

View From Within



NEXT STEP STRATEGIES, LLC
A Holistic Approach to Health & Vitality



IMPORTANT CLASS UPDATES

SAVE THE DATES

-April 8-10 Mind, Body, Spirit Expo, Edison, NJ
mindbodyspiritexpo.com
Keynote Speakers:
Deepak Chopra,
Deborah King,
Braco[Come visit our table!](#)

-May 6 & 7 (Fri & Sat) Wellness Summit at Georgian Court Univ.
This is an event open to public aiming to empower people over the age of 50 to age gracefully and peacefully.
GCU Special Event and Conference and Holistic Health has coordinated the effort to present a unique 2 day event at

GCU Lakewood campus. Various lectures, workshops, and some exhibits are planned. For more information, please contact Special Event & Conferences at 732-987-2263.
[See us there!](#)

-May 19-22 Health & Martial Arts Fest. & Symposium Kutztown*
[See us there!](#)

-June 25th, 10AM-5PM The Guide of T'ai Chi Chih, Sr. Antonia Cooper, Workshop in New Egypt- SAVE THE DATE must RSVP

-August 13-17 T'ai Chi Chih Retreat w/ Sr. Antonia Cooper in Aston, PA



High View Farm, New Egypt
Pork ,Lamb,Wool and Eggs available now! Great Recipe inside - **See page 9**

-September 17th Holistic Health Day/ Expo
In New Egypt

REIKI I & II- Pls. let us know yr. interest. Classes are forming for Spring!!! **June 18 - Reiki I, June 5- Reiki II**

*Contact me for more information

Locations for classes:

-New Egypt

-Brick

-Kingston

-Hazlet

-Langhorne, PA

NEXT STEP STRATEGIES, LLC
Siobhan Hutchinson, MA
Holistic Health Practitioner
609-752-1048

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Special Points of Interest

- *Exciting insights*
- *Interesting news*
- *Class updates*

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Visit our Website

Come visit our **NEW** Website to find out more about the practices and natural techniques to good health:

www.NextStepStrategiesLLC.com

609-752-1048



Gratitude and Grounding: The Power of What IS

Siobhan Hutchinson, MA- Holistic Health

Ask millionaires today if they feel rich and, amazingly, 4 out of 10 would say they need at least \$7.5 million "...to truly feel wealthy"! (Time Magazine, 3/28/11, p. 9). Wow, **when is the cup full?** Is it ever enough? I was watching a movie the other night, where Europeans were making fun of Americans because we do not appear to enjoy life. There is always that elusive goal and no time to savor the moment. It seems there is always a to-do list that never gets done. And, yes, I can relate to that myself. I am not immune to forgetting myself in the hustle-bustle of daily living.

And, many of us seem to carry "guilt" over not being perfect with every task or getting it all done in the impossible time frame we give ourselves. We feel we shortchange family, friends, and our spirit. How do we get off the cruel treadmill we created for our life?

Writing down what you are grateful for each day can be transformative. I do this every night before going to bed and most days, I am amazed how many good things happened in one day. And, it makes one more aware of how many gifts are available each day. Even when LIFE throws a bunch of curve balls at you, it is grounding to embrace what you do have in the moment. If you focus on the news, it will suck you into the vortex of "not enough." It may very well be brainwashing and distracting you from your own power.

Finding your power through a daily "grounding" practice is truly a gift. One of my favorite daily practices is T'ai Chi Chih®: Joy thru Movement. It is a mindful, moving meditation and not a martial art. T'ai Chi Chih is great for beginners and seniors, because unlike traditional martial art forms, which may have over 100 movements along with a breath and meditation to each movement, this form has only 19 movements and a pose. Because I have experience with longer forms, I can relate that T'ai Chi Chih "revs" up the Chi, or your vital energy, quickly. In other words, benefits may

be seen in as little as 8 weeks (the typical length of time to learn the form). Don't trust me, you can review research by UCLA on this form, which has reported that **T'ai Chi Chih helps boost the immunity in seniors with a propensity towards shingles, improves sleep quality, and just a few weeks ago a new study demonstrated its effects on reducing depression in seniors.** And, the AARP magazine featured this form in the Nov/Dec issue (you can view this on-line, too).

The benefits of T'ai Chi Chih may differ from person to person. When I found T'ai Chi Chih I was in my late thirties with no health challenge, so I did not experience physical relief of symptoms. I did, feel a sense of joy and calm after class and that is what kept me actively practicing. Now, I can say that T'ai Chi Chih changed my life. In fact, Justin Stone, the originator of this wonderful form, relates that 9 out of 10 letters to him express the same sentiment.

I cannot predict what it will do for you. It is a personal journey each of us travel when practicing a holistic form, like T'ai Chi, Reiki, Energy Medicine, Yoga, Meditation, etc. Although, **T'ai Chi Chih helps me center myself, keeps me calm yet physically energized, it has brought me experiences** I would not have had if I kept on the same path before T'ai Chi Chih. It has not always been a smooth journey, but it has been a remarkable one full of adventure, self-discovery, compassion, wonderful friendships, and learning to laugh at myself with love. Come visit our Website www.NextStepStrategiesLLC.com to learn more or call Siobhan at 609-752-1048.

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Siobhan "grounding" with a stone monolith at Columcille Megalith Park- "A playground of myth and mystery."

www.columcille.org

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

by Karen F. Riley

Did you know:

- 1 out of every 4 girls and 1 out of every 6 boys in the US have been sexually abused before their 18th birthday?
- 90% of child sexual abuse victims know the perpetrator in some way; 68% are abused by family members.
- 88% of child sexual abuse is never reported to the authorities; of those that have been reported, one in every 7 victims of sexual assault is under the age of 6.
- The United States has the world's highest rape rate of the countries that publish such statistics. It's 4 times higher than Germany, 13 times higher than England, and 20 times higher than Japan.
- Every 45 seconds in the United States, someone is sexually assaulted.

Sexual abuse of children leaves devastating consequences - children who have been sexually abused are 2.5 times more likely to abuse alcohol and 3.8 times more likely develop drug addictions. Eating disorders and suicide rates abound.

I am a childhood sexual abuse survivor. I understand the shame, feelings of worthlessness and behavior changes that can occur from this trauma. For a long time, I acted in ways that were necessary to survive my childhood, but did not serve me well as an adult when the abuse was no longer taking place.

For example, most if not all, childhood sex-

ual abuse survivors have trouble trusting other people because of the violation that occurred. They may also become controlling and fearful, because they could not control what happened to them that caused them pain.

The stigma of sexual abuse can become a self-fulfilling prophecy in the sense that you believe that no one will want anything to do with you because you are "damaged goods" or unlovable. Your insecurities and pain cause you to act in ways that subconsciously push people away and so when people start to avoid you or you struggle in relationships, you convince yourself that your original thoughts were correct because that is what is being lived out before you.

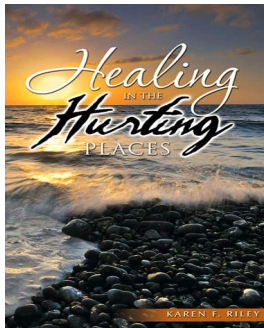
A difficult personal topic to share with others. Please take the time, it may help someone you know!

As for myself, it took me almost 40 years and God's grace to heal. The healing process was slow, challenging and at times, seemed more painful than the original abuse. But I see things differently now, I can have mutually beneficial relationships and I feel good about myself. Most of all, I am at peace now.

God blessed me with two gifts as a child: the ability to write and to speak publicly. Writing was my catharsis to survive what was happening in my world; I could create stories and the words could be the outlet for my pain. Even though I did not speak out about what happened to me when I was young, a teacher in second grade taught me public speaking. Now, I can use those 2 gifts to be the voice for others who have not found theirs yet.

Last summer, I wrote a book called *Healing in the Hurting Places*. It is a story of

hope and inspiration for victims, so that they can find healing in their lives. The book is also for those who have not been abused, but have someone who has been in their lives. The book also offers resources and ways to help.



Healing in the Hurting Places has become not only a book, but a ministry. I give presentations to churches, organizations - really, anyone willing to host me and have some folks over - because it is my heart to speak out for others who have not found their voice yet. I know based on the statistics that a number of folks in each audience will have been personally affected.

But the truth is, **sexual abuse impacts every-one**. Even if this did not happen to you, there are folks in your life that have been affected. You may just never know who they are, but they are hurting just the same.

Eight years ago, I started my own graphic and website design business, **KFR Communications** in New Egypt. The skills I have honed here provided me with the ability to create a clearing-house-style website, where those seeking information, education, resources, a chance to talk to other survivors or just vent, can come. It is a dynamic site that is constantly growing and changing and I encourage you to visit at: www.healinginthehurtingplaces.org.

One of my goals is to be able to donate books to those who need them. While I am always willing to speak to those who are suffering, the reality is that I am only one person with limited time on my hands. **I would like to get books in the hands of victims I may never see, who live across the country or around the world.** My publisher, Destiny Image, is an international publishing firm who can translate the book into other languages and has an excellent distribution system.

I have also aligned myself with 2 national organizations who have agreed to distribute donated

books across the country and get them in the hands of folks who need them. So **I am actively trying to raise \$18,000 for the cost of the books.** So far, I have raised \$4,000 but I am confident that folks will step up and help out, even in these tough economic times. Every penny raised goes to the ministry; I do not keep a cent of it. It has been such a blessing to see the creativity of folks on a tight budget finding ways to help. One company, **The Coffee BouTEAque**, is developing a special blend of coffee and all proceeds from purchases will go towards the ministry. Those of you who like your morning java, stay tuned for more details!

If you are suffering from the trauma of sexual abuse, if you would like to schedule me for a presentation or make a donation to the ministry, please contact me at **609.758.1304** or info@healinginthehurtingplaces.org.

I firmly believe the way to stem the tide on this rising epidemic is through education. Please feel free to forward this newsletter onto your friends and family; someone you send it to may have been suffering in silence from abuse and this is the answer they have been waiting for.

Thank you, Siobhan, for allowing me this space to reach out to members of your reading audience. Please remember, if you have been abused, you are not alone. **There is hope and healing available. Life can look very different for you than it may today. You can find healing in those hurting places.**



609.758.1304 or
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NEXT STEP STRATEGIES, LLC
A Holistic Approach to Health & Vitality



Six Healing Sounds of T'ai Chi Chih-- All together!



About Your Guide



Siobhan (Shiv-vaun) Hutchinson

Your Guide to Natural Health

Working with a wide range of clients in challenging situations, Siobhan encourages them in a warm partnership for self-empowerment in healing. Clients have experienced increased range of motion, balance, relaxation, reduced stress, and an overall sense of well-being. She has studied in China and continues her studies with a variety of holistic practitioners. Her passion is stress relief and walking in serenity.

**Master's Degree in Holistic Health, Georgian Court University*

**Bachelor of Arts, Franklin and Marshall College*

**Accredited Teacher- T'ai Chi Chih®, Seijaku, Guigen Qigong*

**Certified Reiki Master/Teacher*

**Eden Energy Medicine Practitioner*

**Facilitator PSYCH-K*

How You can Navigate through the Maze of Healthcare and be Confident in your Decisions: Let a Geriatric Care Manager Be Your GUIDE

By

Gladys F Harris BS, MBA, CMC
 Certified Geriatric Care Manager
 954-892-8209

Siobhan's personal note: I asked Gladys to write this article because I believe that *Geriatric Care Managers are "Guides" through the complex maze of today's healthcare system.* With so many of us being caregivers long distance, having the trusted eyes and ears of an expert is an effective way to have some peace of mind. From personal experience, Geriatric Care Managers are cost-effective valuable resources and Gladys, in particular, has been a GEM to our family's needs. **GCMs save families time & money.**

Geriatric Care Management - Part 1

The health care workforce has a history of creating new professions in response to need, often as a result of the emergence of new technologies or new models of care.

A new type of worker has recently emerged *in the care of older adults, the Geriatric Care Manager (GCM).* This new role stems from the development of a formal title for a care coordinator, a job which is often undertaken by a variety of providers sans formal recognition.

- GCMs are trained & experienced in any of several fields related to care management eg nursing, gerontology, social work, psychology, with a specialized focus on issues related to aging & elder care.
- GCMs assist older adults & persons with disabilities attain their maximum functional potential.
- GCMs serve as experienced guides & resources for families of older adults & others with chronic needs, including Alzheimer's Disease, Parkinson's Disease, or exhibiting symptoms of dementia.
- GCMs who are members of the National Association of Professional Geriatric Care Managers* (NAPGCM) are committed to *adhering to a strict Pledge of Ethics & Standards of Practice.* Membership in NAPGCM as a Certified GCM is open only to qualified individuals with specialized degrees & experience in human services, including social work, psychology, gerontology, nursing, & who hold one of 4 NAPGCM approved certifications.

* www.caremanger.org

GCMs provide continuity of care management, communications are coordinated between family members / doctors / other professionals & service providers. Continued on page 8

Your Corner

After the **Six Healing Sounds** in T'ai Chi Chih class, Kathy A. reported:

*“Just wanted to let you know that my **knee was 90% better** the next day and has not gone back to the pain level I had that day ...thanks!!*

*I truly enjoyed the class. The last Tuesday was awesome. Thank you for showing me **peace on earth**. I really didn't want to leave when we were all in the circle and I think everyone else felt that way too. Thank you so much. Take care.”*

From Mary H.:

*“I also wanted to let you know that **after the 6 healing breaths, my knee that hurt and the other one that was achy, felt totally good...no pain in either!** So thanks to you and the class! I'm looking forward to the next session so I will see you in a few weeks!”*

We look forward to Your Story in a future issue! Please write to us.

When considering whether to engage the services of a GCM, evaluate whether you have the time, inclination, or skills to manage the challenges of geriatric care. Not sure? Ask a trusted advisor to help you decide if an elder care expert may be helpful. Enlisting the support of other family members to consult a professional is a good way to build a consensus on the solutions.

- **Provide crisis intervention**
- **Act as a liaison to families at a distance, overseeing care & quickly alerting families of problems**
- **Assist with moving an older person to / from a retirement community / assisted care / or nursing home**
- **Provide consumer counseling / support**
- **Offer elder care counseling / support**
- **Some GCMs also provide family / individual therapy, finance management, conservatorship / guardianship, caregiving services**

GCMs provide personalized /compassionate service, focusing on the individual's wants/needs.

GCMs provide continuity of care management, communications are coordinated between family members / doctors / other professionals & service providers.

GCMs provide cost containment, mitigating inappropriate placements, duplication of services, & helping to avoid unnecessary hospitalizations.

GCMs save families time & money.

Certified Professional Geriatric Care Manager Gladys Harris brings **over 30 years** of business experience to The Olive Group LLC. As a former business executive Ms. Harris is aware of the billions lost each year due to family members interrupting careers, leaving or resigning due to overwhelming care giving responsibilities. She is sensitive to the needs and frustrations of the respective employees in trying to 'serve two masters', yet lacking the support to fully serve either. As a Certified Professional Geriatric Care Manager, Ms. Harris' objective is to better assess the maze of aging services, identify the correct services needed, and provide a customized premium care plan for each client.

Ms. Harris has achieved Care Manager Certification (CMC) by the National Academy of Certified Care Managers, has a Graduate Certificate in Geriatric Care Management, an MBA – Health Systems Management, a BS – Business Management.

Member - National Association of Professional Geriatric Care Managers



High View Farm

All of our animals are raised humanely, given the best of feed and care, and are not treated with medications or growth hormones. High View Farm is an **Animal Welfare Approved** facility and our production is limited because we care about our products, our animals, and our friends who consume them. Our meat is USDA inspected and processed by one of New Jersey's few remaining family owned butchers, Bringhurst Meats in Berlin, New Jersey.

You can purchase our products from Whole Earth in Princeton, NJ; Harvest Local, in Lansdowne, Pa. and McGregor' Farm Market on highway 537. The Yarn Tree in Brooklyn, NY. sells both our meat and our yarn. Pins and Needles in Princeton, NJ. carries our yarn as well. **The yarn is worsted weight, all natural color.** All products can be purchased directly from the farm by appointment.

We carry a full line of frozen pork and lamb products including scrapple, chops, spare and country ribs, shoulder, leg and loin roasts as well as a variety of sausages. Bacon, ham and smoked products are nitrate free. Custom butchering is available seasonally upon request. If you are interested in additional information please call **609 758-6708** or visit our web site **www.highview-farm.com**.

High View Farm Honey Roasted Ham



1 Brined whole ham
4 Sweet Potatoes
2 leeks
3 onions
2 fresh thyme sprigs
2 bay leaves
20 cloves
Chicken stock or water to be added to the pan as needed
¼ cup sweet butter

For the Marinade (**Marinate the ham for at least 6 hours**)

2 tbsp spoons ground white pepper, ¼ tsp nutmeg, ½ tsp ground cloves, ¼ tsp cinnamon,
¼ tsp ground ginger, 2 tbsp curry powder
4 tbsp brown sugar
2 tbsp honey
2 tbsp olive oil
1 2/3 cup Shiraz wine
½ cup cognac or brandy
1 cup port

Drain the brined ham and pat dry. Combine all the ingredients for the marinade in a nonmetallic dish, (I like to use a large, heavy plastic bag).

Add the ham, turning to coat. Cover or close the bag and let marinate in refrigeration over night.

Next day, combine the vegetables, thyme and bay leaves in the bottom of a roasting pan. Cut a crisscross pattern in the skin of the ham and stud it with the cloves. Place the ham in a roasting pan on top of the vegetables, pour the reserved marinade over it and roast, basting frequently in a 300 degree oven for about 2 hours or until the internal temperature is 140 degrees.

** Add additional chicken stock or water to the pan as needed to prevent vegetables from burning or sticking to the pan.

After the ham has reached the desired temperature, place it on the serving platter, cover with foil and allow it to stand. Use a slotted spoon to remove the cooked vegetables from the roasting pan and reserve them in a covered dish or low temperature warming oven until ready to serve. For service they can be served on the side or placed around the ham on the serving platter.