

# The Graham Star

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## Foundation helps ease pain of national clientele

By Zelerie Rose

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There is a little known place in Graham County that caters to the souls of

those who are called to it. A place where spiritual growth, inner wisdom and tranquility are encouraged, laughter is expected, and friendships are valued.

The place is known as The Gleanings Foundation, a non-profit organization that was founded in 1983 through the work of Nina Zimbelman, a teacher and

researcher in metaphysics and intuition. She also has a master's degree in economics, and has studied alternative and Chinese medicine extensively.

Zimbelman has traveled the world teaching people the importance of personal growth and how the human brain can exceed expectations in any situation, but especially for those living with chronic pain and life threatening illnesses.

She settled her work in Graham County in 1997, and soon after became friends with Dr. Patricia Johnson, family doctor and founder of Tallulah Health Center.

Zimbelman and Johnson had an immediate connection concerning their beliefs in health. Both feel it takes more than just doctoring when you are sick to be a healthy, functioning part of society, and that treating the whole body is just as important — if not more so — than treating the ailment.

"I've always felt it is my job to help my patients stay healthy," Johnson said. "I have tried to share the ex-

perience and practices that have helped me the most with my patients. Most people knew about Neti Pots long before they were introduced on Oprah and Dr. Oz, and I've introduced yoga and Chinese exercises to patients as well."

Johnson's friendship with the Gleanings Foundation benefited the health center also. Johnson attributes their support in giving her the courage she needed to build onto the clinic and pharmacy.

"Although our health

care delivery system is lacking in many ways, we feel we are offering things that are unique and cutting edge in treating the whole person," Johnson said.

"The Gleanings Foundation has created ideal teaching spaces for classes, consultations and support groups. This opportunity to work with my patients in a deeper and more meaningful way has brought the heart back into medicine for me."

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Staff photos/Zelerie Rose

From left, Terri Jiang, program coordinator for The Gleanings Foundation, Nina Zimbelman, founder, and Dr. Patricia Johnson enjoy the view from The Gleanings Foundation mountaintop.

Don't forget  
Daylight Saving Time  
starts Sunday  
'Spring' Forward 1 hour.



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The main house for The Gleanings Foundation is located on a mountaintop right outside of Robbinsville. The foundation includes four nicely equipped suites for overnight accommodations.

## Facility

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The foundation is located on 50 acres off of Mountain Creek, and has facilities for teaching, retreats, camps, recreation, hiking trails, dining, and housing for up to 40 guests at a time.

The foundation offers medical support groups, including a women's wellness group that explores ways for women with chronic illnesses to regain a state of wellness.

There is also a Parkinson's support group, cancer support groups for both men and women and a after school art program for girls fourth through eighth grade. A summer arts camp is also scheduled for June 18 - 22 for rising third through ninth grade.

"This foundation was created to help people grow into the fullness of themselves," Zimbelman said. "I've lived

in this community for years and this is the perfect place for people to experience a renewal of inner peace and tranquillity no matter their circumstances. The collective contributions of several members of the community enable the foundation to sponsor a number of events and ongoing classes that can help people in many ways. We hope they will check out our Web site and our

calendar of events page and see if there is anything there that catches their interest. We would love to have them join us."

The Gleanings Foundation can be reached at 828-479-2233, or by e-mail at [gleaningsfoundation@frontier.com](mailto:gleaningsfoundation@frontier.com). You can also visit their Web site at [www.gleaningsfoundation.org](http://www.gleaningsfoundation.org).