Their backgrounds are different. Their goals are the same.

Jeanne Carrigan, PhD, is an educator, art therapist and nun with the Sisters of St. Francis. Mary Paulin is an art teacher and supporter of worthy causes. Both will tell you it was divine intervention that brought them together.

The result is ArtWorks, an all-day art program for adults with developmental disabilities, now in its 23rd year.

Back in 1989, Paulin was a volunteer with the UA Art Museum. She and a student drove a van filled with puppets and paintings to classes for children with disabilities and serious illnesses. Their program was called Art a la Carte. The children could talk to their puppets about their hopes and fears – things they weren’t ready to discuss with anyone else.

Carrigan had recently received her doctoral degree in art education and art therapy, and was working at Casa de los Niños, the home for children who can’t live with their parents. She approached the UA art department about doing some part-time teaching. It so happened they had an opening, and she was hired.

Right away, the head of the art department told Carrigan, “You have to have lunch with Mary Paulin.”

Today, 20 adult clients are enrolled at ArtWorks. They range in age from 23 to 71. Most have limited speech. Some have limited mobility. They are never referred to as “disabled people.” Instead, they are identified as artists.

From 8 a.m. to 3 p.m. Mondays through Fridays, they work with paint, yarn, crepe paper, clay, string, and other materials to express what is on their minds and in their hearts.

Each work of art conveys a clear message: “This is what’s important to me right now. This is how I feel.”

Painting by ArtWorks client-artist
Christopher Ortiz
Growing up in Northern California, Jeanne Carrigan got to know the Sisters of St. Francis, an order of nuns whose happiness with their work – in this case, running a school for troubled boys – inspired her to become one of them.

She became a nun – and a teacher, an artist, and a pioneering art therapist who knows that communication is not confined to words. It can be a canvas covered in bursts of color, a hand-made pot or a sculpture fashioned from papier-mâché.

But now, after 22 years as founding director of ArtWorks, the innovative program for adults with developmental disabilities, Sister Jeanne has retired. However, she can still be found at ArtWorks, usually one or two days a week.

“She may be retired, but she will always be part of ArtWorks,” said Mary Paulin, a supporter of ArtWorks since the beginning. “Jeanne has put so much of herself into ArtWorks, which is why it’s such a wonderful program.

Sister Jeanne’s career started in 1964, when she began training with the Sisters of St. Francis in Milwaukee. The Sisters have been pioneers in educating children and adults with developmental disabilities, building schools for the developmentally disabled in several states.

Early in her training, Sister Jeanne was assigned to two weeks with the St. Coletta’s school in Jefferson, Wisconsin. The Sisters have been pioneers in educating children and adults with developmental disabilities, building schools for the developmentally disabled in several states.

“The may be retired, but she will always be part of ArtWorks,” said Mary Paulin, a supporter of ArtWorks since the beginning. “Jeanne has put so much of herself into ArtWorks, which is why it’s such a wonderful program.

Sister Jeanne’s career started in 1964, when she began training with the Sisters of St. Francis in Milwaukee. The Sisters have been pioneers in educating children and adults with developmental disabilities, building schools for the developmentally disabled in several states.

Early in her training, Sister Jeanne was assigned to two weeks with the St. Coletta’s school in Jefferson, Wisconsin. She was 19.

“I had never met a person with developmental disabilities,” she said, “but when I went to St. Coletta’s, I knew immediately that was what I wanted to do. I think it’s because people with developmental disabilities are just totally honest. They are always themselves. It was like, ‘I don’t have to worry about being anything but myself either. I felt so comfortable with them, and so accepted by them.’

She enrolled in Cardinal Stritch University in Milwaukee, where she received her bachelor’s degree in art and special education in 1969. She continued her work with the Sisters, then began graduate studies at the University of New Mexico. In three years, she earned both a master’s and a PhD in art education and art therapy.

She moved to Tucson and began working as an art therapist with Casa de los Niños, the shelter for children who have suffered abuse or exposure to violence. She also wanted to teach art education.

“I thought, maybe the U of A could use a fill-in teacher. So I went over to the art department, and the director said, ‘Well, we are closing a national search today for an assistant professor in art education, so go home right now and get your resume.’

“I got my paperwork in and I had an interview and I was hired the next day.”

That was 1988. Within a year, Sister Jeanne started ArtWorks in a little stucco house on East Helen Street. Originally administered through the art department, ArtWorks transferred in the early 1990s to Family and Community Medicine, and is now part of the department’s Center for Excellence in Developmental Disabilities (see story on page 9). Many have contributed to the

ArtWorks founding director Sister Jeanne Carrigan, PhD; above, an ArtWorks artist’s soft sculpture doll
success of ArtWorks, she said. Mary Paulin and her husband, Bob Paulin, have made generous gifts of money and equipment. Professional artists have shared countless hours and materials with client-artists. But most of the success stems from the client-artists themselves.

“They did not have to be taught how to do art. Art is inside you, at least when you are a child, or until someone ‘teaches’ you to the point you can’t do it anymore.

“Our people still have their art inside of them. And the purity and the freshness and just the honesty of their art is absolutely magnificent.”

As for those one or two days a week Sister Jeanne still spends at ArtWorks, it’s usually in a very different role. She is now a licensed nail technician. She does manicures and pedicures – not only at ArtWorks, but at the Casa María soup kitchen, the Benedictine Monastery on Country Club Road, and for seniors in retirement homes.

“They feel fabulous. They are thrilled. They are almost giggly. And they are very grateful,” she said of her clients. “To me it’s good health care. But I think for the person who’s getting their nails done, it’s a little personal attention, and it’s so relaxing. I see people totally relax. They start telling me their life stories. So I’m hopefully becoming a better listener, too.”

Several ArtWorks client-artists made the papier-mâché sculpture at left; the painting below is by another client-artist.

Sister Jeanne gives ArtWorks client-artist Monica Gomez a manicure.
Mary Paulin believes each of us is here for a reason. She began to discover hers years ago while living in Philadelphia, a city known for its magnificent art museums and first-rate medical centers.

It started when her best friend gave birth to a child with brain damage. Paulin, an art teacher, began learning how children with disabilities can learn to explore and express themselves through painting, drawing and other artistic activities.

Years later, after moving to Tucson, Paulin began serving on the board of the Arizona Commission on the Arts, through which she became a strong advocate for art classes in special education programs.

“This passion of mine just started to grow and grow and grow,” Paulin recalled. She also learned that art programs and other services for people with disabilities “take care of children until they’re 21 – and then it’s over. So what do these people do? And what do their families do?”

The answer began taking shape in 1989, when Paulin met Sister Jeanne Carrigan, who was developing the idea for ArtWorks. The two joined forces and never looked back.

“I really do believe it was God-directed,” Paulin said. “I do believe that we are put on this earth to serve God’s purpose.”

And for 22 years, ArtWorks has been making a difference in the lives of adults with developmental disabilities.

“Imagine how isolating it can be to be developmentally disabled and not be able to talk, or not much,” Paulin said. “ArtWorks gives them a vehicle – whether it’s painting or ceramics or dance – and they’re able to make friendships with each other and communicate in ways that we may not understand. But they understand, and that’s what’s important.”

Paulin is married to retired Tucson automotive dealer Bob Paulin, who has worked with his wife and Carrigan to build ArtWorks from one small house at 1509 E. Helen Street to a complex of three houses, with additional classroom space, exercise facilities and landscaped patios added over the years.

Although ArtWorks began under the auspices of the UA art department, it has since been transferred to the UA College of Medicine, and most recently Family and Community Medicine’s Sonoran University Center for Excellence in Developmental Disabilities.

“The magical, wonderful thing about this program,” Mary Paulin said, “is that it involves so much of the community – the clients and their families, the professional artists who donate their time – and it involves people from so many areas of the university. Students who train at ArtWorks come from special education, the medical school, the College of Public Health, art, music and dance. What could be better?”

One of ArtWorks’ most ardent admirers is another Tucson automotive dealer: Jim Click, Jr.

“Mary has been a tireless volunteer for ArtWorks, supporting participants, engaging students, and demonstrating her amazing talent,” Click said. “I believe her support, her passion and her dedication have in no small part ensured the success of this wonderful program.”

Rather than take credit for her contributions, Paulin likes to encourage others to support ArtWorks, in whatever way they can.

“I call ArtWorks my reality check,” she said. “I would just like to feel that my life was significant, in some way. Bob and I are both 86 now, and at our age, you think, ‘What have we done with our time here?’

“But when somebody says to me, ‘Oh, you’re so wonderful, you take care of people with disabilities,’ I think, ‘You don’t get it.’ It’s a treat. I always leave ArtWorks happier than when I got there.”

ArtWorks supporters Mary and Bob Paulin at the ArtWorks garden entrance; above, an Artworks client-artist’s colorful animal painting.
Yumi Shirai can describe ArtWorks in a single word: community.

“We are all part of a community,” said Shirai, who became director of ArtWorks in March succeeding her mentor, founding director Sister Jeanne Carrigan.

“No one is higher or lower here. The staff and the clients – the artists – are all here to support one another,” Shirai explained. “We are all here to support each other. I am one of them, and they, in turn, support my vision, my dream, my reality. I feel very fortunate.”

Shirai grew up in Japan, where her father runs a school for people with developmental disabilities. As a child, she spent time at the school, becoming accustomed to being with people who might look and move and speak differently from most people. She came to ArtWorks 13 years ago, as a student worker. At the time she was working on a master’s degree in dance through the UA College of Fine Arts. At Carrigan’s urging, she pursued further study and certification in dance therapy. Last December, Shirai received her doctoral degree from the UA Norton School of Family and Consumer Sciences, studying under Susan Koerner, PhD, an expert on family caregiving.

Shirai’s vision of community embraces the clients, who are called artists, and who currently range in age from 23 to 71; the artists’ parents and other family members; the UA students who work and train at ArtWorks, while pursuing degrees in education, family and consumer sciences, fine arts, medicine, public health and other fields; and the professional artists and others who volunteer their time to work with the client-artists.

Shirai is carrying forward Carrigan’s philosophy: Everyone at ArtWorks contributes to the program’s creative energy. Art becomes a tool for communication, and helps the client-artists to build their sense of identity. Transformation happens.

Client-artists always have a say in how they spend their time at ArtWorks. They decide what kind of project they want to work on, and what materials they will use to create their art.

Client-artists also help decide who is hired at ArtWorks; they routinely interview and vote on candidates for staff and new client openings.

Also each year, the client-artists elect one of their peers as mayor to represent them and listen to their concerns.

Enrollment at ArtWorks is limited to 20 individuals, but teachers who train at ArtWorks will take what they learned to other programs in the community, Shirai said. As those teachers go to work in other programs for adults with developmental disabilities, Shirai said, more and more people will benefit from the ArtWorks philosophy.

This painting shows off a client-artist’s love of shapes and bright colors.
Emily Scanlan graduated from the UA last month with a bachelor's degree in family studies and human development -- and a plan to focus her career on working with people with developmental disabilities.

Her commitment grew over the past year and a half as she wrapped up her undergraduate studies while working part-time as a teacher at ArtWorks. Before she came to ArtWorks, Scanlan knew little about adults with developmental disabilities or brain injuries that alter the way people move and behave.

When she interviewed for the job at ArtWorks, she wasn't sure she would be a good fit.

"I told her she would be a great fit," said Sister Jeanne Carrigan, the recently retired founding director of ArtWorks.

How did Carrigan know? "I was just really impressed by Emily's demeanor. She was very articulate and well-composed, and she seemed like a very kind person."

"Her unsureness was pretty common. But I also sensed that she liked the people here and felt really at ease with them. Their ways of different behavior didn't seem to faze her at all. I thought, 'Wow! She's real relaxed in this setting.' That's 90 percent of it."

When Scanlan joined ArtWorks, she was envisioning a career with Child Protective Services or other children's agency.

"But once I got to know the people in ArtWorks and their wonderful personalities," she said, "I didn't want to do anything else."

On Scanlan's first day on the job, she was assigned to work with two client-artists, both women in their 40s and both severely disabled from birth. One had almost no mobility. The other had good mobility, but had difficulty speaking and swallowing.

"People had to keep telling me, 'You're not going to break them. They're not going to fall to pieces,'" Scanlan recalled. "I was so afraid to do the wrong thing. Now I'm more relaxed."

And once she started talking to her client-artists, she said, "I realized how unique and amazing they are." One of the women "has this amazing eye for jewelry," while the other "gives the most amazing hugs."

Scanlan has spent two half days a week at ArtWorks, teaching simple social skills, exercise classes, arts and crafts, and music. While finishing her undergraduate studies in three years, she also was part of the UA Marching Band, playing trumpet and French horn. She graduated summa cum laude.

She learned that her client-artists love music and rhythm. They can practice dance steps. They sometimes sing along. Often, they just enjoy listening and relaxing to the music CDs Emily brings to class.

"I've learned an amazing set of skills," Scanlan said. "It's really taught me to care for others in a way I hadn't thought of before."

Working with a client-artist named Debbie one recent morning, Scanlan talked about her future plans. Her last day at ArtWorks would be May 12. After graduating on May 14, she was to begin a new job, and return to the UA for graduate school. Her goal is a master's degree in special education.

"ArtWorks has been a wonderful experience," Scanlan said. "But now I feel like it's my time to move on, so others can come in and have the same great experience that I had."

Debbie listened to Scanlan with appreciation. "I would love to have you stay here forever, Emily," Debbie said. "You're one of my favorite teachers."

Emily Scanlan with client-artist Paul McLoughlin; above, detail from an artist-decorated door in the Mary Paulin Gallery.
Evelyn and David Dannheim knew right away that ArtWorks was what they were looking for. “We walked in and I said, 'This is it. This. Is. It,'” Evelyn recalled. “We saw the participants walking around outside and playing games, and working in different studios on their art projects. And we saw how the teachers worked with them and helped them. I just felt, 'This is perfect. This is where Karen needs to be.'”

Their daughter Karen, then 31, had been going through a difficult time. Diagnosed at age 3 as learning-disabled and with cerebral palsy, Karen had been in and out of special education programs most of her life.

But a few months before her parents visit to ArtWorks, she became depressed and refused to go to the program she had attended for several years. After several weeks, she stopped speaking.

Then one day she visited a day program for adults with disabilities, in which a friend of hers was enrolled. The program helped clients develop life skills – things like fixing a sandwich and keeping a room clean and neat. Karen visited a few more times.

“And then she came home and said to me, 'I want a program,'” Evelyn recalled.

With the help of Karen’s case manager with the state Division of Developmental Disabilities, the Dannheims made a list of 11 day programs that would provide the kind of learning and social environment in which Karen could thrive.

Not long after her parents first visited ArtWorks, Karen began attending one or two days a week. At first, she sat by herself, not speaking and not making eye contact with anyone.

“Slowly, she began to talk with us,” recalled Sister Jeanne Carrigan, the founding director of ArtWorks. “Like many of our people, Karen has an inclination to get depressed. We work as a team with her mother and her father, and we watch for any sign of stress, and I think now Karen feels very safe and comfortable with us.”

At ArtWorks, Karen has found her artistic niche: drawing and painting circles. Karen also has taken part in ArtWorks musicals, including the Wizard of Oz and South Pacific. Coming up next: Grease.

Karen, who will be 42 in December, has been with ArtWorks for 10 years. She is outgoing and self-confident. In August 2004 she moved out of her parents’ home into housing she shares with another woman who is developmentally disabled. She still attends ArtWorks five days a week.

Monica Gomez, 47, has been with ArtWorks since 2004. “It's been a Godsend,” said Monica’s mother, Mary Gomez. “All the staff are wonderful. We have never encountered anyone but creative, caring and patient people.”

Being the parent or other caregiver of a child with a developmental disability means facing the kinds of challenges most parents never imagine. And as those parents and caregivers age, they face increasing anxiety about what the future may hold for their adult child who is disabled.

Where will the adult child – or sibling, or other loved one – live? Who will have time to look after his needs? Will the money I’ve been able to save be enough for her? These and other questions can be overwhelming.

“I pray a lot. It is scary. It is very scary,” said Evelyn Dannheim, mother of Karen, whose delayed development was diagnosed as cerebral palsy when she was 3 years old. Karen is now 42. “I mean, our older daughter Beth has agreed to take over as Karen’s guardian, and we have a special needs trust fund set up, but it won’t take care of everything Karen needs,” Evelyn said.

“The interviews identified five major concerns of older caregivers:

- Knowing how and when to plan for the future of their adult family member with a developmental disability is difficult.
- Fear, frustration and other difficult emotions often crop up when caregivers go through the planning process.
- Anxiety about future quality of life for the disabled individual is common.
- Family, friends and service agencies are important support for people with disabilities and their caregivers; however, changes in family life, friends moving away and agency staff turnover often interrupt quality of care -- and quality of life.
- How the individual with a disability will access needed health care, without the caregiver to serve as advocate, is another common concern.

Prior research has shown that more than half of all families do not have a formal plan in place for caring for their adult children with developmental disability following the death of the parents – or grandparents, siblings or other caregivers.

The research by Tomasa and Shirai found that the most difficult issue for older caregivers is identifying the right person who will be available when needed, to make sure the disabled family member is getting appropriate care and services.

Their study led to the creation of an innovative guidebook, “Future Care Planning: A Roadmap for Family Caregivers.”

“It’s not a one-step process, but a multiple-step process that evolves and changes because people’s lives evolve and change,” Tomasa said. “And it is not a process that caregivers can easily go through on their own. It’s about facing their own fears and apprehensions and having to deal with the changing service systems. It’s a grieving process. It’s complicated. But if we respect that complexity and appreciate it, we can support caregivers and care receivers to help them make informed decisions.”

This ArtWorks artist’s portrayal of a loving relationship was chosen for the ‘Roadmap’ cover
Center Promotes Independence for Individuals with Developmental Disabilities

On July 1, 2006, Family and Community Medicine joined a nationwide network of 67 federally funded centers whose mission is to promote the independence and productivity of people living with developmental disabilities. These Centers conduct research, incubate model programs, educate university students who will later work with people with disabilities, and conduct workshops that focus on increasing community inclusion for individuals with developmental disabilities (DD) and their families. Developmental disabilities include Down syndrome, cerebral palsy, autism, traumatic brain injury, fetal alcohol syndrome and other lifelong conditions affecting intellectual, emotional and physical well-being.

Family and Community Medicine’s center is named Sonoran UCEDD – short for Sonoran University Center for Excellence in Developmental Disabilities. Partners in Sonoran UCEDD include the UA’s Mel and Enid Zuckerman College of Public Health, Disability Resource Center, College of Education, Department of Pediatrics, the Department of Speech, Language and Hearing Sciences, and the Division of Family Studies and Human Development in the Norton School of Family and Consumer Sciences.

The Center has focused its efforts in the last five years on ensuring people with DD and their families have the help they need to navigate life’s transitions and to live healthy and productive lives.

ArtWorks, founded in 1989 in the UA College of Fine Arts, later moved to Family and Community Medicine, and is now one of several innovative programs of Sonoran UCEDD. Others include:

- **Project SEARCH** – This national job training and placement program for high school students and adults with developmental disabilities is based locally at UPH Hospital (formerly Kino Community Hospital). Interns receive nine months of classroom instruction on employment basics, as well as training and work experience in departments such as medical records, respiratory therapy, dietary services and housekeeping. Since August 2009, Project SEARCH has enrolled 24 high school students and young adults whose training makes them eligible for competitive employment in the community.

- **Medical Home Project** – based at the UPH Hospital Family Medicine Clinic, this project offers a “medical home” with coordinated, comprehensive health care services, and additional support for people with developmental disabilities. Each individual sees a doctor and a social worker who help them connect to medical specialists either at the clinic or elsewhere in the community. The 60-some patients in this model program benefit from a preventive approach to their health care and assistance in trouble-shooting their needs, an important benefit for people with often complex health care needs.

- **Interdisciplinary Training Program** – Ensuring future professionals have the skills and knowledge needed to provide competent and caring services to people with DD is the goal of this program. Students in undergraduate and post-graduate fields, including special education; the arts; medicine; family studies and human development; speech, language and hearing sciences; American Indian Studies; psychology, and other fields, conduct research and work with individuals enrolled in Sonoran UCEDD programs. As of this spring, 36 students have trained through this program.

- **Community Living Now** – greater community integration for people with DD can only occur when they have access to safe and affordable housing. A series of six free workshops providing information on independent community living options – group homes, apartments, co-housing and other choices – was sponsored by the Sonoran UCEDD this spring. Workshops took place in Tucson, but were broadcast live to audiences in Sierra Vista, Yuma, Phoenix and Flagstaff through the UA Telemedicine Program and UA Biomedical Communications. In the second year of the project, a comprehensive housing manual will be developed to help families tackle important and difficult decisions around community options for their family member with DD.

These and other Sonoran UCEDD programs help people with developmental disabilities – and their families – achieve greater independence and quality of life.
Integrative Medicine Training Broadens Scope of Family Practice

You cut your finger on a kitchen knife, it bleeds a bit and then, after a few days, the wound heals up. This common occurrence – one that many of us take for granted – is a testament to the body’s innate ability to heal itself.

Nurturing that ability is the whole idea behind Family and Community Medicine’s programs in integrative medicine. The programs combine conventional allopathic medicine with complementary and “alternative” medicine such as herbal therapies and mind-body medicine, including acupuncture, yoga and tai chi.

“Integrative medicine has broadened my way of looking at things,” said Patricia Lebensohn, MD, associate professor of family and community medicine at the UA. “If you have heart disease or you have high blood pressure, there’s probably a prescription that you should take. But also, let’s talk about good nutrition and exercise, and how you can work that into your schedule, and perhaps reduce your need for medication.”

Lebensohn, who completed medical school in her native Argentina, has been with the UA Family and Community Medicine department since 1993. She has developed an integrative medicine curriculum for family medicine residents in collaboration with the UA’s Arizona Center for Integrative Medicine. The online curriculum, launched in 2005, is now being used at 14 family medicine residency programs around the country. In April, Lebensohn’s work was honored with the Innovative Program Award of the national Society of Teachers of Family Medicine.

Lebensohn also started Family and Community Medicine’s integrative medicine fellowship program for doctors who have completed their three-year family medicine residency and want to pursue one year of additional training in integrative medicine.

Like family medicine, integrative medicine encourages disease prevention through good nutrition and exercise. Lebensohn pointed out that cardiovascular disease and cancer remain the two big killers in western society, despite numerous studies that have shown the risk of both can be reduced with a healthy diet and regular exercise.

“Studies have shown that about 35 percent of cancers could be prevented with these lifestyle changes, and probably 85 to 90 percent of cardiovascular disease. So that is what health care should be about,” Lebensohn said.

Jessie Pettit, MD, fully agrees. After getting her medical degree from Albert Einstein College of Medicine in New York, Pettit chose the UA’s family medicine residency because of its integrative medicine component, which includes 200 hours of online study. She finished her residency in 2009, then continued training with the integrative medicine fellowship program, which she completed in 2010.

In addition to seeing patients at Family and Community Medicine’s Alvernon Clinic and at University Medical Center, Pettit also teaches in the family medicine residency program.
Congratulations to Anita Gallardo!

Anita Gallardo, family nurse practitioner with the Mobile Health Program, has been honored as one of Tucson’s “Fabulous 50” nurses. The nurses, from throughout the Tucson area, were chosen by their peers for their contributions to the community and to nursing. Gallardo, a nurse for 31 years, including seven as a family nurse practitioner, said she loves teaching patients how to care for themselves and their families. The Mobile Health Program, she said, “gives me the opportunity to learn something new every day.”

“What a lot of people take away from medical school is, ‘here’s the condition, and here’s the prescription that I wrote for it,’” Pettit said. “But I would say the vast majority of patients are not looking for a prescription. I definitely hear them saying ‘Do I have to take a medication for this?’ And I like that, because it really opens the door for a much richer discussion about what they can do to improve their health.”

Pettit likes the integrative philosophy, she said, because “it’s not just about trying different treatment modalities. It also emphasizes a new way of approaching the patient: ‘What are your goals for your health? What is your perception of your illness? What kind of treatments are you interested in?’ And then really exploring those things to create a plan that is really centered around the patient. It’s giving advice, stepping back and letting the patient have a say. It’s shared decision-making.”

Marnie Lamm, MD, DVM, started her career as a veterinarian. Volunteer work with the AIDS Project of Los Angeles and the Los Angeles Free Clinic shaped her decision to become a physician. She trained at the Medical School for International Health in Israel and at Columbia University in New York, then came to the UA, where she completed her family medicine residency in 2010, and her fellowship in integrative medicine in May.

In July, she will begin working with the Cancer Survivorship Program, which also was started by Lebensohn, herself a cancer survivor. Located at the Arizona Cancer Center at UMC North, the survivorship program is grounded in the integrative medicine philosophy.

“We see people in various stages of diagnosis and treatment for cancer,” Lamm said. When a patient begins the program, she said, “we spend an hour with them going over their diagnosis, how they’re handling things, if they are experiencing any side effects from their treatment. “We also help with important related issues like smoking cessation in patients with lung cancer; talking to them about supplements that they might be taking, and what’s safe and what might not be; treatment for depression and how they can relieve their stress. We also talk to them a lot about nutrition and exercise. Studies have shown that nutrition and exercise can have a dramatic effect in reducing cancer recurrence.

“People who have been diagnosed with cancer are really ready for change,” Lamm said. “They want to do everything they can to maximize their health.”

Patricia Lebensohn coaches her patients on the health benefits of good nutrition, regular exercise and mind-body approaches to stress reduction. She also practices what she preaches. On May 29, she completed her second Ironman Triathlon in Brazil – swimming 2.4 miles, then bicycling 112 miles, and finishing up with a 26.2-mile run. Patricia, shown here in Brazil with her partner, Steve Wilson, finished the event in 15 hours and 14 minutes.
Each issue of Family & Community Medicine is an opportunity for us to share with you information about the outstanding people and programs of the Family and Community Medicine department. In this issue, for example, you will read about our nationally recognized integrative medicine training programs for family medicine physicians. Our integrative medicine programs combine family medicine’s focus on disease prevention with standard treatments and “alternative” therapies such as acupuncture, herbal medicines, yoga and tai chi.

You also will read about ArtWorks, started in 1989 by Sister Jeanne Carrigan, a woman of great vision with a doctoral degree in art education and art therapy. ArtWorks enables adults with developmental disabilities to realize their identities and express their thoughts and feelings through painting, sculpture, music and other arts.

ArtWorks is now a program of our Sonoran University Center for Excellence in Developmental Disabilities – we call it Sonoran UCEDD – a program we were able to launch in 2006 with a grant from the federal Administration on Developmental Disabilities.

Guiding us through the grant application process and initial planning for Sonoran UCEDD was a longtime friend and colleague, Ron Barber, who was then the local director of the state Division of Developmental Disabilities. His support was invaluable to us.

By the time our application was funded, Ron had left the Division to become director of the Tucson office of U.S. Rep. Gabrielle Giffords. And as many of you know, Ron was one of 13 people seriously wounded in the January 8 shootings in Tucson, which killed six others.

I know you join me in wishing Ron, Congresswoman Giffords, and all those affected by the events of January 8 continued recovery and healing.

Tammie Bassford, MD
Head, Department of Family and Community Medicine