

Login:

Password:

OK!

[Lost Password?](#)

- | | | | | | | |
|---------------------------------|-----------------------------------|------------------------------------|--|------------------------------|-----------------------------------|------------------------------|
| Main | Career Management | Financial Planning | Well-Beings | Travel | Fitness | Relationship |
| Balanced Living | Home Center | Culinary Arts | Arts & Entertainment | Coffee House | Make a Difference | |

Latest News

[Christine Beardmore, Making a Difference for Children in Need](#)

...

[Michael Norris, Making a Difference in Music](#)

[Michael Norris is a boomer who loves what he does! This Philadelp ...](#)

Search

Newest first

GO!

- [Volunteer Match](#)
- [Local Businesses](#)
- [Advertise With Us](#)

ADVERTISEMENT

Donna Karan, Making a Difference for Cancer Research



Written by Pamela Eelman, CHHC
Friday, 07 November 2008



Fellow baby boomer and founder of the much-imitated DKNY line of clothing, Donna Karan not only talks the talk, she walks the walk!

Ms. Karen has donated \$850,000 for a yearlong experiment combining Eastern and Western healing methods at New York's prestigious Beth Israel Medical Center. After her husband and business partner, Steven Weiss' death from lung cancer in 2001 Mr. Karan founded the Urban Zen Center.

The mission of the Center reads:

To advance the journey of healthcare, we must treat the patient with the same passion with which we treat the disease. By combining Western science with Eastern healing practices, we can further the best possible outcome for patients and their loved ones.

Complimentary healing modalities will be incorporated with traditional cancer treatments. In addition to providing these healing techniques, this project includes a research component. Ms. Karan hopes to prove that the Urban Zen regime can reduce classic symptoms of cancer and it's treatment, (like pain, nausea, anxiety and depression) thereby cutting hospital stays and costs.

She attributes her commitment to integrative medicine to what she saw as the narrowly limited treatment of her husband, as well as Lynn Kolman, a DKNY fashion director who died of brain cancer in September. Despite all his high-tech treatment, her husband could not breathe, she recalled, until a yoga teacher taught him to "open his lungs". "Everyone was dealing with his disease", she said. "Nobody was looking at him holistically as a patient. How do you treat the patient at the mind-body level? Not only the patient but the loved one?"

Ms. Karan turned to Beth Israel because it's one of only a handful of hospitals nationwide with full-fledge integrative medicine departments. This in spite of the fact that over one third of Americans seek alternative or complimentary healing modalities. Starting in November, the cancer ward will be renovated by Ms. Karan, the architect David Fratianne and Alex Stark, a feng shui master. Bamboo wallpaper and cork floors will replace the hospital green walls and linoleum floors and yoga, prayer and meditation retreats will be created for patients, their families and medical staff.

Urban Zen will cover the salaries of a patient "navigator", a sort of cancer-ward concierge and a yoga coordinator. Fifteen yoga teachers will start in January and nurses will be trained in relaxation techniques.

Karan designed black T-shirts printed with white block letters saying "The Unstoppable PATH - Patient Awareness Towards Healing", which just about says it all. Hopefully they will be widely available for purchase so that we might all contribute to this cause.

Boomers have a large majority of the disposal income in this country, (even if that amount is shrinking). It's important to make a statement with your buying power.

Please remember Ms. Karan's generous contribution next time you're at the mall!

You can learn more about the Urban Zen Foundation by going to www.urbanzen.org.

Pamela Stoy Eelman is a Certified Health and Wellness Counselor and founder of A Balanced Life, Inc. She works with individuals to help them attain and maintain wellness using the principles of Western Science and Eastern healing practices. You may contact her at www.abalanced-life.com, or through this site at peelman@boomer-living.com

Last Updated (Saturday, 08 November 2008)

[< Prev](#)

[Next >](#)

[\[Back \]](#)

ADVERTISEMENT

