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Holistic Care for Whole People
www.sojourns.org

Dear Friends,

This Fall issue of the newsletter should be subtitled “the 4 W’s” ! It is s packed with information about Who we are, What we think ,Why we work the way we do, and Where we are headed. I hope you enjoy reading about our work as much as we enjoy doing it and sharing it with you. We are proud of the work we do and so grateful for all of your support and participation. -Cynthia N. Moore, MS, Executive Director

Our Bodies Are Ecosystems Not Chemistry Sets™

At Sojourns, we recognize that true health implies a dynamic balance in every aspect of ones’ life; and that our relationships to the environment, the food we eat, and other external factors are integrally related to our overall well-being. We are also very committed to preserving and improving the quality of life in our rural community.

With this in mind, our founders arranged for Paul Harlow to farm our land organically.

You can’t live in and around Westminster and not know the name Harlow. For many in the area, the word “Farm” comes to mind first. For some, it’s the word “Organic”. That’s largely because of Paul Harlow, owner of Harlow Organic Farms.



“It’s been great working with Sojourns in the community with the land. I respect their commitment to local community and agriculture.” - Paul Harlow

If you happen to notice farmland around Westminster that’s both rich with growth and aesthetically pleasing, it’s likely a part of Harlow Farms. On his 210 acres, Paul grows a little of everything, selling his products locally as well as to large retailers like Whole Foods Market.

Since Sojourns’ inception in 2000, we have collaborated with Paul by inviting him to farm the bulk of the 11 acres on which the clinic sits.

Paul comes from a line of farmers. His grandfather bought the original farm in 1917, and was, as Paul describes him, the “original organic farmer”. His father was a dairy farmer, and Paul started working in his father’s barns when he was five. By age nine, Paul was driving the tractor during hay season. In 1974, after college and agriculture school, he took over the family farm.

His interest in organic farming started in 1976. Inspired by reading, as well as by the lack of vitality in the soil, he established a small ¼ acre plot to try out the “Big O”. He started with easy-growers like pumpkins and squash, adding more each year. He now farms entirely by organic standards, protecting the quality of the local soil, growing robust, nutrient-rich vegetables for the community, and employing 30-35 people seasonally to help him.

continued on page 2

Paul is not only a farmer, but also an active parent, spouse, and community member. He is married to Elizabeth Harlow, and has three children: Evan, 27, Emma, 25, and Hannah, 8. Paul volunteers his time in the Westminster elementary school, where his children attended school, and where he himself went 50 years ago.

Due to his initiative in 1988, and his ongoing help and encouragement, the school now has a school garden, a garden-based curriculum and home-grown snacks. Paul collaborates with other farmers in the area, offering support through the sharing of land, labor and equipment. He's currently the Chair of the Westminster Select Board, having served on the Board since 1998.



Given all that he does, Paul is obviously highly motivated. What inspires him? "Protecting the soil" is first on his list. But he also has a dream for Harlow Farm: "I'd like to be able to provide the area with its own food." To this end, he keeps his prices competitive with the local, large retailers, offering the community ready access to locally-grown, organic vegetables.

Look for Paul's vegetables at Harlow Farm Stand on Route 5, north of Westminster, as well as at the Brattleboro and Putney Food Co-ops.

W	D	N	I	M	A	T	I	V	C	T	B	M	R
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H	T	S	B	W	H	E	R	B	A	L	I	E	H
C	V	U	M	S	I	J	N	B	Q	B	Y	L	T
M	I	L	I	E	U	R	O	M	S	E	J	A	A
U	Y	I	B	I	O	L	O	G	I	C	H	X	E
J	I	N	S	H	I	N	J	Y	U	T	S	U	R
A	D	J	U	S	T	M	E	N	T	I	N	I	B
I	S	T	M	K	V	E	S	I	C	R	E	X	E

"Sojourns is a place of both answers and discovery – it has a feeling of not just single practitioners but of a healing community which is the direction our world should be heading towards."
Kate Tarlow Morgan,
East Alstead, NH

Word Search: Each of the words below is somewhere in the puzzle above- can you find them?

JIN SHIN JYUTSU
VITAMIN D
METABOLISM
EXERCISE
ADJUSTMENT
INSULIN
BIOLOGIC
LIVE BLOOD CELL

ACUPUNCTURE
BREATHE
HERBAL
RELAX
BMI
BMR
MILIEU

Thank you to Nancy Hood & Lisabeth Sewell McCann for photos and interviews !

Our Collaborative Care Model Is the Core of Our Philosophy of Care

We believe that integrated multi-disciplinary practitioner teams offer patients a depth of perspective in diagnosis and treatment options which is impossible for solo practitioners to provide. By sharing our expertise with one another, we improve the quality of care we can offer our patients while simultaneously improving our individual and collective abilities.

Sojourns' commitment to integrated care is unparalleled.

Unlike many facilities who advertise integrated care but are actually solo practitioners working under a shared roof, Sojourns has developed an effective and extensive model of collaborative care that is woven into the fabric of our work. For example:

- Our practitioner team meets daily to discuss patients and their progress, and weekly for more in depth chart review and extended discussion
- Patients are considered clients of the clinic rather than of individual practitioners. Unless they choose otherwise, clients have one chart that is shared among their practitioner team
- Many initial intakes for new patients are conducted by two practitioners at once so that multiple perspectives are engaged right from the first visit
- Our full-time Patient Advocate's primary responsibility is to facilitate the flow of our collaborative care model. In addition to leading the daily practitioner meetings and coordinating schedules and communication, Diana is also the point person responsible for making sure our clients needs are being met appropriately.

“Sojourns operates as a team and a community, but if I had to single out one individual on staff who has contributed the most to making Sojourns what it has become, it would be Diana Venman, our Patient Advocate. Without her care, dedication and commitment we would never have been able to develop such a successful model of patient-centered collaborative care. Her contributions to Sojourns are enormous. We are so lucky to have her at the center of this amazing journey!”

- Cynthia Moore, Exec. Director

In the last three years, if you've had a question about your treatment plan, needed more information about a healing protocol, or simply done an intake interview as a new client, more than likely you've spoken with Diana Venman.



Diana is Sojourns' Patient Advocate. She acts as an administrative link, a “glue” between people, making sure information is passed efficiently and clearly between practitioners collaborating in a patient's care. Additionally, she supports each client in his or her relationship to their practitioner team.

Having worked at Sojourns since its inception in 2000, and having served in a variety of roles since that time, she knows a lot about what goes on here. She can talk broadly about the Clinic's philosophy of care and integrative approach, as well as specifically about each healing modality.

Diana knows how valuable the role of Patient Advocate is, and believes the role should exist in all healthcare settings. “The medical structure is so unwieldy. Even savvy people have a hard time navigating it. Hospitals should have entire departments of patient advocacy offering non-practitioner support to their clients.”

What does she love most about her job? “Being involved with practitioners in creating protocols, being able to support clients, and helping them feel powerful in their own care to make the most educated decisions. I love helping people feel secure, supported and heard. I absolutely love it.”

Our name, “Sojourns” implies a journey.

We view our roles as practitioners as that of guides along our clients’ Healing Journey.

We recognize that healing requires active participation on the part of the patient,
and that outcomes and prognosis are inextricably tied to an individuals’ attitudes, responses and beliefs surrounding their ability to heal.



*Sojourns Launches a New
Therapeutic Lifestyle Coaching Program*

Health is our natural state of being. Our bodies are continually adapting to the environment around us in order to stay healthy. Our job is to keep good things going in and bad things moving out, and to make sure that there is nothing blocking the flow of information, or our potential to respond. We need good food, appropriate exercise, good sleep and adequate stress management.

We ask a lot of our patients at Sojourns. Your participation in your health care plan can make the difference between good results and extraordinary results.

We want the extraordinary results every time. We have been looking to create a lifestyle change program that all of Sojourns’ practitioners could feel good about using. Over the summer, we learned that one of our nutrient suppliers, Metagenics, had done much of the groundwork by creating their *FirstLine* Therapy program. The program is based on Functional Medicine principles and research. My passion and practice in health care has always been the interface between our life choices and our body’s health. In my 27 years in practice, I haven’t encountered a tool as well-documented or comprehensive as *FirstLine* therapy. In September, Diana, Chelsea, Stacey and I went to a workshop in Manhattan to learn the details of their program, and explore its application to our client population. We came back energized, enthusiastic and impressed. *FirstLine* Therapy is very well researched, with a proven track record and documented success.

FirstLine Therapy is a therapeutic lifestyle change (TLC) program that addresses many chronic symptoms and health concerns. It is the first line of defense for chronic diseases like heart disease, stroke, diabetes, arthritis, osteoporosis, obesity, high blood pressure, Alzheimers; and can address symptoms of fatigue, inflammation, memory issues and hormonal imbalances. It has been demonstrated effective in repeated clinical trials.

We are doing a clinical trial ourselves here at Sojourns. Over 90% of our staff is enthusiastically participating in our first ‘launch’ of the *FirstLine* therapy program. We are all changing our way of eating, using appropriate medical foods, exercising more and looking to actively de-stress our days. We are monitoring changes in cholesterol, triglycerides, blood pressure, fasting blood sugar and body composition (fat: lean muscle ratio). Our trial will end the week before Christmas. We’ll post the data on our results soon after...and, if we are as successful as we predict, we will ask you to join us in the new year!

~Linda Haltinner, DC



Meet Chelsea Berry; Sojourns' Apothecary Coordinator

Chelsea Berry comes to Sojourns' Apothecary from Bastyr University in Seattle, where she earned a B.S. in Herbal Medicine in 2006. She brings with her a thorough knowledge of plant medicine, a profound curiosity for health and healing, and a joyful willingness to share what she knows with practitioners and clients alike.

Her training included intensive learning in the 'hard' sciences such as biochemistry, microbiology and anatomy; balanced with study of the energetic and cultivation, and preparation of herbs. She is pleased with the result of her education; she has a clear understanding of the mechanisms of a wide variety of plants as they act in the body.

Chelsea feels compelled to help people understand their own bodies so that they are able to help themselves, but her interest doesn't end with the body: "People who have more of an awareness of their bodies have more of an awareness of their surroundings. This helps foster a better environment, a better community, and people who are much more in tune with what's going on in the world socially, economically, politically, and environmentally."

Medical food products are one of the foundations of many of the nutritional protocols that Sojourns' practitioners recommend for patients.

Medical foods are also an integral part of the FirstLine Therapy program.

According to the FDA Center for Food Safety and Applied Nutrition, Medical Foods:

- Are disease or condition specific
- Meet distinctive nutritional requirements that cannot be met by diet alone
- Are science based
- Are proven beneficial through medical evaluation and clinical trials

Medical foods typically can take the place of a whole array of supplements, simplifying a person's protocol while precisely addressing the biochemical needs of their health condition. The research is impressive. In a broad comparison study in 2006, blood pressure, cholesterol levels and triglyceride levels changed dramatically more significantly with the addition of a medical food product than with diet changes alone.

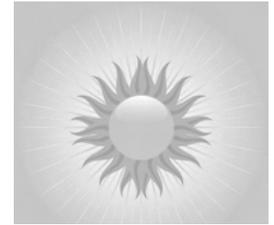
If you would like to learn more about medical foods or any items in our Apothecary, stop by and speak with Chelsea.

Mention the newsletter to get a special discount on Vitamin D, or any of our Medical Foods

1 per customer / Expires 12/31/08

Vitamin D The “Sunshine Vitamin”

Amy Littlefield N.D.



As the days are getting shorter, our sleeves are getting longer. Less sun exposure means less natural production of Vitamin D in our skin.

The majority of Americans are Vitamin D deficient. This is even more pronounced in residents of higher latitudes. There is virtually no Vitamin D production in the skin during the winter months in people living above 35N. At Sojourns (latitude 43N), we regularly see low Vitamin D status in our patients. The research points to more and more reasons for concern about a decrease in the ‘sunshine vitamin.’

Vitamin D is essential to numerous physiological processes. It aids the delivery of calcium to bones and teeth. A severe deficiency of Vitamin D results in a skeletal deformity called Rickets. Although there are very few cases of Rickets in the overdeveloped nations, other common health issues are associated with Vitamin D deficiency. In the past year, research has shown low Vitamin D status in patients with depression, cancers, pain, osteoporosis, heart disease, diabetes, multiple sclerosis, autism, digestive and inflammatory disorders.

Vitamin D is essential to healthy immune function. This is good to note as children return to school. In a review article called ‘Epidemic influenza and Vitamin D’, the authors suggest that the cold and flu season occurs in winter months due to low reserves of Vitamin D. (*Epidemiol Infect* 2006;134:1129-40). They suggest that children who have adequate Vitamin D are less likely to experience upper respiratory infections. This may be because Vitamin D supports the formation of white blood cells and so facilitates proper immune function.

At Sojourns, I rarely find a patient who has adequate Vitamin D stores, and I often prescribe Vitamin D supplementation. I cannot stress enough how many patients who spend plenty of time outdoors and eat an optimal diet are still deficient in Vitamin D. It is thrilling to find the occasional lab result of the patient who is not deficient! While the RDA for Vitamin D is 400 IU per day, recent perspectives suggest that this is a grossly underestimated amount that will soon be increased to reflect current understanding about the broad effect of Vitamin D.

I commonly prescribe 2000 IU per day of Vitamin D. This is generally considered safe for adults. However, there may be a person for whom that is not enough to restore supply. Since absorption can vary with skin type, digestive health, dietary variances, medications and supplementation, please consult your practitioner for a review of your current Vitamin D sources and an individualized assessment to see what dose is appropriate for you. We may recommend a simple blood test to determine your current vitamin D status.

In closing, you may ask why Vitamin D deficiency is so prevalent. If we need it, shouldn’t we be able to get it without supplementation?? I would suggest that our shift to a predominantly indoor culture, air pollution, sub-optimal diet and poor digestive assimilation capabilities are part of the problem. Interestingly, a worldwide assessment showed that only residents of Thailand have adequate Vitamin D stores year round. Vacation anyone?

Dr. Amy Littlefield is a graduate of the National College of Naturopathic Medicine in Portland, Oregon. Amy’s residency at Clifton Springs Hospital in New York helped her to cultivate her gift for bridging the gap between high quality conventional medical care and naturopathic medicine. Her passion is working holistically with patients being treated for cancer and their oncology team to provide integrative oncology care.

Partnering with Our Patients

At Sojourns, we strive to empower our clients through education and coaching. Much of this occurs one-on-one during consultations and in small-group workshops. Our goal is to help clients understand their health and expand the degree to which they are able to contribute to their own healing process.

The following Aboriginal quotation is displayed in Sojourns' main waiting area:

“If you have come to help me you are wasting your time. But if you have come because your liberation is bound up with mine let us work together”

*AN AWARENESS-BASED
STRESS REDUCTION & RELAXATION CLASS
with Brett Avelin, MS Lic Ac. Six weeks, Dec. 4 - Jan. 15
Thursday evenings, 5:30 - 7:00.
(no class on Christmas)
Cost \$150 includes handbook and meditation CD*

All classes will be held at the clinic. Space is limited so call soon to reserve your place !

Do you feel pressured or stressed just trying to manage everything in your life on a daily basis? This six- week class is for anyone wanting to effectively deal with the harmful impacts of stress, anxiety, and depression. Come and explore the root causes of stress and learn about living a more skillful, intentional, joyous life in body, mind, and self.

Participants will be given practical ideas for establishing a life that is more aware, more relaxed, and most importantly, not based in feeling driven or overwhelmed by issues of everyday work and home life, as well as deeper life issues. Participants will leave with a solid foundation for a daily meditation practice.



Brett Avelin MS is an Acupuncturist at Sojourns and a Yoga Teacher in Southern Vermont. He describes his work as “serving individuals and groups in order to end suffering, and rediscover the simple joy of living with an open heart and mind. “

The following is a letter Brett received from one of his clients:

“Brett, I wanted to take this opportunity to thank you once again for your help in addressing issues that I was facing. I have steadily improved since that time and am now about as healthy as I’ve ever been in that regard. I’m grateful for your showing me how to center myself and take control. My wife is also very happy, which has given an all-around boost to our marriage. “-JH

Laura Morris is Sojourns' Newest Massage Therapist

Laura Morris was a massage therapist on Long Island for 24 years. She often thought about retiring to Vermont—someday. Last fall, while on a camping trip to New Hampshire with her husband, Steve, they got lost—and found their new home at the end of the drive they turned around in. Laura and Steve moved to East Acworth in January. She is now seeing clients at Sojourns.



What drew you to massage?

“I grew up in hospitals, as my Mom was very ill. I learned there the value of touch. A friend suggested that I study massage therapy and I was amazed to discover that I could do this heart work and be paid for it.”

What do you enjoy about working at Sojourns?

“I am thrilled to be at Sojourns because of the inter connectedness and input of so many talented people. Previously, I worked alone and I always felt like a rung on a ladder. At Sojourns, the resources are so rich and so huge.”

What kind of massage do you do?

“I do deep tissue massage. It is a very present, deep touch...not painful, but deep. Ninety percent of the people I saw in my previous practice were referred by physicians or other clients and had a wide range of medical issues. Oftentimes, I would share clients with physical therapists.”

“I also do a type of head-face-neck and shoulder massage in conjunction with herbal compresses that is good for reducing headaches, releasing the sinuses, boosting the immune system and reducing stress. This type of massage takes an hour and a half.”

What do you enjoy most about your practice?

“The people I massage bring their wisdom to the table. You meet in the massage—there’s a connection that happens—and you can feel it and see it when they release. That is just the best. It’s delightful. It is a privilege to be trusted and to be part of someone’s healing process. It is a place of honor.”



Announcements & Updates

Someone asked recently if anyone ever left Sojourns and we replied :

“ Not without a really good reason” In that vein, Zoë Scott will be leaving Sojourns in December for one of the best reasons of all: she and her partner Dylan are expecting another son in December. Congratulations Zoë, Dylan, Jaeden, Elias & of course Auntie Di!

Martha Hennessy is on a leave of absence to pursue her some of her personal and political endeavors.

We are also pleased to welcome several new additions to our team:

Jessica Cullity, LPN has joined our nursing staff, which may allow Gaelen to take a breathe at least once a week or so...

Skyla Tennyson has joined us one afternoon a week to help with Accounts Payable.

Barbara Silbey, PT will be joining us in December. Her speciality is rehabilitation and orthopedics.

Andrew Robinson joined us as Operations Manager in July and has already proven himself to be a valuable member of the management team. Welcome Everyone !

“For the first time in many years I’m reconnecting with my vitality and believe that all that’s not been well with me is fixable. Thank you, thank you, thank you.”

Hazel Erdober, Alstead, NH

Approaching each patient holistically, and treating the person, *not* the disease requires looking beyond symptoms to underlying causes.

Sojourns’ protocols are all designed to do just that by:

1. Removing any obstacles to healing including blockages, stressors and toxic load
2. Correcting any underlying deficiencies and imbalances
3. Restoring and maintaining a balanced, healthy internal environment through appropriate lifestyle, nutrition and appropriate supplementation & supportive therapies

The word “chiropractic” is derived from the Greek words “cheir” and “praktos” meaning “done by hand.” Chiropractic physicians strive to diagnose and correct biomechanical disturbances and nervous system blockages which often manifest in symptoms of inflammation, tension, adhesions and other joint mobility restrictions and may have systemic impact.

“It is incredible to me how much can be accomplished by soft tissue work, realigning people, getting joints to function, and teaching people how to be different in their bodies”, explains Jill Marquess, talking about her Chiropractic practice at Sojourns. “I’ve seen incredible results. Even after all these years, I’m continually impressed and surprised by how much benefit there is.”



Jill started at Sojourns in 2005, and has had a busy practice ever since.

She chose to train in Chiropractic Medicine because healing through “physical medicine” seemed most natural to her. She brings a long and extensive background in touch therapies, including Massage, Reflexology, CranioSacral Therapy, and Reiki to her Chiropractic practice.

Jill continues to broaden her scope through ongoing education. She is currently engaged in a 5-year course of study on Anthroposophical Medicine through the U. S. Physicians Association for Anthroposophical Medicine, and is beginning a study of chiropractic pediatric care.

What does Jill like best about Sojourns?

“The collaborative care model. “

“It’s huge for one practitioner to hold someone who is really ill. It’s really great for a whole team to support them on many different levels. Everyone has their special gift. . . **I’m a better practitioner for being here.**”

*Featured Board Member:
Carolyn Partridge, Legislator, Farmer & Fabric Artist*

Carolyn was inspired to join Sojourns' Board of Directors three years ago because our work aligned with her interest in bringing affordable healthcare to all Vermonters. Carolyn has been working towards that goal for ten years on a state legislative level, in her role as a representative in the legislature in Montpelier.

How does the care offered at Sojourns fit into the vision of healthcare you are working towards making available to all Vermonters?

“At this point, my hope is that we can get health care in general for all Vermonters, starting with conventional needs for check-ups and routine prevention care that can nip things in the bud before they become an illness—like diabetes. It would be great if we could include other modalities in our health care regimen as time passes. My vision is to take the first steps and then, hopefully, expand it.”



What do you think makes Sojourns special? What is our “special sauce”?

“It’s the combination of personal attention, true skill, and a calming and healing atmosphere.”

**Sojourns
Board of Directors**

Linda Haltinner, DC
Regina Rockefeller
Susie Hastings
Carolyn Partridge
Diane Provost
Kate Tarlow-Morgan
Angela Walton
Meredith Young-Sowers, D.Div.

What do you enjoy about serving on the board? What encouragement can you offer others to join?

“I enjoy watching Sojourns flourish and succeed and gain in strength every year, while becoming more and more successful. There is an opportunity on a Board for people to grow. Being a public servant is an opportunity to stretch; and with the world in the condition it is in, we are all going to need to pitch in and participate.”

Would you be willing to share some things that you do in your own life to promote balance and well-being?

“The thing I really enjoy doing is going down to my barn to do my barn chores. No matter how badly life is going, in the barn I am totally grounded and know what is important in life. I also enjoy spinning, knitting, meditating and making beaded jewelry.”

Carolyn shares her farm in Windham with her husband, Alan Partridge, who raises Scottish Highland cattle. She has three grown sons. She has had a leadership role in the legislature for six years, and has served as the Majority Leader in the House for the past four years. In addition to working for universal access to health care, Carolyn is interested in plotting a course for our energy future, with a focus on renewable resources.

Sojourns is grateful to Carolyn, and all of our Board Members for making time in their full lives to serve on our Board.

Would you like to increase your connection to Sojourns?

If you would be interested in exploring possibilities for volunteering or serving on our Board of Directors, please contact Cynthia Moore to learn about opportunities for getting involved.

Sojourns' mission is to be a model for change in healthcare.

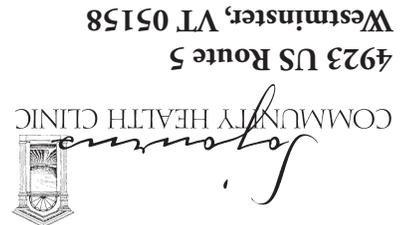
Practitioners: Our practitioner team is comprised of some of the most talented, experienced practitioners in the region.

- Dr. Linda Haltinner, DC Medical Director Chiropractic, Biological Medicine & Functional Medicine
- Dr. Gary Clay, MD Holistic Family Medicine
- Dr. Chris Hastings, DC Chiropractic & Functional Medicine
- Dr. Jill Marquess, DC Chiropractic & Physical Medicine
- Dr. Amy Voishan Littlefield, ND, Lic Ac Naturopathic Medicine & Acupuncture
- Dr. Gregory Burkland, ND Naturopathic Medicine
- Gaelen Ewald, RN Nursing & IV Therapy
- Jessica Cullity, LPN Nursing Support
- Pam Bolduc, RN Computerized Regulation Thermography
- Doug McCorkle, PT Physical Therapy & Zero Balancing
- George Connell, PT Physical Therapy & Craniosacral Therapy
- Carolyn Ingraham, PT Physical Therapy & Craniosacral Therapy
- Elizabeth Blum, OT Occupational Therapy & Lymphatic Drainage
- Cynthia Moore, MS, Lic Ac Acupuncture & Homeopathy
- Brett Avelin, Lic Ac Acupuncture & NAET
- April Brumson, Nurse Practitioner, Lic Ac Primary Care, Biological Medicine & Acupuncture
- Bonnie Bloom, Herbalist Jin Shin Jyutsu, Herbal & Cleansing Support
- Kathy Daigle, Bodywork Therapist Massage, Craniosacral Therapy & Lymphatic Drainage
- Laura Morris, Bodywork Therapist Massage & Myofascial Release
- Zoë Scott, Bodywork Therapist Massage & Myofascial Release
- Bruce Souza, Bodywork Therapist Massage & Myofascial Release
- Jeanne Marion, Medical Lab Tech Nutritional Microscopy
- Stacey London-Oshkello, MS, RD, CD Nutritional Counseling
- Miss Bee Registered Therapy Dog

Staff: Our staff is small but diverse and dedicated to making your experience throughout Sojourns as healing and supportive as it is inside the treatment room.

- Diana Venman Patient Advocate
- Wanda West Client Services Coordinator
- Seth Phoenix Client Services Staff
- Diane Provost Client Services & Operations Staff
- Jenny Swing Client Services & Apothecary Staff
- Amanda Jordon Billing Coordinator
- Crystal Angers Patient Accounts
- Crystal Furtado Patient Accounts
- Kathy Gelineau Patient Accounts
- Skyla Tennyson Accounts Payable
- Chelsea Berry Apothecary Coordinator
- Andrew Robinson Operations Manager
- Nancy Hood Assistant to the Exec. Director
- Cynthia Moore Executive Director

NONPROFIT ORG.
U.S. POSTAGE
PAID
PUTNEY, VT
PERMIT # 1



*“Professional, yet compassionate
level of service and treatment.
There wasn’t one time I didn’t leave Sojourns
feeling better than when I walked in.”*

Lisa B., Putney, VT

In this issue:

- **An interview with Paul Harlow: the keeper of our crops**
- **Learn about some of the underlying principles behind our Collaborative Care Model**
- **Sojourns introduces a new Therapeutic Lifestlye Coaching Program**
- **Shedding some light on Vitamin D- the “Sunshine Vitamin”**
- **Meet some of our the people who make Sojourns special**