

Whole Health Services

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



What is your vision for your best possible health?

Learn how we partner with your medical team to help.



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

A Time to Re-Engage

I want to welcome you to Whole Health. As many of us are re-engaging, re-grouping, and re-focusing after an unprecedented time, I would encourage you to explore the services we offer. Whole Health is here to ask: “What is your vision for your best possible health?” and “What do you want your health for?”

We are here to help you with your vision and to partner with your medical team in developing a plan. Whole Health is designed for YOU. We have several tracks that may be of benefit to explore:

- **Welcome to Whole Health Series** continues to be a great starting point for all of our programming. I would encourage you to start here. A Whole Health Partner will call you and discuss what programs may be a good fit. This is always personalized and designed around you.
- **Health/Nutrition Education** sessions allow you to focus on different areas of your health, learn how to manage chronic conditions, and/or tackle specific problems. The *Tobacco Cessation* program has helpful tools to help you quit smoking. In addition, our *Living Your Best Life with Pain* program is ideal for managing pain while living a fulfilling life.
- **Creative/Expressive Art** sessions allow you to heal and grow through the medium of art. These sessions are led by a certified Art Therapist. There are many programs that allow you to engage with art and explore your creativity.
- **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-Body skills. These are great tools to manage stress!
- **Movement** sessions allow you to move your body and grow through health and leisure pursuits regardless of ability level. Our qualified Recreation Therapy staff is ready to provide modifications to allow those with different abilities to take part in these sessions.

As always, we are here to serve you! We encourage you to call our hotline with any questions or concerns. Have an idea for a group you would like to see? Let us know!

Thank you for your service and we look forward to working with you.

Dr. Rod Velezmoro
Whole Health Program Director

P.S.

If you want to get started on exploring your values, we have attached a Personal Health Inventory on page 12 for you to complete.

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. Whole Health 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 VA Healthcare System.
- Call 727-398-6661 or 888-820-0230, extension. 14662 to schedule programs. You may also talk to your PACT Provider and ask them to place a Whole Health and Wellbeing Consult.
- Before starting any Movement Program always consult with your Primary Care Provider.


Having Difficulties with Video on Demand?


Call the Whole Health Hotline for assistance: 727-398-6661 or 888-820-0230, extension. 14662.


Key Symbols

 - Low Intensity

 - Moderate Intensity

 - Education

 - Creative/Expressive Arts

 - Mindfulness/Relaxation

A Starting Guide to Your Whole Health Journey:

Welcome to Whole Health - (Whole Health Coach/Whole Health Partner)

Monday – Friday, 10:00 a.m. or Monday – Thursday, 1:00 p.m.

This program welcomes you to the VA's Whole Health approach to care and reviews all programming and explains the process of getting started. Great starting point! If you are not able to make the times above, no worries. We will find a time that works for you.

Individual Whole Health Coaching - (Whole Health Coach)

Call for dates and times.

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

Living Your Best Life with Pain: Introduction and Orientation - Dr. A. Hershberger (Psychologist)

Monday, 10:30 a.m.

This is a one-time 90-minute class providing an introduction and orientation to the *Living Your Best Life with Pain* program. In this session you will learn about using the Whole Health Model as a guide to self-care and living well with pain. You will also sample several relaxation strategies that are used throughout the program. Come meet the facilitators of the class (Whole Health Psychologist and Coach) and ask questions and learn more about this 4-week program.

Living Whole Health – Mr. Joe Kim (Whole Health Partner)

Wednesday, 5:00 p.m.

Want to stay engaged in Whole Health after completing programming? Want to stay updated on the latest and greatest happenings in Whole Health? Join us for *Living Whole Health*, a drop-in class focused on YOU. Every class is focused on self-care, the latest updates, and an opportunity to connect with others.

What is Recreation Therapy and Art Therapy? Orientation - (Recreation or Art Therapist)

By appointment only.

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

Tobacco Free Program Orientation - Dr. Amy Hershberger (Psychologist)

Wednesday, 9:30 a.m.

This is a one-time 90-minute class providing an introduction and overview of the tobacco free program. Learn about the broad range of resources available to those who want to quit using tobacco. You will also develop a personalized action plan to guide you along.

Creative / Expressive Art Programs

Art and Imagery – Ms. Lori Vitale (Art Therapist)

Monday, 1:00 p.m. or Thursday, 10:00 a.m.

This class is a mix of guided imagery, meditation, and art making. Different visualizations and meditations will be used to take participants on a personal journey using their imaginations. At the end of the trip everyone will create an art-based project based on their inner journey. This class will help strengthen mindfulness skills, quieting the mind through the creative process, as well as exploring the unknown parts of oneself. No artistic skills are necessary. It is all about the process.

Coloring to Relax – Ms. Amanda Grantham or Ms. Brandy Rourk (Whole Health Coaches)

Call for dates and times.

This 60 to 90-minute group blends Whole Health mindfulness and relaxation techniques, while tapping into one's personal creativity. You get a chance to take a mindful pause in your day to enjoy coloring with music and connect with fellow Veterans.

Creative Writing – Ms. Lori Vitale (Art Therapist)

Monday, 10:00 a.m.

Creative writing is an art form which draws on the imagination of the writer. This type of writing builds confidence, enhances creativity, and leads to self-discovery. Each week you will write something new. You will use tools such as imagery, poetry, or writing prompts to help increase your creativity. If you like to write, this is the class for you!

Envision Your Life – Ms. Amanda Grantham (Whole Health Coach)

Wednesday, 1:30 p.m.

Imagine life without limits, thriving and living your fullest life! Improve self-awareness and self-reflect on what is important through the use of vision boards and mindfulness practices while connecting with other Veterans. Each week will focus on a key area of life. By the final session your whole vision will be brought together.

Journaling for Health and Wellness – Ms. Lori Vitale (Art Therapist)

Thursday, 1:00 p.m.

Journaling is a personal record of one's experiences, reflections, and dreams. The act of writing them down removes blocks, organizes thoughts, and helps one make sense of emotions. In this group you will be using different writing techniques and journaling prompts to learn more about yourself and the world around you. Sharing is optional.

Music Appreciation – Ms. Betty Robbins (Recreation Therapist)


Tuesday or Thursday, 2:00 p.m.

This session focuses on the basic skills that music provides (physical, cognitive, affective, and social). Music can be used to set a mood, express emotion, control behavior, improve motor skills, cognitive functioning, as well as reducing agitation and stress. Express and explore how music affects us through different styles and genres of music in this therapeutic session.

My Life, My Story: How Has Whole Health Supported My Journey

By appointment only.

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

 **Open Studio** - Ms. Lori Vitale (Art Therapist)

Tuesday, 1:30 p.m.

Open Studio is a self-led workshop that encourages creativity and relaxation. No directions will be given. You choose your own materials as well as the theme of your creation(s). The art therapist is there to provide you support. Sharing your work is optional.

 **Self-Discovery through the Arts** - Ms. Lori Vitale (Art Therapist)

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. Self-development is the experience of art making to reach 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!

 **Wellness through the Arts** - Ms. Lori Vitale (Art Therapist)

Wednesday, 1:00 p.m. OR 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 focuses on reducing stress and anxiety through the art making process. Activities will include a variety of mediums. Artistic ability is not necessary!

Health Education / Nutrition Programs

 **5 Simple Ways to Improve Your Diet** - (Dietician)

Call for dates and times.

Making changes to your diet can be difficult and overwhelming. The huge variety of food products and the temping marketing strategies geared towards health and weight loss send confusing messages. In this 1-hour session learn how to simplify your approach to healthy eating and get on the track to feeling better, losing weight, decrease your intake of harmful processed foods and reach your nutrition goals!

 **Achieving a Balanced Life through Leisure** - Ms. Betty Robbins (Recreation Therapist)


Monday, 3:00 p.m.

This session will assist you in exploring and developing an understanding of the what, where, why, how and with whom you can pursue leisure interest and experiences. Through this 5-week program you will discover ways to increase awareness, communication skills, social interactions, and confidence. Use these tools to build a self-motivated approach to various leisure activities with handouts, games, resources, and other therapeutic interventions.

 **Grocery Store Tour** - (Dietician)

Call for dates and times.

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 store layout and its potential impact on your purchasing behavior and dietary intake.

 **Improving Your Sleep** - Dr. Dawn Edwards (Psychologist)

Call for dates and times.


Many things can negatively impact the quality of our sleep, but there are steps you can take to improve your sleep. This 5-session program will teach you about sleep and non-medication strategies to improve your sleep quality.

 **MOVE!**

Call for dates and times.

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 at the telephone number below and press Option #2. Then select Primary Care and your PACT.

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


 **Tobacco Free Program** - Dr. Amy Hershberger (Psychologist)

Wednesday, 8:00 a.m. or Thursdays, 2:00 p.m. (6 sessions)

This 6-week tobacco free support program significantly increases the likelihood of successfully quitting tobacco. In making a commitment to this program, you will explore the reasons why you use tobacco, understand the challenges of quitting, and develop the tools you need to kick the habit once and for all!

Movement Programs

(Programs are easily adapted for the seated position and varying abilities.)

 **Cardio Boxing** - Ms. Dawn Lewellyn (Recreation Therapist)

Tuesday, 2:00 p.m.

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

 **Chair Stretching** - Ms. Dawn Lewellyn (Recreation Therapist)

Tuesday, 11:00 a.m.

This class is for all who would like to ease stress, decrease pain, boost energy levels, improve posture, and improve blood circulation without the stress of standing! Chair stretching can help with all the above and improve your overall health.

 **Gentle Stretch - Drop In** - (Whole Health Coach)


Monday-Friday, 8:00 a.m. or 4:00 p.m.

Join us for a drop-in gentle stretching group. This is a great way to become comfortable with stretching!

 **Gentle Walking Group** - *(Whole Health Coach)*


Call for dates, times, and locations.

Get out and about in the fresh air with our Gentle Walking Group. This is a great opportunity to learn more about Whole Health opportunities, join in exciting discussions, and socialize with your fellow Veterans.

 **Groove (Mind & Body)** - *Ms. Deb Peterson (Whole Health Coach)*

Tuesday or Friday, 10:00 a.m.

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

 **Guide to Woman's Fitness** - *Ms. Betty Robbins (Recreation Therapist)*


Thursday, 10:00 a.m.

This movement session focuses on fitness techniques and wellness topics that are unique to women's needs. Each session will focus on creating a routine for accountability through movement tracking, eating habits, and mood check-ins.

 **Qi Gong** - *Ms. Dawn Lewellyn (Recreation Therapist)*


Tuesday, 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 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.

 **Resistance Band Conditioning** - *Ms. Dawn Lewellyn (Recreation Therapist)*

Monday, 12:00 p.m.

Resistance bands are one of the safest methods to increase bone strength and help prevent osteoporosis. Resistance bands allow you to gain muscle, lose weight, stretch, and gain mobility, and increase core stabilization. Exercises can be completed from the seated or standing position.

 **Stepping into the Future** - *Ms. Betty Robbins (Recreation Therapist)*

Tuesday or Thursday 12:00 p.m.

Improve cardiac risk factors such as cholesterol, blood pressure, diabetes, obesity, vascular stiffness and inflammation, and mental stress while burning calories taking a guided virtual walk, counting your steps, and exploring new trails as a team.

 **Strength Training** - *Ms. Dawn Lewellyn (Recreation Therapist)*


Monday or Wednesday, 11:00 a.m.

This beginner *Strength Training* sessions uses elements of resistance training, with the focus on form, technique and building up muscular strength and endurance.

 **Tai Chi** - Ms. Dawn Lewellyn (Recreation Therapist)

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

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. *This class can be done from a standing or sitting position.*

 **Yoga and Chair Yoga**

Chair Yoga - Tuesday, 9:00 a.m. or Thursday, 3:00 p.m. - Ms. Betty Robbins (Recreation Therapist)

Yoga - Monday, 10:00 a.m. - Ms. Dawn Lewellyn (Recreation Therapist)

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

Self-Care Programs

 **Battlefield Acupressure (BAA)**


Call for an appointment.

Developed by an Air Force medical doctor in 2001, BAA is being used to help relieve pain and promote wellness. Using a 3000-year-old eastern medicine practice, small magnetic “seeds” are placed on pressure points on both ears. Whole Health is proud to be able to bring this to many of the CBOCs. Give this non-invasive, medication-free technique a try!

 **Group Coaching: Attaining Your Ideal Weight** - (Whole Health Coach)

Monday, 12:00 p.m.

In this 30-minute group, you will learn simple ways to develop SMART goals, share tips and tricks, healthy recipes and motivate each other through weekly accountability check-ins.

 **Defeating Stress** - Dr. Greg Capriotti (Psychologist)

Monday and Thursday, 2:00 p.m.

Increased levels of stress have become an epidemic in our modern lives. Join the Whole Health Psychologist for this 6-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.

 **Gratitude Jumpstart**

Morning Group: Monday - Friday, 7:35 a.m. - Dr. Greg Capriotti (Psychologist)

Reset and Recharge: Tuesday and Thursday, 12:00 p.m. - Dr. Amy Hershberger (Psychologist)


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

 **iRest Integrated Restoration** - Ms. Dawn Lewellyn (Recreation Therapist)

Thursday, 9:00 a.m.

Join us for a relaxing and focused meditation. iRest is a meditation practice based on the ancient tradition of Yoga Nidra. It has been adapted to suit the conditions of modern life. *iRest* has been shown to be effective in scientific trials for conditions such as chronic pain, sleep problems,


depression and anxiety, and post-traumatic stress disorder (PTSD). Items you will need: quiet space, blanket, pillow for head if laying down.

 **Living Your Best Life** - Dr. Greg Capriotti (Psychologist)

Living Your Best Life for Women – Ms. Ashley Forestal (Social Worker) & Ms. Joy Roseberry (Whole Health Coach).

Call for dates and, times.

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, recreation therapist, etc.). Each group will consist of education, a hands on/skill-based activity, and goal setting/motivational enhancement strategies segment. These segments help you make meaningful and lasting behavior changes to support your Whole Health.

 **Living Your Best Life with Pain** - Dr. Amy Hershberger (Psychologist)

Classes are held monthly, and you attend 2 classes per week (Tuesday and Wednesday, 2:00 p.m.)

This 8-session class uses the Whole Health Circle as a guide to living well with pain. The class is led by a multidisciplinary team including, a Psychologist, Whole Health Coach, and Recreation Therapist, along with guest experts (pain specialist, pharmacist, chiropractor, dietician, and chaplain). Classes 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 class ends with an opportunity to move the body gradually and safely. It is designed to help make meaningful and lasting changes to support your Whole Health.

 **Maternity Mindfulness** – Ms. Deb Stratton (Whole Health Coach)

Thursday, 11:00 a.m.

This group *uses the skills of Mind-Body* to encourage self-self-care and self-awareness by teaching breathing exercises, meditations, and skills to improve your everyday life while pregnant.

 **Mind-Body: Mini** – Mr. Adam Phillips (Whole Health Coach)


Monday, 2:00 p.m.

This drop-in group will explore coping skills that can assist us in our daily lives. If you have experienced feeling stuck in a rut, these self-care tools may be of benefit! Each week we will obtain a different skill based on the *Mind-Body* classes, but in a condensed version. This is a great refresher course for those who have already completed *Mind-Body*.

 **Mind-Body: Self-Care**

Call for dates and, times.

Mind-Body groups meet weekly for 8-10 weeks. These sessions improve self-awareness, self-care, and self-expression. *Mind-Body* skills are based on almost 30 years of evidence-based practice. The coping tools you will gain will be useful in your everyday life and may allow you to enhance the quality of your life. Groups form every month to fit into anyone's schedule. Join one of these inspirational, life changing groups to fill your toolbox and have fun doing it!

 **Mindful Menopause** – Ms. Deb Stratton (Whole Health Coach)


Tuesday, 2:00 p.m.

This drop-in group *uses the skills of Mind-Body* to encourage self-care and self-awareness of the changes in your body when going through menopause. Discussions on weight gain, hot flashes, forgetfulness, and other symptoms.

 **Pep Talk with Adam** - Mr. Adam Phillips (Whole Health Coach)

Wednesday, 2:00 p.m.

This group will explore different strategies to view life more positively. Looking at things in a different light will allow you to set some self-motivational goals. The possibilities are endless for this interactive group and especially for you! Let us explore this together and see where we can go.

 **Summer Reading Club** - Ms. Betty Robbins (Recreation Therapist)

Monday or Wednesday, 12:00 p.m.






















Calling all readers! Join and engage in live virtual book discussions weekly through August 13th. There is no assigned book, instead we will be taking turns sharing and exchanging about the latest books that we have read. Find your reading buddy for a summer activity.

 **Two-Week Mindfulness Jumpstart** - Mr. Joe Kim (Whole Health Partner)

Monday-Thursday, 8:05 a.m.

Join this Two-Week Mindfulness Jumpstart class! Learn the science of mindfulness and tips to develop a daily mindfulness practice of your own. If you can commit to two weeks, you may be well on your way to seeing the benefits of improved mental and physical health!

Movement Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	 Tai Chi	 Chair Yoga	 Tai Chi	 iRest	 Tai Chi
10:00	 Yoga	<i>Drink more water</i>		 Guide to Woman's Fitness	 Groove (Mind & Body)
11:00	 Strength Training	 Chair/Heart Healthy Stretching	 Strength Training		<p>Picture Key</p> <p> - Low Intensity</p> <p> - Moderate Intensity</p> <p> - Education</p> <p> - Mindfulness/Relaxation</p>
12:00	 Resistance Bands Conditioning	 Qi Gong		 Stepping into the Future	
1:00	 Movement Orientation	<i>"The groundwork of all happiness is good health"</i> ~Leigh Hunt			
2:00		 Cardio Boxing			
3:00				 Chair Yoga	

Personal Health Inventory

Use this circle to help you think about your whole health.

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community.



Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

Physical Well-Being				
<input type="radio"/> 1 Miserable	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5 Great
Mental/Emotional Well-Being				
<input type="radio"/> 1 Miserable	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5 Great
Life: How is it to live your day-to-day life?				
<input type="radio"/> 1 Miserable	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5 Great

What is your mission, aspiration, or purpose? What do you live for? What matters most to you?

Write a few words to capture your thoughts:

**Want to discuss your results and delve deeper?
Talk to your PACT provider or call the Whole Health Hotline!**

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