

Valade healing arts

A community publication for and about Valade Healing Arts Center at Van Elslander Cancer Center • Winter 2008

inside

- Winter/Spring Classes
- New! Lunch and Learn
- Monthly Specials
- Holistic Physician Consultation
- Sign up for e-newsletter

Pause and Remember

Words that describe "caring" may include: kind, thoughtful, compassionate, gentle, and loving. But, when we combine "caring" with the word "self" (self-caring), it becomes a phenomenon that many are unfamiliar with. Dr. Veda Andrus, a nationally known expert in holistic care, believes "we have become experts at denying ourselves nourishment whether in the form of a quality relationship with the food we eat, movement/exercise, a spiritual practice, or getting adequate rest and sleep"⁽¹⁾.

So how do you begin to recognize signs of distress related to lack of self-care? We know that stress weakens our immune system and produces negative thoughts. So, begin to take notice of your body's warning signs such as exhaustion (mental-emotional-physical-spiritual), forgetfulness, anxiety, and sleeplessness. Do you acknowledge your own warning signals? It's so easy to become "unconscious" to these signs, not recognizing them until a crisis occurs.

Becoming more "conscious" requires us to PAUSE . . . to stop and be in the present moment. For example, how often do we sit in front of a TV/computer, read or talk on cell phones while eating? Attempt putting your fork down after each bite, staying fully present to savor the food you are eating, allowing it to reach the stomach before the next bite. You may find you eat less with greater satisfaction and enjoyment. Simply adding a candle or putting on music creates a nurturing space to have nourishment, a self-care practice in action.

What would it be like for you to feel cared for? A warm, relaxing bath? A shorter workday once a week? Forgiving yourself for not being perfect? A guilt free day off? A hot stone massage? I am sure there are millions of examples as well as excuses...but, when we pause and remember to nurture ourselves, then we may begin to see our world with more compassion.

So, when will it be a "good time" to stop and care well for ourselves? Set your intention to do something every day. Begin to care for yourself as a beloved child and discover the enormous benefits of being cherished. Remember, self-care is NOT a selfish act.

The Healing Arts Center will be offering self-care opportunities each month with therapy specials. Put a reminder in your day planner and remember to care well – only then will you be able to care well for others. Just imagine the possibilities when you regularly nurture and care well for yourself. Lets start with a deep breath. . .

Blessings,

Mary Natschke, RN, BAS, HN-BC
Holistic Nurse Board Certified
Manager, Valade Healing Arts Center

¹. Andrus, Veda. EdD, MSN, RN, HN-BC. Caring for Self: Be-coming a Healing Presence

Winter/Spring 2008 Healing Arts Classes

Payment must be received one week prior to start of class.

Beginner Yang Tai Chi

*Additional Night! Thursdays, beginning Jan. 17, 6:30 to 7:30 p.m., free demo Jan. 10, 6:30 to 7:30 p.m. (10 weeks)

Mondays, beginning Feb. 11 or April 28 (no class Mar. 24 or May 26), 7:40 to 8:40 p.m. (10 weeks)

Wear comfortable clothes. Thursday instructor: Nancy Leroy. Monday instructor: Janet Randolph. Cost: \$90.

Advanced Yang Tai Chi

Mondays, beginning Feb. 11 or April 28 (no class Mar. 24 or May 26), 6:30 to 7:30 p.m. (10 weeks) Instructor: Janet Randolph. Cost: \$90.

Prenatal Yoga

Thursdays, beginning Jan. 10, Mar. 6, or May 1, 5 to 6 p.m. (six weeks)

Prenatal yoga will improve your health through meditation, breathing techniques useful during labor, and positive thinking. You must have completed your first trimester, and have a doctor written consent to attend. Cost: \$60. Instructor: Justina Theokas.

Hatha Yoga

Mondays, beginning Jan. 7 or Feb. 18, 4:45 to 6 p.m. or 6:30 to 7:45 p.m. (five weeks)

Tuesdays, beginning Jan. 8 or Feb. 19, 4:45 to 6 p.m. or 6:30 to 7:45 p.m. (five weeks) Instructor: Marlene Bahr. Cost: \$50.

Beginner Hatha Yoga

Wednesdays, beginning Jan. 9 or Feb. 20, 6 p.m. to 7:15 p.m. (five weeks) Instructor: Marlene Bahr. Cost: \$50.

Restorative Yoga and Reiki

Wednesdays, beginning Jan. 9, 2 to 3:15 p.m. (six weeks)

Manage the effects of chronic illness such as cancer, fibromyalgia, multiple sclerosis and stress related conditions with passive yoga. Restorative Yoga is a gentle, relaxing practice using a flowing sequence of poses supported by props for full relaxation and balance. Receive Reiki energy while in yoga poses. For maximum benefits be sure to bring a bolster, towel, and blanket. Instructor: Mary Lussier. Cost: \$60.

Intro to Reiki - Energy Evening

An opportunity to experience a mini hands-on Reiki session and receive an explanation about Reiki energy healing. Thursdays: Jan. 10, Feb. 7, Mar. 13, Apr. 10, May 8, or June 12. All times are from 7 to 8:30 p.m. A \$5 donation is appreciated.

Reiki Level I

Saturday, Feb. 2 or Apr. 12 - Instructors: Mary Natschke and Eva France
Saturday, May 10 or June 21 - Instructor: Rose Knight

Reiki is an ancient, Japanese, hands-on healing method. Students learn the history of Reiki, basic hand positions and ways to use this energy in their own lives and in services to others. Nurses: 6 contact hours will be awarded. All times are from 9:30 a.m. to 4:30 p.m. Cost: \$125.

Reiki Level II

Saturday, Mar. 1 - Instructor: Rose Knight

Saturday, June 7 - Instructors: Mary Natschke and Eva France

Students receive attunements that intensify the Reiki energy. Learn techniques for distance healing and furthering mental, spiritual, and emotional healing processes. Nurses: 6 contact hours will be awarded. All classes are from 9:30 a.m. to 4:30 p.m. Cost: \$195.

For those interested in Reiki Level III, please call the Healing Arts Center for more information.

NEW SERIES **Lunch and Learn:** Making the changes in 2008 for a lifetime of good health!

Tuesdays, Jan. 8, Feb. 12, Mar. 11, Apr. 8. Noon to 1 p.m. Class is a series. This free series, taught by Angela Collinson, NP, MSN, IBCLC, will address the lifestyle changes needed to feel your best. Bring your own lunch.

Topics will include: healthy body composition, understanding inflammation, stress management, managing cholesterol and blood sugar, stop the yo-yo dieting cycle, and when nutritional supplementation is needed.

NEW! Lunch & Learn:

Sound Therapy

Tuesday, May 13, Noon to 1 p.m.

This free class, taught by Cheryl Beshada and Frank Garfield, Certified Medical Hypnotherapists, will be guiding you through sound vibrations based on frequencies that correspond with the earth, elements, musical

notes, and the energy centers of the body. Using tuning forks that activate sound waves, these sounds vibrations pass through the skin, tissues, organs, and the cells of the physical body and it's energy field, promoting well being and health. Bring your own lunch.

EFT (Emotional Freedom Technique), Saturday, April 26

Basic EFT, Saturday, Apr. 26, 9 a.m. to 12:30 p.m. Cost is \$40 + \$5 book fee.
Oncology EFT, Saturday, Apr. 26, 9 a.m. to 1:30 p.m. Cost is \$50 + \$5 book fee.

Taught by Dona Bilangi, Emotional Freedom Technique is a powerful tool for resolving almost any type of distress, such as: anxiety, addictions, phobias, anger, insomnia, traumatic memories and other negative emotions. It is also very effective in helping people with cancer by relieving many of the side effects of chemotherapy and radiation.

Aura Photography

Saturday, Feb. 16, Apr. 12, or June 7, 20-minute appointments. Cost is \$25. Instructor Ken Bede will help you discover your aura, the energy field that radiates through and around all living things. You will be provided with a color photo of your aura and chakras with state-of-the-art equipment. This information is for educational or entertainment purposes only.

New! Reflexology I

Saturday, Jan. 19, 9 a.m. to 3:30 p.m.

Learn the fundamentals of reflexology for family and friends. Explore and learn the health benefits, theory, and basic techniques of this age-old art.

Nurses: 5.5 contact hours will be awarded. Instructors:

Eva France, NCTMB and Claudis Methner, CMT. The cost is \$85.

St. John Health is an approved provider of continuing nursing education by the Michigan Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Monthly Specials at the Healing Arts Center

January: Reiki \$55 (regularly \$65)

February: River Rock Massage \$65 (regularly \$75)

March: Reflexology \$55 (regularly \$65)

April: Hypnotherapy \$75 (regularly \$85)

Also for April: Cranial Sacral Therapy \$65 (regularly \$75)

Additional Healing Arts Center therapies:

Relaxation Massage: \$65

Therapeutic Massage: \$75

Prenatal Massage: \$75

Sports Massage: \$75

Holistic Physician Consultation

Explore integrative options related to pain and chronic conditions, which are linked to the American diet, environmental toxins, stress, as well as individual genetic variations. Functional medicine is a new science-based branch of preventive medicine that uses the patient's story, symptoms, diet, stress factors, environmental toxins and highly specialized lab tests to prevent and modify chronic diseases on a cellular level.

Punch Card promotion: Purchase three same dollar services and receive the fourth half off. May be purchased as an ongoing "Punch Card" or all at once to have four gift certificates to share with family and friends!

Gift Certificates

Looking for a unique opportunity for gift giving? Enhance, enrich, and explore the many opportunities available at the Valade Healing Arts Center. Gift certificates are available in any denomination and good toward all services, classes, and gift shop items.

Newsletter available by email

In an effort to be more timely and cost effective, we now have an email newsletter. Please visit www.stjohn.org/ValadeHealingArts to submit your email address to receive the enewsletter and other information about upcoming events.