



The Big Red Barn Retreat
Providing a place for peace

June Newsletter

Big Red Barn Retreat's Summer Jam 2019 is Next Month!

The 2nd Annual Summer Jam concert, presented by All American Heating & Air, is only a month away! Get your tickets in advance now by going here: **[Tickets for Summer Jam 2019](#)**.

Things will get started at 7 p.m. on Friday, July 19th at Doko Meadows Park with Army veteran Brendan Roberts, a talented country music singer/songwriter, as the opener. Then, Tommy DeCarlo, lead singer of the legendary rock group *Boston*, along with his band *DeCarlo* will headline the event. Their performance will begin at 8:30 p.m.

The Big Red Barn would like to thank All American Heating & Air, the town of Blythewood, WCOS, AllSouth Federal Credit Union, Bank of America, Blue Marlin, BlueCross BlueShield, Blythewood Oil, Blythewood Pharmacy, Charter NEX Films, Coca-Cola, Dunbar Funeral Home, Fairfield Electric Security Services, Lake Wateree AMVETS Post 33, McNulty's Taproom, McWhirter, Bellinger and Associates, P.A., Porter Gas Service, Sonic Drive-In, Sonya Arnold Motes of

Merrill Lynch, Southern Reflection Building and Remodeling, and Thunder Tower Harley-Davidson for sponsoring this year's event.

The proceeds from Summer Jam will go directly towards funding therapeutic services for veterans and active duty service members at little to no cost. We hope to see you at the concert this year!



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New Yoga Class Schedule at the Big Red Barn Retreat this Summer!



Yoga Schedule: Summer 2019

Free, Service Member Yoga Classes

<u>Day of Week</u>	<u>Time</u>	<u>Teacher</u>
Monday	6:30PM	Jessica Barnes-Smith
Tuesday (iRest Yoga Nidra)	5:30PM	Vicky Saye Henderson
Thursday	5:30PM	Liza Estes

Open to the Public Yoga Classes (\$10 donation)

<u>Day of week</u>	<u>Time</u>	<u>Teacher</u>
Tuesday (Yoga 101)	7:00PM	Vicky Saye Henderson
Thursday (Chair Yoga)	10:00AM	Vicky Saye Henderson
1 st Saturday of the month (special workshop)	To be announced	Rotating instructors

Yoga classes are held in the white building, located in front of The Big Red Barn at 8024 Winnsboro Road. Enter the building from the back, up the ramp.

Be sure and join us at the Big Red Barn Retreat this summer for Yoga 101 on Tuesdays at 7 PM, **Chair Yoga** on Thursdays at 10 AM and Special Yoga Workshops to be announced. We will see you on the mat!

“Yoga does not always cure stress. It neutralizes it through increasing awareness and by changing self-perception.”

— **Debasish Mridha**

5 Benefits Of Chair Yoga

stretchtopia.com

- 1 Can be done almost anywhere.**
At home, on a bus, on an airplane, in a car. You name it. Plus, it can be performed by almost anyone, including seniors and those with disabilities.
- 2 Reduced stress.**
Can lessen the impact of chronic illness and pain. For seniors, chair yoga can be very helpful with feelings of isolation. Being calmer and more relaxed can lead to a greater sense of happiness and overall well-being.
- 3 Improved strength and flexibility.**
Chair yoga meets people "where they are" physically, and promotes greater overall fitness and health.
- 4 Easier on the joints.**
Reduces strain on joints and muscles, making it even more accessible to those that are unable to perform traditional yoga poses.
- 5 Opportunity to meet people.**
A chair yoga class provides the perfect venue for meeting new people and an opportunity socialize regularly.

Veteran Spotlight: Melissa Heuhls Wheeler

Melissa Heuhls Wheeler served 23 years in the U.S. Air Force and retired in 2015. After retiring, Melissa



wanted to spend some time traveling to reconnect with friends and former colleagues. It was during this trip that she realized how important this re-connection was and that she wanted to invest in people. During Melissa's time in the Air Force, she looked out for and took care of people. That passion for taking care of others never went away.

"I wanted to volunteer and make a difference", says Wheeler. "I still needed a purpose in life." She then sought a nonprofit organization to assist and that led her to the Friday peer to peer mentoring group that meets at the Big Red Barn Retreat.

Wheeler feels that the Big Red Barn Retreat is the only nonprofit of its kind. "To me, the Big Red Barn Retreat is a lifesaver", said Wheeler. "All of the services are for the whole person concept: physically, mentally and emotionally." She has seen first-hand how the Big Red Barn Retreat has helped someone make it through a difficult time. That is the Big Red Barn Retreat's biggest goal: to help veterans and service members who are struggling with issues in their lives.

The Big Red Barn's Healing Arts Workshop to feature Music Therapy

This month's Healing Arts Workshop will focus on Music Therapy. On Saturday, June 8th at 10 a.m., the Big Red Barn Retreat will host this unique workshop.

The main goal(s) of music therapy is to help with communication, social, sensory, physical, cognitive and emotional skills. Music therapy can be used for facilitating movement and overall physical rehabilitation and motivating clients to cope with treatment. It can provide emotional support for clients and their families, and provide an outlet for expression of feelings.



Laura Theismann, with Key Changes Therapy Services, will be facilitating this workshop. Laura is a board-certified music therapist with more than 10 years of experience working with a wide range of individuals, including those who have served in the military. Vicky Saye Henderson, Yoga Programs Coordinator, is the host for this event. Henderson is a trained actor, singer and performer and teaches in those disciplines as well.

Please email Jim Dukes, Dir. Healing Art Programs with the Big Red Barn at jimdukes71@gmail.com to reserve your spot since space is limited. We can't wait to see you there!

Don't miss the chance to volunteer at the Big Red Barn Retreat



Big Red Barn Retreat will have a volunteer day on Thursday, June 13th at 9 AM. The volunteer efforts on this day will focus on trail maintenance. Sticks, leaves and other debris will be cleared away on the walking trails.

The next opportunity to volunteer will be on Saturday, September 21st at 9 AM. Installing a labyrinth is what volunteers can

expect to help with that day.

To sign up for a chance to volunteer, go here: **Sign up to volunteer**. If there are any further questions please contact the Big Red Barn Retreat at (803) 716-9097 or by email at info@thebigredbarnretreat.org.

Donate

None of these programs would be made possible without your generosity! To support the continued growth of The Big Red Barn Retreat and help fund FREE services like the ones mentioned above, be sure to visit <https://www.thebigredbarnretreat.org/donate> or click the button above.

The Big Red Barn Retreat | 8024 Winnsboro Rd. Blythewood, SC 29016 | (803) 716-9097 | thebigredbarnretreat.org | info@thebigredbarnretreat.org

