

1/29/18 – CAMTC Gathering Notes, Dinner at the Home of Pat and Kent Meyer-Peterson.

Present: [Dolo Brandolo LMT](#), [Janice Cartwright LMT](#), [Holly \(Hermanson\) Carter LMT](#), [Michael Coles LMT](#) and wife [Colleen Coles](#), [JoAnn Christy LMT](#), [Lucia Kaestner LMT](#) and friend George, [Ernie Kidd LMT](#), [Cheryl Nardone LMT](#), [Pat Meyer-Peterson LMT](#), [Dee Walsh CMT](#), [Mia White LMT](#)

Once again, I find myself apologizing for the delay in getting these notes out – please bring any changes (corrections welcome) or additions to my attention; I’m not prickly about editing! I usually send the draft out to those who attended for a first review, but .... I’m just sending them “as-is” this time, and hoping for the best!

And please scan down to all the community service opportunities, as the PACEM dates are upon us, starting this weekend, even though the announcement was sent out weeks ago! (I’ve enjoyed volunteering at the homeless shelters in the past, and encourage folks to give it a try – perhaps in tandem with a friendly colleague, if it’s your first experience with this ...)

What a great evening... there were so many folks enjoying each other’s company (and the great food!), that we stretched out to 3 of Pat’s rooms! That being said, I wasn’t in on all the conversations, but this is what I can cobble together:

We thank Pat and Kent for being such great hosts! It’s such a welcoming home..... Pat says: “I have a **Contoured Body Cushion**, full set with extra cushions, which I would like to sell. I see something a little fancier online for \$979! I bought mine a long time ago for \$450. Make me an offer. **Proceeds will be contributed to Holly's medical expenses.** I also ordered too much Biotone Herbal Select massage cream. Would you like to have or buy 8 oz? 16 oz? 32 oz?

Pat is also the Secretary for a local non-profit group (Open Hands) that makes it possible to make tax-deductible donations to people in need. Holly has applied to this group, and although her story is not yet linked to the site, you can go here (<http://www.openhands.avenue.org/#needs>) to get an idea of the process. It’s an admirable group, for sure. IF you want to make a tax-deductible gift to support Holly’s medical care, you can send a check payable to Open Hands to 523 Lexington Avenue Charlottesville, VA 22902 **WITH the notation** “For Holly Hermanson-Carter” in the memo line – and they’ll get it to her! And in just a few weeks, you should be able to contribute directly on-line, and see Holly’s information posted there.

Holly (Hermanson) Carter is SO appreciative of all the love and support she’s gotten since being diagnosed with colon cancer last month! She was on hand with stories and smiles, and wants everyone to know – even the folks who have made generous donations anonymously – how very grateful she is! Folks have offered to help as needed during the process of every-other-week chemo cycles, but for now, all Holly wants is good vibes and words of encouragement. She’ll ask for help now and then as needed, but isn’t quite ready to dive into options that require a lot of coordination and planning. That being said, what we CAN do, and easily, is to help support Holly in her business practice by making donations toward her office rent and any other expenses she might not easily be able to cover as a result of working less during her treatment process. Already, colleagues have covered the next 4 month’s rent via what I think of as the “Lets-Do-What-We-Can-for-Holly-and-Lenny-Fund!” As mentioned above, Pat Meyer has recently organized an “Open Doors” contribution option for Holly, but until that is up and fully active, I (Dee) am happy to receive donations on Holly’s behalf, and would happily forward them to her. Holly is also keeping folks abreast of her situation via the Caring Bridge website, at <https://www.caringbridge.org/visit/hollyhermansoncarter> .

Many of you know I closed my DeeCompression office last September, officially “retiring” from massage therapy practice. I’ve paid for my office in advance through April, and I’m enjoying moving out slowly. The rent is low (\$250/month), for a centrally-located handicapped accessible building and if anyone is interested in getting in now, before rents go up, I’ll put you in touch with the property manager. Although I’ll continue to teach the occasional

“Introduction to Massage in the Home Setting” classes (to laypeople), I’m finding that my very *favorite* job of my entire life is being a **grandparent!!** One is here, and we’re expecting another in June!

JoAnn knows of a 51-year old gentleman (“quiet, employed in Cville”) would like to rent a basement apartment in the city, on the bus route or close enough to bike to work on Preston Ave. He would also be willing to help out with yardwork and general maintenance, if needed. If you know of anyone who might be interested, please contact JoAnn.

Mia White would like to connect with Nitasha Canine, and is interested in meeting other therapists who work on the west side of town – Crozet/Afton/Batesville areas. She herself lives and practices in Crozet, and would like to expand her referral network.

Michael Coles is now working for the Wave Clinic ([www.waveclinics.com](http://www.waveclinics.com)) at 406 Albemarle Square. The clinic provides massage therapy, postural alignment therapy, and GAINSWave™ therapy to treat patients with issues such as plantar fasciitis and tendinitis, sexual health concerns, and joint pain and mobility. We also had the pleasure of meeting his wife, Colleen, who is a Dharma Alignment Coach and Speaker. She can be reached via [www.colleencoles.com](http://www.colleencoles.com) or by cell/text at 602-618-9134.

Other Announcements from Far and Wide:

From Paige Ryan of Common Ground, email - 2/5/18 ([commongroundcville.org](http://commongroundcville.org))

Hi all,

I am looking for massage therapists for free, drop-in healing events for **Sin Barreras** and the **C-ville Fire Department**. Sin Barreras is a local nonprofit that provides low-cost legal counseling, and direct services to Deferred Action (DACA) children. They also offer workshops to the immigrant community (primarily Hispanic) on health, immigration, legal affairs, banking, and education. [Learn more.](#)

Your time offering massage at these events can be volunteer or compensated up to \$35/ hr. *Compensation for these events is made possible via funding from The Heal Charlottesville Fund and the Concert for Charlottesville Fund in the Charlottesville Area Community Foundation.*

Some people have said it is important to them to volunteer right now while others need financial compensation. Then there is a third group that wants a blend of these two options that is somewhere between \$1-\$35/ hr. Please choose the rate that is best for you.

#### **Sin Barreras**

2 massage therapists needed.

1425 Seminole Trail Suite 310, Cville 22901

Inside the BB&T building on the 3rd floor.

- Wednesday, February 28th, 5:30-8:00pm

#### **Ridge Street Fire Station (203 Ridge St)**

This will serve about 8 people each day.

- March 21st: 9:30-11:30am

- March 23rd: 9:30-11:30am

#### **Fontaine Fire Station/ Station 10 (2420 Fontaine Ave)**

This will serve about 11 people each day, and will include people coming over from Station 1 on 250.

- March 21st: 9:30-12:30pm

- March 22nd: 9:30-12:30pm

- March 23rd: 9:30-12:30pm

***Both of these groups are specifically interested in massage.*** Chair or table are fine. Common Ground will supply all necessary materials and can supply the portable massage chair or table.

If you are available for multiple days, that's great!

***To sign-up for one of these events, please respond to this email. Questions? Feel welcome to call my cell: [603-540-9178](tel:603-540-9178).***

Thank you,

Paige Ryan

From Karen Rockwell 2/8/18, email:

My wonderful office mate I've been sharing with for at least a decade is moving on to a new adventure. The room is available 4/1 (& possibly even earlier?).

There are 2 separate massage rooms in a great location near downtown/behind the old MJH building, and with off street parking too.

If you're interested please email me, text or call @ 434/466-9075. I look forward to hearing from you

Namaste,

Karen Rockwell

And more on the same topic, from Elizabeth Bain ([elizabethbain11@gmail.com](mailto:elizabethbain11@gmail.com)):

"Office space to share at 404 8<sup>th</sup> St. NE for \$175. Available: Saturdays all day; Mondays, Wednesdays and Fridays from noon on. Parking is included. Please contact me, Elizabeth Bain, ASAP by email at [elizabethbain11@gmail.com](mailto:elizabethbain11@gmail.com) . Thanks! Elizabeth Bain, Dog Trainer and Intuitive Guide, Bridging the Species Gap, [www.elizabethbain.net](http://www.elizabethbain.net) ."

From Elliott Brown, Executive Director, Common Ground ([www.commongroundcville.org](http://www.commongroundcville.org)):

Hey everyone!

Would you like to volunteer for chair massage at PACEM?

Last year one of Common Ground's super amazing yoga practitioners wanted to introduce self-care to the homeless men (possibly women too but not sure) during her week of hosting the shelter; the men loved it as did the volunteers!

Here are the details. If you would like to volunteer, please let me know which day. CG has a chair and face covers that will be there waiting for you. (If you prefer to do fully-clothed massage on tables, I will check to make sure this is ok)

**Who:** PACEM - the overnight cold weather shelter for homeless men

**When:** February 17th- 23rd (any one of these days you choose)

**Time:** 7-9 pm (or any part of this time that works for you)

**Where:** Wesley Memorial Church, 1901 Thomson Road, Charlottesville, VA 22903

Here is a cool piece I heard on the radio I heard last year about the shelter: <http://wmra.org/post/sheltering-homeless-winter-nights#stream/0>

**THANK YOU!!!**

From JoAnn Christy, email, 2/3/18

Clients can get Feldenkrais sessions mixed with P.T. at the P.T. practice of Susy Russell. Helena, a P.T. who works for/with Susy is also a Feldenkrais practitioner. And Susy mixed Egoscue into her P.T. sessions so they have a well-rounded practice.

(Mentioned previously) Someone I know is looking for a basement apt on the Preston Ave. Bus line. He's 51 y.o., very clean, quiet and conscientious. He's currently living in a situation where for reduced rent, he's been doing yard and house maintenance. He is looking for a similar situation. He works full time as a printing press operator at the printing office off Preston.

My two cents about working the men's PACEM evenings is risky. If you're considering volunteering, ask if there will be any sort of security. The two years I volunteered for the Women, there were just a couple of church volunteers. I'm not a mental health professional but there were a couple of clients who may have had mental illness. While that doesn't automatically translate into trouble or danger, please make sure of your own safety. As we all know, touch can be a trigger even with good intentions.

I spoke awhile with Michael Coles about sound wave treatments being promising for E.D. Michael was selected to get the training by Dr. Zach Bush and I'd like to hear more about the applications and outcomes for sound wave technology. It sounds promising!

Thanks Dee for keeping this all afloat!

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Thanks to YOU all who come out to support each other by joining in with our informal [CAMTC](#) gatherings! Please feel free to forward this information on to any and all interested massage therapists/allied health professionals, as all are welcome to attend our gatherings! The next meet-up should be sometime in March. Suggestions for dates/times/locations are most WELCOME! Please email me at [deecompression@gmail.com](mailto:deecompression@gmail.com) if you want to put in your two cents!