



241 Clarence St.
Ottawa, ON K1N 5P9

(613) 302-3117

leeann@SolomonMassage.com

GIVING THANKS

OCTOBER 2008 NEWSLETTER

This being Thanksgiving

weekend, I've been reflecting on what I have to give thanks for, and there is a plenty! In addition to my good health, I have a terrific partner and family to count on and share my life with. I'm grateful for a minimum of stress and drama ... no commuting in daily traffic, no tyrant boss or annoying coworkers, and my vehicular issues are thankfully only seasonal now (@#*?motorcycle!). I don't go hungry or cold and my finances are in good order.

In addition to the "standard" aches and pains from stress, accidents, injuries and postural issues, I've been privileged to work with a variety of interesting and different conditions and situations:

- Quadriplegia
- Parkinson's
- Multiple sclerosis
- Scleroderma (hardening of skin, organs, etc)
- Talipes (club foot)
- Palliative care cancer
- Severe Scoliosis
- Fused vertebrae, spinal rods, cracked vertebrae
- Bell's Palsy (facial nerve paralysis)
- Children with cerebral palsy
- Severe sciatic nerve pain

With these I'm unable to make a significant long term difference, but in the appreciation and thanks expressed from those on the receiving end, I've learned that temporary relief does count for a great deal when you live with these things 24/7. I also recognize that sharing certain intimate details of yourself aren't easy or comfortable, and I thank you for entrusting

them to me, even if they may not have been relevant to massage therapy.

Thank you not only for supporting me in my business, but for letting me be a small part of your life. Through you and your lives, I've been privy to births, weddings, job changes, house purchases, major weight losses, major surgeries and injuries, shared in your trials and tribulations, learned about your scars from past trauma (visible and unseen), and I've even attempted matchmaking some of you (unsuccessfully thus far)!

Thank you for teaching me what I could never learn from a book, about the human body and body/mind connection. Thanks for letting me hone my skills on you, and for your patience and willingness to let me try new techniques and tools on you (ahhh, the famous pastry scraper comes to mind ...hee, hee, some of you know what I'm talking about)!

Some of you have become dear friends, some have moved to far parts of the city, or to other cities and countries. Some of you will move away or simply stop coming here for whatever reason. People will always come and go in our lives, but the imprint will remain regardless. So for those of you who have moved on, or if you have just simply been gone awhile, know that I still wonder about you from time to time, and wish you well. And to ALL of you ... have a terrific "Giving Thanks" weekend with your friends and family.

Best, Lee-Ann