



Live Whole Health.

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COURSE CATALOG

Spring/Summer 2024

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Robert J. Dole VA Medical Center

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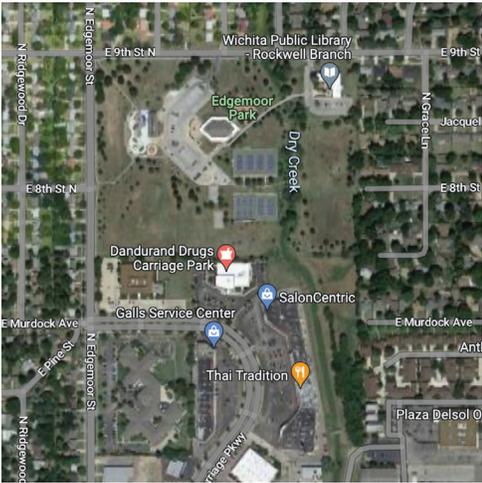
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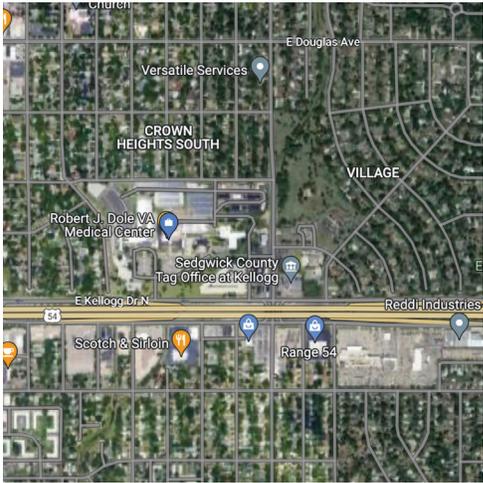
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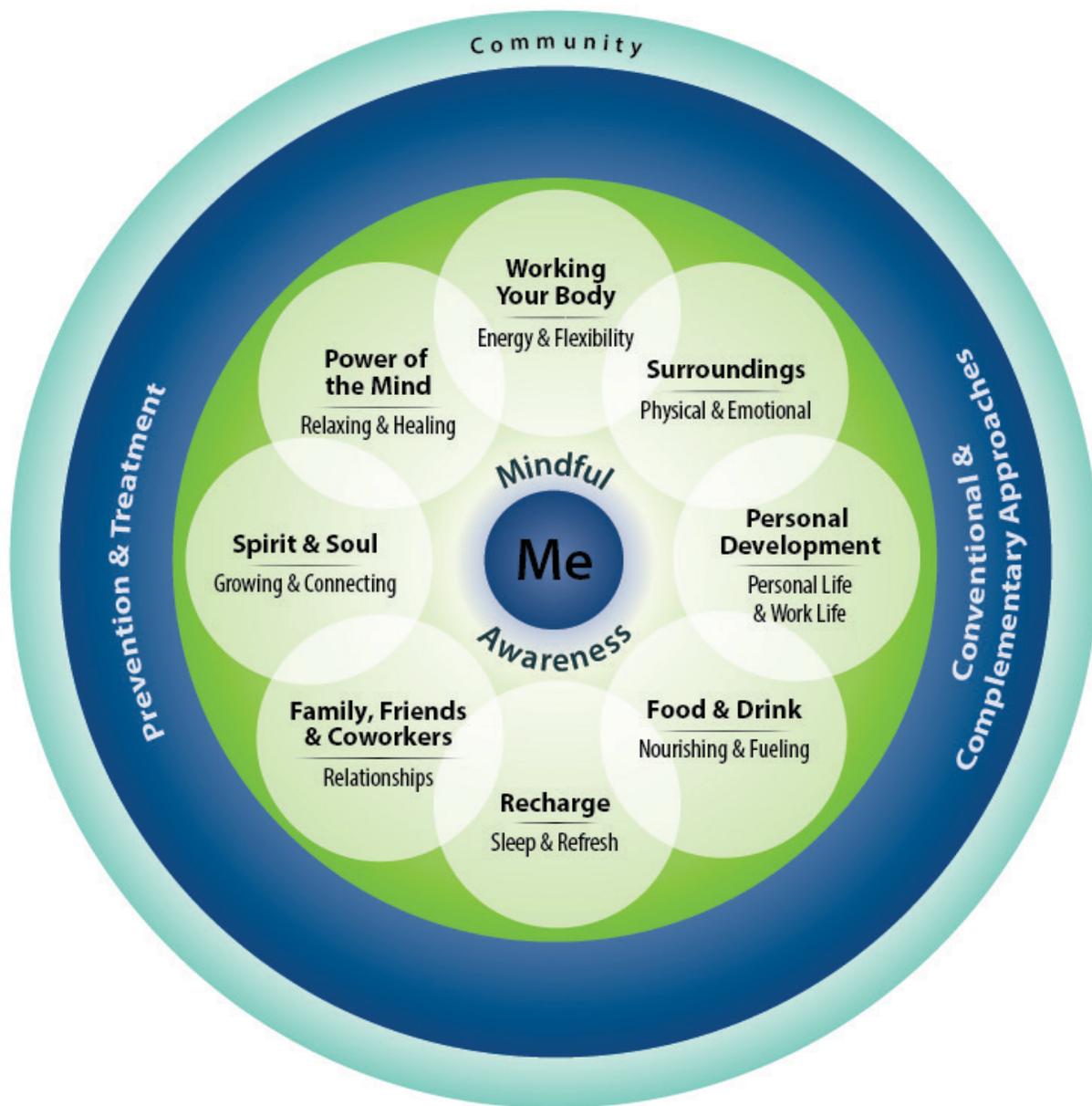
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Edgemoor Park Rec Center
 5815 E 9th St N
 Wichita, KS 67208



Robert J. Dole VA Medical Center
 5500 E. Kellogg
 Wichita, KS 67218



Robert J. Dole VA Medical Center | Healthy Living Services

The Dole VA has implemented a Whole Health approach to health care which focuses on what matters most to each of us and allows that to drive health care engagement and decisions. The goal of care at the Dole VA is to move to providing proactive, patient centered, whole-person care.

The VA system wants to empower Veterans through mindful awareness and self-care while recognizing the fundamental importance of healthy nutrition, activity, sleep, relationships, surroundings, and the many other areas of our lives that contribute to our health and wholeness. Conventional testing and treatment are combined with complementary and integrative health strategies such as yoga, tai chi, and acupuncture.

There are many options for Veterans who are looking for ways to engage in health and wellness practices. This catalog will detail the calendar of options for services and care, give descriptions of the services and provide contact information for Veterans interested in starting their journey. We are excited to partner with you!

Course Descriptions & Schedules

Tai Chi / Qi Gong

Fridays	1pm	Virtual	NO WALK-INS Call Ext. 58020 to schedule
Fridays	3 pm	Edgemoor / Hyde Park	NO WALK-INS Call Ext. 58020 to schedule

This is a Mindful Movement class rooted in ancient Chinese exercise of Tai Chi. This relaxed, fluid movement can help improve overall health and wellness including balance, coordination, flexibility, weight management, stress management, etc. Classes include exercises in mindfulness as well as movement to help improve wellness. Participants should wear comfortable clothes and flat shoes. Veterans are encouraged to listen to their bodies and not extend past comfort levels. All Veterans are encouraged to use a chair for support or sit during practice.



Yoga

Thursdays	9 am	Virtual	NO WALK-INS Call Ext. 58020 to schedule
Thursdays	10 am	Virtual	NO WALK-INS Call Ext. 58020 to schedule
Fridays	2 pm	Edgemoor / VA Yoga	NO WALK-INS Call Ext. 58020 to schedule

Yoga is a mind and body practice with origins in ancient Indian philosophy. The various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation. An evidence map of yoga for high-impact conditions affecting Veterans was developed by the VA's Health Services Research & Development office. Conditions with evidence of positive effect include nonspecific chronic low back pain. Conditions with evidence of potentially positive effect include depressive disorders, anxiety, and insomnia. Yoga has been recommended as a first line treatment for acute and chronic low back pain in the clinical practice guidelines developed by the American College of Physicians.

Yin Yoga

Mondays (Starts in May)	1 pm	Virtual	NO WALK-INS Call Ext. 58020 to schedule
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Yin Yoga focuses on stillness, motionless gentle poses. The poses target the deeper connective tissues in our bodies. Yin Yoga uses pressure and tension on locations of the energetic pathways that may contain blockage. Benefits include: improved joint health, improved range of motion in your joints, improvement in health and elasticity of your tissues, connects your physical body to the mental and emotional body as well as contributes to your overall health and well-being. Yin Yoga poses are held 3-5 minutes and focuses all on lower body. Props needed for every Yin class include: set of blocks, yoga mat, bolster, blanket. Step by step guidance is provided throughout the Yin class and the props help with modifications, adjustments and comfort. Consult with your physician if you do have joint pain before taking Yin Yoga.

Movement Group

Tuesdays	8:30 am	Virtual	NO WALK-INS Call Ext. 50765 to schedule
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This 30-minute movement group will be offered virtually and give Veterans an opportunity to get their bodies in motion every Tuesday morning. It is a great option for gentle movement that can be done seated or standing depending on the ability of the Veteran. The class can help to improve strength, flexibility and balance.

Self-Care Groups

Monday	12 pm	Bldg. 5, Rm 167	Walk-Ins allowed Call Ext. 58187 to schedule
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Join this group to combat maladaptive coping skills and to learn new ones. Learn new ways to promote a healthy life style starting with your mind! Ongoing self-care routines, management, lectures, education and group discussion. Topics: sleep hygiene, mindful eating, mindfulness, environmental self-care etc.

Mindfulness Group

Tuesdays	3 pm	Bldg. 5, Rm 167	Walk-Ins allowed Call Ext. 58020 to schedule
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Meditation is a defined practice or technique, often arising from a contemplative tradition, that primarily focuses on training attention regulation processes, with the intent of cultivating general mental well-being and/or specific capacities such as concentration, compassion or insight. To differentiate from hypnosis, guided imagery, psychotherapies, the focus is on training attentional processes, rather than specifically targeting a change in mental contents.

Mindfulness is an intentional and non-judgmental awareness of the present moment. It is a type of meditation based on the concept of being mindful, or having increased awareness, of the present. It may include formal meditation practices such as focusing on the breath or sensations in the body, and informal practices such as washing the dishes all intended to cultivate awareness of the present moment with a quality of acceptance and kindness.

Tobacco Cessation

Individual Health Coaching	As Scheduled	Primary Care	Call Ext. 58020 to schedule
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The Smoking Cessation Group is designed to help support Veterans who would like to work on quitting smoking. Individual appointments with a health coach can be done virtual, by phone or in-person and can offer one on one support and goal setting to help you quit using tobacco. These services do not require Veterans to be smoke free when they join. Strategies include: medication, identifying motivations for quitting, building support systems, exploring skills to help aid in quitting, and developing a plan for a quit day.

Walking Groups

Tuesdays	9:00 am Advanced Group	Sedgwick County Zoo Town East Mall	NO WALK-INS Call Ext. 51181 to schedule
Wednesdays	10:00 am Beginners Group	Sedgwick County Zoo Town East Mall	NO WALK-INS Call Ext. 51181 to schedule

Beginner: Let's get together to enjoy the physical and mental benefits that come from walking and socializing while promoting a healthy life style. This group takes place in a fun and exciting environment filled with animals from around the world. Weight Loss| Stress Management| Improve Muscle Endurance| Increase Energy Levels| Improve Mood| Improve Balance| Improve Cognition| *subject to weather and season.

Advanced: Based on personal ability and preference Veterans are now offered a chance to walk a further distance in this Whole Health walking group. This weekly 3 to 4 mile walk will challenge veterans to build their endurance while also continuing to benefit from the movement and socialization factors of walking. Just like the beginner group, these walks will take place within the Wichita community and surrounding areas.



Gardening Group

Fridays	9 am Runs through Nov.	Peace Garden	Walk-Ins allowed Call Ext. 58020 to schedule
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The Peace Garden located on VA grounds is open to all Veterans. Activities include watering plants, flowers and crops, dead heading blooming plants and harvesting of crops from raised beds. In addition, our Veterans care for the Peace Garden by cleaning and refilling the bird bath, weeding, and sweeping. Veterans and volunteers beautify the garden with attention to landscaping and decorative art such as painted rocks and a gratitude box. Enjoy rest and peaceful meditation with the garden benches and library books located in the garden library box. Gardening tools, gloves and supplies are furnished by the VA.

Creative Arts Therapy

Tuesdays - Group	1:30 pm	Edgemoor Rec Center	NO WALK-INS Call Ext. 54658 to schedule
Individual Services	TBD	As Scheduled	NO WALK-INS Call Ext. 54658 to schedule
Wednesdays - MST/AT	10:00 am	Bldg. 5, Rm 167	REFERRAL ONLY NO WALK-INS Call Ext. 57897 to schedule
Wednesdays - Ceramics & Clay	5:30 pm	Bldg. 5, Rm 102	NO WALK-INS Call Ext. 54658 to schedule

Facilitated by Board Certified Art Therapist, these sessions are process oriented with goals ranging from enhancing creative expression, range of motion, cognitive communicative skills, self-management skills, to exploring grief, trauma, and more. Modalities utilized are based on the subjective needs of the Veteran and/or group and are inclusive of two dimensional and three dimensional materials: photography, painting, drawing, collage, mixed media, clay, ceramics, paper marbling, etc. No prior experience with art/Art Therapy required.

Group: Mixed gender with varying functioning/ artistic skills. This group empowers personal autonomy and resiliency, while offering camaraderie through creativity.

Individual: Goals are personalized to meet the subjective needs of the client, while providing enhanced opportunities to delve deeper into the therapeutic process. Utilization of additional methods such as potter's wheel included.

Courage Group - Healing Military Sexual Trauma : (Co-facilitated with Chenoa Simmons-Daniels) Twelve session experiential group that draws upon Cognitive and Behavioral principles to promote healing, self-discovery and self-efficacy. Each session of the Courage Group provides an opportunity for Veterans to explore how the experience of MST has impacted their lives, while also learning strategies that may improve their well-being and quality of life. Art Therapy integrated as tangible means of actualizing skills developed in session. Completion of a BH intake is required before referral for the group will be made. Mixed Gender, In Person Only, Closed Group, Insight-Oriented Art Therapy directives with processing of work created in sessions. **(Space is limited)**

Ceramics & Clay Sculpting: With emphasis on success oriented skill building, Veterans will have an opportunity to engage the ceramics process from greenware to glazeware, including advanced silk-screening processes. Clay sculpting methods will be integrated for those interested in gaining confidence with hand building techniques such as slab, coil, and pinch forms. **(Space is limited)**



Chiropractic Care

Appointment Only			PCP Referral Required
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VA's Chiropractic Program exemplifies the Department's forward-looking approach to healthcare. Chiropractic services include evidence-based, patient-centered care options that are in high demand by Veterans. The chiropractic clinic is designed to help Veterans return to movement based activity by means of manual therapy, exercise, and clinical recommendations. Chiropractors aim to empower Veterans to self-manage their musculoskeletal pain also while improving in the 8 areas of Whole Health. Care is specific and focused to help Veterans meet SMART goals set by their coaches and take part in active and healthy lifestyle.

Battlefield Acupuncture

Tuesdays	3 pm	Primary Care	PCP Referral Required
Wednesdays	1 pm	Primary Care	PCP Referral Required
Thursdays	1 pm	Primary Care	PCP Referral Required

Battlefield Acupuncture may be helpful for many pain conditions and is brief intervention that only takes about 15 minutes to try. Small needles are placed in the ears for 3 days providing longer pain relief. This can be done individually with a provider or in a group setting. Many Veterans feel immediate pain relief, with most reporting their pain score improved by 2 points on the pain scale. BFA may not be appropriate for people who are pregnant, aversion to needles, ear infection. Only medical providers can determine if BFA is appropriate and enter a referral.

Intro to Whole Health

As Scheduled	As Scheduled	As Scheduled	NO WALK-INS Call Ext. 58020 to schedule
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Whole Health is about treating you, the person. It's about taking charge of your life and health, to being a partner with your health team in your care, not just an observer. Whether you are fresh off active duty or have been out of military service for "a while," Whole Health helps you to take control of your health and build positive habits for life. By identifying what's important, you can choose care that fits with your health and well-being priorities. Each of us has the power to impact our well-being. Whole Health offers health coaching, skills and the support you need to make the changes you want!

A huge part of helping you meet your goals is providing self-care skills you can practice at home to improve your wellbeing. Classes like yoga, tai chi, meditation, spirit and soul, food and drink, and many more are now available through virtual visits and on demand videos. Discover what matters. Live Whole Health.

Health Coaching

Appointments Only (M-F)	As Scheduled	In-Person, Phone, & VVC	NO WALK-INS Call Ext. 58020 to schedule
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Certified Health Coaches are credentialed members of the healthcare industry who have additional training in the science of health behavior change. Health coaches add coaching skills to their health care expertise to help patients better manage a variety of chronic medical conditions, such as: metabolic syndrome, diabetes, and chronic pain.

A Health Coach is a partner in an individual's behavior change process. This process involves supporting the patient or client as they set goals, unearth values & strengths, and access intrinsic motivations to encourage the development of sustainable healthy behaviors and attitudes.

Healing Waters Fly Fishing

Mondays	10 am	Schofield Honda Conference Room	NO WALK-INS Call Ext. 58187 to schedule
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Whole Health at the Dole VA partners with Project Healing Waters Fly Fishing (PHWFF). PHWFF is a non-profit organization that is dedicated to the physical and emotional rehabilitation of injured and disabled military service personnel and disabled veterans through fly fishing and associated activities including education and outings. The programs provide basic fly fishing, fly casting, fly tying and rod building classes, along with clinics for participants ranging from beginners who have never fished before, to those with prior fly fishing and tying experience who are adapting their skills to their new abilities. All fly fishing and tying equipment is provided for participant use at no cost. Fishing trips may be part of this class experience for Veterans but are also provided free of charge to participants. For many participants, particularly disabled veterans, the socialization, and camaraderie of the classes are just as important as the fishing outings and provide them a new activity.

Healthy Teaching Kitchen

2nd & 4th Tuesday (HTK Basics)	1:00 pm	MEC	Walk-Ins Allowed Call Ext. 53465 to schedule
2nd Thursday (Virtual HTK)	2:30 pm	Virtual	NO WALK-INS Call Ext. 53465 to schedule
4th Friday (HTK Diabetes)	10 am	MEC	Walk-Ins Allowed Call Ext. 53465 to schedule

The HTK program provides veterans with nutrition knowledge, cooking skills, and guided practice to build confidence in cooking at home with healthy, minimally processed foods. Making healthy food choices is the #1 thing you can do for your health. Learning how to cook can be one step towards getting healthier foods on your plate. The Healthy Teaching Kitchen (HTK) program provides Veterans with nutrition knowledge, cooking skills, and guided practice to build confidence in cooking at home with healthy, minimally processed foods. HTK classes are fun and delicious! They give you a chance to learn about nutrition and food preparation first-hand under the guidance of a VA Registered Dietitian.

HTK Basics: In this 12 class series, we cover the basics of cooking nutritious meals and incorporating these skills into daily life. Each week we discuss topics related to healthy eating and demonstrate new recipes that you can try at home!

Virtual HTK: Join HTK virtually to watch cooking demonstrations from home. Recipe selection is based off of veteran requests and recipes are sent out ahead of time so you can cook along with us.

HTK for Diabetes: This is designed as part of the diabetes education series but is open to anyone looking for more diabetes friendly recipes.

MOVE! - Weight Management Program

MOVE! Intro	3rd Wednesday: 10 am	PEC	Walk-Ins Allowed Call Ext. 53465 to schedule
MOVE! Intro	1st Thursday: 2 pm	Virtual	Call Ext. 53465 to schedule
MOVE! Forward	Tuesdays: 10 am	MEC	Walk-Ins Allowed Call Ext. 53465 to schedule
MOVE! Forward	Thursdays: 10 am	Virtual	Call Ext. 53465 to schedule
MOVE! Support	1st Tuesday: 10 am	MEC	Walk-Ins Allowed Call Ext. 53465 to schedule
Women's MOVE! Intro	Monday: 1 pm	PEC & Virtual	Walk-Ins Allowed Call Ext. 53465 to schedule
Women's MOVE! Forward	Thursdays: 11:30 am	PEC	Walk-Ins Allowed Call Ext. 53465 to schedule
Women's MOVE! Forward	Fridays: 1:00 pm	Virtual	Call Ext. 53465 to schedule
Women's MOVE! Support	3rd Thursday: 1 pm	PEC	Walk-Ins Allowed Call Ext. 53465 to schedule

MOVE: Did you know that research studies show losing as little as 5% of your current body weight lowers your risk of heart disease, hypertension, type 2 diabetes, and certain types of cancer? The MOVE! Team is ready to help you improve your health and safely manage your weight. This 16-week program focuses on health and wellness through healthy eating, physical activity, and behavior change.

Diabetes Education Classes

First 4 Fridays, Monthly	10 am	As Scheduled	Walk-Ins Allowed Call Ext. 54627 to schedule
First 4 Fridays, Monthly	10 am	As Scheduled	Walk-Ins Allowed Call Ext. 54627 to schedule

Each class covers a different topic related to management of diabetes education. Topics include: difference types of diabetes, checking blood sugars, looks at trends, treating blood sugar levels, medications, stress, foot care, goal setting, diet, recipe reviews, and cooking demonstration.



Recreation Therapy

Monday - Friday	As Scheduled	Location Varies	NO WALK-INS Call Ext. 51181 to schedule
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Recreation Therapy is a process that utilizes recreation and other activity-based interventions to address the needs and goals of individuals with various conditions. These interventions could be scheduled on an In-patient or Out-patient basis and may include but are not limited to: community outings, arts and crafts projects, musical experiences, card and board games, and local YMCA visits. Guided by a Certified Therapeutic Recreation Specialist, this service takes a “whole person” approach to provide veterans with the chance to explore personal interests and engage in meaningful activities that can assist in the improvement of physical, mental and social health.

Veterans can work on developing skills, knowledge and behaviors that improve your quality of life and increase community involvements while also discovering something new about yourself and having fun doing so.

Hobbies Group

Mondays	1 pm	Location Varies	NO WALK-INS Call Ext. 51181 to schedule
Mondays	3 pm	Location Varies	NO WALK-INS Call Ext. 51181 to schedule

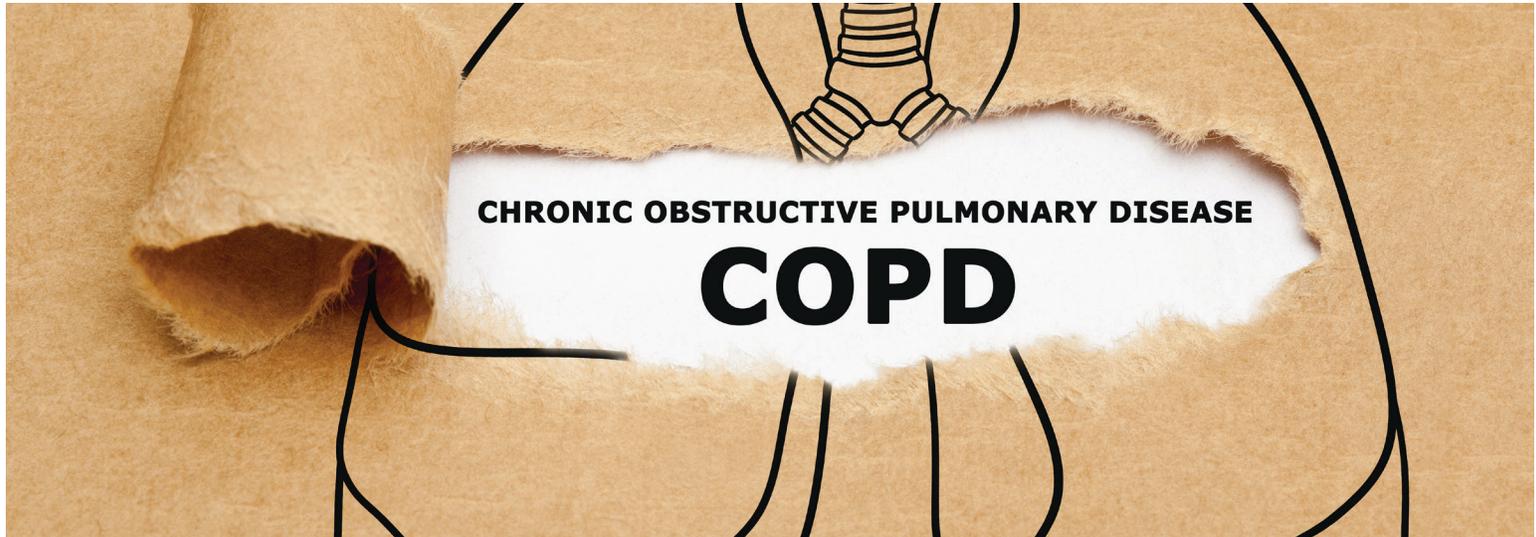
The Hobbies group is for Veterans who are looking to find a hobby or maybe already have one but are looking to connect with others that share these interests. Veterans in this group will get to experience a mixture of community outings, presentations by community members and open studio days for attendees to show off what they are currently working on. This group gives the freedom to explore, create, socialize and share passions all in one space while also providing Veterans with structured meaningful experience to improve their individual quality of life.



COPD Patient Education Group:

1st Wednesday	9 a.m.	PEC C&D (even months) Virtual (odd months)	NO WALK-INS Call Ext. 53465 to schedule
3rd Tuesday	1 p.m.	PEC B	NO WALK-INS Call Ext. 53465 to schedule

This one-time 2.5 hour class will cover many COPD and tobacco cessation related topics. These topics include: COPD causes, diagnosis, and how the disease affects the lungs; medications for COPD and tobacco cessation; breathing exercises; devices for COPD and how to use them; nutrition with COPD; and tips for healthy living with COPD.



Clinical Hypnosis

Mondays	1 pm	Bldg. 5	CONSULT Provider
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The WH Clinical Hypnosis or Clinical Hypnotherapy Group is for Veterans who would like to improve their health through learning skills to relax and focus the mind to change habit patterns. These groups are time limited and face to face. The groups will be rotating through different issues to assist with Pain Management, Smoking Cessation and Weight Control.

Please ask one of your Providers if this may be for you. The groups will be limited to six – eight persons.

Be Body Positive Group

Wednesdays	10 am	Virtual	NO WALK-INS Call Ext. 58094 to schedule
Thursdays	1 pm	Virtual	NO WALK-INS Call Ext. 58094 to schedule

Be Body Positive VA provides a nonjudgmental space for individuals to explore their personal issues with beauty, health, identity, and changes in how our bodies function. In this 10 week virtual workshop, we discuss the reasons why so many people are unsatisfied with their body and what we can do to make positive changes individually and together. Be Body Positive is a place where veterans can come together without comparison or judgment of self or others, which allows for true connection and healing.

Partner Programs

Pain Management Team

The Dole VA Pain Management team has several skills staff including Medical Providers with pain expertise, pain physical therapist, pain pharmacist and highly skilled nurses. These staff partner with Veterans to address concerns with pain to help Veterans achieve a higher functioning.

PROCEDURES OFFERED BY PAIN CLINIC

- Cold Laser Therapy
- Alpha-Stimulation Therapy
- Battlefield Acupuncture
- Trigger Point Injections
- Occipital Nerve Blocks
- Ilioinguinal Nerve Blocks
- Scar Injections
- Sacroiliac Joint Injections
- Ganglion Nerve Blocks
- Intercostal Nerve Blocks
- Celiac Plexus Nerve Blocks
- Epidural Steroid Injections
- Medial Branch Nerve Blocks
- Radiofrequency Nerve Ablations
- Spinal Cord Stimulation
- Implantable Drug Delivery Systems
- Clinical Hypnosis

Referrals: Veterans can speak to their PCP team about a referral to the Pain clinic or contact the Pain Clinic directly to schedule:

Call VA: 316-685-2221

Nurse extension: 53951

Scheduling extension: 58079

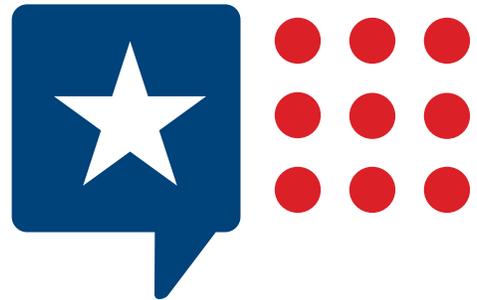
Behavioral Health Services

Veterans can access mental health services through the Behavioral Health department at the Dole VA located in Building 5. There are many services offered including: individual and group therapeutic services, substance use treatment, peer support and medication management.

To request an appointment:

Veterans can speak to their PCP, call the main VA line at 316-685-2221, or present to Bldg. 5 Triage between 8 am - 3 pm. Veterans whom are in crisis can call the Veterans Crisis Line or present to the Emergency Room.

Veterans Crisis Line



**DIAL 988 then
PRESS 1**



