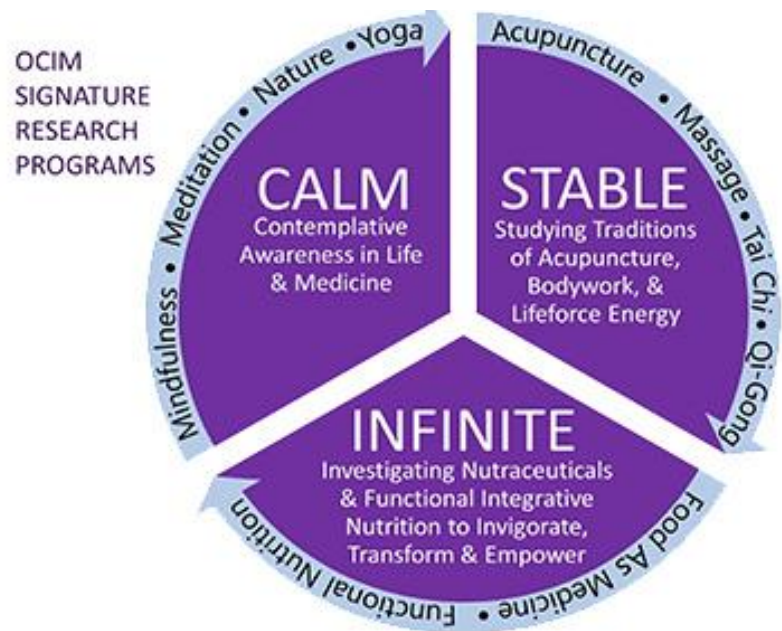
**Melinda Ring, MD, FACP, ABOIM**  
**Executive Director**

Osher Center for Integrative Medicine at  
Northwestern University

# PROPAGATING EVIDENCE-BASED INTEGRATIVE MEDICINE

NU Osher Center continues to build our research base and support new investigators through pilot grants, research design and statistical consultation to advance evidence-based integrative medicine applications across conditions and modalities.

This year, our research program has continued to focus on three key areas of integrative medicine research: **CALM**, which includes mindfulness and yoga; **STABLE**, which includes approaches such as acupuncture and tai chi; and **INFINITE**, which includes nutrition and food as medicine.



This year, NU Osher Center researchers received a number of grants from federal, foundation, and other sources. We continue to expand our research around relevant topics, including equity, mindfulness, and mental health. Sample studies are detailed on the next few pages.



*"I look forward to working across various medical specialties to learn all the ways we can help people cope better with whatever type of stress they are managing."*

Judith Moskowitz, PhD,  
Osher Director of  
Research

### **PARK: Positive Affect Regulation Skills**

**Principal Investigator:** Judy Moskowitz, PhD

**Funding:** The Osher Center Research Program

It is safe to say that life right now is really hard for everyone – from those who have lost loved ones or their jobs to those working the front lines. Even those who have not been as directly affected are experiencing elevated fear, uncertainty, and helplessness. With the onset of COVID-19, our online positive emotion coping skills program was revised to expand availability to the general public during the pandemic. The PARK (Positive Affect Regulation skills) program consists of 8 skills aimed at increasing the daily experience of positive emotion to help people cope with whatever stress they might be experiencing. The skills are presented over the course of 5 weeks. After learning each skill, there is the opportunity to practice the skill on the platform. Since opening enrollment in May, 150 participants have enlisted nationwide.

### **A Mindfulness-Based e-Health Intervention to Improve Medication Adherence among Breast Cancer Survivors**

**Principal Investigator:** Betina Yanez, PhD

**Funding:** National Center for Complementary and Integrative Health

Breast cancer is the most commonly diagnosed cancer and the second leading cause of cancer-related death among U.S. women. Five years of adjuvant endocrine therapy (ET) reduces the risk of breast cancer recurrences by 50%, and reduces the risk of breast cancer mortality by up to 28%. However, despite the benefits of ET, documented non-adherence rates to ET range from 47-73%, which places women at risk for cancer recurrence and mortality. This project determines the feasibility of a technology-assisted mindfulness-based stress reduction intervention to not only reduce symptom burden and improve quality of life, but to also improve adherence to ET medication among cancer survivors.





**Principal Investigator:** Elizabeth Addington, PhD and Sarah Kathleen Bandt, MD

**Funding:** National Institute of Mental Health

### Structural Connectivity of Positive and Negative Emotions: Secondary Analysis of the Human Connectome Project through the RDOC Lens

Depression and anxiety are highly prevalent, frequently co-occur, can be difficult to treat, and lead to impaired functioning and health; nonetheless, people with depression and anxiety may still experience positive emotions, which can independently benefit both psychological and physical health. Using novel, data-driven techniques, we will analyze neuroimaging and self-report data from 1,205 participants in the Human Connectome Project to advance our understanding of the brain basis of negative emotions underlying depression and anxiety, as well as the potential protective effects of positive emotions. This project will lay the groundwork for methods of identifying neuroaffective predictors of psychiatric illness and response to treatment.



**Principal Investigator:**  
Jason Ong, PhD

**Funding:** National Center for Complementary and Integrative Health

### Mind-body Approach to Improve Health-related Quality of Life for People with Narcolepsy

The purpose of this research project is to gather data on the feasibility and acceptability of mind-body interventions using mindfulness meditation to improve the health-related quality of life for people with narcolepsy. The findings will help prepare for a future study that tests the effectiveness of using mindfulness as a complementary approach with standard care.



**Principal Investigator:**

Judy Moskowitz, PhD, MPH with  
DerShung Yang, PhD,  
BrightOutcome

**Funding:** National Institute of Aging

### **SAGE LEAF: Reducing Burden in Alzheimer's Disease Caregivers Through Positive Emotion Regulation and Virtual Support**

The goal of the proposed Small Business Innovation Research study, is to adapt a positive emotion intervention for Alzheimer's Dementia caregivers into a self-guided online format that incorporates social connection components and adaptive system feedback mechanisms to promote intervention adherence. Previous tests of the facilitated version of the program, called SAGE LEAF (Social Augmentation to Self-Guided Electronic Delivery of the Life Enhancing Activities for Family Caregivers), have shown efficacy for improving well-being in dementia caregivers. If effective, the SAGE LEAF program can be disseminated to Alzheimer's caregivers nationwide through AD treatment and research centers.

**Principal Investigator:**

Judy Moskowitz, PhD, MPH (with John  
Salsman, PhD, Wake Forest  
University)

**Funding:** National Cancer Institute

### **Using MOST to EMPOWER: Optimizing an Emotion Regulation Intervention to Enhance Well-being Among Young Adult Cancer Survivors**

The main objective of this study is to optimize a multi-component positive emotion skills intervention for young adult cancer survivors (EMPOWER) by using an innovative methodological framework, the Multiphase Optimization Strategy (MOST), to determine which intervention components are effective in reducing distress and promoting well-being.

## LOOKING FORWARD

In the next year, several of our studies will come to fruition with results. For example, ongoing and collaborative integrative cardiology projects, supported by The Malkin Family Foundation through the Bluhm Cardiovascular Institute, are yielding exciting findings that we are confident will help shape the future provision of clinical care:

### **Wakeful: A New App for Mindfulness Training**

**Principal Investigator:** David Victorson, PhD

**Funding:** The Malkin Family Foundation

*Wakeful* is a state-of-the-art mindfulness training app based on the foundations of John Kabat-Zinn's Mindfulness Based Stress Reduction program. Unlike other mindfulness apps that provide collections of one-time exercises for users to choose, *Wakeful* offers a self-directed, multi-week training course with developmentally sequenced content so that users are appropriately guided through pedagogically relevant training modules, aligned with their growing skills and insights. While *Wakeful* is intended for individual use, its design aesthetics simulate a community experience, with interactive reflection and engagement features. The app was also created with researchers and administrators in mind, who are able to tailor content and features to meet the specific needs of their project or study.

Currently, *Wakeful* is being pilot tested with a sample of cardiac rehabilitation patients at Northwestern Medicine to examine usability, feasibility, acceptability, and preliminary efficacy on select patient reported outcomes. After testing with 20 individuals, the research team identified modifications to the user experience and is preparing the app, with these changes in place, for its next phase of testing with 20 additional individuals. Our goal is to complete this testing by September 2020 and submit pilot findings for publication by Fall 2020.





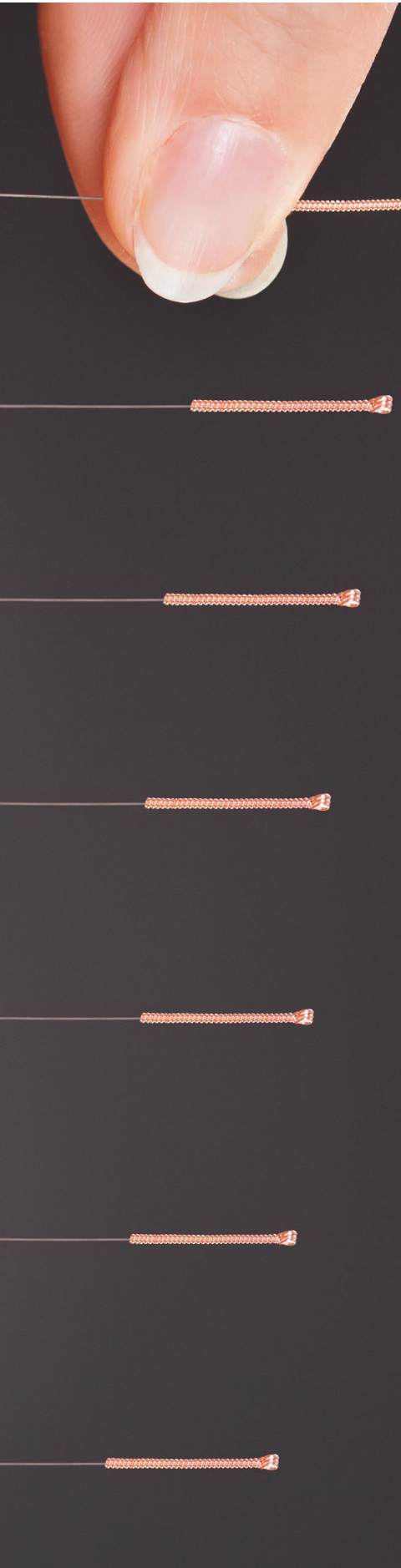
## LOOKING FORWARD (CONT'D)

### ACU-HEART: Acupuncture after Heart Surgery

**Principal Investigator:** Kim Feingold, PhD

**Funding:** The Malkin Family Foundation

Post-operative atrial fibrillation (POAF) is one of the most common complications after cardiac surgery, impacting anywhere from 10-65% of patients, depending on type of surgery, surveillance and patient characteristics. In addition to the potential for physical complications like atrial fibrillation, cardiac surgery has emotional and somatic sequelae, including post-operative pain and nausea, and elevated depressive symptoms. Acupuncture is an intervention with the potential to curtail the physical, emotional, and somatic sequelae of cardiac surgery. Between January 2016 and May 2019, patients undergoing valve surgery via sternotomy at Northwestern Medicine were enrolled in a randomized, controlled, feasibility trial of daily acupuncture following cardiac surgery. In total, 100 participants were randomized to receive acupuncture (ACU; N=51) or treatment as usual (TAU; N=49) while in the ICU post cardiac surgery. We successfully demonstrated the feasibility and acceptability of acupuncture in the hospital setting: ACU participants completed an average of 3.8 sessions, rarely refused treatment, and rarely withdrew from the study (n=3). Analyses of the preliminary efficacy of acupuncture for POAF, pain, nausea, and depressive symptoms are in progress.





## PROVIDING WHOLE-PERSON HEALTHCARE AMID CRISIS

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This year, we are immensely proud of our NU Osher Center for the pivots our team have all made to provide whole-person care during this turbulent time for healthcare, as well as for the collaboration and leadership they have shown in stepping up to support Northwestern Medicine efforts to combat COVID-19.

### **TELEMEDICINE PROVIDED THROUGHOUT THE PANDEMIC**

During closures due to the pandemic, our clinic has also pivoted to offer telemedicine phone and video visits with select providers, including Dr. Ring, Dr. Ghouse and Dr. Shannahan. We are now offering a combination of in-person and virtual visits, opening up our services to patients that would usually not have access to downtown integrative medical care.

Changes made under duress of this crisis, such as the availability of telemedicine at Northwestern, have created opportunities to explore the feasibility and acceptability of new ways of offering integrative care.

We will continue to explore opportunities for enhancing the patient care experience for the long-term.



## UNITY IN THE FIGHT AGAINST COVID-19

As Northwestern Medicine treats patients throughout this pandemic, roles among clinic staff have shifted and the collegiality has spread across the hospital:

- **COVID-19 Tent:** Our medical assistants have been working within Northwestern Medicine's tent. Every day since the onset of the pandemic, there has been at least one team member in the tent, even facilitating swabbing training for other providers.
- **Patient Transport:** One of our clinical massage therapists was trained in transport to wheel patients around the hospital on a daily basis.
- **Patient Arrivals:** Another clinical massage therapist has been greeting visitors, informing patients about new arrival procedures upon entering the building.
- **Security & Staffing Protocol:** Other staff is working security at entrances, handling staffing issues, and leading teams to assure all proper procedures are being followed.
- **On Campus Support:** While keeping the clinic running, our Patient Service Representative Team has been working on campus where needed: in the tent, at an employee entrance, or greeting visitors.



*"I am so proud of all of us for stepping out of our regular role. Many of our team have put their own safety at risk to get the job done. We are a team that cares about each other, and the greater good."*

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Candy Domke-Hochberg, LMT,  
BCTMB, Massage Therapist

## EDUCATING OUR FUTURE HEALTHCARE LEADERS

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Education is of particular interest to our team at 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 MALKIN AND GREER FAMILIES

We received a grant from our partner, The Malkin Family Foundation, which is a three-year investment in our fellowship program to ensure we can evolve our unique curriculum that utilizes faculty expertise across the Osher Collaborative network. We also received a grant from The Greer Family, a three-year investment with a match for our *Cooking Up Health* (CUH) program, which ensures our ability to expand our educational impact in culinary medicine.





## FELLOWSHIP UPDATES

In FY 2019, 8 fellows from NU and UCSF engaged in the first iteration of our innovative curriculum. Over year one of the fellowship, learners meet weekly with faculty for a clinically-focused, 2-hour seminar covering the breadth of integrative medicine. (See Appendix C for overview of year one curriculum). Clinical fellows also participate in 20 hours a week with faculty oversight to develop expertise in providing integrative consults in our clinic, as well as integrative primary care in a federally qualified health center to increase access for at-risk communities.

During year two of training, clinical fellows pursue advanced education to increase their skill set, and engage in meaningful projects, including curriculum development, teaching at Northwestern, research, scientific writing and presentation. By the conclusion of the 2-year fellowship, our clinical fellows are poised to grow into the future leaders of the field.

### **Anna Shannahan, MD**

Osher Center Associate Education Director



### **Amrien Ghouse, DO**

Clinical Fellow 2019-2021



*"As an Osher fellow, the past year has been transformative: it has shaped my practice beyond anything I had anticipated, and allowed me to support my patients in a setting where I can combine all of my clinical interests, from Culinary Medicine to Osteopathic Manipulation. I look forward to continuing to be a part of the Osher community, while expanding my training through Medical Acupuncture and Functional Medicine."*

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Amrien Ghouse, DO

## CLINICAL FELLOWSHIP UPDATES (CONT'D)

In June 2019, **Anna Shannahan, MD** concluded her fruitful 2-year clinical fellowship. She assumed the position of Associate Education Director at NU Osher Center, while supervising residents at Northwestern Medicine's Grayslake Outpatient Center. Over the past year, Dr. Shannahan has delivered numerous lectures and presented on topics, ranging from physician Fitbit use for improving patient engagement to the impact of massage and mindfulness on patient health.

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. In her residency, Dr. Ghouse collaborated with a local food bank to create a Food Pharmacy program to address food insecurity in pre-diabetic patients through targeted nutrition education, which includes cooking classes, dietary counseling, and a supply of healthy food. During her second fellowship year, Dr. Ghouse is earning her functional medicine certification at The Institute of Functional Medicine, and furthering her knowledge in Japanese-style acupuncture.

Our fellows make meaningful contributions to our projects—and that work helps guide the next steps of their professional journeys. Our first fellow, **Rupa Mahadevan, MD**, remains dedicated to the educational impact of our NU Osher Center, working alongside Dr. Ring, Dr. Ghouse and Dr. Walsh to develop sessions for our new virtual CUH program, funded through the The Alliance for Research in Chicagoland Communities (ARCC) Seed Grant.

*"Thank you to all the faculty across the Osher Collaborative and Dr. Ring for her mentorship; the fellowship allowed me to build a career beyond primary care, and to focus on wellness and prevention for a wide range of patients across different specialties."*

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Rupa Mahadevan, MD



## FELLOWSHIP CURRICULUM

In collaboration with The UCSF Osher Center for Integrative Medicine, we finished developing our expansive integrative medicine curriculum. For our first collaborative, year-long fellowship, learners who completed the program came from a wide variety of specialties, including: oncology, family medicine, internal medicine, and pediatrics. Esteemed faculty from Northwestern University, Harvard University, Vanderbilt University, University of California San Francisco, University of Washington and University of Miami are sharing their expertise in such areas in order to create a rich set of materials and prepare future integrative medicine providers. As Clinical Fellows enter their second year of this esteemed curriculum, our goal for this next year is to build out this curriculum through an iterative process, reviewing and improving each weekly session of content based upon learners' feedback.

## FACULTY FELLOWSHIP

Summer 2020 sees the launch of an exciting project to expand our fellowship and allow existing Northwestern faculty to receive the same didactic education, as well as clinical supervision, while continuing to see patients in their own practice. Our fellowship is offered as an inclusive program, exploring key topics to better meet the needs of providers who participate and allowing them the opportunities for clinical case discussion, mentorship, and eligibility to sit for the ABOIM exam. Five esteemed faculty are accepted into the inaugural year of the faculty fellowship. Their scholarly projects will further awareness and education about integrative medicine across Northwestern Medicine campuses.



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



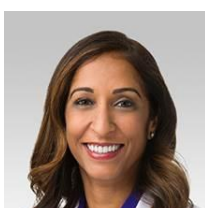
**Briana Bruce, MD,**  
Attending Physician, Hospital-  
Based Medicine-Pediatrics,  
Lurie Children's Hospital



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



**Natalie Choi, MD,**  
Program Director, Family  
Medicine Residency at  
Delnor



**Anisha Dua, MD,**  
Associate Professor,  
Rheumatology, Fellowship  
Program Director



## UNDERGRADUATE INTERNS

Undergraduate interns join us each summer, adding diverse backgrounds, fresh perspectives, and eclectic interests to our team. All of our interns are driven to enhance their understanding of integrative medicine while utilizing key learning in their medical education and careers. Our interns from the past year include:

- MUYANG LI, Cornell University, Junior
- EMMA HEROLD, Duke University, Sophomore
- CLARE HOBSON, Washington University in St. Louis, Sophomore
- JHEEL SHAH, Emory University, Sophomore

*"I found the internship to be a very valuable learning experience. This opportunity really allowed me to consider the type of provider I want to become as well as how to implement different lifestyle choices for myself and future patients if I do become a doctor."*

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Clare Hobson, NU Osher Center Undergraduate Intern

## MEDICAL STUDENT OPPORTUNITIES

In addition to CUH, we continue to offer electives to our medical students to incorporate integrative medicine into their studies. We currently offer a two-week, immersive rotation in integrative medicine, which consists of ambulatory patient care and experiential learning at our NU Osher Center.

Instructional strategies include informal lectures, experiential learning and small group discussion of assigned readings, clinical experiences and patient cases. Participants have the opportunity to personally experience complementary therapies such as acupuncture, massage, energy healing, chiropractic, biofeedback and meditation. Throughout the pandemic, our staff worked diligently to take these educational initiatives online as we created a virtual 2-week Integrative Medicine elective and condensed our CUH program into a 2-week program for medical students.



# RAISING THE BAR FOR INTEGRATIVE MEDICAL EDUCATION

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.

## A COLLECTIVE EFFORT BY INTEGRATIVE LEADERS

Our faculty consistently collaborate with other leading integrative programs and centers across The Osher Collaborative. For example, Melinda Ring, MD served within the core faculty for the Leadership Program in Integrative Healthcare at Duke University as well as contributed to the National Task Force to address issues related to integrative medicine continuing medical education.

Serving as a Vice Chair for American Board of Integrative Medicine (ABOIM), she is also dedicated to training qualified, evidence-based providers by continuing to improve the board exam and certification process for physicians specializing in Integrative Medicine.

Co-authored by Osher faculty members from Harvard University and University of Washington, Melinda Ring, MD recently published an OpEd in *The Journal of Alternative and Complementary Medicine* that shed light on the current trends in the Integrative Medicine field and addressed perceived bias against integrative medicine continuing medical education (see Appendix E).

A vertical image on the left side of the page. It features a silver stethoscope with a blue tube, coiled around a wooden bowl filled with a fresh salad. The salad includes lettuce, sliced cucumbers, tomatoes, corn, and shredded carrots. The background is dark and textured.

## MERGING THE GAP IN NUTRITION EDUCATION

While an unhealthy diet contributes to approximately 678,000 U.S. deaths annually due to nutrition-related diseases, less than 1% of total lecture hours in medical school are related to nutrition. As a result, just 14% of practicing physicians feel adequately trained in nutrition counseling.

Fortunately, educational solutions have shown promising empirical impact on merging this educational gap. Conducted by Osher affiliates at Northwestern Medicine - Dr. Frances Baxley and Dr. Anuj Shah - a feasibility study revealed the potential of an online nutrition course to significantly and sustainably increase nutritional knowledge and positive attitudes around the role of nutrition within the clinical setting, among the 76 medical residents who participated in the study.

### CULINARY MEDICINE COURSE: COOKING UP HEALTH

Over the past year, the *Cooking Up Health* (CUH) curriculum has continued to grow in popularity, reach and recognition for bridging the gap in nutrition education for physicians and patients. Led by Dr. Ring, the program provides practical knowledge and skills to enable medical students at Northwestern University Feinberg School of Medicine to see the relevance and application of nutrition to health. As our educational initiatives have moved online during the pandemic, we condensed our CUH program into a 2-week program for medical students.





## TRAIN-THE-TRAINER WORKSHOPS

In September 2019, we hosted our second CUH Train-the-Trainer workshop to expand the reach of our culinary medicine curriculum, supported in part by a grant from the Northwestern University Clinical and Translational Sciences Institute. Presented in collaboration with the non-profit community organization Common Threads, 10 faculty and affiliates from 6 health professional schools were taught how to replicate our successful CUH program— which helps medical students and trainees counsel their patients in successful behavior change around nutrition and cooking. The training workshop provides full complimentary access to the CUH curriculum, immerses participants in a sample lesson and cooking class, and trains instructors to teach culinary medicine. Common Threads and NU Osher Center also partnered to deliver two training workshops to providers and staff at local federally qualified health centers. Attendees gained tools for nutrition counseling and motivational interviewing to foster positive behavior change in their patients from at-risk communities.

*“Our hope is that culinary medicine training programs like CUH will become a standard part of medical school training, as we link population health with evidence-based nutrition education.”*

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Melinda Ring, MD



## EXPANDING OUR REACH & SUSTAINING OUR IMPACT

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We are committed to engaging with members of the community and teaching them how to bring practices of integrative medicine into their everyday lives. To accomplish this, in the past year we have placed a special emphasis on extending our network and deepening our connection to our medical, donor and lay communities.

### FRIENDRAISER WITH DR. GREGER

In early March 2020, NU Osher Center held a Spring Friendraiser at City Winery in West Loop featuring cutting-edge nutrition research presented by The New York Times bestselling author, Dr. Michael Greger. With 150 attendees, the event raised funds to support our nutrition-focused initiative, CUH. Event Chair, Leah Bostrom, and team promoted the Spring event, securing event listings and press in outlets like *Chicago Tribune*, *Chicago Magazine*, and *CBS 2 Chicago*.

### MEDIA CAMPAIGN AND EDITORIAL CONTRIBUTIONS

We continued to partner with the nonprofit organization, The Healthy US Collaborative, around their Take Care Campaign to re-imagine health through powerful storytelling of inspiration and transformation featured in short films. CUH was featured in a short documentary as part of their Take Five Campaign to promote wellness through inspirational stories and free resources. Our faculty continues to lend our expertise to editors for top-tier wellness stories, from topics like mental health and proper hygiene to nutrition and supplements. A-list outlets include: *The New York Times*, *CBS*, *CNN*, *Chicago Tribune*, *Thrive Global*, *HuffPost*, and *Health.com*.

## 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 dedication of our Council members and leadership of our Council Chair, Lori Lyman.

## 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 9 active members, drawn to the organization through their experience and interest in integrative medicine, their first project is to establish an Instagram account and digital events that spread the message of our IM AWARE Advisory Council.

*"We aim to enhance awareness around integrative medicine that fosters inclusive whole-person healthcare via innovative research, education, and advocacy"* - Michael Lyman, Leadership Committee Member of the Junior Advisory Board

## SOCIAL MEDIA ENGAGEMENT

NU Osher Center revamped our Facebook presence with consistent, informative content and organic growth, generating about 20 new followers after the Dr. Greger event alone. We have posted 1-3x/week to highlight integrative research, wellbeing tips and press featuring NU Osher Center and our providers.

## E-NEWSLETTERS

Over the past several years, our team has produced and distributed eNewsletters to an audience of approximately 1,200 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. Analytics and anecdotal feedback confirm that recipients find these popular, bi-monthly emails to be relevant, interesting and highly engaging. As of June 2020, we have moved to a monthly eNewsletter, in combination with our new COVID-19 eNewsletter referenced below.



## SUPPORTING OUR COMMUNITY AMID A CRISIS

With the onset of local 'Stay at Home' orders amidst the global COVID-19 pandemic, NU Osher Center increased our engagement with faculty, community members and the media. Our responsiveness ranged from increased expert interviews with national publications to ongoing outreach to our IM AWARE Advisory Council:

- **Faculty's Editorial Contributions:** NU Osher Center faculty has served as medical leaders and lent its expertise to editors as a means of educating our nation and local community. From The New York Times to CNN, our faculty has been interviewed and quoted in 53 stories thus far in 2020, on topics concerning COVID-19, mental health, and integrative methods for supporting immunity. These pieces generated a total of 5.4 billion media impressions.
- **Virtual Meetings:** As of early April 2020, Melinda Ring, MD held well-attended, Zoom meetings with our IM AWARE Advisory Council to answer pressing questions around preventative measures, myths, and best practices for supporting wellbeing throughout this unprecedented time.
- **Weekly NU Osher Center eNewsletters:** During the first three months of the pandemic, we distributed weekly COVID-19 eNewsletters to share reliable news, Integrative Medicine research and wellbeing resources to support immunity. These newsletters were well-received by an average audience of approximately 80 IM AWARE Advisory Council members and other interested community members; we generated a high level of engagement, with a successful open rate of 61% and click-through rate of 20%, compared to a industry-standard open rate of 20-30% and click-through rate of 4-6%.
- **Website Resources via Osher Collaborative:** To uphold our collective mission to cultivate wellbeing throughout this pandemic, NU Osher Center collaborated with the Osher Collaborative to develop its COVID-19 resource website.

## SHAPING THE FUTURE OF HEALTHCARE

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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.



## ENDOWMENT CREATION FOR EXECUTIVE DIRECTOR OF OSHER CENTER

At a time when healthcare is becoming ever more complex, the NU Osher Center has remained at the forefront of integrative research and care — but these successes are not guaranteed in the future. Therefore, we are raising funds to establish an endowment for the Executive Director position. The endowment will provide continued financial support for the highly sought-after expertise and leadership required to advance our mission well into the future. An endowment will also ensure that the position, and therefore the initiatives of the director, is funded in perpetuity.

## ENDOWMENT CREATION FOR RESEARCH DIRECTOR OF OSHER CENTER

To further support our goals of establishing a legacy, we are launching an endowment campaign for a Research Director position. This will ensure that we are able to prioritize cutting-edge research projects as well as promote the faculty and staff that make it possible.

## 2021 CONSORTIUM MEMBERS MEETING

The Academic Consortium for Integrative Medicine & Health will host their next annual Consortium Members Meeting in Chicago during April of 2021. Melinda Ring, MD, Executive Director of Osher Center for Integrative Medicine at Northwestern University, has been invited to serve as the Program Chair. With the rise of key conversation, research and interest around Integrative Medicine since the onset COVID-19, and even before this pandemic hit, we anticipate a strong presence from our local medical community at Northwestern, our NU Osher Center and beyond.

**SAVE THE DATE**

**2021 Integrative Medicine & Health Symposium  
and Members Meeting**  
April 18-20, 2021 | Chicago, Illinois, USA

Registration and Submissions Opening in Late 2020

ACADEMIC CONSORTIUM  
FOR INTEGRATIVE  
MEDICINE & HEALTH

[www.consortiummeeting.org](http://www.consortiummeeting.org)

[Click here to learn more about the International Congress on Integrative Medicine & Health](#)



A photograph of a person's arm and hand raised in a fist, holding a cardboard sign. The sign has the words "THE FUTURE IS" printed on it. The person is wearing a brown jacket and a red string bracelet. The background is blurred, suggesting an outdoor setting.

## PROMOTING HEALTH EQUITY

Now more than ever, NU 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 proactively have courage to manifest change needed to heal this public health issue.

*"It takes unified suffering, acknowledgement and movement to reach equity. It takes standing up for what is just, together. Racial injustice is not just political; it is a public health issue."*

Melinda Ring, MD

## OUR FOCUS ON INTEGRATIVE MEDICINE ACCESS FOR ALL

We continue to share our fellows with Erie Health Clinic, a federally-qualified health center (FQHC), to ensure that integrative medicine is available to all socio-economic groups. This partnership is a benefit to our fellow and offers flexibility in offering medical group visits, as well as the opportunity to work with diverse populations.

## 10TH ANNUAL INTEGRATIVE MEDICINE FOR THE UNDERSERVED CONFERENCE (IM4US)

We continue our partnership with IM4US, which strives to reduce health disparity caused by poverty, racism and social determinants of health through integrative medicine. This coming August, they will host their 10th annual (virtual) IM4US Conference, uniting leaders in integrative medicine dedicated to promoting equity and wellbeing for all, with the theme: "Pathways to Health Equity: Dismantling Barriers and Creating Solutions through Integrative Health."

## CONTINUED NUTRITION EDUCATION TO AT-RISK COMMUNITIES WITH COMMON THREADS

Throughout our annual CUH course, medical students at Northwestern University Feinberg School of Medicine participate in a service component while teaching children about basic healthy nutrition concepts and easy hands-on food preparation. Applying the newly acquired knowledge, these medical students serve as volunteers in established Common Threads' programs to foster healthy nutrition habits. We are committed to our involvement with Common Threads, which has many Chicago Public Schools and out-of-school programs, and provides invaluable education to grade-school children and families throughout at-risk communities.

## IM4US SCHOLARSHIP OPPORTUNITY

We are pleased to offer a new scholarship opportunity for 10 medical trainees or practitioners to attend the important Integrative Medicine for the Underserved (IM4US) virtual conference. Participants, including Clare Brady, MD, Northwestern LFH Family Medicine Residency and Amrien Ghouse, DO, Integrative Medicine Fellow at NU Osher Center, are encouraged to develop a plan to bring their learning back to their work at Northwestern, such as presenting highlights from the conference to their department or program.

## MAKING DIVERSITY A PRIORITY IN RESEARCH

In our efforts to support health equity, an inherent principle of integrative medicine, we will continue to prioritize research that involves a diverse pool of participants and takes social determinants of health into account. For example, NIH provided a grant for NU Osher Center Researcher - Inger Burnett-Zeigler, PhD - to study the impact and plausibility of mindfulness-based interventions for individuals within underserved communities.



*"My research study examining the effectiveness and implementation of a mindfulness-based intervention in underserved community health center settings is one step toward recognizing disparities in mental health in the Black community, and creating interventions to eliminate these disparities and achieve equity in health and wellness."*

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Inger Burnett-Zeigler, PhD



## LEADING WITH COMPASSION AMID A HEALTHCARE CRISIS


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During this global pandemic, NU Osher Center continues to show leadership across research, clinical care, education and our community. As we all adapt to support Northwestern, our team is increasing our visibility as leaders across the healthcare system. Below are examples that quantify our impact thus far:

- **RESEARCH:** As cases of mental health issues spike, we launched our PARK study to train participants in positive emotion regulation skills, enrolling 150 participants in 8 weeks.
- **CLINIC:** Since March 22, 2020, our department has covered 550 shifts total at Northwestern Medicine, totaling 4,502 hours. These shifts include: Lavin tent Covid swabbing, Lavin tent running, Security, Employee Screening, Patient Screening, Pharmacy Runner, EVS Patient Transport, and Diagnostic Molecular Covid Lab support.
- **EDUCATION:** 15 students who lost opportunities for in-person learning experiences were accommodated through new virtual trainings, using combined synchronous and asynchronous learning methods.
- **COMMUNITY ENGAGEMENT:** Our faculty have lent our expertise to support 38 wide-reaching stories concerning relevant COVID-19 topics, from caution fatigue and misinformation to mental health and equity.

We continue to observe an increase in awareness for whole-body wellness and preventative care. While we must maintain high standards in promoting evidence-based approaches, we are optimistic that COVID-19 has further substantiated the power of more holistic and integrative approaches to health, as well as shed light on the ability for The Osher Collaborative to spearhead the future of a rapidly changing healthcare landscape.





*"It is through the generosity of our donors that we are able to accomplish all that we have in the past year. We could not reach our success without your support."*

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Nancy Heap, LCSW, Director of Program Development

## OUR SINCEREST GRATITUDE

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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, visit [imaware.net](http://imaware.net).

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

To make a donation to the Osher Center for Integrative Medicine, please contact the Northwestern Memorial Foundation at 312.926.2033.

# FACULTY & STAFF

Executive Director

**Melinda Ring, MD, FACP, ABOIM**

Interim Clinic Director

**Catherine Cheng, MD, FACP**

Director, Program Development

**Nancy Heap, LCSW**

Director, Research

**Judith Moskowitz, PhD, MPH**

Director, Operations

**Meghan Smith**

Practice Manager

**Briana Rader, MSHA**

## Development

Executive Director,

Foundation Relations and Corporate Engagement

**Sarah Fodor**

Director of Philanthropy - Oncology

Northwestern Memorial Foundation

**Karen Kliebhan**

Associate Dean,

Northwestern University, Feinberg School of Medicine

**Terri Dillon**

## Practitioners

Mindy Cramer, DC

Candice Domke-Hochberg, LMT

Howard Feldman, PhD

Amrien Ghouse, DO

Ania Grimone, LAC

Anna Jonas, DO

Regina Kim, MD

Fang Lin, LAC

Mary-Anne Meyer, CNP

Helene Moore, PsyD

Shibani Munshi, MD

Nicole Piotrowski, RN

Dianne Seppelfrick, LMT

Anna Shannahan, MD

Tatyana Shafiro, LAC

Carly Trueger, RD

Chris Wilson, LMT

## Group Program Instructors

James Atkinson

Regina Cadenhead

Jamie Klausing

Tara Parker

Tonna Reinhold

## Clinical and Support Staff

Beverly Alvarez

Jaret Carrasquedo

Yesenia Espejel

Tina Garcia

America Guzman

Renya Krempf

Sandra Rocha

Yessica Roman Mendoza

Kristin Smith, RN

Vanessa Welch

## Research

Elizabeth Addington, PhD

Danny Bega, MD

Inger Burnett-Zeigler, PhD

Elaine Cheung, PhD

Bonnie Essner, PhD

Kim Feingold, PhD

Jamie Griffith, PhD

Suena Massey, MD

Patty Moreno, PhD

Jason Ong, PhD

David Victorson, PhD

Betina Yanez, PhD

## PUBLICATIONS

(Listed in alphabetical order by last name of NU Osher Center member).

**Addington, E., Cheung, E. O., & Moskowitz** (2020). Who is most likely to benefit from a positive psychological intervention? Moderator analyses from a randomized trial in people newly diagnosed with HIV. *The Journal of Positive Psychology*.

**Addington, E. L., Cheung, E. O., Bassett, S. M., Kwok, I., Schuette, S. A., Shiu, E.,... & Moskowitz, J. T.** (2019). The MARIGOLD study: Feasibility and enhancement of an online intervention to improve emotion regulation in people with elevated depressive symptoms. *Journal of Affective Disorders*, 257, 352-364.

Yu M, **Bega D.** A Review of the Clinical Evidence for Complementary & Alternative Medicine in Huntington's Disease. Tremor & Other Hyperkinetic Mov+ements. 2019; 9. PMID: 31523487.

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Zhang, L. M., Ellis, R. J., Ma, M., **Cheung, E. O.,** Hoyt, D. B., Bilimoria, K. Y., & Hu, Y. Y. (2020). Prevalence, types, and sources of bullying reported by US general surgery residents in 2019. *Jama*, 323(20), 2093-2095.

Hewitt, D.B., Chung, J.W., **Cheung, E.O., Moskowitz, J. T.,** Huang, R., Merkow, R. P., Hu, Y. Y., Ellis, R. J., Cohen, M. E., Ko, C. Y., Hoyt, D. B., & Bilimoria, K. Y. (2020). Association of Surgical Resident Wellness with Medical Errors and Patient Outcomes. *Annals of Surgery*.

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Badke, C. M., **Essner, B. S.**, O'Connell, M., & Malakooti, M R. (2019). An innovative virtual reality experience in the PICU: A pilot study. *Pediatric Critical Care Medicine*. Advance online publication. doi: 10.1097/PCC.0000000000001917.

**Moskowitz, J. T., Addington, E. L., & Cheung, E. O.** (2019). Positive psychology and health: Well-being interventions in the context of illness. *General Hospital Psychiatry*, 61, 136-138.

Salsman JM, Pustejovsky JE, Schueller SM, Hernandez R, Berendsen M, Steffen McLouth LE, **Moskowitz, JT** (2019). Psychosocial interventions for cancer survivors: A meta-analysis of effects on positive affect. *Journal of Cancer Survivorship*, 1-13.

Greer, SM, Ramo, DE, Chang, Y-J, Fu, M., **Moskowitz, JT**, & Haritatos, J. (2019) Vivibot: Evaluating the use of a chatbot to deliver positive psychology skills to promote wellbeing in young people after cancer treatment. *JMIR mHealth and uHealth*. 7(10), e15018.

Salsman, J.M, McLouth, L.E., Cohn, M., Tooze, J.A., Sorkin, M., & **Moskowitz, J.T.** (in press) A Web-Based, Positive Emotion Skills Intervention for Enhancing Psychological Well-Being in Post-Treatment Young Adult Cancer Survivors: EMPOWER Study Protocol for a Single Arm Feasibility Trial. *JMIR Research Protocols*.

Hernandez R, Burrows B, Wilund K, **Moskowitz J.T.** (in press) Qualitative Findings: Expressions of Gratitude and Positive Emotion among Hemodialysis Patients. *The Journal of Nephrology Social Work*.

Boucher, E., **Moskowitz, J.T.**, Kackloudis, G.M., Stafford, J.L., Kwok, I., & Parks, A.C. (in press) Immediate and long-term effects of an 8-week digital mental health intervention on adults with poorly managed type 2 diabetes: Protocol for a randomized controlled trial. *JMIR Research Protocols*.

**Ong, J.C.** & Moore, C. (2020). What do we really know about mindfulness and sleep health? *Current Opinion in Psychology*, 34, 18-22.

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Kalmbach, D.A., Roth, T., Cheng, P., **Ong, J.C.**, Rosenbaum, E., & Drake, C.L. (in press). Mindfulness and nocturnal rumination are independently associated with symptoms of insomnia and depression during pregnancy, *Sleep Health*.

**Ring, M.**, Majd, I., & Mehta, D. H. (2020). Keeping Integrative Medicine Continuing Medical Education on the Cutting Edge—and Compliant. *The Journal of Alternative and Complementary Medicine*, 26(3), 166-171.

**Burnett-Zeigler, I.**, Hong, S., Waldron, E., Maletich, C., Yang, A., **Moskowitz, J.** (2019) A Mindfulness Based Intervention for Low-Income African-American Women with Depressive Symptoms Delivered by an Experienced Instructor Versus a Novice Instructor. *Journal of Alternative and Complementary Medicine*, doi.org/10.1089/acm.2018.0393.

**Burnett-Zeigler, I.**, Satyshur, M., Hong, S., Wisner, K., **Moskowitz, J.** (2019) Acceptability of a Mindfulness Intervention for Depressive Symptoms Among African-American Women in a Community Health Center: A Qualitative Study. *Complementary Therapies in Medicine*, doi:10.1016/j.ctim.2019.05.012.

**Victorson, D.**, Murphy, K., Benedict, C., Horowitz, B., Maletich, C., Cordero, E., ... & Sanford, S. (2020). A randomized pilot study of mindfulness-based stress reduction in a young adult cancer sample: Feasibility, acceptability, and changes in patient reported outcomes. *Psycho-oncology*, 29(5), 841-850.

**Victorson, D.**, McMahon, M., Horowitz, B., Glickson, S., Parker, B., & Mendoza-Temple, L. (2019). Exploring cancer survivors' attitudes, perceptions, and concerns about using medical cannabis for symptom and side effect management: A qualitative focus group study. *Complementary therapies in medicine*, 47, 102204.

### **Non-NU study validating impact of online nutritional education, like CUH:**

Shafto, K., Shah, K., Smith, J., Wang, Q., Devries, S. Kreitzer, M.J., Baxley, F. Impact of an Online Nutrition Course to Address a Gap in Medical Education: A Feasibility Study. (2020) Primer. DOI: 10.22454/PRIMER.2020.368659

# EDUCATIONAL CURRICULUM

Week	Session Date	Module	Session Title
1	7/1/2020	New Fellows Start / Orientation	Introduction to Fellowship
2	7/8/2020	INTRODUCTION TO IM	Ethnography/IM Intro
3	7/15/2020	INTRODUCTION TO IM	Taxonomy
4	7/22/2020	INTRODUCTION TO IM	Motivational Interviewing; Integrative Medicine Care Plans
5	7/29/2020	INTRODUCTION TO IM	Integrative Medicine Use, History and Policy
6	8/5/2020	INTRODUCTION TO IM	IM and EBM
7	8/12/2020	NATURAL PRODUCTS	Quality Control and Botanical Interactions
8	8/19/2020	NATURAL PRODUCTS	Adaptogens
9	8/26/2020	NATURAL PRODUCTS	Mood
10	9/2/2020	NATURAL PRODUCTS + NUTRITION	Inflammation- Basic Med Diet and NP
11	9/9/2020	NATURAL PRODUCTS + NUTRITION	Elimination Diets and Detox
12	9/16/2020	Review and Formative Assessment	Review and Assessment
13	9/23/2020	2020 Annual OC mtg virtual between 9/21-9/23	
14	9/30/2020	MIND-BODY MEDICINE	Introduction to Mind-Body Medicine
15	10/7/2020	MIND-BODY MEDICINE	Mind-Body Interactions in Health and Disease
16	10/14/2020	MIND-BODY MEDICINE	Meditation
17	10/21/2020	MIND-BODY MEDICINE	Mindful Movement Practices
18	10/28/2020	NUTRITION	Introduction to Nutrition- Intakes
19	11/4/2020	NUTRITION	Macronutrients
20	11/11/2020	NUTRITION	Micronutrients- Vitamins / Minerals
21	11/18/2020	NUTRITION	Micronutrients- Vitamins /Minerals
22	11/25/2020	Thanksgiving Break	
23	12/2/2020	Review and Formative Assessment	Review and Assessment
24	12/9/2020	WHOLE SYSTEMS OF MEDICINE	TCM
25	12/16/2020	WHOLE SYSTEMS OF MEDICINE	Acupuncture
26	12/23/2020	Winter break	
27	12/30/2020	Winter break	
28	1/6/2021	WHOLE SYSTEMS OF MEDICINE	Ayurveda Part 1
29	1/13/2021	WHOLE SYSTEMS OF MEDICINE	Ayurveda Part 2 and Yoga
30	1/20/2021	WHOLE SYSTEMS OF MEDICINE	Functional medicine
31	1/27/2021	WHOLE SYSTEMS OF MEDICINE	Homeopathy
32	2/3/2021	Review and Formative Assessment	Review and Assessment
33	2/10/2021	NATURAL PRODUCTS + NUTRITION	Oncology
34	2/17/2021	NATURAL PRODUCTS + NUTRITION	CV (CAD, HL, HTN, CHF)
35	2/24/2021	NATURAL PRODUCTS + NUTRITION	GI (GERD/PUD, IBS, IBD)
36	3/3/2021	NATURAL PRODUCTS + NUTRITION	Women (PCOS, Pregnancy, Meno)/ Men (BPH) Health issues
37	3/10/2021	MIND-BODY MEDICINE	Guided Imagery and Hypnosis
38	3/17/2021	MIND-BODY MEDICINE	Placebo and Nocebo
39	3/24/2021	MIND-BODY MEDICINE	Biofeedback
40	3/31/2021	MIND-BODY MEDICINE	Tai Chi
41	4/7/2021	Review and Formative Assessment	Review and Formative Assessment
42	4/14/2021	MANUAL MEDICINE	Intro to Manual Medicine; Massage
43	4/21/2021	ICIMH Meeting 4/18-20 - Chicago Drake Hotel	
44	4/28/2021	MANUAL MEDICINE	Osteopathy
45	5/5/2021	MANUAL MEDICINE	Chiropractic
46	5/12/2021	MANUAL MEDICINE	Physical Activity
47	5/19/2021	MANUAL MEDICINE	Movement therapies: Alexander Technique and Feldenkrais
48	5/26/2021	CONNECTIONS/SPIRITUALITY	Energy Medicine
49	6/2/2021	CONNECTIONS/SPIRITUALITY	Nature as Medicine/Shamanism
50	6/9/2021	CONNECTIONS/SPIRITUALITY	Taking a Spiritual History
51	6/16/2021	Review and Formative Assessment	Review and Formative Assessment
52	6/23/2021	INTEGRATION/Closing	Integration
53	6/30/2021	INTEGRATION/Closing	Integration



# MEDIA MENTIONS & RECOGNITIONS

(Listed in alphabetical order by last name of NU Osher Center member).

From Sept 1st, 2019 through July 31, 2020, our faculty and Osher Center have been featured in over 53 stories, reaching a total of 5.4 billion media impressions.

## **Anna B. Shannahan, MD**

- **Chicago Business:** [Crain's Notable Women in Health Care](#)

## **Bonnie S Essner, PhD**

- **Medical Xpress:** [Lurie Children's Offers Kids Virtual Escape From Intensive Care Unit](#)

## **Elaine Cheung, PhD**

- **Bustle:** [How To Tell If You Have Burnout Syndrome, According To A Therapist](#)
- **Forbes:** [How Bad Can Surgical Training Be? See These Two New Studies](#)
- **Medium:** [Is Burnout an Epidemic Among American Workers? Experts Are Divided](#)
- **News Medical Life Sciences:** [Positive emotion skills intervention to reduce burnout in nurses](#)

## **Inger Burnett-Zeigler, PhD**

- **CNN.com:** [The Pandemic is Messing with Our Concept of Time](#) (reposted by **CBS Sacramento** and **Gwinnett Daily Post**)
- **Mic.com:** [Stress or Anxiety? Here's How to Recognize the Difference](#)
- **NPR:** [Beyond Protests: 5 More Ways To Channel Anger Into Action To Fight Racism](#) (reposted by **KUNC**)
- **NYTimes.com:** [Feeling Scatterbrained? Here's Why](#)
- **NYTimes.com:** [How Coronavirus is Taking a Toll on Mental Health](#)
- **NYTimes.com:** [How to Avoid Burnout When You Have Little Ones](#)
- **NYTimes.com:** [Young Black People Are Killing Themselves](#)
- **WTTW:** [Tips for Dealing with High Anxiety in the Age of COVID-19](#)

## **Jacqueline K Gollan, PhD**

- **CNN:** [Quarantine Fatigue: Why Some of us Have Stopped Being Vigilant and How to Overcome It](#)

## MEDIA MENTIONS & RECOGNITIONS

### Judith Moskowitz, PhD, MPH

- **Feinberg Blog:** [Staying Positive During Social Isolation with Judith Moskowitz, PhD, MPH](#)
- **HealthDay:** [Avoiding Fear, Anxiety While You Self-Quarantine](#)
- **NBCNews.com:** [Social Distancing Could have Devastating Effect on People with Depression](#)
- **NPR:** [Too Much Alone Time? Tips to Connect and Find Joy While Social Distancing](#)
- **Psychology Today:** [Reframe Stress](#)
- **Scientific American:** [COVID-19: Dealing with Social Distancing](#)
- **Self:** [The Healing Powers of Gratitude](#)

### Melinda Ring, MD, FACP

- **ASweatLife.com:** [How to Recognize \(And Deal With\) Caution Fatigue](#)
- **Bustle:** [The Best Vitamins to Take During Flu Season](#)
- **CBS 2 Chicago:** [Red Flags Raised as Document Makes Extraordinary Claims About Supplement's Effects On COVID-19](#)
- **CBS 2 Chicago:** [What Caught My Eye](#)
- **Chicago Sun-Times:** [Lynn Sweet's Rules of the Road for Social Distancing while Walking, Running and Biking](#)
- **CommonThreads.org:** [Could Culinary Medicine Bridge the Gap in Nutrition Education for Physicians and Patients?](#)
- **Fox 32:** [How to Manage COVID-19 'Caution Fatigue'](#)
- **Health.com:** [If You're Immunocompromised, You Are at a Higher Risk of Coronavirus—Here's What That Means](#)
- **HealthDay:** [Probiotics: Don't Buy the Online Hype](#) (reposted by **WebMD**, **U.S. News & World Report**, and **Health24.com**)
- **HuffPost:** [How to Take Time Off from Work for Your Mental Health](#)
- **Medical Xpress:** [Caution Fatigue' Could Dent Efforts to Stay Safe](#)
- **Mic.com:** [Echinacea: Benefits, Risks, and Everything Else You Want to Know](#)
- **MyFitnessPal.com:** [How to Avoid Consuming Too Much Mercury From Fish](#)
- **NorthwesternNow:** [Caution Fatigue' Could Dent Efforts to Stay Safe](#)
- **Nutraingredients.com:** [Consumers urged to question online probiotic health-benefit claims](#)
- **OprahMag.com:** [Hand Sanitizer vs. Hand-Washing: Is One Actually Better?](#) (reposted by **Yahoo Lifestyle**)
- **SpaandBeautyToday.com:** [Annual Spring Friendraiser Raises Awareness and Support toward Nutrition-focused Initiatives](#)

## MEDIA MENTIONS & RECOGNITIONS

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### **Melinda Ring, MD, FACP (Cont'd)**

- **Thrive Global:** [Healthy Eating Starts with Cooking for Life](#)
- **VeryWell:** [The Dos and Don'ts of Social Distancing](#)
- **Well+Good:** [We Asked Health Experts To Break Down How Stress Can Impact Nearly Every Part of the Body](#)
- **Washington Post:** [What it Means to be Immunocompromised During the Coronavirus Outbreak](#)
- **WBBM780 Radio:** [How to Combat 'Caution Fatigue' During Pandemic](#)
- **WGN Radio:** [Ways to Naturally Boost Your Immune System this Winter](#)

### **Teresa H. Horton, PhD**

- **Chicago Tribune:** [Commentary: Take a Hike! Getting Outside will Help Us Through this Pandemic](#)



## GRANTS & AWARDS

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(Listed in alphabetical order by last name of NU Osher Center member).

### **Elizabeth Addington, PhD**

- National Institute of Mental Health (1R03MH119529-01A1) (**PI: Addington**), 4/1/20 - 3/31/22, Structural Connectivity of Positive and Negative Emotions: Secondary Analysis of the Human Connectome Project through the RDoC Lens

### **Bonnie S Essner, PhD**

- Stanley Manne Children's Research Institute – Visionary Award, (**PI: Essner**), 1/1/2020 – 12/31/2020, CATALYST: Caring for Autologous/Allogenic Transplant Adolescents by Leveraging Youth Stakeholders & Technology, Total Costs: \$75,000. Role: Principal Investigator

### **Judith Moskowitz, PhD, MPH**

- NIH/NIA 1R43AG065080-01, (**MPI: Moskowitz**, Yang), 9/30/2019 – 4/30/2021, *SAGE LEAF: Reducing Burden in Alzheimer's Disease Caregivers Through Positive Emotion Regulation and Virtual Support*, Total Cost: \$990,121, Role: PI
- NIH/NCI R01 CA242849 (**MPI: Moskowitz**, Salsman), 7/5/2019-6/30/2023, *Using MOST to EMPOWER: Optimizing an emotion regulation intervention to enhance well-being among young adult cancer survivors*, Total Cost: \$1,020,065, Role: PI

### **Jason Ong, PhD**

- R34 AT009551, (**PI: Ong**), 9/1/2019 – 8/31/2022, Mind-Body Approach to Improve Health-Related Quality of Life for People with Narcolepsy: A Feasibility Study, Role: Principal Investigator
- American Society for Reproductive Medicine (ASRM)- ASRM Research Grant: Initiation of Innovative Research Project, (**MPI: Cheung**, Feinberg, E.), 07/01/2019 – 06/30/2022, Characterizing Fertility Concerns among Women in Academic Medicine and Evaluating the Economic Impact of Fertility Preservation for Deferred Reproduction, Total Cost: \$50,000, Role: PI

# SOCIAL MEDIA ENGAGEMENT

Below is a snapshot of our social media content, posted across our NU Osher Center Facebook Page 2-3 times per week.

