



Maine Council of Reflexologists

Established 1991

Volume 29 Issue 1

Winter 2020

NEXT MEETING

May 16, 2020

Virtual

12pm - 4pm

REFLEXOLOGY

Reflexology, an integrative health practice, maps a reflection of the body predominately on the feet, hands and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally.

Definition of reflexology as determined by RAA (Reflexology Association of America), ARCB (American Reflexology Certification Board), NCRE (National Council of Reflexology Educators) & 200 reflexologists nationwide in 2019. More info on P11.

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MCR

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Letter from our President



Dear Members,

This has been a difficult President's letter to write. I strive to be honest and upbeat and my intentions are always to uplift others with my words and actions. These past weeks have brought so much change, completely reordering my life, and I'm certain it has been the same for you. COVID-19 had forced us to close up shop and go into an extended hibernation of sorts. Spring is supposed to be a time for renewal and hope. It's my hope that we will soon be able to take small steps toward something resembling our pre-virus "normal" lives.

Due to the pandemic and the mandates set forth by the State of Maine to protect us, we will not be able to have our May 16th meeting at a physical location. Instead, we will host a virtual meeting using ZOOM. The presenter for our afternoon program will be Tam Veilleux and she will work with us to help overcome the blocks that stand between us and achieving our dreams. Attendees will earn 2 CEU's. Members will be able to access the meeting using their computer, tablet, or phone. Instructions to download the Zoom app, register, and join the meeting will be sent through email.

This pandemic has taught me some valuable lessons. Among them are: how much I value time spent with friends and family, that I actually miss the routine of "going to work," and I have a new appreciation for all of the workers deemed "essential" who have literally put their lives on the line daily so that I continue to have necessary goods and services. Bless you all!

In fellowship,
Alison Gingras
President,
MCR

FYI COVID-19 information and updates from Maine Center for Disease Control:

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

MCR Officers (2year/2terms)

President

Alison Gingras, Jay
207-242-1450

Vice President

Claire Guy
207-441-5670

Recording Secretary

Melissa Wallace-More
207-522-4480

Treasurer

Nancy Butler-Smith, Augusta
207-592-4573

Correspondence Secretary

Linda Nickerson
info@mcronline.com

RAA Delegates

Lisa McNeil, Houlton
207-521-5030

Karen Tibbetts, Oxford
207-890-1633

Standing Committees

Names listed are chair positions only.

Membership: Susan Buzzell

Education

Continuing Ed subcommittee: Cindy Hilton

Library subcommittee - Cindy Hilton

Bylaws - Alison Gingras

Legislative - Wendy Decker

Standards/Ethics - Karen Tibbetts

Public Relations

Newsletter subcommittee: Claire Guy

Website subcommittee: Loretta Baker,

Brochure subcommittee:

Ad Hoc Committees

Historical: Karen Boynton

Outreach

Common Ground Fair sub: Karen Tibbetts

Reflex & Cancer sub: Mac MacDonald

Mail coordinator: Nancy Butler-Smith

Bank statement Monitor: Claire Guy

**Have business
products to
market?**

**You can set up a table
at our October meeting.**

WE NEED YOU

Committees can always use more volunteers. Check the list of committees and sign on as a volunteer. Many hands make light work; and it is always a rewarding experience. For more information contact anyone on the committee you would like to join - the list of committees and their chairperson is listed here. You may contact anyone on the Board.

From the Welcoming Committee

While MCR is the tie that binds us together as a group, we all have lives outside the world of reflexology.

When a fellow member experiences a health issue or loss of a family member, the Welcoming Committee would like to express the caring concern of MCR.

If you would like to have a card sent to another member, on behalf of MCR, please forward the request to:

Chrissy Ravelli-Studer and the committee will see that an appropriate card is sent. Thank you ~ Chrissy, Cindy

Newsletter

The Maine Council of Reflexologists' (MCR) Newsletter is published three times yearly following the Spring, Fall, and Winter general council (GC) meetings. Its purpose is to provide members with news, opinion, and information pertaining to their organization and profession. Material herein is educational in nature and not intended as a substitute for medical advice or guide for treatment. Further, the views of the authors are not necessarily the views of the editor or of the MCR Board of Directors. The editor reserves the right to edit and/or refuse to print any material submitted.

Newsletter Editor Claire Guy
solewisereflexology@gmail.com



Calendar of Events

Spring Meeting Saturday May 16, 2020

On-line meeting. Instructions will be sent through email.

Afternoon program:
See Tam Veilleux info to right.

Fall Meeting Saturday Oct 17, 2020

Tri For a Cure Saturday, July 18

Contact Mac MacDonald 207-664-4294

Common Ground Fair Sept 25-27

Contact Karen Tibbetts for more information and to volunteer. linscott3@yahoo.com

Share your upcoming events here

When you have events to share with MCR members, send information to our **correspondence secretary** at info@mcronline.org or **Claire** at solewisereflexology@gmail.com

to help health care workers,
first responders and others who
work on the front lines of this
pandemic

Maine
**FRONT
LINE**

207-221-8196
866-367-4440



**WARM
LINE**

We've got your back.

Afternoon CEU program with Tam Veilleux, Business Coach



Having A Mind for Business

Make Peace With Your Past
For More Prosperity

Join coach Tam Veilleux as she helps you dive into the stories from your past that may be keeping you from being seen as a business owner. Learn how to clear the stories along with some practical steps for starting a successful business. Visit her website for more information about Tam:

www.choosebigchange.com

Executive Board

5 Miranda Circle, Saco, ME
January 11, 2020

Attending: President Alison Gingras, Treasurer Claire Guy, Correspondence Secretary Nancy Butler-Smith, Recording Secretary Sylvie Letellier.

President:

—Board Training Meeting: March 7th or 14th 2020.
—Strategic Planning : Has been tabled to a later date.
—By-Laws and P&Ps need updating.
—Program for January 25th MCR Meeting: *Building Community, Building Business, What Works and What Doesn't*. Focus: Three types of business 1) Friends & family, 2) Part-time, 3) Full-time, and the importance of building a community. Claire will bring a flip chart and it will be recorded.

Vice President:

—Karen Boynton submitted a letter of resignation on October 12, 2019. She is also relinquishing Bank Statement Monitor duties and Brochure Committee duties.
—Brochure Committee: We need a new person.

Treasurer:

—ICR membership dues are paid.
—IRS Form - 990N: We received an email 1/3/20 saying filing was due in May. Claire will look into this.
—Delegate Registration: Members need to fill out an online form and send it to Claire. Earlybird price of registration is \$425.00 until January 31st. We will use auction revenue towards delegate cost.
—Budget 2020: Income from 59 members at \$50.00= \$2,950.00 + 4 students at \$25.00= \$100.00. Total \$3,050.00. Claire will have budget report for the EB.
—Bangor Savings debit card: There has been a freeze on the existing MCR debit card. We will have the bank issue a new one when we have a new treasurer.
—KE Fund: Is it all paid back? The fund is capped at \$3,000.00. We will allow members to borrow from this fund so they can get the earlybird price of \$425.00. They are to go to the MCR website for the KE application form.

Correspondence Secretary:

—MCR mail: Nancy will continue to pick up the mail and will get the extra key from Myra.
—MCR phone number: The new Correspondence Secretary will need a burner phone. Claire will get more information.

Recording Secretary: Sylvie will go through meeting minutes dating back to the last P&P update in 2016 to find what needs to be made current.

RAA Delegates:

—MCR officer information to RAA: Delegates are responsible for sending in updated info.
—Update on legislation (nationally): One of the two delegates will need to be present at each Delegate Assembly Meeting. We will need a synopsis of the discussions.
—NCBTMB certification nationally: They have new certification. To find out how it's affecting each state, go to that website and click on certification—specialty item.

Committees: —Membership: We have 55 members, 4 students, and 1 lifetime member.

Education: —Dr. Manzanares? Too expensive. Nancy will send an email to respond to Lise Grondin-Danault explaining

that this is an off year, the next workshop for us is scheduled for 2021 and we are not in a position to commit at this time.

—Presenters to consider: Sam Belyea, Claire Marie Miller, and Geraldine Villeneuve

Bylaws: Look at the wording of the P&Ps as to education hours (Page 2)

Legislative: —No new bills identified. Bring to the general meeting a suggestion form for members to use to be in compliance with the new law, as listed in the fall 2019 newsletter.

Standard & Ethics: No action taken.

Public Relations:

—MLDSE: April 11, 2020, 8am-5pm. We need approval—cost is \$450.00.

—Tri-for-cure: July 18, 2020 (Expo day only)

—Common Ground Fair: September 25-27, 2020

—Outreach: We need from Cindy Hilton an inventory of supplies and items used for outreach.

—Insurance while at events: Claire is to call Cross Insurance to see if we are insured as a group, while taking part in events. If we are, we may qualify for continued use of the hospital site for our MCR meetings.

Newsletter: Deadline for submissions is February 24, 2020.

Website: Our website needs immediate attention: updating member information and upcoming dates. We need to call Debbie Newman. Sue Buzzell may have a list of latest changes to member information.

Brochure:

—Sue Buzzell had ordered brochures from Copies ETC in Manchester. Where is the best place for insert and brochure printing? Karen made our most recent order of 1,000 inserts, 1,000 brochures. That is our current inventory. (MCR to reimburse her for that order).

Advertising: No action taken.

Library: Alison will print the ICR newsletter and bring it to the general meeting for our library.

Historical: We'll ask Karen to share the MCR history books at the May meeting.

Reflexology Definition: MCR members are to read and remember the new reflexology definition as listed on page 11 of the fall MCR newsletter. It is important that we are all clear and consistent on what reflexology is.

Tea & Feet: Who, when, and where?

Upcoming Classes/Workshops: See page 3 of the fall 2019 newsletter.

Upcoming Conference: RAA Conference—April 24-26, 2020, Portsmouth, NH

Spring MCR Meeting: May 16, 2020, location to be determined. (Janice Lee has checked with the Ladd Rec. Center in Wayne as a possible site for our MCR meetings; \$75.00 per day 8am-10pm, full kitchen, tables and chairs. The contact person is Donna Freeman.

Next EB Meeting: May 2, 2020, location: TBD

Respectfully Submitted,
Sylvie Letellier, Recording Secretary

General Council Meeting

Winter - January 25, 2020

Buker Community Center, Augusta, Maine

Attendance: President Alison Gingras, Vice President Karen Boynton, Treasurer Claire Guy, Correspondence Secretary Nancy Butler-Smith, Recording Secretary Sylvie Letellier. **Professional Members:** Cindy Hilton, Amy Whitaker, Janice Lee, Linda Nickerson, Lynn Marie Danforth, Myra Achorn, Susan Buzzell, Sylvia Coulombe-McGuire, Katie Greenman, Wendy Decker, Mac MacDonald, Melissa Caswell, Lisa McNeil, Loretta Baker, Aloisia Pollock. **Students:** Kim Sweatt, Sarah Cook Mathieson, Promis Bryant.

Social Time: 9-9:30

New Members: The meeting began at 9:30 as we welcomed new members, Kim Sweatt from Hollis, Sarah Cook Mathieson from Round Pond, and Promis Bryant from Newcastle, all students of Claire's school. Introductions of all attending members followed.

Elections: Recording Secretary Melissa Moore, 18 votes, Correspondence Secretary Linda Nickerson, 22 votes, Treasurer Nancy Butler-Smith, 22 votes. Congratulations to our new Executive Board members serving for the 2 year term, January 2020 - January 2022.

Recording Secretary: Sylvie Letellier, sylvie@fabulousfootworks.net. A motion was made by Mac MacDonald and seconded by Karen Boynton to accept the minutes of the last meeting as printed in the newsletter. Motion carried.

Treasurer's Report: Claire Guy, clairemguy@gmail.com. Total Checking: \$8,115.70, Savings: \$3,478.21. Total of Checking/Savings: \$11,593.91. A motion was made by Wendy Decker and seconded by Karen Boynton to accept the Treasurer's report. Motion carried. Today's auction revenue: \$203.00.

RAA Report: Wendy Decker, reflexparties@gmail.com. The registration deadline for the early bird discount for the RAA Conference is January 31st. Wendy reported that an on-line scheduler is available to all MCR members with the first month free. Go to www.schedulicity.com. The RAA board is looking for new liability insurance.

RAA Conference: April 24-26, 2020, in Portsmouth, NH

New Reflexology Definition: *Reflexology, an integrative health practice, maps a reflection of the body predominantly on the feet, hands and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally.*

A tri-board committee gathered to rewrite the definition for Reflexology in 2016. This committee comprised of ARCB, RAA, MCRE, unified to standardize the definition. The delegate assembly was included and got feedback across the country.

Legislative Committee: Wendy Decker, Katie Greenman, kgreenman@gwi.net. LD 364 "An Act to Establish the Right to Practice Complementary and Alternative Health Care Act" has become law. If you do not have a license in other modalities which allow hands-on work, be sure to post your disclaimer statement in your work place. A sample was published on page 9 in the Fall 2019 Newsletter. Use the new Reflexology definition on this statement and in your future brochures and other marketing materials. You may state that reflexology is a complementary modality. Go to RAA's webpage to stay informed with legislative changes, specifically staying separate from massage.

Membership Committee: Susan Buzzell, imsue1029@aol.com. MCR has 59 members: 40 professional, 11 associates, 1 lifetime, 1 school and 6 students.

Education Committee: We need one or two people for this committee as Connie will not be able to fill this position. Someone is needed to set up programs for our meetings and contacting ARCB for CEU credits for these programs. This position also requires leg work and ideas for workshops. Possible presenters for the 2021 workshop:

- Geraldine Villeneuve from Vermont, on Structural Reflexology
- Claire Marie Miller of North Carolina, on Integrative Reflexology (psychoneuro-immunology)
- Sam Belyea, Foot Whisperer from Florida
- Holly Tse from California, Chinese Reflexology
- Bill Flocco of California?

Library Subcommittee: Cindy Hilton, handstofeet.me@gmail.com. Below are some of the materials in our library available for anyone to sign out, and much more.

- There are four issues of the ICR Newsletters for 2019.
- CDs: *Psychobiology Of Hope*, worth 6 CEUs, an aid for depression, *Reflexology Basic of Middle Way*, by Moss Arnold.
- Conferences booklets
- Ko Tan book

Public Relations:

— **Newsletter Subcommittee:** Claire Guy, solewisereflexology@gmail.com. February 24th is the deadline for submissions to the Newsletter. Please send in testimonials. We need someone to help Claire with formatting for the newsletter.

— **Website Subcommittee:** Loretta Baker, lbaker48785@roadrunner.com. Wendy Decker and Katie Greenman have made a list of changes.

— **Brochure Subcommittee:** Karen Boynton. We will be printing new inserts soon. The next printing of bro-

continued

General Council Meeting

January 25, 2020

chures will have the new Reflexology definition.

By-Laws Committee and Standards/Ethics Committee:
No action taken.

Ad Hoc Committees:

— **Historical:** Karen Boynton. A brochure and business card for each MCR member should be submitted to Karen for her scrapbook and records. She has copies of all the MCR newsletters on file from 1991-present. She also has copies of all Members in the Spotlight.

— **Outreach:** Maine is well respected on a National level as a model for state organizations. We are active and have grown since 1991.

— **Midcoast Lyme Disease Conference:** Nancy Butler-Smith, reflexologyworks2012@gmail.com. April 11, 2020, Augusta Civic Center. This is a great opportunity for exposure and advertising of Reflexology as it is anticipated 3-4,000 people to attend and we have a full page ad in all their booklets. We will have 4 chairs and a donation jars. A motion was made by Cindy Hilton and seconded by Lynn Marie Danforth to expend the amount of \$450.00 to take part in this conference. This fee will come from MCR's Savings account. Motion carried. A motion was made by Linda Nickerson and seconded by Lynn Marie Danforth to include the cost of taking part in the Midcoast Lyme Disease Conference in our future budget. Motion carried. Anyone wishing to volunteer may contact Nancy.

— **Tri-for-cure:** Mac MacDonald, reflexme-mac57@gmail.com. July 18, 2020 (Expo day only) in South Portland. Signed up for the event are Sylvie Letellier, Lynn Marie Danforth, Karen Boynton, Cindy Hilton, and Mac MacDonald. We each bring our chairs. Anyone wishing to volunteer may contact Mac.

— **Common Ground Fair:** Karen Tibbetts, linscott3@yahoo.com. September 25-27, 2020, in Unity. This fair always brings large numbers of attendees and many look forward to our service every year. It's a great opportunity to expand reflexology awareness. We will have 2 reflexology chairs for feet and also regular chairs for hands/ears. Contact Karen to sign up.

— **Social Media/Facebook:** Traci Martin, info@youandimprovedinc.com. Please post on Facebook and encourage friends to "Like" our page.

Mail Coordinator: Nancy Butler-Smith

Bank Statement Monitor: Claire Guy

Member in the Spotlight: Janice Lee

K E Fund: This fund supports delegates attending RAA Conference; this year it is paying the registration fee and half of the hotel cost. A motion was made by Linda Nickerson and seconded by Lynn Marie Danforth that the proceeds of today's auction be used for the RAA Conference. Motion carried.

Tea & Feet:

—Aloisia Pollock, February 12, 2020, 60 Sunset Lane, Jefferson, at 1pm.

—Sylvie Letellier, February 22, 2020, 5 Miranda Circle, Saco, at 1pm.

—Janice Lee, March 21, 2020, 160 Route 133, Winthrop, at 1pm.

Upcoming Classes/Workshops: See page 3 of the fall 2019 newsletter.

Next EB Meeting: May 2, 2020, location to be determined

Next MCR Meetings:

— **Spring Meeting:** May 16, 2020, location to be determined. Janice Lee has checked with the Ladd Rec. Center in Wayne as a possible site for MCR meetings; \$75.00 per day, 8am-10pm, full kitchen, tables and chairs. The contact person is Donna Freeman. Other locations are being considered. Program presenter: James Doble from Washington, *Sound Therapy*, Bring items for sale.

— **Fall Meeting:** October 17, 2020, Beth C. Wright Center, Ellsworth. Presenter: Wendy Decker, *Meridians*, hands on.

12:30. Business meeting adjourned

12:30 - 1:30 Lunch and sales

Nothing is a waste of
time if you use the
experience wisely.

Rodin 1840-1917

Treasurer's Report 1/24/20

General Fund	8115.70
Total Checking	
Savings	3478.21
Total Funds	11,593.91

At our January meeting, Sylvie Letellier and Cindy Hilton (Labbe) conducted a discussion with the membership. Here is a summary of this discussion.

BUILDING COMMUNITY, BUILDING BUSINESS, WHAT WORKS AND WHAT DOESN'T

1. Reflexology Friends & Family
2. Reflexology Part time
3. Reflexology Full time

After graduation, you'll start with the first two steps before you become full time.

BUILDING COMMUNITY

BE VISIBLE:

- Business Cards
- Brochures
- Website
- Sign at place of business
- Ad in local business flyers
- Get a magnet with your business name and website for your car.
- Wear clothing around town with your business name.
- 8" X 10" poster about you Include a photo, the definition of Reflexology, your mission statement, your certification info, your website and business phone. Make at least 10 copies. Post this at natural food stores, health clubs, wellness centers. Go to chiropractic offices, Naturopath's offices, Osteopathic offices and ask if they will display your poster. Leave them business cards.

BUILDING BUSINESS

- Offer discounts for a group of sessions purchased
- Offer holiday specials
- Book reflexology shows (See Mac MacDonald)
- Offer mini sessions at your local farmer's market (See Mac MacDonald) \$10.00 off a session if they book right then and pass out business cards.
- Wellness Centers If you need more clients, ask if they need a Reflexologist at their center and build a clientele there a couple days per week (See me for more info)
- Sign up to do mini sessions at wellness expos in your area and offer \$10.00 off for anyone who books a session that day.
- Volunteer at Tri for cure, MLDSE, CGF and pass out your brochures and business cards.
- Have an open house: Talk about the benefits of reflexology, offer mini sessions (10 or 15 minutes) and serve refreshments.
- Start at a lower rate per session.

- After 6 months or a year raise your rates. Don't be afraid to ask the rate that you are worth, keeping in mind the community where you do business and what the general public can afford.

WHAT WORKS

- Have a clean, professional place of business. This could be a room in your home (no rental costs)
- Dress professionally
- Be confident in your skills and knowledge as a professional
- Play relaxation music
- Buy a diffuser with an essential oil that is light scented or pleasing (spa like)
- Heated pad for massage table or reflexology chair.
- Offer a warm foot bath to start the session
- Give them handouts of foot stretching exercises they can do in between sessions
- For people with foot pain, hand pain, arthritis, give them handouts of foods that cause inflammation in the body and foods that reduce inflammation.
- Take good notes of what you have recommended and follow up on the subsequent appointments. Has it helped them? What could they do differently?
- If they have foot pain, suggest once a week for 3 or 4 weeks then maintenance appointments every 4 weeks after that.
- If they share anything personal like a trip they will be taking or a special event happening, enter that in your notes and ask them about it at follow up visits it will make them feel good that you remembered and asked. It shows you care about them.
- Go above and beyond.
- You'll want your clients to rebook. At the end of the session ask "When would you like your next session?"

WHAT DOESN'T WORK

- Not making an effort
- Dressing sloppily
- Being in this profession more for money than caring about each individual.
- Not being a caring person
- Not liking working with the public
- Needing to have a set income every week. Some weeks are great and some less so.

Reflexology Association of America (RAA) graciously allows us to reprint articles from their Magazines. On the next 3 pages, we have shared articles that may be of great interest to our membership. Enjoy these from the Winter 2020 edition of *Reflexology Across America*.

MY PERSONAL STORY OF HOW REFLEXOLOGY AFFECTED MY LIFE

Kassy Killey (IL)



Learning about oils and herbal supplements was part of growing up with my mom. As she learned about new holistic therapies, so did I. One of my main “hobbies” over the years has been reading about holistic health and eco-friendly practices.

I fell in love with marketing in college, but I also recognized its power. I don’t agree with convincing people to buy things they don’t need or things that don’t really make life better for example. Which meant I refused to look at some of the standard employers and went the nonprofit route to start my marketing career. Until I burned out. Turns out working 60 hours a week doing about four different jobs and still not getting it all done isn’t an ideal work environment. (Shocking, right?)

Luckily I found another marketing job that had a much better work-life balance. It allowed me to volunteer and help my mom who was starting up her reflexology practice on the side of her full time job. I created her website, designed her business cards and marketing materials, set up her social media accounts, and managed her email list. And she did reflexology on my feet. It’s now going on 15 years of reflexology sessions with her and I think I get the better end of our “trade.”

Around the time when I reluctantly quit my job because my son needed me more, my mom had also quit her job to work as a full-time reflexologist (yay mom!). She joined a local mastermind with other solopreneurs who needed affordable marketing help. She told her friends to talk to me and next thing I knew I was happily creating websites while my baby napped.

Working as a freelance marketer to help small businesses fed my soul, just as reflexology probably feeds yours. I love helping small, local businesses.

Over time however I saw concerning patterns emerge. I would create a website and give the esthetician, or massage therapist, or health coach, etc. tips on how to use it to get new clients by setting up a Google My Business listing and social media accounts, and getting traffic from other sites, etc.

But their strengths were not in figuring out all the marketing tasks, so it fell to the bottom of their to-do list. And since my clients were a diverse group ranging from reflexologists to poets to gymnastics centers, I couldn’t just make one training video that worked for all of them. I had to help each one individually and that wasn’t as affordable as I’d have liked or their budgets allowed.

Some hired me to help with specific tasks such as posting on social media or sending emails to their list, but while these things are great, they work even better when a business is doing them in combination with other marketing activities allowing you to compound their effectiveness. They needed a holistic, integrated approach to their marketing but on a single task budget.

This is why I started to look for a more effective way to help them.

To do it right, I needed to focus on one type of business, and I chose reflexologists for a number of reasons. It’s something I believe can help everyone, it fits well with my background in marketing, my mom is a reflexologist, and honestly reflexologists are just wonderful people who have a heart for helping others that makes it all worthwhile.

If interested in learning more, contact Kassy Killey at OnPoint Holistic Marketing, kassy@onpointholisticmarketing.com or (309) 472-1015.

ANXIETY

Karen Ball, NBCR, LMT (FL)

Are you, or anyone you know, experiencing anxiety? Turns out you are not alone. A statistically high number of Americans admit feeling afraid or very afraid, according to a study conducted by Chapman University in late 2017. The top fears reported, along with the percentage of Americans feeling afraid or very afraid, are:

- * Corruption of government officials (74%)
- * Trumpcare (55%)
- * Pollution of oceans, rivers & lakes (53%)
- * Pollution of drinking water (50%)
- * Not having enough money for the future (50%)
- * High medical bills (48%)
- * That the US will be involved in another world war (48%)
- * Global warming & climate change (48%)
- * North Korea using weapons (48%)
- * Air pollution (45%)

Although I certainly can't claim to be able to ward off any of the above fears, I am very confident in reflexology's ability to reduce emotional experiences of stress and the subsequent effects that can occur from prolonged anxiety and stress. I know that from my own experience of 35 years of offering reflexology and from the historical fact that reflexology was first practiced in Russia in the psychiatric hospitals to help people suffering from anxiety.

I keep my movements slow, linger on points, and offer lots of stillness. I focus on reflexes to the central nervous system; the vagus nerve to relax the entire digestive system; the endocrine system to support hormone secretions that promote sleep, rest and relaxation; and the diaphragm muscle to encourage slow, deep breathing.

Try it! What have you or your clients got to lose? Maybe chronic health-destroying fear and anxiety?

(Editor's note: Karen also sent in this related article.)

Dukkha is a Sanskrit word that translates to "stress," "anxiety," "suffering," or "dissatisfaction." Dukkha is used to refer to the mental and/or physical suffering that can occur from life, illness and/or aging. It is also used to describe the heartache and suffering that results from *resisting what is*; our unwillingness to accept what is; the attempt to "control what is fundamentally impermanent and unable to be controlled".

Sukha – the opposite of Dukkha – means "happiness," "ease," or "comfort."

Both words originated with the ancient Aryans who brought the Sanskrit language to India. The Aryans were a nomadic people who traveled by horse- or ox-drawn carts. The two words literally mean "having a bad (or good) axle." Was it a bumpy ride (dukkha) or a smooth ride (sukha)?

Great metaphor for life, don't 'ya think?



IT'S 10PM. DO YOU KNOW WHERE YOUR TRANSCRIPTS ARE?



Michele Melnick, NBCR (IL)

Do you know the location of your reflexology education documents? Are they protected from a disaster to your home? Fire, flooding, natural disaster, theft?

We have copies of our birth certificates, college transcripts, house and car titles, marriage (and divorce) documents, or can get them from the source if needed. But what about our reflexology training? Unlike colleges or universities, reflexology schools may not remain active and in business for 20, 30 or 100 years. It might be impossible to verify hours, classes or courses, and transcripts may not readily be available or accessible from your school.

This poses a problem on several different levels. If you choose to join another professional organization, apply for a job or internship, you may need to provide detailed information regarding your reflexology education. It is so important to have your official papers archived in a safe, protected place.

Here are some suggestions for safekeeping of these important documents:

Make hard copies of your certificate(s) and if possible, a detailed syllabus from the course(s). Place a copy in your safe deposit box and/or another safe place where important documents are kept, such as a file cabinet or other locked, fireproof box. This is probably most important for your 200 or 300 hour training.

Obtain electronic copies of the certificates and syllabi, and store on your computer (but remember to back up/save). You can also do the same on your phone.

A few minutes now may negate a frustrating search in the future!



REFLEXOLOGY IS A _____ ?

A reflection by Melody Pearson, NBCR (IL)-Chair of RAA Membership Committee

You have all seen the new definition of reflexology that evolved from much hard work by many people with the goal of meeting different standards across the United States. I have been honored in the past year or two to participate in other conversations about the work we do and how to define and describe it. The level of dedication and commitment to our work that I witness everywhere is inspiring and humbling.

But these conversations are also confusing. Is reflexology my: field, practice, modality, profession? What status do we really have in the United States? We already know the legal battles we fight in almost every state of the union to define ourselves and demand recognition for our science and art. I am always guiding people to think of my work as reflexology not a foot rub or massage. Some clients still seem surprised when a session brings them pain relief or more comfort. Law enforcement suspects us of being something we are not. What does it take for reflexology to be known and accepted?

Thanks to Karen Ball, I was introduced to an article from February of 2008 by Rick Rosen. It is titled, "On Becoming a Profession" and addresses massage, bodywork and somatic work. Mr. Rosen, a massage therapist, gives a wise and heartfelt argument for all of us to take the lead in where our work will go. He writes, "If we don't take charge of our destiny, there are outside entities who will be happy to dine on the fruits of our disorganization – until there is nothing recognizable left on the table. In this challenging environment, each of us is called upon to uphold the integrity and participate in the evolution of our field." He wrote this 11 years ago and we can all testify to how massage has grown in that time.

He goes on to explain that becoming a profession requires lots of hard work and commitment. In his view it involves, "... a well-defined body of knowledge; educational standards; teacher training requirements; common terminology; standards of practice; and a regulatory system that affords public protection and allows inter-state mobility for practitioners." He cautions that 10 – 20 years of focused work is necessary to achieve the "hallmarks of a full-fledged profession."

It thrills me to see what RAA, ARCB, NCRE are doing to move us forward to being a profession. And each of you by joining RAA and supporting all our various efforts are contributing. Thank you!

Having said all this, I would like to comment on RAA's criteria for practitioner and professional levels of membership. When RAA changed the professional requirement to 300 hours of training, it started an ongoing conversation. It may seem that we are setting up an elite group or blocking others from that status. Well, we are setting up an elite group – for you!

Qualifying for professional status with RAA is not something you achieve on the day you are certified by a reflexology school. We become professionals with experience, advanced training and time to hone our skills. We grow into being a professional.

Many of the trainers we flock to see from other countries (Spain, England, Denmark) have demanding criteria to become reflexologists. It can be 1,000 hours or more for them to become a professional. RAA did not feel that going to 1,000 hours would be realistic, but it did feel that less than 300 hours keeps us as the "kindergarten" level of international reflexology.

It is not our goal to keep reflexologists out of the professional membership level. It IS our goal to encourage you to continue training and learning, and to help provide those opportunities for you. In this way we want to bring all of us along to a true profession recognized and accepted in any state of our union.

The Real Deal in Anatomy

Connie Hubley, ARCB Hand and Feet

On Saturday, February 1, 2020 I had the opportunity to attend a Cadaver class at the University of Rhode Island, hosted by the Reflexology Association of Rhode Island aka, R.A.R.I. Dalia Pucci, R.A.R.I. member, has been coordinating these classes for several years.

While I have studied anatomy in my training with nursing and massage, I have always had an interest in anatomy. Seeing the 'real thing' is a true eye opener. Two P.T. Grad students along with their instructor, Dr. John McLinden, guided all of us (12 I think). The P.T. Dept. had been gifted 6 'friends' for study last year. John and his students, as well as Dalia, guided us with reviewing muscles, organs, bones and nerves for 2 hours. They all shared so much information. Their enthusiasm for the wonder

of the human body was inspiring!

It was a respectful training, with always an awareness of the gift that we were receiving from the 6 friends. As a body worker, I have always felt it is important to "know what my hands are working on." I felt humbled yet so excited to actually see and touch the Plantar Fascia, the Posterior Tibialis Tendon, Sciatic nerve, and so much more!

It was a long drive from Maine, but I enjoyed the company of Susan Miller, a fellow MCR member. We met in Portsmouth, N.H. and drove to South Kingston together. When you have the opportunity, I seriously recommend taking this so very inspiring and informative class!

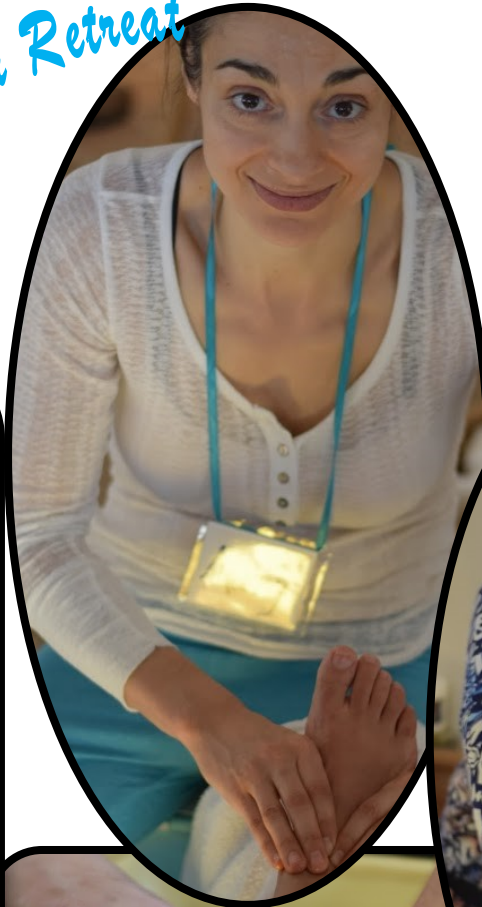
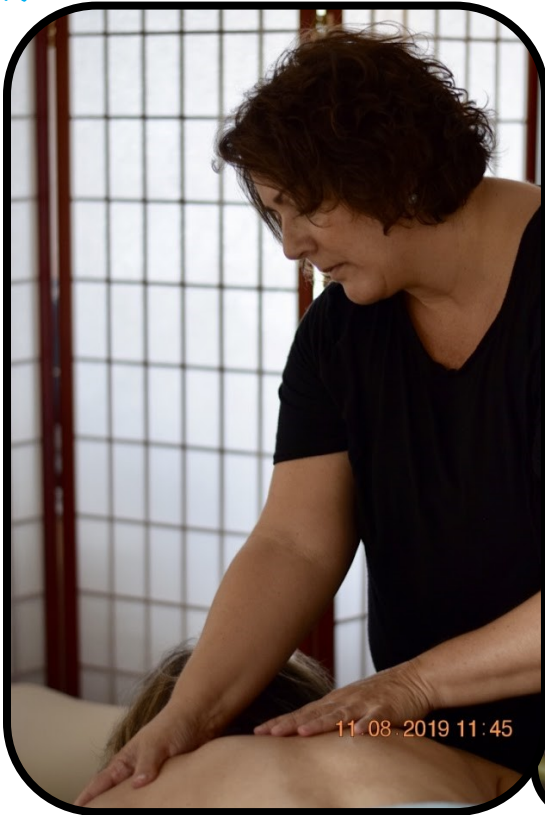


SoleWise Reflexology students, Sarah and Kim practicing their sensing skills.



Learn something new about your reflexology business. Join us May 16 for a virtual discussion with Tam!

Turning the Tide Women with Ovarian Cancer Retreat



*Massage therapists, Heidi Potter and Kelly Bean.
Reflexologists Mary Patterson and Claire Guy*



The smile says it all

*It was my great pleasure to work
at this retreat once more in 2019.
Claire Guy*





*So much Love
and Support*





Hmmmm - is this going to become the norm?
Please, N-O-O-O!

Reminder of some of what I call “power areas” that we can address on our own feet or with our loved ones.

Claire Guy SoleWise Reflexology

Solar Plexus: Lightly hold your thumb over the Solar Plexus allowing it to invite your thumb inward. Breathe slowly.

Sinuses: Press & hold tips of all toes.

Brain: Great toe: a sweep downward helps bring you out of thinking mode, reduces anxiety. Walk entire Great Toe, including the nail area.

Pituitary: Press & hold.

Jaw: Gently hold & rock joint at each side of big toe (good for TMJ, air travel-later).

Neck: neck of the big toe releases all that neck tension as well as shoulder.

Spine: release spinal tension; release toxic stagnation along the nerves in your spine as well as nourish those precious nerves.

Spinal Twist: Maintain flexibility in your spinal column.

Diaphragm: allow your thumbs to press into the diaphragm, then stroke across to sooth. Remember you are addressing the **phrenic nerve** which originates from cervical area (C3, 4, 5), innervates the diaphragm and plays a crucial role in breathing.

Adrenals: Press & hold, inviting calmness into your adrenals which are on high alert right now.

Lymphatic Stress increases inflammation. Milk webs between each toe Glide finger(s) along the lymphatic area between metatarsals. Simply gliding your hands across the tops of your feet will assist here.



ARCB 2020 EXAM DATES

<https://arcb.net/take-the-arcb-exam>

Due to the uncertainty of when and how much the COVID-19 will affect the US population, the ARCB is suspending all testing until further notice. Go to their website for updates.

Member-In-The-Spotlight

Janice Lee

Newsletter Reporter, Donna Dyer



As a retired physician I wanted to continue to serve others through some form of natural treatment modality. What better way than through reflexology. Upon retirement I found my way to Claire Guy's SoleWise School of Reflexology and became certified in June 2019.

I am currently a member of MCR and enjoy the support of my fellow reflexologists. As a newly certified reflexologist I am still finding my way in my practice. I enjoy focusing on people with medical issues. What makes me most passionate about reflexology are its many benefits and how it helps people feel their best. I also have an interest in branching out into reflexology for dogs.

At present I am not ARCB certified and have no plans to do so.

When I am not seeing clients I enjoy

sketching, painting, gardening along with many other hobbies. Cooking out and enjoying time with my family are also ways I like to spend my free time.

For my own health I eat well and try to keep active.

May is...

- 5/1: Nat'l Chocolate Parfait Day
 - Nat'l Loyalty Day
 - May Day
 - Nat'l Mother Goose Day
- 5/5: Cinco de Mayo
- 5/6: Nat'l Nurses Day
- 5/9: Nat'l Lost Sock Memorial Day
- 5/10: Nat'l Clean Up Your Room Day
- 5/12: Nat'l Nutty Fudge Day
 - Nat'l Fibromyalgia Awareness Day
- 5/13: Nat'l Frog Jumping Day
 - Nat'l Apple Pie Day
- 5/15 Nat'l Pizza Party Day
 - Nat'l Bike to Work Day
- 5/16 Nat'l Do Something Good for Your Neighbor Day
 - Nat'l Love a Tree Day
- 5/25 Nat'l Missing Children's Day
- 5/30: Nat'l Hole In My Bucket Day
 - Nat'l Water a Flower Day

Source ~ Lots more on this website:
<https://nationaldaycalendar.com/may>



Maine Council of Reflexologists

P. O. Box 5583

Augusta, Maine 04332

January 2020 MCR meeting

