



Ruth Stricker's the Marsh Monthly

Volume 22, Issue 8

August 2007



Balance Bylines

By Ruth Stricker

“Commitment is putting workclothes on your dreams.”

--author unknown

This line appeared in a newsletter years ago and my mind continues to play with its various applications and challenges. The obvious is that we can think and dream, ponder and even decide – but a dream remains a dream unless we act upon it.

What are our dreams/
wishes these days? What does
your August mind ponder?
Will you permit your

thoughts to take some dream trails during this last month
of summer and communicate with us?

Are dreams merely lofty ideas or can they be reachable
goals? In the context of The Marsh, dreaming of being
21 again, having a perfect body or perfect health or a
perfect life are most likely unrealistic. Dreams of living a
full, active, productive life are attainable – but we must put
on the workclothes!

In preparation for fall programming, our staff has been
discussing how we can better help you with what you are
looking for in your lives...in terms of healthy lifestyles.
One discussion was centered on an article on **what people
want** when they come to a health center or club. We
read that most answers are very general, centering around
weight loss and the member's desire to feel better
about themselves.

The second question was, **“How will you know when
you have what you want?”** Very few people can answer this
question without further thought and then the statements
became rather vague, “I don't know – I'll just feel better” or
“I guess when I can look in the mirror and like what I see.”

The article then states, “If your members can't imagine
what it would be like to reach the goals they have in mind,
how will they know when they've arrived, let alone which
road to take to get there! If they never “felt good” will they
recognize good when they feel it?”

Interesting discussion! While we know that Marsh
members are exceptional, being self-directed and
motivated, we are also aware of always needing more
dialogue with you. We hope that you are enjoying the
whole Marsh experience...but what are your specifics?
Many of you are diligent in turning in Comment Cards
to our desks. We truly appreciate your input and try to
respond to each of them. However, they largely address
logistics and facility matters – now, tell us about YOU.

Are you feeling supported in
your motives and goals?

What does “feel better” or
“look better” mean to you?

Help us as we plan the fall

program. What are your unmet needs and what has been
particularly helpful – bearing in mind that we are here
to assist you – not enable you. We can help you with the
workclothes and commitment if you get specific with your
dreams...or at least your goals.

During the first two weeks of August, there will be
Sharing Cards at each desk. Please do some thinking and
then take a minute to tell us – “what you want”. We prefer
the realistic dreams!

Enjoy August,



Ruth Stricker

HEADACHE CLINIC

Preventing and Treating Headaches...

Headaches... we all get them. According to the U.S. Board Certified Physicians and Allied Health Professionals, roughly 28 million people in the United States suffer from migraine headaches. Another 90% of adults have or will experience tension headaches. With the stress and challenges we face in our daily routines – varying sleep patterns, illness, physical injuries and poor diet, it's no wonder headaches have become a nuisance in our lives.

Many times we can identify our own lifestyle triggers and stressful events that contribute to the frequency, intensity, and severity of headaches. This month, we have put together a panel of Marsh professionals to help discuss the prevention and treatment of headaches.

- Kathy Lutz, BS – *Panel Moderator*
- Karen Prieto, RN, BS – *Overview of Headaches*
- Ann McConville, PT – *The Therapy of Headaches*
- Kim Plessel, MS, RD, LN – *Nutritional Impact on Headache Prevention*
- Stephanie Olson, Massage Therapist – *Benefits of Massage as a Treatment and Prevention Modality*
- Terry Pearson, R.Ph., MBA – *Benefits of Meditation*

Wednesday, August 22, 12:30 – 2:00 p.m. *Complimentary to Members, Non-members \$20. Register at the Front Desk.*

WATER MASSAGE

Water massage combines the beneficial properties of land massage and warm water therapies into one remarkable experience. Typical forms of water massage include Watsu, which involves stretching, pressure point work, and Cranio Sacral, which focuses on relaxing held body patterns for pain relief. Both modalities, especially when used together, create the potential of relaxing chronic pain caused by headaches, joint injuries, Fibromyalgia, and other chronic ailments.

Suzanne Rubenbauer has been practicing water therapy for five years and is certified in both Watsu and Cranio Sacral. These therapies are available for 45 or 60 minutes.

*Cost for a 45-minute session: Members \$52, Non-members \$65.
Cost for a 60-minute session: Members \$68, Non-members \$85.
Call The Spa Desk, 952-930-8905, to schedule an appointment.*



ASK OUR PROFESSIONAL...

A New Series!

This month we are introducing a complimentary, informal, educational program. *Ask Our Professional* will be offered once a month and will provide current information about an array of topics. It is a great opportunity to get to know our professionals, ask them questions, and learn more about health and wellness. Our new dietician, Kim Plessel, MS, RD, LN will kick off this program on **Tuesday, August 14, 12:30 p.m.**, with a discussion on the role nutrition plays in headaches.

A significant percentage (up to 20%) of people with a genetic predisposition to migraines are said to have dietary triggers. While these triggers do not cause headaches, some foods and nutrition patterns may help bring on symptoms and contribute to the intensity and severity of headaches. Here are a few key components:

- For people with food sensitivities, dietary triggers are quite individual. However, commonly identified trigger foods include chocolate, aged cheeses and meats, wine and beer (due to presence of sulfites), and citrus fruit. Keeping a headache diary may help you identify whether you have a food sensitivity. By restricting your intake and then slowing reintroducing these foods one at a time, you will be able to measure their individual effects.
- Caffeine, a central nervous system and metabolic stimulant, may also be implicated in headaches. Specifically, caffeine withdrawal may contribute to dilation of blood vessels leading to increased blood flow to the head and precipitation of headaches. Caffeine-withdrawal headaches can be minimized by slowing lowering the amount of consumption and overall elimination of caffeine intake.
- Skipping meals has been indicated in the onset of headaches for some people. Eating consistent meals and avoiding prolonged fasts will prevent you from having low blood sugar levels which cause such headaches.
- Dehydration is another factor contributing to headaches, especially on these hot, dry summer days. It is important to stay hydrated with plenty of fluids – plain water being the best choice.

To learn more about nutritional triggers for headaches and migraines and Kim's recommendations, join us for this complimentary session.

In June, Karen Prieto attended a conference on nutritional wellness for cancer patients. *The New American Plate*, a cookbook created by the American Institute for Cancer Research, was the focal point of the program and includes recipes that incorporate ingredients that fight cancer and meals that are low in fat and cholesterol. *Cost: \$26.70 (includes tax). Stop by our Health Education department for more information.*



Interactive Tools for Cognitive Loss

In July, Dr. Golden and his colleague Neuropsychologist, Greg Lamberty, PhD, discussed the various diagnostic procedures, assessments and tests used to help them determine cognitive impairment, including PET scans, clock drawing and olfactory testing. The feedback on this session has been very positive.

On **Thursday, September 20, 7:00 p.m.**, Dr. Golden has designed an interactive program where we will explore different activities that are used to stave off the cognitive loss disease process, including Nintendo, computer games, music, physical activities, mindfulness movement, and memory games. And, knowing Dr. Golden, we're sure there will be a surprise or two.

You won't want to miss this evening – it promises to be a great deal of fun. The Alzheimer's Association of MN will be facilitating a few of these activities and will be on hand to answer any questions you may have about their organization.

Join us, **Thursday, September 20, 7:00 – 9:00 p.m.** *Members \$20, Non-members \$35. Space is limited; please register in advance at the Front Desk, 952-935-2202. Complimentary refreshments follow the program.*

Join Marsh registered dietician Kim Plessel, MS, RD, LN in the Moon Terrace for a brain-healthy dinner at 5:45 p.m.
Please call the Front Desk for price and menu options.

Headache Relief from The Spa...

Many people come to The Marsh seeking complementary and alternative therapies for headache relief. Since chronic stress may contribute to the most common types of headaches, it isn't surprising that headache sufferers seek treatments aimed at stress reduction, such as: massage, acupuncture, and meditation.

Many of these treatments are well-studied and considered effect treatments for some patients with headaches. According to the National Institutes of Health 1997 Consensus Statement, "acupuncture is a useful additional treatment or an acceptable alternative" to be included in headache pain management. In one published study, acupuncture treatment reduced chronic pain in the neck and shoulder areas and associated headache, with the effects lasting for months.

Next time you have headache symptoms, call The Spa at The Marsh, 952-930-8565, and schedule a massage or acupuncture treatment.

Unwind Your Mind - MBSR

The popular Mindfulness-Based Stress Reduction (MBSR) program at The Marsh is designed to teach you how to cope with stress, pain, illness and the demands of everyday life. Mindfulness meditation consists of paying close attention to our thoughts, sensations and emotions. MBSR enhances both our ability to deal with stressful situations and our ability to relax - two skills that can greatly influence our sense of well-being.

The Marsh, in collaboration with the Center for Spirituality and Healing, invites you to *Unwind Your Mind*, an effective eight-week program that explores and teaches the principles and techniques of MBSR. You will learn how to use mindfulness meditation and how to develop your own strengths so that you will respond better to daily stress.

Unwind Your Mind, will be led by Terry Pearson, R.Ph., MBA, who has over thirty years of experience in healthcare. Terry has completed a professional internship with MBSR founder Dr. Jon Kabat-Zinn and is currently researching its effectiveness at the Center for Spirituality and Healing.

The eight-week series meets, Mondays, September 17 - November 12 (no class October 1), **6:30 - 9:00 p.m. and Saturday, October 27, 8:30 a.m. - 4:00 p.m.** *Members \$365, Non-members \$410.*

✦ To learn more about MBSR and how you can consciously control the effects of stress and restore your sense of balance, well-being and peace of mind, join us for one of these complimentary information sessions on Saturday, **August 11, 9:30 a.m. or Wednesday, August 15, 6:30 p.m.**

Member Spotlight...



Loss... Healing... Love...

We are all touched in different ways by the wonderful world of The Marsh. For Kay Oritz and Jerry Martin, The Marsh opened the door to a new life together – and they were married here on June 15, 2007.

The story began many years ago. Jerry and his late wife Marilyn were Marsh charter members, Jerry an early-bird swimmer.

In 2000, Kay went through a painful divorce and came to The Marsh to be replenished. The yoga and Body Pump classes that she attended regularly gave her a purpose to get out of bed each morning... she felt empowered. Even the drive from downtown Minneapolis to The Marsh was therapeutic.

In 2004, Jerry Martin lost his wife Marilyn to cancer. He was sad and lonely, but found comfort and friendship at The Marsh, often stopping to visit with Mary Norman in the membership office after his daily swim. One day, Mary told Jerry, "When you're ready, I'll introduce you to a nice lady." Mary introduced Jerry to Kay, and the rest is history.

Since The Marsh holds a special place in their hearts, Kay and Jerry made it a big part of their wedding. Kay and her daughter spent the night in our guest rooms and enjoyed spa services before the ceremony. Knowing that she needed "moving meditation," Kay joined Stephanie Olson's Gentle Yoga class and even posed in full bridal headgear -- to the delight of her classmates. The Marsh's beautiful architecture inspired a theme of Zen-like simplicity, a perfect venue for their wedding. They held the ceremony on the deck and the reception in the studio.

The Marsh staff was honored to play a role in Kay and Jerry's celebration of a new beginning. We at The Marsh know that there are infinite kinds of new beginnings – and we try to help each of our guests move toward their own special dreams.



The cattail indicates classes that are free to Members. This month we have 17 complimentary programs.

Introduction to Movement Therapies

Introduction to Movement Therapies is a series specifically designed for those just starting their exercise program. **Physical Therapist Doug Merz** and Marsh instructors will integrate the best of personal training, physical therapy, Pilates and Yoga into a six-week series... a perfect opportunity to transition into activity or try new forms of exercise in a safe and encouraging environment. **Wednesdays, August 1 - September 5, 5:00 p.m.** Members \$135, Non-members \$150.

TC101: Functional Fitness Assessment

Have you ever wondered if you're really making progress? Functional fitness testing uses simple modes of exercise (balance, coordination, strength) to measure your current abilities. It is a fun, simple, non-competitive way to track your progress and provide guidance for creating safe future fitness goals. This method of testing gives you quantitative goals you can track daily, whether it be increasing the amount of weights you lift or the number of stairs you can climb.

This month, Marsh Trainer Brad Worm will lead a workshop that will explain why functional fitness testing is important and how to develop a custom functional fitness regimen based on your present abilities. **Monday, August 6, 5:30 p.m. and Thursday, August 9, 11:00 a.m.** Complimentary to Members, Non-members \$20. Please register in advance at the Front Desk.

Pilates Open Door

- **Monday, August 6, 10:00 a.m.**
- **Saturday, August 18, 12:00 p.m.**

As a Marsh Member you receive a free one-hour Pilates session. Join us for a Pilates Open Door and schedule your complimentary private Pilates session. Call Carol Pehle for more information, 952-935-2202. Complimentary to Members and Non-members.

The American Red Cross Blood Drive

The need for blood never takes a vacation... the summer months experience critical blood shortages throughout the United States. Please join The Marsh staff for our Fourth Annual Blood Drive, **Monday, August 13, 12:30 – 5:30 p.m.** Call the Front Desk, 952-935-2202, to schedule your donation time. If you have questions on blood donations, please call the American Red Cross at 1-800-448-3545.



Marsh Member Kitty Crosby models a new Fall ensemble from The Shop.

Shop at The Marsh...

This Fall fashion season embraces the classics... drawing inspiration from the timeless looks of silhouettes and elegant, feminine lines done in a romantic, monochromatic

color story. Shades of taupe, charcoal, tawny tans (as modeled above) and rich chocolate browns, not to mention, black and white hounds tooth, animal prints, glen check plaid, fur trimmings and leather lacing create a stunning and versatile new Fall wardrobe. You can find these elegant styles and much more in The Shop at The Marsh.

New Fall Must-Have Items:

- ☞ *Mélange gabardine pants*
- ☞ *A pencil skirt*
- ☞ *Slim leg trouser*
- ☞ *Tiered princess jackets*

Action Abstraction A Member's Experience...

Philip Noyed, an active Marsh Member, has created a series of oil paintings that he says was inspired by his personal experiences at The Marsh. Philip, who participates in Marsh Runners, yoga classes and personal training, says "I joined The Marsh because of the emphasis on the balance of mind and body."

We are grateful to Philip for sharing his work and his expression of balance with us. Please join us for an artist's reception to learn more about Philip and the thoughts behind his artwork. **Monday, August 13, 6:00 p.m.** in the Dragon Room. Please register in advance at the Front Desk.

Kid's Korner...

Taekwondo Camp

Marsh Trainer and Taekwondo Black Belt, Candy Swanson leads the Taekwondo Camp for kids six and up, **August 13 - 16, 1:00 - 3:00 p.m.** Members' children or grandchildren \$130, Non-members' children or grandchildren \$155. Cost per day: \$35/\$45. Please register in advance at the Front Desk.

Seriously FUN!

Keep your daughter or granddaughter energized, happy and inspired through the end of the summer. *Seriously FUN!* is a camp for girls ages 11-13. Each day we will explore different activities to empower the girls...

- *Exercises for the Heart and Mind... Cardio Bounce, Pilates and Yoga;*
- *Beautiful You... Girl power, manicures and other surprises;*
- *The Art of... self-defense, writing a thank you note and proper etiquette.*



The girls will receive a special gift to take home with them each day. We will celebrate on the final day with a pool party. **Monday - Thursday, August 6 - 9, 1:00 - 3:30 p.m.** Members' children or grandchildren \$140, Non-members' children or grandchildren \$175. Cost for a single session: \$40/\$60. Please register in advance at the Front Desk.

Fall Swim Lesson Registration Begins August 16

Contact Diane Pattridge, Swim Lesson Coordinator at 952-935-2202, for more information. Private and Semi-private lessons available.

Family Splash

Plenty of games and toys... bring your children or grandchildren for an afternoon of fun in the water. Family Splash is **August 18, 4:00 - 5:00 p.m.** Complimentary to Members, Non-members \$6.

Let's Talk Books...

The Whistling Season by Ivan Doig

This is a nostalgic novel set in 1906 Montana with a fast forward to the 1950's and the challenges faced by the U.S. educational system after the launching of the Russian Sputnik. The characters, the writing and the scenes are memorable - providing a perfect summer read. Join us... we have a great time! **Tuesday, August 14, 7:00 p.m.** in the Member's Lounge and **Tuesday, August 21, 1:00 p.m.** in the East Studio. Complimentary to Members and guests.

Member Information...

New Faces at The Marsh



We are pleased to introduce our new dietician, **Kim Plessel, MS, RD, LN**. Kim has a Master of Science degree in Nutrition from the University of Minnesota. For the past several years Kim has contributed to various groups benefiting those with diabetes. She coordinated a Robert Wood Johnson Foundation initiative to build community support for diabetes care, worked on designing diabetes programming and supportive systems in a clinic setting and conducted medical nutrition therapy for diabetes and weight management.

In her free time, Kim enjoys outdoor activities including biking, running, scuba diving and spending time with her 11 month old son, who she says has allowed her to experience “a true joy to see the world in new ways through his explorations.” Kim can be found in the Health Education Office. Please stop by and welcome her to The Marsh or to speak with her about dietary questions or concerns.



Please join us in welcoming **Betsy Ellwanger** to The Marsh as Director of Conference and Catering. Betsy has extensive experience in management as well as marketing and sales, meeting and event planning with local, national and international organizations. Betsy is excited to join The Marsh and be a part of a place that is so beautiful and full of energy.

Betsy graduated from the University of Minnesota and subsequently achieved a Certification in Special Events and Festival Management. In her leisure time, she enjoys traveling, watching and playing a variety of sports including volleyball and softball, and reading.

We are fortunate and pleased to have Betsy Ellwanger join The Marsh family. For information on planning a special event or meeting at The Marsh, you can reach Betsy at 952-930-8537.



Betty Albrecht joined The Marsh staff earlier this year as the restaurant manager. An experienced restaurant manager, you may recognize Betty from the 10 years she was dining room manager at the Wayzata Country Club. Betty enjoys being part of The Marsh team, and creating excellent dining experiences for our guests.



Please welcome nail technician, **Katie George** to The Marsh Spa. Katie specializes in natural nail services. When she isn't working, Katie enjoys taking on home improvement projects, landscaping and being outdoors. Katie works in The Spa on Monday, Wednesday, Friday, and Saturday. Please stop in The Spa to welcome her.

August and September Guest Days

Wednesday, August 8 and Sunday, August 26
Thursday, September 13 and Saturday, September 22

Members' Corner

- Thank you for your patience during our annual pool cleaning process. The lap pool and whirlpool will **re-open on Saturday, August 4, 7:00 a.m.**
Fun Fact: It takes about 55,000 gallons of water to fill our pools!
- Our delicious baked goods are made fresh every morning... a selection of muffins, scones and reduced calorie and/or reduced fat options for your enjoyment. And, we are **now serving freshly brewed iced tea!**
- The recent pool drain accident involving a young local girl prompted all of us to review our safety measures. Please be assured that we have an advanced system to prevent such incidences. We have also added new drain covers with an anti-hair component to further assure your safety.
- The new group fitness schedules will be available for you at the Front Desk starting August 15.

Labor Day Building Hours: 7:00 a.m. - 3:00 p.m.
Spa, Shop, Restaurant, Kids Club: Closed

Welcome New Members...

Tom Anderson	Kathleen Jones	Richard Ross
Barbara Campion	Mark Kriesch	Stephanie Ross
Missy Carver	Rochelle Mazee	Tony Scarlotta
Terrwyn Chamberlin	Roger Mazee	Kiren Schulte
Marilyn Clinton	Mary McCarty	Michael Sedley
Tom Doull	Howard Jr. McMillian	Manya Sherman
Mike Evers	Robert Milavetz	Max Sherman
Laura Guyn	Elizabeth Neiman	Linda Sperber
Theresa Hosfield	Julie O'Brien	Karen Vance
William Hosfield	Sandy Raiche	Andy Waterous

AUGUST EVENTS

2007

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



the Marsh
A Center for Balance and Fitness
15000 Minnetonka Blvd., Minnetonka, MN 55345
952-935-2202 • www.themarsh.com

Coming in September...

- Interactive Tools for Cognitive Loss
September 20, 7:00 p.m.
- Fall Swim Lessons
- Labor Day Hours: 7:00 a.m. - 3:00 p.m.
Spa, Shop, Restaurant and Kids Club: Closed

5
Nia 10:15 a.m.

6 Water Walking 9:30 a.m.
Pilates Open Door 10:00 a.m.
Seriously FUN! Begins 1:00 - 3:00 p.m.
TC101: Functional Fitness Testing - 5:30 p.m.

7 Gentle Tai Chi 11:30 a.m.
Seriously FUN! 1:00 - 3:00 p.m.

8 Guest Day!
Seriously FUN! 1:00 - 3:00 p.m.
Introduction to Movement Therapies 5:00 p.m.

9 TC101: Functional Fitness Testing - 11:00 a.m.
Seriously FUN! 1:00 - 3:00 p.m.
Pasta Night - 5:00 - 9:00 p.m.
Nordic Walking 6:30 p.m.

10
Fresh Catch Fridays

11 Marsh Runners 9:00 a.m.
MBSR Info. Session 9:30 a.m.
Body Rhythms 10:30 a.m.

12
Nia 10:15 a.m.

13 Water Walking Demo 11:00 a.m.
Blood Drive 12:30 - 5:30 p.m.
Taekwondo Camp Begins 1:00 - 3:00 p.m.
Artist's Reception 6:00 p.m.

14 Gentle Tai Chi 11:30 a.m.
Ask Our Professional Staff: Nutrition and Headaches 12:30 p.m.
Taekwondo Camp 1:00 - 3:00 p.m.
Let's Talk Books 7:00 p.m.

15 Fall Studio and Pool Schedules available at the Front Desk.
Taekwondo Camp 1:00 - 3:00 p.m.
Introduction to Movement Therapies 5:00 p.m.
MBSR Info. Session 6:30 p.m.

16 Fall Swim Lessons Registration Begin!
Taekwondo Camp 1:00 - 3:00 p.m.
Pasta Night - 5:00 - 9:00 p.m.
Nordic Walking 6:30 p.m.

17
Fresh Catch Fridays

18 Marsh Runners 9:00 a.m.
Nia 10:30 a.m.
Pilates Open Door 12:00 p.m.
Family Splash 4:00 p.m.

19
Nia 10:15 a.m.

20 Water Walking 9:30 a.m.

21 Gentle Tai Chi 11:30 a.m.
Let's Talk Books 1:00 p.m.

22 Headache Clinic 12:30 p.m.
Introduction to Movement Therapies 5:00 p.m.

23 Pasta Night - 5:00 - 9:00 p.m.
Nordic Walking 6:30 p.m.

24
Fresh Catch Fridays

25 Marsh Runners 9:00 a.m.
Chi Ball - 10:30 a.m.

26 Guest Day!
Nia 10:15 a.m.

27 Water Walking 9:30 a.m.

28 Gentle Tai Chi 11:30 a.m.

29 Introduction to Movement Therapies 5:00 p.m.

30 Pasta Night - 5:00 - 9:00 p.m.

31
Fresh Catch Fridays

3
Fresh Catch Fridays

4 Lap Pool Re-opens at 7:00 a.m.
Marsh Runners 9:00 a.m.
Fresh Water Swim at Lake Ann - 10:00 a.m.

denotes events that may affect parking

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- *Water Massage*
- *TC101: Functional Fitness Testing*
- *Seriously FUN! Camp*
- *New! Ask Our Professional*
- *Introduction to Movement Therapies*

From the Pool...

Ai Chi Experiential

Learn the basics of Ai Chi beginning with simple breath work, then adding upper extremity movements, trunk stability, followed by lower body movements and finally ending with whole body movement coordination. The challenge is to coordinate the physical movements with inward meditation. Join **Kathy Lutz** and **Charlene Austin** in the Therapy Pool as they teach the progression in a step-by-step manner. Being more comfortable with the movements, may influence your ability to relax and benefit fully from Ai Chi . **Thursday, August 2, 11:15 a.m.** *Complimentary to Members, Non-members \$20. Sign-up at the Front Desk.*



Water Walking Demonstration

Join Marsh Aquatic Instructor, Barb Denslow for this fun and invigorating water class that provides low-impact exercise while taking the pressure off your bones, joints and muscles. Everyone can benefit from water walking – even people who don't know how to swim. Specially selected music and class format offers beginners to veteran water exercisers an effective easy to follow routine while strengthening your muscles and increasing your range of motion. Get in! The water is fun! **Monday, August 13, 11:00 a.m.** *Complimentary to Members and Non-members.*