

9/26/16 – Dinner at Lucia Kaestner’s House - Present: David Brower CMT (drbrower1@gmail.com); Janice Cartwright CMT (janice.cartwright@prodigy.net); Lucia Kaestner CMT (caymans96@gmail.com); Betty Mooney CMT (bsmooney8@earthlink.net); Todd Parker CMT (todd@toddparkerhealing.com); Dee Walsh CMT (deecompression@gmail.com); Mia White CMT (miawhite0@gmail.com)

Todd Parker and Mia White joined the group for the first time.

Todd Parker has a handicapped-accessible studio located off of Greenbrier Road and Rt. 29 north at 3510 Remson Court, Suite 101B, Charlottesville VA 22901. (Right near the Integrative Health Center/Charles Francis DC and Classic Furniture.) He can be reached via his website, www.toddparkerhealing.com or by phone at (540) 849-0707 or via email todd@toddparkerhealing.com. Todd has his MBA, and also trained in Massage Therapy in Oregon, graduating in 2002. He has traveled extensively in Europe and Asia, teaching English (and learning Chinese) along the way. He has two young girls, and is working to balance home and work hours to everyone’s benefit. He provides a combination of Eastern and Western approaches, including Structural and Energetic work, with a focus on balancing the nervous system as the basis of any manual treatment.

Mia White is the mother to 3 grown sons. She has also been practicing since 2002, and has a studio in her home in Crozet, which she very much enjoys. She has taught at VSM off and on, and also teaches yoga twice a week at “A Place to Breathe” in Ivy. Her Crozet massage practice focuses primarily on women, using basic Swedish and Deep Tissue techniques, Zero Balancing, Craniosacral and Reiki. Mia also delivers pregnancy massage, reflexology, and visceral manipulation techniques as needed by her clients. Mia can be reached at her business, “Mia White/Massage and Wellness for Women” by visiting her website at www.miawhitemassage.com or by calling 434-825-2708.

David Brower is an “old hat”, since this is his 2nd CAMTC gathering! Info from previous notes is still relevant, with the addition of a new job opportunity at the soon-to-be-opened Hand and Stone Spa at the 5th Street Station (near Wegman’s). David is relatively new to the area, and moved to Cville 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. 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.

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. Many thanks go to Lucia for opening her home to the group at the last moment, when we found out Little John’s was closed!

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. Dee is publicizing a PVCC short-course entitled “Intro to Massage” to be offered in 5 two-hour sessions, Wednesday evenings 6:30 – 8:30 on 10/19, 10/26, 11/2, 11/9 and 11/16. Spring 2017 dates will be Thursday evenings on 3/30, 4/6, 4/13, 4/20, and 4/27. Holly Hermanson has volunteered to help Dee teach the Fall class, too! Anyone who has clients who may benefit from working on/with others in the home setting should feel free to refer them to this class! Info available online at <http://www.deecompression.com/IntroMassageCourse.html>.

Janice Cartwright is still active in the Nursing profession, and also sees massage clients privately. She was especially happy to share with the group that her husband, Shelton, was recently honored by his company for exceptional performance, and that the company will be funding a trip to see their grandchildren in Texas soon! Janice shared the flyer about Hospice services for children (attached), and the group mentioned that Hospice always welcomes volunteers to do massage therapy. If you need more information, [Pat Meyer-Peterson](#) would be a good resource – she’s actively working with Hospice now, and Dee, Lucia, and Alexa Matthews have also been on board in the past.

Betty Mooney, as many of you know, is one of the longest-active massage therapists in the area (that’s better than saying “Oldest”, right??! ;-). Not only is Betty still actively practicing massage therapy, seeing elders in Skilled Nursing Facilities and private clients in her home office, but she is also active in the community, lobbying for environmental issues, better regulation of massage therapy practices, and more engagement with our refugee populations.

Announcements/Messages/Discussion:

Several announcements that were made have already been mentioned above, and attachments are included for your reference on the **Hospice of the Piedmont** and on the **PVCC Course**, along with info on the **MJH/Sentara “Caregiver Just Rewards” Day** to be held on Saturday October 15th, 2016. This “Caregiver Just Rewards” day is designed to honor and serve people who are in a caregiving role – family members, aides, etc. Chair massage and foot soaks/massage/reflexology are provided on a volunteer basis, and it’s a great way to introduce yourself to the community – and to other massage therapists, too! For more information, contact Becky Getz, RN/CMT (who heads up the MJH Massage Therapy team) via email at Becky Getz CMT (becky@getzmassage.com) or by phone at (757) 270-1241. Note that the contact information in the flyer is for registration; call Becky directly if you’d like to volunteer – it’s always been a lot of fun in the past (and you get lunch out of the deal, too!)

Todd mentioned that he really enjoyed working with Susy Russell, RPT, and finds her to be quite knowledgeable and effective at what she does. Brian Lambert, RPT, was also mentioned as another excellent therapist, and both are welcome at some point to come to a gathering and share their views on hands-on approaches shared by PTs and CMTs alike. Susy’s contact info and work synopsis is listed [here](#).

In talking about gaining experience, it was the group consensus that it’s a fine approach to “get your hands on as many people as possible”, and that working in Spa settings and volunteering helps reach that goal. Receiving is also a fine way to learn, and Todd mentioned a method by which 3 therapists can share experiences and mentor each other – basically, 3 folks agree to work together, with one receiving, one giving, and one observing. Then the process is rotated until all three have had the opportunity to participate in each role. Dee mentioned that it’s been her experience in private practice that one hour of client table-time equates to about a full hour of administrative work (billing, notes, laundry, website work, etc.), and that “2 for 1” time expenditure should be taken into account when scheduling clients.

Lucia also mentioned a mentoring program sponsored by the AMTA. More info at: <https://www.amtamassage.org/mentor/index.html>

Speaking of CMTs, Betty and Janice mentioned that the VDH/BON has already begun to grandfather existing CMTs into LMT status in Virginia. Although I’ve called the BON before and given up after being on endless hold, and although I’ve failed to find any *current* documents on the VDH website about this, my understanding is that this change-over from CMT to LMT will happen automatically at the time of your 2-year renewal cycle, and that CEU requirements are unchanged. Please [email me](#) if you find anything more current or “official” posted.

- In a nutshell, here are the CEU requirements, lifted from: http://www.dhp.virginia.gov/Nursing/nursing_laws_regs.htm/ [Regulations Governing the Certification of Massage Therapists - Revised 8-15-2013](#)

18VAC90-50-75. Continuing competency requirements.

A. In order to renew a certificate biennially, a certified massage therapist shall:

1. Hold current certification by the NCBTMB; or
2. Complete at least 24 hours of continuing education or learning activities with at least one hour in professional ethics. Hours chosen shall be those that enhance and expand the skills and knowledge related to the clinical practice of massage therapy and may be distributed as follows:
 - a. A minimum of 12 of the 24 hours shall be in activities or courses provided by an NCBTMB-approved provider and may include seminars, workshops, home study courses, and continuing education courses.
 - b. No more than 12 of the 24 hours may be activities or courses that may include consultation, independent reading or research, preparation for a presentation, a course in cardiopulmonary resuscitation or other such experiences that promote continued learning.
- B. A massage therapist shall be exempt from the continuing competency requirements for the first biennial renewal following the date of initial certification in Virginia.
- C. The massage therapist shall retain in his records the completed form with all supporting documentation for a period of four years following the renewal of an active certificate.
- D. The board shall periodically conduct a random audit of certificate holders to determine compliance. The persons selected for the audit shall provide evidence of current NCBTMB certification or the completed continued competency form provided by the board and all supporting documentation within 30 days of receiving notification of the audit.
- E. Failure to comply with these requirements may subject the massage therapist to disciplinary action by the board.
- F. The board may grant an extension of the deadline for continuing competency requirements, for up to one year, for good cause shown upon a written request from the certificate holder prior to the renewal date.
- G. The board may grant an exemption for all or part of the requirements for circumstances beyond the control of the certificate holder, such as temporary disability, mandatory military service, or officially declared disasters.

Prague: of course, we always talk about Prague at these meetings. Who wouldn't? Anyway, Dee's going to check out the local [Salt Caves](#) in October, and thanks Lucia for the recommendation!

And another thing we talk about is how to better help our community! Betty Mooney has a vision about how to assist the burgeoning refugee population in the area by offering to train laypeople to do foot massages for individuals who are most likely experiencing extraordinary amounts of stress and even PTSD-like symptoms on a daily basis. The thought is to provide this service silently, with no pressure to talk, with no expectations of payment or of sharing their thoughts and experiences –all with the goal of allowing many community members to serve the refugee population in caring, non-stressful way. Interested? Ideas? Contact Betty at (434)-981-4421 or via email at bettymooney8@earthlink.net .

Thanks again to Lucia for hosting, and to all who made the time to come and share some companionship and great ideas!

Betty Mooney has offered to host our next gathering at her home in Fry Springs – so if you have druthers about dates and times, let someone know - We'll probably shoot for the first week of November!