

To see things in the seed...

ANNUAL REPORT

2010



Integrative
Learning
Center
OF MID AMERICA

...that is genius.

—Lao Tzu



Our Mission

Through educational centers we nurture the health and development of individuals enabling them to serve as active partners within the global community.

Our C.L.E.A.R. Core Values

CONNECTION

We inspire people to create meaningful relationships with others for the quality it brings to one's life.

LEARNING

We appreciate the human capacity for life-long learning, not only for the development of a specific set of skills, but also for the discovery of individual self-expression.

EMPOWERMENT

We provide opportunities to become aware of individual choices and responsible action.

ALLIANCE

We engage in dynamic organizational partnership for service.

RESEARCH

We participate in research and seek to make valid and reliable contributions to the body of literature.



a note from our CEO

Since our inception, we have been incubating the essential idea that an integral approach to health of the individual, community, business and world can make an important difference. This is the seed the founders saw then and the green plant we continue to nurture.

2010! It was a big year for our little organization. Volunteerism and donors grew tremendously. We became more accessible with videos, blogs and web postings that people can use for the betterment of their lives.

This year we saw that there is no limit to what we will be asked to help with. As you flip through these pages, imagine the difference these programs can make in the life of people you know: someone who is

recovering from a stroke; a child that struggles with learning issues in school; a teacher who is discouraged in his classroom; someone who desperately wants to stand upright and walk easily in the world.

In 2010, we witnessed the seed of hope come alive in many people through the programs we offer. We look forward to an even richer 2011.

Thank you for taking the time to read and consider how our mission is your mission.

Cynthia M. Allen

Volunteer Board

John Lesick, II
Chair

M. Phyllis Eveleigh
Chief Financial Officer

William Ollier
Secretary

Shereen D. Farber, Ph.D.
Research Coordinator

Larry R. Wells

Pamela Wilz

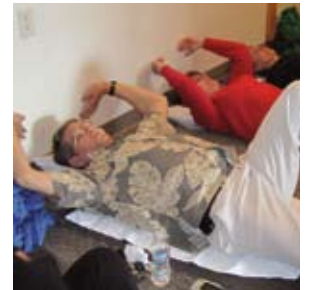


bones for life®



Watch [Bones for Life for Seniors](#): a three minute video of seniors from this project talking about the benefits they received.

Created by Ruthy Alon, this work can be used with people of all ages and adapted to provide safe weight-bearing experiences to people with injuries or neurological challenges. It has tremendous implications for an aging population.



I am 65 and have had several fractures. Some of the Bones for Life exercises are so easy that I can do them while I am waiting for an elevator at work or in line at the grocery store. I can take it with me anywhere. I do believe this work is helping my bones become stronger. Through Integrative Learning Center, I am learning about myself in a way that I never knew.

*Susan Yurchuck
Cincinnati, OH*

I have been a physical therapist for over 30 years. My current case load tends to be people who have tried physical therapy in the past as well as other pain management techniques. Patients come feeling they will never move easily again, therapy isn't going to help and that they will always have pain. I have found that using the Bones for Life processes significantly enhances their ability to improve their posture, balance and find pain free movement.

*Jeanne Hills
Physical Therapist, Feldenkrais
Practitioner, Tucson, AZ*





integral human gait theory & gait for wild human potential



Integral Human Gait theory is the first collaborative work to sprout from our greenhouse environment. This theory draws on fields such as osteopathy, physical therapy, the *Feldenkrais Method*®, Bones for Life, sports medicine, human development, and integral philosophy. The creators of this work, Carol Montgomery and Cynthia Allen, believe the rhythm of healthy two-legged locomotion is fundamental to human freedom and unequivocal engagement with the world.

What a wonder(-filled), experiential journey of self discovery. I have unlocked areas in my body I wasn't aware I had. You have dramatically impacted my personal and professional growth.

*Roy Adams
Physical Therapist,
Portland, IN*

I'm even more impressed two months after the gait workshop. The perceived benefits mentally, physically, emotionally and spiritually continue to operate in my daily life. Especially helpful was the model of a "dive" downwards in preparation for a jump upwards and outwards to a higher place. In fact I did take a dive and have jumped to a more integrated, actualized version of myself.

Thank you, thank you,
Integrative Learning Center.

*Bonnie Angelie, R.N.
Feldenkrais Practitioner,
Tucson, AZ*

Wow, so, so much put together to create this workshop. I loved the somatics. I can use this material in my place of work, long-term care.

*Susy Boge
Occupational Therapist,
Benson, AZ*

Truly a 'transformative experience', even in the following weeks and months after.

The workshop helped me bridge that great mental chasm that had previously existed between me and what I viewed as the rest of the 'normal gaiters' of the world.

*Kathleen Everhart
Indianapolis, IN*



[Our 2011 workshop calendar](#)



somatic learning for children and teachers

Somatic Education is a means of tapping into the organizing power of the sensory motor system. Through curiosity, felt sense, awareness, and action, the brain can, and often does, reorganize quickly into a higher level of function in the physical and emotional domains. Through dialogue our multidisciplinary team explored somatic applications for teachers and students. We are offering a course for teachers through Xavier University in 2011.



When I think about what a somatic education approach would mean for the kids I work with, I actually feel very emotional. I feel like they are so misunderstood. If we take a step back, we will realize they have potential, so much potential. If we give the kids this understanding of who they are and where they are, it is going to have an impact on their happiness and the world.

If teachers are more aware of what is happening with themselves, then their

understanding of what is happening with the child grows. Without that awareness, you really miss what is going on and move too quickly to cognitive or behavioral labels.

*Kathy Krebs
Occupational Therapist, The
Kelly O'Leary Center for Autism
Spectrum Disorders at Cincinnati
Children's Hospital*

In recent years, I have become increasingly interested in brain research. When I became involved with the *Feldenkrais Method* I saw the importance of incorporating these somatic fields into understanding the learning process. This committee is asking: How can we help both teachers and students become better learners? How can we include the body and brain communication in teacher preparation?

*Sharon A. Merrill, Ed.D.
Director, Special Education
Programs, Xavier University*



research

We are committed to gathering feedback and measuring the efficacy of our programs. This past year, we tabulated data on a Bones for Life research project. This study evaluated dynamic balance and functional performance in community dwellers over age 65.

Geriatricians everywhere are looking for ways to keep patients healthy as they age. While this is a small study, the results are very encouraging. Bones for Life® applied to the senior population looks to be an important resource.

*Mark O. Farber, M.D.
Professor of Medicine, Indiana University School of Medicine*

Integrative Learning Center is a small organization with great potential. In the current economic climate,

novice researchers or those with limited resources have a decided disadvantage obtaining grants. Granting organizations want to see pilot data before funding larger projects. When researchers lack “seed money” for pilot projects, they cannot supply the pilot data needed to obtain grants.

We are very excited that our pilot study, which will be submitted for publication this year, shows improvements in community dwelling

adults over age 65 in vitality and mental health as well as in a step test which is a strong indicator in balance and fall risk. This study was possible with hundreds of volunteer hours and could be done at a higher level with appropriate funding. This is only one example of what Integrative Learning Center can contribute.”

*Shereen D. Farber, Ph.D., OTR,
FAOTA, BFLT, ILCMA Board Member and Research Coordinator*

Watch **Bones for Life for Seniors**: a three minute video of seniors from this project talking about the benefits they received.

we are growing

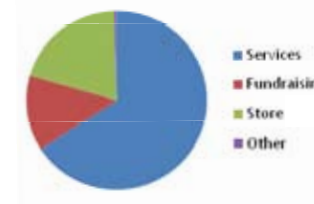
43 Volunteers gave over **1,300 hours** of service, a **growth of 70%**.

Supporting **donors increased by 400%**.

Through **16 workshops** we directly served **190 attendees** from **67 cities** and **20 states**.

88% of participants were **from the helping fields**: physical and occupational therapists, physicians, chiropractors, *Feldenkrais* and other somatic practitioners, bodyworkers, athletic trainers and counselors. In the hands of these caring people, the skills for living a more elegant and empowered life are being dispersed to **many thousands of people** each year.

fiscal report



Income: \$59,490

Services/Programs \$39,248
Fundraising 8,125
Store 11,860
Other 256



Expense: \$60,250

Services/Programs \$35,502
Fundraising 1,824
Store 6,587
Administrative 16,252
Other 85



Integrative
Learning
Center
OF MID AMERICA

4124 HAMILTON AVENUE
CINCINNATI, OHIO 45223

www.integrativelearningcenter.org

support@integrativelearningcenter.org

513.827.0027

thanks to these generous donors of 2010

Up to \$99.00

Alan Hundley
Alice Hansen and
Marilee Panee
Ann Foster
Anne Brown Miller
Barbara Drueffel
Beth Rini
Betty Edington
Bill and Karla Hamant
Bob and Judy Holter
Brenda Rasch
Carole Schumacher
Carolyn Austin
Carolyne Slayton-Knox
Charles and Diane Hammond
Chris Wallhausser
Dale and Gerri McGirr
Dave and Heidi Eveleigh
David Tape
Denise Duranczyk
Diane Bates
Dianne Vollman
Dixie Dexter
Donita C. Compton

Donna Blank
Edith Starbuck
Elizabeth Keith
Inge Gaiser
J. Gary Krummen
James and Joyce Salinger
Jan Levi
Jan Westwater
Janet Cox
Jean Sarno
Jim and Nancy Ollier
Joanna Myers
John and Ute Edelmann
John C. Wallhauser
Judi Dooley
Julie Lonneman
Kathy White
Kishore Bhageshpur
Kyle Forman
Len Sternberg
Leslie Alexandria
Leslie Hershberger
Leslie Schwartzman
Linda Graviss
Lynda Waring

Mark Wilkins
Mary Beth Dunn
Mary Butler
Mary Jo Martin
Mary Kay Foley
Mary Mehmert
Myra Ping
Pamela Wilz
Paul and Paulette Broerman
Ruth Conyer
Sherry McHenry
William Dickinson
Yvonne Kress

\$100.00 to \$999.00

Arthur Bowman, III
Bill Ollier
Carol Bussey
Carol Montgomery
College Hill Coffee Company
Denise Deig
Diane Thompson
Ed Knapp
Future Life Now
Ida Biretta

Jack Lesick
Joyce Hirsch
Larry and Linda Lesick
Marc and Carole Ollier
Marty's Hops and Vines
Mary Ellen Moore and
Mimi Tagher
Mary Harmon
Nancy Harbaugh
Nancy Magnusson
NROTC, Miami University
Pat and Leslie Hughes
Phyllis Eveleigh
Prestige Travel
Rick and Janet Reder
Sharron Merrill
Step-N-Out Dance Studio
Susan Yurchuck
Suzanne Mowry

\$1,000.00 or more

Cynthia Allen
Sheree Farber
Larry Wells