



Maine Council of Reflexologists

Established 1991

Volume 31 Issue 2

Spring & Fall 2022

WINTER MEETING

Jan 28, 2023

Zoom

Time: 12 - 1:45 general
council meeting

2-4 Afternoon CEU program

TBD

MCR Workshop

The Lymphatic System
and How Reflexology Helps

Lymphatic Flow

October 20-21, 2023

Fri and all day Sat

Details to follow

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 for Reflexology Educators) & 200 reflexologists nationwide in 2019.

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LETTER FROM OUR PRESIDENT

Dear Members,

This is a combination Spring and Fall edition of the MCR newsletter.

On Friday evening, October 14, we had our first MCR planning session in many years. We had an informal assessment of what we have accomplished over the past 31 years and looked at our current opportunities and challenges. On Saturday, we met for our first in-person General Council business meeting and afternoon reflexology exchange in nearly three years. We were fortunate to have Myra Achorn and Sandra Webber present, two of MCR's eight founding members!

An important discussion revolved around the loss of members when they are unable to earn the CEUs to maintain Professional level status in our organization. Earning CEUs is not a requirement to remain a Professional with the Reflexology Association of America (RAA), of which MCR is affiliated; nor is it a requirement for other State Reflexology associations that I spoke with on the RAA Delegate Assembly. We discussed a bylaw change removing the requirement for CEUs and would like to have more discussion on this at our Winter meeting in January. Bylaw changes require a membership vote.

CEUs are required to maintain national certification through the American Reflexology Certification Board (ARCB). For this reason and to support continuing education for all our members, we discussed the importance of our afternoon educational programs and returning to having workshops every other year. To ease back into that routine, we will offer a two-day workshop next Fall, October 20-21, 2023 in Brewer. Claire Guy will present on the Lymphatic system and how reflexology can be a useful tool in moving lymph.



Continued on next page >>>>

MCR Officers (2year/2terms)

President

Alison Gingras
207-242-1450

Vice President

Claire Guy
207-441-5670

Secretary

Kelly Bean
207-320-0154

Treasurer

Nancy Butler-Smith
207-592-4573

RAA Delegates

Holly Aguilo
207-468-5970



Standing Committees

Names listed are chair positions only.

Membership: Susan Buzzell

Education

Continuing Ed subcommittee:

Library subcommittee - Sylvia Coulombe-McGuire

Bylaws - Alison Gingras

Legislative -

Standards/Ethics - Claire Guy

Public Relations

Newsletter subcommittee: Melissa Caswell

Website subcommittee: Loretta Baker

Brochure subcommittee: Melissa Caswell

Ad Hoc Committees

Historical: Vacant

Outreach

Reflex & Cancer sub: Lynn Marie Danforth & Mac MacDonald

Mail coordinator: Nancy Butler-Smith

Bank statement Monitor: Claire Guy

President's Letter continued

In addition, the Education Committee will begin early planning for a workshop in 2025. The committee will reach out to several presenters within the US for possible topics, dates, and estimated costs.

We also agreed that it is time to reach out to you with a survey to find out how MCR can best support you in your practice. That said, MCR needs YOU! In January, Claire will have served two terms as Vice-President and I will have served two terms as President, so it will be time to turn each of these leadership roles over to someone new. We asked for nominations for President and Vice-President, and so far have only one possible candidate.

Please, if there is even a faint whisper in your heart when you read this, reach out to me and we can talk. The Maine Council of Reflexologists is one of a kind and a model for other reflexology groups in our country. We need YOU to keep it going!

Take care, stay warm, and Happy Holidays to all,



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 the chairperson is listed here. You may also contact anyone on the Board.

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

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



Calendar of Events

MCR Winter GC Meeting on Zoom

Saturday Jan 28, 2023

12:00 to-4PM

**Afternoon program
TBD**

Mark your calendars:

Spring GC Meeting

Saturday May 20, 2023 9:30 to-3PM

**Fall GC meeting
Friday October 20, 2023**

MCR Workshop

The Lymphatic System
and How Reflexology Helps

Lymphatic Flow

October 20-21, 2023

Fri evening and all day Sat

RAA Conference 2024

April & 20, 2024

Portsmouth, NH

The website link is: <https://reflexology-usa.org/raa-2024-conference-april-19-20-save-the-date/>

ICR Conference 2023

On-line throughout World Reflexology Week

The website link is: <https://icr-reflexology.org/2021-conference/>

SoleWise School of

Reflexology

Room for one more student in the 30 hour HAND class 9 to 4:30.

Dates: 1/27/23, 2/3/23, 2/17/23; 3/10/23

Take advantage now before prices increase in 2023 Signup and pay before 12/15/22 at \$595.

Delegate Assembly Update

The MCR Board would like to thank Lisa McNeil for her years of service as a Delegate to the Reflexology Association of America. Lisa has represented MCR on the Delegate Assembly since 2019.

Holly Aguilo is our Delegate at this time. We can have two representatives in this position. Let us know if you are interested in being a 2nd delegate.

The Delegate Assembly works with RAA on behalf of the state affiliates. Our Delegates help to keep us informed.

Support those who support you

Our web-site designer, Deb Newman, continues to do great work for MCR. She is doing **lots** of work for MCR for free. We encourage our membership to hire Deb in support of MCR, her business and yours. Reach her at arts@petitetaway.com.

Check out her web-site at petitetaway.com. Find her on facebook: [facebook.com/deborah.newman1](https://www.facebook.com/deborah.newman1)

MCR Spring Meeting Minutes
General Council Zoom meeting
May 14, 2022 12:00-4:00

Business Meeting recorded 12-1:45 – the purpose of the recording is to assist the Recording Secretary with the minutes and is not meant to be a permanent record of MCR’s proceedings. We have limited storage space and the recordings are deleted on a regular basis, usually to make room for the recording of the next meeting. We do not record the educational program which is from 2:00-4:00.

Welcome / Roll call is completed by Zoom software

Members in attendance: Alison Gingras, Claire Guy, Janet E. Stetser, Sarah Mathieson, Nancy Butler-Smith, Sylvie Letellier, Susan Buzzell, Melissa Caswell, Kelly Bean, Katie Greenman, Wendy Decker, Sharon Trull, Jennifer Schaeffer-McDaniel, Michael MacDonald, Norma Wieman, Holly Aguilo, Lynn Marie Danforth, Geraldine Villeneuve, Joann Korhonen, Donna Dyer, Sandy Webber, Myra Achorn (present for afternoon program).

Treasurer’s report: Prepared by Nancy A. Butler-Smith, Treasure 5/10/2022

TREASURER'S REPORT 05/10/2022	
General Fund	2532.59
K. Erico Fund	3500.00
Workshop Fund	2,416.42
RAA Delegate	345.20
Advertising	180.88
Educational Materials	1,012.00
<u>Donated</u>	<u>1,033.50</u>
Checking total	11,020.59
<u>Savings total</u>	<u>4,595.19</u>
GRAND TOTAL	15,615.78

Motion to accept treasurers report - Wendy Decker moved to accept, Sylvie Letellier seconded.

Proposed operating budget overview 2022-2023– Nancy Butler Smith. Proposed budget was emailed.

Income based on estimated 42 members.

Note: Post Office rate has gone up.

Discussion on event insurance - which has not been needed during past 2 years of virtual meetings, if we start to meet in-person again meeting insurance may go up to higher \$500+ (Will amend budget if this happens).

How much printing does Susan Buzzell do for membership committee? Not a lot. Does Newsletter budget need to be \$50 since we are not printing the newsletter anymore?

Sylvie Letellier made motion to accept the report, Sharon Trull seconded. All in favor, none opposed.

Treasurer Notes:

Wendy asked how well the budget is being managed (in general). Nancy reported we are doing well with a \$300 surplus. Event insurance has not been paid for this year which contributes to this years budget surplus. We put end of year balances into savings.

Past treasurers computer is no longer working. Nancy transferred all information from old treasurer computer to the old secretary computer which she is using now as treasurer. This computer can travel from treasurer to treasurer.

Past Treasurer will be assisting Nancy with formulating some Quickbooks templates for MCR. Will need to update to a newer computer & monthly subscription if we continue using Quickbooks. Sylvie agreed, noting excel may simplify things.

GC meeting minutes continued

Katie Greenman motioned to accept use of excel spreadsheet system as long as treasurer finds it useful, Sylvie Letellier seconded, all in favor, none opposed.

Thank you for your thoroughness Nancy.

Recording Secretary's Report

Kelly Bean is our new Secretary. She is just beginning her first two year term. Alison offered secretary's report this meeting and Kelly can present it next time.

Thank you Sylvie Letellier who volunteered to take the minutes for our 2021 October meeting. They were published in the newsletter and emailed as an attachment. Wendy made motion to accept these minutes; Sarah Mathieson second. All in favor, none opposed.

Standing committees: Many vacant positions. Note: associate members, not just professionals, can be on committees.

Membership Committee: Susan Buzzell

Currently have 47 Members (32 professional, 11 associate, 1 lifetime, 1 school)

Membership Renewal forms will be emailed in June. Susan Buzzell will send out emails with calculations to members who need more CEUs for renewal

Legislative Committee needs a chair, needs people to be "watchdogs" to keep eye on legislature related to massage & reflexology. Important committee to be active. Katie Greenman notes that there is a notification/ mailing list accessible to anyone who applies.

Education Committee (continuing ed & library) person had to step down, so opportunity for 1 or 2 people to step up to keep library bins safe and to come up with continuing education ideas. Katie Greenman - is there a list of the library items, digitize/scan newsletters; it's a big project but hasn't happened yet. The library is at Nancy's house currently.

Standards & Ethics committee person is no longer a member - this is an important committee to have on standby though it is not often needed. Has been used in the past for one event according to Wendy.

Ad-hoc Committees:

Historical committee chair is no longer a member - Nancy possibly has scrapbooks in her possession now.

Newsletter Fall deadline June 4.

Wendy Decker offered to help proofread. Melissa would like submission of items for the newsletter. Items can be emailed to Melissa Caswell mel71@roadrunner.com or to info@MCRonline.org. Member in the Spotlight for the newsletter is Kelly Bean. Donna Dyer will reach out with questions and Kelly will send her a photo.

Brochure: Printing brochures is costly - propose idea of transitioning to rack card. Rack card gives basic information and is easy to hand out. We can still print list/inserts of professional members if people still want. Claire screen-shared the rack card which she and Melissa are editing. GC discussed verbiage edits on the rack card. Logo color discussion. (Currently purple, discussed blue, whatever color it is needs to stand out.) Melissa will edit current rack card and send out for feedback.

Website/social media sub-committee Loretta Baker:

Check out the website when you can and provide feedback <https://www.reflexologyofmaine.org>. If you have any trouble accessing the site please email info@mcronline.org.

Wendy asked if we are on Instagram. No we are not currently. It's a daily commitment. We are on Facebook, Melissa mentioned scheduling posts ahead of time.

RAA update Wendy Decker:

Will have a membership renewal soon - conference recordings will arrive next week if you attended. It's a great time to join at \$5 cheaper with pandemic pricing. Conference in 2024 is in person. April 19 & 20 in Portsmouth, New Hampshire.

GC meeting minutes continued

NCRE update Claire Guy:

NCRE assist educators be better educators. Forums focused on education are held in Jan, Apr, July, and Oct. The topics coming up are about business practice, aimed for educators, however, anyone who is running a practice will benefit from the topics: 1. the importance of documentation, 2. Having confidence in your practice, 3. Understanding your technique. There is a cost for non-members. If interested in attending, go to NCRE website: www.reflexedu.org. Claire keeps list for anyone interested in NCRE. Sharon, Holly, Mac, Kelly, Katie, Jennifer, Sylvie, Sarah, Norma all want to be added to Claire's list. CEUs are not provided.

ARCB update: Dates published in the newsletter on page 11. If anyone is interested in having an ARCB exam in Maine get in touch with info@MCR.org. ARCB may have exam at RAA conference- look into this if you're interested.

Member updates:

We would love to hear about your practice, as time allows.

Claire has a refresher course June 15th scheduled, Mac will be attending if anyone else wants to join.

Melissa was able to secure an office space in Augusta on Capital street.

Wendy is pleased to report she is dropping massage from her practice at the end of June. She is also attending the structural reflexology class in June in Vermont.

Events & Opportunities:

Tri for a Cure - July 9th South Portland- Lynn Marie Danforth - We have 4 reflexologists offering reflexology to the athletes.

2023 ICR Virtual Conference - last week of September '23

Meeting dates:

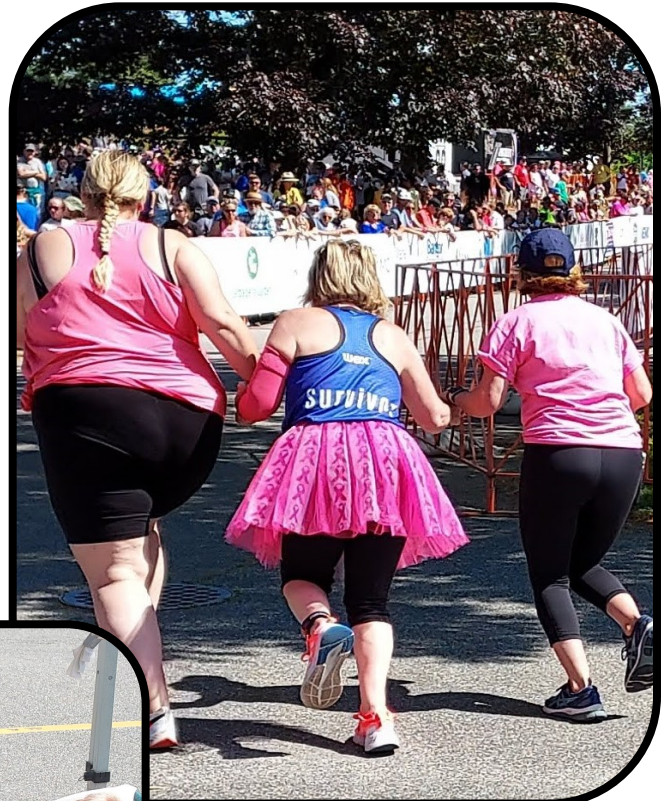
Executive Board Meetings: Oct 1, 2022

General Council Meetings: Oct 15, 2022

(Hoping next GC meeting to be in-person potentially in Ellsworth! Alison proposed possibility of Strategic planning Fri night before Sat GC meeting.)

Geraldine Villeneuve will present on Structural Reflexology. 2:00 - 4:00. The afternoon program will earn participants 2 CEUs.

These Meeting minutes transcribed by Kelly Bean.



2022 Tri for a Cure runners ↑↑↑

← ← Lynne Marie Danforth

Tri for a Cure 2022

This summer, on July 10th, TRI-FOR-A-CURE celebrated 15 years and raised over \$20M for the Maine Cancer Foundation. MCR is excited to have again participated in this amazing event. We had not had a presence supporting the triathlon since COVID. Lynn Marie Danforth, Shawna Nowinski, Kate Winant, and I provided mini reflexology sessions to many cancer survivors, their family members and friends. The stories these women shared with us touched us deeply as we witnessed their strength, determination, and sorrows. We worked the day prior to the event on Saturday the 9th on the campus of SMCC in South Portland and enjoyed beautiful, sunny weather side by side with many other vendors. We hope more MCR members will join us in the future as this is a wonderful service that we offer to amazing survivors and their support teams. It is greatly appreciated by all who partake.



Shawna Nowinski



Sylvie Letellier

Thank you Lynn Marie Danforth for the pictures.
Blessings, Sylvie Letellier



L: Swimmers at the ready. R: Swimmers in the water.



MCR General Council fall meeting 10/15/22 St. Patrick's Episcopal Church, Brewer

In attendance for business meeting: Claire Guy, Alison Gingras, Nancy Butler-Smith, Jane Atherton, Kelly Bean, Susan Buzzell, Sylvia Coulombe- McGuire, Shawna Nowinski, Sandra Webber, Mac MacDonald, Myra Achorn, Melissa Caswell.

Opening

President, Alison Gingras opened meeting by welcoming everyone, stating the purpose of the meeting (our first in-person meeting since the pandemic; share what we discussed at planning meeting; assess what is working for MCR &, what is not working; what needs to change in the future for MCR to thrive). She invited Claire to lead an opening meditation for grounding.

Secretary report, Kelly Bean

May 14 meeting minutes were emailed to members. Kelly read aloud a summary of 05/14/2022 meeting minutes and answered any questions. Mac MacDonald: moved to accept the minutes as presented. Myra Seconded. Motion carried.

Treasurer report, Nancy Butler-Smith

Discussion on what is the Kristin Erico fund - Continuing Education funds available to borrow. Application for use of the funds is on the website and last page of the P&P.

Believes we will still make our goal for a balanced budget. Discussed our transition from Quickbooks to more basic Excel spreadsheets. MCR only has one computer at this time. Discussed organizing our access to the Cloud. We have donated funds - if someone isn't renewing b/c of money, we have funds to help, please reach out.

Mac made a motion to accept treasurer report. Susan seconded. Unanimous.

Susan Membership Report, Susan Buzzell

Total of 37 members. Susan will typically bring member folders to in-person meetings so people can review their CEU info.

Report on Tri-for-a-cure

4 reflexologists attended and it was a positive experience for the athletes, stating that everyone was "wildly excited" to be worked on. Shawna noted that the experience was awesome.

Brochure/rack card

We have some older brochures available. New rack card to be approved was passed around the tables for everyone to proofread, review and offer comments. Discussed benefit of rack cards being much more cost efficient. We will still print membership list to accompany the rack cards. Mac notes the importance of using full wording whenever possible, instead of acronyms, as it can be confusing for some people to understand.

Nominations for President and Vice President

We asked for interested parties and brainstormed for potential candidates. June Atherton will ask Susan Miller if she is interested in being nominated.

June mentioned we would like nominations of people who would like to keep MCR alive, vital, relevant, in the technological world and give us fresh energy, enthusiasm, and motivation. Myra asked if Donna had been asked about nomination. Alison will check with her.

Vacant Positions

Continuing Education & library Committee - need

Legislative committee - needs a chair

Historical committee - need

RAA delegate - needed

President - need nominations

Vice President - need nominations

Claire volunteered to chair the Standards and Ethics Cmtee. Mac offered to be on the Outreach Committee. We need someone who can volunteer storage space for MCR materials (tables, chairs, etc) as well as the library. Storage units are expensive.

Discussed education committee involvement with having a 2 day workshop next year. Education committee helps plan workshop details. They work to organize a workshop every other year and the afternoon educational programs. Sylvie is interested in the position.

Discussed MCR's library collection: Nancy brought one library bin today with several more at her house. We can sign out and borrow from the library. Sylvie may have space to keep library items. Myra volunteered to create a catalog list of what we have in the library. State and local libraries have reflexology books that MCR encourages members to go and check out periodically to keep them current and on the shelves since libraries may remove books that are not checked out. Kelly may have a scanner to digitize

information in the future.

Spring Newsletter: Melissa Caswell

Nov 12th submissions for fall newsletter. Shawna to be member in the spotlight for fall.

Future meeting dates:

EB meeting: 1/14/23

GC meeting: 1/28/23, snow date 2/4/23

EB meeting: 4/28/23

GC meeting: 5/20/23

EB meeting: 10/7/23

GC meeting: 10/21/23

Mac will secure meeting date at this same location for 10/21/23.

Alison knows about a location in Randolph which might be good for January meeting. Sylvie will call Manchester town office regarding the grange and ask about Jan and May dates and insurance.

Future Events:

2023 ICR Conference – online, last week of September

2024 RAA Conference – Portsmouth, NH April 19-20, 2024

RAA update:

As we are affiliates, we have to follow the membership levels in our bylaws: professional, associate levels. RAA is in the midst of discussion about a new Advanced Professional level of 300 hours, second level based on ARCB qualifications, 3rd level would be retired. If this becomes official, we will have to update our bylaws. We discussed fee schedule, consider less for retired. Discussion is tabled until RAA updates are received. As long as we are affiliated with RAA we will have to do what they do.

NCRE update: Claire gave brief update. She notes their next forum is Oct 19, 8pm EST on *Successful Practices: Confidence in your practice*. Designed for educators but practitioners can gain a lot from this education - costs \$25 for non-members.

ARCB update: Is doing a job analysis survey online they would like all reflexologists to give input.

Review of Friday's Future Planning Meeting

MCR requires 12 CEUs every 2 years to remain at the professional level. Alison notes this could be problematic as we might be losing members due to CEU requirement. ARCB does require 12 CEUs bi-yearly, but RAA does not, nor do other states. MCR originally established these requirements to keep professional standards high even before we were affiliated with RAA.

Discussed removing this membership requirement which may help regain members and increase membership. Bylaws & P&P would require changes. Bylaws require GC vote, so can't be changed yet, but we can examine the verbiage. Sylvie brought up concerns that people may not be interested in attending workshop if the CEU's aren't required. Many membership organizations don't require CEUs to be a member. Alison notes that Professionals will be committed to continuing their education regardless of MCR requirements.

Nancy made a motion to examine the Bylaws and the P&P to see what is needed to change the verbiage requiring CEU's to maintain MCR professional level membership. Mac Seconded. Motion carried. In January, the GC will be presented with suggested verbiage to be voted on.

Alison, Claire, & Kelly agreed to review Bylaws and P&P to assess potential changes needed.

Discussed the possibility of holding a conference this year as we used to before the pandemic. The discussion led to having a smaller workshop to help MCR get started again. We discussed potential dates (October 20+21), a place, advertising (Continuing Ed committee). Sylvie has interest in Continuing Ed committee if planning a conference but not in planning a workshop. June notes that the work for hosting the conference in Maine was astronomical, lots of hard work that wasn't expected, and presenters were booked out for years in advance. Alison adds that the cost to put on conferences can run between \$26,000-\$46,000.

Claire has offered to teach a Friday evening and Saturday, 2023 workshop on lymphatic drainage. Mac reports that his clients are receiving good results from these protocols. One member requested that the teaching accommodation include more words when referring to diagrams - she couldn't see what the last teacher was referring at a workshop - the teacher was only pointing and not verbalizing so it was hard to comprehend the information.

Kelly suggested planning further out for something bigger like a "reflexology festival" possibly after 2025.

Alison is going to work on sending a survey out to members in an email.

Break for lunch at 12:45pm and then reflexology share to end the day at 3pm.

Member-In-The-Spotlight

Kelly Bean

Newsletter Reporter, Donna Dyer

I have been invited to be the newest MCR member-in-the-spotlight and am honored to share my story with you. I am a 2015 graduate of the University of Maine with a bachelor of science degree in rehabilitation services. My eyes were opened through my college experience with its standardized educational system, but not in the way I had hoped it would. It became apparent to me that this system is built to roll out as many degrees as possible (assembly line style). And even with the tens of thousands of dollars of accumulated debt, I can tell you 100%, it was not worth it. Although, I still do feel gratitude for my experience; it didn't fit my needs as a spiritual being.

After graduation, I worked for three years as a case manager in the mental health field. I struggled to swim through a broken system, trying to work and operate within the confines of the little box of treatments that were deemed "legitimate" but were not effective.

Working in the mental health field helped me realize there had to be better ways to help people; ways I could pursue, even if the system told me these ways were not mainstream enough for a person to make a living.

In 2016, I decided to attend school to become a certified yoga instructor. That experience helped me learn how to listen to my heart again. In 2017, one week after graduating from yoga teacher training, I attended the Downtown Healing Arts School in Augusta to become a licensed massage therapist. Claire Guy was my primary massage therapy teacher, and she incorporated a one-day reflexology training into the course. What an "ahhh"mazing day! At the end of the day, I felt like I had had a full body massage and I was also in the most blissful and peaceful mood! Claire gave us a pamphlet with information about her reflexology school. I tucked it away like a bookmark in the back of my mind. (I needed to work and pay off some debt first!) I finished school and became licensed as a massage therapist in 2017.

I have enjoyed working as a licensed massage therapist now for nearly five years – four of which have been full time. When I started working as a massage therapist, something clicked for me. I knew I was in the right place and doing what I was meant to do. I had found a way to genuinely help people, hands on, without compromising my moral integrity. And I was good at it!

My massage therapy career flourished. I was working for Soma Novo Bodywork (a reputable spa in Brewer)

and I dabbled with the little bit of reflexology I had learned in massage school. I knew I was only scratching the surface of that knowledge, so going back to school for reflexology was always in the back of my mind.

When the pandemic happened, I paused. Like many others, I decided it was the perfect time to make some big life changes and go back to school for reflexology. I wanted to become fully self employed with a practice that integrated massage therapy and reflexology. I have done just that! I attended Claire Guy's SoleWise School of Reflexology from 2021 – 2022 and graduated in early spring, 2022. I have slowly separated myself from Soma Novo Bodywork and only work there on Tuesdays in their full-size foot-soak room offering foot-soak services and reflexology. In January, I started my independent office in Orono and was approved for my new business, Body & Sole LLC! I keep things simple and only offer massage therapy and reflexology in my space.

Reflexology helps fill a need for many who are suffering from stress and overload by the many changes brought on by the Covid pandemic (and other world problems in today's society.) It helps people to support their own health and wellness in a non-invasive way. One of the many passions I have is empowering people (especially victims of trauma) to take their health and wellness into their own hands. I am also trained in the ACE's study so I am a trauma-informed practitioner. I am passionate about genuine active listening and holding space for my clients. This is something I believe they can intuitively sense when we start to communicate as I have a habit of fairly quickly and effortlessly developing therapeutic relationships with them.

I also specialize in working with the senior population.



When I was younger, I worked as a CNA and in Hospice care. Before the pandemic I taught Silver Sneakers classes and chair yoga. I offer a senior discount at my office and a student discount as well. I have trained extensively in the use of essential oils and frequently use them in my practice. I also incorporate hot and cold therapy (hot and cold stones and towels).

I am not currently ARCB certified but do have plans to work toward that sometime in the future.

I became a member of MCR in the spring of 2022. I enjoy connecting with all the reflexologists who are so happy to share their wealth of knowledge and wisdom. I am also a part of the AMTA – American Massage Therapy Association.

In my practice I have historically been a therapeutic massage therapist using a personalized set of techniques from my tool belt for each client depending on his/her needs. I am very interested in Structural Reflexology, thanks to Geraldine Villeneuve who gave an amazing workshop on Structural Reflexology at the last MCR meeting. I have an interest in assisting people with posture correction through their feet and this specialty talks about how to do just that! One of my favorite non-reflexology workshops I attended in the past was a Maine Chapter of AMTA training workshop on dermoneuromodulation massage (DNM) techniques in 2019. It is a skill I use frequently in my massage practice and would love to try transferring to my reflexology knowledge.

A question was asked, What else do I want to study and add to my practice? EVERYTHING! I would love to learn everything under the sun about reflexology and bodywork in general. I consider myself a “forever learner.” More specifically, and soon, I would like to study Structural Reflexology in more depth. I would also like to study meridian theory and advanced lymphatic drainage. I am also looking into enrolling in the Interprofessional Graduate Certificate Program in Gerontology at the University of Maine in Orono. This would help solidify (on paper) my desire (and justify my advertising) that I “specialize” in working with the senior population.

My hobbies include spending time with my two golden retrievers and two black cats. I also enjoy gardening, crafting and creating with my hands – yarn, paint, wood, beads, any and all mediums!

I enjoy sharing with others about reflexology and other body works. I also enjoy hiking and traveling with my husband, yoga (when I have time) and camping a few times a year. I enjoy cooking up exciting flavorful concoctions. I also make wine, garden and preserve food and herbs and enjoy dancing with friends or in the kitchen with my dogs!

For my own health, I practice self-reiki, yoga, and re-

ceive regular massages. On occasion, I use chiropractic care and acupuncture to support any pain issues. I also make and use different medicinal herbal tinctures, infusions and salves. I also want to begin to incorporate regular reflexology sessions in this list of self care once I connect with kindred MCR souls!

My visions and hopes for MCR and reflexology started with my volunteer position as secretary on the MCR board (starting as recording secretary and transitioning into the correspondence secretarial duties as well). I know a lot of people are feeling stuck, divided, confused or just plain stressed since the Covid-19 pandemic started. The need for kind, compassionate, knowledgeable reflexologists has only gotten stronger. I hope to be part of bringing MCR into this new-age ahead of us with renewed passion and with fearless motivation to continue doing good in the world despite the many challenges we are facing as a society. I would love to see a world ahead of us where we are confidently able to offer reflexology in new settings, where we can offer reflexology shares consistently, and above all work on sharing education for those who are unaware of reflexology and its many benefits.

In ending, I would like to share my story on how I found myself in the alternative healing field in the first place. I was a passenger in a car accident in 2010 that forever changed my life. My femur fractured approximately one inch away from my femoral artery (I like to say I have been an inch away from death). My hip broke in three places as well as other complications. I have since dealt with minor to moderate chronic pain in my hips and lower back. I found massage and yoga helped immensely to relieve the pain. The rest is history. It has been one long rabbit hole of discovering alternative healing methods since that day. Reflexology is by far the most relaxing therapy I have found on this journey and it leaves me with far less side-effects than other pain relief methods.

If anyone has any ideas about community efforts that MCR can engage in to help Mainers break the current pandemic trauma loop (to stop surviving and start thriving again) please raise your hand at the next MCR meeting. Share your ideas and help inspire your neighbors (or reach out to us at info@mcronline.org).

If anyone wants to connect or chat with me up here in Old Town, you can connect with me at kellybeanlmt@gmail.com or call me at 207-320-0154 or Body & Sole LLC on facebook. I love coffee/tea and real conversations. I also travel to central Maine occasionally to visit friends and family and would love to visit some of my fellow reflexologists' offices around the state.

~ Kelly Bean

SoleWise School of Reflexology Graduates

Congratulations!

Everyone worked



Kelly Bean
Body & Sole, Orono



Jennifer Schaefer-McDaniel
Bridgeton



Shawna Nowinski
Brunswick
shawnanowinski@gmail.com

SoleWise School of Reflexology offers

ARCB approved CE classes

Claire Guy

SoleWiseReflexology@gmail.com

During the summer months I will not be committing to a specific schedule for my workshops. My classes are in-class and hands-on. If there is a class you would like to see offered, let me know. Contact me and I will work with your schedule to develop a plan. The following is a sample of some classes I offer:

- **HAND certification 30 hours**
- **Lymphatic Clearing using Reflexology**
- **Refresher Foot Reflexology**
- **Refresher on the Nervous System**

**Below are graduates of both
Zardus School of Massage and
SoleWise School of
Reflexology.**



*Dan Harper
Wiscasset area*



*Elisabeth Simmons
Meraki Salon, Skowhegan*

Congratulations!

Everyone worked hard to achieve their goals with an 800+ hour program that netted them a dual certification. They are licensed massage therapists as well as certified reflexologists.



*Erin Denham
Serving Moosehead Lake area*



*Diana Murphy
Zardus SPA, Gardiner*



Maine Council of Reflexologists

P. O. Box 5583

Augusta, Maine 04332

Feet Everywhere

Relaxing on Panama City Beach the 3rd week of February 2022. I am reaching the final stages of my reflexology training at SoleWise School of Reflexology... it's only natural that reflexology and feet (in general) are on my mind. We basically have the beach to ourselves as the tourists haven't arrived yet. We spend the week building sand sculptures, reading, sunning, doing yoga, and in my case.... Playing with artistic representations of feet and planning my new business logo for Body & Sole LLC.

Best foot forward, Kelly

