

## Taking Control of Back Pain Conference - Feb 22

Integrative Health will jointly sponsor a conference with the Arthritis Foundation of Delaware and the Delaware Society of Rheumatology.

The conference will focus on back pain - a common health problem.

**Speakers** will include:

- Carolyn Barczak, Director of the Arthritis Foundation in DE
- Dr. John Gomez, Board Certified in Rheumatology
- Dr. Ronald Sabbagh, Board Certified in Orthopedic Surgery
- Cheyenne Luzader, MS, Dpl. Energy Psychology, Complementary and Alternative Therapies

- Dr. Douglas Briggs, DC, Dpl. Acupuncture

### Registration:

The conference is free to the public if participants pre-register by calling the Arthritis foundation at 302 730-9000. Registration at the door is \$5. Registration will begin at 12:30 Conference is from 1 pm to 4:30 pm.

### Date and Location:

The conference will be held Friday, February 22 at the Cheer Senior Services Center on Sand Hill Road in Georgetown, DE.

Call to pre-register:

**302 730-9000**



John Gomez, MD



Ronald Sabbagh, MD



Carolyn Barczak



Cheyenne Luzader, MS



Douglas Briggs, DC

## Integrative Health Celebrates 10 Years at BMC

In November 1997, the Integrative Health department began to offer complementary and alternative medicine services to Beebe Medical Center patients and staff.

Since that time, the department has developed innovative programs with the help of volunteers, students and staff.

- Stress-Less Surgery: A pre-surgery program to reduce stress, pain and post-surgical nausea
- Acupuncture program to help inpatients manage pain
- Massage program for inpatients and staff
- Cancer Care
- Cardiac Post -Surgical Care
- Cardiac Rehab Stress Management Program
- Smoking Cessation

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#### IH Programs

- Stress-Less Surgery
- Smoking Cessation
- Inpatient Care
- Cancer Care
- Healthy Heart Care
- Herbal Website
- Fibromyalgia Support Group
- Wellness Classes
- Professional Education

#### IH Services

- Acupuncture
- Massage
- Reiki / Therapeutic Touch
- Acupressure
- Biofeedback
- Aromatherapy
- Guided Imagery
- Meditation
- Music / Art
- Tai Chi / Qi Gong

## Integrative Health and The Wellness Community - Delaware Offer Classes at No Cost

**Integrative Health is collaborating with The Wellness Community - Delaware to offer the following programs for stress and pain management to cancer patients, family and friends.**

All programs are free of charge and are held at The Wellness Community, 18947 John J Williams Highway, Suite 312, Rehoboth Beach. **Participants can register by calling 645-9150.**

January 22, Tuesday - Noon

**Acupuncture for Pain Management** - Douglas Briggs, DC

Doug will discuss what acupuncture is and isn't and how acupuncture can be helpful in managing pain.

February 12, Tuesday - 11:30 am– 12:30 pm

**Complementary and Alternative Therapies for the Treatment of Chronic Pain** - Christopher Baldt, DC

Chris is a chiropractor who specializes in chronic pain issues such as arthritis and fibromyalgia. He explores different modalities of treatment available for people with chronic pain.

February 19, Tuesday - 3 pm to 4 pm

**Breathing Meditation for Stress and Pain** - Cheyenne Luzader, MS

Cheyenne will help you to learn simple but powerful techniques of breathing to increase energy and increase relaxation.

February 26, Tuesday - 3 pm to 4 pm

**Meditation and Hand Drumming** - Cheyenne Luzader, MS

Learn the ancient art of drumming to relieve stress and increase energy. There will be drums available or you can bring your own. Ms. Cheyenne Luzader is a certified meditation teacher who incorporates drumming learned from tribal elders.

March 4, Tuesday - 3 pm to 4 pm

**Reiki Self-healing Meditation** - Cheyenne Luzader, MS, Reiki Master/Teacher, Usui lineage

Cheyenne will teach a simple technique from Reiki to help ease stress and pain.

Reiki is a Japanese method to reduce stress and pain based on principles of Oriental medicine.

March 18, Tuesday - 3 pm to 4 pm

**If I Should Die Tomorrow...**

Cheyenne Luzader, MS, Certified Death Education Counselor (ADEC), Palliative Care Specialist

Cheyenne blends her own experience of seventeen years of hospital work and 2 -1/2 years of hospice work with the wisdom of ancient cultures to help people prepare for a stress-less life transition.

April 22, Tuesday -3pm to 4pm

**Managing Stress with Energy Psychology**

Cheyenne Luzader, MS, Diplomate, Comprehensive Energy Psychology (ACEP)

Cheyenne introduces participants to the field of Energy Psychology based on principles of Oriental medicine. She teaches simple methods to reduce stress using the Tapas Acupressure Technique and the Emotional Freedom Technique.

## Tai Chi - First Session Free

Hundreds of patients have benefited from the gentle teaching style of Mark Blaskey, Integrative Health's Tai Chi Instructor since Tai Chi classes began at Beebe.

Most students do not know that Mark is also a physical therapist and the director of Beebe Medical Center's Rehabilitation Services. He knows from first hand experience that Tai Chi helps strengthen muscles and improve balance.

Tai Chi is a gentle exercise practice from China that benefits

mind, body and spirit while it helps to relieve stress.

Tai Chi is not just beneficial for healthy people. It is helpful for people who are recovering from orthopedic surgery, heart attacks, heart surgery and other illnesses. It is also good for people receiving cancer treatment.

Because most people know little about Tai Chi, Integrative Health offers the first session free. This allows people to try it out. Then they can purchase a book of tickets for \$5 a session and

attend class when they can.

Wear comfortable shoes and clothing and try it.

**Sessions are held every Wednesday (except before holidays) from 5 to 6:30 pm in the Baylis Rehab Center on the first floor of BMC.**

**Enter the first floor from the parking garage. The Center is at the end of the hall on the left.**

**No registration is needed.**



Balance

## Fibromyalgia Support Group

Fibromyalgia is a syndrome that includes chronic, widespread musculo-skeletal pain, stiffness, poor sleep and fatigue. Fibromyalgia affects around 3.7 million people, 75% of which are women from the ages of 35 to 55.

Integrative therapies and changes in lifestyle offer

relief and coping skills.

Integrative Health sponsors a support group with a positive approach to help with lifestyle changes, exercise, cooking and networking.

The support group meets at Lewes Senior Center in Nassau on the 1st Friday of each month from 1 to 2:30 pm.

To reach the Senior Center make the first right off Rt. One south after the Nassau Bridge. Continue on Nassau Park Road to the first building on the right.

Contact Sherry McGoldrick for more information at (302) 644-8181.

**There is no charge.**



Lifestyle Change

## Luzader Achieves Credentialing in Energy Psychology

In December, Cheyenne Luzader, MS, coordinator of Integrative Health was awarded Diplomate practitioner status from the Association of Comprehensive Energy Psychology. The credentialing process for mental health practitioners involved training, clinical experience, supervision and national testing. Energy psychology interventions are based in oriental tradition and address the human vibrational matrix of three major interacting systems including:

- Energy pathways – *meridians & related acupoints from Chinese Traditional Medicine*
- Energy centers – *chakras from the traditional medicine of India*
- Energy systems – *the human biofield that envelops the body*

For more information on Energy Medicine go to: <http://nccam.nih.gov/health/whatiscam/>



## Integrative Health Celebrates 10 Years (from page 1)

- Inpatient and Outpatient Stress and Pain Management
- Community Wellness Classes serving patients and community
- Staff Education on Integrative Medicine
- School of Nursing Stress Management and Test Anxiety Program
- Herb and Supplement consultations and website
- Fibromyalgia Conferences and Support Groups
- National and Community Conferences and Health Fairs



Celebration

**Integrative Health  
Beebe Medical Center  
424 Savannah Road  
Lewes, DE 19958**

**Phone: 304-645-3528**  
www.beebemed.org

Visit the  
**Herbal Website**

at [www.beebemed.org](http://www.beebemed.org)  
Go to: [Integrative Health](#)  
Go to :  
[www.naturaldatabase.com](http://www.naturaldatabase.com)

Select herb or supplement  
Print and share with your physician



**Integrative Health (IH) at Beebe Medical Center** provides *Complementary and Alternative* services and information for

PREVENTION, SELF-CARE, EDUCATION and RESOURCES.

Established in 1997, IH provides services to inpatients, outpatients, students of Beebe School of Nursing, physicians, healthcare organizations and the community.

IH offers self-help classes on healthy lifestyles, cooking, and alternative health practices which are listed in the IH newsletter.

Other programs offered by the department include the Stress-Less Surgery program, Smoking Cessation, Cancer Care, and Heart Health. Services include Acupuncture, Massage Therapy, Guided Imagery, Biofeedback, Aromatherapy, Reiki, Therapeutic Touch, Music, Art , Tai Chi / Qi Gong, Meditation, Fibromyalgia Support and the Herbal website.

IH participates in local health fairs and conferences and sponsors an annual Integrative Medicine conference.

For additional information call:

Cheyenne Luzader, MS, Program Coordinator at **302-645-3528**.

**1997-2007**

**I H Celebrates Ten Years of Service !!!**

## Get Faster Service with the E-mail Newsletter

### Thanks for Helping IH save postage!

You can now receive your newsletter by e-mail but we need your e-mail address.

We can save time, labor, postage and trees by updating our delivery system.

For people who don't use the computer, we will still mail the newsletters.

If you would like to get the E-mail newsletter:

Please email your home address, e-mail address, name and phone number to [pkelly@bbmc.org](mailto:pkelly@bbmc.org).

Your email address will only be used by the Integrative Health department at BBMC for this purpose and will not be sold or distributed.

### Change of Address??

### Cancel Newsletter?

E-mail [pkelly@bbmc.org](mailto:pkelly@bbmc.org) or call 302-645-3528 with

- name
- address
- phone number



E - mail Newsletter