

| Sept 5, 2013 |



Dear (Contact First Name),

There is a purely comic value to chickens. First-time visitors to S'eclairer usually roar or squeal with laughter when a rooster runs up to them and starts crowing. They are also valuable for the eggs, of course. However, one reason we keep chickens around the S'eclairer "farm" is the delightful way they bring about a state of Mindfulness. For city dwellers, the antics of our foul friends is so fascinating they cannot think of a single other thing. They are one with the moment, mindful of every cluck, pluck and crow.

Click on the chicken above if you too would like to enjoy a minute of mindful clucking and crowing.

The S'eclairer staff invests time in web and video production to build our virtual community, and we also greatly enjoy time together face-to-face in friendship and learning. In this email, you'll find plenty of upcoming events where we can meet you. We hope to be at least as fascinating and entertaining as our chickens!

*The S'eclairer Staff*

## **Psychiatric Grand Rounds Tomorrow!**

### **Will YOU Be Healthy at 100? with Jan Polanksy 1 pm at S'eclairer**

Do you have aches and pains that you think are part of getting older? Learn about cultures in the world where seniors are have healthy vibrant lives in their 80s, 90s and 100s.

**Janice Polansky** is a holistic health counselor and educator, a certified natural health professional, certified holistic health counselor, and certified digestive health specialist with the Loomis Institute.

[Please RSVP here for this Free event.](#)

**SAVE THE DATE:  
MAY 2, 2014  
An Integrative**

## **Friday, Sept. 20 A Social Event for Professionals "Meet, Eat, and Greet" with the S'eclairer Staff**

**Starting at 6pm, we are planning a "Celebration of Life"** -- a chance to Meet, Eat and Greet with other Integrative Medicine Professionals. We hope to have a bonfire and drum circle, so mark your calendar for a relaxing evening of socializing and relaxing.

We are hosting this event to connect with other **Integrative Medicine Professionals**, so please [RSVP here](#). This Meetup Group is designed to help build the community of like-minded Professionals.

## **Meet the Staff Dr. Hajra Akram**



**Dr. Hajra Akram** has joined the staff at S'eclairer. She is an MD from Pakistan who has just finished the USMLE\* steps required for residency programs in America.

She is doing an 8-week Externship in psychiatry at S'eclairer. It is basically "hands-on" experience. She has previously done an 8-week Observership in Psychiatry in Dearborn, Michigan, participating in on-going research program on "ADHD" there.

Dr. Akram has worked as a Family Physician in Pakistan for almost 10 years, and always wanted to do her specialization in Child/ Adolescent Psychiatry. Through an acquaintance, she came to know about S'eclairer, applied for Externship and got accepted.

## Medicine Conference

A group of local Integrative Medicine Professionals and community leaders organized by Dr. Chaudhary will be producing a **one-day Integrative Medicine Conference on May 2** of next year.



*Dr. Lewis Mehl-Madrona*

The Conference will focus on local doctors and professionals bringing you the latest science of Integrative Medicine and wellness, including Narrative Healing, Traditional Chinese Medicine, Herbs, Supplements and Nutrition.

The keynote speaker will be **Dr. Lewis Mehl-Madrona**, author of several books on healing and modern medicine from his Native American perspective. He was the first Medical Director of UPMC Shadyside Integrative Medicine Program in the 1990s, and continues to have a loyal following locally.

*Stay tuned to this newsletter for more information!*

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## Psychiatric Grand Rounds Friday, October 4

**Legal Aspects of Disability with Vincent Quatrini, Esq. and Michael Quatrini, Esq.**  
1 pm at S'eclairer

**Learn the basics of the Legal Aspects of Disability Insurance from two legal experts.**

People suffering from mental and psychological conditions qualify for Social Security Disability Insurance (SSD) and Supplemental Security Income (SSI) if their condition prevents them from working. As in cases involving physical disabilities, in order to qualify you must have been employed for a certain amount of time prior to filing and must present medical documentation regarding your condition. Many first time applicants for SSD and SSI are denied, but an experienced Social Security Disability lawyer can help strengthen your case.

Distinguished Greensburg-based lawyers Vincent Quatrini, Esq. and Michael Quatrini, Esq. will discuss the various issues that mental health professionals, clients and interested family members should know to successfully navigate the legal labyrinths related to Disability Insurance and Mental Health.

[Please RSVP here for this Free event.](#)

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**Unable to come to our office for Counseling or**

She said of her time here so far, "I found this place very patient friendly. They are focusing on different aspect of patient recovery such as changing Lifestyle of patients. What I really like about this clinic is their emphasis on education of patients. Which I in my medical practice always wanted to do. Secondly they are very open to new ideas. I definitely want to come back and gain more experience in this integrative medicine after my residency."

*\*The United States Medical Licensing Examination® (USMLE®) is a three-step examination for medical licensure in the United States and is sponsored by the Federation of State Medical Boards (FSMB) and the National Board of Medical Examiners® (NBME®). The USMLE assesses a physician's ability to apply knowledge, concepts, and principles, and to demonstrate fundamental patient-centered skills, that are important in health and disease and that constitute the basis of safe and effective patient care. ([See website.](#))*

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## A Retreat in the Garden of Beauty & Wisdom: Saturday, October 5

### A Retreat Among Friends: Cultivating an Awake and Caring Life

**Art, Dreams, and Movement Meets Clinical Science. Creating Beauty, Adventure, and Play for Health.**

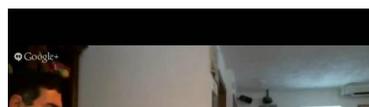
This retreat offers an emergent experience with mindfulness, art, sleep-dreams, and movement wherein, you will learn tools to foster your personal well-being and your relationships. [Click here for a PDF flyer.](#)  
[Click here to RSVP.](#)

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## New Video

### Educational Grand Rounds with S'eclairer staff

*Each week the S'eclairer staff takes to Google Hangout to broadcast information and the latest science around a mental health topic. Each Monday around Noon, you can watch live on the S'eclairer [YouTube Channel](#) or [Google+ page](#). Follow us on [Twitter](#) to know exactly when we go live.*



## Psychiatric advise?

*Too far away, or  
have no means to travel?*



S'eclairer now offers services **via web** using established telepsychiatric tools to connect you with your therapist or doctor.

**Call 724-468-3999** to see if you could benefit from this service.

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## Stay In Touch

Our goal is not only healing you but educating you as well, as to how to live the most happy and healthy life possible. To do that, we reach out to you on the website and also all our social media outlets. Be sure to visit regularly for Event updates and the latest news and videos from our staff.

Sincerely,

**S'eclairer**



## Educational Grand Rounds: Eating Disorders

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