

CAMTC Meeting Notes

6/2/16 – Lunch at Little John's Deli

2/18/16 – Dinner at Pat Meyer-Peterson's House (notes below, at end of document.)

6/2/16 - Present: Dolores Brandolo CMT (dabrandolo@gmail.com) ; Nancy Dorman CMT (ndorman@alum.bu.edu) ; Sarah M. Handley (smh2ss@yahoo.com) ; Ernie Kidd CMT (championstable@gmail.com) ; Darlene Leon CMT (darleneL2001@aol.com) Alexa Matthews CMT (alexaa.matthews@gmail.com) ; Pat Meyer-Peterson (pmeyerpeterson@gmail.com) ; Betty Mooney CMT (bsmooney8@earthlink.net) ; Lauri Ross, CMT (ross.lauri@gmail.com) ; Connie Staley CMT (conniemstaley@yahoo.com) ; Dee Walsh CMT (deecompression@gmail.com)

RSVPd with regrets and greetings to all: Nitasha Canine, Michael Coles, JeAnne Frey, Holly Hermanson, Lucia Kaestner, Brian Keena, Franciska Pocanic

Nancy Dorman and Lauri Ross joined the group for the first time. Lauri is working at Common Ground, ACAC, and shares some private practice space on East Market with Starr Matthews, and she has 35 years of experience; Nancy is retired after 17 years of massage therapy, and still enjoys keeping up with colleagues. Nancy also told the group that she has purchased a cold laser unit for home use, and feels that it has improved her thumb joint pain significantly. Sarah and Dee are both recovering well from surgery, and Sarah is getting settled into her new digs at Shala, 800 E. High Street. Dee's thumbs have done well after joint reconstructions, and she plans to be back to work at her office on Angus Rd as of July 18th, and will also be teaching an Introduction to Massage class (for laypersons) with Holly Hermanson at PVCC this October/November. Alexa is enjoying her office at 1982 Arlington Blvd, Suite 1, and is looking to share space with another clinician – feel free to pass the word! The office is on the 1st floor and is wheelchair accessible. Betty, Connie, Darlene, Dolo, Pat and Ernie continue to practice in their own offices, and Ernie is also enjoying his sideline of being a B&B host in Waynesboro, VA. Multiple rooms are available, and if you want to make a referral, feel free to contact him directly!

Of the 10 folks at the table, over **227 years** of massage therapy experience were represented – and happily shared!

Announcements/Messages/Discussion:

-Common Ground is having its "Sit-a-Thon" fundraiser on Saturday June 11th at their 4th Street offices. Please join in as you wish, and/or simply donate to this worthy non-profit providing healing practices (yoga, meditation, massage, acupuncture) to low-income clients. Sessions for individuals and families are scheduled each hour of the day Saturday – please see <http://www.commongroundcville.org/sit-a-thon-2016/> for details!

-Sadly, Holly Hermanson's mom (Lou) and Lucia Kaestner's son-in-law (Dean) are both having serious medical problems. I'm sure greetings and expressions of support would be welcome in both cases, and if anyone would like to donate to help the family of a colleague, Lucia's daughter Janine Kaestner has started a [Go Fund Me Dean Pellerz \(Kaestner\)](#) page, and a link is available also on her Facebook page.

-A curiosity question: does anyone know of a CMT by the first name of "Cheryl" whose husband is a realtor on 29 south? If so, please let Dee (deecompression@gmail.com) and/or Nitasha Canine (wellness911@gmail.com) know!

-Pat Meyer-Peterson has many books on Massage, Anatomy, Shiatsu, and Asian Medicine that she would be willing to share with fellow practitioners as she updates and thins out her library – just email her at pmeyerpeterson@gmail.com if you are interested!

-JeAnne Frey is also interested in finding a more permanent office space starting either 7/25 or 8/11 – she needs her own room, in order to use her hi/low table on a regular basis. Anyone who has leads, feel free to email them: jeanne@tyrmassage.com.

-Sarah mentioned that the new Shala building at 800 East High has a 3rd floor apartment that just became available, and that perhaps Shala practitioners will take it over for workshop and day-clinic/office rental space. If you're interested, contact Helene V. Ramos, Helene@heleneramos.com, 434-466-8951.

-Darlene recently went to the VA AMTA annual conference, held in Richmond. She reported that very few CMTs from Charlottesville were in attendance, and mentioned that Dianne Rand of the VA AMTA chapter is interested in coming to a future CAMTC meeting, and of course she – and anyone else who is interested – would be welcome!

Diannerand@aol.com will be added to the CAMTC mailing list. Anyone ELSE who might be interested should be encouraged to [email Dee](#) with their contact info, too!

-Ernie demonstrated and recommended an app called “Essential Anatomy 5 3D” by 3D4 Medical, \$25.99. Dee suggested that folks share their own favorite massage/anatomy/medical apps via email – we can compile a list!

-For your down-time off work, consider a road trip to DC, and try out the restaurant of Chef Jeremiah Langhorne, who is Betty Mooney's son-in-law. It's “The Dabney”, and one tip is to try to arrive around 5:00 (and drop Betty's name ;-), even if you don't have a reservation – usually the time around 5:00, 5:30 is available to friends and family, even if a reservation isn't available. He has been quite successful, and has been touring and guest-speaking (guest-cheffing??) in addition to running the restaurant – he was even featured recently in “Garden and Gun” magazine! Here are a few fun articles if you want some more info:

<https://www.washingtonpost.com/news/going-out-guide/wp/2015/10/31/chef-jeremiah-langhorne-begins-his-mid-atlantic-reclamation-project-tonight-with-the-launch-of-the-dabney/>

https://www.washingtonpost.com/news/going-out-guide/wp/2014/07/11/meet-jeremiah-langhorne-will-he-be-the-mid-atlantics-answer-to-rene-redzepi/?tid=a_inl

<http://thedabney.com/> and..... <http://gardenandgun.com/blog/the-year-in-southern-restaurants-the-dabney>

-And on the way to DC, stop by [Raven's Roost](#) at Milepost 11, which is Ernie's all-time favorite overlook on the Blue Ridge Parkway..... sounds heavenly.

-Dolo recommends getting listed on [Google Maps](#), which is FREE, as a referral-booster. Dolo also recommends this site, <http://socialnomics.net/2014/06/10/how-to-get-your-business-on-googles-map/> for a simple 10-step process to get on Google Maps. Dolo also maintains a [website](#), and manages those costs by bartering massage for web-development services.

-Pat mentioned that [Nailda Mulder](#) used to have a practice near Alexa on Arlington Blvd, but is now enjoying a semi-retirement after more than 30 years in massage therapy, and is focusing her efforts on her new Nellysford home. Nailda would like to join the CAMTC email list, though, just to “keep in touch”.

-Betty Mooney mentioned that Westminster Canterbury has had little luck with hiring and retaining MTs – they have built a room, but need the capable hands to staff it. Suggested contact is Matthew Barresi, <http://westminstercanterbury.org/lifestyle/>.

-Franciska (who already works at UVA as a massage therapist) has shared that a job opportunity is available for a CMT at UVA's Student Health Clinic. Hourly rate reflects a Patient Care Technician salary; trade-off is a great referral pipeline from doctors, nurses, and students. Good luck navigating the UVA Employment Process! Try starting with <http://www.medicalcenter.virginia.edu/human-resources/careers/jobs> and entering “28394”.

The job info was shared with Franciska as an image, pasted below, on the next page:

Job Description

Massage Therapist - Employee Health (PRN, hours vary) (28394)

POSITION SUMMARY:

Responsible for administering massage therapy techniques to patients in an inpatient or outpatient setting as directed by physicians and registered nurses.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

1. Administers massage according to practice standards and institutional policy/procedure.
2. Applies alcohol, lubricants, or other rubbing compounds based on individual patient needs and practice standards.
3. Assists in developing and implementing patient/family teaching plan based on identified health education needs and the condition and age of the patient.
4. Provides for a safe environment and safe delivery of care.
5. Assumes responsibility for professional development of self and contributes to and assists with the professional development of others.
6. Demonstrates teamwork in the delivery of patient care.

MINIMUM REQUIREMENTS:

- Education: Graduated from an approved school of massage therapy.
- Experience: No experience required.
- License/Certification: Currently licensed to practice Massage Therapy in the Commonwealth of Virginia.

GENERAL INFORMATION:

The above statements are intended to describe the general nature and level of work being performed by individuals assigned to this position. They are not intended to be an exhaustive list of all duties, responsibilities, and skills required of personnel so classified.

More Information

This position is part-time with no benefits. Hours will vary based on need.

Pay Range: 16.31 - 25.28

Primary Location: Virginia-Charlottesville City

Work Locations: 1222 Jefferson Park Ave 1222 Jefferson Park Ave Charlottesville 22908

Job: Healthcare Spec

Schedule: Wage

Shift: Rotating

Employee Status: Regular

Job Posting: May 20, 2016, 5:27:04 PM

-Pat shared that in order to maintain her NCTMB status, 3 CUEs of research-related studies are now required. She plans to do that online. The group discussed the pros/cons of maintaining that certification, which is not required by the Commonwealth any longer after the initial certification by examination, although the parameters for maintaining the CMT designation (practice hours and CEUs) are closely aligned with the NCTMB requirements.

This led to a general discussion about the newly – instituted licensing practices of the Board of Nursing, converting from Certified Massage Therapist/CMT designation to Licensed Massage Therapist/LMT status. We believe this is due to be implemented this July, 2016. (Although I have also seen mentions of March and May in various documents.) Just FYI regarding *initial* licensure, excerpted from: <http://www.massagetherapylicense.org/state/virginia-massage-license.html#education>, is this info:

“Virginia massage therapists are certified by examination. Three examinations have been explicitly approved. State regulations also note that an individual can be certified on the basis of another examination if found "acceptable to the Board" (https://www.dhp.virginia.gov/nursing/nursing_laws_regs.htm).

The three approved examinations are 1) the National Certification Examination for Therapeutic Massage and Bodywork 2) the National Certification Examination for Therapeutic Massage and 3) the Licensing Examination offered by the Federation of State Massage Therapy Boards.

The National Certification Exam for Therapeutic Massage and Bodywork and the National Certification Exam for Therapeutic Massage are former offerings of the National Certification Board for Therapeutic Massage and Bodywork (<http://www.ncbtmb.com/>). They were last offered in early 2015. Information is available from the National Certification Board for Massage and Bodywork, which can be reached by telephone at (800) 296-0664 or by email at 'info at ncbtmb.org'.

The Federation of State Massage Therapy Boards currently offers the Massage and Bodywork Licensing Examination, or MBLEx (<https://www.fsmtb.org/content/?id=61>). It is multiple choice. Before registering, candidates must read the content outline. The FSMTB does not require transcripts, though candidates who were educated internationally will need to have their eligibility confirmed by the Virginia Board before they will be allowed to test. There is a \$195 fee. An approved candidate will receive an ATT; this grants a 90 day examination eligibility period. Examinations are scheduled through Pearson VUE.

The MBLEx is now computer adapted. Examinees receive scores between 300 and 900; 630 has been set as the minimum passing score. Score results are available to the candidate immediately after testing. The licensing agency will receive results electronically, generally within 24 hours of testing.

An individual who is waiting to take a qualifying examination may be issued a provisional certificate. This credential is valid for a maximum 90 days.”

-And again back to the conversion from CMT to LMT, which should start in July 2016:

Darlene has heard that new therapists will be licensed as LMTs starting July 2016, and persons who need just a few more credits or CEUs as of July 2016 to qualify (for their initial license) will have a grace period until January 2017. All CURRENT active CMTs will be automatically grandfathered in and converted to LMT status at the time of their next normal renewal cycle (which is every two years.)

Darlene also mentioned that she heard at the AMTA meeting that CMTs who are converting to LMT status (by being grandfathered in) can pony up \$20 to the VA BON and get a new certificate (suitable for framing) issued with the new designation “Licensed Massage Therapist” printed on it..... but I had a hard time finding information on the web about the particulars.

The last “Guidance Documents” I saw posted were from 2013, and after 37 minutes on hold trying to reach the Board of Nursing by phone, I gave up. I did find one document stating what folks at the table on Thursday believed to be true: persons currently holding a CMT designation will be grandfathered in as of the post-March 2016 renewal cycles.

Check this out: https://www.dhp.virginia.gov/nursing/minutes/2016/CMTAdv_draft_04062016.pdf

So: Anyone with more concrete info, please share it, and I will post it!!

-As for our next gathering, we will shoot for **late July or early August**. We have a couple of willing volunteers to host the meeting: Pat Meyer-Peterson has offered up her lovely home (and Buddha!) for an evening get-together, and Darlene Leon expressed an interest in combining a CAMTC meeting with an AMTA-sponsored “Coffee Fusion”, which is a welcome idea, as I can’t (ethically) access AMTA member contact information for the purposes of publicizing CAMTC meetings. And Remember – the CAMTC gatherings are open to ALL massage therapists in good standing, regardless of affiliation! Darlene recently made the acquaintance of Jessica Jones, a friend of Linda Rhett, and was impressed with the feel and the temperature stability of the soapstone hot stones that Jessica had on display at the AMTA conference in Richmond – and Darlene would be glad to invite Jessica to a future gathering to demonstrate her products, too!

If you have anyone to add to the distribution list, or any preferences as to dates/times of day/locations for the next meeting, please shoot Dee an [email](#)!

2/18/16 – Dinner at Pat Meyer-Peterson’s House

Present: Dolores Brandolo CMT (dabrandolo@gmail.com); C. JeAnne Frey CMT (jeanne@tyrmassage.com); Holly Hermanson CMT (HollyH@massagetherapy.com); Andy Leon; Darlene Leon (DarleneL2001@aol.com); Virginia Linder CMT (virginialeelinder@gmail.com); Brandi Majeski (majeskimajeski@yahoo.com); Pat Meyer-Peterson (pmeyerpeterson@gmail.com); Cheryl Nardone CMT (fixhueup@aol.com); Becky Robinson CMT (dancindaisy6@yahoo.com); Connie Staley CMT (conniemstaley@yahoo.com); Dee Walsh CMT (deecompression@gmail.com); Kate White CMT (katercst@gmail.com)

I’m apologizing up-front, as these notes will be sparse --- we had such a good time just chatting and having dinner, I really fell down on the job of being a secretary!

This is what I can remember:

-Connie Staley’s Lentil Dahl soup was just delicious. (Priorities!)

-Becky Robinson and Brandi Majeski joined the group for the first time, and were very welcome! Becky works at CitySpa and Shala, and Brandi is developing her own practice, as is Virginia Linder. We also enjoyed the company of Andy Leon, Darlene’s husband and a practicing RN/Hypnotist – Andy is “part of the gang”, sideways!

-Pat is now volunteering the Hospice of the Piedmont, and enjoys that very much. Dee and Alexa Matthews are former volunteers there, too. If you have an interest, feel free to contact any one of us for more insights!

-Someone mentioned that Boar’s Head pays therapists only 8 – 12% of the fees charged to the clients, and that tips are welcome.

-Connie mentioned that at Massage Envy, payment to the therapist increases as clients return again and again to the same therapist.

-Kate enjoys working with moms and babies, especially treating oral and fascial restrictions in babies using CranioSacral techniques and providing prenatal massage. She also has an interest in [Somatic Experiencing](#) and [Alchemical Alignment](#).

-Cheryl works at ACAC and has a home practice in Keswick. As these gatherings go, she realized during the course of the evening that she had worked on Kate White about 8 years ago! Cheryl also has an interest in Feng Shui, and that extends to her office setting, as well.

-We send our best wishes to Sarah Handley, who is recovering from surgery recently. Be Well!

-Everyone present, at some time or another, has had an inappropriate client to deal with. Also of concern are those clients who do not disclose medical issues (such as recent cardiac or spine surgery) until the therapist has them on the table. JeAnne contacted Charlottesville police officer Finkel some time ago regarding issues such as predatory behaviors on the part of some clients, and the possibility of sex trafficking by some unregulated massage providers. No follow-up on that yet. As clinical professionals, we realize the need to maintain professional integrity, but on the other hand, we don’t want to slander clients or providers in social media, either. It’s a fine line. One suggestion was to subscribe to the reporting service at www.badmassageclient.com. At that site, one can check reports of poor behaviors (and the phone numbers associated with those clients)