

CAMTC Meeting 3/23/17 – Brown bag lunch at Common Ground, 4th Street, Cville –

Present: David Brower CMT (drbrower1@gmail.com); Chris Coslett DC (drcoslett@gmail.com); Sarah Handley CMT (smh2ss@yahoo.com); Ernie Kidd CMT (championstable@gmail.com); Darlene Leon CMT (darlenel2001@aol.com); Franciska Pocanic CMT (fran.pocanic@gmail.com); Connie Staley CMT (conniemstaley@yahoo.com); Dee Walsh CMT (deecompression@gmail.com)

Lots of folks sent lots of greetings and regrets before the meeting – it's a busy time of the year – and Dee owes a *most* sincere apology to Tahira Haroon, who would have liked to attend the meeting, but somehow was dropped from the email list. That problem was FIXED right away, but it brings to light another good point:

As **you** are reading this mail, please confirm that your email address on the CAMTC list is the one you want on there, and peruse the list to see if anyone (else) might have been inadvertently dropped OR if there's anyone else you think might want to JOIN the list! Just send me contact info, and I'll do my best to add them in – all are welcome!

Also, please know that you are *welcome* to include a short synopsis of your practice and contact info on [the CAMTC webpage](#) – just send me something I can cut-and-paste, if you're interested!

Those of us who were there enjoyed catching up! Here's the news and shared info, in no particular order:

Ernie has a houseguest who is an Intern at the [Wildlife Center](#) in the Valley – and Dee has an extended-family member who might be a resource also for Ernie's guest: Jay Coles (Dee's daughter's husband's father – howzTHATforamouthful??) runs the [Carolina Wildlife Center](#) in Columbia, SC, and always welcomes visitors and questions!

Ernie, btw, is going to become doubly-bionic on July 6th, if not earlier, and has signed himself up for another total hip replacement. He'll be back on the bike by the Fall, no doubt!

Darlene reported that the use of the [Epley Maneuver](#) was really helpful to resolve her husband Andy's vertigo. And as strange as it might sound, also very helpful was the application of vibrations (via the battery-end of an electric toothbrush) to the area of the mastoid bone behind the ear. Also mentioned was [Deepok Chopra's](#) suggestion to apply [vibration to the sinuses](#) (thus increasing mucous flow and drainage) by putting the tongue on the roof of the mouth and humming vigorously so that the vibrations are passed through the palate to the sinuses.

Dee was happy to share the news that Holly Hermanson got married to Lenny Carter in March, and they seem oh-so-happy! Holly recently moved to her own solo office (#230, 2114 Angus Road) and has a new email address and website to go along with her new persona: Holly (Hermanson) Carter - HollyCarter@MassageTherapy.com - www.HollyCarter.MassageTherapy.com.

Dee also passed along Kudos for David Brower – the folks at the PACEM event were ever-so-vocal about their appreciation of his strong and skilled hands! Dee, Jessie Tosto, and David volunteered to do chair massage on behalf of [Common Ground](#) at the [PACEM](#) men's shelter on the evenings of 3/21 and 3/22, and it was great fun!

Chris started his professional life as an Electrical Engineer, but move on to healthcare to resolve some personal medical issues, and studied chiropractic medicine. He also has an interest in clinical hypnosis, and it was suggested that he get to know Darlene's husband, [Andy Leon](#), who is also an RN and hypnotherapist. Drs. [Mark Dean](#) (Pain Management), [Peter Bower](#) (Pain Management), and the [UVA Physical Medicine and Rehabilitation department](#) might also be good contacts to reach out to. Chris really enjoyed the recent Common Ground Sit-a-Thon, and he was also happy to share the news about an upcoming NCTMB-approved CEU class he is presenting at the VSOM on May 20 and 21. More info and sign-up opportunities are at <http://www.steinerce.com/cgi-bin/commerce.exe?preadd=action&key=CHA-052117> and/or www.lifepathenterprises.com (click on "[Events and Webinars](#)" for direct links.) Please see also documents attached to the email or click here for more info!

Chris also shared two case studies for postural assessment and intervention with the group, and is thankful for one patient referral he got via the CAMTC group – but sadly, the patient couldn't identify the name of the person referring him, so Chris can't deliver his appreciation personally!

Connie is in the process of renewing her NCTMB certification, and recently took a class in Clinical Research online. She admitted that at first she wasn't too interested, but found it to be a positive and worthwhile experience on the whole. It was also mentioned that [Janet Evergreen](#) presents ethics CEU courses, if anyone is in need. VA BON requirements for CMT/LMT renewal continue to be 24 CEUs (including 1 of ethics) every 2 years.

Franciska suggested to one member with knee pain that combining castor oil pads and heat can be helpful for healing joint injuries.

Sarah mentioned that some [Shala](#) therapists have office space available – just ask her for details! Dee also has a bit of flexible office time to share, now that Holly has moved down the hall. This relates mostly to folks who need a wheelchair accessible space and a motorized table to treat individuals with mobility limitations.

Ernie also shared that he uses the free "[Insight Timer](#)" Apple app for sleep-enhancing Meditation/Guided Imagery. It includes music, bi-neural modulation, and foreign-language meditations as well.

JoAnne Christy couldn't be at the gathering in person, but she did send this info along to share: "A friend is looking to sublet her stunning office for 1 full day or two half days per week. Fully furnished, beautifully appointed, gorgeous architectural details, includes everything. Office is in Belmont. Would be great for someone winding down their practice or a wonderful place to start. Must be a tidy person!!! If interested, email me or text me at 434.882.0380. Happy Spring to one and all!"

Similarly, Tahira would like to share this info with the group: "There will be a pause in the yoga classes. The next class will be on April 20th. A reminder for some and news for others: in addition to being able to come to class for \$10 as a "drop-in" student, there are also 2 types of class cards. There's a 10-class card for \$80, that expires 12 weeks from the date of purchase. Starting in May, there will also be an unlimited monthly class card for \$60. These class cards are for the beginning level classes held at the Meditation Center on Hydraulic Circle. Until we meet again... *Do more yoga~ Tahira* [Women's Yoga Class Schedule](#) **Women's Yoga Class Schedule:** Please consult www.cvilleyoga.com for more information about Svaroop® yoga and for any changes to the normal schedule."

And yet another announcement, via Pat Meyer-Peterson: "Hi Dee - Pat Meyer-Peterson said you might be willing to forward this to CAMTA. Thank you! 9' x 14' Private Office in suite with shared reception area, restroom, kitchenette, storage closet & ample parking. This private 9'x14' office is located in a suite with 3 other private offices. The suite shares a large reception area, restroom, kitchenette and closet. There is ample parking and no step entry. The building is located with several others in the office park behind Food Lion at the bottom of South Pantops Drive. The office is painted light aqua, has light brown carpet and a white door and trim. Photo has furniture to show scale but the office rents unfurnished. Your sublease would be with the leaseholder of the whole suite. Other tenants are a massage therapist, registered dietitian and chiropractor (may be leaving). The rent is \$450 per month including utilities. The office is available immediately. Your sublease would go to the end of the lease for the whole suite which is November 30, 2018." To see the office, contact: Laura Fiori 434-989-3514

Along the same lines, there is an office suite available in the same building as Holly and Dee, 2114 Angus Road, directly across from Best Buy. This info from Lynda Keller, the property manager: "The handicapped-accessible space is approximately 950 square feet and is available for lease at a negotiable \$1250 per month, which is \$15.79 per square foot. Very attractive rate for the location compared to what the current rates are for similar vacancies, but as I said it is negotiable. It has a **reception area, along with three private offices, a private bath and break room area.** I am looking for tenants who would be good neighbors, and health-care professionals such as massage therapists would be most welcome. For more info, contact Lynda at 434-973-7259 (office), 434-981-2275 (mobile) or vdlhomes@gmail.com "

And one more just came in, this time from [Paige Ryan](#) of Common Ground! She writes: "Hi all, I am looking for two massage therapists for next Wednesday, April 19th for chair massage at Crutchfield. Here are the details: **Wednesday, April 19th: 9:00-11:00am - looking for 2 massage therapists** for this time to be at their HQ located at 1 Crutchfield Park (the old Pier One) Compensation is \$35/ hr. Thank you for considering :) Also! If I have asked you in person if you are ever interested in paid Chair Massage opportunities and you have said "No Paige! Stop asking me!" You are getting this email because I forgot to update a spreadsheet.... I apologize. Remind me once more and I promise to update my spreadsheet this time!!! Paige Ryan, Marketing & Outreach Director, Common Ground Healing Arts 434.218.7677 commongroundcville.org, Jefferson School City Center (second floor), 233 4th St NW, Box C, Charlottesville, VA. 22903"

And yet another! Becky Getz is looking for help at MJH to provide (paid) chair-massage services during National Nurse's Week, May 6 – 12. She's also looking for volunteers to offer something "extra special" to the nurses on Tuesday 5/9 from 11 – 2. Volunteers would have an opportunity to promote their individual practices, hand out business cards and brochures, etc. For more info, contact Becky via email at rvtg@aol.com or call 757-270-1241.

David Brower asks that we put the word out that he would happily accept referrals for his Thursday evenings at Common Grounds, 4:45 – 8:50 pm.

Dee has two more shout-outs: The first is a recommendation of excellent and soothing Celtic Harp music by her dear friend, [Cynthia Douglass](#). Cynthia recently discounted her CDs to \$10 each if purchased in bundles of 10 (10 for \$100), and although the sale is over, she's sure to honor it if you just say "Dee said!"

The second is an invitation to join in at the CAMTC booth at the [Crozet Arts and Crafts Festival](#) to be held on Mother's Day weekend, May 13 and 14, 2017. All licensed and insured CAMTC members are welcome to either provide service (chair massage) or to leave off some marketing materials to be distributed – or to just stop by and say "Hi!" Feel free to call Dee at 434-242-4887 or email deecompression@gmail.com for more info! The last time I did this was in 2013, and it was a blast!

The next meeting will be a DINNER meeting on Wednesday, May 3rd, 2017 – place TBD; SUGGESTIONS (for places with a "room" or large table for 10 -20) are WELCOME!!!!