



# The Valley View

Newsletter of the Greater Madison Valley Community Council

Issue 114, September 2003

E-mail: gmvcc@hotmail.com

## Focus: Health Care

September is viewed by many of us as a month of renewal. Perhaps the traditional habit of school preparation engenders an urge to move forward towards new goals after the relaxed fun of summer. Some of us include attention to well-being as one of our autumn goals as we anticipate the long months of winter ahead.

In this issue we acquaint our neighbors with a few of our community's unique health care providers. This edition focuses on four practitioners — David Zucker, Elizabeth Goldberg, the physical therapists at Renaissance Physical Therapy, and naturopathic physicians Dr. Daisy Cornforth and Dr. Jennifer Lush of Glow Natural Health Care Center. As *The Valley View* does not have a medical degree of its own, this article does not represent an endorsement.

Also in this issue we begin a new health care advice column: take a look at Ask Dr. Daisy on page 2.

### David Zucker MD, PhD

Dr. Zucker has created a unique approach to caring for individuals with chronic and life-threatening illnesses. He has developed a practice of guided self-management. This integrated approach to care addresses both the medical and life changing aspects of serious illness. He guides and supports people in developing skills that enhance well-being as well as confidence in selecting treatment options.



Dr. David Zucker

Initially, Dr. Zucker meets with the individual to review all aspects of the medical situation. This beginning ensures that the person thoroughly understands the illness thereby regaining some personal control over a seemingly chaotic situation. It is an unfortunate reality that in traditional busy medical practices, teaching patients and their families about the illness is often not well addressed.

The next step is to explore the person's response to illness. The focus thus shifts to the life changing aspects of serious illness and what they mean to the individual and those close

## Neighborhood News

### Annual Courtyard Sale a Success Again

By Muriel Puse

Thanks to the untiring work of the courtyard committee, we managed to raise about \$3,000 during this annual event. The money will be used to print and mail this monthly newsletter. The newsletter currently costs about \$700 per issue and the Courtyard Sale is our only fundraiser of the year.

We wish to applaud and thank the many neighbors who contributed wonderful, gently used items to the sale. This generosity is what makes the sale so successful. In return we can offer the contributors a tax deduction for their donations.

We also want to express heartfelt thanks to the staff at the Bush School. Without

their cooperation and assistance we would be unable to hold the sale.

Cheers for the countless hours spent by the volunteers who collected, sorted, and sold the items. Committee chair Eli Stahlhut deserves our undying gratitude for her dedication to this neighborhood. Thank you, Eli!!!▼▼

### Annual Spaghetti Dinner Coming This Fall

By Agnes Gooch

Our annual spaghetti dinner is planned for the traditional first Friday in November. This year it will be November 7<sup>th</sup> and will be held in the King School Auditorium and lunchroom. As you may recall, we offer homemade meat and vegetarian sauces for the spaghetti; fresh, crisp salads; piping hot garlic bread; and a delicious array of homemade desserts. Rebekkah

(Continued on page 3)

to them. Once these concerns are identified and understood, the individual can participate in redirecting energy towards positive goals and reconnect with the community. Dr.

Zucker's treatment approach includes education, cognitive therapy, relaxation and meditation training, and support. He also consults with the person's other providers and becomes a part of the treatment team.

As a physician, Dr. Zucker became aware that the human and medical aspects of illness were often separated in traditional clinical practice, resulting in significant distress for patients and their families. This awareness led him to pioneer

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## Neighborhood Events

### Neighborhood Academy Offerings

Here are a few of the Neighborhood Academy's fall offerings that you may want to sample. The classes are held at Safeco's Neighborhood Academy, located at 23rd and Jackson. The classes typically run from 7 to 9 p.m., and all are free.

**September 16: How to Be Long-Term Investor.** Starting with a historical look at the stock market, gain perspective on how to select companies to invest in and how to avoid paying too much for stocks.

**September 18: Fall Fashion.** New ideas on how to mix and match, personalize a look, and make the most of your wardrobe dollars.

**September 25: Road to Long-Term Care.** Cut through the confusion for some straight talk on maintaining your independence and choice of care as you age, including an overview of Medicare and Medicaid requirements.

**September 27: Women and Money.** This full-day Saturday session will provide women with the tools they need for their financial health. Topics include basic budgeting, risk assessment, and retirement and estate planning.

**September 30: Open Book Discussion.** Come discuss *My Own Country* by Abraham Verghese, a startling but ultimately uplifting portrait of the American heartland's efforts to confront its deepest prejudices and fears when the local hospital treats its first AIDS patient and the community realizes that no one is exempt from this "urban problem." ▼▼

Classes meet at the Neighborhood Academy, located in Safeco's Jackson Street Center, 306 23rd Avenue South, Suite 200, in Seattle.

All sessions are free, but please pre-register by calling 206/521-1100 or emailing [hocr@safeco.com](mailto:hocr@safeco.com).

## Dear Dr. Daisy

Dear Dr. Daisy,

My three-year-old daughter is starting preschool this fall and all my friends are telling me that she will catch lots of colds. She's had a one or two mild colds each winter so far, but she has never been in daycare or preschool.

What can I do to prevent her from getting sick all the time?

— Maggy's Mom

Dear Concerned Mom,

It is true that kids generally get a lot of colds when they start preschool or daycare for the first time. To some extent you just have to tough out the first winter, because they tend to get sick less and less each year. That said, here's a few things you can do to ward off colds.

Make sure your child takes one or two children's multivitamins per day. The extra vitamins and minerals can really help out small children whose immune systems are not mature and whose diets tend to be limited. I suggest buying your vitamins at a health food store or natural pharmacy and ask the staff which brands are highest quality and most easily absorbed.

Children pass germs around on hands and toys. Teach your child the importance of hand washing, covering the mouth when they sneeze, and not putting everything in their mouth. Wipe toys with an antibacterial wipe from time to time, and wash stuffed animals periodically.

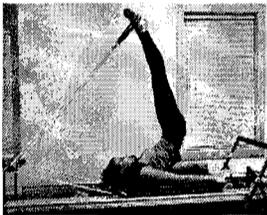
Food allergies, environmental allergies, dust, and molds can all increase mucus and inflammation of the respiratory tract, making the child more susceptible to colds. Use an air filter in your house to decrease airborne particles including dust and mold spores. Vacuum regularly. Dairy products and citrus (including orange juice) increase mucus production in most people. It's best to avoid these during a cold. Consider investigating allergies as a cause if your child is sick all winter year after year.

Next time, we'll discuss things to do when a cold does strike. I hope this is helpful, and good luck to all you parents out there!

*Dr. Jennifer "Daisy" Cornforth is a naturopathic physician at Glow Natural Health Center in Madison Valley. She practices holistic family medicine with a focus on nutrition and herbal therapies. Each month, Dr. Daisy will answer a question from a member of the Madison Valley community. To submit your question, email [jennifer\\_cornforth@yahoo.com](mailto:jennifer_cornforth@yahoo.com).*

## Pilates in the Park

Private Pilates Instruction  
in Madison Park, led by  
Certified Instructor  
Bianca Maggio, and  
Kathy Olsen, MSPT.



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## MAKE A DIFFERENCE

### with Bailey-Boushay

Bailey-Boushay House is recruiting volunteers to provide transportation, companionship and meal service to clients of the Adult Day Health and Residential Care programs.

This is an opportunity to make a difference in the lives of people who are living with HIV/AIDS and other life threatening illnesses. Individuals with a reliable vehicle, a current driver's license, insurance, and who are available during the day should call David Pavlick at (206)720-2260 and request a volunteer application.

#### Unique Health Care Providers, cont. from pg 1

this unique and effective service. His extensive health care training has prepared him for the challenge. Dr. Zucker graduated with Honors from Stanford Medical School followed by residency training in Rehabilitation Medicine at the Mayo Clinic. Additional fellowship training in medical anthropology deepened his understanding of the cultural and societal influences on our health care. Dr. Zucker also holds a PhD in Counseling Psychology. He continues his life-long training with the ongoing study of psychology, meditation, and cutting edge developments in medicine and neuroscience. ▼▼

#### Elizabeth Goldberg, L.Ac.

Elizabeth Goldberg has provided acupuncture for clients in the Seattle area for nearly 10 years. She has recently opened a beautiful, new practice space in her home here in the Madison Valley and is committed to serving the community.

Elizabeth studied Classical Five-Element Acupuncture in England with master JR Worsley. She completed an internship at the Zhejiang College of Traditional Chinese Medicine in Hangzhou, China to meet the Washington State requirements for licensure.

Her practice follows the lineage of five-element acupuncture. The five elements — fire, earth, metal, wood, and water — correspond to the seasons of the year and direct the treatment. Elizabeth treats people who come with specific concerns such as anxiety, arthritis, asthma, circulatory problems, depression, facial paralysis, high blood pressure, indeterminate aches and pains, infertility, menstrual problems, migraines, skin conditions and many more. She states that "the effect of good acupuncture is more than simply curing symptoms. Directed at restoring overall balance, treatment will deal with the condition and help the patient feel better in a general way." Elizabeth creates an

*(Continued on page 5)*

#### Neighborhood News, cont. from pg 1

Dinaburg of Santosha Yoga will be our master of ceremonies this year. She has some wonderful ideas for getting to know each other as neighbors. We plan to have a silent auction and musical entertainment as well. This year some of our neighborhood business people will attend to familiarize us with their products and services.

Of course, we need HELP with all of this. Please participate at what ever level you can. This event is not a fundraiser — we just break even with the ticket sales. It is just a fun time to get together before the holidays. If you would like to volunteer or have some fun ideas please contact us. If you own a business and would like more info please let us know. We are here to promote the patronage of area businesses. More in the October issue of The Valley View. Contact: Cathy Nunneley at 329-4083 or cjunneley@yahoo.com ▼▼

### Mercer Street End Committee Needs Your Help

By Bunny Bixler

If you were moved by the Mercer Street End Committee's campaign to regain public property for all our enjoyment, please consider a donation to assist them. The City has asked them to submit a landscape plan for converting the space from private use back to the citizens of the community. This requirement means that they must hire a landscape architect for the design. The committee has met with City Council member Richard Conlin who is very supportive. Thus far they have \$175. Any donation is appreciated. Rebekkah at Santosha Yoga will teach a fundraiser class in September with all proceeds going to the project. You may send your donations to Anita Rowe 1123 38<sup>th</sup> Ave, 98122 or, for more info or questions, contact her at 322-7562 or email at roweNW@cbcomputer.com. ▼▼

#### SUPPORT THE VALLEY VIEW NEWSLETTER

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## Old House-a-Thon

### Hail to You, Old House

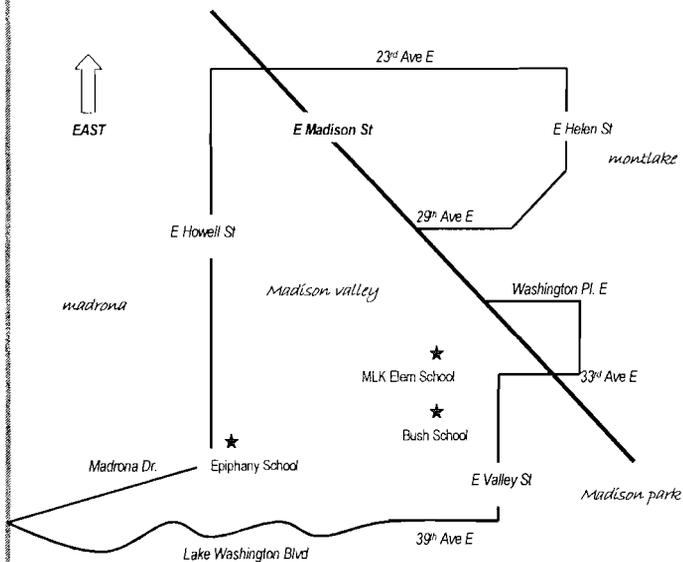
By Jack Irwin

Do you live in a really old place that deserves respect? Is there a house on your block whose age should be honored, or whose story would amaze everyone? We the staff of *The Valley View* have long considered that the houses around us need better recognition. We hereby announce the **VALLEY VIEW OLD HOUSE HONOR ROLL**. It is not a contest; think of it as a registry of distinctive houses.

This will be a local affair (see our boundaries map below). Your privacy will be protected as you direct, but we need to know the story of your house. There will be several categories: oldest house, oddest design, house built for the least money, most bizarre history.

Call us, write us, send e-mail, but nominate your house. We'll check out your entry and publish the noteworthy stories.

Greater Madison valley Boundaries



There is some urgency in this old house search as well.

This summer a little cottage just off Denny Way was demolished and replaced by a large new dwelling that towers over everything nearby. The cottage was reputed to be a 1904 farmhouse that had an apple orchard and cow barn next door. Who is here to record all that?

On the hill above old Harrison School and near today's Harrison Ridge Greenbelt were as many as four working brothels well in to the 1960's. Houses and their fascinating stories are all around us. Let's hear about yours! ▼▼

## Community Council Minutes

### GMVCC Meeting of June 17, 2003

The meeting was called to order at 7:30.

Will Coman, head of City Soccer, has informed the council that he would like to expand the Washington Park field. Mr. Coman is interested in collaborating with the GMVCC to make this possible.

John Manning, a candidate for Seattle City Council (position #9), visited our meeting and voiced his thoughts on strengthening public safety and reducing crime in the Central District. Mr. Manning was on the city council once before, in 1995.

Officers for the upcoming year were nominated and elected. Secretaries: Miranda and Claire Levy, Treasurer: Eli Stalhut, Vice-President: Charles McDade, President: Gary Emslie.

The meeting was adjourned at 8:45. ▼▼

Minutes prepared by Miranda and Claire Levy, GMVCC Co-Secretaries

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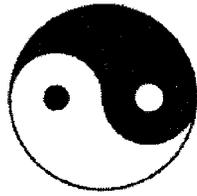
2812 East Madison St, Seattle

Come visit us, call  
or see website for  
a full schedule

Unique Health Care Providers, cont. from pg 3

individualized treatment plan for each of her clients. She offers preventative treatments each season to assist clients in the maintenance of their health.

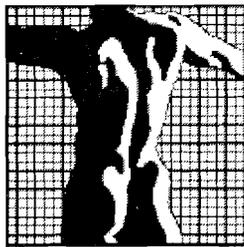
Elizabeth's office has the comfortable feeling of home and her warm, caring personality invite a trusting relationship. She will host an open house from 3-5 PM on October 12 at 3111 E Ward. Elizabeth can be contacted at: 206 321-7215 or email: [elizabeth@fiveseasonsacupuncture.com](mailto:elizabeth@fiveseasonsacupuncture.com). Look for her website at [www.fiveseasonsacupuncture.com](http://www.fiveseasonsacupuncture.com). ▼▼



## Renaissance Physical Therapy

Although independent physical therapy offices are becoming quite common about town, Renaissance Physical Therapy has something special to offer. In addition to traditional physical therapy techniques, the therapists provide active rehabilitation using MedX computerized equipment. To date, they are the only PT company using the MedX in Seattle. As an added attraction, the Madison Valley Renaissance clinic has developed a popular Pilates program dubbed: "*Pilates in the Park.*"

The MedX equipment is a cost-effective alternative for back, neck, and knee problems. With computerized exercise equipment, progress can easily be measured and documented. Clients are usually rehabilitated in 12 to 24 visits and are encouraged to take responsibility for their own progress.



Private Pilates instruction is offered for any individual seeking core strength and flexibility. The therapists find that self-referred clients have become more pro-active with goals of injury prevention and life-style changes. Although some specialized machines are used for instruction, clients can become independent in a home practice without expensive equipment. At times, the therapists may suggest that Pilates be initiated as part of a rehab plan.

Kathy Olsen MPT, Heidi McClintock MPT, and the Certified Pilates Instructor, Bianca Maggio, comprise the team at Renaissance. No one could ask for a more energetic and fun group. In addition to their clinic work, the therapists offer volunteer sports massage treatments at athletic fund raisers.

Ms. Olsen has experienced her own knee surgery and rehabilitation and enjoys working with these challenges. "I know what it's like to go through therapy and I bring that to my practice," she says. And as a resident of the neighborhood, she is enthusiastic about treating her own community.

Heidi McClintock MPT is a Sports PT. She loves to work with athletes and has many runners, triathletes, and golfers among her clients. She also specializes in knee rehab.

Ms. Maggio, the Pilates instructor, enjoys the progress her clients achieve with the exercises. Many women find Pilates to be an excellent choice for pelvic floor muscles and core strengthening after childbirth. Her goal is to introduce Pilates to more male clients, saying, "I don't believe that they realize how much this exercise could benefit their overall fitness." Bianca provides a complimentary half-hour session as an introduction.

Renaissance is located on the north side of the Arboretum Court near Nishino and popular Sound Mind and Body Gym. Their services are accepted by most insurance plans and also have fee schedules for private pay options. Parking is free and plentiful. Renaissance can be reached at 322-1846 or on the web at [www.renaissancept.com](http://www.renaissancept.com). ▼▼

## Glow Natural Health Center

Dr. Daisy Cornforth and Dr. Jennifer Lush, Naturopathic Physicians, met during their training at Bastyr University. After becoming fast friends, they have realized their mutual dream. That dream come true is Glow, a natural health center on the corner of Lake Washington Blvd and Madison. Drs. Cornforth and Lush have rejuvenated the office into a homey spa-like space that immediately lends a sense of relaxation and comfort.

The doctors have created a sanctuary for healthy living that integrates all aspects of wellness medicine. They state: "We believe that the good life begins on the inside, with a healthy body and a centered state of mind." This "is the basis of our philosophy, natural health from the inside out."

The doctors have found that most of their clients are women. In response, they have added the specialties of infertility and menopause treatments to their primary care practice. They also focus on personalized diet consultation and detoxification programs and carry a range of herbal and nutritional supplements and elixirs.



In addition to naturopathic medicine, Glow offers acupuncture, chiropractic care, massage therapy, reflexology and cranial-sacral treatments. They also provide a variety of spa services with packages that integrate health, relaxation and detoxification. A Pilates instructor has recently joined the Center and integrates appropriate exercise regimes into the treatment plan. Dr. Cornforth hopes to add a hydrotherapy suite in the future.

Drs. Cornforth and Lush are residents of the community and have a down-to earth approach that focuses on a person's own sense of wellness and health and individualizes care accordingly. They report good relationships with traditional physicians and acceptance as part of a health care team.

Glow Natural Health Center is located at 636 Lake Washington Blvd E. They can be contacted at 568-7545 or on the web at [www.glowhealth.net](http://www.glowhealth.net) ▼▼

**THE VALLEY VIEW**  
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Seattle, WA 98122  
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Community Council  
Member of the Seattle  
Community Council Federation  
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The Valley View is published nine times each year.

**Deadline:** 15th of each month.

Your submissions are appreciated!

Mail to the address above.

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Levy**

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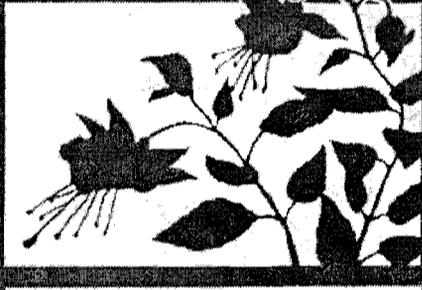
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**Next Community Council Meeting**

**Tuesday, September 16, 2003, 7:30 p.m.**  
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