

**Annual Report FY2019** 



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### **Board and Team Members**

#### **Marion Institute Team**

Elizabeth Wiley

Executive Director January 2019 – Present

Robyn Branco

Executive Director 2018

Adam Davenport

Cristiano Dias

Jane Dolan

Julie Harrington

Intern

Nicole Morris-McLaughlin

Cheryl Radford

Patti Rego

Angela Silva

Abigail Smith

Mary Twomey

### **Board of Directors**

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Co-Founder and President

Margherita Baldwin

Co-Founder, Clerk

Ryan Wagner

Treasurer

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John Mannix

Patricia Sullivan

Joan Tiffany

**Bob Unger** 

Orson Watson, Ph.D.

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Paul Hawken

Satish Kumar

Van Jones

Jeremy Narby

Claude Pepin

Nina Utne

### **Associate Board**

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Joanie Brady

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John Burt

Johnnie Chace

Vickie Cunningham

Mary Davidson

Peter Dean

Mark Finser

Sally Hunsdorfer

**Robert Inches** 

Krystyna Jurzykowski

Carola Lott

Ellen McFarland

Elizabeth Oates

Elaine Seiler

Kelli Sterrett

### **In Memoriam**

Bokara Legendre

Wangari Maatha

### **Letter From The Director**



Dear Friend,

FY2019 was about new beginnings and new directions for the Marion Institute (MI).

First, the new beginnings. It was with great excitement

that I returned to the MI as Executive Director in January of 2019, succeeding the amazing Robyn Branco. Robyn worked tirelessly for the MI for six years and was integral to its success and development. We thank Robyn for all her tireless effort and wish her the very best as she continues to bring positive social change in her endeavors at the Southcoast YMCA. As for me, this was a return to the work I am most passionate. The MI's mission has always been close to my heart and aligns with my personal and professional philosophies. Our goal of promoting healthy living and vibrant communities through food access, resilient environments and holistic healthcare is a fundamental part of my world view.

Second, the new directions. We launched the year by creating a new mission statement, which begins by declaring, "The Marion Institute is building a movement." That is an intentionally bold statement. The word "movement" means "to create action" and "to go from one place to another." Last year, the MI celebrated its 25th anniversary, which is a great accomplishment for any non-profit. But we cannot rest on past success. Instead, we must continue to move forward, create action, and be the change

that we wish to see in the world around us. Today, the change that we most want to see, and what is desperately needed, is within health care, both institutionally and individually. We believe that with the spread of biological medicine – a patient-focused approach that supports and restores the body's own ability to regenerate, repair, and self-heal through the use of natural and energetic therapies – we will witness a ripple effect of benefits to human health, environmental resilience and society as a whole.

The MI's core programs address the wide range of root causes which shape health in the places where we live, learn, work, and play. It is in this vein that we will continue to create and advocate for food security and nutrient-rich food for all, individual physical and spiritual wellness, and healthy and safe environments that are free of toxins and contaminants. Sustaining a movement is about sustaining action and we need all of you to join us as we embark on our next 25 years with renewed spirit and increased energy. We are on the cusp of fostering a health care revolution that will make a profound difference by creating lasting change in how we view health, well-being and society.

I am grateful to work with the incredible MI team to implement and expand this pioneering vision and with all of you, our amazing supporters, partners and community members, as we advance our mission to create healthy environments and provide access to holistic healthcare that is equitable and inclusive to all.

Ling

**Liz Wiley** *Executive Director* 

### Mission & Vision



# Health from a Different Perspective.

Mission statements are the way non-profits tell the world what their organization is here to do. A good mission guides our work, aids our decision-making and provides a guideline for our every interaction. A great mission statement does even more. It compels us to look ahead at the world we want to create. It challenges us, all of us, to take on lofty goals that can only be achieved when we take hold of them, and make them live and breathe in our day-to-day lives.

Last year, the Marion Institute (MI) celebrated its 25th anniversary. In that time, MI achieved its mission to support people and ideas that encouraged sustainable growth, cultivated environmental awareness and inspired social change. Over the winter, the Marion Institute team spent time looking ahead, planning and envisioning what we want to accomplish in the next 25 years. In early 2019, we announced a new mission statement and unveiled our new logo.

#### **Our Mission**

We are building a movement. One that engages individuals and communities in integrative approaches to whole body health. We educate and empower by supporting, connecting and applying the science of self-healing.

### **Our Vision**

We are committed to our vision of community health, environmental resilience and social justice. We believe optimal health is a basic human right, not a privilege.

### The Evolution of our Logo

The curved lines (symbolizing movements, infinity and the flow of life-giving water) that were formally below the circle, representing the whole, whose power is increased as the group expands, have now combined, intermingling into the ever-revolving, dynamic torus.



The toroidal shape depicted in the new logo symbolizes the continuous flow of energy and the multi-dimensional nature of the universe. The energy of a torus is continually refreshing itself, continually influencing itself. Just as torus can represent the multi-dimensional self, biological medicine is a multi-dimensional approach to health.

### Mission & Vision



Bringing Biological Medicine into the Medical Mainstream.



# Local Commitment:

Achieving a Healthier, More Equitable Southcoast.





Advancing the Science of Self-Healing.





\*Our Fiscal Sponsorships





Rooted in Community.





# **BioMed Programs:**

Putting the "ME" back into Medicine.

### What We Do

- Connect people to an individualized, interconnected approach to whole-body health
- Educate the public about integrative approaches to healthcare and advocate for complementary health practitioners
- Support innovative ways for consumers to have maximum choice in their healthcare options



### What is Biological Medicine?

Biological medicine seeks to bring the body into its natural state of balance and health.

Widely practiced in Europe, it is an approach rooted in bio-individuality, treating each person as unique and personalizing therapy to treat the individual. It focuses on fostering wellness rather than suppressing symptoms. This approach uses a wide variety of innovative technologies and assesses a patient's lifestyle pattern, habits, environment, and genetics.

Recognizing that there is common ground, biological medicine can work independently, or in tandem with, conventional allopathic medicine. The ultimate goal is to restore the body's equilibrium, support the immune system and cultivate the integration of body, mind, and spirit.



### Biological Medicine Network (BMN)

# Connecting the Science of Self-Healing

The Biological Medicine Network (BMN) connects

patients with health practitioners who are changing medicine and changing lives with innovative approaches to addressing the root causes of illness.

Since 1997, BMN has been working to advance the understanding and acceptance of biological medicine for patients, doctors, and other health practitioners. In FY2019, we reached these audiences through:

**EDUCATION** 

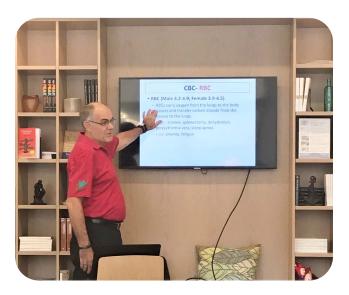
 In late May, BMN embarked on a 5-city book tour for the U.S. debut of Say YES to LIFE! Integrative Biological Medicine and Dentistry for the Treatment of Chronic Diseases and Cancer – A Guide for Patients.



Relatives, and for Practitioners. The book's authors, Ralf Oettmeier, MD and Josef Vizkelety, MD, DDS, of the Alpstein Clinic in Switzerland, traveled to the United States to share the book with American audiences.

Over the course of 5 days, over 200 people from Massachusetts, Rhode Island, Pennsylvania and New York were introduced to the *Alpstein Clinic Concept*, which focuses on the most important pillars of whole body medicine and dentistry: Diagnosis of Root Causes, Purification & Release, Regeneration & Rejuvenation, and Harmonization & Awareness. More than 50 books were sold and the Marion Institute remains one of the primary U.S. distributors of *Say YES to LIFE!* 





• BMN Certification Program: In order to spread awareness and provide patient access, we need qualified practitioners and health coaches versed in the tenants of biological medicine and its unique assessments and treatments. We continued to develop content for our health coach certification program and explore new ways in which to design programs to help practitioners and medical professionals advance their knowledge and application of biological medicine.

### **CLINIC ACCESS**

One of our core services is to function as a network to connect the community of doctors, holistic and integrative health practitioners with patients and concerned individuals who are seeking information about biological medicine. We direct patients to information resources online and refer them to affiliated clinics in their region. In FY2019, we went through a recertification process for all providers in the network.

Two of the clinics we added during FY2019 were the aforementioned Alpstein Clinic in Switzerland and The BioMed Center New England in Providence, RI.

#### **NETWORKING**

- **Sponsorship:** BMN offers sponsorship opportunities to providers and clinics who want to start a dialogue with a targeted, engaged audience. In FY2019, there were 8 sponsors from around the globe, with 2 new ones being added during this time: Eveliza, an international supplement company, and The BioMed Center New England.
- **Social Media:** The BioMed Network continued to share educational resources on its Facebook page; the number of followers grew to nearly 1,600 people during FY2019.

Dr. Ralf and Dr. Josef are two of the most engaging, giving and intelligent masters of the human body and human being. Their expertise and fun approach to such serious matters not only is refreshing but also continues to be affective. It is priceless to have such wisdom clarify and reinforce the science of biological medicine and the opportunity to really share TRUE WELLNESS to the North American continent. We saw an incredible surge in interest directly as a result of their visit to our center."

— Kelly Kennedy, Biological Proponent & Executive Director. True Wellness Center

#### **COMMUNITY**

- Local Practitioner Network: In FY2019, BMN sought to strengthen its regional impact by partnering with local practitioners and resources on community health development. Our local resource list tripled in size and now includes over 120 providers in New England. We look forward to deepening these partnerships in the next year and creating a framework through which we can engage and educate people toward improved regional health and acceptance of integrative forms of medicine.
- Co-Hosted Events: BMN hosted one of the Say YES to LIFE! Book Tour events in partnership with a long-time Network member, True Wellness Center in Pennsylvania. The event was one of the most attended of the tour and the feedback was overwhelmingly positive, paving the way for future community events at clinics around the country.

#### **ADVOCACY**

BMN works to preserve and advance patient access to integrative healthcare treatments and practitioners. In FY2019, we submitted letters of support and helped to promote The Massachusetts Consumer Access and Right to Practice Complementary and Alternative Health Care Act (H3660/S665). Written by the non-profit Health Freedom Action Massachusetts, the proposal is "An Act providing for consumer access to and the right to practice complementary and alternative health care services."



### The Mary Shands Scholarship Fund

Another important part of providing access to clinics is monetary assistance in the form of **The Mary Shands** 

Scholarship Fund, launched in the Summer of 2018. It was set up to honor the memory of Mary Shands, a visionary who dedicated herself with passion and generosity and pioneered the value of the tenets of biological medicine. The Fund provides partial financial assistance for treatment to those seeking care from one of the BioMed Network Care Providers, or a provider qualified to become a part of the BioMed Network.

In FY2019, 15 scholarships were awarded, a total of \$39,500.



### Bioregulatory Medicine Institute (BRMI)

### Supporting the Science of Self-Healing

BRMI continued to increase the public's

knowledge of biological medicine's innovative, noninvasive diagnostics and therapeutics. Highlights included:

# BRMI ADDED 2 PRACTITIONERS TO ITS BOARD OF ADVISORS:

- Dr. Heather Tallman Ruhm
- Dr. Tia Trivisonno

# IN FY2019, BRMI HOSTED 5 FREE WEBINARS FEATURING BRMI ADVISORY BOARD MEMBERS:

- October 2018: Natural Methods to Detoxify the Biological Terrain (Dr. Sharon Stills, NMD)
- December 2018: YOUR Medical Questions

   answered! "Ask the Doctor" (Dr. Dickson
   Thom, DDS, ND)
- February 2019: A Holistic Approach to Autism Spectrum Disorders (Dr. Jodie A. Dashore, OTD, MSc, SIC, HHP, BCIP)
- April 2019: Cortisol, High Blood Sugar, Inflammation & Weight Gain Connection
   (Dr. Stephen Cabral, Naturopath, Ayurvedic & Functional Medicine Practitioner)
- June 2019: When Hemp/CBD Extracts
   Become Bio Active Miracles (Dr. Brent W.
   Davis, Chiropractic Physician and Chief
   Science Office/Co-Founder of HeavenSent
   Enterprises, LLC)

#### **BI-MONTHLY E-JOURNAL**

BRMI's bi-monthly e-journal continued to gain subscribers and in August of 2019, BRMI Medical Director Dr. James Odell published a widely read paper, *Overview of Lyme Borreliosis – A Bioregulatory Medicine Approach*.



### EXCLUSIVE TOUR TO BADEN-BADEN, SWITZERLAND FOR MEDWEEK 2018 OCT 30, 2018 - NOV 5, 2018

In late October, BRMI returned to Baden-Baden, Germany for its 3rd year. BRMI Advisors Kimchi Moyer, L.Ac. & Dr. Sharon Stills, NMD led a group of 16 people on a special 7-day English-speaking tour to the 52nd annual Medizinische Woche, Europe's largest and oldest Congress for Biological Medicine.

Attendees were treated to exclusive lectures, mingled with some of the world's most sought-after pioneers in modern biological therapies, and visited the private by-invitation-only medical lab of Mr. Dieter Jossner.

BRMI also filmed interviews with leading practitioners and vendors; 26 videos (5 in-depth lectures, 15 videos exploring technologies, and 6 interviews) were uploaded to the BRMI YouTube channel.

### **Grow Southcoast**



# Rooted in Community.

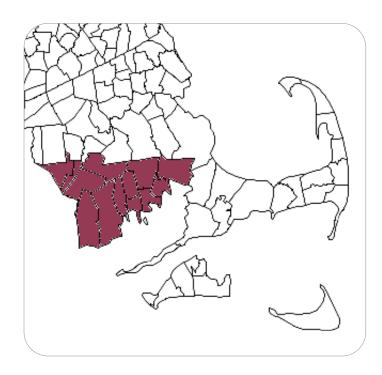
Education · Health · Environment

### What We Do

Grow Southcoast is not just a program; it's a platform. It is a plan for inspiring and influencing a greater quality of health throughout the region through the Grow Education's school-based programs and collaborations with community partners on essential initiatives that focus on health.

FY2019 brought change and expansion to the Grow program. To better reflect the scope of our work throughout the region and our commitment to cultivating healthier communities throughout the Southcoast of Massachusetts, we developed Grow Southcoast.





### **Evolving to Create Systemic Change**



EXPERIENTIAL
LEARNING IN OUTDOOR
CLASSROOMS



SHAPING CURRICULUM WITH SCHOOL ADMINISTRATORS



REINFORCING EDUCATION
IN THE CAFETERIA WITH
FARM-TO-SCHOOL



COMMUNITY ENGAGEMENT THROUGH PLANTING DAYS AND HARVESTING CELEBRATIONS



### Planting Knowledge.

### What We Do

Incorporating health-building habits into a student's curriculum, cafeteria and community at a young age can have a lasting impact on a child's life and the neighborhoods in which they live.

### Curriculum

Since 2009, Grow Education's school gardens have enhanced parent engagement, cultivated community partnerships and provided hands-on experiential education opportunities for students. Teachers also use the gardens as outdoor classrooms to support and enhance their curriculum.

# EDUCATIONAL PROGRAMMING — 2018/19 WINTER SPEAKER SERIES:

Grow Education supports educational programming in the classrooms. During the dormant growing season, Grow Education took the learning indoors, bringing community partners to select schools as part of a Winter Speaker Series. Over 18 presentations were given to students in New Bedford Public Schools focused on bridging community resources for the students of New Bedford. Schools that participated include: Jacobs Elementary, Gomes Elementary, Pacheco Elementary, Trinity Day Academy and New Bedford High School. Topics ranged from sustainable agriculture and animal husbandry, to the importance of seeds and saving local stock, beekeeping and the role of bees in agriculture and local food, food access and food security. Thank





you to our speakers: Nate Sander from Round the Bend Farm, Bill Braun from Ivory Silo Farm and Freed Seed Federation Project, Kristen Lofstrom, a member of the Bristol County Bee Keepers Association, Stephanie Perks and Kim Ferreira from Coastal Foodshed, and Chef Chris Cordeiro and Andrea Manzone from Sid Wainer & Son.

### **PLANTING DAYS (MAY/JUNE 2019)**

May and June may signal the end of the school year but for the Grow gardens, it's time to clean up the beds and start planting delicious fruits and vegetables for the community to share! Over a series of planting day workshops, Grow Education Operations Manager Adam Davenport, along with Marion Institute team members and volunteers, worked with students and teachers from 6 New Bedford schools to plant a variety of garden delights, such as kale, parsley, potatoes, lettuce, cilantro and much more!

### Cafeteria

Imagine students stepping out of the gardens and classrooms into cafeterias that reinforce the need for quality, whole foods as part of a healthy lifestyle.



# SOUTHCOAST FARM TO SCHOOL COALITION

One of the goals for Grow is to influence the quality and

health of foods served throughout New Bedford's cafeterias. With the appointment of a new Director of Food Services in early 2019, that dream was on its way to becoming a reality. Together with the New Bedford Public Schools Department and Coastal Foodshed (a former MI Greenhouse Initiative), the

Then New Bedford Public
Schools Food Service
Department is very excited to
be partnering with the Marion Institute to
help coordinate our Fresh Fruit and Vegetable
Program. Our collaboration with the Marion
Institute has created a better understanding
and appreciation of the health and wellbeing of

 Robert Shaheen, Director of Food Services, New Bedford Public Schools



When schools offer school gardens,

44.2%

**of students** eat more fruits and vegetables.

When schools serve local food,

33.1%

of students

eat more fruits and vegetables.\*

\*Pew Charitable Trusts and Robert Wood Johnson Foundation. School Meal Programs Innovate to Improve Student Nutrition. 2016.



Southcoast Farm to School Coalition was formed. The New Bedford-based coalition was one of 6 schools selected to be part of the MA Farm to School Institute, a yearlong program that helps with the vision, design, and execution of a Farm to School program.

The Southcoast Farm-to-School initiative will provide a framework for working collaboratively among the school's food service department, administration, faculty, students and families to create a unified vision of why healthy eating is important to our overall well-being. The fruits of this labor will be seen in FY2020 when we will pilot the program in 2 New Bedford elementary schools.

#### **FRESH FRUITS & VEGGIES PROGRAM**

While working on the launch of the Farm-to-School initiative, Grow was able to partner with the Food Service Department on a Fresh Fruit and Vegetable (FFVP) grant program that debuted in 2 schools in

FY2019. The FFVP program provides a fresh fruit or vegetable snack twice per week between lunchtime, and when students are dismissed.

This program is about influencing better eating habits and encouraging students to eat more fruits and vegetables. These classroom "taste-tests" are part of the overall learning experience and are the foundation for countering poor eating habits. Twice a week, students tried new, fresh foods, getting them prepared to eat the fruits and vegetables that will appear on their lunch trays in the new school year!

### **Community**

Grow gardens are also a means for engaging the surrounding neighborhoods to build a deeper sense of community among the students, parents, teachers and residents. In the fall, we invite the community to join in the harvesting of the garden's plants.

W.H.Y. Eats Summer Program: For 6 weeks during the summer of 2019, Grow Southcoast partnered with Youth Opportunities Unlimited (Y.O.U.) to form the "W.H.Y. Eats" program. The program provided fresh, healthy and local meals prepared by a local farm-to-table caterer, Paladar Kitchen. About 90 youth were able to test these menu items as the staff challenged their taste buds – and helped to inform Grow's Farm to School Initiative for the coming school year. Data was collected about the enjoyment of recipes, individual ingredients and the challenges of trying new foods. The meals were designed to be scaleable to a school cafeteria menu, as well as culturally relevant to New Bedford's diverse population.





# **Grow Southcoast:** Looking Ahead



While Grow Education has supported the learning of the students in New Bedford Public Schools, it also has had a part in supporting educators as well. At times, it can be difficult for teachers to plan lessons that are enriching and hands on. With Grow Education coming to schools to conduct outdoor lessons and presentations, educators have the opportunity to engage students in true real-life learning that is authentic and meaningful. Many times, funding can hinder projects like this, however our partnership with Grow Education helps us to achieve "out of the books and into the real world" learning activities. Thank you, Grow Education!"

 Nina Medeiros, Grade 2 Teacher, Alfred J. Gomes Elementary School

#### From Healthcare to Health Creation

Ultimately, learning how to adopt the practice of healthy eating and living at a young age will promote our goal of shifting healthcare, from a disease-centered approach to one that reinforces disease prevention, food as medicine, and health creation for the entire community. FY2019 was a year for learning about what the Southcoast community needs and devising ways in which to meet those needs, alongside other health and social service organizations that have a bond with the communities in which they serve.

In the year ahead, Grow Southcoast will continue to address the root causes of disease and poor health, advocating for nutrient-rich food in schools and local institutions, and striving to advance a paradigm of improved health and toxic-free environments.



# Sharing Ideas to Spark Change.

### What We Do

Since its beginning, the Marion Institute has worked to foster understanding and dialogue around big ideas. In small and large venues, we have introduced people with cutting edge ideas to audiences with a thirst for knowledge and a passion for positive change.

These events have focused on health, social justice, sustainability, individual potential, nutrition and food equity – often highlighting issues and speakers years before they have emerged in the national press.



### **FY2019 Programming Highlights**

Our Connector Series inspires audiences and nurtures thoughtful dialogue throughout the year with a fresh range of topics, including author events, panel discussions, intensive workshops and even guided herbal foraging walks.

#### **DECEMBER 11, 2018:**

Welcome to the Anthropocene 2.0: An Oika First Encounter at the Co-Creative Center, New Bedford, MA — Dr. Rich Blundell, Oika founder and cosmic ecologist, hosted an exploration of ecocultural dynamics. In his talk, Dr. Blundell presented the concept of Cosmosis and introduced new career paths based on the principles and practices of Oika. Oika refers to the ecological wisdom inherent in all natural systems. This intelligence is integral, distributed and critically needed in culture. Virtually

all of our social, economic, and environmental problems arise from a fundamental lack of ecological systems intelligence.

The following day, invited guests were treated to a Virtual Reality (VR) experience at the Co-Creative Center. "The Living Cosmos" is an immersive VR initiative created to empower forward-thinking, motivated people to forge new pathways that integrate individual and planetary prosperity.



#### **APRIL 6, 2019:**

The New Bedford Lyceum presented W. Kamau Bell at the Zeiterion Performing Arts Center, New Bedford, MA — As a supporting partner of the New Bedford Lyceum, the Marion Institute joined with other leading nonprofit organizations in hosting socio-political comedian W. Kamau Bell. Bell is an Emmy Award-winning executive producer and host of United Shades of America on CNN.

"The W. Kamau Bell Curve: Ending Racism in About an Hour," was a multi-media performance of standup comedy and storytelling that explored the current state of America's racism. Bell delivered an incisive, scathingly funny commentary on modern society that left many in the audience talking about race, politics and social issues in America long after the evening commenced.



#### **MAY 2019:**

### BioMed Programs "Say YES to Life!" US Book Tour

- Tuesday, May 21 Residence Inn, Cambridge, MA
- Wednesday, May 22 Hotel Providence, Providence, RI
- **Thursday, May 23** True Wellness Center, Lower Gwynedd Township, Pennsylvania
- Friday, May 24 The Open Center, New York,
   NY
- Saturday, May 25 The Strand Bookstore, New York, NY

In late May, BMN embarked on a 5-city book tour for U.S. debut of Say YES to LIFE! Integrative Biological Medicine and Dentistry for the Treatment of Chronic Diseases and Cancer – A Guide for Patients, Relatives, and for Practitioners. The book's authors,

Ralf Oettmeier, MD and Josef Vizkelety, MD, DDS, of the Alpstein Clinic in Switzerland, traveled to the United States to share it with American audiences; it had previously been unavailable in the United States.

Over the course of 5 days, over 200 people from Massachusetts, Rhode Island, Pennsylvania and New York were introduced to the Alpstein Clinic Concept, which focuses on the most important pillars of whole body medicine and dentistry: Diagnosis of Root Causes, Purification & Release, Regeneration & Rejuvenation, and Harmonization & Awareness. More than 50 books were sold and the Marion Institute remains one of the primary US distributors of *Say YES to LIFE!* 

eggs. Weatherlow's majestic barn set the stage for an intimate pre-talk reception, where guests dined on gourmet fare from local purveyors, such as arsenal cheese from Shy Brothers Farm and organic vegetables from Skinny Dip Farm, and enjoyed locally-produced libations from Westport Rivers Winery, Buzzards Bay Brewing, and kombucha made by Salt Marsh Farm.

Following the reception, guests listened to a fascinating presentation by Provenza, whose wisdom, knowledge and experience made for an in-depth exploration about what we can learn from animals about our own nutritional wisdom.



### **JUNE 13, 2019:**

Nourishment: Rediscovering Our Nutritional Wisdom at Weatherlow Farms, Westport, MA —

Renowned animal behaviorist and author, Fred Provenza presented his theories and findings from his book, *Nourishment: What Animals Can Teach Us About Rediscovering Our Nutritional Wisdom.*Over 50 people gathered at Weatherlow Farms, a beautiful farm located in Westport, MA that raises livestock and animals to produce what is arguably one of the Southcoast's highest quality grass-fed beef, lamb, chevon, pork, pastured poultry, and



### **JULY 20, 2019:**

Cancer & Climate Change / Eco-Herbal Medicine
Walk & Talk at Round the Bend Farm, Dartmouth,

**MA** — On a sweltering Saturday in July, renowned herbalist, author and practitioner of Chinese

medicine, Brendan Kelly, M.Ac., L.Ac. hosted a two-part learning experience at Round the Bend Farm in South Dartmouth, MA. The programming began with a lecture on Cancer and Climate Change, based in part on findings from his book, The Yin and Yang of Climate Crisis: Healing Personal, Cultural, and Ecological Imbalance with Chinese Medicine. Using the holistic lens of Chinese medicine, Brendan discussed the direct connection between the warming of the planet and the epidemic rates of cancer in the US. The group was very engaged by the presentation and had many questions for Brendan.

The lecture was followed by a delicious farm lunch featuring organic produce from local farms as well as meat raised on-site by social entrepreneur, Paradox Acres. After lunch, guests braved the near record temperatures to embark on an experiential herb foraging stroll around the shadier parts of the farm. There were ample eco-medicinals growing at the farm, providing a robust experience for the group. Brendan identified, tasted and talked about the uses of several local medicinals and edibles as well as their importance with climate change.

This is Brendan's 3rd Connector Series summer program and we always look forward to having him back again!





#### **FALL 2019**

"Discovering the Science of Self-Healing" Panel Discussion featuring the Authors of *Bioregulatory* Medicine: An Innovative Holistic Approach to Self-Healing

- October 2 Hotel Providence, Providence, RI
- October 3 Spire Center for the Performing Arts, Plymouth, MA

The Marion Institute hosted two panel discussions featuring some of the foremost experts on biological medicine and the authors of the book *Bioregulatory Medicine*: An Innovative Holistic Approach to Self-Healing:

- Dr. Dickson Thom, DDS, ND
- Dr. James PM Odell ND, OMD, L.Ac
- Dr. Jeoffrey Drobot, ND
- Dr. Frank Pleus, MD, DDS, OMFS.

The authors were joined by special guest panelist Dr. Hennie Fitzpatrick, MD from The BioMed Center New England in Providence, RI, and the events were moderated by Liz Wiley, Executive Director of the Marion Institute.

Over 150 people packed the ballroom at the Hotel Providence in Providence, RI for the first event on Wednesday evening. The following night, a more intimate gathering took place at The Spire Center for the Performing Arts in Plymouth, MA. The panel covered a wide range of topics, from providing an overview on how a visit to a Biological practitioner differs from a visit to a traditional allopathic doctor's office to more in-depth discussions on how biological medicine approaches chronic Lyme disease with non-invasive diagnostics and treatments with encouraging results. The doctors used patient case studies to help show biomed theory in practice, providing a very informative presentation and inciting many questions during the audience Q&A's.

For the full video of this event, click here.



# Southcoast Energy Challenge



# Committed to a Sustainable Southcoast.

The Southcoast Energy Challenge (SEC) was acquired at the end of 2018 by Self-Reliance, a Massachusetts non-profit organization with over 35 years experience in the energy sector. Self-Reliance's mission is to simplify complex energy issues to educate, inspire and empower people to take action. This commitment to offering a variety of energy services to a diverse population mirrors the mission of the Southcoast Energy Challenge.

The SEC continues to work in Southeastern Massachusetts to advocate for cleaner, efficient, affordable energy.



We are excited to join Self-Reliance and continue collaborative efforts to increase the implementation of cost saving, comfort increasing home energy efficiency measures for people throughout the South Coast and to come up with creative inclusive solutions to bring more clean, renewable, local energy onto the grid."

— **Nicole Morris-McLaughlin,** Program Director, Southcoast Energy Challenge



# Making a Difference Across the Globe.

### What We Do

A sometimes overlooked, but high impact program of the Marion Institute is our Greenhouse Initiatives (GI).

These are fiscally sponsored programs for which we provide visionary change-makers with administrative backing and support. Fiscal sponsorship allows programs that are not yet recognized 501(c)(3)'s to fully engage in the frontline implementation of their work.



To date, we have supported over 50 leaders to help incubate their organization's visions and missions. During FY2019, we supported 11 innovative programs from 5 continents. Greenhouse Initiatives take a huge amount of time and resources, but they have the power to exponentially expand our collective impact toward making the world a better place.

# FY2019 Greenhouse Initiative Program Highlights

- Took on three (3) new Greenhouse Initiatives: Geneva Global Initiative, The Mindful Collaborative, and the Norma G. Canner Foundation for Voice Movement Therapy Inc.
- One (1) Greenhouse Initiative transitioned to 501(c)(3) status: Speak for the Trees



#### **THE MINDFUL COLLABORATIVE**

The Mindful Collaborative signed on as a Greenhouse Initiative at the end of FY2019. The program works to see mindfulness in action throughout the communities it serves on the Southcoast. The Mindful Collaborative teaches individuals how to recognize the habits and patterns of the mind and body, and how to relate to those patterns in a healthy way through mindfulness-based resilience training.

As of the end of September 2019, The Mindful Collaborative was running a mindfulness program for all students at four New Bedford Public Schools – a total of 1,175 student reached; 45 educators had participated in a six week summer program to build mindfulness skills for themselves; and an additional 100+ educators participated in one-day professional development sessions focused on mindfulness for students.

### THE VOICE MOVEMENT THERAPY CENTER

The Voice Movement Therapy Center (VMTC) joined the Greenhouse Initiatives program at the beginning of FY2019. VMTC is a program of The

Norma G. Canner Foundation for Voice Movement Therapy, a not-for-profit 501c3 organization, which promotes this work through an intensive training program, The Voice Unchained. The training aims to ground participants in the creative and therapeutic principles and practices of Voice Movement Therapy, including ways of dealing with differences among people by going beyond words to find common ground.

In late 2018, VMTC moved its training facility from Martha's Vineyard to Marion, Massachusetts so that not only its major training, but its shorter programs would be more accessible to individuals seeking growth and healing through its particular kind of voice and movement work. As a Model F fiscal sponsorship, VMTC receives marketing and outreach assistance in addition to financial services. During 2019, VMTC worked with the Marion Institute to recruit people for the experiential program, The Voice Unchained, scheduled to begin in November of 2019.

### **GENEVA GLOBAL INITIATIVE**

The Geneva Global Initiative (GGI) promotes constructive engagement in advancing intergovernmental and intersectoral cooperation on preparedness for risk of large-scale global systemic failure. The GGI takes a bold approach to creating connections, research, best-practice sharing and dialogue about what will happen in the event that global sustainability goals are not met, global challenges not addressed, and systemic failure at levels not yet experienced by society occur.

The GGI aims to help set the framework for wholesociety responses in partnership with government agencies, multilateral institutions, private sector, and civil society programs.





#### THE HIMALAYAN PROJECT

The Himalayan Project (THP) is one of our most tenured Greenhouse Initiatives. FY2019 saw the continuation of the "Building Back Better" Project, which is in its 4th year and was started immediately following two severe earthquakes in Nepal in 2015. The majority of funds from The Himalayan Project this year were spent on the completion of the physical campus for the Mahendri Jyoti Secondary School in Chaurikharka, Nepal. THP also continues to support a scholarship program for students at the school in Chaurikharka and one Sherpa student at Taktse International School in Sikkim, India (Taktse is another long-standing MI Greenhouse Initiative).

THP worked collaboratively with the Hillary Trust in New Zealand and the Luklass Foundation in Switzerland to support the "Building Back Better" initiative spearheaded by a committee of young, energetic and highly motivated Sherpas from the

Mt. Everest region of Nepal. The Mahendri Jyoti School services over 400 students who live primarily in the Mt. Everest environs and walk 2-3 hours each way to school every day. If a student lives further away than that, the school provides residential accommodations.

In May 2019, Project Leader Sally Hunsdorfer was invited to Nepal to participate in the dedication ceremony of the Mahendri Jyoti Secondary School. In attendance was Edmund Hillary's daughter from New Zealand, the former Prime Minister of New Zealand, The Executive Director of the Hillary Trust, the Swiss Ambassador to Nepal, the Deputy Prime Minister of Nepal, the Nepali Ministers of Education and Finance and many other distinguished guests who had traveled near and far for this exciting celebration! The students performed many different folk dances and songs all dressed in colorful indigenous attire and on a glorious sunny day. The mountains served as a magnificent backdrop for this incredible unveiling.



#### **LAWRENCE ARTS HOUSE (LA HOUSE)**

Lawrence Arts House (La House) is an expressive arts studio which serves as a home for authentic expression and healing through the arts. All of their programs provide art therapy techniques and art

materials to the population served. In FY2019, they deepened their work in the city of Lawrence, MA with art therapy programming and interventions in the wake of the September 2018 gas explosions that rocked the city. Their work in schools, such as Guilmette School and pop-up workshops in local community organizations is rooted in their traumabased approach to using the arts and creative practice as a means for connecting, processing, and healing.

Through in-school programming, La House reached 200 students over the past year. In the afterschool programs, 50 students were served on a weekly and bi-weekly basis. Their pop-up studios and summer workshops and projects have integrated approximately 250 community members over the past year.

### **MASTATE CHARITABLE FOUNDATION**

FY2019 was another solid year for the Mastate Charitable Foundation (MCF). In the words of Project Lead Tim O'Hara, "Our work is slow, organic and impactful. We have lived in the community that we serve for almost 20 years and better understand the needs of our town each day. With the current global economic downturn, I believe that the quality of our work will be validated. We have been preparing for a shift and it feels as if it is on our doorstep. Our commitment to food production, education, health care, shelter, recreation and local economies have made this community more resilient. We are ready to be at the forefront of a new economic and social paradigm."

MCF has been working in Mastatal, Costa Rica for the past 15 years and continues to work to build trust with the community. One such way they have done this is by investing in the rehabilitation of the high school and community soccer field. These well-trafficked areas are community gathering places and MCF sees this as tangible progress that helps further their efforts.

The Community Learning and Sharing Center has been busier than ever this year and MCF continues to support that space with small donations for maintenance. A donation was also made to the local high school for infrastructure improvements to add a cafeteria onto the existing building. Lastly, MCF funded local scholarship recipients to participate in workshops related to sustainability and permaculture.



### **TAKTSE INTERNATIONAL SCHOOL**

FY2019 saw a change in leadership for the Taktse International School, with the appointment of Ann Lindsey as Academic Head of School on June 1. Ann has worked in international schools around the world, experiencing many cultures and approaches to education. Director Sonam P. Denjongpa had this to say, "We feel lucky to have found an academic head that understands progressive education, appreciates cultural diversity and the natural



environment, and can implement Taktse's mission to prepare students for the future they will shape and inhabit."

June also saw the fulfillment of a long-time dream for the faculty of the school. The Bookaroo Children's Literature Festival in Delhi, India has become an annual pilgrimage for Taktse teachers and students, the connection strengthening with each successive visit. The students return each year from Bookaroo more confident in their ability to ask questions, converse with adults, and speak in public. Taktse teachers have returned inspired to write their own children's books. Because of these profound experiences, Taktse faculty decided to bring the Bookaroo experience to more children in Sikkim who could not make the journey to Delhi.

In June of 2019, the festival organizers approached faculty about hosting the event at the Taktse International School. Bookaroo Gangtok took place June 28-29, 2019. It featured 21 speakers and 59 sessions including storytelling, drama, workshops, arts and crafts. Children aged four to fourteen from 15 private and government schools in Gangtok filled Taktse's classrooms to interact with authors.

illustrators and storytellers. By the end of each session, students who had started out too shy to raise a hand or ask a question found their voices.

#### **STEAM THE STREETS**

The STEAM the Streets (STS) movement went bicoastal when in early FY2019, co-founder Ben Gilbarg relocated to Richmond, CA. His counterpart, Angel Diaz, remains in New Bedford, MA and runs their school engagement program with Carney Academy and Keith Middle School. While school assemblies are unique to the East Coast, STS produced community events on both coasts, while also producing culturally relevant video content that's distributed online and utilized in their in-school programs.

Returning to both schools this year allowed STS to gather some encouraging data:

- At Carney Academy, STEAM the Streets helped double the amount of students who scored proficient on the Science MCAS from 30% to 60% in one year.
- At Keith Middle School, STS helped Keith reach its state assessment target with 77% of their student body, a number that is equal or more to any comparable middle school in the area.

In total, STEAM the Streets engaged over 1,200 youth in FY2019!

They've also worked to broaden their reach to a more widespread audience, producing supplemental content that is distributed online and creating a STEAM resource guide for students who are inspired to take the next step. In the year ahead, STEAM the Streets plans to continue collaborating with schools and community organizations to pool

efforts and provide career awareness and inspiration for underserved and underrepresented youth who will be the next engineers, designers, scientists, and inventors.



### THE LEADERSHIP BRAINERY

The Leadership Brainery (LB) envisions a day when top-tier graduate and professional school classrooms throughout the country are enriched by an equitable representation of first-generation and diverse students, empowered to transform our country's leadership. This year, they moved closer to reaching their goal by mobilizing 22 top-tier graduate and professional schools, over 100 diverse



and first-generation college student leaders, and 6 significant corporations and organizations to ensure equity and inclusion in advanced education.

Their primary program, the National Ambassador Cohort, recruits students from multiple states to to participate in a three-year pipeline fellowship into graduate and professional schools. Late in FY2019, they brought together over 100 young leaders from 9 different states for three days of personal development, involving social and emotional intelligence, self-awareness, self-worth, branding, and networking. Along with other student leaders from around Greater Boston, they attended the National Impact Summit (NIS19) at Harvard Law School. At NIS19, the students learned from community and academic leaders and were recruited by graduate and professional schools.

#### S.A.F.E.

SAFE Maa's work in the remote Maasai community of the Loita Hills leads and supports a community of 40,000 strong to move away from female genital mutilation or cutting (FGM/C) towards an alternative rite of passage for girls. SAFE Maa serves the Loita Community who reside in southern Kenya. The team interacts with all the different community groups in order to create a unified progression away from FGM/C.







In February 2019, SAFE Maa brought together 42 Loita Cultural Leaders from both Kenya and Tanzania to lead the community in a Declaration of Abandonment. The Cultural Leaders also took this opportunity to publically bless the Alternative Rite of Passage, meaning that any woman who passed into adulthood through this alternative ceremony could take part in any aspect of Maasai Cultural life. Almost four thousand community members

were in attendance. This was a historic event, and it has been transformative for the women within the community.

Another key success of the project over the last year has been the decrease in the social acceptability of FGM/C. Very few families feel able to openly celebrate FGM/C and those who do, find that no one will attend the ceremony. The community is now actively avoiding those who publically practice the rite. Families who had previously embraced the alternative rite of passage, but had not done this publically due to fear of the community's reaction, are holding parties for their daughters – at last feeling able to celebrate that their daughters had passed into adulthood uncut.

The team still faces significant barriers to total abandonment, and is continuing their work to help the community achieve this. However, there has also been some hesitancy to embrace the Cultural Leader's decision. Some of the more traditional members of the community are unsure as to why the Cultural Leaders made this decision and still worry about the loss of culture associated with abandoning the cut.

#### **SPEAK FOR THE TREES**

At the end of FY2019, Speak for the Trees (SFTT) achieved independent 501(c)(3) status after being with the Marion Institute for a year. This was a big step for SFTT in building a thriving and sustainable urban forestry non-profit in Boston. In the year that they were with us, they achieved much:

 Their Teen Urban Tree Corps (TUTC) program was a huge success. Over the course of 7 weeks these teens collected detailed data on nearly 4,000 street trees and over 600 empty planting sites. Their hard work literally paid

- off; combined, these trees provide nearly \$200,000 of annual benefit to residents of Boston, including cleaner air, water and reduced energy usage
- SFTT has been very active in the Boston community inventorying trees with the help of students from Boston University and Northeastern. They also mobilized resident from all over the city to join them in their VolunTreer program, where they train residents to collect data on trees and help make Boston a more tree-healthy city.

We wish them all the success in their noble environmental endeavors!

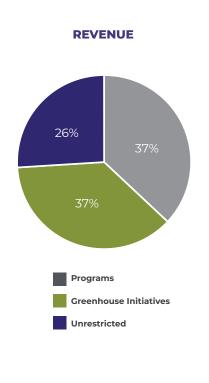
Our partnership with the Marion Institute has allowed Speak for the Trees to flourish! The staff provided our organization with the capacity to quickly and effectively develop and carry out projects. Throughout, the staff provided us with invaluable and timely support and insight. We are deeply grateful for their help over the past year."

— **David Meshoulam,** Co-Founder & Executive
Director Speak for the Trees

## Financials:

# FY2019 By the Numbers

### FISCAL YEAR 2019 (OCTOBER 1, 2018 - SEPTEMBER 30, 2019)





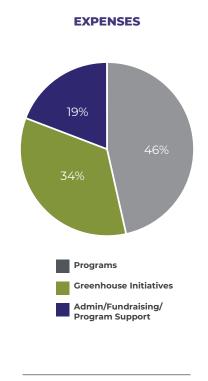
**Greenhouse Initiatives** 

\$596,347

Unrestricted

\$414,339

TOTAL: \$1,607,050



### **Programs**

\$884,642

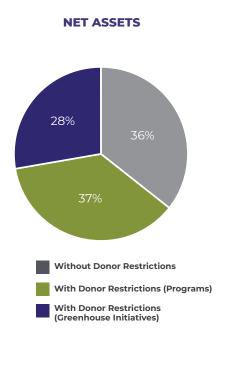
**Greenhouse Initiatives** 

\$655,535

Admin/Fundraising/ Program Support

\$366,003

TOTAL: \$1,906,180



### **Without Donor Restrictions**

\$360,812

With Donor Restrictions (Programs)

\$371,408

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\$283,111

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\*Programs listed on this page are our Greenhouse Initiatives, fiscally sponsored organizations of the Marion Institute.

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