

# WHOLE HEALTH NEWSLETTER



Fall 2020 Vol. 1, edition 1

## Live Whole Health

### The Journey

By Mary Oliver

One day you finally knew  
What you had to do, and began,  
Though the voices around you  
Kept shouting  
Their bad advice,  
Though the whole house  
Began to tremble  
And you felt the old tug  
At your ankles.  
“Mend my life!”  
Each voice cried.  
But you didn’t stop.  
You knew what you had to do,  
Though the wind pried  
With its stiff fingers  
At the very foundations,  
Though their melancholy  
Was terrible.  
It was already late  
Enough, and a wild night,  
And the road full of fallen  
Branches and stones.  
But little by little,  
As you left their voices behind,  
The stars began to burn  
Through the sheets of clouds,  
And there was a new voice,  
Which you slowly  
Recognized as your own,  
That kept you company  
As you strode deeper and deeper  
Into the world,  
Determined to do  
The only thing you could do,  
Determined to save  
The only life you could save



### Message from the Whole Health Program Manager, Laurie Reisman, LCSW.

I hope that this newsletter finds you and your family peaceful, happy and healthy. Whole Health is a cultural transformation at the VA, that puts you at the center of your care. It focuses on “What Matters to You” rather than “What’s the Matter with You.” We want to treat the soul that is uniquely you and encompasses the entirety of the creativity of who you are as a being. We do this by partnering and empowering you with the knowledge of the services available at the VA and within the community. We are committed to providing you with opportunities to focus on your Mission, Aspiration & Purpose (MAP) in life. It is so easy to get disconnected from one’s heart and higher purpose in a world that at times is difficult and discourages us from staying centered, grounded and connected to what we came in this world to do. During this time of COVID-19 and civil unrest, one may become easily derailed from what really matters. I’m talking about living a fully empowered life, on purpose and

with intention. While this cultural shift is happening in all areas at the VA, we are proud to offer Whole Health Coaching. We have Whole Health Coaches available at every CBOC (Community Based Outpatient Center) & PACT team at the VA, who are ready to work with you on your journey and goals – keeping you connected with your purpose. One of the biggest causes of humanity’s suffering is resisting reality as it is. It does not mean that one has to like reality, but it does mean that accepting it, frees up energy inside of us that can be used to respond to the world in a way that is in line with our MAP. It helps one to focus on where change is possible. For this reason, our WH Coaches are trained in Mind/Body exercises, to assist you in becoming mindfully aware of what is happening for you. Mindfulness practices can help to increase your quality of life. I am proud to serve in this leadership role during our cultural transformation at the NF/SG VA System. Whole Health is truly one of

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my life's Missions; therefore, to be at the helm of the Vision is a true honor. Please stay safe, during these times that are forever changing, (as they always were), though now it seems extreme because it seems to be happening so quickly. I look forward to supporting you on this mission as we journey together into Whole Health. May this newsletter serve as a form of empowerment towards your Mission, Aspiration and Purpose in life! During this critical moment in our world's evolution, we need each and every one of you shining bright and living on purpose! As one of my favorite poets Rumi states,

**“When you do things from your soul, there is a river of joy running through you.”**



## VETERAN SUCCESS STORY RICKY GARY

I met the ladies in Whole Health in 2019. I had come to the hospital for an appointment. The first time I came by the room, I saw the door open and I was curious about what they did, but I didn't bother anyone then. The next time I came through, I peeked my head in the doorway and they said, "come on in." They introduced themselves as Whole Health Coaches and provided me with information about how the VA is focusing towards more holistic care.

I was asked what was important to me and my health. They asked me what brings me joy? The real kicker for me was when they asked, "If I didn't change anything in

my life, what would that look like 3-5 years from now?"

I never really thought about my health like that. They made me think about it. They didn't allow me to cry over it, but instead they invited me to join a whole health group they were doing at that time. You know, I lived my life over the past 50 years, I drank and I smoked but I had stopped. I guess I thought that was all I needed to do.

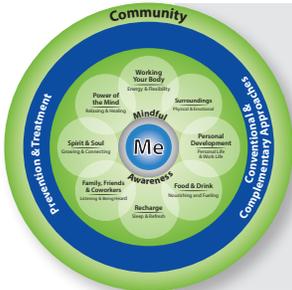
When I went to the group, I was welcomed by the others in there. The coaches showed me how to breathe and did guided imagery and explained how stress causes a lot of issues. Since I have been acquainted with Whole Health, I started back

with recreation therapy and established a goal of going twice a week for an hour. I was still doing that until COVID came along.

Pat checked in with me to let me know that they were teleworking and to see if I was safe. She has encouraged me to find something to do that would bring me joy and continue to move my body. At the present time I am doing VVC classes with recreation therapy twice a week and will be starting with another Whole Health group this week, which I'm looking forward to. They have really kind of allowed me to focus on taking care of me and I'm finding out it's okay.

# Whole Health

## Circle of Health



**“You ought not to attempt to cure the eyes without the head, or the head without the body, so neither ought you attempt to cure the body without the soul... for the part can never be well unless the whole is well.” Plato**

Whole Health opens the door to a new transformational approach to the provision of medical care. Whole Health care focuses not only on the disease, but on the person as a whole – body, mind and spirit. The Circle of Health illustrates the connection of the body, mind and spirit modalities of care that when taught, offered and used in the provision of medical care can result in the restoration of health and well-being of a person.

[https://www.va.gov/PATIENTCENTEREDCARE/Models\\_of\\_Care.asp](https://www.va.gov/PATIENTCENTEREDCARE/Models_of_Care.asp)

Behind every face is a story and we begin at the middle of the Circle of Health which is “ME” – saying “Only I can know what really matters to ME.” You are the expert on your life, values, goals, and priorities and only you can know WHY you want your health.

This knowledge needs to be what drives your health and healthcare. YOU are the most important person when it comes to making choices that influence your health and well-being. Your medical team will get to know you as a person, before working with you to develop a personalized health plan based on your values, needs, and goals.

<https://www.va.gov/wholehealth/>

# THE POWER OF THE MIND

**Whole Health** includes all of you – your mind and your body. This is because your mind affects your body, and your body affects your mind. This dance between the two can improve your health or make it worse.

One’s thoughts are reflected in one’s words and actions. For example, how are our habits eventually developed? Lets’ begin with our beliefs. Our upbringing, life’s experience, culture, tradition, and influence by others may have a huge impact on how our beliefs are developed.

**Belief**, according to the dictionary is a state or habit of mind in which trust or confidence is placed in some person or thing. Many of our beliefs eventually become our **Values** which means - relative worth, or importance.

Our beliefs and values affect our **Attitude** - a mental position with regard to a fact or state; a feeling or emotion toward a fact or state. Our beliefs, values, and attitudes have become part of our thoughts.

**Behavior** - the way in which someone conducts oneself or behaves. {This is where our beliefs, values, and attitude (thoughts) are reflected in our actions} which all proceed to develop into our habits.

**Habit** - a settled tendency or usual manner of behavior.

Now our beliefs, values, attitude, behavior, and habits have eventually developed into our mental and ethical (morally good and correct) traits—our Character.

**Character** - the complex of mental and ethical traits marking and often individualizing a person.....**Putting all of this together, we began to make choices which result in our consequences.**

source: merriam-webster dictionary

<https://www.va.gov/WHOLEHEALTH/circle-of-health/power-of-the-mind.asp>



**You are the master of your own mind.**



## COMPLIMENTARY and INTEGRATIVE HEALTH (CHI) ACUPUNCTURE

The modality we are going to talk about this month is Acupuncture. Acupuncture started in China over 5000 years ago and is used to treat many different health problems. Acupuncture can be used to restore or to maintain health.

The VA offers two types of Acupuncture: Full Body Acupuncture and Battlefield Acupuncture known as BFA; both are very effective.

BFA is done specifically for the purpose of pain management. BFA is a limited auricular, (ear), procedure. When it is done; it is bilateral, and the ears are rotated with each needle. The needles stay in the ears until they fall out. Some providers use magnets on top of the needles, and some don't. The needles used are extremely tiny and are hard to see when they fall out. There are 5 points in each ear that are used. The theory is that the entire body is represented in the ear; and by placing small needles in the surface, some of the pain can be suppressed. Acupuncture has been proven over the years to be safe and effective.

The way regular acupuncture works is that there are acupuncture points. They are located along chi pathways, which are referred to as meridians. Illness arises when flow through the meridians becomes blocked or imbalanced. Acupuncture involves the placement of needles in the meridian points. Needles are usually 0.22-0.25 mm in diameter and of variable lengths. A typical session may include the insertion of dozens of needles. "Practitioners are taught very specific ways to locate each point based on various anatomical markers. For example, Pericardium 6 (the 6th point on the pericardium meridian) is two finger widths proximal to the transverse crease of the wrist between the palmaris longus and flexor carpi radialis tendons. This point is stimulated by motion-sickness bracelets, which have become increasingly popular in

recent years and in many studies seem to show benefit." (4,5)

According to some acupuncturists, the length of time a person needs to receive acupuncture is proportional to time a person has had a disorder; that is, if a problem is chronic, it will take longer to respond to acupuncture. Many therapists will suggest a few sessions a week for the first few weeks and then scale back. Acute issues may heal with just one session.

The following indications were listed in 2003 by the National Institutes of Health and the World Health Organization as specific diagnoses where acupuncture could be considered. The 2003 conditions listed include: adverse reactions to radiotherapy and/or chemotherapy, allergic rhinitis, biliary colic, depression, acute bacillary dysentery, primary dysmenorrhea, acute epigastralgia, facial pain (including craniomandibular disorders), headache, essential hypertension, primary hypotension, induction of labor, knee pain, leukopenia, low back pain, correction of malposition of fetus, morning sickness, nausea and vomiting, neck pain, pain in dentistry, peri-arthritis of the shoulder, post op pain, renal colic, rheumatoid arthritis, sciatica, sprain, stroke, and tennis elbow. If you are interested in Acupuncture, please talk to your primary physician to see if it is an option for you.

Information from:1). VHA Office of Patient Centered Care and Cultural Transformation, 2). J. Adam Rindfleisch, MPhil, MD, Associate Professor and Director of the Academic Integrative Medicine Fellowship Program, Department of Family Medicine, University of Wisconsin-Madison School of Medicine and Public Health, and Assistant Director and faculty for the VHA Whole Health: Change the conversation clinical program,3). Battlefield Acupuncture Patient Education Information Sheet NF/SGVHS, 4). Wright LD. The use of motion sickness bands to control nausea and vomiting in a group of hospice patients. *Am. J. Hosp. Palliat. Care.* 2005;22(1):49-53. 5). Turgut S, Ozalp G, Dikmen S, Savli S, Tuncel G, Kadiogullari N. Acupressure for postoperative nausea and vomiting in gynaecological patients receiving patient-controlled analgesia. *Eur. J. Anaesthesiol.* 2007;24(1):87-91.



# HERBS: TURMERIC

**Turmeric** has been used as a medical herb for 4,000 years. For almost every prescription treatment to what afflicts us exists a plant, herb or other natural substance that has been used as a treatment for hundreds of years by naturalists and herbalists.

As an anti-inflammatory, it can be taken as a supplement and it's been used topically for

people with arthritis who wish to relieve discomfort. It's used worldwide as a cooking ingredient as well.

**(Important note:** This is NOT professional medical advice. ALWAYS speak with your primary care provider and/or pharmacist before making any changes to your treatment plan, or considering a supplement natural or otherwise before taking).

*"The secret to good health for both the mind and body is not to mourn for the past, not to worry about the future, or to anticipate trouble, but to live in the present moment wisely and earnestly." Buddha*

## **Healthy Living**

### **HEALTHY LIVING MESSAGE:**

### **GET RECOMMENDED SCREENINGS AND VACCINATIONS**

Flu vaccination is especially important for the 2020-2021 flu season because of the COVID-19 pandemic. Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illnesses, hospitalizations and deaths on the health care system

and conserve scarce medical resources for the care of people with COVID-19. You can also protect yourself and others from illness by washing hands often, covering coughs and sneezes, disinfecting frequently touched surfaces, and staying.

**This year**, your VA clinic will carry both the standard dose and the higher dose vaccine for Veteran patients over the age of 65.

Be on the lookout for information about when and where you can get your flu vaccination.

You can read more

about the flu vaccine by visiting the Veterans Health Library at : <https://veteranshealthlibrary.va.gov>



# FLOURLESS ALMOND BUTTER COOKIES

Prep: 5 minutes | Cook: 10 Minutes | Total: 15 minutes  
Yield: 18 servings | Serving Size: 1 cookie

Ingredients	1 teaspoon vanilla extract
1 cup creamy almond butter	1 teaspoon baking soda
2/3 cup brown sugar	½ cup semi-sweet mini chocolate chips
1 large egg	

## Directions

1. Preheat oven to 350 F. Line two large baking sheets with parchment paper or silicone baking mats and set aside.
2. In a large mixing bowl, add the almond butter, sugar, egg, vanilla extract, and baking soda
3. Mix together until very well combined. Add in the chocolate chips and continue mixing until fully combined
4. Use a 1 oz (2 Tablespoons) cookie scoop to make balls of cookie dough on the prepared baking sheets, making sure to leave a little room between each one as they spread during baking.
5. Bake at 350 F for 9-11 minutes or until the cookies are set.
6. Remove from the oven and allow the cookies to cool completely on the baking sheet to firm up.

## Recipe Notes

- This recipe is quite nutritious for a cookie, low in carbohydrates and high in fiber, protein and unsaturated fat.
- The fat is high, but is primarily unsaturated and plant-based and helps to improve HDL cholesterol
- Store cookies in an airtight container on the counter for up to one week.

Nutrition Facts Per Serving:  
Calories: 145 | Total Fat: 10 g | Saturated Fat: 2 g  
Sodium: 103 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 3 g

Adapted from Live Well Bake Often | Submitted by Melanya Souza, RD, LD/N  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)

# CONTACTS AND WHOLE HEALTH WEBSITE

Whole Health Coaches can be reached through the main number of the Clinic or Hospital they work.

Whole Health Website: <https://www.va.gov/wholehealth/>

NF/SG WH Website: [https://www.northflorida.va.gov/NORTHFLORIDA/services/Whole\\_Health.asp](https://www.northflorida.va.gov/NORTHFLORIDA/services/Whole_Health.asp)



## *Contributors to the Newsletter*

- Introduction to Whole Health Newsletter, The Journey poem by Mary Oliver, Newsletter oversight and edit by **Laurie Reisman**, LCSW NF/SG Whole Health Program Manager
- Healthy Living by **Becky Weber**, RN Health Promotion Disease Prevention Program Manager.
- Veteran's Success Story, Herbs, Words of Wisdom (Buddha) by **Patricia Granberry**, LPN Whole Health Coach, Gainesville.
- Complementary and Integrative Health and Recipe submission **Deborah Lefler**, LPN Whole Health Coach, The Villages.
- Almond Butter Cookie Recipe by **Melanya Souza**, RD Healthy Teaching Kitchen Dietitian and National Co-Lead
- Employee Whole Health Bites – Virtual Cooking Demo for Employees, and Newsletter edit by **Linda Rocafort**.
- Whole Health -The Circle of Health, Power of the Mind, Words of Wisdom (Plato, Master of the Mind, and Covey), by **Bhuaneshwari Seenauth**, RN PACT Care Coordinator JOPC, University Blvd.
- Graphic Design and Layout by **Allen Durrance**, NF/SG Medical Media Production Service



## Employee Whole Health Bites Virtual Cooking Demo for Employees!

Take a break from the grind of your usual workday and join Melanya Souza for Employee Whole Health Bites Virtual Cooking Demos! These healthful recipes are easy-to-make and will tantalize your taste buds!

This 3-week Cooking Demo Series takes place the first 3 Wednesdays in December from 12:00pm-12:15pm.

**The recipe schedule is as follows:**

**Wednesday Dec 2nd**

**Wednesday Dec 9th**

**Wednesday Dec 16th**

For WebEx invite information contact:

**Melanya Souza, RD** Healthy Teaching Kitchen Dietitian and national Co-Lead, to jump start your journey to a healthier you:

**Melanya.Souza@va.gov, 352-548-6630**

The recipes, event flyer, and other Employee Whole Health resources can be found on the NF/SG Employee Whole Health Microsoft Teams page or on the NF/SG Employee Whole Health SharePoint site:

**<https://dvagov.sharepoint.com/sites/north-florida/adlc/hr/empwell/SitePages/Home.aspx>**

