

Whole Health January – March 2021

WHOLE HEALTH SERVICES

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Bay Pines VA Healthcare System



Bay Pines VA Healthcare System
Whole Health Hotline:
727-398-6661 or 888-820-0230, Ext. 14662

New Year and New Opportunities

The past year has been a challenging one for everyone. However, with all new challenges, come new opportunities to regroup and refocus. Whole Health offers many opportunities to explore your values, address your goals, and to learn new skills. We are here to support you with new programs to help get you back on track.

All sessions are currently held virtually (online). They are easily accessible to you in your home. We offer a great diversity of classes that are designed to fit your values.

Here are our offerings:

Health Education sessions allow you to focus on different areas of your health, learn how to manage chronic conditions, and tackle specific problems. Our Tobacco Cessation program is here to help you quit tobacco and to provide the support you need to quit for good. We have expanded our nutrition classes that are perfect for starting the year right!

Relaxation/Mindfulness sessions allow you to grow through mindfulness and relaxation. You will learn how to calm your mind and focus on the present.

Self-Care sessions allow you to learn new skills to improve your self-care and explore what is most important to you. You are encouraged to talk to a Whole Health Coach and to learn new Mind and Body skills.

Recreation Therapy Movement sessions allow you to move your body and grow through health and leisure activities regardless of ability level. Our qualified Recreation Therapy staff will customize the activities so that all abilities can take part in their sessions.

Art Therapy sessions allow you to heal and grow through art. We value the roles creativity and self-expression have on self-care.

Thank you for your service and we look forward to seeing you at our sessions.

Dr. Rod Velezmoro
Whole Health Program Director



What is Whole Health?

- Whole Health is a group of services focused on helping you take control of your health and well-being.
- Whole Health goes beyond your illness and disabilities to help you create the life you want.
- Whole Health focuses on what is important to you.
- In Whole Health care, you are an active participant with your health team. It starts with you!

To read QR Codes below use your Smartphone. On newer models aim the camera at the code. On older models of Smartphones, download an app from Apple or Google first.

WHOLE HEALTH



PERSONAL HEALTH INVENTORY



HEALTH COACHING



How to begin:

- Programs are open to any Veteran enrolled as a patient in the Bay Pines VAHCS.
- Please call our number to schedule. You may also talk to your Physician/PACT and ask them to place a Whole Health and Wellbeing Consult.
- The Recreation Therapy Movement Programs require a medical release to be completed by your Primary Care Physician before starting.
 - Always consult your Primary Care Physician before starting any exercise program.
- We encourage everyone to start with our *Welcome to Whole Health* session.

Welcome to Whole Health

This program welcomes you to the VA's Whole Health approach to care and reviews all programming. This is a great starting point for you.

Key to our programs to help you meet your goals

-  - Low Intensity
  - Moderate Intensity
  Education
  - Mindfulness/Relaxation
 - Special Event
  - Art Therapy

Health Education (Virtual) Group Sessions

Grocery Store Tour

2nd and 4th Thursday, 1:00 p.m.

This virtual experience will take you out of your house and into the real world of grocery shopping. You will gain confidence in shopping for healthy foods, reading, and understanding food labels and shopping on a budget. Become familiar with the store layout and its potential impact on purchasing behavior and dietary intake.

Healthy Teaching Kitchen

1st and 3rd Thursday, 1:00 p.m.

Interactive and fun. Learn quick and easy tips for how to eat healthy.

Healthy Teaching Kitchen with Whole Health

1st Monday each month, 10:00 a.m.

Learn healthy cooking skills in a fun and interactive way. Explore recipes, different cooking methods and basic cooking techniques. Each session will incorporate Whole Health Principles such as food and drink, surroundings and power of the mind.

Hypertension Management

Designed to promote health, prevent the progression of disease, and improve health outcomes in those with high blood pressure. Take control by focusing on lifestyle changes, self-care techniques, and skill development that can have a positive impact on your blood pressure.

Improving Your Sleep

Many things can negatively impact the quality of our sleep, but there are steps we can take to improve our sleep. This five-session program will teach you about sleep and non-medication strategies to improve the quality of your sleep.

Intuitive Eating

Wednesday, 9:00 a.m. (Women's group)

Wednesday 1:00 p.m. (Men's group)

Weekly sessions that will help you reject the diet mentality and make peace with food. We will cover the ten principles of Intuitive Eating. You will learn how to get in touch with your body cues like hunger, fullness and satisfaction while learning to trust your body around food again.

Jumpstart to Health: Plant-Based Nutrition 101

Monday, 3:00 p.m.

The power of food as medicine! Join us to learn more about the amazing health benefits of whole food, plant-based nutrition. Learn how you can prevent, treat and even reverse chronic diseases!

Lemons to Lemonade: Living Well with Chronic Medical Conditions

This 8-week program is designed to help people live positively with a chronic medical condition (e.g., diabetes, heart disease, autoimmune conditions, etc.). Each week focuses on new strategies such as increasing health knowledge, learning ways to get the most out of healthcare appointments, developing tools to cope with life's "ups and downs," and improving overall health and well-being.

MOVE!

This program will help you lose weight and keep it off. Sessions focus on health and wellness through healthy eating, physical activity, and behavior change. To get started, call your PACT team Dietitian and schedule an appointment. Call the number below and press Option #2. Then select Primary Care and your PACT team.

C.W. Bill Young VAMC	(727) 398-6661
Lee County HCC	(239) 652-1800
Sebring/Naples CBOCs	(239) 652-1800
Bradenton/Port Charlotte/ Sarasota CBOCs	(941) 371-3349
Palm Harbor	(727) 734-5276
St. Petersburg	(727) 502-1700

Tobacco Cessation

Engaging in a tobacco free support program significantly increases the likelihood of successful quitting. A broad range of resources are available for Veterans who want to quit using tobacco, including group classes and/or individual counseling with personalized action planning. Classes are available throughout the week at different times. Do not delay, call 727-398-6662 or 888-820-0230; ext. 14662 for additional information.

Relaxation / Mindfulness (Virtual) Group Sessions

101 Ways to Meditate

Learn the many versions of mediation techniques available in this four-week class. Key elements associated with a meditation practice include, cultivating a state of balance, harmony, peacefulness, and compassionate awareness.

Beating Stress with Deep Relaxation

Monday and Thursday, 2:00 p.m. – 6 sessions

Increased levels of stress have become an epidemic in our modern lives. Join the Whole Health Psychologist for this six-session series focused on taking control of your stress. Learn tools supported by science to keep you calm and focused in our fast-paced world.

Coloring to Relax

This one-hour group incorporating Whole Health mindfulness and relaxation techniques, while tapping into personal creativity. You get a chance to take a mindful pause in your day to enjoy coloring with music and connect with other Veterans.

Mind and Body Self-Care 

Mind and Body groups are weekly sessions for 8-10 weeks. These sessions enhance self-awareness, self-care, and self-expression. Mind and Body skills are based on almost 30 years of evidence-based practice. The tools you learn for your personal toolbox introduce you to skills that can be added to your everyday life. These new skills encourage truly profound changes to enhance the quality of your life. Groups form every month and fit into anyone's schedule. Join one of these inspirationally life changing groups to fill your toolbox and have fun doing it!

Two-week Gratitude Jumpstart 

Morning Group: Monday – Friday, 7:35 a.m.

Reset and Recharge: Monday -Thursday, 12:00 p.m.

Gratitude practice is one simple way to break the pattern of negative thinking and spark more joy in your life. This 30-minute session is focused on a brief discussion of gratitude (e.g., new science, new strategies) followed by a focused gratitude exercise.

Self-Care (Virtual) Individual / Group Sessions

Gentle Walking Group 

Get out and about in the fresh air with our Gentle Walking Group. Great opportunity to learn more about other Whole Health opportunities, exciting discussions, and socialize with fellow Veterans. Contact your Whole Health Coach for the location nearest you.

Individual Whole Health Coaching 

Just about everyone has a vision of their ideal life. Whole Health and Wellness Coaches work with Veterans to create the life you are striving to have. Coaches support Veterans in mobilizing internal strengths and external resources, and in developing self-management strategies for making sustainable, healthy lifestyle, and behavior changes. Veterans are truly behind the wheel! The Whole Health and Wellness Coaches are your partners to achieving a better quality of life.

Living Your Best Life 

This is a 10-session group, with each session devoted to one area of the Whole Health Circle. The group is led by Psychologist, Social Worker, Whole Health Coach, and other experts based on the topic (i.e., dietician, chaplain, recreation therapist). Each group will consist of education, a hands on/skill-based activity, and goal setting/motivational enhancement strategies to help you make meaningful and lasting behavior changes to support your Whole Health. *Women's Live Your Best Life group is also available.*

Living Your Best Life with Pain 

This 8-session group uses the Whole Health Circle as a guide to living well with pain. The group is led by a multidisciplinary team including, a Psychologist, Whole Health Coach, and Recreation Therapist, along with guest experts (i.e., pain specialist, dietician, chaplain). Groups will help you begin to break the cycle of painful living by trying out new ways of thinking about your body and your situation, learning about the importance of self-management strategies, and developing healthy habits. Each group ends with an opportunity to gradually and safely move the body supported by a

Recreation Therapist. *Living your Best Life with Pain* is designed to help you make meaningful and lasting changes to support your Whole Health.

Mind-Body Groove

Friday, 10:00 a.m.

Groove is a thirty-minute simple dance movement class encouraging creativity and authenticity. It is easy, fun, and you cannot get it wrong!

Tips for Living Your Best Life

Thursday, 1:00 p.m.

Have you considered *Living Your Best Life group*, but do not feel quite ready to commit to the full 10-weeks? Then *Tips for Living Your Best Life* is a great place to start. Each session of this one time per week group focuses on a tip for living a healthier life and improving your well-being. Each session will focus on something different. Once you start to build confidence and experience the benefits of healthy living, you may find yourself ready to take part in the full 10-week *Living Your Best Life group* to improve your overall health. This group is led by a psychologist and will include other experts based on the topic for the day.

Welcome to Whole Health

This session welcomes you to the VA Whole Health approach to care. You will be introduced to the services offered to help you take control of your health.

Recreation Therapy (Movement) / Art Therapy (Virtual)

Sessions - *Programs are easily adapted for the seated position and varying abilities.*

Art and Imagery

Thursday, 10:00 a.m.

This class is a mix of guided imagery, meditation, and art making. The Art Therapist will use different visualizations and meditations to take participants on a personal journey using their imaginations. At the end of the trip everyone will create art based on their inner journey. This class will help strengthen mindfulness skills, quieting the mind through the creative process, as well as exploring unknown parts of oneself. No artistic skills are necessary; it's all about the process.

Cardio Boxing

Tuesday, 2:00 p.m.

Thursday, 11:00 a.m.

Boxing is an excellent way get a great cardio workout. Boxing is one of the best exercises, due its ability to help condition the entire body in one workout.

Chair Energizing Chi

Thursday, 1:00 p.m.

In this session we will utilize a combination of Tai Chi styles that will help revitalize and energize you to tackle the rest of your day.

Chair Fit Party *Wednesday, 12:00 p.m.*

This session is designed for those who would still enjoy engaging in this active session but need a little modification. Individuals will still get the same upbeat active session just at a modified level.

Chair Tai Chi-Flow Style *Tuesday, 10:00 a.m.*

This session is suited for those new to Tai Chi.

Chair Yoga *Tuesday, 9:00 a.m.*

Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress. Chair yoga classes are gentle and include yoga poses modified to individual's needs. The gentle movement sequences will help improve the body's movement.

Discovery-Leisure Education *Monday, 11:00 a.m.*

Session will help in exploring and developing an understanding of the what, where, why, how and with whom you can pursue leisure interest and experiences. In this 5-week program you will discover ways to increase awareness, communication skills, social interactions, and confidence to build a self-motivated approach to various leisure activities. Handouts, games, resources and other therapeutic interventions will be used.

Week 1: Leisure and Feelings

Week 2: Activity (Apples to Apples)

Week 3: Overcoming Barriers

Week 4: Using Technology to Find Resources

Week 5: Social Outings

Fit Party *Tuesday, 10:30 a.m.*

This upbeat active session will focus on movement by exploring different dance styles, such as Latin, hip hop, country and others. You will be engaged in a mix of low to moderate intensity moves to increase your heart rate for cardio fitness, tone, strengthen and increase range of motion.

Fit and Well Woman  *Monday and Wednesday 10:00 a.m. - 2 sessions per week for 3-weeks*

This movement session focus on fitness techniques and wellness topics that are unique to women's needs. You will learn how to create a routine for actability through movement tracking, eating habits, mood check-in and movement. Classes start every 3-weeks:

January 11th – 27th

February 1st -17th

February 22nd – March 10th

March 15th – 31st

Functional Fitness *Monday, 12:00 p.m.*

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. Exercises can be completed from a seated or standing position.

Garden to Plate *Wednesday, 4:00 p.m., Beginning January 20th*

Part horticulture, part art, part cuisine. Learn about growing fresh herbs and vegetables to use in your cooking to help build a healthy foundation of flavor. We will design our own artistic planter to hold the herbs. Recipes and directions will be provided for each of the different herbs and vegetables we explore.

Goal Set Go! *Monday, 10:00 a.m.**Private Sessions*

Sessions will be to identify, formulate and understand the use of goal setting and its role for maximizing participation and quality of life in our day to day activity. Materials will be provided.

Heart Healthy Stretching *Tuesday, 11:00 a.m.*

For all who want a more limber body, chair stretching can help you achieve your goal.

Intro to Yoga *Monday, 1:00 p.m. or Wednesday, 10:00 a.m.*

Yoga is a practice that focuses on bringing harmony between mind and body, through promoting relaxation, focus, flexibility, lung capacity, and wellness. This introduction session will take you on a four-week journey of exploring the connection of breath (pranayama) to movement, benefits of poses (asana) and how meditation is incorporated.

My Life, My Story *By appointment only*

The *My Life, My Story* program believes in the teaching, healing and human power of stories. We believe that every Veteran has an important story. Our staff will help you express your story through writing and creative outlets.

Movement Orientation *Monday, 1:00 p.m.*

Learn about the different Movement Sessions that are available. We will dive into each type, providing information, precautions, benefits and answer your questions, so you may make the best decision for your body. First step in movement is knowing what movement sessions you like.

Movement for Pain Relief  *Thursday, 9:00 a.m.*

Dealing with pain is never easy. Movement through gentle guided exercises to help pain throughout the body. All movements will be completed from a seated or standing position, based on your needs.

Open Studio *Tuesday, 1:00*

Open Studio is a self-led workshop to encourage creativity and relaxation. No directives will be given. You choose your own materials as well as the theme of your creations. The Art Therapist will be present to provide any needed assistance. Sharing your work is optional.

Pete's Pep Talk *Wednesday, 2:00 p.m.*

A 30-minute group discussion on various topics every week. Discussion topics will differ each week. Some examples include exercise, exercise programming, martial arts, barriers to exercise, sleep, nutrition and more.

Power Flow Yoga (Formally Vinyasa Yoga) *Tuesday, 3:00 p.m.*

In this intermediate level Yoga session, we will be utilizing a series of asanas (poses) done in sequence to help strengthen our core to maintain and increase stability, mobility, flexibility and understanding of how the breath connects to movement.

Qi Gong *Tuesday or Thursday, 12:00 p.m.*

Qi Gong (pronounced Chee-gong) is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises. Qi Gong movements can help improve joint flexibility, muscle strength, and range of motion. Meditative elements and focus on deep, diaphragmatic breathing, Qi Gong is an effective way to manage tension, pain, anxiety, lung function.

Re-connect Re-center Yoga (Formally Yoga Flow and Women's Chair) *5-week session - can be done at chair level**Monday, 3:00 p.m. – 75 minutes**January 11th-February 8th**February 22nd- March 22nd**Thursday, 10:00 a.m. – 45 minutes**January 14th- February 11th**February 18th- March 25th*

In this five-week session we will take a deeper look into some of the 8 Limbs of Yoga. Sessions will focus on elements of these limbs of Yoga through the connection of the pranayama (breath), movement, chakra, meditation and other elements within our movement practice. Each session will involve a brief discussion on the principles of Yoga and how to incorporate these principles in managing stress, life balance and improve our overall quality of life.

Self-Discovery through the Arts

Tuesday, 10:00 a.m.

Private Art Therapy - Sessions available by Appointment and Consult

Art can help us uncover who we truly are. This creative arts therapy group will focus on self-development: the experience of art making to achieve personal insight and self-discovery. Activities will include drawing, painting, coloring, and other art forms such as poetry and journaling. Artistic ability not necessary; it's all about self-discovery.

Standing Core

Monday and Thursday, 2:00 p.m.

Whether pushing a grocery cart or putting on shoes, you use your core to do everyday activities. Keeping these muscles strong helps stabilize your body, support your spine, and enhance your overall fitness. Beginner core strengthening will work on your abdominal muscles, as well as muscles around your spine and pelvis.

Strength Training

Monday, Wednesday, or Friday 11:00 a.m.

Beginner Strength Training incorporates elements of resistance training, with the focus on form, technique and building up muscular strength and endurance.

Sun Sal Yoga

Wednesday, 8:00 a.m.

Sun Salutation (Surya Namaskara) is one of the most important Yoga practices. It is a set of poses, that can be performed using different mantras. The practice of Sun Salutation awakens the body intelligence to create energy and designed to work the whole body in a complete workout for the mind, body and soul.

Tai Chi

Monday, Wednesday, Friday 9:00 a.m.

Can be done from seated position.

Tai Chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi is sometimes described as moving meditation as it promotes serenity through gentle movements – connecting the mind and body.

Wellness through the Arts

Wednesday, 1:00 p.m.

Friday, 10:00 a.m.

Private Art Therapy Sessions available by Appointment and Consult

Creating Art can make it easier to work through complex feelings and the stress of life; it can be meditative and calming. This creative arts therapy group will focus on reducing stress and anxiety through the art making process. Activities will include a variety of mediums. Artistic ability is not necessary.

Recreation Therapy Movement Sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 a.m.  Tai Chi	9:00 a.m.  Chair Yoga	8:00 a.m.  Sun Sal Yoga	9:00 a.m.   Movement for Pain Relief	9:00 a.m.  Tai Chi
		9:00 a.m.  Tai Chi		
10:00 a.m.   Fit and Well Woman	10:00 a.m.  Chair Tai Chi - Flow Style	10:00 a.m.   Fit and Well Woman	10:00 a.m.  Re-connect Re-center Yoga	10:00 a.m.  Mind-Body Groove
	10:30 a.m.  Fit Party	10:00 a.m.  Intro to Yoga		
11:00 a.m.  Strength Training	11:00 a.m.  Heart Healthy Stretching	11:00 a.m.  Strength Training	11:00 a.m.  Cardio Boxing	11:00a.m.  Strength Training
12:00 p.m.  Functional Fitness	12:00 p.m.  Qi Gong	12:00 p.m.  Chair Fit Party	12:00 p.m.  Qi Gong	<i>Remember to drink your water!</i>
1:00 p.m.  Intro to Yoga	<i>At the end of your day be grateful for at least one thing!</i>		1:00 p.m.  Chair Energizing Chi	
1:00 p.m.  Movement Orientation				
2:00 p.m.  Standing Core	2:00 p.m.  Cardio Boxing	2:00 p.m.  Pete's Pep Talk	2:00 p.m.  Standing Core	
3:00 p.m.  Re-connect Re-center Yoga	3:00 p.m.  Power Flow Yoga	<i>Check out our other great groups!</i>		

 - Low Intensity  - Moderate Intensity  Education  - Mindfulness/Relaxation

 - Special Event  - Art Therapy