

**2024**

**DISCOVER  
WHAT MATTERS  
TO YOU**

**#Live Whole Health**

**VA**



U.S. Department  
of Veterans Affairs

# **Marion VA Health Care System**

**Well-Being \* Pathway \* Clinical**

To Schedule a session

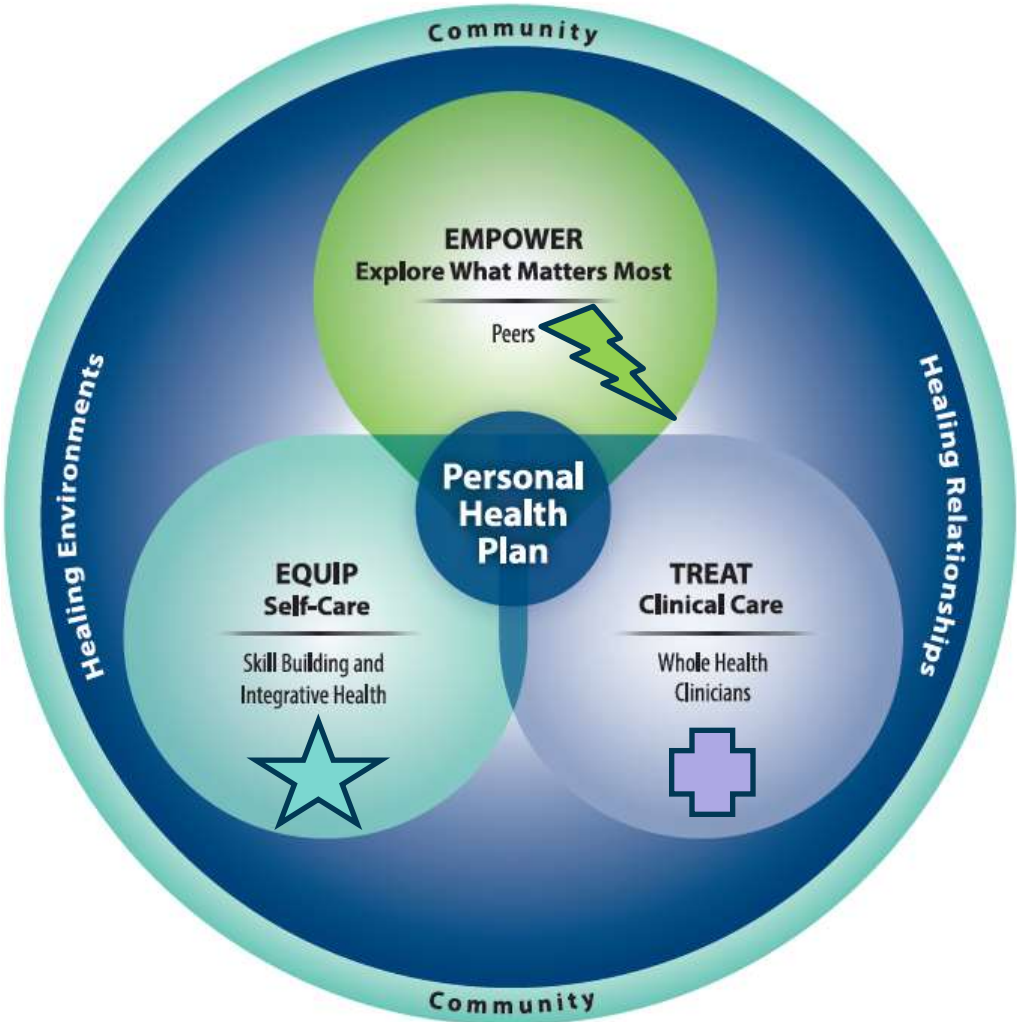
Call: 618-993-4147

Email: [WholeHealthMarion@va.gov](mailto:WholeHealthMarion@va.gov)

[wellvets.com/marion](https://wellvets.com/marion)

# Welcome to Whole Health!

## The Whole Health System



Whole Health Administrative Team	
Sarah Sanders, MSN, RN Facility Coordinator	MSA

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# Well-Being (Equip)

Well-Being Instructors & Coaches	
<b>Ethan Blumhorst MEd, CTRS</b> Recreation Therapist	<b>Jasmine Cave MPA, MEd, CTRS</b> Recreation Therapist
<b>Janell Brimm, LPN</b> Health Coach Well-Being Skills Instructor	<b>Williams Martinez, MA</b> Yoga Instructor
<b>Nancy Messamore, HWC-BC</b> Health Coach	<b>Carrie Perkins-Schnicker</b> Volunteer Art Instructor

The groups **teach new skills to support well-being** and include complementary and integrative health (CIH) approaches, self-care skill classes, and health coaching. These groups are for **supporting general well-being, not for treating a health condition**. All the well-being groups are taught by qualified providers.

## Offerings:

- Health Coaching
- Well-Being Skills Groups:
  - Creative Arts
  - Fitness
  - Guided Imagery
  - Meditation
  - Qigong
  - Tai Chi
  - Yoga



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# CREATIVE ARTS

## NATIONAL VA CREATIVE ARTS EVENTS

National Event- [www.creativeartsfestival.va.gov](http://www.creativeartsfestival.va.gov)

Local contact [ethan.blumhorst@va.gov](mailto:ethan.blumhorst@va.gov)



## ART

### CREATIVE ART

Come enjoy the company of other veterans while exploring your inner artist. This group will teach the basics techniques of drawing and painting. No previous painting or drawing experience needed.

- Format- Virtual (art supplies are provided)
- Session Length- 2 hours
- Group Length- meets the first and third Thursday of the month, ongoing open enrollment

## MUSIC

### STRING INSTRUMENTS 1

Ever wanted to learn to play guitar, mandolin or ukulele? Well, this is your chance! Each beginner class teaches tunings along with basic chords, theory and how to read music. No previous experience necessary.

- Format- in person at the Marion Campus (Instruments are provided)
- Session Length- 50 minutes
- Group Length- meets once per week, ongoing open enrollment



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## **GUITAR 2**

Guitar Phase 2 picks up where Strings 1 left off. All equipment is provided.

- Format- in person at the Marion Campus
- Session Length- 50 minutes
- Group Length- once per week, ongoing open enrollment

## **HARMONICA**

Come learn how to play the harmonica! This group will introduce the basic technique of playing the harmonica. No previous experience necessary.

- Format- in person at the Marion Campus
- Session Length- 50 minutes
- Group Length- once per week, ongoing open enrollment

## **PERCUSSION**

This group offers exposure to different percussive instruments from around the world using different structured and improvised elements through various exercises to build a foundational knowledge of techniques/dynamics. No previous experience necessary.

- Format- in person at the Marion Campus (Instruments are provided)
- Session Length- 50 minutes
- Group Length- once per week, ongoing open enrollment

# **WRITING**

## **CREATIVE WRITING**

Express yourself with the written word. Classes will cover elementary principles of composition such as structure, plot, dialogue, and style with the primary focus being placed on self-expression. Principles will be practiced through short story, essay, and poetry with various prompts.

- Format- Virtual
- Session Length- 50 minutes
- Group Length- once per week, ongoing open enrollment

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# FITNESS



## COUCH to 5K

Are you looking to run or roll to your first 5k, improve your running form, or start running for the first time? If so, this group is for you. This group includes cardio conditioning, running technique practice, and mobility work for injury prevention.

- Format- in person at the Marion Campus (**outside**)
- Session Length- 50 minutes
- Group Length- 3x per week for 8 weeks
- Equipment-
  - bring a water bottle.
  - Fitness trackers with heart rate features are encouraged, but not required.

## FIT4LIFE

Get ready for any physical activity with this functional fitness group. This group is a combination of high intensity interval training, dumbbell and kettlebell strength work, bodyweight movements, breathwork for stress adaption, and mobility work. This group takes place outside.

- Format- in person at the Marion Campus (**outside**)
- Session Length- 60 minutes
- Group Length- 3x per week for 8 weeks
- Equipment-
  - bring a water bottle.
  - yoga mat
  - Fitness trackers with heart rate features are encouraged, but not required.

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## FIT30

This 30 min group is a combination of moderate intensity strength training, breathwork for lung health, and mobility work. This is a great option for anyone looking to improve their fitness. **You need to be able to get on and off the floor unassisted.** No previous fitness experience needed.

- Format- Virtual
- Session Length- 30 minutes
- Group Length- 2x per week, ongoing open enrollment
- Equipment needed-
  - You will need dumbbells (1 set 5 pounds or less, 1 set 5-10lbs, and 1 set over 10 pounds). Adjust the recommended weights as needed.
  - If you do not have dumbbells, you can use stretch bands, water bottles, or food cans.
  - Optional- yoga mat for floor-based movements.

## SILVER FIT

This group is for Veterans aged 65yo and over or those with mobility restrictions. It is a combination of low-moderate intensity strength training, breathwork for lung health, and mobility work. **All movements are conducted seated or standing.** No prior fitness experience needed.

- Format- Virtual
- Session Length- 30 minutes
- Group Length- 2x per week, ongoing open enrollment
- Equipment needed-
  - You will need dumbbells (1 set 5 pounds or less, 1 set 5-10lbs, and 1 set over 10 pounds). Adjust the recommended weights as needed.
  - If you do not have dumbbells, you can use stretch bands, water bottles, or food cans.
  - A chair without wheels or a wheelchair with wheel locks.

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# GUIDED IMAGERY



## GUIDED IMAGERY FOR RELAXATION

Guided imagery involves using a series of multi-sensory images designed to create specific changes in physiology, emotions, or mental state for the purpose of increasing relaxation. It is recommended that you complete this practice while **lying down in a comfortable space**.

- Format- Virtual
- Session Length- 30 minutes
- Group Length- ongoing open enrollment





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# Health Coaching



## **INDIVIDUAL COACHING**

Get one on one support by working with a Whole Health Coach on identifying your motivation for change, determining goals, and supporting you to reach those goals.

- Format- Virtual, phone, in person
- Session Length- Depends on the need of the Veteran.



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# MEDITATION



## MEDITATION 101

Each week this group will cover a different meditation or breathwork technique to help you cultivate your personal meditation practice. Regular meditation practice is associated with feelings of peacefulness, compassionate awareness, emotional balance, and harmony. Each session will provide instruction on the underlying theory and science of a particular practice, followed by doing the practice

- Format- Virtual
- Session Length- 50 minutes
- Group Length- ongoing open enrollment

## THE ZEN OF ARCHERY

Archery is possibly the oldest form of meditation. Learn the basics of archery using USA Archery's steps of shooting while building your meditation and breathwork skills. All equipment is provided.

- Format- In person at Rend Lake North Marcum Archery Range
- Session Length- 2 hours
- Group Length- 1x per week for 4 weeks



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# QI GONG



## 5 ELEMENTS QIGONG

Qigong is a blend of active and dynamic movements, breathing, and visualization for the purpose of cultivating health in the body. This group includes a joint and meridian warm-up and a traditional Qigong form. Qigong forms rotate seasonally and include the 8 Brocades (September-November), 18 Forms (December-February), Muscle Tendon Changing Classic (March-April), 5 Animal Frolics (May-June), and 5 Elements (July-August).

- Format- Virtual
- Session Length- 45 minutes
- Group Length- ongoing open enrollment

## QIGONG FOR RELAXATION

Qigong is an ancient Chinese healing art using gentle movement and visualization. This group utilizes Qigong for the purpose of cultivating relaxation of mind and body. **This practice can be done seated.**

- Format- Virtual
- Session Length- 30 minutes
- Group Length- ongoing open enrollment



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# TAI CHI



## ADAPTED SHORT FORM

This adapted Tai Chi group was developed for individuals who have limited mobility or who prefer to remain seated. This is also a good starting point for those new to tai chi. The group includes a warm-up and practice of an adapted/seated short-form.

- Format- Virtual
- Session Length- 30 minutes
- Group Length- ongoing open enrollment
- Equipment needed- comfortable clothing, non-slip shoes, a chair without wheels or a wheelchair with wheel locks.

## 24 FORM

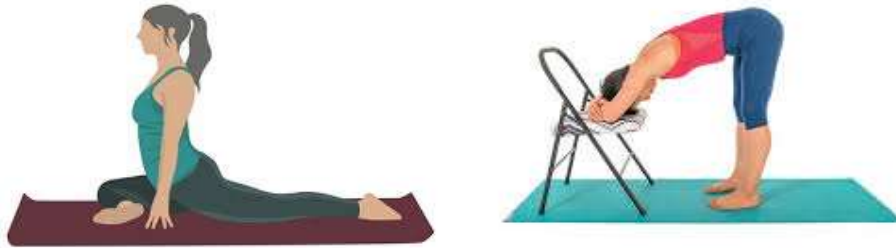
Tai chi utilizes a variety of defensive and offensive movements performed in a deliberate manner to improve range of motion and balance. This group includes a warm-up and practice of the 24 form. The 24 form is the most popular tai chi form in the world and the most common starting point for new practitioners.

- Format- in person at the Marion Campus
- Session Length- 45 minutes
- Group Length- 2x per week for 8 weeks
- Equipment needed- comfortable clothing, non-slip shoes



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# YOGA



## FLEXIBILITY

This yin-style yoga group focuses on improving flexibility and range of motion. This group is for anyone looking to improve their range of motion and connective tissue health. The movements are primarily done **seated on the floor**, with some standing exercises. Positions are held for 2-3min.

- Format- Virtual
- Session Length- 30 minutes
- Group Length- ongoing open enrollment
- Equipment needed-
  - Yoga mat
  - Yoga blocks
  - Yoga strap

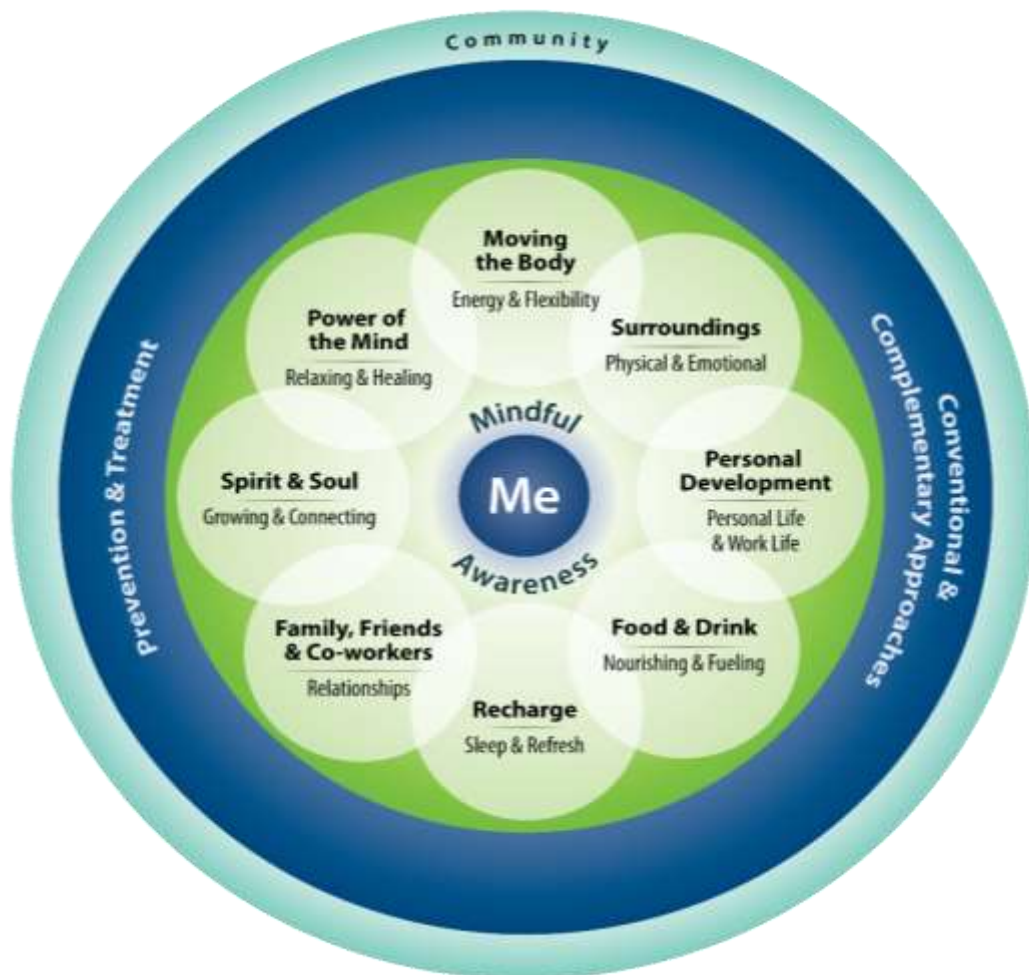
## SLOW FLOW YOGA

Yoga is a mind-body practice that combines *breath, movement, and meditation*. This group is primarily Hatha style yoga with each pose held for 3-5 breaths. Movements include **standing and floor seated** poses. No previous experience in yoga is necessary.

- Format- Virtual
- Session Length- 50 minutes
- Group Length- ongoing open enrollment
- Equipment needed-
  - Yoga mat
  - Yoga blocks
  - Yoga strap



# Pathway to Empowerment (Peers)



**Veteran Partners, Peer Support Specialists, and Veteran Health Coaches** facilitate your exploration of your **mission, aspiration, and purpose ("MAP")**, and helping create an overarching **personal health plan ("PHP")**. The Pathway includes:

- ***Introduction to Whole Health***, explores all Whole Health has to offer and connects you to a health coach to see what options are right for you.
- ***Taking Charge of My Life and Health***, exploring what matters most to you, identifying avenues for enhancing self-care, and creating a personal health plan.
- **Ongoing support in *skill-based groups***



Pathway Facilitators	
<b>Williams Martinez, MA</b> Peer Facilitator Marine Veteran	<b>Nancy Messamore, HWC-BC</b> Health Coach & Peer Facilitator Army Veteran

# Pathway Core Groups

## Intro to Whole Health

This group introduces Whole Health concepts and the Whole Health opportunities available to you. This is the perfect group for anyone wanting to learn more about Whole Health.

- Format- Virtual
- Session Length- group meets once for 60 min.

## Taking Charge of my Life and Health

The next step after taking Intro to Whole Health. This group provides an opportunity for more self-exploration, self-care, and goal creation around what matters to you.

- Format- Virtual
- Session Length- 2 hours
- Group Length- 6 weeks

## Taking Charge of my Life and Health Reunion

This group continues the conversation from the TCMLH Group.

- Format- Virtual
- Session Length- 90 minutes
- Group Length- once per month, must have completed TCMLH

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# Pathway Skill Groups

*Have you completed Into to Whole Health or Taking Charge of My Life and Health? Are you looking to engage with other Veterans in a less formal setting than our Well-Being skill groups? If so, then these groups might be for you!*

## Social Circle

Connect and meet new people while building skills that support your mission, aspiration, and purpose. This fun social group meets at various locations.

- Format- in person at VA clinics or community locations, call for schedule
- Session Length- 90 minutes
- Group length- ongoing open enrollment

## Moving the Body

Get your steps in with this fun walking group! This informal walking group helps you get moving in a low pressure and supportive environment.

- Format- in person at VA clinics or community locations, call for schedule
- Session Length- 60 minutes
- Group Length- ongoing open enrollment

## Personal Development

If you are working on personal development, this group is for you. Topics could include public speaking, time management skills, computer skill, budgeting, resume writing, interviewing, and more.

- Format- in person at VA clinics or community locations, call for schedule
- Session Length- 2 hours
- Group Length- ongoing open enrollment



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## Relax and Recharge

This skill group is for those looking to increase their sleep quality or level of relaxation. Topics could include a variety of relaxation techniques such as healing sounds, creative crafts, coloring, aromatherapy, self-massage, breathwork, and more.

- Format- in person at VA clinics or community locations, call for schedule
- Session Length- 2 hours
- Group Length- once per month, ongoing open enrollment

## Surroundings

Learn various skills for improving your surroundings. Topics could include aquarium set-up, houseplants, feng shui, herb gardens, lighting, flower arranging, organizing, and more.

- Format- in person at VA clinics or community locations, call for schedule
- Session Length- 2 hours
- Group Length- once per month, ongoing open enrollment



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# CLINICAL CIH APPROACHES (treat)

**Charity Will, MSN, ACNP-BC**

Whole Health Clinical Director

The following CIH approaches **require a consult from your provider.**

- Acupuncture
- Battlefield Acupuncture (ear)
- Biofeedback
- Chiropractic Care
- Clinical Hypnosis
- Massage Therapy
- Mindfulness-Based Stress Reduction (MBSR)

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# ADDITIONAL OPPORTUNITIES

## NATIONAL VA SPORTS EVENTS

<https://department.va.gov/veteran-sports/>

Local Contacts- [jasmine.cave@va.gov](mailto:jasmine.cave@va.gov) and [ethan.blumhorst@va.gov](mailto:ethan.blumhorst@va.gov)

## OUTDOOR ADVENTURE (Behavioral Health Service)

This introductory group takes place at various **community locations in Southern Illinois**. Activities include kayaking, archery, pickleball, hiking, disc golf. No experience needed and all equipment is provided. This group is once per week for 2 hours with ongoing enrollment.

Provider:

Ethan Blumhorst MSED, CTRS

[ethan.blumhorst@va.gov](mailto:ethan.blumhorst@va.gov)

Ethan is a former combat medic with the 173D Airborne Brigade. He currently holds certifications in yoga, adapted tai chi, canoe/kayak instruction, and several meditation styles. Ethan is the chapter leader for Team River Runner Southern Illinois.

## MOVE! Weight Management Program (Nutrition Service)

MOVE! is an evidenced-based program aimed at helping people lose weight, as well as gain the necessary knowledge to help keep it off. The MOVE! nutrition team will help you to learn and understand the foundations of health and weight loss. The program centers itself around three primary areas: 1) Behavior, 2) Nutrition, and 3) Physical activity.

Providers:

Beth Blair RDN

Beth is a Registered Dietitian Nutritionist (RDN) and Facility MOVE! Weight Management Coordinator. She has been with the VA for 12 years. She enjoys teaching the MOVE! Weight Management Program and helping veterans focus on attainable goals to help with their health and wellness journey.

Sieger Giroux MS, RD, LDN

Sieger is a dietitian with 8 years of experience in nutrition, including sports nutrition, fat loss, and disease management. He holds a dual masters degree in nutrition & exercise science. He is a musician, trains jiu jitsu, and enjoys various modalities of exercise.

## Virtual Well-Being Group Schedule

	Tuesday	Wednesday	Thursday	Friday	Saturday
900		900 <b>FIT30</b> w/Jasmine <b>VVC</b>	900 <b>Flexibility</b> w/Jasmine <b>VVC</b>	900 <b>FIT30</b> w/Jasmine <b>VVC</b>	900 <b>Flexibility</b> w/jasmine <b>VVC</b>
1000	1000 <b>Slow Flow Yoga</b> w/Willy <b>VVC</b>			1000 <b>Meditation 101</b> w/Ethan <b>VVC</b>	1000 <b>Guided Imagery</b> w/Jasmine <b>VVC</b>
1100	1130 <b>Guided Imagery</b> w/Janell <b>VVC</b>			1100 <b>Adapted Tai Chi</b> w/Ethan <b>VVC</b>	1100 <b>Qigong for Relaxation</b> w/Jasmine <b>VVC</b>
1200					
1230					
1300	1300 <b>5 Elements Qigong</b> w/Jasmine <b>VVC</b>	1300 <b>5 Elements Qigong</b> w/Jasmine <b>VVC</b>	1300 <b>Slow Flow Yoga</b> w/Ethan <b>VVC</b>	1300 <b>Creative art</b> 1st thurs drawing 3rd thurs watercolor W/ Carrie <b>VVC</b>	
1400	1400 <b>Flexibility</b> w/jasmine <b>VVC</b>	1400 <b>Flexibility</b> w/jasmine <b>VVC</b>			
1500	1500 <b>SilverFit</b> w/Jasmine <b>VVC</b>	1500 <b>Creative Writing</b> w/Ethan <b>VVC</b>	1500 <b>SilverFit</b> w/Jasmine <b>VVC</b>		
1600					
1630					
1700	1700 <b>Fit30</b> w/Jasmine <b>VVC</b>	1700 <b>Fit30</b> w/Jasmine <b>VVC</b>	1700 <b>Qigong for Relaxation</b> w/Jasmine <b>VVC</b>		

### In Person Well-Being Group Schedule

	Tuesday	Wednesday	Thursday	Friday
930	930-1130 <b>Outdoor Adventures</b> Ethan & Jasmine various locations in Southern Illinois			
1000				
1030		1030-1130 <b>Couch to 5k/Fit4Life</b> Jasmine & Janell <b>Marion Campus</b>	1030-1130 <b>Couch to 5k/Fit4Life</b> Jasmine & Janell <b>Marion Campus</b>	1030-1130 <b>Couch to 5k/Fit4Life</b> Jasmine & Janell <b>Marion Campus</b>
1100				
11:30				
1200				
1230				
1300	1300 <b>Guitar 2</b> Ethan <b>Marion Campus</b>	1300 <b>Percussion</b> Ethan <b>Marion Campus</b>		1300-1500 <b>Zen of Archery</b> Jasmine & Janell <b>Rend Lake North Marcum Archery Range</b>
1400	1400 <b>Strings 1</b> Ethan <b>Marion Campus</b>			
1500	1500 <b>Harmonica</b> Ethan <b>Marion Campus</b>			

<b>Couch to 5K-</b> <ul style="list-style-type: none"> <li>• Group 1- 3/13-5/3</li> <li>• Group 2- 10/2-11/22</li> </ul>	<b>Fit4Life-</b> <ul style="list-style-type: none"> <li>• Group 1- 5/8-6/28</li> <li>• Group 2- 8/7-9/27</li> </ul>	<b>Zen of Archery-</b> <ul style="list-style-type: none"> <li>• Group 1- 4/5-4/26</li> <li>• Group 2- 5/3-5/24</li> <li>• Group 3- 8/2-8/23</li> <li>• Group 4- 9/6-9/27</li> </ul>
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