

CAMTC Meeting Notes – 8/15/18

Breakfast at Villa Diner/Emmet Street

Present: [Dolo Brandolo LMT](#), [Cate Caldwell, LMT](#), [Sarah Handley, LMT](#), [I Lucia Kaestner LMT](#), [Jennifer Kupiec, LMT](#), [Darlene Leon LMT](#), [Pat Meyer-Peterson LMT](#), [Cecilia Mills, LMT Applicant](#), [Betty Mooney, LMT](#), [Dee Walsh LMT](#), [Mia White, LMT](#)

Dolo is enjoying grandparenting her “almost one-year-old” granddaughter Anna, and continues with an active practice ([Touchstone Massage](#)) in traditional and stone massage at her studio on Berkmar.

Cate, who first met Sarah at Boar’s Head years ago, now enjoys her practice at the non-profit [Common Ground Healing Arts](#), downtown/Old Jefferson School.

Sarah, who... you guessed it ... met Cate first at Boar’s Head, now volunteers with Common Ground and has a thriving massage practice ([Fire & Water; Therapeutic Massage & Thai Healing Arts](#)) which includes Swedish/Traditional Thai (northern style), among other modalities. Her practice, located at 800 East High Street, is associated with [Shala](#), a group of Healing-Arts practitioners.

Lucia just enjoyed a trip to Tuscany, where she had the pleasure of meeting Andrea Bocelli at his home – this as part of a small-group experience arranged by the [Italian-American Cultural Association of Virginia](#). Lucia, a former RN, serves as a caregiver *and* manages to keep up a thriving medically-oriented massage practice via her home studio.

Jennifer, the current President of the Virginia Chapter of the AMTA, joined us from her home in Waynesboro, where she has a massage practice that focuses on pain management/injury recovery, and she is studying to become a personal trainer for people who would like to work outside of a gym setting. All clients are welcome in her practice, but she is particularly interested in working with people who are dealing with weight-management issues.

Darlene, a retired RN and a massage therapist since 2000, maintains a solo practice at the Charlottesville Wellness Center at 901 Preston Ave. She and her husband Andy, also a retired RN and hypnotherapist, have enjoyed traveling the country far and wide, and Darlene most recently attended the [AMTA National Convention](#) held Aug 9-11 in Washington, DC. The handouts from various CE seminars are available on-line; Darlene especially enjoyed the classes on Fibromyalgia and Ethics, and also had a great time meeting other therapists, including a younger clinician from New York, with whom she hopes to keep in contact.

Pat continues to volunteer with Hospice and with the Special Olympics, and maintains a private practice (also at the Charlottesville Wellness Center), focusing on Zero Balancing, Sensory Awareness, and Shiatsu. At least 4 of the people at breakfast (Darlene, Dee, Mia and Sarah) can happily call themselves “Pat’s Students” from her tenure as an instructor as the Virginia School of Massage in the late 1990s/early 2000’s.

Cecilia joined the group for the first time, and is looking forward to taking the MBLEx and becoming licensed soon. She’s been in the healing community for many years, and moved to Charlottesville about 4 years ago. Cecilia is actively building her practice here, and welcomes referrals for both table and chair massage needs. Her focus is on Japanese/Asian-style modalities, including Amma, Jin Shin Jyutsu and Zero Balancing, and she also does traditional pain-relief/Swedish massage. More information about her practice is available at www.calmingpoints.com.

Betty was recently honored by the AMTA for – as she puts it – “Being Old”. WE prefer to honor Betty for just..... BEING BETTY. Betty’s been a massage therapist since 1972 and a member of the AMTA since 1988. As a nod to being... “older”, Betty is moving a bit away from practicing hands-on massage, and is now focusing her efforts on becoming a certified teacher of meditation and [Mindfulness-Based Stress Reduction \(MBSR\)](#) at UVA, where she is already associated with the School of Nursing’s [Compassionate Care Initiative](#).

Dee’s officially part of the “Sandwich Generation” now, and is loving being a Grandmother to Charlotte (8 months) and Luke (8 weeks), and caring for kids and elders takes up most of her time since retiring from active practice last year. Dee produced an educational video and primer intended for teaching laypeople the basics of massage in the home setting,

and still welcomes referrals to clients who are interested in learning how to help family members using basic massage techniques. She's done intro classes at PVCC and at Common Grounds Healing Arts, and welcomes groups ranging in size from couples to 10 students. More info at: <http://www.deecompression.com/VideoPrimer.html> .

Mia is now a "Full-Fledged Empty Nester", as her 3 boys (ranging in age from 32 to 22), are all now college grads and successfully launched.... She's enjoying being a Yoga Instructor and working with women of all ages in her [massage practice](#) in Crozet, and modalities include ZB, CST, MFR, visceral manipulation, and traditional massage techniques.

General Discussion Topics Included:

The group welcomed for the first time Jennifer Kupiec, who is the current President of the VA AMTA chapter. Next year's state conference is likely to include Doug Nelson as a keynote speaker and educator.

Several folks attended the most recent AMTA National Convention in Washington DC. Hopefully, Pat will get to attend at some point, as – like Betty – she has been an member for 36+ years! Handouts from the 2018 lectures are available here: <https://www.amtamassage.org/education/AMTA-National-Convention/AMTA-2018-National-Convention-Speaker-Handouts.html> The 2018 Convention will be held in Indianapolis.

It was noted that the CAMTC group is completely voluntary, with no dues or set meeting structure, and is open to all MTs and allied health providers, regardless of ABMP/AMTA/Other affiliation. For more info, and/or to submit a synopsis of your practice for the purposes of information-sharing/increasing your referral base, please go to: www.deecompression.com/CAMTC.html.

It was suggested that therapists who are newer to the profession might appreciate hearing about gatherings and other opportunities via <https://www.meetup.com/>, and Cecilia offered to be the point-person for that effort in the future. Another suggestion was to meet over beer rather than coffee..... and that sounded like a fine idea, to the person generating the notes, anyway!

Betty Mooney led us in a moment of reflection and support for two of our colleagues who are dealing with serious health issues, and Pat Meyer-Peterson has set up accounts for donations to offset medical costs and lost income for both Holly Hermanson-Carter and Ernie Kidd. Pat is the Secretary for a [local non-profit group \(Open Hands\)](#) that makes it possible to make tax-deductible donations to people in need, and as mentioned above, you can send a check payable to Open Hands to 523 Lexington Avenue Charlottesville, VA 22902 **WITH the notation** "For Holly Hermanson-Carter" and/or "For Ernie Kidd" in the memo line – and they'll get it to them! Please note: "Open Hands" is also a label for an international aid group, so please make sure you're reaching the local Cville site: <http://www.openhands.avenue.org/#needs> . In addition, Holly is keeping folks abreast of her situation via the Caring Bridge website, at <https://www.caringbridge.org/visit/hollyhermansoncarter> , and Ernie is active on Facebook, in case you'd like to check in, offer assistance or encouragement, etc.

Cecilia announced the "Ekam World Peace Meditation" to be held on 8/19/18 from 12 Noon to 2:00 pm at the Event Hall at 1024 Carrington Place. Register at <https://www.eventbrite.com/e/ekam-world-peace-meditation-tickets-48107126711> ; seating is limited. More info via email to foxia@embarqmail.com or mackenzisharri@live.com . Flyer image attached to those who receive these notes via email.

Lucia announced a Community Yard Sale to be held at Stonefield (in the Big Tent) on Saturday 9/15/18 from 8:00 am to 2:00 pm to benefit the "HOWS Project" – A charity which benefits dogs that have inadequate outside shelters. For more info, see: www.housesofwoodandstraw.org . Flyer image attached to those who receive these notes via email.

There was a discussion of the benefits of bodywork, specifically CST, as related to treating autistic children. Developing research studies which meet the scientific community's thresholds for reliability is extremely difficult, so efficacy of alternative therapies is difficult to prove – but Pat shared with the group that when her son was young, a single

application of CST made an immediate positive impact on her son, and that their family pursued CST as an adjunct treatment over the years..... She didn't need a research study to prove that it worked for her family member.....

Pat asked for donations of goods or services to use as door prizes for the upcoming [Special Olympics](#) event. Sarah donated a massage session and Dee donated a copy of her client-ed video and Primer on a USB key. Other offerings very welcome – just get in touch with [Pat](#) soon!

Sarah mentioned that she had a good experience at the relatively new “Patcha Thai” practice on Gardens Blvd, near Crutchfield/29 north, and that their staff members do both a mixture of Thai/Swedish and “pure” Thai work, and that recipients should be directive and clear about what they'd like to receive.

Darlene shared that a large number of veterans are pursuing alternative-health careers, including massage therapy, and there was some discussion about CMS covering massage therapy for Medicare/Medicaid recipients in the future. Also, programs are being developed for CAM alternatives within VA medical centers.

Common Ground is seeking therapists to assist with various community projects. Lifted from a recent FB post: “Common Ground Healing Arts is looking for massage therapists (or healers offering ZB, CST, other bodywork) for free group healing events the next two weeks: Mondays 8/13 and 8/20 from 7-9pm. Details: Free Community Healing: Massage and Acupuncture.

If you are interested, please reach out to me at 603-540-9178. Text preferred. Please encourage other MTs or healers to reach out to me also!

Thank you,
Paige Ryan
Common Ground Healing Arts”

That's it for the moment – if any readers want to weigh in on the next meeting time/location, please feel free to send an email to [Pat Meyer-Peterson](#)!