

## Lessons From The Near-Death Experience

**Keynote Speaker: Melvin Morse, MD**  
Best-selling International Author and Lecturer



Melvin Morse, MD, FAAP

Dr. Morse, a well-respected pediatrician, has researched near death experiences in children and adults since 1980. Dr. Morse interviewed hundreds of children who had been declared clinically dead. He heard, again and again, that the end of life is serene and joyful, an event not to be feared. He is a best-selling international author and lecturer. His four books include:

**Closer to the Light** *which explored the near death experiences of children*  
**Transformed by the Light** *a long-term follow up of these children as adults*

**Parting Visions** *documents the entire range of spiritual visions associated with death and dying*

**Where God Lives** *presents a comprehensive new scientific understanding of how the brain can resonate with energetic patterns of the universe to permit communications with the dead, viewing at a distance with the mind, past life memories and premonitions of the future.*

Dr. Morse resides and practices in the Lewes area.



Jayne Smith

Jayne Smith had a near death experience in 1952 while giving birth to her second child. She is a member of the International Association for Near Death Studies ([www.iansds.org](http://www.iansds.org)) and has been active in consciousness raising studies and speaking for the association and for the Spiritual Frontiers Fellowship International. She has been a guest on Oprah Winfrey, CBS Morning News, Charlie Rose Show and People Are Talking. Her experience was documented in two books and is the subject of a video entitled "Moment of Truth". She resides in Lewes.

Cheyenne Luzader, MS is the moderator and discussion facilitator. She has been a hospice social worker and bereavement counselor and is a certified death education counselor with the Association for Death Education and Counseling.



C Luzader

**Date: Friday, March 6, 2009 1-4 pm**

**Location:** Epworth United Methodist Church  
19285 Holland Glade Road, Rehoboth (off Rt. 1 N)

**To Register: call 302 227-7743 x 107**

No fee but pre-registration is appreciated

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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 Cooperative Programs

Integrative Health is collaborating with the following organizations to offer programs at **no cost**. **All programs are from 3-4 pm unless noted.**  
To register, call the organizations hosting the programs.

### The Wellness Community

*(for cancer patients, survivors, family and friends)* Located at BMC's Rt. 24 Campus 18947 John J Williams Highway, Suite 312, Rehoboth Beach **Call to register: 302 645-9150**

**January 20, Tues Meditation and Hand Drumming** - Cheyenne Luzader, MS

Learn the ancient art of drumming to relieve stress and increase energy. Drums available or bring your own. Cheyenne is a certified meditation teacher who incorporates drumming learned from tribal elders.

**January 28, Wed Laughter Yoga** - Phyllis Kelly, Trained Laughter Leader

Laughter is fun, contagious and creates a natural state of euphoria. This series of simple laughter exercises and gentle yoga breathing has grown into an international health phenomenon.

**February 10, Tues Acupressure Self-Care for Stress & Pain** - Cheyenne Luzader, MS

Acupressure uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing process. Cheyenne is an Acupressure practitioner trained by the Acupressure Institute.

**February 17, Tues Healing Through Listening – Attending to the Spirit** - Rev. Keith Goheen

Attentive, non-judgmental listening helps to open our spiritual ears to those around us. This program offers an introduction to the skills used in creating openhearted spaces for spiritual and emotional healing.

**March 10, Tues Mindfulness Meditation** - Cheyenne Luzader, MS, MBSR instructor

An introduction to Mindfulness Based Stress Reduction methods based on the work of Jon Kabot-Zinn, PhD. This method is helpful for stress and pain reduction.

**March 24, Tues Reiki Self-healing Meditation** - Cheyenne Luzader, MS, Reiki Master/Teacher

Learn a Japanese based daily self-meditation technique to help with pain and stress. This is designed for people who have little or no knowledge of Reiki

### Epworth United Methodist Church

19285 Holland Glade Road, Rehoboth (off Rt. 1) **Call to register 302 227-7743 x107**

**February 24, Tues Seven Steps to Stress Mastery** - Cheyenne Luzader, MS

Learn seven inexpensive steps you can take to manage the stress in your life. You will gain an understanding of stress, become more aware of your stress signals and learn ways to create calm.

**March 3, Tues Laughter Yoga** - Phyllis Kelly, Trained Laughter Leader (see Jan 28)

**March 6, Fri 1- 4 pm Lessons from the Near-Death Experience Conference** (see front page)

**May 5, Tues Meditation and Hand Drumming** - Cheyenne Luzader, MS (see Jan 20)

### Cadbury of Lewes

17028 Cadbury Circle, Lewes (across Kings Highway from Cape Henlopen HS) **Call to register 302 344-6969**

**April 28, Tues Acupressure Self-Care for Arthritis** - Cheyenne Luzader, MS (see Feb 10)

**May 19, Tues Laughter Yoga** - Phyllis Kelly, Trained Laughter Leader (see Jan 28)

## Best Retirement Wishes to Mark Blaskey and Phyllis Kelly

Mark Blaskey, Director of Baylis Rehabilitation Center and instructor of our Tai Chi classes has been a supporter of Integrative Health for many years. His good humor and helpful ideas have been a great addition to our programs. Since we have no one to replace him at this time, we will not be offering Tai Chi this session.

Phyllis Kelly has retired as administrative secretary with IH. However, we will still see her smiling face as a volunteer for the department. She will be leading several Laughter Yoga classes this session.

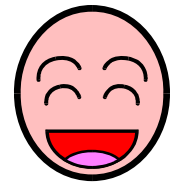
We wish you both the very best retirement and much gratitude for your dedication!



Enjoy!

## Laughter Yoga

Laughter Yoga is the brain child of Dr. Madan Kataria, a physician from Mumbai, India. It is a physically-oriented technique that uses a perfect blend of playful, empowering and otherwise "tension-releasing" simple laughter exercises, interspersed with gentle breathing and stretching exercises, rhythmic clapping and chanting in unison. This is done in a way that improves health, increases well-being and promotes peace in the world through personal transformation. The therapeutic value of laughter has been thoroughly and scientifically researched in the past 40 years and its physical benefits have been proven beyond a shadow of a doubt. Our classes are taught by Phyllis Kelly, trained Laughter Leader



Laugh!

## Two New Partnerships

Since our partnership with the Wellness Community has worked so well, we decided to collaborate with two other organizations to bring you our classes. We will be offering classes in conjunction with Epworth United Methodist Church at its new location on Holland Glade Road off of Route One. To register for classes held at that location call 227-7743.

We will also be offering classes at Cadbury Retirement Community in Lewes on Gill's Neck Road across King's Highway from Cape Henlopen High School. To register for classes held there call Samantha Johnson at 302 344-6969.



Cooperate!

## Fibromyalgia Support Group

Integrative Health sponsors a support group with a positive approach to help with lifestyle, 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. Contact Sherry McGoldrick for more information at (302) 644-8181.

**There is no charge.**



Choose!

## Integrative Health News

The Delaware Journal of Nursing will have an article in the January 2009 issue about the stress reduction and test anxiety program conducted jointly by IH and the Beebe School of Nursing. The article is written by Barbara Starr, BSN instructor and Cheyenne Luzader, Coordinator IH.

Cheyenne Luzader has completed a 150 hour acupressure certification with the Acupressure Institute of Berkley, CA. She has also completed a course in Traditional Hawaiian healing.

Cheyenne has met the requirements and renewed her certifications with the Association for Death Education and Counseling and the American Botanical Council.



Grow!

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

**Phone: 302-645-3528**  
www.beebemed.org

**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**.

Visit the

**Herbal Website**

[www.beebemed.org](http://www.beebemed.org)

Go to: [Integrative Health](#)

Go to: [www.naturaldatabase.com](http://www.naturaldatabase.com)

Select herb or supplement info

Print and share with your  
physician



**Save the Date!**

**Friday, May 1, 2009**

**Delaware Tech,  
Georgetown, DE**

For info contact Christel  
302 855-7890

**Families, Individuals and  
Community Conference**

**“Healthy Communities Begin  
With You”**