



Complements

Integrative Medicine Quarterly News



Healing Hands—Massage Therapy

Greetings!

We have not quite a month's worth of Fall left, and people are already talking about Winter and the Holidays. With thoughts of the cold weather, shoveling snow, and scraping sleet and ice from my car windows, I can already feel my muscles tightening up!

What better time to think about having a therapeutic massage to relax those muscles. In addition to the seasonal kinds of stress we put our bodies through, I like to take advantage of the Integrative Medicine Department's Massage Therapy Service and have a regularly scheduled appointment. I find that with all the computer work I do, my neck and shoulders need attention in order to keep me as pain free as possible. I've also found that a side benefit of this regular massage is that I sleep so much better following my appointment.

In this issue, you can learn more about all of the wonderful benefits of massage for yourself, as well as for our patients, their family members and the community. "Meet" our Massage Therapists who have provided an introductory description of their practice, which may help you determine who would be a good match for you. If you have not taken the opportunity to try out Massage Therapy, please consider it—it's great for the body—and the mind, and spirit too!

Kelly

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Massage Therapy for Health

Excerpted from the National Center for Alternative and Complementary Medicine, National Institutes of Health web site: <http://nccam.nih.gov/health/massage>

Massage Therapy is a practice that dates back thousands of years. There are many types of Massage Therapy; all involve manipulating the muscles and other soft tissues of the body. In the United States, Massage Therapy is sometimes part of conventional medicine. In other instances, it is part of complementary and alternative medicine (CAM) (see below for a general explanation of both conventional medicine and CAM). This overview of Massage Therapy, from the National Center for Alternative and Complementary Medicine (NCAAM) suggests some resources you can use to learn more on Massage Therapy used as a complementary therapy.



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- **Conventional medicine** is medicine as practiced by holders of M.D. (medical doctor) and D.O. (doctor of osteopathy) degrees and by their allied health professionals, such as physical therapists, psychologists, and registered nurses. An example of Massage Therapy as conventional medicine is using it to reduce a type of swelling called lymphedema.
- **CAM** is a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. While some scientific evidence exists regarding some CAM therapies, for most there are key questions that are yet to be answered through well-designed scientific studies. An example of Massage Therapy as CAM is using it with the intent to enhance immune system functioning.

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Key Points for the Use of Massage Therapy

- People use Massage Therapy as CAM for a variety of health-related purposes, from treating specific diseases and conditions to general wellness.
- There appear to be few risks to Massage Therapy if it is used appropriately and provided by a trained massage professional.
- Tell your health care providers about any CAM therapy you are considering or using, including Massage Therapy. This helps to ensure safe and coordinated care.
- Massage Therapy should not be used to replace your regular medical care or to delay seeing a doctor about a medical problem.

What Is Massage Therapy

The term Massage Therapy (also called massage, for short; massage also refers to an individual treatment session) covers a group of practices and techniques. There are over 80 types of Massage Therapy. In all of them, therapists press, rub, and otherwise manipulate the muscles and other soft tissues of the body, often varying pressure and movement. They most often use their hands and fingers, but may use their forearms, elbows, or feet. Typically, the intent is to relax the soft tissues, increase delivery of blood and oxygen to the massaged areas, warm them, and decrease pain.

A few popular examples of this therapy are as follows:

- In **Swedish Massage**, the therapist uses long strokes, kneading, and friction on the muscles and moves the joints to aid flexibility.
- A therapist giving a **Deep Tissue Massage** uses patterns of strokes and deep finger pressure on parts of the body where muscles are tight or knotted, focusing on layers of muscle deep under the skin.
- In **Trigger Point Massage** (also called pressure point massage), the therapist uses a variety of strokes but applies deeper, more focused pressure on myofascial trigger points--knots that can form in the muscles, which are painful when pressed, and can cause symptoms elsewhere in the body.
- In **Shiatsu Massage**, the therapist applies varying, rhythmic pressure from the fingers on parts of the body that are believed to be important for the flow of a vital energy called qi (or chi).



Massage Therapy (and, in general, the laying on of hands for health purposes) dates back thousands of years. References to massage have been found in ancient writings from many cultures, including those of Ancient Greece, Ancient Rome, Japan, China, Egypt, and the Indian subcontinent.

In the United States, Massage Therapy first became popular and was promoted for a variety of health purposes starting in the mid-1800s. In the 1930s and 1940s, however, massage fell out of favor, mostly because of scientific and technological advances in medical treatments. Interest in massage revived in the 1970s, especially among athletes.

More recently, a 2002 national survey on Americans' use of CAM (published in 2004) found that 5 percent of the 31,000 participants had used Massage Therapy in the preceding 12 months, and 9.3 percent had never used it. According to recent reviews, people use massage for a wide variety of health-related intents: for example, to relieve pain (often from musculoskeletal conditions, but from other conditions as well); rehabilitate sports injuries; reduce stress; increase relaxation; address feelings of anxiety and depression; and aid general wellness.



Who Provides Massage Therapy

A person who professionally provides Massage Therapy is most often called a massage therapist, although there are some other health care providers (such as chiropractors) who also have massage training.. Most massage therapists learn and practice more than one type of massage. In Connecticut all massage therapists must be licensed.

There are about 1,300 Massage Therapy schools, college programs, and training programs in the United States. The course of study typically covers subjects such as anatomy and physiology (structure and function of the body); kinesiology (motion and body mechanics); therapeutic evaluation; massage techniques; first aid; business, ethical, and legal issues; and hands-on practice of techniques. These educational programs vary in many respects, such as length, quality, and whether they are accredited. Many require 500 hours of training, which is the same number of hours that many states require for certification. Some therapists also pursue specialty or advanced training.

At the end of 2004, 33 states and the District of Columbia had passed laws regulating Massage Therapy--for example, requiring that massage therapists graduate from an approved school or training program and pass the national certification exam in their field in order to practice. Cities and counties may have laws that apply as well. Professional organizations of massage therapists have not agreed upon the standards for recognizing that a massage therapist is properly and adequately trained.

Licenses and Certifications

Licenses or certifications for massage therapists include:

- **LMT** Licensed Massage Therapist
- **LMP** Licensed Massage Practitioner
- **CMT** Certified Massage Therapist
- **NCTMB** Has passed the exam of the National Certification Board for Therapeutic Massage and Bodywork

What Massage Therapists Do in Treating Patients

Massage therapists work in a variety of settings, including private offices, hospitals, other clinical settings, nursing homes, studios, and sport and fitness facilities. Some also travel to patients' homes or workplaces to provide a massage.

Massage Therapy treatments usually last for 30 to 60 minutes; less often, they are as short as 15 minutes or as long as 1.5 to 2 hours. For some conditions (especially chronic ones), therapists often advise a series of appointments. Therapists usually try to provide an environment that is as calm and soothing as possible (for example, by using dim lighting, soft music, and fragrances).

At the first appointment, massage therapists discuss your symptoms, medical history, the results you (and your health care provider, if applicable) desire, and possibly other factors such as your work and levels of stress. They will likely perform some evaluations through touch. If nothing is found that would make a massage inadvisable, they will proceed with the massage. At any time, you can bring up questions or concerns.

During treatment, you will lie on a special padded table or sit on a stool or chair. You might be fully clothed (for example, for a chair massage) or partially or fully undressed (in which case you will be covered by a sheet or towel; only the parts of your body that the therapist is currently massaging are exposed). Oil or powder helps reduce friction

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on the skin. The therapist may use other aids, such as ice, heat, fragrances, or machines. They may also provide recommendations for self-care, such as drinking fluids, learning better movement, and developing an awareness of your body.

Why People Use Massage Therapy

In the 2002 national survey on Americans' use of CAM, respondents who used a CAM therapy could choose from five reasons for using the therapy. The results for massage were as follows:

- They believed that massage combined with conventional medicine would help: 60 percent
- They thought massage would be interesting to try: 44 percent
- They believed that conventional medical treatments would not help: 34 percent
- Massage was suggested by a conventional medical professional: 33 percent
- They thought that conventional medicine was too expensive: 13 percent

Benefits of Massage Therapy

- Can help with pain management
- Can relieve muscle tension related to stress, anxiety and muscle soreness from prolonged bed rest
- Can help reduce muscle spasm
- Can help restore tone to flaccid muscles and partially compensate for lack of exercise and inactivity
- Can help increase flexibility and range of motion of joints
- Can help promote tissue healing through increased circulation and oxygenation
- Can help stimulate lymphatic circulation, thereby hastening the elimination of waste products and toxic debris within the immune system as well as decreasing edema
- Can either sedate or stimulate the nervous system, depending on the technique used
- Can help decrease numbness and provide relief in cases of peripheral neuropathy
- Can help improve bowel elimination



- Can help decrease depression and anxiety associated with illness and hospitalization
- Can help convey a sense of nurturing and caring
- Can enhance self-esteem and body image
- Can help increase body awareness and efficiency in movement
- Can help promote a relaxed state of alertness
- Can help promote general relaxation
- Can help assist in the release of scar tissue

Side Effects and Risks

Massage Therapy appears to have few serious risks if appropriate cautions are followed. A very small number of serious injuries have been reported, and they appear to have occurred mostly because cautions were not followed or a massage was given by a person who was not properly trained.

Health care providers recommend that patients not have Massage Therapy if they have one or more of the following conditions:

- Deep vein thrombosis (a blood clot in a deep vein, usually in the legs)
- A bleeding disorder or taking blood-thinning drugs such as Warfarin
- Damaged blood vessels
- Weakened bones from osteoporosis, a recent fracture, or cancer
- A fever
- Any of the following in an area that would be massaged:
 - An open or healing wound
 - A tumor
 - Damaged nerves
 - An infection or acute inflammation
 - Inflammation from radiation treatment

Side effects of Massage Therapy may include:

- Temporary pain or discomfort
- Bruising
- Swelling
- A sensitivity or allergy to massage oils



Continued on page 7



Meet Integrative Medicine's Massage Therapists

JAMES BERNIER



Jim has been a massage therapist for the past 11 years. He is trained in many massage techniques and can accommodate most clients. Some of his favorite techniques are deep tissue, myofascial, release and stretching. Everyone enjoys his humor—ask him for the joke of the day.

ERIC CHEFFER

Eric has been a massage therapist for over 9 years. He specializes in Swedish, trigger point and cranio-sacral therapy. He generally works with medium to deep pressure during massage sessions, but can do lighter work if requested. Ask Eric about the latest weather report.



ZEL DOLINSKY



Zel has been a licensed massage therapist for over 10 years and has worked in various settings. He specializes in addressing client's acute and chronic pain in their neck and back using non-painful trigger point therapy. He also excels at working with clients that feel "stressed" or overwhelmed to help them relax during the Massage Therapy session. In addition, he assists clients by suggesting techniques to help them bring the relaxation of the massage session into their everyday life. Ask Zel about dancing.

TONI ROSSI

Toni has learned a multitude of techniques and a variety of modalities to aid in helping people increase their quality of life. She is our Newington Campus therapist and her goal is to give a skilled and compassionate touch tailored to individual needs. She accomplishes this by integrating Swedish massage, therapeutic/deep tissue massage and trigger point therapy, as needed. Ask Toni about her birds.



KATE STIFFLE



Kate specializes in working with stressed out people! Whether looking for a soothing relaxing massage or deep tissue to work out kinks in chronically tense muscles, Kate's gentle yet firm technique and calm presence will certainly help you reach your relaxation goal. Ask Kate about Sam the cat.

BERNADETTE VICTOR

Bernadette has been a dedicated staff massage therapist at Hartford Hospital for 7 years and now, as a per diem employee fills in when needed. She has a range of massage skills to match any clients needs. We're proud of her work in New Orleans with the survivors of Hurricane Katrina. Ask Bernadette about her contracting ventures.



MERRILYN WILLIAMS



Marilyn gives a relaxing, nurturing massage combining Swedish massage, myofascial release, acupressure and energy work. She can use light, medium or deep pressure in accordance with the client's preference and needs. She has additional training in Medical Massage, Newborn Massage, Pregnancy Massage and Lymphatic Drainage. She enjoys working with a variety of clients. Ask Marilyn about her honey bees.



How Massage Therapy Might Work

Scientists are studying massage to understand what effects Massage Therapy has on patients, how it has those effects, and why. Some aspects of this are better understood than others. For example, it is known that:

- When certain forces are applied to the muscles, changes occur in the muscles (although those changes are not clearly understood or agreed upon).
- Massage Therapy typically enhances relaxation and reduces stress. Stress makes some diseases and conditions worse.

There are many more aspects that are not yet known or well understood scientifically, however. Some of the proposed theories are that massage:

- Might provide stimulation that may help block pain signals sent to the brain (the "gate control theory" of pain reduction).
- Might shift the patient's nervous system away from the sympathetic and toward the parasympathetic. The **sympathetic nervous system** helps mobilize the body for action. When a person is under stress, it produces the fight-or-flight response (the heart rate and breathing rate go up, for example; the blood vessels narrow; and muscles tighten). The **parasympathetic nervous system** creates what some call the "rest and digest" response (the heart rate and breathing rate slow down, for example; the blood vessels dilate; and activity increases in many parts of the digestive tract).
- Might stimulate the release of certain chemicals in the body, such as serotonin or endorphins.
- Might cause beneficial mechanical changes in the body--for example, by preventing fibrosis (the formation of scar-like tissue) or increasing the flow of lymph (a fluid that travels through the body's lymphatic system and carries cells that help fight disease).
- Might improve sleep, which has a role in pain and healing.
- Might provide some health benefit from the interaction between therapist and patient.

More well-designed studies are needed to understand and confirm these theories and other scientific aspects of massage.

If you would like to see this article in its entirety including references and acknowledgments, please visit the National Center for Complementary and Alternative Medicine at: <http://nccam.nih.gov/health/massage>.

Hartford Hospital Massage Therapy Program

Our commitment is to provide patients, their families, and the community with the most appropriate and effective treatments. The outcomes of our Massage Therapy Program to date have only reinforced our belief that this integrative philosophy is a great way of offering even more compassionate care to heal body, mind and spirit. For outcomes on Massage Therapy at Hartford Hospital, please visit Integrative Medicine's web site at: www.harthosp.org/IntMed.

Services are available by calling 545-4444:

- Inpatient massage at the bedside hospital-wide for patients and family members.
- Massage at the bedside for the new mom, for mom and baby, or parents and baby.
- Bedside Infant Massage Training for Parents
- Outpatient massage for staff and community
- Senior and student discounts
- Gift certificates



SOUND HEALING USING TIBETAN SINGING BOWLS

(Vibrational Healing—Level 2)

Mondays: January 15, 22, 29, and February 5, 2007; 6—9 pm

Fee: \$120. (for 4 classes)

Location: Hartford Hospital's Newington Campus, Seminar Room 1



Vibrational Healing, Level 2 will expand on information gained from Level 1. Instructor Marie Menut will teach new techniques with the Tibetan Singing Bowls for yourself, for others and for groups. New meditation exercises will be introduced to help you be more effective and help avoid burnout.

Registration required. Call Hartford Hospital's Health Referral Service at 860-545-1888.

BABY MASSAGE INSTRUCTOR CERTIFICATION



Thursday, February 8, 2007; 9 am—1 pm

Fee: \$225.

Location: Hartford Hospital, ERC—216

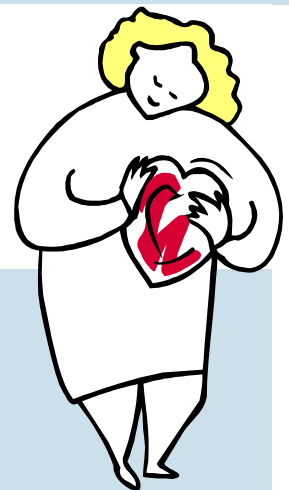
This is a training class for anyone interested in becoming certified as a Newborn Baby Massage Instructor. The class consists of two parts: an independent home study kit, and the certification session held at Hartford Hospital. Marcia Rothwell, Director of Integrative Medicine, is the Certification coach for Connecticut, and will teach this class.

Please call Integrative Medicine at 545-4444 for more information and to register for this class.

Integrative Medicine Services and Gift Certificates

Gift Certificates

are available for a variety of complementary therapies offered by the Integrative Medicine Department. Certificates can be purchased for hospitalized patients, as well as by hospital employees and by the general public. Instead of flowers, consider a gift certificate for a relaxing and stress-reducing massage or other available therapy. See the chart below for gift certificate availability. Call us about our senior and student discounts. For more information on all our services, please call: 860-545-4444.



INTEGRATIVE MEDICINE GIFT CERTIFICATES

	<u>Inpatients</u>	<u>General Public</u>	<u>Employees</u>
Acupuncture	—	\$70./session	Ask about our employee discounts!
Massage	\$40./session	\$65./session	
Energy Medicine (Reiki, Touch Therapy, Reflexology)	—	\$65./session	



MBSR: MINDFULNESS-BASED STRESS REDUCTION An 8—Week Course

Feeling overwhelmed, stressed?

Living with chronic illness?

Dealing with chronic pain? Struggling with anxiety, fatigue, worry, sleep?

This 8 week course includes guided meditation instruction, gentle yoga, and techniques of daily living which allow you to skillfully **RESPOND**, not **REACT**.

You will make a daily commitment to improve your health and well-being.

What is MINDFULNESS?

Mindfulness is a way of being present in the moment, aware of your breath, your body, your thoughts, and emotions. It allows greater calmness, an ease of being, and an enhanced ability to deal with *stress, illness, pain, or worry*



Days/Times/Locations:

Tuesdays 7-9 pm
Hartford Hospital's Healthcare Center—Glastonbury
or
Thursdays 4-6 pm
Hartford Hospital's Educational Resource Center—Hartford

Complimentary Orientation:

Required for all participants: *Find out more and decide with the instructor if this course is right for you.*
Tuesday, January 9, 2007 (7—9 pm)
Thursday, January 18, 2007 (4—6 pm)

Course Begins on:

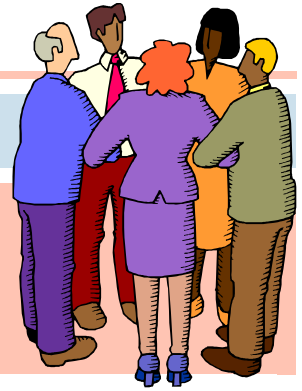
Tuesday, January 23, 2007 in Glastonbury (7—9 pm)
Thursday, January 25, 2007 in Hartford (4—6 pm)

Fees:

\$220 plus \$65 for materials (5 CD's and course workbook)

In case of financial hardship, PLEASE call - as we wish to make the course available to all.

Call Integrative Medicine at 860-545-4444 to reserve your place at the required, complimentary pre-course orientation or for more information.



Health Science Libraries and Integrative Medicine
Lunch & Learn Series

Winter 2006/2007

Thursday, December 7, 2006, HH-Main Cafeteria, Dining Rooms A,B, & C, 12 –1 pm
An Overview of Massage Therapy

Join Marcia Rothwell, Director of Integrative Medicine, as she educates us on the different techniques and many benefits of Massage Therapy. Clients come to Integrative Medicine with a variety of conditions. Many people report that therapeutic massage has lessened or helped relieve many of their symptoms from conditions such as; arthritis, asthma, carpal tunnel syndrome, chronic and acute pain, circulatory conditions, gastrointestinal disorders, headaches, insomnia, myofascial pain, sports, injuries, stress, and temporomandibular joint disorder.

Thursday, December 14, 2006, HH-Main Cafeteria, Dining Rooms A,B, & C, 12 – 1 pm
Mindfulness Based Stress Reduction

Stressed by life events, illness, pain, worry? This Lunch and Learn is an overview of the 8 week course being offered by Integrative Medicine. Mindfulness-Based Stress Reduction (MBSR), taught by Val Rossetti, M.D., M.P.H., is modeled after the original acclaimed program at the University of Massachusetts Medical Center's Stress Reduction Clinic. Founded in 1979 by Jon Kabat-Zinn, the author of *Full Catastrophe Living*, the UMass Clinic has helped over 15,000 patients to better cope with the medical, psychological, and social stresses of modern life.

Thursday, December 21, 2006, HH-Main Cafeteria, Dining Rooms A, B, & C, 12 – 1 pm
You are invited! Integrative Medicine's Healthy Holiday Potluck Lunch

You are invited to join the Integrative Medicine and Health Science Libraries staff, co-sponsors of the Lunch and Learn Series, for a Holiday potluck lunch. Bring your favorite healthy dish along with the recipe to share with the group. We look forward to celebrating good food and good friends!

Thursday, January 4, 2007, HH-Main Cafeteria, Dining Rooms A, B, & C, 12—1 pm
Acupuncture and the "Winter Blues"

Did you know that acupuncture could lift your spirits during the darker winter months? Acupuncture can help combat lethargy, improve concentration, and alleviate carbohydrate craving, all of which are associated with Seasonal Affective Disorder (SAD). Join Susan Bisbee-White, L.Ac. And learn how acupuncture can help you and/or your loved ones cope with this prevalent type of depression.

Thursday, January 18, 2007, HH-Main Cafeteria, Dining Rooms A, B, & C, 12—1 pm
New Avenues to Bodymind Healing

Join us on a journey of rapid exploration taking in the newest development in Bodymind Healing. Do you know someone who has a chronic disease such as chronic fatigue syndrome, fibromyalgia, IBS, chronic headaches, mild to moderate anxiety and/or depression, or even just chronically unhappy or unfulfilled? Then you might want to learn about this new and revolutionary drug-free process. Dr. Nicholas J. Palermo, D.O.,PC., will lead us on a one-hour tour of how and why this process works and how you too can benefit in everyday life.

Thursday, February 1, 2007, HH-Main Cafeteria, Dining Rooms A,B, & C, 12 –1 pm
Learning about Labyrinths

Please join us and Chaplain Loren McGrail to learn about the history and uses of labyrinths as tools for contacting God or Spirit, or helping us to be in touch with the intuitive side of our own being. Labyrinths can be found in almost every religious tradition. The labyrinth is a walking meditation that quiets the mind, is a prayer and a metaphor for life.

Thursday, February 15, 2007, HH-Main Cafeteria, Dining Rooms A,B, & C, 12—1 pm
Sound Healing Using the Tibetan Singing Bowls

Come discover the healing presence of the Tibetan Singing Bowls. Learn how these ancient instruments are used to help heal in different settings. Marie Menut, RN will demonstrate vibrational healing techniques and you will experience the peace and serenity of this unique modality.

Thursday, March 1, 2007, HH-Main Cafeteria, Dining Rooms A,B, & C, 12—1 pm
Preparing for Surgery Using Mind/Body Techniques

This lunch and learn is an overview of Peggy Huddleston's book and tape/CD: "Prepare for Surgery, Heal Faster." Learn five steps that help prepare patients emotionally and physically for surgery and recovery. The mind/body techniques described in this book and presented by Alice Moore, RN, BS, RMT, help surgical candidates go into surgery feeling calmer, get up and get moving sooner, use less pain medication and recover faster.



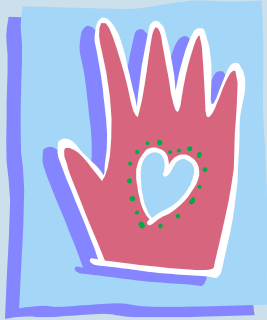
**To register for these free programs,
please call Health Referral Service
at 860-545-1888**



Member of the Woman's Life Partnership



Hartford Hospital Department of Integrative Medicine presents:



Reiki

Level I Class

Learn this gentle touch therapy to help reduce stress, diminish pain and accelerate healing

Choose one date:

*November 30 or December 21, 2006
January 11, February 8 or 22, 2007
March 8 or 22, 2007 or April 12, 2007
May 17 or 31, 2007 or June 21, 2007
July 12, or 26, 2007 or August 16 or 30, 2007
September 20, 2007 or October 18 or 25, 2007
November 8 or 22, 2007 or December 20, 2007*

***9 am to 5 pm
Hartford Hospital, ERC Building***

**Fee: \$150.
(Hartford Hospital employees: \$120.)**

***Pre-registration required
please call Health Referral Service 860-545-1888***

For more information, please contact:
Alice Moore, RN, BS
860-545-4309 or send email to: aimoore@harthosp.org

Additional levels of Reiki training also available

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Spring
Summer
Fall
Winter

Comments, questions
and suggestions—
please send email
to the editor at:
Ktaylor@harthosp.org



Special Event—Is It Hot in Here? Or, Is It Me?



Saturday, January 20, 2007
11:30 to 2:30
Hartford Hospital
Fee: \$10.

Join Pat Wingert and Barbara Kantrowitz, Newsweek health writers and authors of the book, *Is It Hot in Here? Or Is It Me?* as they take you through the menopause journey with humor and insight. The event includes lunch and break-out sessions on nutrition, sexuality, agility and memory given by Hartford Hospital clinical specialists that address the latest in menopause support information.

Register by calling the Health Referral Service at 860-545-1888



Member of the Woman's Life Partnership

What's Cooking? All Natural Recipes



Turkey
Meatloaf with
Sun-Dried
Tomatoes

Looking for
different ways
to use turkey.
Try this
healthy
alternative to
meatloaf that

1/2 cup sun-dried tomatoes,
rehydrated
1 1/2 pounds ground turkey
1 cup bread
1 egg
1/2 cup chopped parsley
1/4 cup skim milk
1/2 teaspoon salt
1/4 teaspoon freshly ground black
pepper
1/4 cup freshly grated Parmesan
cheese

Directions:

1. Preheat the oven to 425°F.
2. Heat the olive oil over medium heat in a skillet. Add the onion and cook for 5 minutes. Add the garlic and oregano and cook 2 minutes more and set aside to cool.
3. Drain the tomatoes and finely chop them.
4. Combine the tomatoes, turkey, breadcrumbs, egg, parsley, skim milk, salt, pepper and the cooled

onion mixture. Thoroughly mix together.
5. Divide the mixture into 4 equal portions. Pack each portion into a 1 1/2-cup baking dishes, such as a souffle dish or a ramekin. Sprinkle the tops with cheese and bake for 30 minutes. Let stand for 5 minutes before serving.

Serving Size: 1 mini loaf

can be served hot as your main meal, and then cold to make great sandwiches for your holiday company.

Serves 4

Ingredients:

1 tablespoon olive oil
1 medium onion, chopped
2 teaspoons chopped garlic
1 teaspoon dried oregano

We can only be said to be alive
in those moments when our
hearts are conscious of our
treasures.

Thornton Wilder

