



Academy for Five Element Acupuncture

passion • education • community

Late Summer 2018

Letter from the President

Late summer greetings! I hope your summer is giving way to a bountiful harvest season. September marks the halfway point in one of our very busiest times of year. It is certainly a full time at the Academy with all manner of things happening, some of which have been quite challenging.

On August 11, we held a beautiful commencement ceremony for Class 33. Many of the parents and family members of the graduates contacted me after the event to share their gratitude for such a lovely, heartfelt ceremony. **Stewart Thomas** gave an interesting and inspiring keynote speech. **Michael Kowalski** traveled from Jacksonville to represent the Governing Board and shared his wisdom and his congratulations with the graduating class. **Chuck Graham** traveled from Baltimore to attend commencement and celebrate Class 33, plus we got to spend a couple of days with him in administration once again. I have heard from a few members of Class 33 that they are taking and passing their national exams. Good luck, 33s!

Our clinical year students arrived in August to start their clinical residency.

After a few of weeks of testing and internship prep, they have officially started seeing patients in clinic. As part of internship prep, we held initial TDs (traditional diagnosis) and first treatments. Supervisors worked in small groups to see those patients and participated in discussion days following the TDs. All the supervisors were impressed with the skill level of the interns as they begin their residency. One faculty member commented that the changes in the year two curriculum are proving to be beneficial as evidenced by the students coming to clinic better prepared each year. We have 24 interns working in the clinic, which is quite wonderful.

We started a brand new cohort of 17 students, Class 36A, on August 22. This is our biggest group to start in quite a

while. Congratulations to our Admissions Coordinator, **Isabelle Winzeler**, for her hard work and diligence enrolling this group of students. They are a fun and eclectic group with a lot of Fire energy. Many of them come from direct practitioner referrals and some have studied with Five Element mentors for years. It is interesting to teach a group with such diverse backgrounds and experiences with the medicine. Senior faculty member, **Gary Dolowich**, came from California to spend three days with this new class, introducing them to the basics of Five Element theory. We look forward to seeing them again in December.

Ki Ennes (graduate of Class 18) traveled from Richmond, VA to teach several days of an Herbal Studies program intensive. (continued on p. 2)

30th Anniversary Gala & Fundraiser



Academy for
Five Element Acupuncture



Live music
Silent Auction
Award Presentation
Beer, Wine, and Hors d'Oeuvres
Ticket sales are open!

For more information and to buy tickets,
CLICK HERE to visit our website or call
us at 352.335.2332.
<http://acupuncturist.edu/>

*Saturday, November 3
7pm-10pm*

Letter from the President

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It is wonderful to have Ki back at the Academy again. He is a great teacher and is very passionate about the medicine. He will return to teach in the acupuncture program in December.

Following close on the heels of their herbal intensive, Class 35 took their first year exams. Academic Dean, **Valerie Razutis**, and I led a merging ceremony day to combine the A and B cohorts. This session has been a particularly challenging time. One of the beloved 35A classmates, **Anne Walters**, took her own life on September 2. We are all devastated by this terrible loss. We are staying in close contact with the students and will continue to find the best way to offer support for their shock and grief. The 35Bs opened their hearts and held healing space during the merge day program. This tragic loss has been galvanizing and I believe the newly merged class will move forward together in a very powerful way.

The school held a memorial to celebrate the life of Anne Walters on September 18. Her father, Gary, and his friend drove from Vero Beach to participate in the ceremony. Several of Anne's classmates shared their thoughts, special prayers and practices. Retired minister and our very own clinical intern, **Lise Worthington**, beautifully and powerfully officiated the memorial. **Isabelle Winzeler** led a lovely meditation, and **Stewart Thomas** offered a gentle Qigong session to end the ceremony. As

I mentioned during the ceremony, Anne's death has been a call to action for me, and I hope others, to remember to share the burdens as well as the play, the pain as well as the joy, the dark and the light. We are stronger together.



In Memory
Anne Walters
Class 35
1977-2018

Anne wasn't the only loss the Academy experienced during this challenging summer. As many of you already know, our beloved friend and Financial Aid administrator, **Glenn Morris**, passed away unexpectedly in July. **Joanne Epstein**, VP of Administration, and I were able to attend his memorial in South Florida and it was a lovely celebration of Glenn's life. We will miss his humor and warmth. **Kate Ellison** has agreed to help with financial aid for the foreseeable future while we work to fill

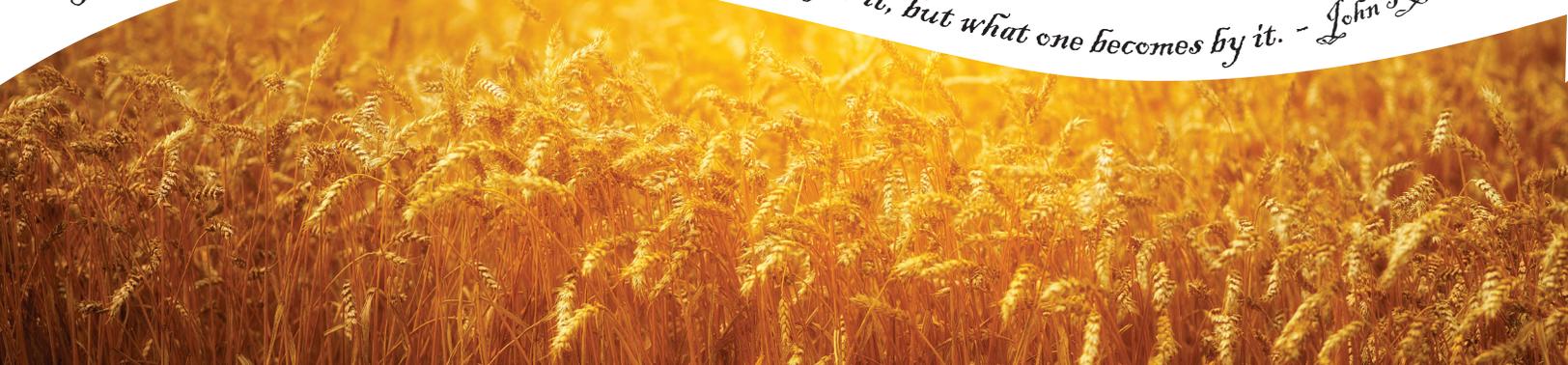
the position. (See p. 5 for more information about Glenn)

In other administrative news, you might recall my previous reports about the school's challenges with the Alachua County Property Tax Assessor's Office for the past several years. Our case was heard by the First District Court of Appeal State of Florida late last year. We have been waiting for the official ruling, which we finally received in September. **WE WON!!** The decision thankfully grants administrative finality to this issue. Our eternal gratitude goes to our legal team, **Paul Donnelly** and **Jung Yoon** of Donnelly and Gross, for their steadfast work on behalf of the Academy and for believing in our case.

I'll take a moment to mention a few upcoming events. You can find information about them in this newsletter and on our website. In early October, **Niki Bilton** will be here to offer her amazing CSOE Carnival. She will also spend a couple of days on faculty development as well as a day with the interns. I feel very fortunate to have such a senior practitioner and instructor coming to teach. There is still time to register for the Carnival – check out the website for details! In early February, **Thea Elijah** will be back to teach Spirit of the Herbs and a daylong Whole Heart Connection workshop. **Lonny Jarrett** will return to offer a CEU workshop in March

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The highest reward for one's toil is not what one gets for it, but what one becomes by it. - John Ruskin



Alumni News

Job Opportunity for Five Element Acupuncturist

Founded by **Dr. Michael Kowalski** A.P., Dipl. Ac. (NCCAOM) in 1988, the Acupuncture & Holistic Health Center in north Florida is seeking a qualified individual for the position of associate Acupuncture Physician. The position offers:

- Valuable mentoring opportunities with Dr. Michael Kowalski, who will share his 34 years' experience practice and teaching acupuncture to ensure your success, both in the treatment room and in the business
- Working with other wellness-minded individuals
- A work environment that is peaceful and designed with relaxation in mind
- Front office coverage during all open hours.
- A positive and a fun work environment with a great healthcare team

The successful candidate will have:

- Required credentials
- Be a self-motivated individual willing to learn and grow a successful business
- Be willing to participate in marketing efforts outside of the business office
- Be flexible to work with patient schedules
- Have excellent communication skills

This position comes with exceptional income opportunity and has the potential to evolve into a partnership position in the future.

Please email your resume and cover letter to: thecenter@TreatRootCause.com



Medicine Tree opened in downtown Denver in 2016. I moved location and expanded from one room to a full clinic in a beautiful spot in downtown Golden, CO where my family and I are setting our roots and connecting with the community as our forever home. I now have a lovely office assistant to help me with my growing schedule and I am adding a Nutritionist and massage therapist this Fall! I have

expanded my education with Five Element Functional Medicine and now offer this as part of treatment along with targeted nutritional counseling. We run a full raw and granular herbal pharmacy along with tinctures and patents. We offer in house Tibetan herbal foot soaks and custom therapeutic tea to help our patients relax. We have just revamped our website recently to answer a lot of our patient's questions before they come in! Our website is: www.GetMedicineTree.com. I love the work I am blessed with every day and I love to see how my business changes and develops over time. The transformations I am witnessing on a daily basis in my patients and in myself is truly extraordinary.

Here are some tips for a new practitioner:

- Start simple. Learn about yourself as a practitioner out on your own before diving too deep. What you think you want may end up being different once you actually get into it. I learned this myself after my first year in practice and this is always evolving.
- Learn about the patients in your area before you buy a ton of herbs. Each area is diverse in what the needs of your patients are. Colorado, for instance, is drastically different in the type of patient you will see compared to what you would see in Florida. The climate alone is a major factor and so is lifestyle.
- Do mindset work and read motivating business books. I hired a business mentor and it was worth every penny. He is a successful acupuncturist himself running several clinics and he taught me my most valuable lessons.

Keep it simple. Get over yourself, your insecurities, fears, and self doubt. You are here to help people get better and you can't do that if you are hiding. Don't be attached to the results. All you can do is your best. Be OK with that. Gain clarity on your vision and project that out like the bright shining light that is inside you. Be the light house so that your patients can find you and create your tribe.

-Elizabeth Roper
Class 29

Letter from the President

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2019, details to come. Please be on the lookout for more information regarding these continuing education opportunities.

As I mentioned in the summer newsletter, we are celebrating the school's 30th anniversary with a Gala and Silent Auction on November 3, 2018. My dear friend and incredible singer-songwriter, **Beth Wood**, will be our featured performer for the Gala. More information about the Gala and how you can get involved on page 5.

Another way we are celebrating the school's accomplishments is by launching a new Successful Graduates page on the website. We will send out an announcement when the page is ready. With so many fantastic, accomplished alumni practitioners, we have much to be thankful for and to celebrate. Our success is your success. I hope you will consider buying a ticket for the Gala to support the school and to come to the event to help us celebrate this important milestone.

The school is thriving, interest is up, and classes are growing as more and more students are learning about the power and beauty of the Five Element tradition through our amazing alumni practitioners. At least half of the students in our last cohort came from direct referrals. I am in the privileged position of hearing the stories of how Five Element acupuncture changed their lives and how studying with mentors inspired them to become practitioners themselves. Thank you so much for not only keeping this tradition alive, but also encouraging it to grow with every person you touch. We are because you are. Our next Master of Acupuncture

cohort begins on January 23, 2019.

As you can see, so much is happening at the Academy. We would love to have another local faculty member join the team. We have opportunities to teach and supervise in both the Master of Acupuncture program and the Chinese Herbal Studies program. If you are interested in helping to shape the next generation of practitioners while continuing to hone your own skills, please contact me directly (misti.oxford@acupuncturist.edu).

May you be nourished by your community and the good work you do.
With gratitude,

Misti Oxford-Pickeral

Upcoming Events

October 5-7
CSOE Carnival with Niki Bilton

November 3
30th Anniversary Gala & Silent Auction

January 23
New Master of Acupuncture Class

February 10
Whole Heart Connection

Mark your calendars:
March 2019
Lonny Jarrett

In Memory



Glenn W. Morris, 75, a proud US Marine and Veteran of the Vietnam War, resident of Coral Springs, FL, passed away unexpectedly on July 28, 2018. Glenn was a devoted husband, father, grandfather, uncle and friend to all he met. He loved to travel, cook, read, grill and play video games. His grandchildren called him Mr. Google because of his vast knowledge. Glenn loved to tell stories of his many experiences. His wit and sarcasm had a way of putting people at ease. All who met him were touched by his kindness and generosity.

Glenn worked for Academy for Five Element Acupuncture for eleven years helping prospective students receive financial aid to pursue their dreams of pursuing graduate training. His daughter, **Monique Bain**, is a graduate of Class 17. He is survived by his wife of 23 years and best friend, Rita Gusmao; daughter and son-in-law, Monique and Rene; grandchildren, Nicole, Natasha and Fenix; and many nieces and nephews. We will miss Glenn terribly but we plan to stay in touch with his loving family.

30th Anniversary

Academy for Five Element Acupuncture is holding its 30th Anniversary Gala and Silent Auction on Saturday, November 3rd. The Academy has provided free and low-cost acupuncture to the Gainesville community for more than ten years. In our 30 years as an acupuncture school, we have graduated nearly 500 practitioners who work across the country, and we have given more than 8,000 acupuncture treatments. Located in downtown Gainesville since 2007, our school community supports many local businesses. We are excited to be celebrating this milestone and we are asking for your support.

Our 30th Anniversary Gala & Silent Auction serves to increase community awareness of the Academy and Five Element acupuncture and to raise funds for the school. All proceeds from the Gala and Silent Auction will go back into the school for important purchases such as new clinic equipment and curriculum development. We want to raise support for the school as we continue to grow as the leader of the Five Element tradition. Please give your support!

Misti Oxford-Pickeral

Live Music
Silent Auction
Food & Drinks
Call us at 352.335.2332
or visit our website:
ACUPUNCTURIST.EDU
for more information or
to buy tickets

30th
Anniversary
Gala
& Fundraiser
"Growing the Tradition"
November 3, 2018
7pm-10pm

Academy for
Five Element Acupuncture
Celebrates
30
years

Community Partners
RENASANT BANK
GNOSYS NETWORKS
KNOWLEDGE | INSIGHT | FIDELITY
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Get Involved

Donate

We still have various levels of **corporate sponsorships** available. Corporate sponsorships include advertising and event tickets.

We are still accepting **donations** to our silent auction. Gift certificates for services are preferred.

If you would like more information about making a donation, please contact Andi Houston at andi.houston@acupuncturist.edu or by phone at 352.335.2332.

Come to the Party

Attend the party for free by donating your time! We are still in need of **volunteers for setup and cleanup** teams.

If you'd like to **buy tickets for a group or just for yourself**, you can pay for tickets online at <https://secure.acceptiva.com/?cst=1fc0a0> or call the school directly at 352.335.2332 and you can purchase tickets over the phone.

You can get updates on the party and watch videos from our featured guests by liking our Facebook page and click "attending" on our Gala event at <https://www.facebook.com/events/2121019541501152/>. See you there!

Opening the Circle: Our Newest Students



Our new Master of Acupuncture class. Pictured here (top row, l. to r.) **Margaret Friar-Plikaitis, Christina McEwan, Gryphon Corpus, Stephanie Phillips, Eric Moore,** (bottom row, l. to r.) **Louis Folino, Ash Miller, Heather Schert, Ashley Baker, Samantha Gamble, Michelle Morisi, Savannah Sapodin, Rebecca DiMidio, Colleen Hiban, Tiffany Petry, Crystal Lane.** Not pictured: **Tammy Williams.**

Closing the Circle: Our Newest Graduates



Congratulations to our most recent graduating class! Please welcome your new colleagues: Pictured above (top row, l. to r.) **Rosemarie Berry, Tiffany Gilliam, Alexandra Kate Henkle, Jordan Hughes, Miha Kim, Paula Koberda, Susan Lee, Melissa Patterson,** (bottom row, l. to r.) **Steven Reiman, Larissa Sheldon, Carol Short, Sara Smith, Jasmine Stine, Kendall VanNostrand, and Charleanne Wade.**



Alumni News



As I transition from academic dean to full-time acupuncturist, I am excited to announce that in addition to my private practice, I am working two days a week at the Holistic Wellness Center of Towson. This has afforded me the opportunity to create and operate a community acupuncture practice as well as see patients one-on-one in an integrative health setting. I've also created a Facebook page, "Five Element Acupuncture with Chuck Graham" that I invite you to like and have updated my website, www.chuckgraham.net, with the help of several Academy alumni who gave me permission to utilize some of their text from their websites. Special thanks to **Catherine Annie Hollingsworth** and **Angela Roth** for their help and support. It is and has always been a great joy an honor to be a part of this community and beautiful system of medicine. Wishing you health and happiness.

-Chuck Graham
Class 12

Chair of Clinical Education

We are beginning the search for a newly designated Chair of Clinical Education. This role will have a greater level of involvement in the curriculum development for both didactic and clinical education, specifically addressing the transition from classroom learning to clinical application and assessment of clinical performance. We hope to find the right Five Element clinician to add to our team starting in early January. For more information, please click [here](#) to view the job description, or contact Valerie Razutis at valerie.razutis@acupuncturist.edu