



WELLNESS CONNECTIONS

Health Care and Healing Arts In the Central Valley

Volume 2005 No. 11

December

The Wellness Connections email newsletter is published during the week following the monthly meeting, except in the case of combined issues. The goal of the newsletter is to inform the members about important issues arising at the meetings, provide reminders about future events, and to be an information resource about issues important to members. You may communicate with the editor or submit articles at franks@attitude.com. To stop receiving the newsletter, send an email to the editor with "Stop Newsletter" in the subject field.



Photograph of Denali by Frank Saxton

*May you celebrate the joy and peace of Christmas
throughout the new year*

Evening Meeting Scheduled for Wellness Connections

In order to provide an opportunity for members unable to attend the morning meetings, a series of quarterly evening meeting have been scheduled, with the first one to be on Saturday, January 7, 2006. Be watching for an announcement about the time and place.

Philosophy of the Month

Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.

~Helen Keller

Pranic Healing Presentation



Scott Alexander and Katherine Barile from The Brass Unicorn were the keynote speakers at the December Wellness Connections meeting, with an interesting and informative presentation on Pranic healing. Pranic healing works in conjunction with other disciplines as part of a holistic, integrated approach to wellness. It enhances physical healing by clearing and strengthening the energy body, in which illnesses manifest before appearing in the physical body. The technique releases energy blocks and allows the body to heal itself. The effectiveness of Pranic healing is being validated by ongoing research. Scott and Katherine also

work with environmental influences, using sage and incense to clear the air and sound to enhance the healing. Classes are available on a regular basis; check the website at www.brassunicorn.com.

Attorney's Advice – No Charge

Diane Enderson (The Center for Body, Mind, and Spirit, Healing and Education) came across this advice given by a corporate attorney, who learned by having his wallet stolen:

1. The next time you order checks have only your initials (instead of first name) and last name put on them. If someone takes your checkbook, they will not know if you sign your checks with just your initials or your first name, but your bank will know how you sign your checks.
2. Do not sign the back of your credit cards. Instead, put "Photo ID Required".
3. When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.
4. Put your work phone # on your checks instead of your home phone. If you have a PO box use that instead of your home address. If you do not have a PO box, use your work address. Never have your SS# printed on your checks. You can add it if it is necessary, but if you have it printed, anyone can get it.
5. Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards.

Here is some critical information to limit the damage in case this kind of theft happens to you or someone you know:

1. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
2. File a police report immediately in the jurisdiction where your credit cards, etc. were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one).
3. Perhaps most important of all, call the three national credit reporting organizations immediately to place a fraud alert on your name and Social Security number. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit. Here are the important numbers:
 - i. Equifax: 1-800-525-6285
 - ii. Experian (formerly TRW): 1-888-397-3742
 - iii. Trans Union: 1-800-680-7289
 - iv. Social Security Administration (fraud line): 1-800-269-0271

Credit health can be just as important as other wellness. Thank you, Diane, for passing this on.

Remember the Wellness Fair Vendors Meeting

The next and final meeting for vendors before the Fair is on January 10, 2006, 7:00 PM at the Go Natural Wellness Center, 5091 North Fresno Street, Suite 122 (northwest corner, Fresno and Shaw). During this season, give people the gift of wellness by letting them know about the Wellness Fair coming soon on January 29, 2006, 10:00 AM – 6:00 PM, LaRyan Event Center, West and Ashlan. (Entrance Fee: \$5.00)