



Annual Report 2018

Community Events

Stowe Weekend of Hope

Ania Zalewski, Event Coordinator

The Stowe Weekend of Hope was held at the *Stoweflake* in Stowe, VT on Saturday 5/5/2018 from 10 am-5 pm. We served 114 visitors, not all of them filled out and turn in their surveys. 11 volunteers shared Reiki during the event: Amy Handy, Debbie Trombly, Donna Gacetta, Marcia Bedig, Melanie Cote, Tamara Jordan, Patricia Freed-Thall, Robin Chapman, Susan Fortier, Tracy Perrapato, and Lonnie Poland. I hope I didn't miss anyone:)

Registration volunteer: Linda Bates is a registration master! I would be more than happy to coordinate this event again next year.

Blessings,

Ania

Camp Knock Knock

Robin Chapman, Event Coordinator

June 2nd took us to the annual Camp Knock Knock event in North Hero. As a VNA hospice volunteer, I was very happy to coordinate this event with the VNA staff. Camp Knock Knock is a weekend long bereavement camp for families who have experienced loss. We offered Reiki to family members and staff on the wrap around porch of the main lodge. Sessions were held from 1 pm until 6 pm. 49 people took advantage of our Reiki offerings. We had 12 wonderful VRA volunteers. It was a beautiful blue-sky day--- birds singing, children laughing and hearts opening!

Strolling of the Heifers

Margaret Miller, Event Coordinator

The Strolling of the Heifers is a major draw to southern Vermont each year, and for the past 5 years, the VRA has had a presence there offering free mini Reiki sessions to those attending the *Slow Living Expo*, a health related vendor area on the *Brattleboro Retreat* grounds.

In other years, Linda Manning, Teri Sherman, and Bob saved the day by setting up a tent, bringing massage tables, and doing all the coordinating. This year, we're missing Linda's presence, and I hesitatingly stepped in to try to fill that role. Teri stepped up again and brought the VRA banner and helped set up. She also tirelessly gave Reiki all day. Gerette Buglion arrived on the scene to help set up, offer moral support and to deliver surveys, which we handed out to participants. Dawn Hancy and husband Phil arrived to help us give Reiki for the afternoon. That was a welcome addition!

We had a steady flow of folks curious, interested, and waiting to experience Reiki, on the table, or in the massage chair. The weather was perfect. What a gift. It is a fair-like environment, but the hoopla fades out as the Reiki flows. We recovered 24 surveys.

I believe all would agree that our presence at the Stroll is worthwhile, as participants are always grateful when they're getting off the table, and educating the public only helps everyone involved.

Respectfully submitted, Margaret Miller, Jamaica, VT



Reiki for Recovery

Hilary Denton, Event Coordinator

This year, the VRA implemented a new volunteer effort in the recovery community. We had volunteers provide Reiki services to recovery centers in several counties around the state which included Chittenden, Washington, Lamoille, Orleans, Bennington, Brattleboro, Caledonia and Essex. Each center served a handful of people who came to receive Reiki. This was a great learning experience and one thing that we learned is that this is an ongoing service need in this community. The Lamoille county recovery center loved having reiki as part of their recovery support so much they ended up hiring their volunteers to continue on as part of their program of regular offerings. We look forward to having more volunteer efforts with this specific population again in the spring with hopes of reaching every county in the state for 2019.

Reiki Volunteers at the McClure-Miller VNA Respite House and VNA of Chittenden and Grand Isle

Sandy Jefferis, Coordinator

The Vermont Reiki Association is honored to support Reiki volunteers at the McClure-Miller VNA Respite House in Colchester, Vermont, and volunteers providing Reiki to Hospice community clients and staff through the VNA of Chittenden and Grand Isle Counties.

The Respite House is a 21 room residential facility for folks in Hospice care. In 2017, our 13 wonderful volunteers provided 1,047(!) Reiki sessions for residents, their families and friends, staff, and other volunteers at the Respite House. Reiki is offered every afternoon (except Saturdays) at the Respite House. This year, we have implemented Reiki documenting forms which are included in residents' charts.

Additionally Reiki was provided for staff and volunteers at the VNA of Chittenden and Grand Isle Counties' main office in Colchester, and community Hospice clients throughout Chittenden and Grand Isle.

Current volunteers and substitutes are: Marcia Bedig, Robin Chapman, Tanya Cimonetti, Patricia Freed-Thall, Kathy Gruber, Sue Hayden, Sandy Jefferis, Margaret Lowell, Tracy Perrapato, Jackie Pichette, DeDe Renaud, Holly Thompson, and Robin Wheel.

The first step in becoming a volunteer is to complete the *Visiting Nurses Association of Chittenden and Grand Isle Counties Hospice Training Program*. For information, please see <https://www.vnacares.org/program-volunteering/>

After completing this program, a shadow experience with a current Respite House volunteer will be scheduled.

Providing Reiki for Hospice clients is truly an act of service, approached with humility, grace, serenity, kindness, and professionalism.

For additional questions you may also contact Sandy Jefferis,

sandy@GreenMountainReikiInstitute.com



Women's Health and Cancer Conference

Hilary Denton, Event Coordinator

The 21th Annual Women's Health and Cancer Conference was held Friday, Oct. 5, 2018. We offered Reiki to 89 folks, receiving 15-minute sessions throughout the day. Thank you to Ellen Albertson, Tanya Cimonetti, Marcia Bedig, Amy Handy, Donna Gacetta, Kathy Gruber, Melanie Cote, Hilary Denton, Susan Fortier, Abby Skidmore, and Lonnie Poland who all generously volunteered their time.

Alzheimer's Longest Day

Lonnie Poland, Event Coordinator

On June 19-24, practitioner members of the *Vermont Reiki Association*, (VRA) offered Reiki treatments across Vermont to support the *Alzheimer's Association's 'The Longest Day' event*. We raised \$1600 dollars. Our participating practitioners included: Barrie Montross, Georgette Thabault, Abby Skidmore, Gerette Buglion, Terrie Look, Debbie Trombley, Esme Littlebird, Melissa Tarryk, Jennie Krystel, Jackie Pichette, Kate Gross, Kelly McDermott, and Lonnie Poland

Reiki at UVM Medical Center

Barrie Montross, Representative

Reiki in the hospital offers many unique possibilities and challenges. Currently there are two VRA members who volunteer at UVM Medical Center in Burlington: Barrie Montross and Tanya Cimonetti. When we arrive at the hospital for our weekly visit, we receive a list of patients whom the staff has suggested would benefit from Reiki. Some patients are expecting us while others are not. Many have never heard of Reiki. Our time there is focused in Palliative Care, Oncology, and the Hematology/Oncology Clinic (also known as the Chemo Clinic,) although other departments may also request Reiki. Be watching for an in-depth article for more about our experiences in an upcoming VRA newsletter.

Regional Reports

Addison County

Erin Mazur, Regional Coordinator

Many members volunteered at *Homeward Bound Humane Society* in Middlebury, giving Reiki to the shelter animals: Erin Mazur gave Reiki to the cats on two visits.

Judy Holmes: Nearly weekly volunteering at *Homeward Bound*, giving Reiki to all the shelter animals. She also volunteered for *Homeward Bound summer children's program*, helping teach kids about giving Reiki to animals. Maria Farnsworth: 65 hours volunteered at *Homeward Bound* (with weekly visits). Sherry Rigby: took animal Reiki class with Kelly McDermott-Burns and practiced at *Homeward Bound* as part of the class. Judy Holmes also visited the *Rutland County Humane Society* 4-5 times to give Reiki to the shelter animals there. Marie Farnsworth. also volunteered at the *UVM Morgan Horse Farm* in Weybridge, giving 10 hours of Reiki to the horses. Renee Dean gave Reiki as a hospice volunteer on a regular basis, approximately every other week. Some members have also taken part in Reiki events outside of Addison County, have made home visits as a Reiki volunteer. and many members have sent distance Reiki to people and animals throughout the year.



Rutland County

Kelly McDermott-Burns, Regional Coordinator

Throughout the year, Kelly has held several Reiki shares at *Right to Wellness Center* in Rutland. Lisa Donohue holds a quarterly share at the *Thrive Center* in Wallingford. Arlene Zivitz arranged for VRA members to offer Reiki to residents and their family members/caretakers at *The Meadows*, in Rutland for the *Alzheimer's "Longest Day"* event in June. During this event Arlene, Donna Thurston and Kelly provided 18 Reiki sessions. That's it from Rutland this year! Love, Kelly

Caledonia County

Jennifer Thoma, Regional Coordinator

Caledonia county, being very rural and spread out, is a challenging area to bring folks together for Reiki on a regular basis, although when we do all get together, we really shine! I hold a monthly Reiki share at my studio in St. Johnsbury, the Northeast Kingdom Reiki Collective. Sometimes, no one attends and I have to cancel, sometimes we have up to 9 participants! I would like to continue to see our members coming together over these winter months and sharing their experiences with Reiki as well as revitalizing ourselves with the healing that sometimes, as practitioners, we forget that we need too. These shares have been very positive and we can all receive inspiration and support from our friends in Reiki. A very successful VRA event was held at the Hardwick Farmers Market on September 14th. Myself, along with Norma Spaulding, Nancy Oakes and Paul Fixx, offered Reiki to market goers of all ages and the children were very enthusiastic! I went to bed that night confident that some wonderful seeds of Reiki had been planted for sure. I would like to plan more events such as this.... when we all come together and share the light of Reiki, it is so beautiful and we can help many people open to their deep capacity to feel really good and heal! We are in a foundational point with our growing group and I feel excited to see it really flourish in the coming year!

Washington County

Hilary Denton, Regional Coordinator

This past year there were three Reiki shares during the month of December to honor the solstice and the darkest night of the year with the return of the sun. We are planning to host one again on the solstice this year as well. There was a free weekly community Reiki clinic that ran on Monday's at *Another Way*, in Montpelier as well as a monthly clinic hosted by *Central Vermont Medical Center*, and Sylvia Gaboriault. Our region hosted several certification classes by member teachers and participated in the *Reiki for Recovery* initiative at the *Central Vermont Turning Point* and are planning a return visit next year. There was a Wellness Walk for all local business in the healing arts that both *Montpelier Reiki* and *Central Vermont Reiki* participated in. It was free and open to the public. We offered free mini sessions and coupons for full sessions and certification classes.



Franklin County/Grand Isle

Robin Chapman, Regional Coordinator

In mid January, we participated in the first *BFA Fairfax Health and Wellness Fair*. We introduced Reiki to interested participants. Reiki sessions were offered from 8 am until 12 noon. Three VRA Reiki practitioners volunteered. We shared Reiki with 12 people. It was both rewarding and educational to get the word out to our community. A group of local VRA Reiki practitioners in Franklin county and neighboring regions are voluntarily sharing Reiki on a regular basis with a friend experiencing the challenges and difficult symptoms of living with a diagnosis of lung cancer. This also included a nearly consistent 21 day hands on offering (a couple distance sessions to fill in). Robin completed her training as a Hospice Volunteer in December 2017 and now volunteers weekly at the Respite House, and visits people in their homes as part of their hospice care.

Chittenden County

Dr. Ellen Albertson, Regional Coordinator

During 2018, 12 students and practitioners volunteered with Ellen at *Turning Point Center* (TPC) to offer Reiki treatments. Currently, 3 practitioners volunteer at TPC once per month. Ellen taught 3 Reiki 1 classes, 2 Reiki 2 classes and 2 Master classes this year and hosted a share at *Yoga Roots*.

Jennie Kristel, Regional Coordinator

Jennie offers a monthly Reiki Share at her studio *Journey Works*, with 5 to 15 in any given month. They do self-Reiki, long distance Reiki to those in the circle in need, a meditation/discussion (not always but often) on the 5 Principles of Reiki and group Reiki and end it with a visualization/meditation Reiki sending to the Earth and to all those on the earth.

They participated in the *Alzheimer's "Longest Day"* event netting \$350.00 in donations. They discuss VRA news and announce VRA supported community opportunities. Jennie has been actively promoting the Annual Conference and other VRA events. As a teacher, Jennie held 3 Reiki I classes this year, and two Reiki II classes with a third one scheduled for November. She also had the honor of teaching and attuning two people at Master/teacher level. Jennie often speaks about the generosity principle and "how understanding Reiki means being generous not only to others but to self as well. It's often the hardest to offer it to ourselves".

Lonnie Poland, Regional Coordinator

Lonnie has been in contact with all the Regional Coordinators across the state primarily on our Facebook page and occasional emails, phone calls and text messages to collaborate and inspire. She launched a new statewide event by coordinating a VRA Team to participate in the *Alzheimer's Longest Day Event*; participated in the *Stowe Weekend of Hope*; *Camp Knock Knock*, and the *Women's Health and Cancer Conference* events. Lonnie held a level 1 Reiki class, a couple of Reiki shares, and participated in the *Alzheimer's "Longest Day"* Event along with Barrie Montross, Georgette Thabault at her Studio *Experience Yoga*, in Milton. She co-hosted an outreach class in Bennington, with Abby Skidmore.



Orleans County

Cheryl West, Regional Coordinator

Since last year's conference Esme taught three Reiki level 1 & 2 classes. All new students received VRA info and Esme enrolled them in a one year basic membership as a gift for completing their courses. This was the inspiration for the VRA new teacher benefit. Melissa Tarryk joined Esme in her studio *Healing From the Heart-Holistic Center* to participate in the *Alzheimer's "Longest Day"* event in June. They served 5 clients and several others who did not receive Reiki, dropped in to show support and to say, "hello".

They raised over \$400. overall during the fundraising campaign.

Last winter, Esme hosted an informational Reiki talk and demo at the center. There were four people in attendance who had never heard of or experienced Reiki, so that was pretty awesome! Esme reports that she "I share Reiki nearly everywhere I go, and am known for saying 'Can I just put my hands on you'? Reiki is far better experienced than explained".

On November 10th, she is looking forward to hosting an Anniversary Open House for the Center, and will be offering a Reiki talk and demo.

Bennington County

Abby Skidmore, Regional Coordinator

Abby Skidmore, offered a number of Reiki shares this year in Bennington on Main Street at *Green Mountain Oasis* and *Vermont Green Grow Wellness Center*. We are grateful to these businesses for generously donating their space for these events. Abby provided Reiki treatments during the well attended *Reiki for Recovery Event* at *Turning Point Club in Brattleboro*, Evan Lawrence, and Abby both volunteered to offer Reiki treatment and educational discussion at *Turning Point Center* in Bennington. The participants were interested in learning about Reiki, and reported that they felt the benefits in the treatment received. *Studio Gratitude* raised over \$100 for the *Alzheimer's "Longest Day"* event, over the summer Lonnie Poland, joined Abby to lead the *VRA Experience Reiki, Experience Abundance* event on October 12th at *Vermont Green Grow Wellness Center*. Although it was a smaller than anticipated turnout, it was a successful event with engaging discussion, and new connections were made. Abby recognizes that connections within VRA members, non-members and those curious about Reiki in Bennington County area are happening. She anticipates continued growth in outreach, and a deepening of connections through an increase in the number of shares that she is planning to offer in the year ahead. Abby states, "It has been very encouraging to see this growth and the amazing things VRA is doing to teach our communities about the availability of Reiki energy, how to locate practitioners and how to become one! I look forward to creating more events like the ones we held this year because people were so grateful and accepting over all".



Orange County

Amy Fordham-Duff, Regional Coordinator

The inner glow of sharing Reiki between souls for physical, emotional and spiritual health this past year has been a gift for sure. In my studio individuals are discovering Reiki for the first time and feeling the love and benefits in their lives. Education has been a big piece this past year for me when I talk to individuals about what Reiki is as a healing modality for them in their lives. How an energy form has existed for hundreds of years can be incorporated into their daily well being. I create a sacred space for deep emotional and physical healing this past year with my clients. I've been honored to take part in the journey of healing trauma from sexual abuse, cancer, stroke, grief and the beautiful process of dying from the physically body. The gift of Reiki has no boundaries – "A massage for your soul" are the words I use to describe a session with individuals.

It's an honor to continue to be the Orange County Regional Coordinated for the *Vermont Reiki Association*. My goal in the year head is to continue to educate and share the healing of Reiki with other Reiki practitioners and individuals who are stepping onto a path of discovery in theirs lives.

"Reiki is love, Love is wholeness, Wholeness is balance, Balance is well being, Well being is freedom from disease." Dr. Mikao Usui (1864-1926)

Love and light, Amy

Lamoille County

Terrie Look, Regional Coordinator

On April 28th Gerette Buglion, Debbie Trombley and Terrie Look participated in the state-wide *Reiki for Recovery* event at the *North Central Vermont Recovery Center* (NCVRC) in Morrisville. It was well-received, and became an ongoing monthly offering. They typically serve 6-8 people. On June 23rd, Gerette, Debbie and Terri participated in the VRA state-wide *Alzheimer's "Longest Day"* event at the *Lamoille Senior Citizens Center* in downtown Morrisville. Unfortunately, the timing conflicted with the *Lace Up for Cancer* annual event happening just up the road and so the success was limited. However, they did enjoy sharing Reiki with each other and three others. They plan to create a more visible and accessible event for next year, and may also find a way to represent Reiki and the VRA at next year's, *Lace Up for Cancer*, event, as well! Gerette offers practice and occasional Reiki Shares at her *Dream Haven of VT*. Terrie offers Reiki sessions at *Northern Vermont University* (Johnson State)'s *Integrative Medicine Days* spring and fall semester events, at *Spiral Pathways*, and helps to share awareness of Reiki whenever she can during her work at *Lamoille County Mental Health Services* (LCMHS) as a case manager. Terrie, along with other active Lamoille County practitioner members will continue to increase the awareness and practice of Reiki, and hope to engage and increase VRA members in Lamoille County through the sharing of the benefits of joining this beautiful Reiki community.



Windham County –Opening available-

Lauren Potter reporting on the Reiki happenings in her region-

Lauren taught several Reiki classes, in Springfield and Norwich, VT and Reiki for Animals in Langdon, NH. She sponsors a Reiki Public Open House and Share each month, at either *Studio Time & Space*, in Springfield, VT, or at Kevin Clark's LMT/Ayurvedic Office in Norwich, VT. They have from 4-12 people attend each time. Mary Porter and Lauren have teamed up to give Reiki Clinics by donation in Springfield, VT and Chester, VT. Most of them have had clients come, and when no one showed up we gave each other Reiki! Lauren is sponsoring a Reiki/Massage Clinic for Pets and their Humans as a fundraiser for the *Springfield Humane Society* Oct. 14. Several practitioners have signed up to help. Lauren teaches Reiki (level I & II) to massage students at CCSNH/RVCC in NH. Last year, Lauren began teaching Reiki classes to *American Sign Language*(ASL) interpreters, as well as Reiki classes interpreted in ASL for the Deaf and Hard-Of-Hearing. There was a good turnout for Reiki I Class for both the interpreters and for the Deaf, and several students so far have also gone on to take the Reiki II Class. These Deaf students have been very appreciative of receiving ASL interpreted classes which they say rarely are scheduled in the New England area. One of these Deaf students is registered for the ART/Master Training in Dec. 2018 and one of the ASL interpreters plans also to take the ART/Master Training in 2019, which is great news for the Deaf Community and the spread of Reiki practice and teaching to this community. Lauren says, "The stories of healing, transformation, and help from Reiki and appreciation for this wonderful gift come through so often, and it is so heartening to hear and read these stories! Thanks for the VRA supporting all of this and helping so many people, animals, and situations to receive this wonderful energy!!".