

MSTI INTEGRATIVE MEDICINE 2011 FALL CALENDAR

All classes/workshops are free and are open to MSTI patients, survivors and caregivers. Some classes are also open to all patients and survivors, regardless of where they are treated; please see description for more details. Pre-registration required, unless otherwise noted, call 208-706-5287 to register or for more information.

RELAXATION FOR BETTER HEALTH

It's easier than you think to learn to relax! Research shows that eliciting the 'relaxation response' is good for your body and mind. It lowers blood pressure, eases pain, reduces anxiety and may even boost your immune system. ***Free Relaxation CD given to class participants that includes breathing practice, mind-body scan and guided meditation.** This class is offered monthly at each site and is open to all cancer patients and caregivers, regardless of where they are treated.

Debra Mulnick, RN, RYT, Instructor
MSTI BOISE Teton Room
1st Wednesday of Each Month, 12:00-1:00 pm
To Register: Integrative Medicine line at 706-5287

Elizabeth Clarke, Certified Pilates & Gyrotonic, Instructor
St. Luke's Heart Health & Rehabilitation Center
3525 East Louise Drive, Suite 500
Meadow Lake Building, MERIDIAN, ID 83642
3rd Thursday of Each Month, 3:00-4:00 pm
To Register: Integrative Medicine line at 706-5287

Darlene Peterson, RN-BC or Jan Williams, CAP, Instructors
MSTI FRUITLAND-Check in at front desk
1st Wednesday of Each Month, 3:00-4:00 pm
To Register: Patti Green at 452-8632

Bruce Wehler, MSW, Instructor
MSTI NAMP Conference Room
3rd Wednesday of Each Month, 2:00- 3:00 pm
To Register: Angie Pope at 463-6021

CLASSES & PROGRAMS **GENTLE STRENGTH TRAINING**

In this six-week class, participants will use light weights, balance balls and other equipment to explore new ways of enhancing strength and overall well being. All exercises are tailored to individual abilities.

Marilyn McAllister, Certified Cancer Exercise Trainer, Instructor
St. Luke's Heart Health & Rehabilitation Center
3525 East Louise Drive, Suite 500
Meadow Lake Building, MERIDIAN, ID 83642
Wednesdays, 10:00 - 11:00 OR Wednesdays, 11:00 am – Noon
Six-week series starts October 5th and November 16th

INTRODUCTION TO GENTLE YOGA

In this six-week class, learn easy yoga movement, breathing and meditation practices. This style of yoga invites you to move slowly and with awareness, relaxing mind, body and spirit. All movement is adapted to participants' abilities.

Elizabeth Clarke, Certified Pilates & Gyrotonic, Instructor
MSTI BOISE Teton Room
Tuesdays, 1:00-2:15 pm
Six-week series starts Oct 4th & Five-week series starts Nov 15th

Caryl Boeder, RYT, Instructor
St. Luke's Heart Health & Rehabilitation Center
3525 East Louise Drive, Suite 500
Meadow Lake Building, MERIDIAN, ID 83642
Thursdays, 1:30-2:45 pm
Six-week series starts Oct 6th & Four-week series starts Dec 1st

I-REST

In this six-week class, experience deep relaxation and rejuvenation as you are guided into a profoundly meditative state. Participants can rest seated or lying down. This practice offers insights that participants can use throughout their day. Please bring a small pillow. * No drop-ins after second class in a new series.

Carolyn Beaver, RYT, Instructor
St. Luke's BOISE Home Health Building
325 West Idaho Street, Boise, ID 83712
Wednesdays, 5:30 – 7:00 pm
Six-week series starts October 5th

QIGONG

In this eight-week class, experience gentle movement, meditation and breathing practices to promote relaxation and energy. Qigong is an ancient Chinese system of self-care that has been in existence for thousands of years.

Marisol Mayell, Ling Gui Qigong Master Teacher
St. Luke's BOISE Home Health Building
325 West Idaho Street, Boise ID 83712
Mondays, 5:30- 7:00 pm
Eight-week series starts November 14th

Marisol Mayell, Ling Gui Qigong Master Teacher
St. Luke's Heart Health & Rehabilitation Center
3525 East Louise Drive, Suite 500
Meadow Lake Building, MERIDIAN, ID 83642
Wednesdays, 6:00 – 7:30 pm
Eight-week series starts November 16th

MSTI MELODIES

MSTI Melodies is a choral group for cancer patients, cancer survivors, caregivers and staff- both through MSTI and in the community. MSTI Melodies is a fun group for anyone who loves to sing, regardless of choral experience or training. Minimum donation of \$20.00 per year requested for yearly dues. Season runs September-May. *For more information contact Mary Mowry at 939-6799 or Joyce Cooke at 887-5627.*

Rehearsals: Tuesdays 7:00-8:30 pm
Covenant Presbyterian Church
4848 N Five Mile Rd., BOISE

SPECIAL WORKSHOPS & CLASSES

MUSIC & SLEEP- BOISE

Music is an effective tool for assisting in relaxation, restful sleep and decreasing pain. Come learn about the ISO Principle, a method that music therapists use to encourage a gradual, gentle shift in relaxation levels. *Class participants will have the opportunity to sign up for a one-on-one session to create a FREE personalized listening program designed for sleep. 30-minute appointments are available on Friday, September 2nd between 8:00 am-5:00 pm. You must attend the class in order to sign up for a FREE personal session.*

Stephanie Leavell, Board Certified Music Therapist, Instructor
St. Luke's BOISE Home Health Building
325 West Idaho Street, Boise ID 83712
Thursday, September 1st from 6:30-8:00 pm

MUSIC & WELLNESS- BOISE

What does music mean to you? Is it an escape? A way to energize? For relaxation? Come learn about the ways that music therapists and music practitioners use music for self-care and wellness. We'll experience music listening and participation exercises while discussing ways to use music at home for relaxation, energizing, and reducing pain.

Stephanie Leavell, Board Certified Music Therapist & Vicky Jekich, Certified Music Practitioner, Instructors
St. Luke's BOISE Home Health Building
325 West Idaho Street, Boise ID 83712
Thursday, September 15th from 6:00-8:00 pm

HOW TO START A WALKING PROGRAM- BOISE & MERIDIAN

This class is for patients in treatment and out of treatment. It will focus on the benefits of cardiovascular fitness and how to get started with a walking program, including topics such as posture, safety, what to wear and how to track your progress. *Please consult your physician prior to beginning any exercise program. This class is open to all cancer patients and survivors, regardless of where they are treated.

Marilyn McAllister, Certified Cancer Exercise Trainer, Instructor
MSTI BOISE Teton Room
Tuesday, September 27th from 9:00-10:00 am
OR
St. Luke's MERIDIAN Cheyenne Room
Tuesday, September 20th from 6:00-7:00 pm

LEARN TO MEDITATE- BOISE

Calm and quiet your mind through meditation. This three-part class will provide the methods and support to begin, enhance or to maintain an effective meditation practice. No previous meditation experience is necessary. Research shows meditation improves your health - physical, mental and emotional.

Carolyn Beaver, RYT, Instructor
St. Luke's BOISE Home Health Building
325 West Idaho Street, Boise, ID 83712
Wednesdays, from 5:30-7:30 pm
Three-week session starts November 30th

INTEGRATIVE RESTORATION (I-REST) FOR THE HOLIDAYS - BOISE

Resting lying down or seated, experience deep relaxation and rejuvenation as you are guided into a profoundly meditative state. Participants will receive an I-Rest practice on CD to use through the hectic holiday season. Please bring a small pillow.

Carolyn Beaver, RYT, Instructor
St. Luke's BOISE Home Health Building
325 West Idaho Street, Boise, ID 83712
Wednesday, December, 21st from 5:30-7:30 pm

LIFE AFTER BREAST CANCER: EATING WELL AS A SURVIVOR & HOW TO START A WALKING PROGRAM- MERIDIAN

Get updated on the latest nutrition recommendations for breast cancer survivorship. Learn how to avoid weight gain by changing the proportion of foods you eat, enjoy the foods that offer protection against cancer and heart disease and leave with a list of resources every cancer survivor should have: websites, books, e-zines and recipes!

Participants will also learn the basics of how to safely start a walking program including topics such as posture, safety, what to wear and how to track your progress. This class is open to all patients and survivors, regardless of where they are treated.

Rhone M. Levin, M.Ed., R.D., C.S.O., L.D. Oncology Dietitian & Marilyn McAllister, Certified Cancer Exercise Trainer, Instructors
St. Luke's MERIDIAN Cheyenne Room
Wednesday, October 26th from 6:00-8:00 pm

CHAIR- BASED QIGONG-MERIDIAN

This is a seated Qigong practice for patients who are experiencing severe fatigue or have any restrictions with their range of motion. The practice consists of a gentle self massage, relearning natural breathing and meditation that is based on holding *mudras*, or hands positions that are believed to positively affect mood, relieve stress and improve quality of life.

Marisol Mayell, Ling Gui Qigong Master Teacher
St. Luke's Heart Health & Rehabilitation Center
3525 East Louise Drive, Suite 500
Meadow Lake Building, MERIDIAN, ID 83642
Wednesdays, 4:30-5:30 pm
Eight-week series starts November 16th

ART AND HEALING- MERIDIAN

This class will provide the opportunity for patients, survivors and caregivers to experience healing through expressive arts modalities. Class facilitators will introduce a different modality each quarter with varying options of expression for each modality. Class is held on the 2nd Thursday of each month.

St. Luke's MSTI Social Work, Facilitators
Eagle Road Professional Plaza
NCCCP Conference Room
3080 Gentry Way, MERIDIAN, ID 83642
2nd Thursday of each month from 4:30-6:00 pm
Please contact Delisa Rapp at 706-1404 to register.

CREATING CALM THROUGH IMAGERY-FRUITLAND

Imagery and visualization have been effective methods of connecting the mind-body-spirit to create health and enhance the recovery process. Concepts and basic methods of relaxing imagery will be introduced and practiced.

Marty Downey, PhD, RN, AHN-BC, Instructor
MSTI Fruitland Conference Room
Monday, September 12th from 2:00-3:00 pm

ACUPRESSURE FOR COMMON SYMPTOMS-NAMPA

Learn how to manage common symptoms such as anxiety, insomnia, nausea and pain by applying pressure to certain acupoints. This practice can be used for your own self-care or with others. It is a fun, safe, easy and convenient practice that can be done anywhere, as often as needed.

Alan Shaw, Licensed Acupuncturist, Instructor
MSTI NAMPA Conference Room
Thursday, October 6th from 12:00-1:00 pm

AROMATHERAPY FOR SELF-CARE-TWIN FALLS

Learn the basics of aromatherapy: What is it? How does it work? How can I use it safely? We'll also discuss essential oils that may be helpful for nausea, relaxation, falling asleep and drowsiness. Participants will receive a FREE aromatherapy personal inhaler. Class size is limited, so register early!

Kamron Keep RN, BSN, Qualified Aromatherapist, Instructor
MSTI TWIN FALLS in the MSTI Classroom
Tuesday, October 4th from 12:00-1:00 pm

ACUPUNCTURE, MASSAGE & REIKI

Acupuncture, massage, reflexology and Reiki are fee-based services. Payment is due at the time of service by credit card, cash or check. We do not bill insurance. Scholarships available for patients who express financial need. Please contact a Social Worker to determine eligibility.

ACUPUNCTURE

Acupuncture has been used around the world for thousands of years. Research supports that some patients find acupuncture relieves many of the side effects and symptoms of cancer treatment. Physician or nurse practitioner order required.

MSTI BOISE

Paige Wimmer, Licensed Acupuncturist
Mondays, 8:30 am- 11:00 am

Alan Shaw, Licensed Acupuncturist
Wednesdays, 8:30 am- 3:15 pm

MSTI NAMPA

Alan Shaw, Licensed Acupuncturist
Thursdays, 8:30 am-3:15 pm

MSTI MERIDIAN

Alan Shaw, Licensed Acupuncturist
Fridays, 8:30 am-3:15 pm

Registration: Initial appointments, MSTI Integrative Medicine line at 706-5287 & Follow-up appointments, Betty at 381-2711

Fees for Acupuncture:

Patient Fees:

- \$65.00/Initial 90-minute session
- \$45.00/Follow-up 60-minute session
- \$30.00/ Follow-up 30-minute session (pediatric patients only)

Caregivers & MSTI Staff Fees:

- \$80.00/Initial 90-minute session
- \$55.00/Follow-up 60-minute session

MASSAGE & REIKI

Massage has been proven effective for many of the symptoms related to cancer treatment including fatigue, pain and anxiety. Massage also helps to support patients, their caregivers and families by enhancing overall well being and promoting feelings of deep relaxation. Our therapists offer a variety of techniques. *Reiki* is a healing practice that originated in Japan. Reiki is a deeply relaxing energy practice that helps to decrease anxiety, fatigue and pain. Services by appointment at each MSTI site.

BOISE, call Betty Driebergen at 381-2711

2nd, 3rd & 4th Tuesday, 10:00 am-6:00 pm (Amie Bartholomeus, LMT: MASSAGE & REFLEXOLOGY)
Wednesdays, 9:00 am-4:30 pm (Belen Milburn, LMB, NCTMB: MASSAGE & REIKI)

FRUITLAND, call Patti Green at 452-8632

1st Tuesday, 9:00 am-4:30 pm (Amie Bartholomeus, LMT: MASSAGE & REFLEXOLOGY)

MERIDIAN, call Delisa Rapp at 706-1404

Thursdays, 9:00 am-4:30 pm (Belen Milburn, LMT, NCTMB: MASSAGE & REIKI)

NAMPA, call Angie Pope at 463-6021

Fridays, 9:00 am-1:45 pm (Belen Milburn, LMT, NCTMB: MASSAGE & REIKI)
Fridays, 2:00-4:30 pm (George Condit, LMT)

TWIN FALLS, call Carol Springer at 814-1686

Tuesdays, 12:00-4:00 pm & Fridays from 11:00 am-2:00 pm (MaryAnn Doshier, NCTMB: MASSAGE & SHIATSU)

Fees for massage, reflexology and Reiki:

Patient fees:

- \$20.00/20-minutes & 35.00/50-minutes

Caregivers & MSTI staff fees:

- \$25.00/20-minute & \$45.00/50-minutes