

# SOLARISCARE SJOG WEEKLY PROGRAM

## From 14<sup>th</sup> July 2010

**Please Note:**  
1 treatment per week

**WARD VISITS CAN BE BOOKED**

**PLEASE PHONE 9388 9788 TO MAKE AN APPOINTMENT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>				
<b>↓ MORNING THERAPIES ↓</b>				
9:30 10:30 11:30 am <b>REFLEXOLOGY</b>  Haruko Mizoguchi <b>Weekly</b>	9.30 10.30 <b>BOWEN THERAPY</b>  Fenella Norman <b>Weekly</b>	10.00 11:00am  <b>REFLEXOLOGY</b> Dina Shah <b>Wk 2 Mth</b>	10.30 11.30 <b>CREATIVE VISUALIZATION</b>  Helen Martino-Bailey <b>Weekly</b>	9:30 10:30 11:30 am <b>RELAXATION MASSAGE</b>  Michelle McGregor <b>Wk 2 - Monthly</b>
9:30 10:30 11:30 am <b>HEALING TOUCH</b>  <b>Wk 1</b> Ainslie Allison <b>Wk 2</b> Jane Meiklem	9:30 10:30 11:30 am <b>REFLEXOLOGY</b>  <b>Wk 2</b> Vera Washer	10.00 11.00 12.00 <b>BOWEN THERAPY</b> Susan-Jane Morison <b>Weekly</b>	9:30 10:30 11:30 am <b>REIKI</b>  <b>Week 1</b> Marjorie McKercher <b>Week 2</b> Ula Panotidis	<b>9.30 10.30 11.30</b> <b>RELAXATION MASSAGE</b>  <b>Florence Stevens</b> <b>Week 1</b> <b>Beginning July 2<sup>nd</sup></b>
9.30 10.30 11.30 am <b>REFLEXOLOGY</b>  Jeanette Avins <b>Weekly</b>	9:30 10:30 11:30am <b>PRANIC HEALING or REIKI</b>  Margaret Papaellis <b>Weekly</b>	9.30 10.30 11.30 <b>REIKI</b>  <b>Donna Ward</b> <b>Weekly</b>	9.30 10.30 <b>REIKI</b>  <b>Claire Walsh</b> <b>Weekly</b>	9.30 10:30 11:30 am <b>REFLEXOLOGY</b>  Julianne Newling <b>Week 1</b>
<b>*NEW*</b> <b>Acupuncture (Pain Relief)</b> <b>10.00 10.25 10.55</b> <b>QI GONG</b> Andrew Lim <b>GROUP SESSION</b> 11.30 – 12.45 am <b>Weekly</b>		10:00 11:00 am 12:00 pm <b>BOWEN THERAPY</b>  Julie Foster <b>Weekly</b>		<b>QI GONG</b> <b>GROUP SESSION</b>  Anita Adhitya 9.30am – 10.30-am <b>Wk2</b>
<b>*NEW*</b> <b>10 am – 11 am</b> <b>CARERS CUPPA</b> <b>Self Care for Carers</b> <b>Weekly</b>	9.30 10.30 <b>COUNSELLING</b>  Li-Anne Yellachich <b>Weekly</b>	9:30 10:30 11:30 am <b>COUNSELLING</b>  Jill Lawson <b>Weekly</b>	<b>NEW*</b> <b>10.30 -11.30</b> <b>HANDS ON CARER'S GROUP</b>  Charlotte Keay <b>Weekly</b>	
<b>PM</b>				
<b>↓ AFTERNOON THERAPIES ↓</b>				
1:30 2:30 3:30 pm <b>PRANIC HEALING</b>  Patricia Williams <b>Weekly</b>		1:00 1:45 2:30 3:15 pm <b>KINESIOLOGY</b>  Martin Quinlan <b>Weekly</b>		<b>NEW * BEAUTY THERAPY</b> Julia Cattalini Wards, Ivy Suite 1.30 2.30 <b>GROUP THERAPY</b> 2.30 to 3.30 <b>Monthly – from July</b>
1:30 2:30 3:30 pm <b>PRANIC HEALING</b>  Colleen Coccoaro <b>Weekly</b>		1:00 2:00 3:00pm <b>HEALING TOUCH</b> Claire Jenkins <b>Wk 2</b>		1.00 2.00 3.00pm <b>RELAXATION MASSAGE</b>  Nicki Van Maaenberg <b>Wk 1</b>
			1:00 1.45 2.30pm <b>PRANIC HEALING</b> Rae Yorg <b>Week 1</b>	1.30 2.15 <b>REIKI</b> Kerryn Lambert Centre, Wards & Ivy Suite Weekly As of 2 <sup>nd</sup> July
			1.30 2.30 3.30 <b>REFLEXOLOGY</b>  <b>Catherine McIvor</b> <b>Week 1</b>	<b>*New*</b> <b>RELAXATION MEDITATION</b> Christine Anthony - Weekly <b>Avail in Wards</b> <b>1:00 2:00</b> <b>GROUP SESSIONS</b> 3.30 to 4.30 in the Centre

# Coming Events at SolarisCare

## Beauty Therapy

Mini Facials – Gentle Massage  
How to apply natural looking eyebrows after hair loss  
due to chemotherapy treatments  
The art of camouflage and concealers for scarring and redness

**Monthly - Friday Sessions**

**Private and Group Sessions**

**SolarisCare is currently seeking:**

**\* Volunteer Therapists  
Massage**

**Reflexology, Beauty**

**\* Volunteer Meet and Greet  
Volunteer Fundraisers**

### “Carers Cuppa’s”

Time out for Carers every Monday 10 am to 11 am  
Enjoy a Cuppa and a chat about complementary therapies and how they  
might be helpful for the person you care for.

### “Hands on for Carers”

Carers Group Hand Massage  
Learn Hand Massage techniques  
Each Thursday from 10.30am to 11.30am



### **Chemo Club - Aspire Fitness**

Steve Smith's Gym at the Claremont Oval is the home of the Chemo Club. Exercise has been shown to reduce the side effects from Cancer treatment, improve energy levels, aid immune function, and may even improve outcomes in some types of cancer. The sessions are attended by physiotherapist, exercise physiologist and trained nurses (all volunteers)  
Participants will have a separate room for this class. The Chemo Club is free and operates totally on donated services. Call SolarisCare for further details.



**CANCER SUPPORT CENTRE**  
St John of God Hospital

Providing free  
**Complementary Therapies & Information Service**

To all St John of God Hospital  
Patients and their Carers

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Complementary therapies are those treatments and supportive care given alongside the mainstream cancer treatments of surgery, radiotherapy and chemotherapy.

Many complementary therapies are traditionally accepted by doctors because they can help people feel better and more able to cope with their mainstream cancer treatment.

**SolarisCare is a Drop-in Centre – No appointment necessary**

Feel free to come in, have a cup of tea, sit quietly in our lounge or chat with our volunteer staff who will also assist you in making an appointment for one of our therapy sessions.

**THE CENTRE IS OPEN MONDAY TO FRIDAY**

**From 9:30am – until 4:30pm**

**SolarisCare Foundation**

St John of God Hospital  
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