

This is an overdue announcement, but to be fair, we have been in denial...



Our dear teammate of 18 years, **Angela Silva**, stepped down from her position as Director of Finance and Operations at the end of 2022. For those of you that have had the pleasure of working with Angela, you know how incredible she is. It would not be an exaggeration to say she was one of The Marion Institute's superstars and we are so incredibly appreciative for all she has done for the organization. Angela's work ethic, efficiency, conscientious approach, and consistently positive outlook is something we admire and are grateful to have experienced daily. It is with heavy, but very proud and happy hearts that we wish Angela well as she sets out on her new path as a women-led business owner. Angela is now the co-owner of **All Balanced Bookkeeping and Consulting** and of course we will be retaining her excellent services for our financial needs. You can learn more about her new endeavor here, <https://www.allbalancedconsulting.com> and we highly recommend her services - **We love you Ang!**

### Our BioMed Scholarship Program

by Jessica Frank, BioMed Programs Manager



At the Marion Institute, our stance has always been that health is not a luxury but a necessity for all. To that end, we established the **Mary Shands Scholarship Fund** in 2019 to honor the legacy of **Mary Norton Shands**, whose pioneering and compassionate efforts helped bring Biological Medicine to North America.

In just four short years, the fund has contributed more than **\$117,000** to help individuals of all backgrounds access the care they need. We are committed to opening doors for anyone who might not otherwise have access to the healing forms of healthcare we have long championed. From **cancer to chronic Lyme**, we work in partnership with our network of Biological Medicine providers to ensure critical healthcare is possible, especially when conventional options have failed. Here's what just a few of our recipients have had to say.

- "I am beyond grateful for your hearts and kindness. It has given me hope and security in knowing I have the availability for help with my illnesses now." – A. C., scholarship recipient, 2023
- "Just knowing this scholarship exists is amazing." – T. M., scholarship recipient, 2022
- "It opened my eyes to a different way of care and healing." – L. F., scholarship recipient 2019
- "The scholarship provided diagnostic modalities and treatments that I would not have had access to financially." – C. F., scholarship recipient 2019

**DONATE TODAY!**

### Honoring National Financial Literacy Month during our April BioBites

In this age of bank failures and inflation, it's no wonder that Americans are anxious about their financial picture now more than ever. According to the American Psychological Association, **72% of Americans feel stressed about money** at least some of the time, which can lead to increased feelings of anxiety and depression. Those feelings then make it harder to manage money concerns, resulting in loss of income or other financial hardships.

If this cycle sounds familiar, then you won't want to miss our next BioBites! **"Unpacking the Relationship Between Mental Health and Financial Health"** will feature **Matt Bahl**, a nationally recognized expert on the intersection of money and wellness, offering a clever framework for how to skillfully navigate the two-seater rollercoaster of both financial and mental health in today's current climate.

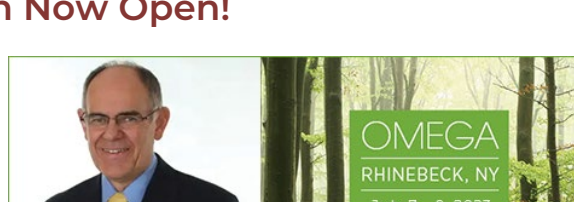


[Click here to register for our April 4th BioBites event](#)

And check out this month's [BioBlog: How Physical, Mental, and Financial Wellness Intersect](#)

### Registration Now Open!

Optimal Health Starts Here: An Introduction to Biological Medicine  
July 7 – 9, 2023  
[Omega Institute](#)  
Rhinebeck, NY



An in-person weekend retreat at the Omega Institute featuring our very own **Dr. Dickson Thom, DDS, ND**, in Rhinebeck, New York! **"Optimal Health Starts Here: An Introduction to Biological Medicine"** will explore the core principles of this radically different approach to healthcare over three days set amidst the background of nature itself at Omega's spacious campus in the **picturesque Hudson River Valley**. Take advantage of the gorgeous Omega grounds, eat healthy cuisine, and enjoy some R&R all while learning about your body's innate capacity for healing. More info and registration [here](#)

### "What's Growin' On?" March Updates From Grow Education

by Adam Davenport, Grow Education Program Manager



After a long, spring-like winter we are now starting to feel the **first awakenings of the true spring season**. In the Grow gardens this means that the garlic seeds that we planted with elementary school students in New Bedford and Westport back in November are starting to sprout. Our FoodCorps members along with their students are beginning their spring observations of the gardens,

including measuring the height of the sprouted garlic, something that they'll continue to do each month.

Over the last couple of months, we have been busy implementing our **Winter Presentations** in student classrooms. These are a series of curated speaker events led by Grow Education staff and external subject



matter experts in the fields of sustainable agriculture and nutrition. Students learned about how a farm system works from our friends at **Round the Bend Farm** in So. Dartmouth, and connected the dots back to their tables with a presentation on local food, nutrition, and food miles by nutritionist **Katlynn Kislá**. Plus, our FoodCorps members execute unique food-oriented lessons in their classrooms to further enhance Grow Education's programming. Read more [here](#).



### SFPC April Quarterly Meeting

by Christine Smith, Southcoast Food Policy Council Program Manager



Join us on **Tuesday, April 18, from 12:00 pm – 1:00 pm** for The Southcoast Food Policy Council Quarterly meeting.

We will be introducing our newly appointed **Community Advisory Board (CAB)** and Subcommittee members and providing an update from each of the SFPC's sub-committees – **Education & Communication, Policy, Food Access, and Capacity Building**. Come hear more about our recent successes within each subcommittee and what we have planned for the upcoming months. We will also be providing a complete legislative update where you will learn about what issues we are actively working on and how you can get more involved in our policy work. Last but not least, we will provide updates on the fantastic work of our **Food Equity Advisors**, people in the community with lived experience of hunger, and their recent achievements.

Discover what you can do to help create a vibrant local food system. This is a time to ask us questions, share your ideas, and make comments on our collective work in the Southcoast Food Policy Council. There is no need to register for this meeting – it is open to all, just make sure to the zoom link on your calendar for **Tuesday, April 18, from 12:00 pm – 1:00 pm**. <https://us02web.zoom.us/j/84080531712>. We look forward to connecting with you soon!



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