

## Reflections on Spring 2020

### ■ ACADEMICS

# Wongu Goes Virtual

VIM OSATHANUGRAH, ACADEMIC & CLINIC DEAN

Forced to close the campus and clinic, Wongu quickly migrated teaching to a fully online environment for the Spring term under the ACAOM guidance. Wongu's academic and clinical team employed BigBlueButton, Zoom and Lifesize to communicate among the Wongu community. It has been such a unique experience. A shock for both faculty and students, suddenly scrambling to get up-to-speed with the entire didactic courses set for online conferencing. One



faculty discovered, "I love that it is a live conference so there is interaction and participation." And one faculty commented, "I miss the classroom environment; many concepts can be demonstrated more effectively." After getting over the "first week, I was totally clumsy, then I got used to the interaction and teaching." After a ponderous and challenging beginning, the faculty and students stepped-up to complete a rigorous term. It will take some time to adjust to the new teaching and learning experience, but the experience will not be wasted as the Summer term will also be online. On the bright side, we conducted the institutional practical exam on point location virtually and transitioned all the institutional exams to online. Thanks to all staff, students and faculty to help make Wongu more green.

A big "shout out" from faculty and students goes out to Joshua Lorenzana, who "made sure our questions were answered and kept us connected and interactive." And, congratulations to Wongu alumni, Sarah Breaux, Grace Im, Keita Sekine, and Donna Tongco-Nguyen for passing the Nevada Board licensure exam.

### ■ WONGU STUDENT ASSOCIATION

## STAYING CONNECTED

SHAWHEEN ALAVI-MOGHADDAM,  
PRESIDENT, WONGU STUDENT ASSOCIATION



Initiating #SociallyConnected while #PhysicallyDistant during this time, the WSA conducted virtual fitness sessions and online board game sessions. The WSA coordinated with the Health Center outreach to offer student wellness presentations through online conferencing. Ongoing projects include the Wongu yearbook and custom yoga mats.



# Herbal Highlight



**JU HUA**

~ CHRYSANTHEMUMS ~

**DONNA TONGCO-NGUYEN, MANAGER, HERBAL DISPENSARY**

**C**hrysanthemi Flos, better known as **Ju Hua** in Traditional Chinese Medicine, is an edible medicinal herb native to East Asia. Commonly known, as the chrysanthemum flower, Ju Hua is one of the four flowers known in classical Chinese literature as the Four Gentlemen (四君子). Together with the plum blossom, the bamboo, and orchid, these flowers symbolize virtues such as uprightness, purity, humility, and perseverance which are all virtues treasured in Chinese tradition.

One other important meaning of Ju Hua is grief. In some cultures in Asia, white chrysanthemums (Bai Ju Hua) are often used as funeral flowers. While Ju Hua may symbolize this sad event, the chrysanthemum flower is also associated with longevity and immortality. The benefits of continuously drinking chrysanthemum tea in the long term have been widely recognized throughout the history of

Traditional Asian Medicine. It is said in traditional medical texts, when consumed over a long time, Ju Hua facilitates the qi and blood, lightens the body, and prevents aging.

Although chrysanthemums come in all sorts of colors, shapes and sizes, it is the yellow (Huang Ju Hua) and the white (Bai Ju Hua) chrysanthemum that are used in Chinese medicine. Traditionally, the white chrysanthemums (Bai Ju Hua) are said to be stronger at pacifying the Liver and clearing the eyes, while the yellow chrysanthemums (Huang Ju Hua) are stronger at dispelling wind and clearing heat. Sweet, bitter, acrid, and slightly cooling, the chrysanthemum enters the Lung and Liver channels to calm the liver, dispel wind-heat and drain heat toxins. Ju Hua is used in modern times for issues such as flu accompanied by fever & headache, sore throat, eye issues, dizziness, swelling and hypertension.



## ■ STUDENT ACTIVITY

**T**he Herb Garden Club planted an Asian pear (Ya Zhou Li) tree in Winter 2020 which now has 3 baby pears growing. Ya Zhou Li clears heat, resolves phlegm and tonifies yin (just to name a few of its indications). Although it is not certain how big the fruit will grow this year, we are looking forward to a bountiful harvest in the future.

## FACULTY FOCUS

*Joyce Edwards,  
L.Ac, RDMS*



**J**oyce arrived from Chicago, via Midwest College of Oriental Medicine and began teaching Western Terminology and Western Nutrition in the Winter term and Laboratory Imaging in the Spring term. A registered ultrasound technologist and licensed acupuncturist, Joyce has over 30 years of patient care. Welcome Joyce to Wongu's dedicated faculty and the MSOM program.

# COMMUNITY OUTREACH

YUKA SAKAI AND SATOE OZAWA, ADMISSIONS

**W**ongu interns conducted virtual presentations on Oriental medicine topics. Over thirty-four participants attended over the course of three days, including Wongu alumni. The presentations are available on Wongu's Youtube channel or on the Wongu website blog.

## TOPICS COVERED:

- Daily Self-care for Anti-aging by Don Walker
- Foods to Boost Your Immune System by Lauren Harrington
- Qi Gong by Don Walker
- Congee Recipes by Sarah Mulligan, Roberto Irawan, Renae Haldeman, Shawheen Alvi-Moghaddam
- Korean Cooking 101 by Aeja Kim, Audi Yingyoud
- Standard Precautions for Current Times by Valerie Chang
- Herbs Curbside Pick-up by Aeja Kim, Audi Yingyoud
- Nutrition 101 by Rachel Ong
- Topical and Exterior Treatments by George Hsu
- Foam Rolling and Yoga for Menopause by Casey Carpenter, Maren Arabia
- Relief for Lower Back Pain with Electroacupuncture by Jean Kim
- Foam Rolling and Yoga for Dysmenorrhea by Casey Carpenter, Maren Arabia
- Characteristics of 5 Element Body Types and Personalities by Canan Sanatkar



Wu Wei Zi Tea - AeJa and Audi's Wu Wei Zi tea (or Oh Mi Ja Cha in Korean) is a tea that contains leakage of Lung qi and stops cough.

# WELCOME NEW STUDENTS

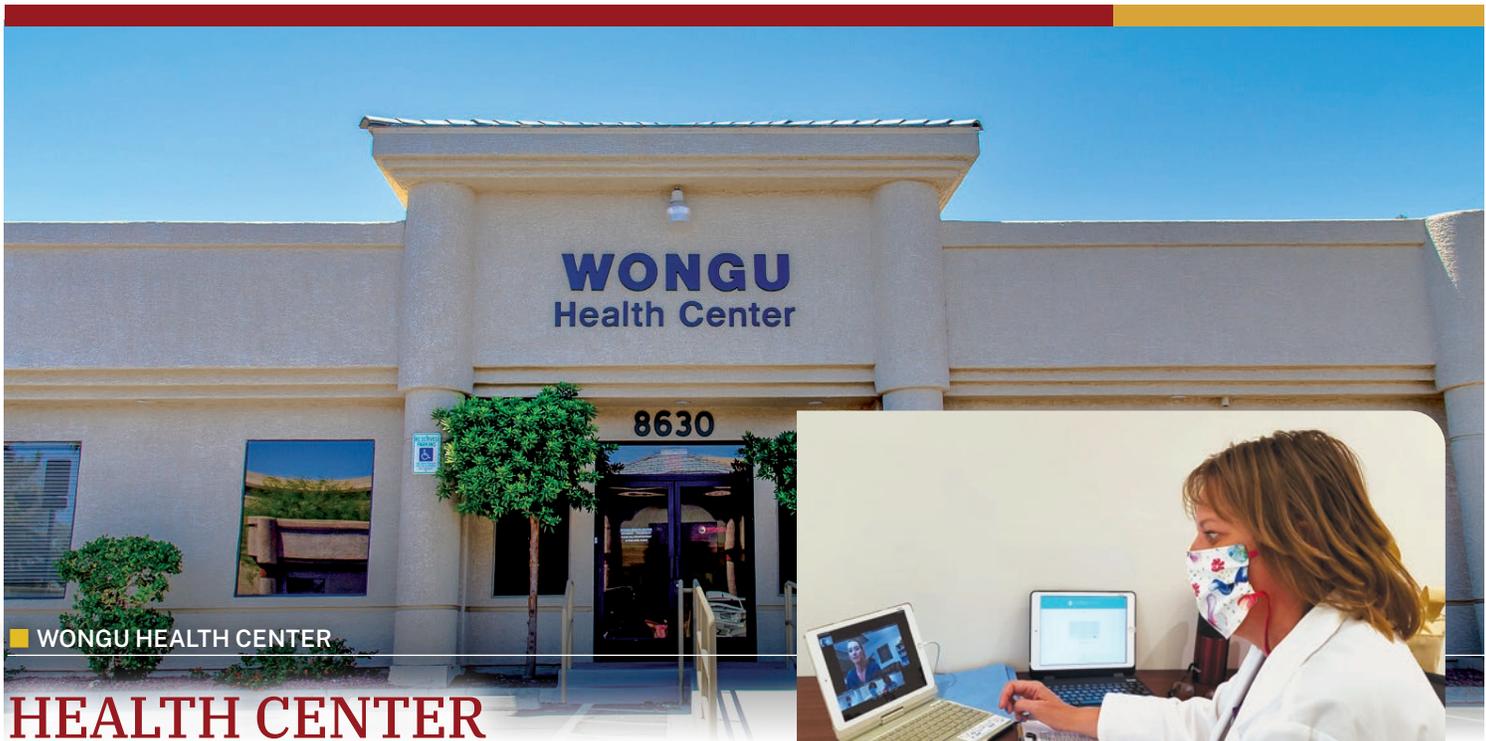
**A**s part of the 43 total students at Wongu, seven new students joined the program in the Spring term. Despite all the difficulties due to COVID-19 and going online, we hope you had a wonderful and productive quarter. We look forward to meeting you all in person soon.

- Tiffany Chimaroke
- Jodi Legas
- Tamara Dixon
- Sohyun Kelso
- Roman Gramarye
- Amanda Schultz
- Melanie Haskell

IT Band Side Roll - Maren and Casey demonstrate a foam rolling technique to assist in menopausal symptoms.



Renae's yam porridge is ideal for the Spring and for those with weak spleen and stomach.



WONGU HEALTH CENTER

## HEALTH CENTER

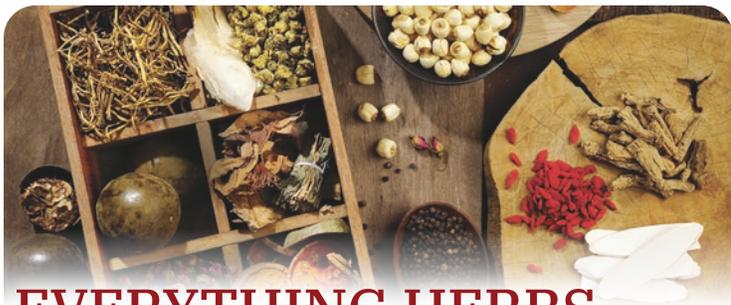
CHRISTAL MENDOZA-CONCEPCION, WHC MANAGER

**W**ongu Health Center implemented its first ever Telehealth services during the shutdown. Interns provided consultation services utilizing video and audio conferencing under the supervision of Wongu’s licensed OMD’s. WHC will be reopening to the public for acupuncture services on July 6, 2020 with normal business hours Monday-



WHC intern Cassandra conducts Telehealth services during the clinic shutdown.

Thursday 8:00 am – 4:30 pm with proper procedures and protocols in place for the safety of our students, patients, staff, and community.



## EVERYTHING HERBS

DONNA TONGCO-NGUYEN, MANAGER, WONGU HERBAL DISPENSARY

**A**s a consequence of COVID-19, Wongu Health Center shifted its delivery of patient care to its established patients through Telemedicine and Herbal Curbside Pick-up. Herbal dispensary protocols were enhanced, and additional safety measures were put in place. The Herbal Dispensary is fully stocked with TCM’s herbal remedies for the flu season and as well as boosting the wei qi. For inquiries on inventory on hand, please call us at 702-852-1280.

## LOOKING FORWARD

### JULY

- JUL. 6: COURSES BEGIN; CLINIC RE-OPENS
- JUL. 12: LAST DAY TO DROP COURSES
- JUL. 20: TUITION PAYMENTS DUE

### AUGUST

- AUG. 14: LAST DAY TO WITHDRAW

### SEPTEMBER

- SEP. 7: LABOR DAY (NO CLASSES)
- SEP. 14-18: FINAL EXAMS