

ANNOUNCEMENT: The CSTCM Professional Doctorate (PD) Program has been Approved and is now ENROLLING students FOR Summer 2021!



Beginning this Summer, students will have the opportunity to enroll into the new Doctorate program at CSTCM!

The Colorado School of Traditional Chinese Medicine is excited to announce the Doctor of Acupuncture (DAc) and Doctor of Acupuncture with a Chinese Herbal Medicine specialization (DAcCHM) programs. The school will begin enrolling our first students in these Professional Doctorate (PD) programs in the summer of 2021.

The Doctor of Acupuncture (DAc) program is a 32 month, 2700.0 hour, 143.5 credit hour program. The DAc program encompasses all of the course work required in the seven trimesters of the MAc program and adds 330 hours of professional doctorate training. Course work encompasses Advanced Acupuncture Treatment of Disease 2, Advanced Integrative Biomedical and TCM Diagnosis, Integrative Collaborative Medicine, Research Literacy and Evidence-Informed Practice, and Professional Development courses.

The Doctor of Acupuncture with a Chinese Herbal Medicine specialization (DAcCHM) program encompasses all of the course work required in the nine trimesters of the MAcCHM program and adds 330 hours of professional doctorate training. The 180 hours of didactic course work encompasses Advanced Internal Medicine Treatment of Disease, Advanced Integrative Biomedical and TCM Diagnosis, Integrative Collaborative Medicine, Research Literacy and Evidence-Informed Practice, and Professional Development courses.

Students in both programs will work in an Integrative Healthcare setting to provide an advanced focus on treating complex cases while collaborating with various TCM and allied health professionals. Together students and supervisors will discuss TCM and other health systems' diagnostic and treatment ideas. Following the discussion, students will create and deliver TCM treatments to the patient under their

supervised care. Collaborating supervisors will represent clinical approaches from the various health professions, such as biomedicine, osteopathy, chiropractic, naturopathy, physician assistants, nurse practitioners, and physical therapists.

The courses prepare interns for specialized clinical practice by working with one Chinese Medicine supervisor and one integrative medicine supervisor. Together the supervisors will guide the student interns in comprehensive Chinese Medicine treatments that complement integrative medicine diagnostic and treatment plans. These clinical experiences will allow interns the opportunity to interact and practice alongside professionals from multiple medical disciplines. Students gain insight into other approaches to diagnosis and treatment. Clinic supervisors will guide the student's clinical decision-making process regarding indications, contraindications, indications for referral, and benefits of integrative medicine treatments. The students' clinical goal will be to develop the best Chinese medicine treatments for TCM and or integrative settings.

The DAC can be completed in one Accelerated Trimester (17 credit hours) as an ongoing continuum directly from the MAC program. Alternatively, it can be completed in 2 trimesters. Students who completed the MAC can also elect to take a trimester or two off and then return to the DAC for completion. (Please note that the MAC DAC dual degree program must be completed within 7.33 years (88 months)). Graduates from other Master's degree programs in Acupuncture are welcome to discuss admissions to the CSTCM DAC program with CSTCM Admissions advisors.

The DACCHM graduate will be uniquely trained and prepared to enter into Chinese Medicine practice with TCM knowledge and skills applicable to working in an integrative medical setting. The DACCHM can be completed in one accelerated trimester (17 credit hours) as an ongoing continuum directly from the MACCHM program. Alternatively, it can be completed in 2 trimesters. Students who completed the MACCHM can also elect to take a trimester or two off and then return to the DACCHM for completion. (Please note that the MACCHM DACCHM dual degree program must be completed within 9.33 YEARS, (112 months). Graduates from other ACAOM accredited Master's degree programs in acupuncture with a Chinese Herbal Medicine specialization are welcome to discuss admissions to the CSTCM DACCHM program with CSTCM admissions advisors.



Accreditation Commission for Acupuncture & Oriental Medicine

The Colorado School of Traditional Chinese Medicine and its following programs are accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM):

- (1) Master of Acupuncture
- (2) Master of Acupuncture with a Chinese herbal medicine specialization

Accreditation status and notes may be viewed on the ACAOM *Directory*.

ACAOM is recognized by the United States Department of Education as the specialized accreditation agency for institutions/programs preparing acupuncture and Oriental medicine practitioners. ACAOM is located at 8941 Aztec Drive, Eden Prairie, Minnesota 55347; phone 952/212-2434; fax 952/657-7068; www.acaom.org

The Colorado School of Traditional Chinese Medicine's entry-level professional doctoral programs, Doctor of Acupuncture and Doctor of Acupuncture with a Chinese herbal medicine specialization, approved to begin enrolling students, are not yet accredited or pre-accredited by ACAOM. Graduates of these programs are not considered to have graduated from an ACAOM-accredited or pre-accredited program and may not rely on ACAOM accreditation or pre-accreditation for professional licensure or other purposes.

The professional doctoral (DAC and DACCHM) programs are eligible for ACAOM accreditation, and the Colorado School of Traditional Chinese Medicine is currently in the process of seeking ACAOM accreditation for the programs. However, the Colorado School of Traditional Chinese Medicine can provide no assurance that accreditation will be granted by ACAOM.

Colorado School of Traditional Chinese Medicine Newsletter

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Welcome to the new class of students for the Spring 2021 Trimester. Good luck to all students who will be taking the NCCAOM Exams in 2021. We are always looking for articles about Oriental Medicine from mainstream newspapers, magazines, cartoons, etc. Thanks again to those who have contributed articles and cartoons. We are also looking for articles written by our students, graduates, and faculty. Also, please let us know other things you would like to see in the CSTCM Newsletter.

Newsletters come out three times a year at the beginning of each trimester, in January, May, and September. We are trying to e-mail all newsletters to graduates. If you would like to receive an emailed copy, please send us your e-mail address to admin@cstcm.edu. The newsletter is also always available on the CSTCM website.



CSTCM Staff Chris Schultze & Parago Jones Showing off the latest COVID PPE

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CSTCM NEWS

Honors List for Summer 2021

The Honors List recognizes scholastic achievement in any given trimester for accelerated and full-time students (12 credits or more) whose average percentile of all courses taken for that trimester was 94% (3.7 GPA) or better, with no Incompletes. The Honors List will be noted on student's transcripts and posted on the bulletin board. M.S.Ac. and M.S.T.C.M. students are listed by their earliest enrolled course.

Trimester 2 – Lacey S. Bashford, Andrew MacNeil;

Trimester 3 – Ardyn Consol, Caitlin Klevgard;

Trimester 5 – Melissa Pond, Yi Yu;

Trimester 6 – Cailin Marsden, Jessica Dintrone, Lisa Rundall, Micaela Wilson, Elena Beltran;

Trimester 8 – Corey Brown, Kevin Moran, Emily Sealy, Devyn Lee, Rachel Muich, Ellen Guill ;

The **Academic Achievement Award**

recognizes the student with the highest average percentile of all courses taken for the year and is awarded annually at the Chinese New Year Open House.

The **2021 Academic Achievement Award** went to:

Caitlin Klevgard



Signs of the times: The front door of 1441 York Street displays a multitude of pandemic related signage.

The **CSTCM Spring 2021 Graduation Ceremony** will be Sunday, April, 25, 2021. We wish those graduates success in the Oriental Medicine profession. See the announcement for more info.

CSTCM Herb Garden Project

Please contact faculty member **Stephen Ulmer** to volunteer to work on the CSTCM Herb Garden Project. We encourage all faculty, students and graduates to participate. Stephen can always use some volunteers.

Seeking Socially Distant Activities Ideas

During these difficult times with social gatherings not happening it has been challenging to create a sense of community at CSTCM. We encourage students, graduates, and faculty members to suggest online social activities they would like to see for all school members to participate in. Any ideas?

Admin Office Hours:

Office hours for all administrators for this trimester are posted on office doors, on bulletin boards and can be found on our website <http://www.cstcm.edu/> or call 303-329-6355. Other times are available by appointment. We are doing our best to accommodate students with convenient office hours that meet both student and administrative needs. The easiest way to be sure of talking to someone in the administrative office is to make an appointment. We will make every effort to ensure all voice mail messages are returned within 24 hours. Please let **Administrative Director, William Wallin**, know if you are having any problems with messages or e-mails.

The **Academic Dean's Office** hours for appointments this trimester are posted as noted above. Please make an appointment if you would like to talk to the Dean of Students, or Academic Deans or Assistant Academic Dean; also other times are available by appointment. Anything related to students, faculty, classroom instruction or the curriculum should be taken to the Dean's office.

The **Clinic Director's Office** hours for appointments this trimester are posted as noted above. Other times are available by appointment. Concerns, problems or questions relating to Acu Moxa Techniques, Clinic Forum, Clinical Observation or the Student Clinic should be taken to the Clinic Director.

Yan Jing Supply Store

Their hours this trimester are: Monday, Tuesday and Thursday 9:30 am – 9:00 pm; Wednesday and Friday 9:30 am - 5:30 pm (closed daily 1:00 - 1:45 pm for lunch); and Saturday 12:30 - 7:00 pm. Please note, access to the pharmacy is allowed for students attending class onsite so long as you follow proper COVID-19 protocols. For all others, curbside pickup is available during hours of operations.

Don't forget Tai Ji Quan/Qi Gong

Tai Ji/Qi Gong is online via Google Meet on Saturday's from 8:00 am - 9:00 am. This class is open to all students, faculty members and staff, and the general public. More information can be found online at CSTCM's website (www.cstcm.edu).

CSTCM Graduates and Board Exam Preparation

We encourage CSTCM graduates who are preparing to take their NCCAOM Board Exams to audit the TCM331 Exam Prep class at no charge. If you are interested in auditing this course, please contact the **Academic Dean's office at x25**.

2021 CSTCM SCHOOL EVENTS

Spring Open House – January 21 (online)

Chinese New Year Celebration – cancelled

Proficiency Prep Class – February 7 (online)

Spring Open House – February 18 (online)

CSTCM Spring Break – February 28 to March 7

Spring Graduation – April 25

See CSTCM Spring 2021 Calendar for more information

CSTCM Library News & Update

Library. During these socially distant times, library enquiries can be made, and titles can be checked out and accessed by sending an email to the Admin Director (admindirector@cstcm.edu) or Joel Spencer, our financial aid administrator (finaid@cstcm.edu).

If anyone has any Oriental medicine or holistic medicine books or journals they would like to donate to the library, we would deeply appreciate it. Also western medicine books or journals published in the last 5 years would be appreciated. Please contact **Financial Aid Administrator, Joel Spencer** or **Administrative Director, William Wallin**, who have oversight of the Library, if you have any questions or comments about the library. Input is always welcome.

The **WHO Standard Acupoint Location Manual** is an interesting collaboration among different systems and countries coming to agreement on locations for acupoints; 92 had conflicting locations and 86 were resolved. CSTCM students and Alumni have online access to the manual via the link below, which is also on library computer desktops for easy reference:

<https://archive.org/details/WorldHealthOrganizationWHOSStandardAcupuncturePointLocationsInTheWesternPacificRegion/page/n3>

Thank you to the following people who donated books and materials to the library: The Confucius Institute (RIP), Julie Roth, Deborah Caro, Penny Wells, Stephanie Shoher, Denise Andert, and Anonymous

We are looking for someone to take over the **CSTCM Internal Arts Club**, formed by student, now graduate and former faculty member, **Joe Wollen**. If you are interested, please contact the **Academic Dean**, either Parago Jones or Chris Schultze. The goal is to spread awareness of internal arts and offer the community the chance to learn traditional Tai Chi Chuan of all styles, as well as Qi Gong and push hands. We encourage everyone to participate.

We often find personal items left in classrooms and around the school. The CSTCM Lost & Found is located in the Receptionist's office. Also, students should always put their name in textbooks for easy identification in case they are lost. Anyone could claim a textbook if it doesn't have a student's name in the book.

Faculty, Staff, and Admin News

CSTCM would like to acknowledge the hard work and dedication of our faculty members, clinical supervisors, and staff and admin during this difficult time. These individuals have worked extremely hard during the pandemic to keep the school open and providing learning opportunities for our students. Thank you so much!

Welcome to our new faculty members and clinic supervisors: **Steven Shomo, L.Ac.** is teaching Intro to Psychology & Counseling; **Rebecca Baker, L.Ac.** is teaching Western Medical Referral and Exam Prep; **Steven Wong, PhD (China)** is teaching Points Location 1 and Survey of Medicine; CSTCM grads **Jordan New, L.Ac.** (15) is teaching Clinical Business Management and **Amy Malone, L.Ac.** (16) is teaching in Internal Medicine & Case Studies.

Welcome to our new Clinic & Teaching Assistants: CSTCM grad **Tim Farad, L.Ac.**, is assisting in Points Location 1; and CSTCM grad **Melati Stevens, DAOM**, is supervising in clinic.

Welcome the following new Grad Care Clinic practitioners: **Michelle Elek** (19)

Welcome to our new Administrators: Dean of Students and Registrar, **Chris Schultze**; Clinic Director's office Assistant, **Piper Mullins**; Administrator to the Dean's Office (ADO), **Justin Loseke**.

Welcome to our new Door Attendant **Ebonie Walker**, who works hard to keep us safe at the 1441 York St. building! Be sure to say "Hello" to her on the way in!

NOTICE OF DEGREE NAME CHANGE AT CSTCM

CSTCM has recently changed the program/degree names for the Master's Degree programs to be in compliance with the new Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) program/degree naming policies.

As of January 1, 2021 the program/degree names for the Master of Science in Acupuncture (M.S.Ac) has been changed to Master of Acupuncture (MAc) and the Master of Science in Traditional Chinese Medicine (M.S.TCM) has been changed to Master of Acupuncture with a Chinese Herbal Medicine specialization (MAcCHM).

All students graduating after Jan 1, 2021 will be graduating with the new degree name, MAc or MAcCHM. The first cohort at CSTCM to graduate with these degree titles are those students who meet the qualifications for graduation at the end of the Spring 2021 trimester, April 25, 2021. While the program/degree names have changed the programs are the same as the previous M.S.Ac and M.S.TCM programs. At this time it is a change in name only and not content.

For ACAOM's rationale behind the name change please follow this link:

<https://acaom.org/position-paper-rationale-for-program-naming/>

and also, this is a helpful document:

<https://acaom.org/policies/program-naming/>

We want to continue to encourage all faculty members, students, and graduates to join our state acupuncture association (AAC) <http://acucol.com/> and the national associations (AAAOM) www.aaaonline.org or (ASA) www.asacu.org to help support Oriental medicine in the U.S. Applications are available in the admin offices (Room 301 or 302) or you can apply on-line. Our profession is relatively small in numbers so everyone has a voice as to the direction it will take in the future.

CSTCM PROCEDURES/POLICIES

The following is repeated in every newsletter to remind everyone of a few important policies and procedures.

Please remember when school is on site the file holders in the hall across from classroom A. Most forms and procedure/guideline handouts that a student might need are stocked in these file holders. Students should inspect these forms and handouts and make sure they are using the most recent versions. Please notify the office if any file holders are empty.

If anyone is experiencing phone messages or e-mails not being returned, please notify **William Wallin** with details of the problem.

We have had a lot of problems in the past with the computers and printers in the library. Please treat them like they were your own. They continually seem to crash and need repair. Most areas of the school have wireless access for laptops; let us know of any problems.

Please do not make over 8 copies at a time on the copier in the library (Room 202). The cost is 10 cents per copy. We have always had a usage policy, but the copier still gets over-used and always seems to need service. If you need to make over 8 copies, you must get permission from the Receptionist, the Librarian, or the library staff. Also, please do not print over 3 pages on the printer in the library. **The copier in the Administrative Office is not for student use.**

Please make every effort to pick up around you when class is over and put back any tables and chairs that have been moved around. We also have had problems with the classrooms and the building being left unlocked, which has led to theft problems.

Please, please, everyone make every effort to check that all windows are closed, the classroom doors are locked by the last person leaving the classroom, the handicap side door and the building front door are all locked by 10:30 pm. The treatment tables in the classrooms also need to be locked up every night. Also, please turn off all lights at the end of the night classes and turn up/down thermostats.

Don't forget the "What's New Board" in the hall by classroom A. This is a way for the administration to communicate with students concerning issues like

NCCAOM news and exam dates, Clean Needle → Technique Courses, CSTCM policy changes, student representative meetings, faculty meetings, etc. The bulletin boards are organized into sections like CSTCM workshops, other workshops, housing, for sale, national organizations, etc. Also you can use the suggestion boxes in the hall by classroom A and in the library for suggestions or comments. Replies to

Check out our website www.cstcm.edu. We update the website regularly with new **Employment Opportunities**, new **TCM Blog** entries, new entries for the **Alumni Practitioner Directory** and various links for helpful sites to assist students with study aides. Please give any comments, suggestions or Blog ideas to **William Wallin**. Don't forget to follow us on Facebook [@cstcm.edu](https://www.facebook.com/cstcm.edu), [YouTube](https://www.youtube.com/cstcm.edu), [Twitter](https://twitter.com/cstcm.edu), [Instagram](https://www.instagram.com/cstcm.edu) and connect with us on [LinkedIn](https://www.linkedin.com/cstcm.edu).

Faculty and Staff Book Recommendations

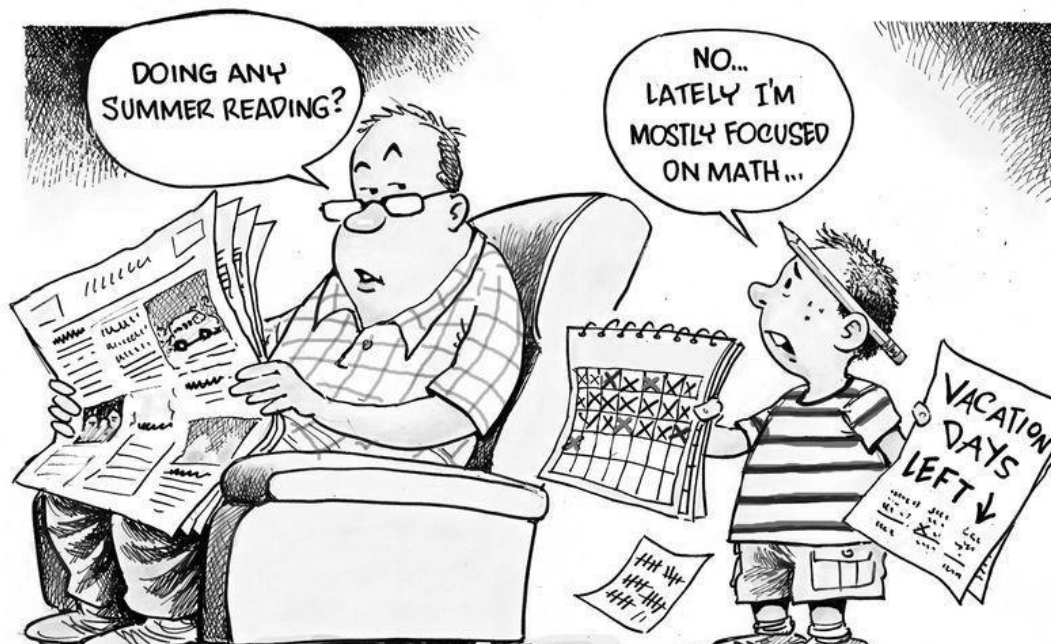
Recommended by our Faculty member, Ziv Greenfeld:

"Kitchen Table Wisdom and My Grandfather's Blessings" by Rachel Naomi Remen,
a collection of stories by a physician, from her life struggling with health issues.

Recommended by our Academic Dean of Faculty, Parago Jones:

"Applied Channel Theory" by Wang Ju-Yi and Jason Robertson.

This book is very accessible for most students except for maybe year one. For students in the 4th trimester and up it's understandable in many sections. Probably an entire course could be made around this book or at least sections could be discussed. The sections discussing the Triple Warmer and Gall Bladder are brilliant and can inform all students at a deeper level about these two organ systems in TCM. And much more of course!



Wisdom begins in wonder.

Socrates

Scholarships for OM students

Mayway Scholarship Program

<http://www.mayway.com/scholarships>

Nuherbs Scholarships

<http://www.nuherbs.com/giving/scholarship>

Trudy McAlister (Scholarship) Fund

<http://trudymcalisterfoundation.org/index.php/contact/>

<http://trudymcalisterfoundation.org/index.php/application/>

AAUW (Women only)

<http://www.aauw.org/what-we-do/educational-funding-and-awards/>

Other Scholarships & Grants

Tylenol

www.tylenol.com/page.jhtml?id=tylenol/news/subptyschol.inc

FastWeb www.fastweb.com

College Collection www.collegescholarships.com

CSTCM STUDENT SERVICES

Students can show their CSTCM ID Card and receive discounts at: Apple, Microsoft and Dell; and places around town like movie theaters and some restaurants may still be giving discounts with an ID card. Please let us know if you find any other discounts so we can inform everyone. All CSTCM student services can be found in the CSTCM Student Services Guide. Some other businesses reported to give discounts with a college ID are: Ann Taylor, Banana Republic, J. Crew and Eastern Mountain Sports.

Also with ID Card at some participating stores: join Amazon Prime including Student Free Two-Day Shipping, Spotify 50% off membership, Supercuts 20% off, Sam's Club discounted membership & a \$15 gift card, AMC movie theater discounts on Thursdays, Burger King 10% off, Chick-Fil-A free →

small drink, Arby's 10% off, Buffalo Wild Wings 10% off, some Chipotles 15% off, Radio Shack 10% off, Amtrak 10% off, TCBY 15% off, Subway 10% off, Ann Taylor 20% off, McDonalds 10% off, Domino's Pizza, Jo-Ann Fabric 10% off, Goodwill 10% off, some Dairy Queens, Greyhound Bus 20% off.

UPCOMING 2021 WORKSHOPS

CSTCM scheduled workshops for 2021:

All workshops and registration are available on our website. Due to the pandemic CSTCM has no upcoming workshops planned in 2021 yet. Continuing Education Program Administrator, **Parago Jones** is working on arranging more workshops for the future. Suggestions for workshops can be submitted to Mr. Jones. For more information see the flyers on the bulletin board as they are posted, and check the CSTCM website.



#1315 - "Cupping" WombatDojo.com



Jim Brown

James Breakwell

ALUMNI CORNER

Any CSTCM Diploma graduates, who wish to obtain the MAcCHM or MAc Degree, must meet all admissions requirements and curriculum of the programs at the time they enter the program. They should get a catalog from the office and submit an application and application fee. Graduates who are interested can also get an information sheet from the office on their Transfer Credit into the programs and courses they will need to take. **The Summer 2021 Trimester begins May 3, 2021. Contact the office for a schedule. There are currently 13 graduates from the old Diploma program who have graduated with their MAcCHM or MAc Degree.**

Missing Grads

Patricia Householder (93), Darin Levine (98), Mike Mitchell (96), Martin Pahl (96), Hyo Jin Park (05), Ai Sato (98), Kaeryn Silvera (03), Jessica Steyn (99), Jeffrey Taylor (99), Alejandra Vidarte (98), Cindy Wells (95).

We continue to update our graduate database and want to be sure graduates receive surveys, newsletters and flyers for upcoming workshops. Please contact the **ADO** or **Administrative Director** if you have not talked to them recently. CSTCM currently has 710 graduates (218 Diploma grads, 364 M.S.TCM grads, and 128 M.S.Ac. grads).

Alumni Updates

We are interested in what our graduates are doing and your classmates and schoolmates would be interested also. Please let us know if you appear in any articles or on TV, publish anything on OM, teach workshops, are faculty or administration of another OM school, etc.

Any CSTCM graduates who need transcripts should go to <https://cstcm.edu/transcripts>. You can download and print the form, fill out, and fax to 303-388-8165, or email to admin@cstcm.edu.

Are any graduates interested in forming a committee to create an alumni association?

Would you like to become a mentor to a current CSTCM student?

Would you be willing to offer tutoring services for CSTCM students?

Please contact the Academic Deans if interested.

Graduates, did you know that CSTCM receives 1-2 referral requests for acupuncturists each day? That's a potential of many new patients yearly. We will gladly provide your clinic information to these callers. Please send us your clinic information by sending your business cards and in writing or e-mail ado@cstcm.edu to request to be placed on the referral list. We need your name, name of clinic, address, phone number, treatment specialties, etc. Also, we have added a section on the CSTCM website for all of our grads with links to their clinic and website, and a world map locating our grads. If interested in having a link to your website, please email us, the website link to ado@cstcm.edu. For more information contact the ADO, **Justin Loseke**.

Again, we really would like to do more alumni updates each newsletter, as this has been a popular part of the newsletter. We are sure other classmates and graduates would be interested, especially those that haven't stayed in contact. This alumni column could also be about students who have just graduated and what they have decided to do about practicing. Graduates can send us a note (attention **ADO**) by mail, fax 303-388-8165, or e-mail ado@cstcm.edu.

We would like to thank all CSTCM students, grads and faculty who have referred prospective students to CSTCM. We deeply appreciate your loyalty and help with student recruitment.

We are always looking for grads or others with a bioscience background to teach bioscience courses and those with 5 years or more experience to teach TCM courses. If interested, please submit a CV and call the Academic Dean at 303-329-6355, ext. 24.

continued

Did you know you are entitled to a free student membership in the Acupuncture Association of Colorado? Here is the link:
<https://acucol.com/join-us>

We have a section on the CSTCM website for all of our graduates with links to their clinic and website, and a world map locating our grads. If you are interested in having a link to your clinic and website, please email us the website link, to ado@cstcm.edu. For more information contact the ADO, Justin Loseke.



CSTCM Photo Archives
Parago Jones and Thaddeus Haas enjoying a Pre-COVID Christmas - 2019

SHEN NONG SOCIETY

The Shen Nong Society is a professional organization formed to support the vital and committed community of practitioners of East Asian medicine who design and recommend individualized formulations of herbs and natural products for their patients in North America. They provide educational opportunities including, but not limited to conferences, websites, blogs, bulletins and newsletters. Their 2021 conference is April 17, 2021. Online registration starts January 15.

More information can be found at:

<https://www.shennongsociety.org/conference-2021/>

CLEAN NEEDLE TECHNIQUE COURSE SCHEDULE 2021

The National CCAOM CNT exam is administered online. To Register go to www.ccaom.org and click Clean Needle Technique. Course Eligibility Requirements must be met for all prospective applicants.

NCCAOM

As a continued reminder, you can download a Candidate Handbook and Application and Recertification info at the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM), at <http://www.nccaom.org/>.

Students don't forget to check out the NCCAOM On-line Practice Tests (\$45 per exam). The updated [Exam Content Guidelines](#) for Foundations of Oriental Medicine, Biomedicine, Acupuncture with Point Location, and Chinese Herbology are now accessible from the [Examination Preparation page on the NCCAOM website](#). All NCCAOM exams administered beginning January 1, 2019, will adhere to these new blueprints, based on the outcomes of the 2017 Job Analysis Survey. The NCCAOM will administer the exams in a linear format beginning January 2020. For more information, view the Student Webinar on their website.

The Apprenticeship Route of eligibility for certification as a Dipl.Ac. and a Dipl.CH will be eliminated effective December 31, 2021.

NCCAOM Social Media Sites: The NCCAOM continues to promote its Diplomates and the AOM profession via its [Facebook Page](#), [LinkedIn Page](#), [Twitter](#) and [YouTube](#) pages.

NCCAOM has created the *Certificate of Qualification* program to garner the public's support of the AOM professional, and to demonstrate accountability and responsibility for patient safety in regards to herbs.

The NCCAOM announced their new "Chinese Herbal Compounding Safety Certificate of Qualification" which is a voluntary online program that is open to all licensed acupuncturists and herbalists, students, lab technicians, herb pharmacy compounders and any other office staff who compound herbal formulas in their office or retail dispensaries. This program is in compliance with FDA Good Manufacturing (GMP) Guidelines.

CCAOM

The Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) will hold their Spring 2021 Conference online in May of 2021. **Mark Manton** will attend the meetings to represent CSTCM.

CCAOM offers a CEU course on-line. The 4 PDA point course is titled *Clean Needle Technique (CNT) Review Course: Acupuncture Safety* and the cost is \$75, including course & certification; satisfies NCCAOM safety CEU course requirement (NCCAOM Provider # ACHB 664-001). The course can be found at:

https://www.ccaom.org/ccaom/Overview_and_Registration.asp

The 7th edition of the CNT Manual is on the website as a free download. The last revision to this manual was completed in January of 2020.

AAC

The AAC has an e-mail discussion group. It is only open to AAC members. You can send an e-mail introducing yourself to www.aacforum@egroups.com or www.aac-list-subscribe@yahoogroups.com.

AAC address is 13918 E. Mississippi Ave., #67482 Aurora, CO 80012, phone 303-572-8744; website is <http://acucol.com/>; E-mail is AAC@NTW.net;

Facebook is [Acupuncture Association of Colorado](#).

The AAC has their newsletter & blog & posts upcoming events, seminars, and OM related news on their website: <https://acucol.com/news>; membership renewal is available online. Being a member of AAC also qualifies you for free membership in the ASA.

You can become an acupuncture provider through the AAC membership and get involved in the care of our U.S. Military Veterans.

Student membership is free while being enrolled.

Go to <https://acucol.com/join-us>

The top 3 priorities from their [2019 AAC Introduction to Practice Act Survey Results](#) will go into the Colorado Practice Act legislation.

AAAOM

Check out the American Association of Acupuncture and Oriental Medicine (AAAOM) website at www.aaaomonline.org. You can also check out job postings on their website.

The AAAOM is also on Facebook at @aaaomonline. We encourage all graduates, administrators, students, and faculty to join the AAAOM to support the profession. AAAOM professional membership is \$99; membership is free for students.

ASA

The American Society of Acupuncturists encourages Licensed Acupuncturists to join their state association that is a member of ASA. You will be considered a member of the ASA at no additional charge. The Colorado association, AAC, is already a member. To find out if your state association is a member of ASA, go to their website www.ASAcu.org.

ACAOM

The Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) website, acaom.org. The website lists all accredited and candidate programs, ACAOM news, frequently asked questions and other areas.

In February 2019, ACAOM enacted a Degree Structure and Naming Convention which CSTCM adopted in January of 2021.

ACAOM announced the election of a new Commissioner, Angela Tseng, DAOM, L.Ac. in September 2019.

In September 2020, ACAOM published a revision to the Comprehensive Standards, These can be found at: <http://acaom.org/resources/comprehensive-standards-and-criteria/>.

We encourage all graduates, students, administrators, and faculty to join the AAC in order to support the profession. Kacey Wardle is the AAC President Emeritus, Steve Shomo is the Vice President, Mark VanOtterloo is a Director at Large, and currently enrolled CSTCM student Jacquelline Gollinge is the Student Representative.

ITM

Institute of Traditional Medicine (ITM) on-line has an internal java based search engine to quickly find any topic. Check out the ITM website:

<http://www.itmonline.org/>. The ITM Start Group Journals are one of the best OM journals published, especially related to Chinese herbal medicine. The full set is in the library in 3-ring binders, from 1999 to 2005, when they stopped publishing the journal.

AOM IN MEDICAL JOURNALS & RESEARCH AT MAINSTREAM UNIVERSITIES

JAMA, Acupuncture May Reduce Menopausal Symptoms, April 23/30, 2019.

New England Journal of Medicine, Nonnarcotic Methods of Pain Management, June 20, 2019.

Journal of Chinese Medicine, Practical Bloodletting for Everyday Clinical Use, June 2019.

American Journal of Chinese Medicine, [Antidiabetic Potential of Flavonoids from Traditional Chinese Medicine: A Review](#), June 28, 2019.

JAMA Internal Medicine, Acupuncture as Adjunctive Therapy for Chronic Stable Angina: A Randomized Clinical Trial, July 29, 2019.

JTCM, [Effects of electroacupuncture at Taichong \(LR 3\) and Baihui \(DU 20\) on cardiac hypertrophy in rats with spontaneous hypertension](#), August 15, 2019.

JAMA, Medicare Proposes Coverage of Acupuncture for Lower Back Pain, August 27, 2019.

International Journal of Chinese Medicine, [Thoughts of Zhuang Li-Xing's Mind-Regulating Acupuncture Therapy for Treatment of Post-Stroke Depression](#), September 9, 2019.

Chinese Medicine Journal, [The development of an herbal material quality control strategy considering the effects of manufacturing processes](#), September 24, 2019.

RECENT ORIENTAL MEDICINE IN THE MAINSTREAM MEDIA

Biospace, Traditional Chinese Medicine for Skincare Market: Chinese Herbal Medicine to Dominate Global Market, Feb. 24, 2021;

Nj.com, This Alzheimer's drug made from seaweed got approved in China. Now its being tested in N.J., March 2, 2021; *9news*:

Acupuncture helps some lose weight, May 10, 2004

APPS & DIGITAL RESOURCES

iTongue – <https://appcrawlr.com/ios/itongue>

Meridian Health Clock –

<https://appcrawlr.com/ios/meridian-health-clock>

Traditional Chinese Medicine -

<https://appcrawlr.com/ios/traditional-chinese-medicine>

QiFood - <https://appcrawlr.com/ios/qifood>

Healthy Fit Info - <http://healthyfit.info/>

NATIONAL AND INTERNATIONAL ORIENTAL MEDICINE NEWS

PUNE, India, Feb. 15, 2021 (GLOBE NEWSWIRE) -- The Global **Traditional Chinese Medicine** Market Share, Trends, Analysis and Forecasts, 2020-2030 provides insights on key developments, business strategies, research & development activities, supply chain analysis, competitive landscape, and market composition analysis.

The experts of the medicine industry have noted that, over the past few years, there has been a rise in the demand for the more inexpensive traditional Chinese medicines in the several emerging economies of the regions of Asia Pacific and East Asian, due to the increase in sales of the local drug manufacturing industry.

INTERESTING TCM & BIOSCIENCE STUDY WEBSITES

<http://www.herbtunes.com/>

[Tunes on Tangs and Songs for Sans](#)

<https://tcmtunes.com/category/songs/>

[The ugly truth about how to learn Chinese herbal formulas](#)

Taken From: *Acupuncture Today*
July, 2010, Vol. 11, Issue 07

Self Care for Acupuncturists

By Denise Cicuto, LAc

The old saying "Healer, heal thyself" is so very important for acupuncturists. You may have some very difficult cases. Sometimes people seek out acupuncture as a last attempt when other options have failed them. We must take care of ourselves as we help others to do the same. Here are some suggestions to help you do that.

Some of these are suggestions you make to your patients; they're just as important for you. Hopefully this will serve as a reminder of things you already know how to do to strengthen your immune system, relieve stress and help you enjoy what you do every day.

Start your day out right; get to work early. It's the little things that add up over the course of a day. If you run late to work, it may affect the flow of the rest of your day and add to your stress level. By getting to work even a little early, you may have time to do some *qi gong*, review patient files, have a cup of tea and relax before your first appointment. It really makes a difference.

Practice what you preach. You may advise your patients to take herbs, or show them how to moxa Stomach 36 at home. You may give your patients Chinese nutrition advice for their constitution. Do you do similar things for yourself? Do you remember to eat nourishing food? Are you getting enough exercise? Are you getting enough restful sleep? Are you doing what you can to make sure you stay healthy? Do you have a regular *qi* development practice? Be it *qi gong*, tai chi, yoga or walking along the beach, it's really important to establish a regular practice and make sure you don't deplete your reserves. This may be easy to do while you're in acupuncture school and required to take *qi* classes, but it's also vitally important to continue a *qi* practice for the rest of your life. Look around your community and try different classes until you find what's right for you. Taking a *qi* development class may also give you the opportunity to give a talk about acupuncture at that *qi* studio or health center.

Being an acupuncturist is the best job in the world but everyone needs some downtime. While I was in school, Laraine Crampton, an acupuncturist in Santa Monica, Calif., reminded me to schedule time off. She pointed out: "This is a big assist in preventing burnout, say, during senior internship, or in the first years of starting a practice, when the tendency is to focus all of one's interest, time and energy on getting things going, making it work, showing up."

Establish good work boundaries. This is important in a lot of different realms. One of them is how you outwardly present yourself to your patients. Only you can decide if you want to be the casual acupuncturist who wears jeans and t-shirts to work or the more formal acupuncturist who wears a lab coat. You could also choose something completely different. How does your wardrobe help with self-care? It's a way to separate the work you from the off-duty you. It's also about creating a "uniform" that represents "Jane Doe, LAc." Remember, it's not just about your own personal style; it's about establishing yourself as a health care professional and an authority figure in the eyes of your patients. Your clothing and demeanor also help create a boundary of safety for both you and your patients.

Boundaries in the digital realm. My iPhone makes it possible for me to always be in contact with my patients and get back to potential new patients. I can respond to e-mail and voicemails really quickly, research and order formulas online, all in the palm of my hand. Being so connected is great for a lot of reasons, except at 10 pm or when I'm away on vacation. A good friend of mine also reminded me a long time ago not to answer the phone during dinner. I've learned the hard way not to look at or answer my work e-mail before or after a certain time of day. When I'm away on vacation, I make sure I set an "away message" and that I turn off my phone.

It's OK to take a sick day. Really, it is. I know it's hard because a lot of us are self-employed and no one is going to pay us if we take a day off. However, just like our patients, we're human and sometimes that means we get sick. It's sometimes best to stay in bed, rest, take your herbs and keep

your germs away from your coworkers and patients. You can't be the doctor and patient at the same time. You may have a wind-heat and take some *Yin Qiao San*, then you're all better within a day. That's great but sometimes you have to see another health care practitioner because you need a different perspective. Be sure to see other acupuncturists on a regular basis and other health care providers as needed. This will also give you an opportunity to try different modalities first-hand. It also gives you the chance to network with other alternative health care providers such as massage therapists, chiropractors, etc.

Vaccinations. I know this may be a topic of controversy. Not everyone gets them or believes in them. However, as health care workers, we are at the top of the list for the opportunity to get the H1N1 vaccine. I have patients ranging from 3 to 85 years old, some of whom have compromised immune systems. I have seen quite a few cases of (suspected) H1N1 in the past year. I decided that the responsible thing to do for myself and for my patients was to get the vaccine.

You may work with people with really serious illnesses or complex cases. I have a monthly volunteer shift at a clinic that serves women with cancer. Some shifts are more difficult than others but since my first day there, I made sure I had a friend or a loved one available to give me a hug afterwards. It's really been invaluable to me. Laraine Crampton has had extensive experience working with people with cancer. Here are her top suggestions of what you should do when working at an oncology center or with seriously ill patients. You can really apply these to working with all of your patients.

1. Do not resist or shrink away from whatever the patient presents, whether it is pain, deformity or appalling illness. If you go around gagging because you are horrified by your patients' chemo sickness, you create a hard time for yourself. At the same time, do not invite that *qi* deviation into your body or spirit by identifying too strongly with it. Just observe, accept and be clear.

2. Develop the daily habit of cleansing your energy and refining it every morning with *qi gong* and tai chi, and establishing an energetic shield before beginning to work with patients, whether they are very ill or just have a sprained ankle or common cold. [Dr. Maoshing Ni](#) has taught a shielding practice at Yo San University for preventing pathogenic transference, and it is a very good assist.

3. Do not buy into the atmosphere of fear that conventional oncology centers sometimes are saturated with--health care practitioners sometimes don't know how to elicit cooperation from the patients without making them fearful that if they don't take a particular course of action that they will die. This is not good for the patients, the practitioners, or anyone who comes in contact with the center or the participants."

Clear the air. Talk to your colleagues. Sometimes you need to discuss a case with another acupuncturist or you may need someone to listen when you've had a rough day. Working in the field that we do means that we must maintain patients' privacy. You can still do this with a colleague while maintaining patient confidentiality. Communicating with others is a good practice for health care providers because it allows us to alleviate some stress. In the case of consultation, this allows for confirmation of action or perhaps a new viewpoint that would allow for better health of the patient.

As acupuncturists, we help people take care of themselves. Isn't it just as important that we do the same for ourselves? In order to keep ourselves healthy and to help us do the best job we can, it's important to take time out for us. There are many ways to do this. It's not just about getting through the workday but about making all aspects of your life happy, healthy, safe and rewarding. Be well.

Denise Cicuto is a licensed acupuncturist and Chinese herbalist, specializing in women's health and immunity. Denise has a private practice with offices in San Francisco and in Alameda, Calif. She can be reached at www.cicutoacupuncture.com.

This Alzheimer's drug made from seaweed got approved in China. Now it's being tested in N.J.

Updated Mar 01, 9:33 AM; Posted Mar 01, 9:33 AM

By [Tony Dearing](#) | [NJ Advance Media for NJ.com](#)

A new drug extracted from seaweed and inspired by traditional Chinese medicine has come to the United States, where researchers hope it will provide the breakthrough in Alzheimer's treatment that has eluded us for nearly two decades.

The drug — oligomannate — has an imposing name but a humble origin. Its active ingredient is drawn from brown algae and evidence suggests that it can reduce inflammation in the brain in a way that benefits people with mild to moderate Alzheimer's disease.

The drug was discovered in China, and promising studies there persuaded the Chinese equivalent of the FDA to [approve the drug for Alzheimer's patients in that country](#), as long as further research continues to show the drug is safe and effective.

Dr. Michelle Papka hopes that it will. “The exciting thing about this drug is that it takes a different approach than what we've seen in the past,” she says. “It's an intervention that is derived from seaweed, so it really can be considered holistic, and people tend to favor that.”

Dr. Papka, director of [The Cognitive and Research Center of New Jersey](#) in Springfield, is one of some 200 researchers taking part in a [Phase 3 clinical trial](#) in the United States, Europe and Asia.

She's looking for adults between the ages of 50 and 85 who have mild or moderate Alzheimer's disease. The people chosen for the study will take the drug in the form of a pill for 12 months, or receive a placebo. At the end of a year, all participants will enter an “open-label” phase where they receive the drug for an additional six

months, regardless of whether they took the drug or the placebo initially.

The question is, will this large, international study involving more than 2,000 Alzheimer's patients bring a result convincing enough for the drug to be approved by the FDA here in the United States?

The fact that it's already approved in China lends optimism to that.

“It is a differentiator in this study,” says John R Dwyer Jr., president of the [Global Alzheimer's Platform Foundation](#). “Here you have a drug that after careful evaluation by the Chinese FDA was approved for use in a population that represents roughly one-third of all the Alzheimer's patients in the world. You've got an approved therapy being dispensed in China and now it's appropriately being brought to other nations (for study).”

The drug, also known as GV-971, was discovered by [Meiyu Geng](#) of the Shanghai Institute of Materia Medica, a center that specializes in research in traditional Chinese medicine.

In the world of Alzheimer's, it represents a dramatically different approach.

Most Alzheimer's research over the past 20 years has focused on drugs that target the beta-amyloid “plaque” that accumulates in the brain of people with the disease. While years of effort have failed to bring a new drug to market, many researchers continue to see the “amyloid theory” as a viable approach. But at the same time, there's a growing consensus around the need to consider new, unconventional approaches.

The Chinese drug GV-971 fits that description. It doesn't target amyloid. In fact, it doesn't even target the brain directly.

Instead, it goes after Alzheimer's by way of the gut.

The drug targets an imbalance of microorganisms in the gutbiome that are thought to produce immune cells that eventually reach the brain and feed the inflammation associated with Alzheimer's.

There are two reasons this roundabout approach makes sense for the treatment of dementia. First, the connection between the brain and the gutbiome is so strong that some scientist now refer to the gut as our “second brain.”

And inflammation is increasingly being looked at as a culprit in the progression of Alzheimer’s, alongside the plaques and “tangles” — which refers to tau protein. Amyloid and tau traditionally have been viewed as the hallmarks of the disease.

“First come the plaques, and then come the tangles, but then comes the third ingredient of neuro-inflammation,” says Dr. Papka. “The neuroinflammation piece seems to be where people can take a much more active role in trying to change their trajectory.”

That’s what studies done in China have suggested about the GV-971 drug. Successful early studies done on mice led to Phase 2 and Phase 3 trials in humans. Along the way, a Shanghai-based biotech startup called [Green Valley Pharmaceutical](#) acquired the drug and has been driving the research effort.

Dr. Sarah Lu, president of global development for Green Valley, says this medication reflects the company’s interest in bringing traditional Chinese medicine to bear on diseases such as Alzheimer’s.

“We believe in the holistic approach,” she says. “Our company has more of an emphasis on the use of natural materials and taking advantage of thousands of years of history.”

These days, Green Valley is making history of its own. In 2019, it announced that a shorter-term study involving 818 patients with mild or moderate Alzheimer’s found those who took the drug showed “solid and consistent cognition improvement.”

That led to the approval of the drug in China and the new, more ambitious clinical trial that patients are being recruited for here in New Jersey and elsewhere.

There has not been an Alzheimer’s research breakthrough in the U.S. since 2003 and the handful of drugs currently available do not prevent the disease or stop it from progressing. They only ease some of the symptoms of Alzheimer’s, and they only do that temporarily.

Dr. Papka says the current Green Valley trial seeks to add convincingly to evidence in favor of the drug. “And also to get more data on the biomarkers of Alzheimer’s disease,” she says.

The study will look at changes in brain volume, as measured by brain MRIs, and participants also will be assessed for changes in cognition, behavior and functioning.

“In China, over the course of 36 weeks, there was an improvement in cognition in people given the drug compared to people given the placebo,” Dr. Papka says.

That research effort here in the U.S. has the active support of the Global Alzheimer’s Platform Foundation, a network of leading research centers formed in 2016 to speed up the discovery of Alzheimer’s treatments by modernizing and streamlining the research process and reducing the cost of clinical trials. The Cognitive and Research Center of NJ is one of three GAP partners in New Jersey.

Dwyer, a co-founder of GAP, says the organization is agnostic about the potential treatments it supports. “We don’t pick winners and losers,” he says. “We’ll work with any science-based sponsor that wants to amp up their study.”

Still, the innovative aspects of this drug, involving a natural ingredient that attacks inflammation by way of the intestinal tract, has created a buzz in Alzheimer’s research.

“It’s well understood that the gut has a direct pathway neurologically speaking to the brain,” Dwyer says. “It should come as no surprise there’s a potential to mitigate brain pathology using the gut and inflammation. I think these are terrific studies.”

One day, GV-971 may take its place alongside donepezil and memantine, two of the drugs currently prescribed to Alzheimer's patients. But for now, the drug must be studied on its own merits.

In the Green Valley clinical trial, patients can only enroll if they are not currently taking drugs like donepezil, which represents a potential obstacle to recruiting participants.

"It's for people who are more newly diagnosed or have opted out of medications, or can wash out of the medications," Dr. Papka says. "That's a little more challenging because the standard of care is to put people on donepezil and later on they may end up getting memantine. Doctors don't necessarily want their patients to come off those medications."

Dwyer agrees that is "absolutely an issue," but says these other drugs — referred to as cholinesterase inhibitors — have to be taken out of the equation in order to measure the effectiveness of GV-971.

He says a number of Alzheimer's patients aren't able to take these other drugs because of the strong side effects, so that could make them better candidates for the Green Valley drug, which has been shown to be both safe and well-tolerated.

Some people may also be willing to postpone taking the traditional Alzheimer's drugs in favor of trying a promising new treatment, he says.

Researchers have to be "very careful" to discuss the pros and cons, Dwyer says. "It will be slow to ethically and carefully enroll people," he says, "but there are choices to be made, and appropriate decisions can be arrived at."

If you are interested in being considered for the study or learning more about it or other clinical trials you might be eligible for, you can call The Cognitive and Research Center of NJ at

(973)850-4622 or visit its website at: <https://thecrcnj.com/do-i-qualify/> Green Valley hopes to conclude the current study in time to secure approval to make the drug available to Alzheimer's patients in the U.S. by 2025.

In the field of Alzheimer's research, that date has a special significance. Dating back to the presidency of Barack Obama, the U.S. government has pursued a national policy of developing the first effective treatments for Alzheimer's by the year 2025.

The discovery of a new Alzheimer's drug would be a landmark event, and the potential of that is not lost on Green Valley Pharmaceutical or the researchers currently working on the drug.

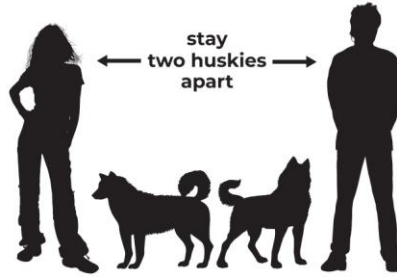
Dr. Lu says the approval of GV-971 in China created a sensation there. "People were quite excited; it got a lot of publicity from the media," she says. "At the time when the drug was approved, they even made a postage stamp."

Now, the focus is on delivering the additional scientific evidence needed to make that medication available to the rest of the world.

"Because there have been so many failed Alzheimer's trials, and with the aging population, there is significant need," Dr. Lu says.

"We want to work together to have a successful clinical trial," she says. "Hopefully we can be part of helping reach that goal by 2025. We are hoping we can bring a new medication to Alzheimer's disease patients in the U.S. and other countries."

What does physical distancing look like?



(or 2 metres/6 feet)

Sled optional. When going out for fresh air, resist the urge to pet any doggos you may encounter. Affirmations of their VERY GOOD status may occur from a safe distance.

Yukon



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**The journey of a thousand miles begins
with one step**

Lao Tzu

MEMORY

This is a continuation of the subject of memory from previous newsletters. In learning TCM, all the rote memorization is one of the biggest difficulties. We will continue the subject of memory in the next newsletter.

Tips for a Better Memory

Mind Games

Reviewed by Gary D. Vogin, MD
FROM THE WEBMD ARCHIVES

All of us have problems recalling a stray fact or name at times, but some of us are so disorganized and forgetful that our brains sometimes seem more like a sieve.

No need to [panic](#). Psychologists at Beth Israel Deaconess Medical Center in Boston have developed an innovative program called Memory 101 that's gaining attention from researchers around the nation. Want to turbo-charge your memory -- or least get your engine running smoothly? Here are tips from Memory 101 psychologists Cheryl Weinstein and Winifred Sachs, as well as from clinical memory programs around the country:

- Make a memory notebook. This is an 8-by-10 notebook with a calendar that will help you plan the minutiae of your life. Fill it with your to-do lists for the day, week, and month. Your notebook can become a portable filing cabinet for phone numbers, addresses, birthdays, medical information, phone messages, inspirational thoughts, bridge-playing strategies -- you name it. Carry it with you, or carry a small notepad to jot down information that you later transfer into your notebook. The act of writing

something down reinforces it in your memory. And make sure to look at your notebook several times a day.

- Talk aloud to yourself. Say: "I'm walking up the stairs to get my glasses. I'm putting my parking ticket in my pocket so I can get it validated. I'm going to the store to buy milk and eggs." If a great idea strikes while you're in the shower, rehearse it out loud to help remember it. Consider carrying a tape recorder to record things you need to remember.
- Post reminder signs in your house, office, and car: "Remember to buy stamps!" "Remember to take out the garbage on Thursday!"
- Get in the habit of keeping items where you will need them -- keys by the front door, umbrella in the sleeve of your coat, eyedrops in the drawer of your nightstand, and so on. Record these locations in your memory notebook.
- Minimize distractions. Do one thing at a time. Turn off the television or radio when you're talking with someone. At a restaurant, try to face the wall so you can more easily focus on the conversation at your table.
- Bundle items from your to-do list. Examples: Always clean your glasses at the sink after you brush your [teeth](#); always change the batteries in your home smoke detectors whenever you change the clocks for daylight-saving time.
- Use mnemonic tricks -- acronyms, rhymes, and so on. When tightening or loosening lids, remember "righty-tighty, lefty-loosey." To recall the Great Lakes, remember "HOMES" (Huron, Ontario, Michigan, Erie, Superior.)
- Slow down. Our ability to store and recall memory slows slightly with age. Ask friends, relatives, and even doctors to speak more slowly.
- Take care of your body to take care of your mind. Certain [medications](#), poor [nutrition](#), and even small deficiencies in [sleep](#) may interfere with memory.

- Exercise your mind. Reading, playing the piano, watching shows like *The Weakest Link* or *Who Wants to Be a Millionaire*, playing cards or chess -- all these activities help keep your brain sharp and active.
- Understand your own style of learning. Most people are visual learners, remembering best what they see. They benefit the most from memory notebooks and signs. Others are auditory learners, remembering best what they hear. They benefit from talking out loud or using a tape recorder. A few people are kinesthetic learners, remembering best what they experience. They will benefit most from writing things down or acting them out. Knowing your strength will help your memory run at peak efficiency. To enhance your memory, try using all three learning modes.

ADVERTISING

Mailed subscriptions are available to the newsletter at a cost of \$20.00 per year / 3 issues.

ADVERTISING RATES

Ads must be digital.

Full Page	7.25w x 10.25	\$100.00
Half Page	7.25w x 5	\$60.00
Quarter Page	3.5w x 5	\$35.00
Business Card	2 x 3 1/2	\$15.00
Simple classified ad up to 6 lines		\$10.00



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