

5/3/17 – Pot Luck at the Home of Pat Meyer-Peterson

Present: Chris Coslett DC ([drcoslett@gmail.com](mailto:drcoslett@gmail.com)); Tahira Haroon ([tahira.zbandyoga@yahoo.com](mailto:tahira.zbandyoga@yahoo.com)); Lucia Kaestner CMT ([caymans96@gmail.com](mailto:caymans96@gmail.com)); Ernie Kidd CMT ([championstable@gmail.com](mailto:championstable@gmail.com)); Pat Meyer-Peterson CMT ([pmeyerpeterson@gmail.com](mailto:pmeyerpeterson@gmail.com)); Betty Mooney CMT, ([bsmooney8@earthlink.net](mailto:bsmooney8@earthlink.net)) Connie Staley CMT ([conniemstaley@yahoo.com](mailto:conniemstaley@yahoo.com)); Dee Walsh CMT ([deecompression@gmail.com](mailto:deecompression@gmail.com))

The meeting was held at Pat Meyer-Peterson's home, and featured lots of great food and conversation – thanks go to those who attended, Pat for hosting, and to Lucia for taking notes (as the usual scribe needed to leave early for a family obligation.)

Chris shared with us that his practice is doing well. He sees patients every day and works every other Saturday at Synchronicity. He will be teaching Body, Mind Essentials for the Massage Practitioner at VASOM on May 20-21. It is open to everyone. 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](http://www.lifepathenterprises.com) (click on “Events and Webinars” for direct links.) He can also be found at Common Grounds for Conscious Dance.

Pat is enjoying her practice and making some house calls. She is preparing for knee surgery in the middle of June and will need coverage for her clients in Stoney Point and some Hospice Clients. Pat discussed her work with Hospice as a CMT.

Ernie talked about his experience with Hospice patients, 18 yrs ago, especially those with AIDs. He has an Air B&B that he is having a good time running. Ernie is looking at having hip surgery on July 6<sup>th</sup>. We all expressed our willingness to help him out with his recovery and rehab. While Ernie is out recuperating, he is willing to sublet his space to someone for two weeks from 7-7 til 7-22 at a very reasonable \$150/total. He also has a seated massage chair for sale or lending if no buyer (\$100).

Connie attended a class held by Tahira called “Oils for Emotional Healing” that she totally enjoyed and recommended to us. It uses Young Living Oils and she found it to be very beneficial. She will be attending a Zero Balancing benefit in Maryland next weekend (Thurs thru Sat), which will also be attended by the 84 year-old founder of ZB, [Fritz Frederick Smith, MD.](#)

Tahira does Zero Balancing and teaches yoga for women. She will be offering an Essential Oils Workshop on May 17<sup>th</sup> at her home. See the attached flyer for details.

Lucia shared that we are now called LMT's, it is now on the Board of Nursing website. Also shared about Tracy Walton's class on calming and mediation to be held in Costa Rica in January 2018. Lucia is still working as a caregiver and at the hospital and is also now accepting new private clients.

Betty still has her private practice along with her nursing home clients. She is part of the UVA Nursing School program called [Compassionate Care Initiative](#), where she runs workshops. This program is funded by the Kluge family. She is going back to school to be certified as a Meditation Instructor. Betty told us about the website for the [Contemplative Science Center](#) for free classes in a variety of subjects.

There was a nice discussion on Hospice work. Since several of us have volunteered for Hospice as massage therapists, we can now see how it have evolved over the years. We feel that they see the value in the work we do. Betty had suggested that we teach/show/demonstrate hospice type work with the younger new massage therapists since they do not get that knowledge in school. Ernie mentioned that Martha Brown Menard was first CMT who led the charge into local Hospice Volunteering, and that he first met her in his initial volunteer training in about 1986!

Dee would like to **invite everyone to come join in** at the [Crozet Arts and Crafts Fair](#) on Saturday 5/13 and Sunday 5/14 from 10:00 – 5:30. We will have a CAMTC Chair-Massage tent, and folks who are licensed and insured are welcome to either provide service to the public at \$1/minute (keep what you earn) and/OR just to drop off business cards/flyers for display at the booth. Anyone who might be willing to stay a bit late on Saturday 5/13 (until 6:30-ish) to work on artists and staff after the show would be most welcome (Dee has a family obligation and needs to leave earlier.) Basic items such as hand sanitizer, intake forms, face-rest covers, and one “extra” massage chair will be on-site, and of course, you can bring your own, too!

Also, Dee is teaching an “Introduction to Massage for Friends and Families” class at Common Ground in June. This class is for lay-people, and is very low cost, with a sliding-scale “pay-what-you-can” price of \$5 – 20/session. It will be held on 3 Saturday afternoons from 2:00-3:30 on 6/10, 6/17, and 6/24, and folks may come solo or in pairs. Please pass the word and encourage your clients and friends to consider this class as a nice way to support the efforts of the non-profit Common Ground organization, and to encourage others to learn a bit more about how to help their family members and friends through massage at home, too! Links for more information are here:

<http://www.commongroundville.org/massage-home-setting-families-friends-dee-walsh/> and <http://www.deecompression.com/IntroMassageCourse.html>

Other announcements/information-sharing via email and messages:

-From Jean Weiss, CMT, re the upcoming Children’s Burn Camp at [Camp Holiday Trails](#), June 2017:

**From:** Jean Weiss [<mailto:jeanweiss100@gmail.com>] **Sent:** Saturday, May 6, 2017 9:07 AM

**To:** Dee Walsh <[deewalsh@embarqmail.com](mailto:deewalsh@embarqmail.com)> **Subject:** Burn Camp Volunteers Sought

Hello Dee,

Good morning, hope you are doing well!

I am wondering if you would be willing to post this email to the list. I am trying to round up some volunteers for "Burn Camp" and hoping some others might be interested. I know it's hard to pick and choose our volunteer efforts, so many people in need, but I am reaching out on the chance that there are others who want to help this particular population.

Thank you for all you do to unite the CMTs in Charlottesville. I really appreciate your efforts and hope to be able to attend more meetings.

Thanks so much, Best,

Jean

Hello Colleagues,

My friend, Leslie Baruch, OT at UVA, has organized a camp for the last twenty years for children who have suffered serious burns. As part of the camp experience the kids are offered scar massage which they absolutely adore.

The CMT who usually spearheads this effort will not be able to come in from out of town this year. I will return for the third year but it would be great to have three or four therapists join me. The kids are upbeat and having the time of their life so it's a lot of fun. I let the kids guide my efforts, starting with gentle Swedish strokes and upping the intensity a little as they direct. It's easy and so gratifying.

Here are the details:

**Dates:** Wednesday, June 14th and Thursday, June 15th

**Time:** 9:00 - noon (any part of this would be great)

**Place:** Camp Holiday Trails

**Remuneration:** personal satisfaction!

Please let me know if you would be interested or have any questions.

All the best,

Jean

PS Leslie says it is not necessary to have your own personal liability insurance.

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Jean Weiss, CMT, RN  
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-From JeAnne Frey, LMT – from an email re her recent experience with dealing with fraud and the legal system (the italics were added by Dee for emphasis):

Hi Dee,

I learned a few things during my experience with the legal system after a client wrote a fraudulent check which may be helpful to others.

Another victim of the long-term, ongoing scheme perpetrated by my one-time *client said she wished others had also come forward as I and a fellow LMT did. Had others gone through the effort, the criminal activity might have been stopped sooner, and fewer people targeted.* While it's rare, charges can be filed in two easy steps.

1. Get your information together - date(s), name(s), actions you have taken to collect, any other information.
2. Call the non-emergency number for your local police department. They will walk you through the rest. (If it goes to court, you will likely be asked to appear, but it's actually a fascinating experience.)

I am happy to provide considerable additional detail, anyone can feel free to contact me directly.

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C. JeAnne Frey, LMT, BCTMB  
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That's it!

The next gathering should be in about 6 weeks, maybe the week of June 19<sup>th</sup>??  
Suggestions for dates/times/locations WELCOME – just [email Dee](mailto:Dee) with your ideas!