

8/7/15 – CAMTC breakfast meeting at the Cavalier Diner

Present: [Janice Cartwright](#) CMT, [Elliott Brown](#) of Common Ground (Executive Director), [Paige Ryan](#) of Common Ground (Marketing/Outreach director), [Ernie Kidd](#) CMT, [Lucia Kaestner](#) CMT, [Holly Hermanson](#) CMT, [Betty Mooney](#) CMT, [Dee Walsh](#) CMT

Janice shared the “Arm Aid” device, which can be used for self-treatment of the arm. For more info, check out www.armaid.com or call 800-488-5505. (Janice also mentioned that she’s just sharing info – and doesn’t have stock in the company! ;-)



Ernie mentioned that there would be continuing education class on the ankle this coming weekend (now past, at the time notes were posted) which uses the [Lauren Berry method](#) and is being taught by [Taum Sayers](#). In class, students actually build joints out of clay and make a model to facilitate understanding. The concept is "build it, find it, fix it." Even though this particular class is over, I’m passing this information on so that if you are interested, you could look up this method and/or ask Ernie for a personal referral, as he’s found this to be a really helpful learning model.

Elliott and Paige of [Common Ground](#) gave us an introduction their nonprofit agency which supports integrative health options for low income and challenged families. Any therapist who is interested in learning more about Common Ground services, or in volunteering a few hours a week to serve

underserved populations, feel free to contact Elliott at 434-218-7677 for more information. We also congratulated Elliott on her recent nuptials!

You are also welcome to contact any of the bodywork therapists who work at Common Grounds regularly for more information. This group includes: Cate Caldwell, Jarrell Armstrong, Jay DeMaio (on leave currently), Jessica Tosto, Joshua Levine (who is on his way to Nursing School, congrats!), Lauri Ross, Patricia “Moonglow” Springer, Rose Brown, Sarah Handley, Star Matthews, and Sue Bovenizer.

Betty floated the idea of using Common Ground therapists to work with nursing home aides on-site, in their facilities, because these workers have little time and sadly, little money to spend on self-care.

Holly mentioned an interest in prison outreach programs, and wondered if anyone in the group had any experience with this (female-only) population. It was suggested that she might need to focus on post-release services, such as halfway houses and support groups.

Once again, the subject of non-professional massage providers, some of whom might be offering sexual services, came up in conversation. Elliott mentioned "[The Arbor](#)" as a potential resource. The Arbor is an organization focusing on resolving human trafficking, and is located right here in Charlottesville. The concern of some members of this group is that some of these women offering these types of services might be doing so against their will, and if so – how can we help? When visiting the website for The Arbor, scroll down to the bottom of the home page for more info.

A relatively new source for potential referrals is the [University of Virginia's Integrative Medicine practice on Pantops](#) – Cawood Fitzhugh, BSN, MSN, FNP, John G Leiner, MD, and Denise A Way, MD might be good contact persons there.

Elliott offered up a meeting space at Common Ground for our next gathering, which should be quite convenient for many, as the location is very central near the downtown mall.

Now that we have a location, anyone who wants to weigh in on the next meeting date and time – just do it! Email to deecompression@gmail.com welcome.