2024 Cha Chi Ming Lecture Series

Care for the Caregiver

What Ancient Wisdoms Offer for a Modern Problem

May 20, 2024 | 2 – 4pm
Bellevue Botanical Garden
Aaron Education Center

UW Medicine
OSHER CENTER FOR INTEGRATIVE HEALTH

UW Osher Center for Integrative Health

Proudly part of the global Osher Centers for Integrative Health, we ensure expert care by sharing knowledge and resources through the Osher Collaborative.

Our core clinical services—Integrative Health Consults, Acupuncture, Naturopathic Medicine, and Medical Massage Therapy—prioritize your well-being through evidence-based therapies like nutrition, mind-body practices, stress reduction, supplements, and lifestyle adjustments.

The Osher Collaborative for Integrative Health comprises an international group of eleven academic health Centers funded by The Bernard Osher Foundation to study, teach, and practice integrative healthcare.

OSHER COLLABORATIVE
FOR INTEGRATIVE MEDICINE

The Osher Collaborative amplifies the collective impact of the eleven Osher Centers on health and well-being for all.

Northwestern University

HARVARD MEDICAL SCHOOL AND BRIGHAM AND WOMEN'S HOSPITAL

UCSF University of California San Francisco

Karolinska Institutet

University of CINCINNATI

WISCONSIN UNIVERSITY OF WISCONSIN-MADISON

UNIVERSITY OF MIAMI

THE UNIVERSITY OF UTAH

UNIVERSITY of WASHINGTON

VANDERBILT UNIVERSITY

THE UNIVERSITY OF VERMONT OSHER CENTER FOR INTEGRATIVE HEALTH

Cha Chi Ming Endowed Lectureship in East-West Medicine

We extend our deepest gratitude to the Sunlin and Priscilla Chou Foundation. This generous fund is dedicated to promoting the understanding and translation of research findings in integrative, East-West, and other complementary and alternative medicine disciplines, such as Traditional Chinese Medicine.

This endowment represents a personally significant component of Mr. Cha Chi Ming's legacy, an industrialist and philanthropist who was deeply invested in the integration of Traditional Chinese Medicine with Western biomedical science. His support continues to be instrumental in advancing our research and fostering innovation in the field.

Iman Majd, MD, MS, L.Ac

Dr. Iman Majd is an associate professor at the University of Washington, Seattle, and director of the UW Osher Center for Integrative Health. Board Certified in Integrative Medicine, Family Medicine, and Acupuncture, he integrates Eastern and Western approaches for comprehensive patient care.

His research, including recent work on auricular acupuncture for pain management, informs his data-driven, person-centered practice, championing accessible Integrative Medicine.

Kelly Morrow, MS, RDN, FAND

Kelly Morrow, MS, RDN, FAND specializes in educating individuals on the profound influence of nutrition on health. Acting as a nutrition counselor, Kelly facilitates sustainable lifestyle modifications while honoring personal preferences, cultural diversity, and individual requirements.

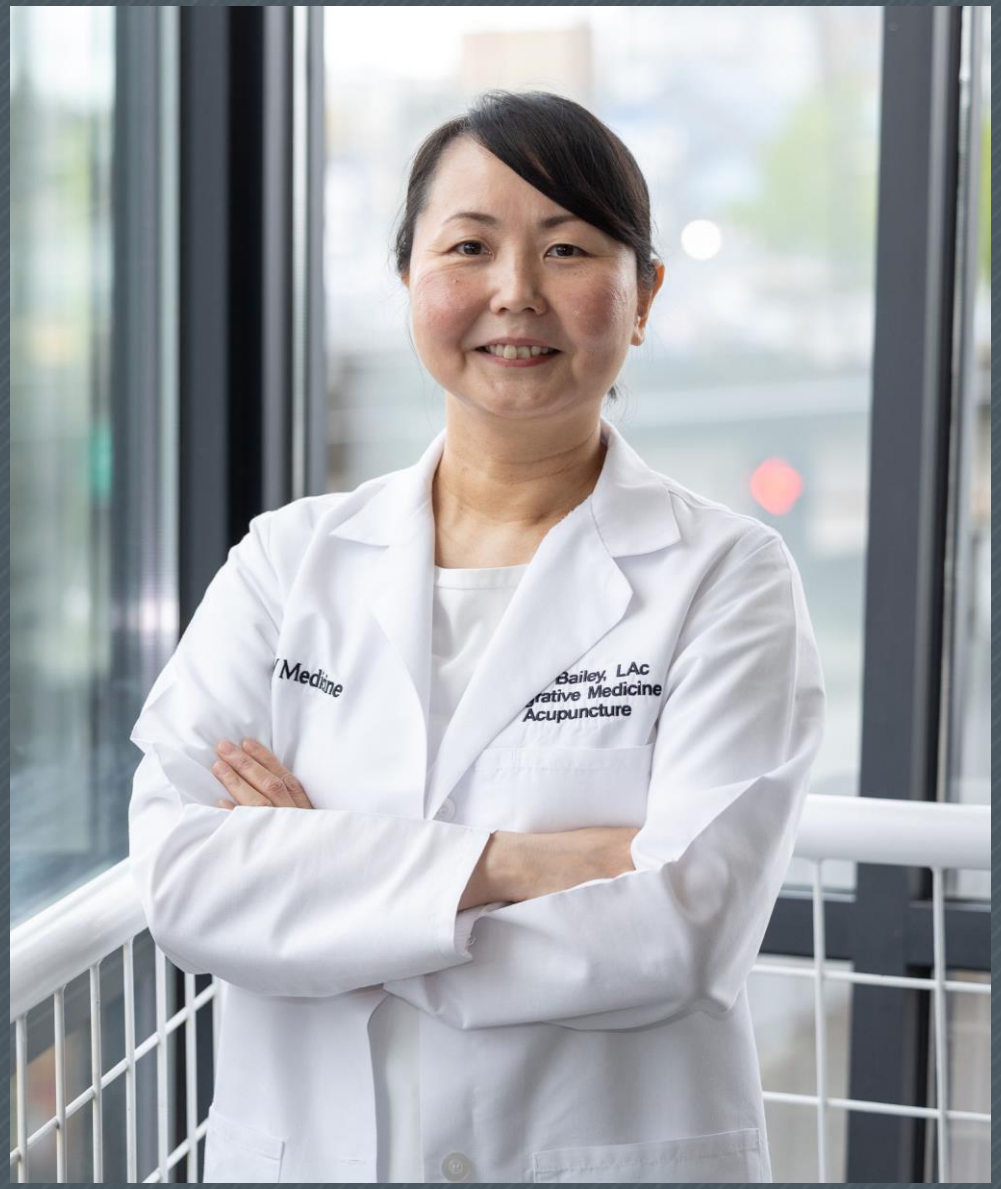
Her approach, characterized by integration, body positivity, gender affirmation, and a non-diet mentality, places paramount importance on holistic well-being.

Aiko Bailey, DACM, LAc

Aiko Bailey, L.Ac., brings her expertise as a teaching associate at the Osher Center for Integrative Health.

Specializing in acupuncture and Eastern medicine, she crafts personalized treatments with a focus on the mind-body connection. Fluent in both English and Japanese, she brings a diverse perspective to her practice.

Aiko holds a Master's degree from Bastyr University and a Doctorate from Oregon College of Oriental Medicine.



What Ancient Wisdoms Offer for a Modern Problem

2:15 – 2:45
Ancient Wisdoms for Modern Caregiving
Iman Majd MD, MS, EAMP/LAc

2:45 – 3:00
Qigong Exercise
Aiko Bailey, DACM, Lac

3:00-3:15
break

3:15 – 3:45
Improve Resilience with Nutrition
Kelly Morrow, MS, RDN, FAND

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Care for the Caregiver Series Ancient wisdom for a modern time problem!

Iman Majd MD, MS, L.Ac - ABOIM

Associate Professor

Director, Osher center for Integrative Health

University of Washington

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Care giving – as old as we know!

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https://www.denverpost.com/2024/01/12/multigenerational-households-increasing-colorado-cost-of-living-caregiving/

https://arrowlift.com/blog/6-ways-to-make-multigenerational-living-work-for-your-family/

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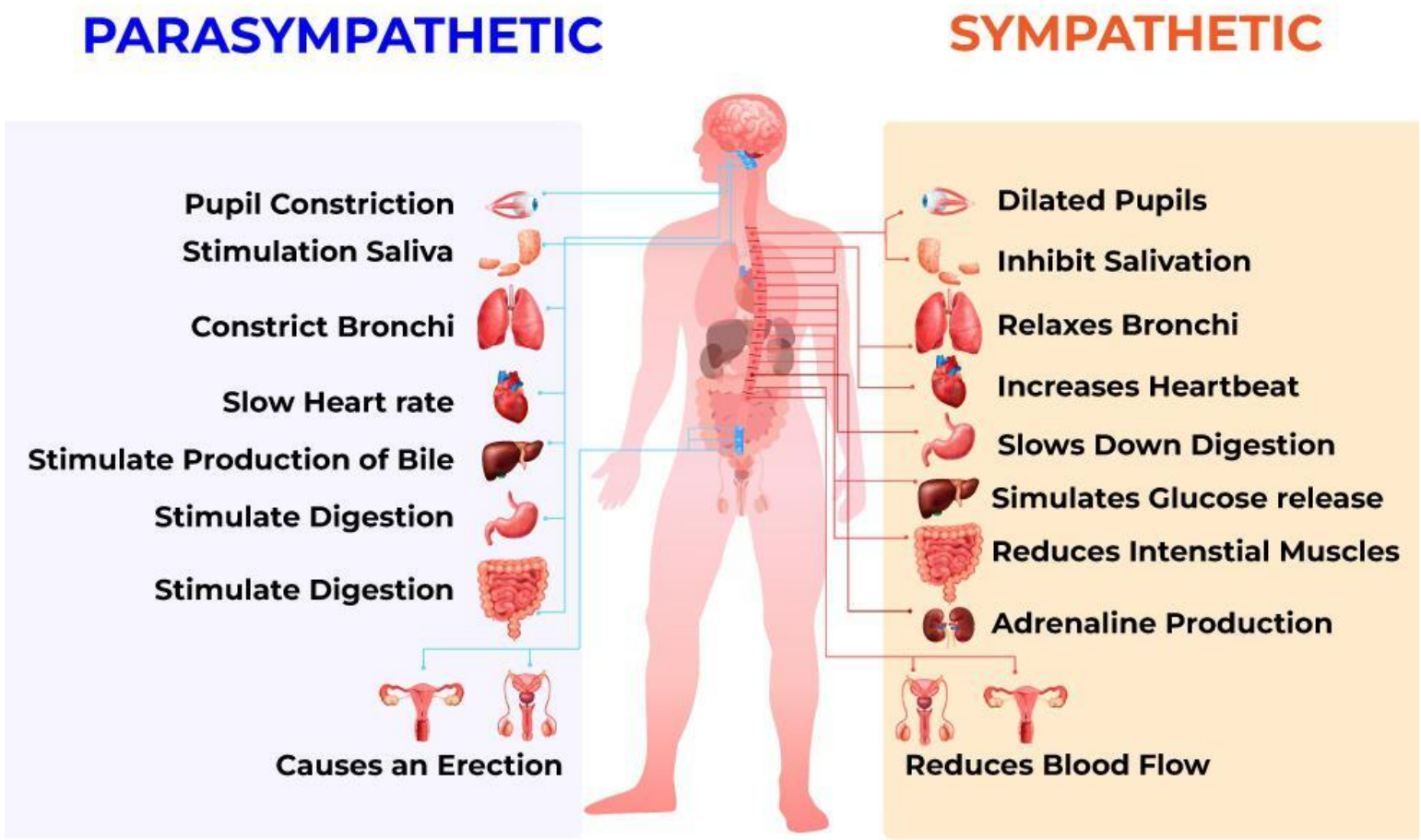
- https://www.communitysolutions.com/resources/sandwich-caregivers-holding-it-all-together

Care giving – Noble cause with psycho-emotional and physical impacts

- From emotional satisfaction and “feeling good” to “burn out”
  - Higher levels of dissatisfaction in life and depression
  - Having anxiety, insomnia
  - Somatic presentations: body ache and fatigue

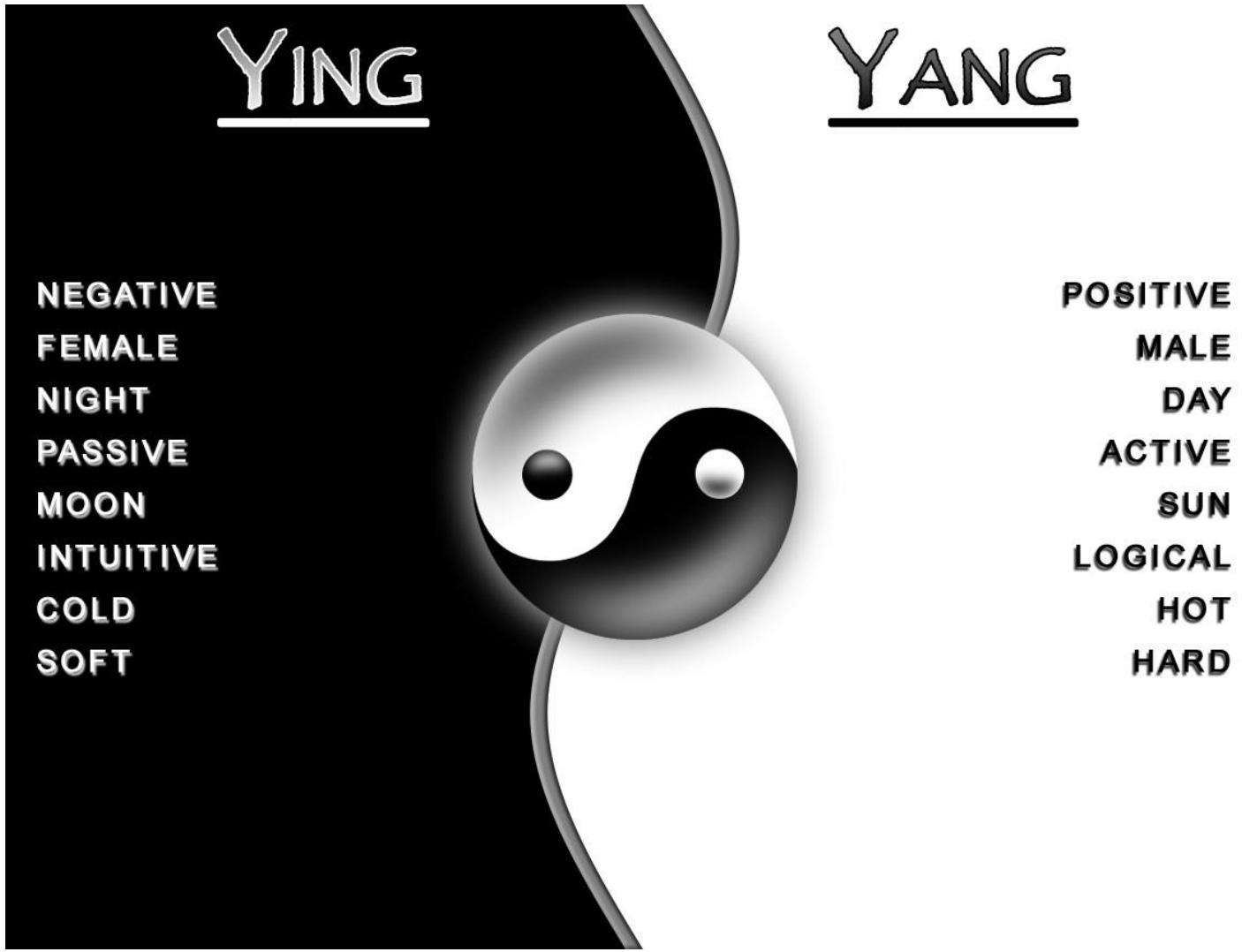
- High level of ***sympathetic nervous system*** function

Autonomic Nervous System



https://www.geeksforgeeks.org/autonomic-nervous-system

Yin and Yang – Restoring Balance



https://www.factorydirectjewelry.com/blog/yin-yang/

Traditional Chinese Medicine and Eastern Medicine approach to build resilience and restore balance

- Acupuncture: reduces stress
- Herbal medicine: calming teas
- Rest and recovery: “ the art of doing nothing”
- Emotional and spiritual practices
- Nutrition: adding to reservoir
- Mind- body practices: Qi Gong and deep breathing

- Acupuncture

https://accurateacupunctureaz.com/treatment/stress-anxiety/

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- Herbal medicine

https://mazalovesk.pics/product_details/45435600.html

- Rest and recovery:

  “ the art of doing nothing”

https://innernature.com.au/how-to-be-idle-the-lost-art-of-doing-nothing/

- Emotional and spiritual practices:

https://www.interfaithamerica.org/article/walking-spirituality/

https://stock.adobe.com/au/images/overwhelmed-woman-meditating-at-workplace-stress-relief-exercise/446302723

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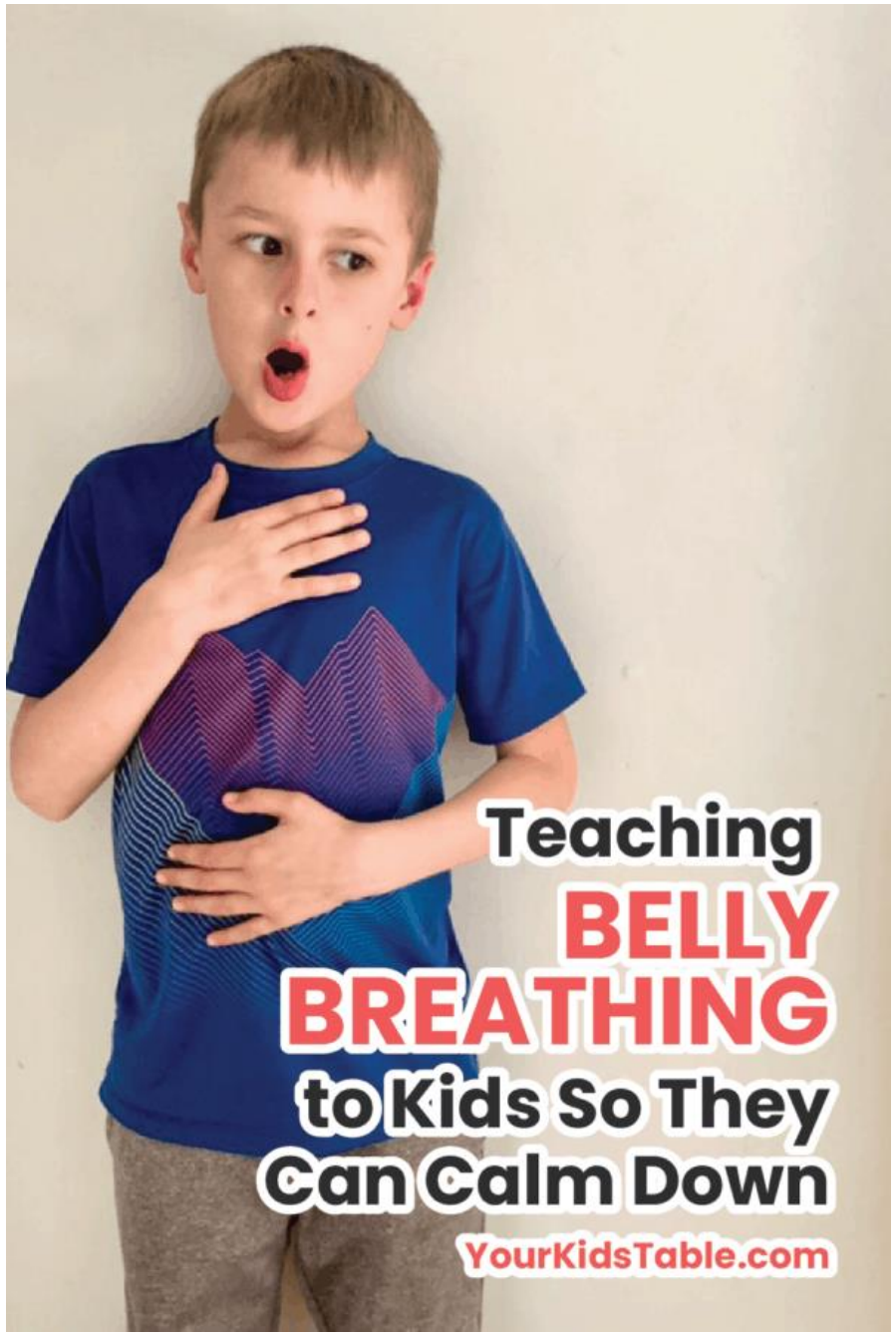
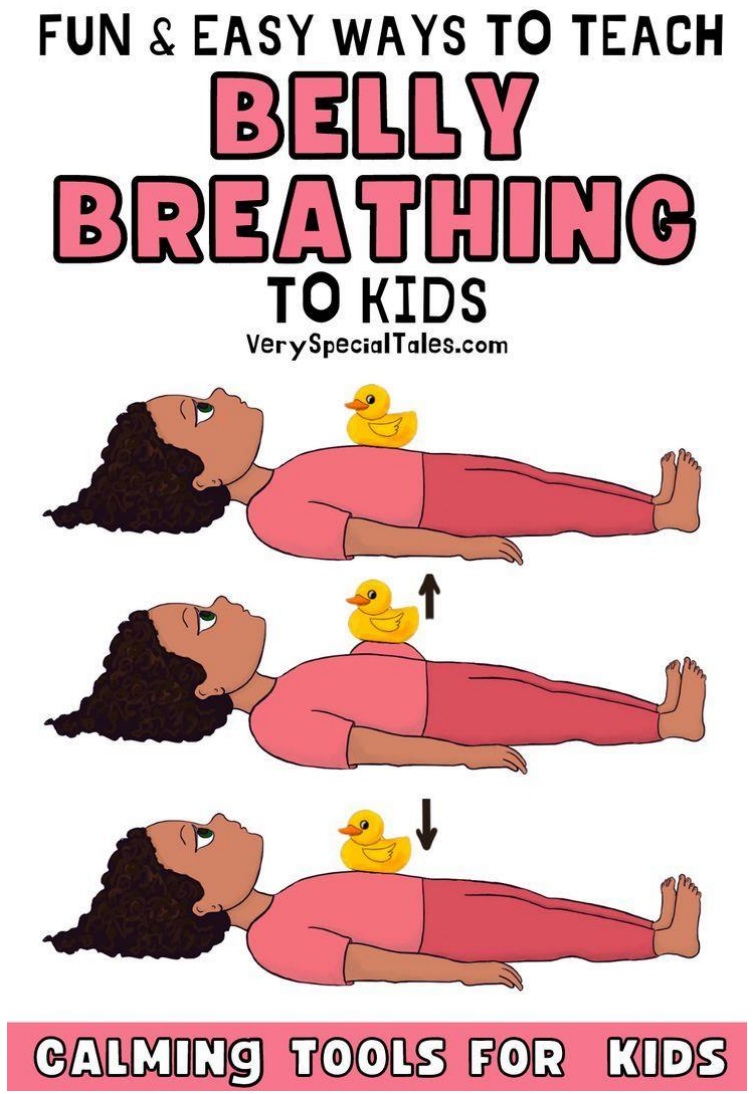
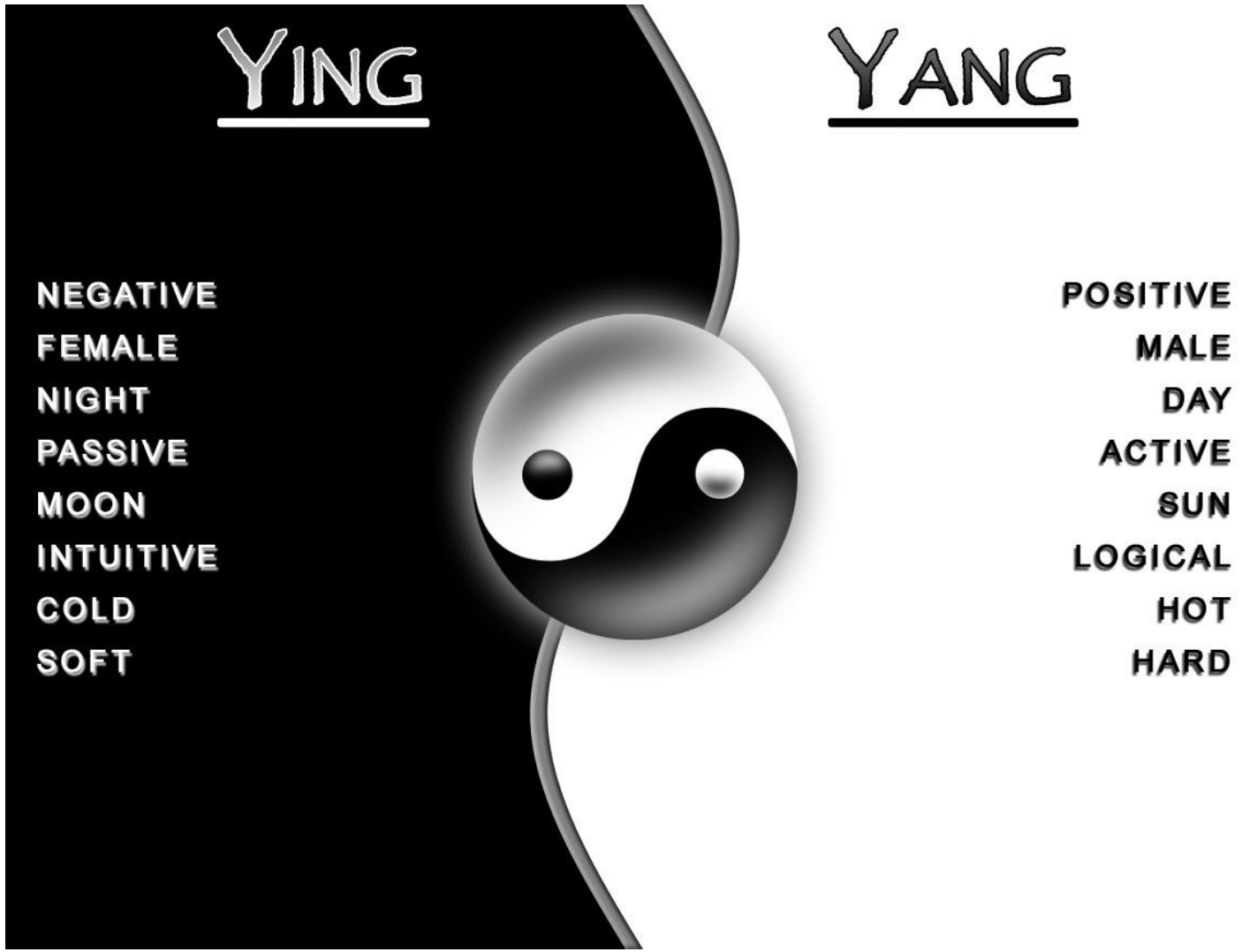
- Mind- body practices: Qi Gong and deep breathing



https://yourkidstable.com/belly-breathing-for-kids


FUN & EASY WAYS TO TEACH
BELLY BREATHING
TO KIDS
VerySpecialTales.com
CALMING TOOLS FOR KIDS

Yin and Yang – Restoring Balance



https://www.factorydirectjewelry.com/blog/yin-yang/

Thank you

2:45 – 3:00

Qigong 氣功 with Dr. Bailey