

# John Montesdeoca

(John Montey)



## Digital Production Portfolio

[www.johnmontey.com](http://www.johnmontey.com)

**Client:** Beachbody  
**Project:** UK Site Production  
**Live URL:** Discontinued  
**Contributions:** Development support, QA, page layout in WordPress



## Results-Driven Classes

See real progress with proven workouts responsible for countless transformations!

FIND A CLASS

BECOME AN INSTRUCTOR

## BEACHBODY® LIVE CLASSES

Choose the class that fits you!



### HIGH-INTENSITY INTERVAL TRAINING

Prepare to shatter your limits with challenging drills and explosive moves that will help you get in the best shape of your life—no matter where you're starting from. Ready to Dig Deeper®?

FIND A CLASS

BECOME AN INSTRUCTOR



### LOW-IMPACT BODYWEIGHT TRAINING

Sweat, stretch, and strengthen—all in one workout! This unique total-body conditioning workout inspired by the muscle-sculpting, core-firming benefits of Pilates and the strength and flexibility training of flowing yoga movements.

FIND A CLASS

BECOME AN INSTRUCTOR



### PROFESSIONAL DANCE FOR EVERYDAY PEOPLE

It's dance. It's sweat. It's the future of exercise! Created by Shaun T, world-famous choreographer and fitness trainer, CIZE™ LIVE puts all eyes on you as you break down professionally choreographed, easy-to-teach dance routines that anyone can do. You'll inspire people to step up their dance game—and their confidence!

COMING SOON



### FIND STRENGTH IN NUMBERS

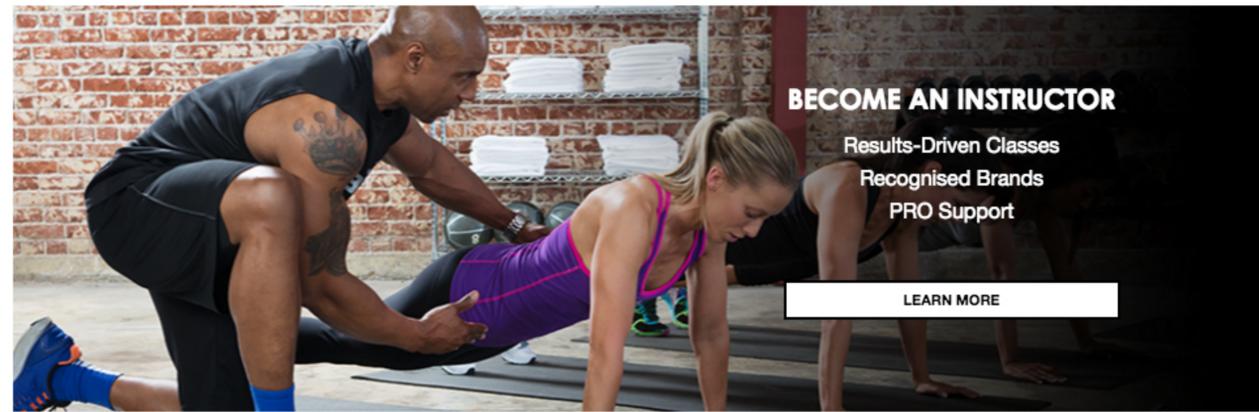
This popular total-body strength and cardio-conditioning class creates a strong community of friendly competition, encouragement, and personal fitness breakthroughs. It's got the ultimate variety and group atmosphere to keep your classes engaged and challenged as you help them push past plateaus and meet their goals.

FIND A CLASS

BECOME AN INSTRUCTOR

COMPARE CLASSES

ARE YOU A GYM?



**BECOME AN INSTRUCTOR**  
 Results-Driven Classes  
 Recognised Brands  
 PRO Support  
 LEARN MORE

## SUCCESS STORY

Read about the transformation

**Helen H.**

*"I see people saying INSANITY changed my life, and in the past I would have been sceptical. But I've been there and it changed mine. And now that I am leading INSANITY LIVE classes I can do the same for other people."*



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†Results vary depending on starting point, goals, and effort. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition. The testimonials featured may have used more than one Beachbody product or extended the program to achieve their maximum results.

Consult your physician and follow all safety instructions before beginning any exercise program or using any supplement or meal replacement product, especially if you have any unique medical conditions or needs.

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**Client:** Boston Scientific

**Project:** Interactive quiz development

**Live URL (redesigned):** <https://www.treatmybph.com/bph-patient-us/take-the-quiz.html>

**Contributions:** Quiz logic and design, page layout, QA, Salesforce integration

TreatMyBPH

Understanding BPH ▾

Take the Quiz

Treatment Options ▾

Find a Specialist



## Do you have BPH?

Our quiz is designed to provide you with insight into the severity of your potential BPH symptoms. It's based on the International Prostate Symptom Score (IPSS) survey used by doctors around the world to assess men like you. It doesn't attempt to provide medical advice or a diagnosis. It's simply a tool to help you kick-start the conversation about BPH symptoms with your doctor.

Once you've completed the quiz, you'll be able to print the questions and your answers – so you can bring a copy to your next doctor's appointment.

Take the Quiz

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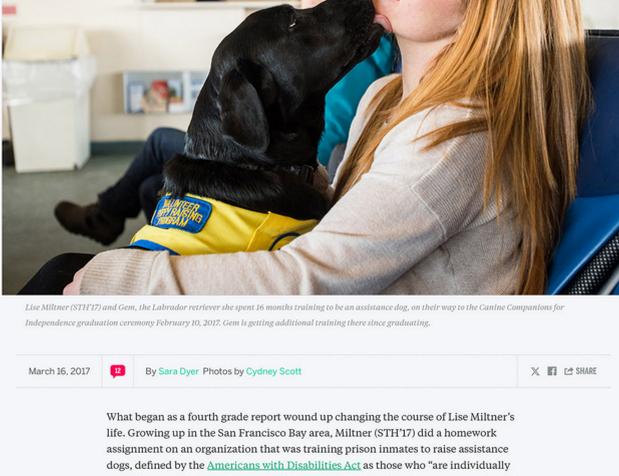
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## The Path of an Aspiring Assistance Dog

Lise Miltner (STH'17) raises prospective assistance dog Gem



Lise Miltner (STH'17) and Gem, the Labrador retriever she spent 16 months training to be an assistance dog, on their way to the Canine Companions for Independence graduation ceremony February 10, 2017. Gem is getting additional training there since graduating.

March 16, 2017 By Sara Dyer Photos by Cydney Scott

What began as a fourth grade report wound up changing the course of Lise Miltner's life. Growing up in the San Francisco Bay area, Miltner (STH'17) did a homework assignment on an organization that was training prison inmates to raise assistance dogs, defined by the [Americans with Disabilities Act](#) as those who "are individually trained to do work or perform tasks for people with disabilities." Miltner was hooked. "I wanted to help people by raising service dogs. It's something I always had in the back of my mind," she says.

Fast forward to September 2015. Miltner, who was earning a Master of Divinity at the School of Theology, had gotten in touch with [Canine Companions for Independence](#), the nonprofit she had written about as a fourth grader, which provides highly trained assistance dogs to people with disabilities. She wanted to become a volunteer puppy raiser.



Miltner (from left), Gem, Mary Mortenson (STH'19), Leticia Trujillo (STH'19), Isaac Martinez, and Eun Su Kim (STH'19) at an STH class taught by Courtney Goto September 28, 2016.

She was paired with 10-week-old Gem, a female black Labrador retriever. Like most lab puppies, she was a little goofy, but sweet and wonderful. Thus began a special relationship.

Over the next 16 months, Miltner and Gem were inseparable.

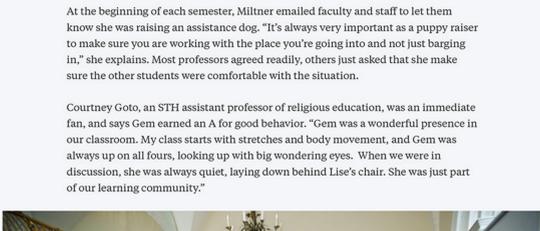
In addition to raising the growing puppy, giving her lots of love, and teaching her manners and more than 40 basic commands, one of Miltner's biggest responsibilities was to provide her with adequate socialization—exposing her to different types of surroundings to prepare her for a possible life as an assistance dog. The two could be spotted on the T en route to a vet's appointment, walking to and from home along Comm Ave, in classrooms at STH, even at FitRec, where Miltner takes ballet classes. She says students loved seeing Gem around campus. Ditto professors.



Clockwise from top left: Miltner (second from left) and Gem at a holiday party at the home of Lindsey Nielsen (STH'18) (far left), December 9, 2016. On the T, en route to the vet's office to pick up heartworm and flea treatment, which Miltner pays for out of pocket. Miltner and Gem at a September 21, 2016, meeting of the Interfaith Club, which Miltner founded at STH.

At the beginning of each semester, Miltner emailed faculty and staff to let them know she was raising an assistance dog. "It's always very important as a puppy raiser to make sure you are working with the place you're going into and not just barging in," she explains. Most professors agreed readily, others just asked that she make sure the other students were comfortable with the situation.

Courtney Goto, an STH assistant professor of general education, was an immediate fan, and says Gem earned an A for good behavior. "Gem was a wonderful presence in our classroom. My class starts with stretches and body movement, and Gem was always up on all fours, looking up with big wondering eyes. When we were in discussion, she was always quiet, laying down behind Lise's chair. She was just part of our learning community."



Multitasking: Miltner and Gem at Theology House November 4, 2016.

Miltner will tell you that raising a prospective assistance dog is not all treats and tail wags. "I've sacrificed a lot," she concedes. "I would say that I basically arranged my life around Gem." The volunteer puppy raisers are expected to supervise their young charges throughout the day. It's not easy when you're pursuing a full-time master's degree and working a night shift. On nights when she had to work, a friend would watch Gem or she'd crate her. And while Canine Companions covered Gem's initial shots and helped reimburse Miltner for some veterinary bills, she was responsible for paying for Gem's food, additional booster shots, travel, toys, training treats, and grooming supplies.



Miltner grooming Gem February 8, 2017, before bringing her to Canine Companions for graduation. "I want her looking her best," Miltner says.

Last month, after nearly a year and a half of training and bonding, Miltner and Gem traveled to Long Island to Canine Companions' Northeast Training Center in Medford, N.Y. It was a day Miltner had been working toward—and dreading. She would walk Gem across a stage during a formal matriculation ceremony before handing her over for six months of advanced training with Canine Companions' nationally renowned instructors. Those dogs who make the grade are matched with a person on the organization's wait list. If the two are deemed a good match after meeting in person, they then go through a two-week training session at Canine Companions' campus, where they learn to work together. Not every dog passes the test. In fact, only 4 out of 10 make it through the entire program.



Clockwise from top left: Gem and friends: assistance dogs in training at the Canine Companions' Northeast Training Center dog park in Medford, N.Y., February 10, 2017. Participating in the Canine Companions graduation ceremony February 10 were 28 assistance-dogs-in-training and their trainers; Gem earned a medallion for completing the first phase of assistance-dog training and Miltner received a certificate. Gem and Miltner (center) at the graduation ceremony.

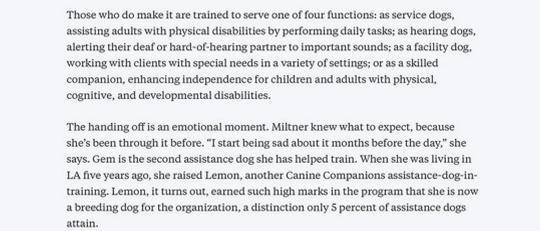
Those who do make it are trained to serve one of four functions: as service dogs, assisting adults with physical disabilities by performing daily tasks; as hearing dogs, alerting their deaf or hard-of-hearing partner to important sounds; as a facility dog, working with clients with special needs in a variety of settings; or as a skilled companion, enhancing independence for children and adults with physical, cognitive, and developmental disabilities.

The handing off is an emotional moment. Miltner knew what to expect, because she's been through it before. "I start being sad about it months before the day," she says. Gem is the second assistance dog she has helped train. When she was living in LA five years ago, she raised Lemon, another Canine Companions assistance-dog-in-training. Lemon, it turns out, earned such high marks in the program that she is now a breeding dog for the organization, a distinction only 5 percent of assistance dogs attain.



"You spend all this time training your dog, and sometimes it can be hard to feel connected to that higher purpose," she says. "This day is a reminder of the gift I'm going to be able to give someone. That's why I do it."

After a long day of anxious anticipation, and last-minute snuggles, Gem is handed off to her new instructor, padding towards her next chapter. Gem doesn't look back. Her future is still unclear, but Miltner has a hunch of what's in store.



"Gem is very strong-willed, but she's very sensitive and highly reactive. That can make her difficult to train, but my hope is that Canine Companions will see those qualities as positive attributes, that maybe she'll be a good candidate for their hearing dog program...That's my hope for her."

Learn more about training a Canine Companions for Independence assistance dog [here](#).

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Sara Dyer Profile

**PHOTOJOURNALIST** Cydney Scott has been a professional photographer since graduating from the Ohio University VisCom program in 1998. She spent 10 years shooting for newspapers, first in upstate New York, then Palm Beach County, Fla., before moving back to her home city of Boston and joining BU Photography. Profile

