



NOVEMBER 2021 | MARION INSTITUTE NEWSLETTER

This Giving Tuesday – Double your Impact

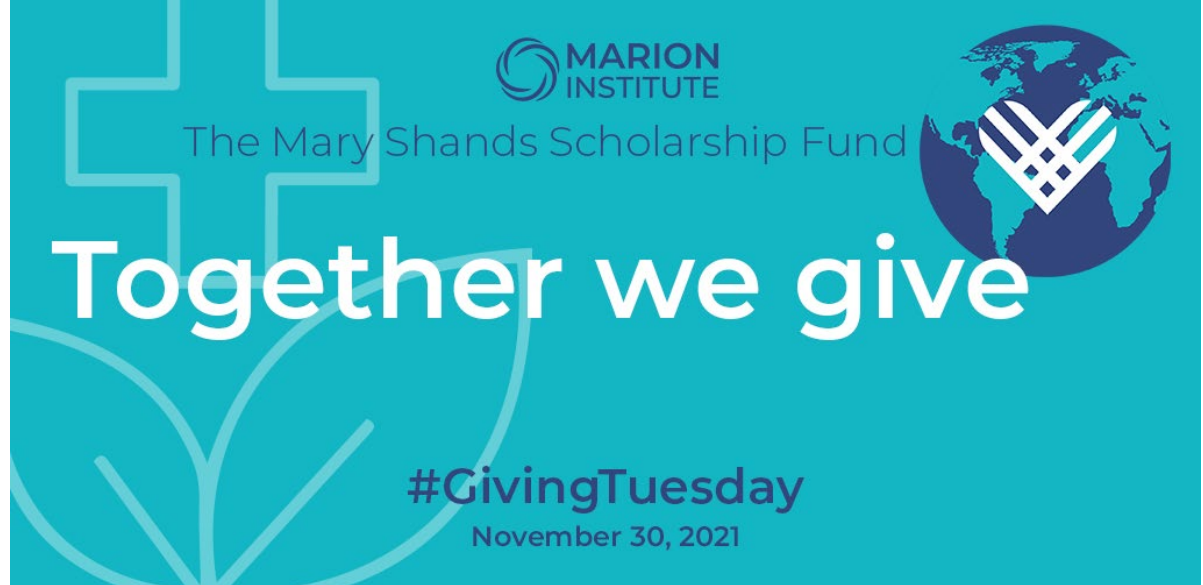
by Katie Mannix, BioMed Program Manager

At the Marion Institute we believe that optimal health is a basic human right, not a privilege. Thanks to the generosity of Mary Shands, an early advocate for biological medicine in North America, the Marion Institute has been able to make good on its mission by offering financial assistance from the Mary Shands Scholarship Fund to patients seeking BioMed treatment for serious illnesses.

Since 2019, the Mary Shands Scholarship Fund has helped nearly 50 individuals from across the country access BioMed care, with grants totaling in excess of \$99,000.

This Giving Tuesday, we are looking to you to help us sustain our scholarship fund and take advantage of an opportunity to match every donation received, but we need your help! Thanks to an extremely generous offer from an anonymous donor, every donation, dollar for dollar, will be matched, up to \$10,000. Please consider a donation today to double your impact.

This season, give the gift of health by making a donation to the Mary Shands Scholarship Fund. To learn more about the fund, visit the BioMed section of our website [here](#). To make a difference in someone's journey toward better health with a donation, [click here](#).



BioBlog: Unlocking Your Potential

By Don McCann, MA, LMT, LMHC, CSETT

At birth we have many yet to be developed potentials and talents that will shape the outcome of our lives. Will we be successful, healthy and pain free, or will we be limited, unsuccessful, and battling painful conditions for a substantial part of our lives? The answers to these questions are already somewhat predetermined if we do not have some help. <<< [Click here to learn more!](#)>>>

BioBites a virtual house call for your health and wellness. Structural Energetic Therapy®: Structure Leads to Function. Tuesday, December 7th, 12 noon EDT with Don McCann, MA, LMT, LMHC, CSETT & Owner and Founder of Structural Energetic Therapy®, Inc.

Click here to register for our December 7th BioBites event

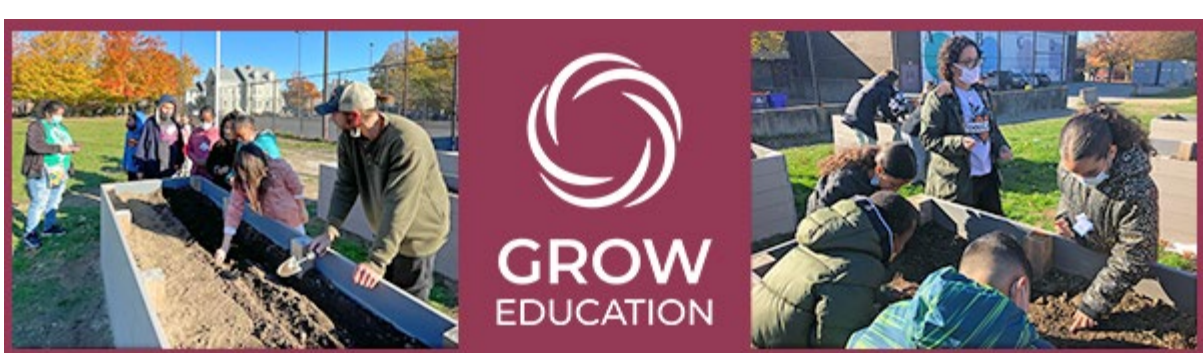
What's Growing On? November 2021 News from Grow Education

by Adam Davenport, Grow Education Program Manager

This month, Grow Education celebrated and acknowledged the Indigenous peoples from the Wampanoag Tribes. We shared the lesson plan "Connecting Food and Culture of the Wampanoag Tribe" with our partner educators. Lesson content traces to a recent radio story from the Cape and Islands Public Radio station, which includes an interview with Mashpee Wampanoag member, Danielle Hill, who's growing and saving corn seed from the era of King Philip's War. [Listen to that report here](#).



"Connecting Food and Culture..." nurtures connections among the ideas shared in the reporting with the cultural vegetables and recipes at the heart of New Bedford students' traditional family foods. In the lesson, we ask students: What crops do you grow or would you grow in a garden to represent your culture? In response to the lesson, students have shared stories, learned about different plants, and drawn pictures of their imagined gardens while reflecting simultaneously on traditional Wampanoag foods. <<< [Click here to read the full newsletter text](#) >>>

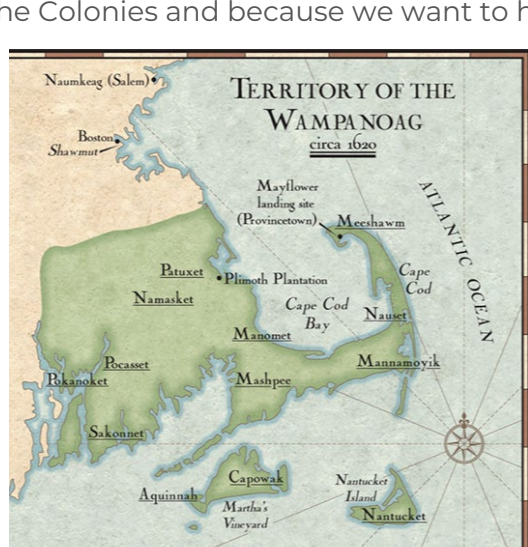


This November, Grow Education is out in the garden again planting seed garlic with the students at 12 elementary schools in New Bedford. Each third-grade student has had the opportunity to get their hands dirty after receiving classroom instruction that connects garlic to its plant life cycle and conveys garlic's health benefits in tandem with students' science and health curriculum. Garlic is an amazing herb, medicine, and flavor shared by all cultures; and we are excited to explore it with students!

Land Acknowledgements in the Food System

by Christine Smith, Southcoast Food Policy Council Program Manager

When we talk about the food system, it is with an understanding of how we are connected to the earth and the history of our land. In our SFPC Community Advisory Board (CAB) meetings, we begin with a land acknowledgement, which makes visible the Indigenous Peoples who have lived on and worked these lands on which we now reside. We provide the land acknowledgement with a sense of humbleness and responsibility since we directly benefit from this land that was not legally given to the Colonies and because we want to honor the truth.



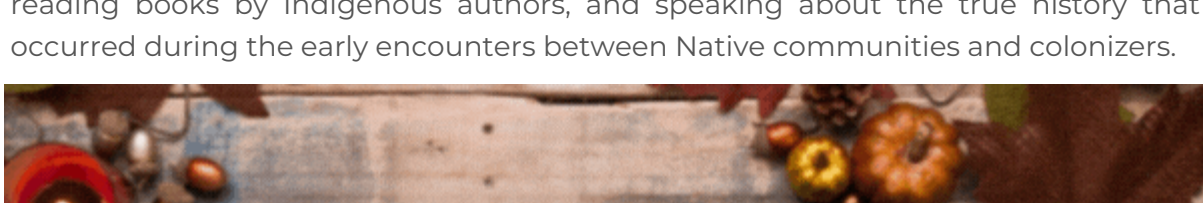
Within the newly released [2021 South-coast Food System Assessment](#), we have an official land acknowledgement. It reads as follows:

"We cannot talk about food in a place without acknowledging the land from which it comes. We cannot explore the present, or consider the future, without understanding the past, which includes acknowledging the harmful historical legacies that persist around us.

Southeastern Massachusetts encompasses the present day counties of Bristol, Norfolk, and Plymouth in the now Commonwealth of Massachusetts. We acknowledge that this land is the traditional unceded territory of the Wôpanâak (Wampanoag) and Massa-adchues-et (Massachusetts). Pre-English invasion, this place, its gifts of fertile soil, waters, wildlife, and beauty, had already sustained Indigenous tribes for 12,000 years. We honor and respect the precious food sources discovered, harvested, and cultivated by Native peoples and remain grateful to them for their connectedness to this land and their food traditions.

We make this acknowledgement with intention and accept the responsibility of all we continue to learn. We will honor the resources which sustain us today through their protection. May food be just one of many connections we use in our work to repair relationships with Indigenous people of all Nations living here today."

In the U.S., there are 574 federally recognized Indigenous Nations. This Thanksgiving, we encourage you to acknowledge the land on which you benefit by bringing the history of the Indigenous peoples alive through sharing past and current stories, reading books by Indigenous authors, and speaking about the true history that occurred during the early encounters between Native communities and colonizers.



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