

8/5/16 – Breakfast at IHOP - Present: David Brower CMT (drbrower1@gmail.com); Darlene Leon CMT (darleneL2001@aol.com); Holly Hermanson CMT (HollyH@massagetherapy.com); Lucia Kaestner CMT (caymans96@gmail.com); Dee Walsh CMT (deecompression@gmail.com)

David Brower joined the group for the first time. He's relatively new to the area, and after retiring from a career in Information Technology. David took up Massage Therapy in 2014 in the NoVA/DC area, after having a long involvement in the field of Reiki. He worked in several YMCAs in the Metro area and is now working with the folks at Common Ground, and loves it. He's also deciding whether to seek additional employment as a subcontractor or to open his own solo practice here in Charlottesville. Even though David is new to the local massage community, he and his wife are enjoying their new home in the Mill Creek South neighborhood and are fairly familiar with the area (several family members are UVA grads!) He is interested especially in learning more about MFR, PNMT (and has already studied a bit with Doug Nelson), and Sports Massage. The group suggested that he introduce himself to [Ernie Kidd](#) to get more information on the local Sports Massage scene – and input from other MTs in the area who treat athletes regularly is also welcome! In addition to email, David can be reached at cell/text number 703-628-0791. He welcomes the opportunity to meet local therapists and perhaps to trade a massage session now and then.

Darlene Leon is keeping on keeping on with her office on Rose Hill Drive, with space in her schedule for one or two more clients, if you'd like to make a referral. Right now, though, she's seeing just enough clients to keep her happy and (relatively) out of trouble. And speaking of that.... The NEXT time we meet, Darlene might be persuaded to show us her photo scrapbook of when she and Andy were nurses at WOODSTOCK!! (Yes, really! ;-)

Holly Hermanson just returned from a very special trip to South America..... and she shared some really GREAT news with us! You want to know? Really??? Ask her! She also told us one of the funniest stories ever to be told in public at an IHOP, no kidding! I *Cannot* post the details here. This is a family show, you know. And another good thing - Holly is finally recovering well from a fairly serious back/disc injury, and she would like to gear her practice accordingly – read that: Holly would welcome referrals to clients who are older and/or who enjoy receiving lighter work!

Lucia is no longer working nights (at her caregiving job), and also has space in her schedule for a few more clients. She's planning on a trip to Costa Rica for Mindfulness/Meditation Training with Tracey Moon in January, and she really enjoyed Tracey's Reflexology CEU course in Mexico some months ago.

Dee's recovering well from bilateral CMC joint repairs, and is back at work now at the Angus Road office. She's not actively seeking new clients, but always welcomes folks with disabilities and complex medical conditions, and those who want to learn how to deliver massage to their loved ones in the home setting.

Announcements/Messages/Discussion:

-Speaking of complex conditions, Kelly Zimmerman and JeAnne Frey expressed an interest (via a Facebook post) in learning more about treating patients with Parkinson's. Dee hopes to get together with them soon, and the group mentioned that Lucia, Ernie Kidd, and perhaps Kathy Holder have also had direct experience with Parkinson's patients. Anyone else want to contribute their expertise in this area? Contact Kelly Zimmerman CMT (CvilleintegratedThai@gmail.com) or C. JeAnne Frey CMT (jeanne@tyrmassage.com) !

-JeAnne also asked us to pass on the following info, cut-and-pasted from her email of 8/4/16:

Hi Dee,

I'm working out of town (again) so can't make it. If you wouldn't mind passing on to those who attend (and/or in the meeting notes) that I am again looking for someone who is interested in subletting my office on Thursdays and Fridays (with an option for at least 2 Saturdays a month.)

The office is at Commonwealth and Greenbrier, the building and office are ADA compliant (yay! Finally!) & the property manager will require a formal sublease to be signed. I'm offering essential oils in sessions and will soon be signed off to offer Rain Drop Technique, so this won't be a good match for anyone who is or has clients who are extremely sensitive to the smell of essential oils.

I would send this as "reply all" but my email won't send to the full list, and I'm simply too tired this late with an early morning start tomorrow to count the names and figure out who to sent to.

I trust you'll have a great turnout!
JeAnne

-And from Kate White in an email from 7/20/16 is this news:

Hello Charlottesville Area Massage Therapists

I am offering a Study Group for bodyworkers who want to learn with babies in conjunction with a free clinic for families with babies who are having difficulties. I am doing this at Common Ground with Sue Bovenizer. The clinic will be part of the study group. It is my hope that we can have several therapists working with families once a month for free! This is a great service to many families. I have been helping families for many years with birth and bonding/attachment. I have studied with many advanced practitioners to learn. Craniosacral therapy, intelligent touch, understanding birth interventions, what happens prenatally, and the baby's experience are all important, as is supporting the parents. There is a lot to learn, but also, you can learn just a few things to help at this crucial time in parent's and babies' lives.

My study group in Charlottesville starts September 10. Sue and I will be running the free clinic there that afternoon. You can see the descriptions, learning objectives, price, prerequisites, etc. on my website here:

<http://www.ppncenter.com/baby-dynamicstrade.html>

The Introduction to Baby Dynamics can be taken by anyone. It is described here:

<http://www.ppncenter.com/introduction-to-baby-dynamics.html>

Thank you Dee for letting me share.
See you all August 5

Kate

-Holly Hermanson mentioned that she had placed two calls inquiring about massage opportunities at Westminster Canterbury, but has received no response to messages she left. Anyone with info on this? Please let Holly know!

-Darlene asked if anyone was doing anything with the Women's 4-Miler this year.... but no one at the table was. Are any of you all who are reading these notes participating?? If so, please publicize your efforts via Facebook posts and/or a mail to CAMTC members!

-Holly was wondering if anyone in the area is using Angie's List to publicize their practice, and if so, she'd like more information on your experiences with that.

-Dee and Holly will be teaching a "Massage for Families and Friends" short-course at PVCC this Fall. It will be five sessions, two hours each, on consecutive Wednesday evenings (6:30 – 8:30) on October 19 & 26 and November 2, 9 & 16. Costs are \$149 for the 1st person enrolled; \$75 for the partner, and \$30 for materials. The course will be based on the Primer and Video that Dee produced several years ago for her own clients (when she thought she would have to permanently close her practice because of problems with arthritis.) If you have clients (and their families/friends) who would benefit from additional instruction in order to provide the basic massage techniques to one another in the home setting, please refer them to PVCC Workforce Services or to Dee at 434-242-4887! Classes will be held in the building at the base of the PVCC campus – the old Monticello Visitor's Center.

-Michael Coles shared via email an opportunity to do chair massage as a subcontractor to a NY/NJ-based company called "Massage at Work". As of 8/11/16, I spoke with the owner, Leo Ranieri, and the UVA openings have been filled, but there is still a need for one person to provide in-office massage in Culpepper on Thursday 8/18 from 10:00 – 1:00. Nominally, the rate is \$40/hour, but given the distance, he said he'd be open to \$50-55/hour. If you're interested, contact Leo at leo@massageatworkUSA.com // <http://massageatworkusa.com/> // 201-886-9680

-Kelly Zimmerman put out a query for general info on working with Parkinson's patients, and a number of people responded. Attached to this email are a few articles (dated, but still quite relevant) on the topic, if you're interested. And a disclaimer: please do not disseminate these widely; content is copyright protected.

-Cheryl Nardone has generously offered to host the next CAMTC dinner/evening gathering in her home on the East side of town – date and time TBD; shooting for late September 2016. If you have suggestions or preferences, let Dee (deecompression@gmail.com) or Cheryl (fixhueup@aol.com) know!