

CAMTC Meeting 2/1/17

1/2/17 – Breakfast at Michael’s Diner on 29 North of Cville - Present: Dolo Brandolo (dabrandolo@gmail.com); David Brower CMT (drbrower1@gmail.com); Cate Caldwell CMT (catecaldwell@msn.com); Janice Cartwright CMT (janice.cartwright@prodigy.net); Chris Coslett DC (drcoslett@gmail.com); JeAnne Frey CMT (jeanne@tyrmassage.com); Tahira Haroon CYT (tahira.zbandyoga@yahoo.com); Lucia Kaestner CMT (caymans96@gmail.com); Jennifer Lewis CMT; Pat Meyer-Peterson CMT (pmeyerpeterson@gmail.com); Connie Staley CMT (conniemstaley@yahoo.com); Dee Walsh CMT (deecompression@gmail.com); Mia White CMT (miawhite0@gmail.com)

Michael’s Diner was quite a haul for some folks (like Mia from Crozet), but close for others – and the room, the service, and the food were all terrific!

Here’s the run-down, based on who was there.... “wants and needs” and more “time-sensitive” announcements are in **bold-face**.

Dolo is doing well, still accepting new clients at her accessible Berkmar Station office despite being very busy with caring for elders in her family.

David is in his 3rd year as an MT, after retiring from a career in I.T. He’s working both at Common Ground and at Hand and Stone here at the 5th Street Station (near the new Wegman’s), and is getting a LOT of hands-on experience in very short order!

Cate is still at Common Ground, but most important of all, she is enjoying her first grandchild, a beauty named “Lilah Maeve”, born on 12/16/16!!

Janice is still keeping busy both with massage and in-home nursing for children with special needs, she and her husband are inspiring others with their slimming and healthy lifestyle choices! Hopefully, by the time the notes are published, Janice will be well on her way to recovering from abdominal surgery on 2/10 – she will be in our thoughts and prayers!

Chris is no longer traveling so far, since he has moved here and has opened a practice here in Cville – contact info from his business card: Life Path Enterprises at 1445 E. Rio Road, Suite 201A, Cville, 22901 - 434.987.1423 – www.lifepathenterprises.com – contact@lifepathenterprises.com. He invites therapists to come see his new office, including his “Postural Rehab Center”, which includes some equipment that is unique to this area.

JeAnne is also doing well, finding time for dancing in addition to her busy practice at her new(ish) offices at 2300 Commonwealth Drive, Suite 101-A. **JeAnne is looking for a CMT to share the office on Thursdays and Fridays and/or is looking for someone to whom to refer clients on those days.** Also, she’s just been through the process of taking a person (a former client) to court for purposely writing back checks, and if anyone else finds themselves in that sad situation, she’d be a good person to bounce some questions off of.

Tahira is enjoying meeting like-minded people as she grows her Zero-Balancing and Svaroopa yoga practices at her office at the Meditation Center Meditation Center at 2823 Hydraulic Circle. More contact info from her business card: www.starmoonstudio.com – 434-296-0064.

Lucia is doing well post shoulder surgery, and has almost all of her range back, with the exception of reaching behind her back..... which led to a very funny story about difficulties with dress-zipping, too! **Lucia is looking for a used motorized table, if you know of anyone selling theirs.** She also reminded us that, thanks to the efforts of the legislative arm of the AMTA, we are ALL converting to LMT status as of Jan 1, 2017 – and that this will occur without any action needed on our parts, at the time our certifications/licenses are up for renewal. The AMTA is also working on standards for reciprocity and standardized CEUs. For folks that are interested, nation-wide practice requirements are summarized here: <https://www.abmp.com/practitioners/state-requirements>. Lucia is also **looking for someone to help with her website development**, and Pat suggested Leigh Meredith as a possibility; other recommendations are welcome. One other source for less expensive IT help might be High School and PVCC students.

Jennifer announced that she is very happily retired, and is nonetheless pleased to hang out with the group.

Pat is doing great, still busy with her practice of 35+ years,, and volunteering for Hospice as well. **Pat has a contoured Body Cushion set available, which is “great for allowing everyone to be comfortable, especially pregnant women and larger people in prone position, and also good for side position. It can also be used on the floor for times when one can't take a table. “ If you're interested, contact Pat via email (pmeyerpeterson@gmail.com) or call 434-996-1940.**

Connie has been in practice for 20+ years, focusing on therapeutic massage, hot stone, zero-balancing, and reflexology, and she is enjoying life, and is keeping busy with her family and her practice on Rose Hill Drive.

Dee is arranging to once again set up a **booth at the Crozet Arts and Crafts Fair on Mother's Day – May 13th/14th – more on that later.** She is also offering to the lay-public an “Intro to Massage Class” at PVCC, Thursday evenings 3/30, 4/6, 4/13, 4/20 and 4/27. **Please pass the word; interested folks can sign up via [PVCC Workforce Services](#), and search for “Introduction to Massage in a Home Setting”, class ID 7092.** Dee also mentioned that handicapped-accessible offices are available in her building at 2114 Angus Road at reasonable rates; contact property manager Lynda Keller at 434-981-2275 or email vdlhomes@gmail.com for more info.

Mia continues with her practice serving women in Crozet, both as a massage therapist and yoga instructor. She's been using her CranioSacral skills working with athletes who have post-concussion issues. Mia also mentioned that she's been having success with a very deliberate rate-discount program, in which she give a 10% discount for sessions received within an 8 week period; limiting the timeframe motivates clients to come in for regular care, and she sees more positive outcomes as a result. She also mentioned that “Hands-On Trades” insurance covers yoga teachers as well as massage therapists.

Next meeting: Thursday 3/23/17, 11:30 – 1:30. Brown-bag/potluck at the offices of Common Ground Healing Arts, 233 4th St NW, Suite 219. Hope to see you there – drop in anytime!