



## **Annual Report 2019**

### **Community Events**

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

##### **Patricia Freed-Thall 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.

Vermont Respite House is a 21 room facility for people in hospice care. In 2018 we had 13 dedicated volunteers providing 959 sessions of Reiki at the Respite House for residents, their families and friends, staff and other volunteers .

Additionally Reiki was provided for staff at the VNA Chittenden and Grand Isle Counties office in Colchester as well as to residents receiving hospice care throughout Chittenden and Grand Isle .

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

The first step to becoming a volunteer is to take the 11 week hospice training program with the Chittenden and Grand Isle County VNA. For information, please see <https://www.vnacares.org/program-volunteering/> After completing this program you will shadow a current Reiki volunteer. Being a hospice volunteer is an act of service, approached with humility, grace, kindness and professionalism.

Sandy Jefferis has stepped down as coordinator of this program this past year after many years of dedicated services. We are very grateful for her expertise and guidance. Thank you Sandy♥

If you have any questions, please contact Patricia Freed-Thall at [pfreedthall@gmail.com](mailto:pfreedthall@gmail.com)

#### **Women's Health and Cancer Conference**

##### **Shannon Morey, Event Coordinator**

Event happened yesterday. October 4th, 2020. Report unavailable for this document publication deadline.



## **Strolling of the Heifers**

### **Margaret Miller, Event Coordinator**

We had loads of fun at the Strolling of the Heifers today. We met lots of people, did I think over 30 mini sessions. Thanks to all the help coordinating Margaret R. Miller and thank you Amy Davis, Erica Breen, Chris Verville and Megan MacArthur Littlehales. I think we even managed to wrangle 3 new members!!!

## **Go Red for Women**

### **Barrie Montross, Event Coordinator**

This was the first time for this event on April 12, from 10:00-12:00. We had 2 practitioners that did Reiki for 11 people during that time. Most of the attendees were UVM Medical Center employees. It was a great opportunity to educate them about Reiki and the VRA. One nurse had her BP checked before and after her Reiki session. She was amazed at how much her BP dropped after receiving 15-minute Reiki! I recommend Go Red for Women becomes an annual VRA event. It is a great opportunity for outreach in the medical community.

## **Mind-Body, Spirit Expo**

### **Erin Mazur, Event Coordinator**

This was the first time the VRA hosted this event on March 30 in South Burlington. 2 Practitioners gave 23 participants Reiki during the 5.75 hours. Barrie Montross, Erin Mazur, Kathy Hernandez and Maria Moore were in attendance. Spoke with 3-4 Reiki practitioners about becoming members. One of the exciting things we heard from an attendee was they could feel the energy of the space we were in when they walked by our corner and they loved how it felt! Great experience, and I would recommend we do this event again.

## **Alzheimer's Longest Day**

### **Lonnie Poland, Event Coordinator**

Our team this year across Vermont and in Massachusetts included: Ellen Albertson, Amy Davis, Ann Hornick Evan Lawrence, Kelly McDermont-Burns, Desirae Pratt, Abby Skidmore, Deborah Strafuss, Esme West and Lonnie Poland. Practitioner's offered 20 minute Reiki sessions for a suggested donation of \$20 to benefit the Alzheimer's Association's Longest Day Event. Our combined total donation was \$435.



## **Stowe Weekend of Hope**

### **Debbie Bolam, Event Coordinator**

The Stowe Weekend of Hope was held at the Stoweflake in Stowe, VT on Saturday 5/4/2019 from 10 am-5 pm. We gave 150 Reiki sessions in the 7 hours. Everyone left feeling light, thankful and happy. It was a very busy day but well worth the time for such an amazing event. We had 20 volunteers who shared Reiki during the event: Ellen Albertson, Meridith Barges, Cindy Barlow, Gerette Buglion, Andrew Carbine, Robin Chapman, Tanya Cimonetti, Nancy Dowd, Robin Farrar, Donna Gacetta, Tammy Jordan, Terrie Look, Denise Mellia, Barrie Montross, Tracy Perrapato, Lonnie Poland, John Powel, Kay Seymour, Debbie Trombly and Ann Valastro. Registration volunteer: Melissa Sargent-Minor was very helpful at registration.

## **Camp Knock Knock**

### **Robin Chapman, Event Coordinator**

Camp Knock Knock was held on Saturday, June 1<sup>st</sup>. The physical location is actually Camp Abnaki in N. Hero. This is a bereavement camp sponsored by UVM Health Network Home Health & Hospice. We offered Reiki from 1 until 3 for camp volunteers, and 3:30 to 6 pm for family and friends. We had 8 Reiki practitioners who lovingly donated their time to make this event a huge success. I would like to recognize each one of them: Robin Wheel, Tammy Jordan, Georgette Thabault, Deb Bolam, Nancy Dowd, Barrie Montross, Mary Duggan, and Robin Chapman

Our afternoon started off with those eager to try out Reiki. Some of our clients were repeats. The rain started right on cue as we began our second shift. Despite our Reiki volunteers being chilled by the light cold rains, the heat of our healing hands warmed our clients. It was a wonderful day for everyone! We offered Reiki to 47 people. It was well received by all.

## **Reiki at UVM Medical Center**

### **Barrie Montross, Representative**

Reiki in the hospital offers many possibilities and challenges. Currently there are four VRA members who volunteer at UVM Medical Center: Tracy Perrapato, Nancy Dowd, Barrie Montross and Tanya Cimonetti.

Administrative changes at the hospital resulted in the closing of the Palliative Care Department in 2018. Patients who were formerly treated in Palliative Care have been assimilated into other departments. Upon request from the patient, their family, or the hospital staff, we will provide Reiki to any patient within the hospital.



In 2019, the Comprehensive Pain Program opened to provide patients an alternative to pharmaceuticals for managing chronic pain. The CPP's focus is on non-traditional hospital services including Acupuncture, Massage, Movement Classes, Mindfulness, Nutrition, Physical Therapy and Reiki. 38 patients have received Reiki sessions to relieve chronic pain as of 9/26.

In Partnership with Employee Health, 45 hospital personnel have experienced Reiki so far in 2019 as part of a periodic Staff Appreciation Day.

352 patients have received Reiki so far this year in the hospital's Chemo Infusion Clinic.



## **Regional Reports**

### **Addison County**

#### **Erin Mazur, Regional Coordinator**

Members continue to volunteer regularly at Homeward Bound, the animal shelter in Middlebury. Reiki is given to the animals there regularly, and members also gave a talk about Reiki to the kids at the summer camp offered there. We have members who also give Reiki to the animals at the Rutland County shelter. Reiki has been given to the horses at Horses Touch, a therapeutic riding group. We have had regular Reiki shares, with 9-13 practitioners in attendance, every other month. We have had members participate in VRA sponsored events outside of our county, as well as members traveling outside of Vermont to attend Reiki-related conferences. An exciting new development is that Valley Vista rehab center in Vergennes has expressed interest in bringing Reiki into their program.

### **Bennington County**

#### **Abby Skidmore, Regional Coordinator**

Bennington regional coordinator Abby Skidmore received her Usui Reiki Master/Teacher Holy Fire 3 level training in January and couldn't be more excited for dynamic dozen or so students she has had the honor of teaching since the beginning of the year. Community members had been coming to Abby for quite some time about their stories and with questions about energy and Reiki. They wanted a teacher! So the universe provided, Annie Harlen in Cambridge, NY awarded the certificate and Green Mountain Oasis Spa hosted these powerful healers in their beautiful space. There have been Reiki Shares for Practitioners and a community Reiki share at this location as well. Abby most recently volunteered at their mental health day where people got to experience Reiki and different modalities for free, with a focus on self care. More communication and brainstorming has been happening with Windham RC's about starting a share in Brattleboro - so keep your eyes out for that! There are also regular shares in Salem, NY and in Wallingford (please reach out if you know of others nearby)- contact Abby for more details!

### **Chittenden County**

#### **Dr. Ellen Albertson, Regional Coordinator**

#### **Jennie Kristel, Regional Coordinator**

The Chittenden County region has been expanding and now has 63 members! There has been a lot going on this year. There are multiple shares available throughout Chittenden County, led by Sandy Jeffers at Green Mountain Reiki Institute, Lonnie Poland in at Experience Yoga, Ellen Albertson at the Railyard Apothecary and Jennie Kristel at JourneyWorks. Jennie and Larry Arasin run a weekly Reiki Clinic on a sliding fee scale. Between 1-5 clients attend the clinic weekly. Chittenden members have been involved in multiple VRA initiatives including supporting various



fundraisers and awareness days including volunteering by offering Reiki at the Respite House, UVM Medical Center and other non-profit organizations. Chittenden County launched the first regional meet up and have met twice, at Jennie Kristel's home for potluck and sharing as a VRA regional group. Out of one of those meetings a book club was created as a way to explore "The Foundations of Reiki Ryoho", by Nicholas Pearson, in preparation for our annual conference. We hosted two book club Zoom meetings open to anyone in the state to participate. It was facilitated by Chittenden member John Powell, and was wonderfully successful. We are hoping to continue these gathering and are exploring ideas for books and discussion. JourneyWorks will be closing in October. The monthly Reiki Share WILL continue to run at the office of John Powell. The Reiki Clinic is moving to Spirit Dancer and will be continuing to run on Tuesday afternoons, and will hopefully expanding its services. It will be run by Larry Arasin, Jackie Pichette and Annette Gingras.

## **Caledonia County**

### **Jennifer Thoma, Regional Coordinator**

It's been a quiet year as far as Vermont Reiki Association events go in Caledonia County. I am looking to coordinate a Reiki Share and possibly a Reiki Clinic in Hardwick as I think this will be a better location for everyone than St. Johnsbury where we held it previously. I haven't landed upon the right location so if folks have any ideas or want to help set it up, that would be great! My goal is to have this set up this month. In my personal practice, things have really been blossoming, so this is where my focus has been this year. I have set up a healing space here at Lettuce Bee Farm in Walden and people have been experiencing the benefits of Reiki in a tranquil and sacred space, myself included! I appreciate everyone's patience on this transition time and I will keep you all posted on when the Share will be coming up.

## **Lamoille County**

### **Terrie Look, Regional Coordinator**

The Lamoille team has been busy this year! We continue to offer 20-minute Reiki sessions 10:00 to 1:00 at the North Central Vermont Recovery Center (NCVRC) monthly. This has been very supported and well-received: so supported, in fact, that the NCVRC continues to offer us each a small stipend each shift worked and so well received that we were invited this year to double the sessions from once a month to twice a month! We rotate the shifts between us with two practitioners on duty each on the second and fourth Saturdays per month. It has been a heartwarming experience and we have made wonderful connections there with the regulars and newcomers alike! The participants are growing due to word of mouth from our regulars. We have incorporated a 20-minute practitioner-share into our shift by arriving a bit early to get the Reiki flowing before the shift. This also helps



us to support and replenish each other, which is always welcomed and much appreciated. It is important to walk the talk of self-care! We are in the process of developing a Reiki survey/feedback form with the Director, Daniel Franklin (Reiki II, himself), who is committed to a holistic approach to recovery and excited to soon have a survey help him evaluate and validate the impact of his wellness initiatives. We are also in early conversation with Copley Hospital to offer Reiki there in a variety of ways. Local VRA and Reiki folks have gathered together for one lovely Reiki Share locally with another on schedule for Oct 20<sup>th</sup>. There have been several VRA member led, Reiki classes and a variety of experiences, workshops, retreats and camps combining Reiki with nature, creativity, dreams and more! We look forward to a vibrant new year of Reiki love flowing in Lamoille County!

## **Orange County**

### **Dawn Hancy, Regional Coordinator**

As for the Orange County report, there's not much to report, as I just recently took over this non-active chapter and got no response to my initial outreach, but then it was summer and people were busy. There are several new members, including some of my students, so I'm hopeful that we can get some activities started in the next few months, and I look forward to meeting with any members who come to the conference.

## **Orleans County**

### **Esme West, Regional Coordinator**

There were several Reiki training classes held at the Center in Derby, this past year. A Level 1/Level 2 class, a Reiki Master class, and a Karuna Reiki Master class. All graduates were given the gift of a basic membership to VRA.

There were 2 Reiki shares held at the Center but, currently not enough interest or commitment to sustain them. I held one Reiki talk and Demo at the Center that was attended by 7 people.

Myself and one of my students were invited by a local business to their Wellness Fair. We were available to answer questions and give a brief Reiki demo to interested participants. Two months later we were invited back for an entire afternoon to give 20 minute Reiki sessions to employees. A total of 14 people received Reiki.

## **Rutland County**

### **Kelly McDermott-Burns, Regional Coordinator**

Rutland County has had several events this summer--Bark Relay, a Relay for Life event where people walked with their dogs to raise money, was a new one. Kelly McDermott-Burns spoke about Animal Reiki and offered chair sessions.



Arlene Zivitz organized the Longest Day event at the Meadows in Rutland. Kelly joined her in giving 18 chair sessions to residents, staff, and family. Marcia Lertola arranged for us to have tent at the American Society for Suicide Prevention walk, another first time event. Marcia and Kelly were on hand for info and chair sessions, but mainly just supported the walkers. We did get a shout out for the VRA.

In addition, we have had many Reiki shares this year, led by Lisa Donohue in Wallingford and Kelly in Rutland.

## **Washington County**

### **Hilary Denton, Regional Coordinator**

During the past year in Washington County, our members supported two reiki shares; one at the Winter Solstice where folks gathered and shared deeply with one another parts of our healing journey that we wished to shed more light and love for ourselves with the growing days; and another one at the Spring Equinox which took us into a sense of brighter and renewed presence of self as we celebrated the joy and comfort reiki brings.

Members participated in a capital city event highlighting holistic practitioners in downtown Montpelier. City dwellers were able to go around and sample bits of the various healing modalities, including Reiki!

Members volunteered at a number of VRA sponsored events. Teacher members held certification classes throughout the year for all reiki levels in individual, small group and retreat settings spreading the love, joy and understanding of a reiki practice.

## **Windham County**

### **Amy Davis, Regional Coordinator**

Greetings from Windham County. Let me take a minute to introduce myself – I am Amy and I have been the region coordinator since April. It is an honor to help get things going down here in my little corner of the state. I live in Putney and have been practicing Reiki for only a few years but it has made such a difference in my life and it makes me happy to be able to share my gifts with others.

The Annual Strolling of the Heifers event in June is our biggest happening. A big shout to Margaret Miller, Megan Littlehales, Erica Breen and Chris Verville for all that they did to support this event and make it a success.



I am exploring other events in our region, and hoping that we can attend more next year. I just missed the "Live Local, Live Healthy, Wellness Fair" at the beginning of September, but I have reached out the coordinator and hope to get on the list for next year.

We are having our first Regional Reiki Share and Gathering on November 9<sup>th</sup> from 2-4 at the MacArthur House in Marlboro. Thank you Megan Littlehailes for offering this beautiful space for us to use.

Blessings to all and I am looking forward to our continued growth as a region as well as an association!