

# Inside **BASTYR**



Bastyr Welcomes New President



"Remarkable" Aleyamma Thomas, PhD, Retires



Rotary Grant Boosts Sacred Seeds Project

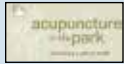


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# Bastyr Welcomes New President, Charles "Mac" Powell, PhD



Charles "Mac" Powell, PhD

After an extensive nationwide search, Bastyr University is pleased to introduce our new president, Charles "Mac" Powell, PhD. Dr. Powell brings to Bastyr years of diverse experience in education and a commitment to preserving the integrity and ongoing development of the University. He will oversee the University's campuses and clinics located in Washington and California.

"I'm thrilled and humbled to be named president of Bastyr University," says Dr. Powell. "Bastyr is known both nationally and internationally for its academic excellence in natural medicine and commitment to social justice. I look forward to helping build upon its decades of success."

Dr. Powell comes to Bastyr from John F. Kennedy University in Pleasant Hill, Calif., where he served as president. He earned a B.A. in sociology and philosophy; an M.A. in business, sociology and clinical psychology; and a PhD in sociology from the University of Missouri. He is the author of more than 30 articles, two books on golf and *Handbook of Marriage and Family Therapy*. His first day at Bastyr University will be July 1, 2015.

## A New Way to Recognize and Appreciate Donors

Bastyr University has a never-ending appreciation for those who help the University flourish. To better recognize their generosity, we have established a new donor recognition program, which we launched at a reception at the Bellevue Club in March 2015. President Church and Board of Trustees member Carrie Louise Daenell, ND, chair of the development committee, honored 45 donors for their support and dedication. The new system includes three donor societies:



- **Founders Legacy Society**, honoring those who have made a deferred gift commitment.
- **President's Club**, honoring those who have given \$1,000 or more during the previous fiscal year.
- **John Bastyr Lifetime Giving Society**, recognizing cumulative, irrevocable contributions over time that have reached \$10,000 or more.

Peggy Brevoort, Board of Trustees member and new Founders Legacy Society member, noted, **"Bastyr University is educating future generations to make a difference. An investment in Bastyr is really an investment in our own health, along with the health of the planet. We need to make sure this medicine remains in the forefront."**

To learn more about giving opportunities, please visit [www.Bastyr.edu](http://www.Bastyr.edu) or contact the Office of Development at [development@bastyr.edu](mailto:development@bastyr.edu) or 425.602.3324.



## A Fond Farewell to an Extraordinary University President

**D**istinguished guests gathered on the Kenmore campus of Bastyr University to honor and celebrate Daniel K. Church, PhD, on the eve of his retirement in June. The program included students, staff and faculty representatives, members of President Church's immediate family, members of the Board of Trustees, some special guests and several elected officials. Proclamations honoring President Church came from the King County Council, the State of Washington, and the United States Congress, represented by Congresswoman Suzan DelBene. Here are some highlights from the proclamations of appreciation and recognition for President Church's major accomplishments during his successful ten years as Bastyr's president.

During Daniel K. Church's tenure as President, and under his leadership, Bastyr University:

- Moved into preeminence in the field of natural health arts and sciences such that it is now distinguished as **one of the most respected, globally recognized academic centers**.
- Grew to become **one of the most trusted resources for understandable, useful and evidence-based information on healthy living**; it is widely regarded for excellence in providing innovative academic programs that incorporate the most current knowledge to address the health of the human community.
- Completed the **2005 purchase of the 51-acre Kenmore campus from the Archdiocese of Seattle** and the **2012 establishment of a second campus and teaching clinic in San Diego, California**.
- Saw **Bastyr Center for Natural Health receive in both 2012 and 2013 one of the five highest marks for patient satisfaction** of 150 Puget Sound health care clinics as reported by the Washington Health Alliance.
- Experienced a great **expansion in the number of external community clinic sites in the Puget Sound area, and the number of patients treated annually**; last year the clinics saw more than 33,000 patient visits, approximately 66 percent of which were provided as free or discounted care to underserved populations.
- Established the **Center for Mind, Body, Spirit and Nature**, the **Center for Social Justice and Diversity**, the **Center for**

*“President Church’s leadership was a significant influence on Bastyr’s growth over the past ten years. His legacy will never be forgotten.”*

—SAMUEL L. ANDERSON, JD, CHAIR, BOARD OF TRUSTEES

**Health Policy and Leadership**, the **School of Traditional World Medicines**, and **nine new accredited degree and certificate programs**.

- Experienced a **growth of 24 percent in the student body**, growing from 973 students in the 2005 academic year to 1,210 in the current academic year.
- Prospered as Dr. Church actively **built strong relationships with city and county leaders and the business community**, resulting in a significantly positive impact on the City of Kenmore and the region.

“All who love Bastyr thank President Church for his tremendous contributions to the University and the field of natural medicine,” says Samuel L. Anderson, JD, chair of the Bastyr University Board of Trustees. “President Church’s leadership was a significant influence on Bastyr’s growth over the past ten years. His legacy will never be forgotten.” President Church has embodied the very best attributes of an enlightened leader and has led the University to a position where it has never been stronger and more capable of fulfilling its mission.



# Inside Spotlights



## Aleyamma Thomas, PhD A Remarkable Professor Retires

**A**leyamma Thomas, PhD, is acknowledged as one of Bastyr University's toughest professors, and is uniformly loved by her

students. As director of anatomy in the Department of Basic Sciences, she retires this year after 26 years. *Inside Bastyr* sat down with Dr. Thomas in her Kenmore office in June and learned a great deal about this remarkable woman.

### On Being Drawn to Bastyr

Dr. Thomas initially had no plans to come to the United States. She grew up in southern India and decided to pursue her PhD in human anatomy at the University of Manitoba in Canada. There she met a former Seattleite, who would become her husband. His mother had some persuasive ideas for the couple, which finally drew them to Seattle, where Dr. Thomas found a position with the University of Washington, and was also hired by Dr. Pizzorno to teach anatomy at Bastyr University.

Dr. Thomas remembers her first visit to the campus. "It looked nothing like a University — it had no gross anatomy lab, but a wonderful smell of curry along with other fresh herbs." Despite the poor resources available, she relished the academic freedom. She remembers generous efforts of help — converting an old washroom into her dissection lab; a UW colleague providing her first four cadavers; and going to local businesses to seek donations of equipment and materials. During her first decade teaching,

*"She has received many letters from former students noting she 'made them better doctors'"*

Dr. Thomas thought many times of leaving, but something always drew her back. In the early years it was her husband's statements about the students needing her, but later on, it was her own realization and passion for teaching that kept her connected to Bastyr.

### Special Memories

The relationships Dr. Thomas has formed here stand out. She has received many letters from former students noting she "put them through hell" during their first quarter, but how grateful they were later for her rigor and high expectations — she "made them better doctors." Dr. Thomas noted that Bastyr students are an entirely different breed of people, and the relationships she formed with them were somewhat like a marriage, with similar tensions, highs and lows. She also relished Bastyr's small community — viewing the basic sciences staff and faculty as her immediate family.

### Ambitious Retirement Plans

Dr. Thomas has many books she wants to read, and some she plans to write — a lab manual for anatomy, and perhaps some poetry. She is also looking forward to traveling; Turkey, Jordan, Egypt and Greece are at the top of her list. She intends to spend meaningful time in each country, getting to know and understand its culture and history, especially as they link to her strong Christian faith and its heritage.

### A Final Message to Bastyr

Dr. Thomas would like to see Bastyr alumni more engaged with and supportive of the University, specifically noting the idea of working with Bastyr to establish residencies, possibly in other states and countries.

The Bastyr community sends Dr. Aleyamma Thomas off with deep gratitude for her esteemed contributions to the University and wishes her a wonderful and exciting future.

## Naming Ceremony Honors the University's Four Founders

A ceremony on the Kenmore campus in April officially named four cottages in the Student Village after Bastyr University's founders: Joseph E. Pizzorno, Jr., ND; Les Griffith, ND; Sheila Quinn; and William A. Mitchell, ND. Approximately 60 faculty, staff and students, former trustees, the three living founders and their families, and members of the Mitchell family attended the event. The unveiling of the naming plaques, located on the exterior and interior of each hall, was highlighted by brief remarks by each respective founder and Leah Mitchell, ND. A reception followed in the lovely courtyard between the halls. The plaques create an ongoing bond between those who first established the University and those who come here to prepare for professions in the natural health arts and sciences.



Founder Sheila Quinn and President Church



Founder Les Griffith, ND



# A Personal Path Toward Expanding Naturopathic Medicine

## Interview with Elijah McCarthy, ND Student ('16)

**B**astyr students come to the University to integrate knowledge, learn valuable skills and prepare themselves for making the world a healthier place. Elijah McCarthy also landed here by way of searching for his own truths about nature and its role in our health. As the owner of a hostel in Southern Spain, and a student at Bastyr University California, Elijah has already begun to draw people into nature to appreciate and benefit from its healing powers.

### **INSIDE BASTYR: WHAT DREW YOU TO NATUROPATHIC MEDICINE AND TO BASTYR UNIVERSITY?**

Elijah McCarthy: A lifelong search for truth led me to this day. After graduating in 2003 from California State University, Long Beach, with a degree in philosophy, I moved to San Sebastian, Spain, where I opened a youth hostel called *Sal Si Puedes (Escape if You Can)*. It became an overnight success, largely due to the spiritual business model I employed. Walkers from around the world came and stayed, and their shared wisdom invariably led me to the discovery of my life purpose — to be an instrument in the evolution of consciousness by increasing the awareness and health of others.

After expanding the *Sal Si Puedes* operation into Australia and Costa Rica, I sold the business and moved back to California to take the next step of my journey. I soon discovered that homeopathy catalyzed my lifelong interest in the healing arts, and inevitably led me to naturopathic medicine. Reading the six principles of naturopathic medicine for the first time ignited a torch that has illuminated my evolving path ever since.

As I neared completion of my pre-med education, Bastyr University announced the opening of Bastyr University California. My pioneering spirit seemed a perfect match for the inaugural class.

### **IB: WHAT HAVE BEEN SOME OF YOUR MOST MEMORABLE EXPERIENCES AT BASTYR?**

EM: The most memorable experience thus far has been the creation and implementation of the “Restore the Vis Retreat” (modeled after the Washington “Revival” retreat) that a few student colleagues and I launched in California in 2014.

### **IB: TELL US ABOUT THE RETREAT AND WHAT YOUR MOTIVATIONS AND INTENTIONS WERE IN CREATING IT.**

EM: After the first year at Bastyr, it became apparent that a sense of community is an essential element in the health and well-being of an organism. Each member thrived in that inaugural year, largely due to the strength of the community we created together. As a result, the whole organism of the campus enjoyed exquisite health.

Because of this, we realized that any effort to maintain, nurture and grow that sense of community would be an effective investment. Thus was born the “Restore the Vis Retreat” in California. This annual event provides space for students to connect with nature and build community — three days and two nights spent in nature, engaging in workshops with elders, team-building activities that highlight the “nature cure” philosophy, expanding consciousness and emphasizing self-care. The event, which attracted 90 students and 10 elders from around the country its first year, has become a type of research project aimed at understanding community as a

determinant of health. Financial assistance from Bastyr University, Student Council and Emerson Ecologics made the first event possible.

### **IB: WHAT ARE YOUR POST-GRADUATION PLANS?**

EM: In addition to spending quality time with my wife, Nicole, and our two sons, Liam and Luca, my next step involves expanding my creativity. I want to help grow naturopathic medicine in Southern California and create naturopathic waves in San Diego in particular. I intend to do this through many avenues of service. I am strongly drawn to the *docere* (to teach)

*“I want to help grow naturopathic medicine in Southern California and create naturopathic waves in San Diego.”*

aspect of naturopathic medicine and plan to educate the general public about our medicine, inspiring others to strengthen their connection with themselves and take positive control of their health. My plans also include writing, creating health programs set in nature and providing educational opportunities for health professionals.

# The Inside Scoop

## Inaugural Scholarship Dinner a Success in San Diego

Bastyr University hosted its first San Diego fundraising dinner on April 10, 2015, at the Paradise Point Resort. The goal of "Spring for Health San Diego" was to raise funds for student scholarships at Bastyr University California.



Student Jahaz Shine and President Church

Honorary co-hosts Jerry and Ingrid Hoffmeister joined 150 guests for a wonderful dinner and a remarkable presentation by Victoria Sweet, MD, PhD, based on her book *God's Hotel: A Doctor, a Hospital and a Pilgrimage to the Heart of Medicine*. An advocate for "slow medicine," Dr. Sweet likens traditional western medicine's approach to the human body as a machine (which requires someone to fix it when it has a problem), versus her preferred approach, which considers the body more as a plant, which repairs itself with proper nurturing and support.

Attendees also enjoyed hearing from Jahaz Shine, a third-year naturopathic medicine student from Bastyr University California. Ms. Shine gave a moving speech on her journey to Bastyr and the importance of scholarships to support the dreams of students needing assistance. The evening closed with a tribute by Board of Trustees Chair Sam Anderson, JD, honoring retiring President Daniel K. Church for his leadership in bringing Bastyr to California.



Victoria Sweet, MD, PhD

## The Center for Health Policy and Leadership Supports Dialog and Action

The Bastyr University Center for Health Policy and Leadership (CHPL) is a nonpartisan center dedicated to advancing the understanding of and engagement in issues related to health policy and leadership. It supports an integrative and cooperative approach to health care that will ultimately improve and transform the health of the human community.

### The Center's Core Goals

- To provide support for natural health education, health care practitioners and consumers, and to assure that natural health care providers may practice in all 50 states to the full extent of their education and training.
- To promote a collaborative integrative approach in providing high quality, cost effective and accessible health care that prioritizes health promotion, preventive care, patient safety and less invasive practices.
- To inspire citizen participation — in collaboration with health care practitioners, nonprofit organizations and other universities — to advocate for policies that support inclusive, integrative health care practices through expanding licensing and reimbursement.

### Filling an Important Gap

Support for natural health care remains crucial for improving access to care and furthering integrative health care delivery. Researchers predict a significant shortage of primary health care providers in the United States as the number of insured individuals increases under the Affordable Care Act. With the support of state licensing and reimbursement regulations, natural health practitioners trained in primary health care could significantly address this need.

### Four Pillars of Leadership

The center highlights four areas of "solution-focused" leadership:

- **Education:** *Nurturing future and current health practitioners in becoming active in health policy and public affairs.* CHPL offers solution-focused training to cultivate critical, creative and compassionate thinking for effective leadership. Priority topics include advocacy, interpersonal communication skills and the social determinants of health.
- **Discourse:** *Stimulating essential, generative conversations that cultivate informed citizens and influence policy decisions.* CHPL convenes visionaries and leaders versed in the role of health policy, research and advocacy to create opportunities for participation in policy discussions.
- **Research:** *Contributing to scholarly research on health policy and leadership issues.* CHPL establishes a forum for critical analysis of public policy and leadership topics. Priority research issues include health impact assessment, policy cost-effectiveness, global health policy impact and integrative medicine health care workforce expansion.
- **Engagement:** *Supporting ongoing community involvement in health policy issues.* CHPL nurtures informed citizens and future leaders to become active in improving the health and well-being of the human community through engagement in health policy and public affairs. The goal is to keep the public informed, inspired and involved.

To learn more about the Center for Health Policy and Leadership, visit [www.Bastyr.edu](http://www.Bastyr.edu) or contact Heather Carrie at (425) 602-3007 or [hcarrie@bastyr.edu](mailto:hcarrie@bastyr.edu).



# Rotary Grant Boosts Bastyr's Sacred Seeds Project

Preserving a diverse ecosystem of indigenous plant species is important to our community and the environment. Bastyr University continues to be an important participant in protecting these species, thanks to generous assistance from the Seattle Rotary Service Foundation. This May, the foundation awarded its major 2015 grant of \$100,000



to Bastyr for the University's Sacred Seeds Project. The grant supports the construction of a 22 ft. by 60 ft. teaching greenhouse — *a living classroom* — and completion of the ethnobotanical trail, the two principal components of the project. The entirety of the project will be both an education site and resource center, open to the public.

Sheila Kingsbury, ND, RH, chair of the botanical medicine department, says Bastyr is committed to working with students, faculty, staff and the community to develop a plan that utilizes the trail to link the existing Bastyr Gardens to a meadow and forest of locally and regionally important plants. "Like the plants we study, which give so much back to us, our vision is to share the greenhouse in a variety of ways with more than 50,000 annual visitors."

Bastyr has so far raised \$121,000 of the \$161,500 needed to complete the effort. We are now looking to the community to reach our goal — a fundraising plan that will approach local tribes, foundations and interested individuals. By securing the funding this summer, Bastyr can begin construction, intending for the greenhouse to be available to students, faculty and the public this coming academic year.

**A Brief History of the Sacred Seeds Project:** Bastyr University was approached in 2011 by the Sacred Seeds Sanctuary Project to become its Pacific Northwest repository. The Project is a consortium of community-based gardens worldwide, focused on creating and promoting the preservation of plant knowledge of indigenous species. Each sanctuary grows into a productive garden that benefits the community involved.

The project, based at the Missouri Botanical Garden, is operated under the umbrella of United Plant Savers, a nonprofit network of plant sanctuaries seeking to preserve biodiversity and plant knowledge for the future.



The blue line indicates the path of the new ethnobotanical trail

## Bastyr Supports the Institute of Natural Medicine

Alumna Michelle Simon, ND ('02), PhD, currently serves as chair of the board of directors for the Institute of Natural Medicine (INM), the nonprofit fundraising arm of the American Association of Naturopathic Physicians (AANP). Bastyr University supports the important work of AANP and INM, which promote naturopathic physicians and natural medicine nationwide. They also do the important work of securing recognition and licensing privileges in every state, and ensuring that practitioners qualify for insurance reimbursements.

Bastyr recently committed a \$17,000 gift to fund a 2015 INM key initiative — the redesign and launch of a new website, as well as the site's operating expenses for the first year.

We are proud to see a Bastyr alumna at the helm of such an important organization. The University seeks to be a lifelong partner with our alumni and those associations that support and promote their professions. We want those who received their training at Bastyr to be successful, achieve their dreams, serve their communities and transform the health of the human community. This gift in support of a key professional association is just one way that Bastyr demonstrates its ongoing commitment to our graduates.

## "Spring for Health Luncheon" Springs for Uncompensated Care

Despite Seattle's famous rain coming down outside, the Fairmont Olympic Hotel ballroom was ablaze with spring hues of orange and fuchsia at the 2015 "Spring for Health Luncheon."

In the midst of elegant surroundings, the day's purpose was basic and down to earth: it was time to raise funds for the uncompensated care delivered at the University's teaching clinics. Serving the community is central to Bastyr's integrated approach to healing, and proceeds of this annual event go toward defraying the cost for underserved and low-income patients at Bastyr Center for Natural Health in Seattle and Bastyr University Clinic in San Diego.



Dr. Paula Johnson, Jean Enersen and Dr. Maxine Hayes

Keynote speaker Paula A. Johnson, MD, MPH, discussed some dramatic examples of the ways in which women experience disease differently than men — and the crucial implications of these findings for medical research and health care in general. She received a standing ovation for her rousing message that improving the health of women is critical to the quality and integrity of science and medicine.

The luncheon was once again graciously emceed by former KING-TV anchor Jean Enersen, a strong Bastyr supporter. A record number of 18 companies sponsored the event. If you would like to support uncompensated care services at Bastyr's teaching clinics, please visit [www.Bastyr.edu/Development](http://www.Bastyr.edu/Development) or call 425.602.3355.



## Grateful Patients Help Bastyr Be Its Best

### An Interview with Patricia Teltoft

Patients at our teaching clinics are a treasure trove of experience and feedback that help us adapt and refine our services. The following is an interview with one very observant, appreciative patient from Seattle.

#### **INSIDE BASTYR: HOW DID YOU FIND BASTYR CENTER FOR NATURAL HEALTH? WHAT INSPIRED YOU TO GO THERE?**

Patricia Teltoft: About 10 years ago, a close friend recommended Bastyr Center, and I'm still coming to Bastyr and I'm still benefiting. I came to the campus last Sunday for a meditation class taught by a Bastyr alumnus. It was seven hours of no talking! I found the class peaceful and restful and enjoyed the beautiful gardens.

#### **IB: WAS THERE A MOMENT WHEN YOU KNEW YOU WERE CHANGING, BENEFITING FROM YOUR TREATMENT AT THE BASTYR CLINIC?**

PT: My eyes were opened when I started to feel better. I felt like a new person. We have no children, and a number of years ago my husband became seriously ill. It was a complete shock to me. I worried that he wouldn't survive and I felt a lot of anxiety. I couldn't eat, lost 20 pounds and had sleep issues. My regular MDs prescribed very strong medications that lead to other problems. At Bastyr Center I learned how to help myself. I saw a nutritionist and learned

about better food and how important it is for my health. I learned about homeopathy and natural herbs that can help. I also learned that I was lactose intolerant, and found that adopting a gluten-free diet made a big difference in how I felt. None of my MDs had ever asked about my diet. I had hyperthyroidism and excess calcium in my blood. My previous MD thought I had a tumor on my thyroid gland and wanted to operate, but he couldn't find the tumor.

#### **IB: DID YOU FEEL DIFFERENT RECEIVING COMPLEMENTARY MEDICINE?**

PT: I am very, very grateful to Bastyr that at this late date in my life I am getting a second wind. Down the road I want to pass this all on to others. I have an absolute passion to spread the word. I am thankful for my life — I continue to feel better, look better, act better and am able to make new friends.

*“At Bastyr Center I learned how to help myself. I saw a nutritionist and learned about better food and how important it is for my health.”*



Michael and Patricia Teltoft

