



# ALUMNI ASSOCIATION NEWSLETTER

*plus*

Featured Publications

Bell Ceremony

In Memoriam

MUIH Alumni in the News

MUIH Research Symposium

Alumni Events

Virtual Career Fair

Dr. Kathleen B. Warner Memorial Scholarship

MUIH Resources

A portrait of Diana Tokaji, a woman with long, wavy grey hair, smiling and wearing a blue tank top. She is making a hand gesture with her fingers. The background is dark.

## DIANA TOKAJI

### MASTER OF SCIENCE IN YOGA THERAPY

# ALUMNI SUCCESS STORY

**Diana Tokaji**

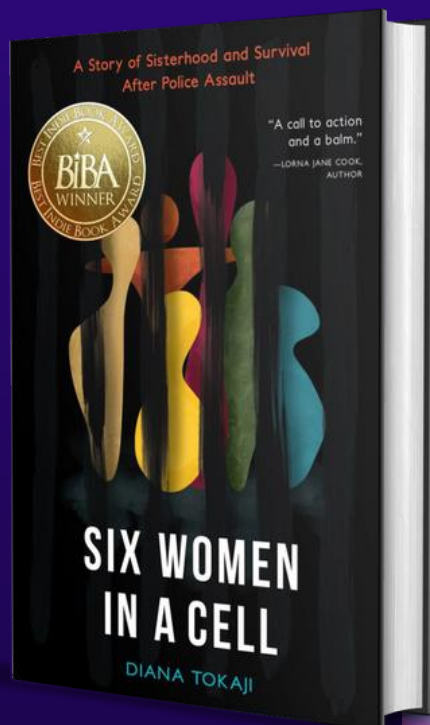
**Master of Science in Yoga Therapy**



Diana, MSc, C-IAYT, is a Certified Yoga Therapist, Choreographer, Public Speaker and Writer specializing in a strength-focused protocol for assault and trauma survivors. As a student at MUIH, she developed a protocol for working with trauma survivors and won the 2016 Excellence in Innovation and Service Award for outstanding leadership, commitment to service, and dedication to the community and the larger world. Her first book, *Surviving Assault: Words that Rock & Quiet & Tell the Truth*, is an intimate resource book for trauma survivors and was awarded finalist in the 2020 Next Generation Indie Book Award. Her memoir, *Six Women in a Cell: A Story of Sisterhood and Survival After Police Assault* won the 2021 Best Indie Book Award for Nonfiction. Diana has been a keynote speaker for the Washington Psychologists Association, The Writer's Center, the William Wendt Center for Loss and Healing, the John L. Gildner Regional Institute for Children and Adolescents, and the Phoenix Rising Yoga Therapy Professionals Conference. In private therapeutic sessions, Diana says her most devotional work is in partnership with women -- to reclaim musculoskeletal health, creativity, and power.

To learn more about Diana and her work, contact her at [dianatokaji@gmail.com](mailto:dianatokaji@gmail.com).

## MUIH ALUMNI PUBLICATIONS



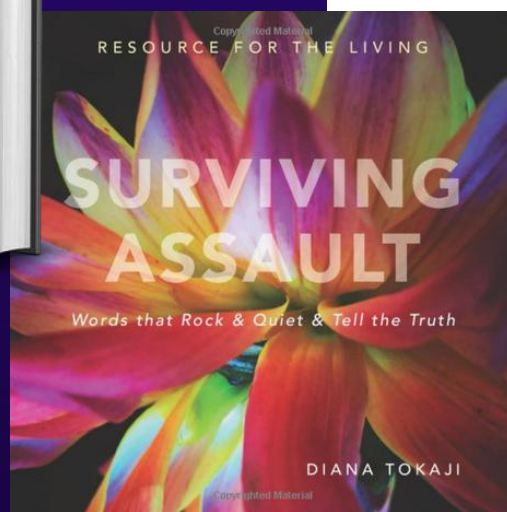
**Diana Tokaji**

***Master of Science in Yoga Therapy***

[Surviving Assault: Words that Rock & Quiet & Tell the Truth](#)

[Six Women in A Cell](#)

[Post-Assault Prescription When I Fear My Spirit Dying](#)



## MUIH FACULTY PUBLICATIONS

**Steffany Moonaz, Ph.D.**  
***Adjunct Professor, MUIH***

Jyung, H., Mah, D. M., Moonaz, S., Rai, M., Bhandiwad, A., Nielsen, A., & Teets, R. (2022). "The Pain Left, I Was Off and Running": A Qualitative Analysis of Group Acupuncture and Yoga Therapy for Chronic Pain in a Low-Income and Ethnically Diverse Population. Journal of integrative and complementary medicine, 10.1089/jicm.2021.0192. Advance online publication. <https://doi.org/10.1089/jicm.2021.0192>





# APRIL 2022 ACUPUNCTURE BELLRINGING CEREMONY



Graduating acupuncture students celebrated their completion of didactic and clinical requirements for their Master level program with a bell ringing ceremony. This unofficial ceremony has been performed for generations. The participants in the cohorts who choose to participate craft their ceremony for their group. Pictured above from left to right: Dr. Tyme Gigliotti (MUIH Faculty), Coleen Van Voorhis, Raymond McDonald, Carol Ligon, Dr. Xu Albert Wu, Leah Li.

"The wheel will soon turn, the road will soon bend. Yesterday, four of my classmates and I celebrated the imminent conclusion of our Masters of Acupuncture program at Maryland University of Integrative Health. Colleen, Leah, Dr. Xu, Carol and I gathered with faculty member and long-time practitioner Dr. Tyme Gigliotti to commemorate the end of our initial training. As we get our licenses and treat patients on our own, we know our true education is about to begin. Great thing about this medicine though: everyone is in it together, and we all support each other every step of the way. We never stop learning, and as we carry our healing practices into the world, we will never forget this magical time."

~ Raymond McDonald, Master of Acupuncture, April 2022



# In Memoriam

**Dr. Faranak Jaber Azimi**  
Doctor of Oriental Medicine  
MUIH Alum



**IN LOVING MEMORY**  
**1975~2022**



## MUIH ALUMNI IN THE NEWS

Two MUIH alumni were featured in the [Baltimore Sun](#).



**Jennifer Stukey**  
*Master of Oriental Medicine*  
MUIH Alum



**Sharon Jennings-Roja**  
*Doctor of Oriental Medicine*  
*Department Chair of Acupuncture and*  
*Herbal Medicine, MUIH*  
MUIH Alum

Owens, D. M. (2022, April 9). "Acupuncture gets to the point of living healthy."  
*Baltimore Sun*.

<https://www.baltimoresun.com/features/bs-mg-ho-acupuncture-wellness-20220409-vjc2dbgjvfa33b3mzisg7ysicy-story.html>



# MUIH RESEARCH SYMPOSIUM

APRIL 8, 2022

This year's event was virtual to reach all faculty students, staff, alumni and guests. The event kick-off included access to posters online, with live presentations. To view segments of the Symposium, [click here](#).



**Congratulation to this year's winner of the 2022 University's Excellence in Research and Scholarship Award: Heidi Most, D.Ac., L.Ac., Dipl.Ac (NCCAOM), MUIH Faculty, MUIH Alum.**

## Acknowledgments

Many people participated in the planning and implementation of 2022's event. We want to say a special thanks of gratitude for all of their hard work.

### Steering Committee

Steffany Moonaz  
Daryl Nault  
Rebecca Pille  
Sherryl Van Lare  
Marybeth Missenda  
Christine Castagna-Cherpak

### Poster Judges

Chris Sax  
Duston Morris  
Kimberly Middleton

### Marketing Team

Alyssa Seibert

### Abstract Reviewers

Elizabeth Ahmann  
Christine Cherpak-Castagna  
Camille Freeman  
Liz Lipski  
Marybeth Missenda  
Steffany Moonaz  
Duston Morris  
Heidi Most  
Daryl Nault  
David Riley  
Marlysa Sullivan  
Michael (Bhodi) Tims

Sherryl Van Lare  
Alexandra York  
Heming Zhu

### Symposium Presenters

Kimberly Middleton  
Heidi Most

We would also like to thank the Maryland University of Integrative Health Leadership Team for their support. A final thank you to all faculty, alumni, and student poster presenters for making this event possible!

[View the MUIH Research Symposium webpage to learn more.](#)

# Maryland University of Integrative Health

## Alumni Association

### Featured MUIH Alumni Virtual Events



**COMMUNITY CAREER ROUNDTABLE:**

## JOB INTERVIEWING IN 2022

Thursday, May 5, 2022  
8:00PM - 9:00PM EDT  
Virtual Zoom Event



**Dr. Mimi Getachew**  
Director of Academic Success, MUIH




**Robert Brooks**  
Director of Career Services, MUIH

#### Job Interviewing in 2022

May 5, 2022

To learn more, RSVP, and get the Zoom link [view the event page!](#)

The MUIH Alumni/Student Journal Club and Research Group meet on alternating third Wednesdays from 12:00pm – 1:00pm est on the dates below.



May	Journal Club	5/18/2022
June	Research Group	6/15/2022
July	Journal Club	7/20/2022

**MUIH JOURNAL CLUB & RESEARCH GROUP**

#### MUIH Alumni/Student Journal Club & Research Group [Virtual Event](#)

The next Journal Club is on 5.18.22

To learn more, [click here](#).



# Maryland University of Integrative Health

## Alumni Association

### Featured MUIH Alumni Virtual Events



#### Spring 2022 Virtual Career Fair

May 25, 2022

To learn more, RSVP, schedule 1:1 interviews, and get the Zoom link [view the event page!](#)

All MUIH alumni are welcome to join us as job seekers or as employers on Wednesday, May 25 from 7pm – 10pm eastern time through Zoom teleconferencing.

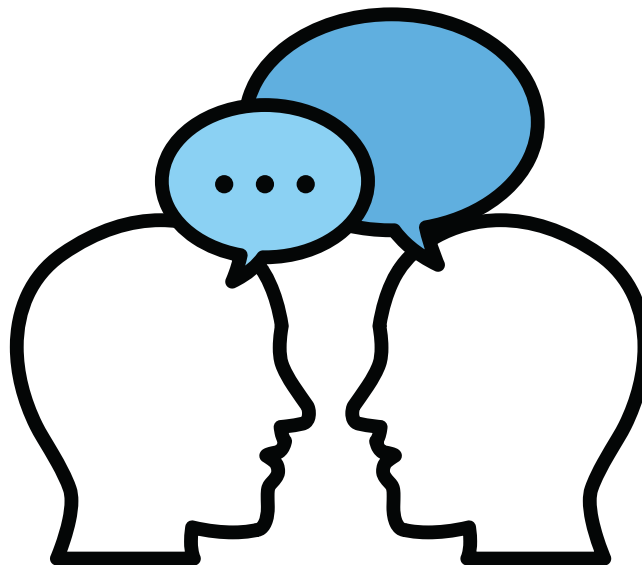
If you'd like to participate as an employer interested in recruiting MUIH students/alumni for free, please register by taking the [quick survey](#) at this link or email Rob Brooks at [rbrooks1@muih.edu](mailto:rbrooks1@muih.edu).

## MUIH BUILDING COMMUNITY ACROSS DISTANCE

### [MUIH VIRTUAL COMMUNITY WEB PAGE](#)

At MUIH, we not only talk about community, we believe in the power of community and strive to function as a community. With the recent events taking place, we are asking our community members to submit materials, ideas, and suggestions to share with all members of our community. We would like to post the name of the submitter and the relationship to MUIH if you give us permission. Please use the form on the [Community Resources page](#) to submit your offerings. (submissions are subject to review and approval).

Use the above link to access our Virtual Community Resources page, dedicated to delivering you happenings occurring in the virtual space. At MUIH, we not only talk about community, we believe in the power of community and strive to function as a community. With the recent events taking place, we are asking our community members to submit materials, ideas, and suggestions to share with all members of our community. We would like to post the name of the submitter and the relationship to MUIH if you give us permission. Please use the form on the bottom of the page in the link above to submit your offerings.



### [OTHER MUIH EVENTS](#)

# Maryland University of Integrative Health

## Alumni Association

### MUIH NEWS

[Maryland University of Integrative Health \(MUIH\) Offers a Unique Cannabis Science Program Focused on Health, Wellness, and Herbal Medicine](#)

[Maryland University of Integrative Health Offers Unique Educational Solutions in Nutrition](#)



### Find an MUIH Practitioner in Your Area

For more than 40 years, Maryland University of Integrative Health has been training the nation's leading integrative health practitioners. Search to find practitioners in the fields of acupuncture, animal acupuncture, Ayurveda, yoga therapy, nutrition, health promotion, health and wellness, Chinese and Western herbal medicine.

Find a practitioner near you [here](#).

Be sure to update your listing in the MUIH Practitioner Database. You can update your listing [here](#).



### Maryland University of Integrative Health

#### Alumni Association

Become an active part of our ever-expanding alumni association community. Members will have access to perks and discounts, events, communities, and more!

[JOIN NOW!](#)

[Check out the Alumni Association Discounts here](#)





# Maryland University of Integrative Health

## Alumni Association

## MUIH ALUMNI DISCOUNTS & BENEFITS



### Maryland University of Integrative Health

#### Alumni Association

Become an active part of our ever-expanding alumni association community. Members will have access to perks and discounts, events, communities, and more!

[JOIN NOW!](#)

[Check out the  
Alumni Association  
Discounts here](#)



## SHERMAN COHN LIBRARY

Alumni are welcome to visit Sherman Cohn Library in person where they can use the on-site computers or their personal mobile devices to access the library's electronic resources. Alumni may also apply for a library borrowing account to borrow physical library materials, such as books or DVDs, etc. Alumni may borrow up to 3 items at a time from the regular or sequestered collections. Due to licensing restrictions, off-campus access to subscription electronic resources is limited to currently enrolled students, faculty, and staff.

Sincerely,

Carissa M. Hernandez, MLIS  
Head Librarian  
Sherman Cohn Library@MUIH  
[Sherman Cohn Library](#)



# Maryland University of Integrative Health

## Alumni Association

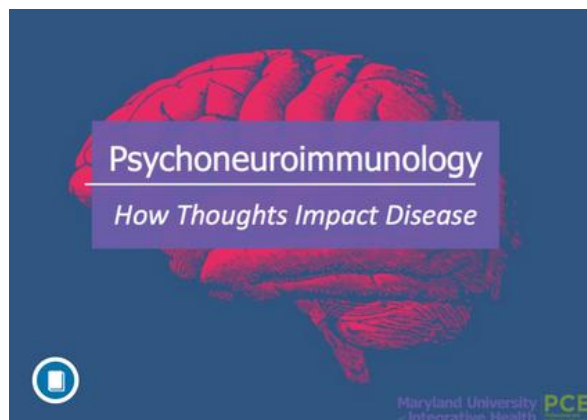
## MUIH PROFESSIONAL AND CONTINUING EDUCATION



**Featured PCE Offering:**  
**May is National Mental Health Month!**

**Enhance your learning about the connection between the mind and health in PCE's Masterclass Lecture: *Psychoneuroimmunology: How Thoughts Impact Disease***

How do our thoughts and moods impact disease? How do infections and diseases change our emotions? Understanding how the immune system interacts with the nervous system, the endocrine system, and the microbiome provides clinicians with a more complete picture of disease. [Learn more and Enroll](#) in this self-paced, online Masterclass! This course is FREE for MUIH Alumni as part of the PCE MUIH COMMUNITY BENEFIT PROGRAM!



To enroll in PCE's MUIH Community Benefit courses, review the directions listed in the [Alumni benefits](#) and **use the complimentary promotion code FREEPCEALUMNI at checkout.**

*Note: MUIH Alumni are also eligible for discounts on all other PCE offerings that are not specifically designated as MUIH Community Benefit status – email [ce@muih.edu](mailto:ce@muih.edu) with additional questions.*

### Featured Partner Offerings:

Mental health struggles are real. And most of us experience them at some point in life, if not daily. But it doesn't have to be a complete struggle. There are powerful treatment options that you can take hold of including improved nutrition, integrative medicine, naturopathy and functional medicine, somatic therapy, chiropractic care, acupuncture, yoga, and meditation. Join us for **The Mental Wellness Connection from April 18-24, 2022. It's free and online!** [Register Today!](#)

### MUIH COMMUNITY BENEFIT



The MUIH Community Benefit offered through the [Office of Professional and Continuing Education \(PCE\)](#) provides all MUIH alumni the opportunity to engage in personal and professional development free of charge.

Currently, **47 online, on-demand and self-paced courses and certificates are available for complimentary enrollment as part of this benefit.** There are no limits on how many courses you can take and when you can take courses is flexible to your schedule

To view the available courses that qualify, go to the current list of online PCE courses at <https://ce.muih.edu/>. The courses that are free to MUIH alumni are designated "MUIH Community Benefit."

### **MUIH Office of Professional and Continuing Education (PCE)**

Integrative Health Education for Life  
Website: [www.muih.edu](http://www.muih.edu) | Email: [ce@muih.edu](mailto:ce@muih.edu)

# Maryland University of Integrative Health

## Alumni Association

## CAREER SERVICES



### Job Portals

- [Our MUIH Community Job Board](#) features career opportunities that employers posted solely for the MUIH students and alumni. Employers and Alumni can also post career opportunities at the link above for free.
- [Our Integrative Health Job Board](#) is for integrative health employers and practitioners worldwide, and we hope it will become a destination for anyone trying to post or find opportunities in the field. This portal will be publicized by our vendor, YM Careers. Employers who post on this site will be charged a fee, and employers posting on the free MUIH Community site will be given a discount if they choose to post on both sites.

We hope you'll find the portals helpful with your career development and/or recruiting needs. Please let me know if you have any questions or need any assistance.

Please contact me at [rbrooks1@muih.edu](mailto:rbrooks1@muih.edu) if you need career assistance or if you are in a position to hire our students/alumni.

Regards,  
Rob Brooks  
Director of Career Services

### MUIH Community Job Board

The MUIH  
Community Job  
Board is a place to  
post and search for:

- Job Opportunities
- Space Rentals
- Internships
- Practices for Sale

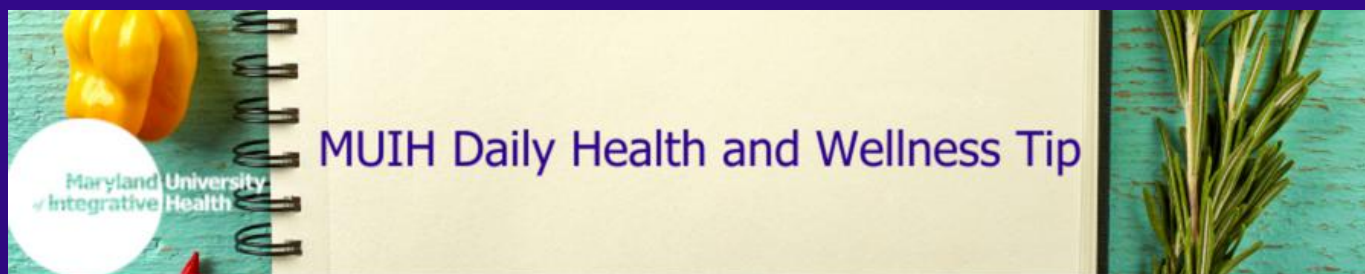


Maryland University  
of Integrative Health

Check out the  
[MUIH Community Job Board!](#)







## MUIH Daily Health and Wellness Tip

### Connect With New People

Notice the quality of your interactions with others. They can be very telling as to the current health of our thoughts and emotions. Investing in this form of self-exploration is liberating and revealing as to what our needs are to be at our best.

This information is provided in support of the health and wellness of our community. For more health and wellness resources from MUIH, we encourage you to subscribe to our weekly Gratitude Tuesday email by clicking [here](#) or visiting our website for other resources by clicking.

### NATURAL CARE CENTER

**NOW OPEN!**



For more than 40 years, the [Natural Care Center](#) at Maryland University of Integrative Health has provided powerful, meaningful, and effective healing experiences for patients and clients that arrive with a wide array of health challenges.

### WESTERN HERBAL DISPENSARY

**NOW OPEN!**



As an MUIH Alum, you can order herbs for yourself from the Western Herbal Dispensary! In addition, if you graduated from the Herbal Clinical program, you can send us your client orders! The MUIH Dispensary uses exceptionally high-quality herbal products. Our herbal suppliers practice fully documented quality control standards, meeting FDA GMP's and providing a certificate of analysis demonstrating the authenticity of the herbs we order. Herbs we purchase are wild crafted or certified organic. You can view a list of our herbs and extracts and order [here](#).

**Email or call us with questions.**

[herbs@muih.edu](mailto:herbs@muih.edu)

410-888-9048 x6676



## **Dr. Kathleen B. Warner Memorial Scholarship**

As you may know, Dr. Kathleen Warner, who sadly passed away last year, was widely recognized as an excellent teacher and administrator who was always focused on ensuring the success of students.

She served as the Assistant Dean for Academic Affairs and Department Chair for Nutrition and Herbal Medicine at Maryland University of Integrative Health (MUIH) for six years. As the co-chair of the Retention and Persistence Committee, Kathy was dedicated to enhancing the student experience at MUIH. She was passionate about identifying students who were experiencing barriers to success and providing comprehensive support to address those barriers. Of particular interest to her was developing strategies to assist students who were nearing the end of their academic program and at risk of separating from the University due to financial or other non-academic constraints.

In her memory, we are establishing the Dr. Kathleen B. Warner Memorial Scholarship. You can make a difference and [contribute to the scholarship fund here](#).

In the section that asks to specify a donation, please choose "other" and then type "Warner Memorial Fund."

**Thank you in advance for your generosity!**

# INTEGRATIVE HEALTH NEWS & EVENTS



## [Maryland Acupuncture Society \(MAS\) Acupuncture and Herbal Medicine EHR and Tech Expo](#)

May 21-22, 2022

Virtual

- MUIH Alumni who are not already Maryland Acupuncture Society members) can get 10% off this event using code XMA84RUV

## [2022 International Congress on Integrative Medicine and Health](#)

May 23-26, 2022

Phoenix, Arizona

## [The Endocannabinoid System & Beyond](#)

June 9-11, 2022

Kansas City, Missouri & Virtual

## [Global Advances in Health & Medicine](#)

Peer-reviewed, open-access journal has no fee for COVID-related articles for a limited time.



## [Annual International Conference \(AIC\)](#)

June 4-5, 2022

Virtual

- 40% off for MUIH alumni registrations. Enter code at checkout: MUIH40AIC



## [Health Means Chronic Inflammation Summit](#)

June 6-12, 2022

Virtual-Free

## [The Endocannabinoid System & Beyond](#)

June 9-11, 2022

Kansas City, Missouri & Virtual

**Call for acupuncturists and Chinese herbalists who have been treating patients recovering from COVID-19:**

## [Traditional East Asian Medicine COVID-19 Study](#)

MARYLAND UNIVERSITY OF INTEGRATIVE HEALTH

7750 MONTPELIER ROAD

LAUREL, MD 20723

[MUIH.EDU](#)

[MUIH.EDU/CAMPUS/ALUMNI-ENGAGEMENT/](#)

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- [LINKEDIN](#)