



JANUARY 2023 | MARION INSTITUTE NEWSLETTER

Dear *{{First Name}}*,
Happy 2023! As we look forward to the coming new year, **our gratitude for your unwavering support is unending.** It is because of you, our donors, partners, and community members, that we get to do this great work. We truly could not do it without you!

In keeping with the theme of new, we are excited to introduce you to our newest board members. **Mike Delmonico** comes to us with an extensive background in healthcare while **Leigh Keyser Phillips**, joins us with over 35 years of law experience. Learn more about their backgrounds and experience on our [About Us page](#).



Fixing Our Broken Sleep

by Rick Clerici, C. Ht., of Clear Mind Systems

Infrastructure always seems to be a neglected necessity. Bridges, power grids, and water systems fall into gradual disrepair over time and are routinely overlooked until a disaster attracts our attention. And even though we may respond immediately, our efforts are often too late. Thankfully, the opportunity is there to prevent future failings. Likewise, we can think of sleep as a human infrastructure, the importance of which should not be overlooked or neglected.

Let's define sleep: **Sleep is the natural, periodic suspension of consciousness necessary to regulate, repair, and restore physical, emotional, and cognitive health.** Sleep is our internal system of highways, bridges, and power grids. Did you know that our sleep state is actually *more* active than our waking state? [Read more here.](#)



[Click here to register for our February 7th BioBites event](#)

The Marion Institute is making it easier than ever for providers working in a variety of health-related fields to **incorporate BioMed methodologies and technologies into their practice.** This hybrid course, taught by Dr. Dickson Thom, DDS, ND, includes four online lectures, online assignments, supporting resources, and four days of in-person training and is accredited by the Oregon Board of Naturopathic Medicine. To learn more and to register, visit bit.ly/biomedcertcourse.

Biological Medicine for Practitioners*
*Required pre-requisite: Introduction to Biological Medicine

LEAD INSTRUCTOR



DR. DICKSON THOM, DDS, ND

WITH



LAUREN SLATER, APRN

APRIL 27 - 30, 2023
The American Center
for Biological Medicine
9312 E Raintree Drive, Scottsdale, AZ

Providers \$2600 | Team Members \$499
24 CME Credits per the Oregon Board of Naturopathic Medicine

REGISTER AT BIT.LY/BIOMEDCERTCOURSE

"What's Growin' On?" January updates from Grow Education

by Olivia Rother, FoodCorps Service Member



Who's having a Tea Party? Third graders at Brooks Elementary School in New Bedford participated in a tea party this past week. The lesson was created and facilitated by one of Marion Institute's FoodCorps members, **Olivia Rother**, to integrate with curriculum being taught in their social studies class. The students were excited and engaged with a lesson about the **Boston Tea Party**, and Olivia saw it

as a great opportunity to teach about herbal teas! Our Farm to School program always looks for ways to give students direct experiences around food that they will hopefully, remember forever! [Read more here.](#)



Recent Activities and Successes of the SFPC

by Christine Smith, Southcoast Food Policy Council Program Manager



The Southcoast Food Policy Council's (SFPC) Quarterly meeting on January 11th provided an opportunity to share the activities over the past four months and the successes during the fall and winter. "It's great to hear how much we've accomplished, although we have miles to go before we sleep," said one of our Community Advisory Board members.

Here are a few highlights from the meeting:

- In the Education and Communication Working Group, we solidified the goal of creating a regional **Food System Education Campaign**. It will coincide with a number of annual events such as our Eat Local Challenge Month, September Hunger Awareness Month, and the Annual Food Summit.
- In the Policy Working Group, we held a **"Candidate Forum"** showcasing candidates from two Bristol County districts competing for seats in the state House of Representatives. This was a fantastic opportunity to educate the candidates and the public on the challenges facing our local food system. We plan to continue holding Candidate Forums each election cycle. [Read more here.](#)



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