

2024 TTNO BOARD OF DIRECTORS ANNUAL REPORT TO THE MEMBERS

Message From the Chair

I am happy to submit my second annual report as Chair of the Board of Directors for the Therapeutic Touch Network of Ontario (TTNO). I wish to express my sincerest gratitude to you for your ongoing confidence and support of me in this position, and your dedication to Therapeutic Touch® (TT) and the TTNO. We have an amazing team of volunteers on the Board of Directors and Committees who work very hard to manage the responsibilities of governance, grow this network and enhance your experience as members. I am grateful and honoured to have the opportunity and privilege to work with and learn from them. I ask all members to read this annual report in advance of the Annual General Meeting, which is being held on November 21st from 7:00 to 8:00 pm via Zoom. We hope that you can attend. If not, please submit your comments, questions, or concerns to me in advance so that I can bring them forward on your behalf. This report will not be available at the meeting.

A very special thank you to Mary Jane Cowtan for her continued support over the past two years in helping me transition into this role. She has been there for me when I have needed her guidance and help. MJ has spent 12 years working with the annual conference committee and 10 years of service on the TTNO Board of Directors. She has shown commitment and dedication during those years to the TTNO, its members and TT, however she has decided to retire from the Board and the Conference Committee effective November 21, 2024. She remains passionate about her Therapeutic Touch practice. I will miss her but know that she is only an intuitive call away.

Special thanks to:

Patricia Tamosetis for once again stepping in to fill the position of Practitioner Liaison Chair in addition to her Workbook Review and Professional Development Day roles.

Kerstin Kramer for stepping into the role of Communication Chair

Craig Niziolek, Teacher Liaison Chair, for his dedication and commitment to the TTNO, its members and TT. Craig will be retiring from his position after six years of continuing service in his role.

Mariann Canning, Secretary, for her ongoing dedication and commitment to the TTNO, its members and TT. Mariann will be leaving the Board after 7 years of service; the past 2 years in her current role as Secretary and 5 years as Vice chair.

Jim Metson, editor of our *inTouch* newsletter, Deborah Gould, TTAW Coordinator, Nancy Hall, Submissions Review Coordinator and Cindy Shaw, Referral Coordinator and author of Branch Bites.

Flora Hartleib for leading the Mentorship Ad hoc Committee.

Al Lacroix, TTNO Webmaster, who has implemented many positive changes to the TTNO website.

Paula Neilson, TTNO representative on the TTNC Curriculum-Educational Committee (CE).

We are so very grateful for our volunteer Treasurer, Simone Radman, and bookkeeper, Goranka Marinic of MGS Services, who continue to efficiently manage our financial activities and reports, and to Shirley Boon, Penny Craig, Ruth Brandt and Mariann Canning, our Finance Committee members for their continued service and commitment. Thanks to Damjana Dzeko, our Office Manager who continues to do an amazing job.

I am very grateful to work with and be part of such a wonderful team. Thanks to all the volunteers that assist Committee Chairs, without whom, this network could not function.

Accomplishments:

- We had an awesome and successful Annual Conference and Teachers Day in the fall of 2023. The proceeds from our conference put us in a much stronger financial position which resulted our making budget. See the Finance Reports submitted by Simone Radman.
- Many positive improvements to our website including the implementation of our new online store and donations area. We are still growing our website to ensure that it is user friendly for both the public and our members.
- Congratulations to our newest Recognized Teachers and Recognized Practitioners. Refer to PLC and TLC Report
- More teachers are approved for teaching the new curriculum (Foundations of Therapeutic Touch and Transpersonal Nature of Therapeutic Touch).

• Reviewed our bylaws to ensure compliance with Ontario's Not-for-Profit Corporations Act (ONCA).

Challenges:

- Continued limited Board complement/Recruitment of volunteers to sit on the Board and our committees. New ideas and energy are always welcome.
- New initiatives have been put on hold as Board members are focused on essential duties in light of insufficient volunteers to assist with the work.
- Growing our membership although we are holding our own with the addition of new members, we continue to see a reduction in GM, RPs and RTs, some of whom have chosen to retire, some due to health issues and some for other personal reasons.
- Volunteer Recruitment: We will need very shortly to establish a new Conference Committee for 2025. Perhaps a Branch would like to lead the project.
- Preventing Burnout: We have been working very hard with a reduced number of people on the Board and some members are doing double duty to help get the tasks completed efficiently. Many members stay on the Board for 6 -10 or more years because volunteers are few and far between, such is their commitment to the TTNO and its members.

Goals and Objectives for 2025

It is my personal goal to inspire others to take a role on the Board of Directors as I can speak to the amazing experiences I have had and how much it has grown me, both personally and professionally. Besides this the goals for the TTNO Board of Directors are:

- Maintain fiscal accountability by achieving a balanced budget.
- Complete and distribute the final segment of the National Curriculum (Application of the Inner Processes of Therapeutic Touch).
- Continue to promote professional practice opportunities for TT within our communities.

It has been a pleasure serving you as Chair of the Board this past year.

Respectfully submitted Debra Brear, RP/RT TTNO Chair

Vice Chair Annual Report – Vacant

Past Chair, Nomination Report, 2024 Annual Report

As Past Chair my job has been to recruit volunteers to serve on committees, Board of Directors and in any other way a member feels they can be of service. We ask a lot of our members, and I believe that working together is what makes us the strong and dynamic network that we enjoy. Volunteers serve in many ways. They develop workshops and basic and advanced training; they assist with our annual conference, without which it could not happen; they help develop our Professional Development Days; they review workbooks from Workbook Practitioners, which brings new Recognized Practitioners to the network, many of whom go on to become teachers, they review Teachers Submissions; they help with membership renewals; they promote Therapeutic Touch during TTAW and afterwards in their communities and attract others who want to learn this amazing modality; they accept referral for Therapeutic Touch from the public; they formally serve on committees and on the Board. Every year we honour our volunteers at the Annual General Meeting. Despite our outreach, new volunteers are few and far between. We invite your anonymous or open feedback on how we can do better at recruiting and/or why volunteering for the network is not a first choice.

Last year, Kerstin Kramer stepped up to the plate as Communications Chair and we are so grateful to her and her excellent team that service our website and our newsletter for their service. Communications is a key role in our organization.

Those devoted volunteers, many of whom perform multiple roles, and who have stayed on to continue the work deserve the gratitude from all of us.

I have just completed 10 years of service on the Board and have made the decision to retire. I have been on the conference committee for 12 years, the past 9 of which I have chaired. I was co-chair for one. Although I know that this decision may leave an even bigger hole, as part of my own self-care, I know it is necessary.

I know there is a lot of talent in our network, and I am asking all members to give consideration to adding their names to the volunteer base of our network, if you are not already doing all you can do.

If you are interested in committee work, the following positions are in need of a leader.

If you are interested in helping on any committee, there are lots of options. Contact the office with your area of interest and I am sure we will find a great opportunity for you.

Committees:

Newsletter Committee: Contact Jim Metson, Newsletter Editor TTAW Task Force: Contact Deborah Gould, TTAW Coordinator Membership Committee: Vacant Teacher Liaison Committee: Contact Craig Niziolek (must be a teacher) Teacher Submission Reviewers: Contact Craig Niziolek (must be a teacher) 2025 Conference Committee: Vacant

The following names will be put forward at the AGM for Confirmation of the TTNO Board of Directors for 2024-2025.

Chair: Deb Brear Past Chair: Vacant Vice Chair: Vacant Secretary: Vacant Teacher Liaison Chair: Vacant Practitioner Liaison Chair: Patricia Tamosetis Communications Chair: Patricia Tamosetis Communications Chair: Kerstin Kramer Membership Chair: Anne Davies (nomination Finance Chair: Vacant Professional Practice Chair: Vacant

Our Treasurer and a Board Officer, Simone Radman, has been trying to retire for 6 years now and has graciously stayed on to provide her expertise to the TTNO. We are recruiting for this position so that Simone can retire. If you or anyone you know has an accounting background and would consider volunteering for this position, please contact me.

If you have the interest, time, energy and skills to fill one of these vacancies please call or email the TTNO office. We can accept nominations up to 4 weeks before the AGM. After October 15 and up to the AGM, we can take the names of interested persons for any remaining vacancies, but they cannot be voted on at the AGM. They can be voted on at a later Board meeting.

THE TTNO NEEDS YOU AND YOUR TALENTS AND INTERESTS.

Respectfully Submitted by MJ Cowtan



2024-2025 BOARD OF DIRECTORS NOMINATION FORM

I nominate myself for the position of	Membership Chair	_ or have been nominated by	
_Patricia Tamosetis for	this position on the Board of Dir	ectors of the Therapeutic	
Touch Network of Ontario.			
Positions Open for nomination:	Secretary, Vice Chair, Finance Professional Practice Chair, Te	· · ·	
Name of Nominee <u>Anne Davies</u>			
Address 702 Balmer's Bay Road			
City Deep River	Postal Code K0J1P	0	

Contact Number 613 585 8634 Email adannedavies@gmail.com

As the nominated person, I am aware that should there be more than one person nominated to the Board of Directors; there will be an election at the Annual General Meeting in the fall of 2024. At that time, I will be expected to give a short talk, which may include my reasons for wanting to serve on the Board.

BIO: Please provide a brief description of your skills and interests.

I am a retired school teacher and live on the shores of a lake in the woods outside Deep River. I have been studying and offering Therapeutic Touch sessions for more than 10 years, and I enjoy attending the live and online conferences, retreats and PDD's. Once I retired from teaching in the public school system, I decided to become a Recognized Practitioner and one day, I look forward to teaching TT. My focus in teaching was outdoor and experiential education and I resonate with Dora's love of the outdoors. In May 2024, I presented a workshop entitled Trees as Healing Partners in TT. I was a group leader in The Labyrinth of Grief program offered by the organization Living and Dying Consciously and I am an active member of the Deep River Players community theatre and the Bookworm's book club and I volunteer at the Whistle Stop, a thrift shop run by the Hospital Auxiliary.

I am an avid outdoors person and spend as much time as possible every day in the woods and on the lake with my pup, Maggie and sometimes my cats, McHenry and Atticus. I camp in all seasons, love to kayak and canoe and do a wide range of handicrafts, including knitting, quilting and sewing. There is always a jigsaw puzzle set up and I usually have 3 or 5 books on the go. I enjoy journalling and writing and am inspired by the beauty of Nature.

Philosophically, I believe in supporting and nurturing my community and whenever possible I join the board of the organizations in which I participate. I feel like I have been doing TT long enough and I have the time and space in my life to step up and join the TTNO Board, hopefully in the position of Membership Chair.

I believe the adage, "If not me, then who?" and I'm ready for a new challenge. I look forward to working with the other board members and giving back to the TTNO and its members.

Signature of Nominee <u>Anne Davies</u>

Date 29 October 2024

Communications Chair Annual Report

As I reflect on the past year, I want to express my heartfelt gratitude to the Board and all our members for the warm welcome you've extended to me in my first year as Communications Chair. Your support has made this journey truly enjoyable!

I am glad to say that our continued efforts in raising awareness for Therapeutic Touch® continue to have an impact. This year has been marked by our successful execution of Therapeutic Touch® Awareness Week (TTAW), ongoing improvements to our digital presence, and consistent engagement with our community through our publications.

Celebrating Therapeutic Touch® Awareness Week

This year's TTAW was scheduled for May 6-12, 2024. We were thrilled to collaborate with the Therapeutic Touch International Association (TTIA), who recognized the importance of our work and expressed interest in future partnerships. Our recent workshop, "Compassion: Reaching Into the Heart of Your Community with Therapeutic Touch," was a success, attracting 20 participants from across Canada and New York. The workshop resulted in meaningful discussions on community engagement during Awareness Week, and we even produced a 15-minute video highlighting the importance of collecting statistics to measure our outreach efforts.

In addition to these activities, we reorganized our webpage to simplify access to supporting documents for those planning outreach events. Our regional Team Leads received the support they needed to ensure that community events are well-coordinated and impactful.

Enhancing Our Digital Presence

This year also saw continued strides in improving our website. We updated product prices and launched our e-store, making it easier for members to access resources. Accessibility was a priority as we darkened fonts on menus and headers to enhance readability for all users.

Throughout the year, we also monitored website performance metrics to understand visitor behavior better and took note of fluctuations in traffic and engagement levels during events like the TTAW.

Engaging Through Publications

Our commitment to keeping members informed was evident through our regular publications. Our issues of **inTouch** provided updates and insights into our ongoing initiatives. We also continued our bi-monthly distribution of **Holding Space**, to make sure that members received timely information.

Strengthening Our Public Relations

In terms of public relations, we recognized the need to bolster our social media presence. I suggested putting a call out for a Media/Public Relations volunteer who can help us explore new platforms like YouTube, Instagram, and TikTok, all of which are considered to be vital avenues for connecting with younger audiences.

Acknowledgments

I would like to extend my heartfelt gratitude to all volunteers who have contributed their time and effort this year - especially those involved in TTAW preparations, website maintenance, and content creation for our publications. Your dedication is truly the backbone of our communication efforts!

As we move forward together, I am excited about the opportunities that lie ahead for promoting Therapeutic Touch® and engaging with our community in meaningful ways. In gratitude,

Kerstin Kramer Communications Chair

Professional Practice Chair – Position Vacant

TTNO Finance Committee Annual Report for June 2023 – May 2024

Members of the Finance Committee

Penny Craig, Shirley Boon, Ruth Brandt, Simone Radman (Treasurer) and TTNO Board representatives Debbie Brear (Chair) and Mariann Canning (Secretary)

We held ten (10) Zoom meetings on a Wednesday evening eight (8) days before the TTNO Board meeting held the first Thursday evening of the month. We did not meet in December or July.

We still do not have a committee chair to sit on the TTNO Board. Committee members divided up the tasks as follows: Ruth brought us together by Zoom, Penny sent out the meeting reminder and agenda and chaired the meetings and Shirley wrote the minutes of the meeting and sent them to Mariann for the Board meeting the following week. We really need to add to our committee an individual who understands financial reports and who is interested in sitting on the Board of the TTNO.

Each meeting we reviewed the financial statements provided to us by Simone who also answered any questions we might have regarding the numbers. We ended the year with \$6,719.00 profit.

The membership fees increased this year with \$1,000 extra income, there were more Professional Development Days offered with \$1,700 more revenue for the TTNO than last year, and the 2023 Annual Conference had a profit of \$18,000 compared to \$9,000 last year.

Our office rent was reduced by \$3,000 due to the move to a smaller office in the same building.

The increased revenue and reduced expenses noted above helped to offset last year's \$9,000 deficit.

The actual final figures for the May 31st year end will be supplied to the TTNO by Simone and sent to members with the Annual reports.

The Finance Committee reviewed and updated the Financial Policies and Guidelines and prepared a first draft Budget for 2024 - 2025 with a possible \$4,000 deficit. Let's all work together to erase this projected deficit before May 31, 2025.

Respectfully submitted by Shirley Boon

Financials - Simone Radman

THE THERAPEUTIC TOUCH NETWORK OF ONTARIO

FINANCIAL STATEMENTS

MAY 31, 2024

Pennylegion | Chung LLP

COMPILATION ENGAGEMENT REPORT

To Management of The Therapeutic Touch Network of Ontario

On the basis of information provided by management, we have compiled the statement of financial position of The Therapeutic Touch Network of Ontario as at May 31, 2024, the statement of operations and changes in net assets for the year then ended, and Note 1, which describes the basis of accounting applied in the preparation of the compiled financial information (financial information).

Management is responsible for the accompanying financial information, including the accuracy and completeness of the underlying information used to compile it and the selection of the basis of accounting.

We performed this engagement in accordance with Canadian Standard on Related Services (CSRS) 4200, Compilation Engagements, which requires us to comply with relevant ethical requirements. Our responsibility is to assist management in the preparation of the financial information.

We did not perform an audit engagement or a review engagement, nor were we required to perform procedures to verify the accuracy or completeness of the information provided by management. Accordingly, we do not express an audit opinion or a review conclusion, or provide any form of assurance on the financial information.

Readers are cautioned that the financial information may not be appropriate for their purposes.

Emyreques Chang LP

Chartered Professional Accountants, Licensed Public Accountants

October 23, 2024 Toronto, Ontario

⁹⁹ Yorkville Avenue, Suite 200 Toronto Canada M5R 3K5 Telephone 416/323-1335 Facsimile 416/323-0724

THE THERAPEUTIC TOUCH NETWORK OF ONTARIO

STATEMENT OF FINANCIAL POSITION

AS AT MAY 31, 2024

	2024	2023	
ASSETS			
Current Cash Guaranteed investment certificates Accounts receivable Prepaid expenses	\$ 12,872 42,000 1,558 2,887	\$ 5,627 41,143 1,442 <u>2,878</u>	
Long torm	59,317	51,090	
Long-term Capital assets (note 2)	1,009	1,442	
	<u>\$ 60,326</u>	<u>\$ 52,532</u>	
LIABILITIES AND NET ASSETS			
Current liabilities Accounts payable and accrued liabilities HST payable Deferred revenue	\$ 982 2,323 <u>11,669</u> 14,974	\$ 1,320 1,625 <u>10,954</u> <u>13,899</u>	
Net assets Unrestricted Internally designated for scholarships	43,450 <u>1,902</u>	35,783 <u>2.850</u>	
	<u>45.352</u> <u>\$ 60.326</u>	<u>38.633</u> <u>\$52.532</u>	

Approved on behalf of the Board:

_____, Director

_____, Director

see accompanying notes

THE THERAPEUTIC TOUCH NETWORK OF ONTARIO

STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS

FOR THE YEAR ENDED MAY 31, 2024

	2024	2023
REVENUE Conference and workshops Membership Donations and fundraising Interest Other	\$ 23,363 20,334 3,612 1,131 <u>2,677</u>	\$ 12,499 19,539 5,658 506 2,343
	51,117	40,545
EXPENSES Salaries and benefits Rent General Conference and membership related Accounting and bookkeeping Insurance Website Amortization	20,319 10,103 4,997 3,418 3,145 1,365 619 432	21,645 13,016 6,381 1,687 3,330 1,339 1,539 <u>618</u>
	44,398	49,555
EXCESS REVENUE OVER EXPENSES FOR THE YEAR	6,719	(9,010)
Net assets, beginning of year	38,633	47,643
NET ASSETS, END OF YEAR	<u>\$ 45,352</u>	<u>\$ 38,633</u>

THE THERAPEUTIC TOUCH NETWORK OF ONTARIO

NOTES TO THE FINANCIAL STATEMENTS

MAY 31, 2024

The Therapeutic Touch Network of Ontario (the Organization) is incorporated without share capital in the Province of Ontario. The Organization is exempt from income taxes in Canada as a not-for-profit organization under subsection 149(1)(L) of the Income Tax Act (Canada).

The Organization, on a not-for-profit basis, promotes the practice and acceptance of the healing discipline known as Therapeutic Touch.

1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

Management is responsible for the preparation of the financial information. The financial information has been prepared using a modified accrual-basis of accounting method. Outlined below are the accounting policies used by management:

Financial instruments

The Organization records financial instruments, which include cash, guaranteed investment certificates, accounts receivable and accounts payable and accrued liabilities, initially at fair value. Guaranteed investment certificates and are recorded at cost plus accrued interest income. All other financial instruments are subsequently reported net of any provisions for impairment in value.

Revenue recognition

- a) The organization follows the deferral method of revenue recognition for contributions. Externally restricted contributions related to current expenses are recognized as revenue in the current year. Externally restricted contributions received in the year for expenses to be incurred in the following year are recorded as deferred contributions. Unrestricted contributions, including donations and fundraising revenue are recognized when received.
- b) Annual membership fees for the membership year ending December 31, are recorded as revenue in the period earned.
- c) Conference fees and workshop revenue is recognized when the event takes place.
- d) Interest income is recognized as revenue when earned.

Capital assets

Capital asset purchases are recorded at cost. Amortization is provided annually at rates calculated to write-off the assets over their estimated useful lives as follows:

Computer equipment - 30% declining balance

All other expenses

All other expenses are recorded on an accrual basis.

2. CAPITAL ASSETS

Capital assets are as follows:

		Cost		umulated ortization		2024 Net		2023 Net
Computer equipment	<u>\$</u>	5,074	<u>\$</u>	(4,065)	<u>\$</u>	1,009	<u>\$</u>	1,442

Teacher Liaison Chair 2024 Annual Report

- In 2023, the Teacher Liaison Committee favoured a Zoom Teachers Day on a separate weekend than the TTNO Conference. Past Teachers Days have covered aspects of teaching, new curriculum and how to run a business teaching Therapeutic Touch[®]. A decision was made to postpone this year's 2024 Teachers Day until 2025 since we had no presenters, nor any ideas put forth. Since Teachers Day will be in 2025 it cannot be used to maintain Recognized Practitioner (RP) status in 2024.
- 2. Nancy Hall, the TTNO Teacher Submissions Review Coordinator (TSRC), has been connecting with teachers and practitioners to see if they are mentoring student teachers or workbook practitioners, working on new Curriculum and if they know of any new teachers working on workshops. This allows TTNO to monitor more accurately who is working on what, to better assist teachers, student teachers, workbook practitioners and help keep us all on track.
- 3. All submissions for workshops including Foundations of Therapeutic Touch, Transpersonal Nature of Therapeutic Touch, Applications of the Inner Processes of Therapeutic Touch (when implemented), and any other continuing education workshops must be submitted to the TSRC, Nancy Hall.
- 4. Current Recognized Teachers who have been approved to teach the basic Levels and are upgrading to teach Foundations of Therapeutic Touch and/or Transpersonal Nature of Therapeutic Touch, must also submit your day plan and accompanying materials to the TSRC for review along with the teacher's name who you choose to approve the workshop you are submitting.
- 5. The Statement of Intention to become a Recognized Teacher was updated and approved. This form is available from the TTNO office.
- 6. The Statement of Intention to Mentor a Student Teacher was developed and approved and is available from the TTNO office.
- 7. The Checklist for Review of Continuing Education Workshop Submissions has been revised and approved. The form includes criteria when continuing education workshops are submitted for approval of maintaining and/or achieving Recognized Status. This also includes submissions for Conference and Teachers Day.
- 8. The updated document for Achieving and Maintaining Recognized Teacher status has been approved. This form (along with a Statement of Intention for RPs who want to become RTs) will be emailed out to RPs and RTs. The Achieving RT process will also be published in the winter issue of *inTouch*.

Thank You Craig Niziolek

	CURRENT APPROVED TEACHERS	APPROVED TO TEACH		
	Name of Teacher	Foundations of Therapeutic Touch	Transpersonal Nature of Therapeutic Touch	Levels 1, 2, 3
1	Alison Cooke	TTNO and TTIA	TTNO and TTIA	1, 2, 3
2	Arlene Cugelman	TTNO and TTIA		1, 2, 3
3	Ashley Murray	Х		1, 2, 3
4	Craig Niziolek	Х	X	1, 2, 3
5	Deborah Gould			1, 2, 3
6	Debra Brear	Х	X	
7	Diane May	TTIA	TTIA	1, 2, 3
9	Flora Hartleib			1, 2, 3
10	Gail Lafortune	Х		1, 2, 3
11	Helen Will			1, 2, 3
12	Jean Riddell			1, 2
13	Jennifer Brion	X X		
14	Jim Metson	Х		
16	Julie von Flotow	TTNO and TTIA	X	1, 2, 3
17	Kathy Armstrong	Х		1, 2, 3
18	Kerstin Kramer	Х		1, 2
19	Laura Pokoradi			1, 2, 3
20	Lynn Vukosavljevic	Х		1, 2, 3
21	Maria Rossiter-Thornton	Х		1, 2, 3
22	Martha Hoey	Х	X	1, 2, 3
23	Nancy Hall (Teacher Submission Review Coordinator)	Х	X	1, 2, 3
24	Patricia Tamosetis	Х	X	1, 2, 3
25	Paula Neilson	TTNO and TTIA	TTNO and TTIA	1, 2, 3
26	Penny Craig			1, 2
27	Sharron L. Parrott			1, 2, 3
28	Shirley Boon	Х	X	1, 2, 3
29	Tamara Lafrance			1
30	Valerie Morrell			1, 2, 3

TEACHERS	WITH A CHANGE IN STAT	rus	
Teacher	Recognized Practitioner (RP)	Teacher Emeritus (TE)	
Aldona Mitrikas	X		
Claire Massicotte	X		
Evelyn MacKay		Х	
Heather Gurd		Х	
Janet Fallaize	Х		
Karen Marks	X		
Karen Schimansky		Х	
Marian Wierenga	X		
Margaret Deane		Х	
Marilyn Mighton		Х	
Mary Simpson		Х	
Mimi Craig	Х		
Regina Sheere		Х	
Theresa Moore	Х		
Susan Frid		Х	
Jodi Cole	Х		

Practitioner Liaison Chair, 2024 Annual Report

I first want to thank all of the amazing people who work so hard as a part of the Practitioner Liaison Committees; the workbook reviewers, Professional Development Day Committee members, the TTNO Board and numerous other TTNO members either on other committees or those who simply step up.

PROFESSIONAL DEVELOPMENT DAYS (PDD): The 2024 Professional Development Day (PDD) titled Intention and Therapeutic Touch[®] "The Compass Of The Heart" there have been many positive comments many indicating personal growth and increased clarity around the topic. I cannot thank the PDD writing team enough for all their hard work and dedication. Working with Nancy Hall and Dale Cimolai was a pleasure, and we sure learned a lot.

There were 10 scheduled Professional Development Days (PDDs) offered in the last fiscal year (June 2023-May 2024) with a total income of \$2440.00

I do encourage all Recognized Teachers and interested Recognized Practitioners to offer these informative and interesting workshops. They are a way for our membership to keep current and it is a way to support the TTNO.

The 2025 Professional Development Day is an exploration of holding space.

My gratitude to Debra Brear for all of the hours she put in helping with the PDD, Keeping me in line and the 100 other things that keeps this board afloat.

As I continue in the role as workbook coordinator I am always delighted by the dedication of the Recognized Teachers, Recognized Practitioners, and Branch Members who mentor and encourage the workbook practitioners on their journey, much gratitude to all of you. The quality of work that is being submitted by workbook practitioners has risen over the past number of years. It is rewarding to see such growth and change.

This year two workbooks were submitted for review; one is still in the review process. Congratulations to Susanne Storer is our newest Recognized Practitioner. The number of workbooks being requested remains high and I hope to see more arriving for review in the near future.

BRANCH NEWS: My gratitude to Cindy Shaw who has been putting together Branch Bites for us. Her dedication and support are so appreciated.

Please continue to advise the office of any changes in your Branch contacts and/or contact information listing so that the Practitioner Liaison Chair, newsletter editor and Webmaster may have current and accurate information.

Respectfully submitted by Patricia Tamosetis Practitioner Liaison Chair

Membership Chair, Position Vacant

2024 Annual Report

I would like to extend a heartfelt welcome to each and everyone of our members. As of September 26, 2024, our membership totals 324, of which 52 are new members. The TTNO is a dynamic organization that, with the help and participation of its members, will continue to shine brightly. There are so many ways members can become involved in Committee work and/or available Board Chair positions. You are an invaluable resource within the TTNO, and we need your help.

Special thanks to Morlan Rees and Patricia Tamosetis for their assistance in following up with members during our call-out period and to Recognized Teachers who ensured their students were aware of the special membership fees and submitted applications on their behalf.

Respectfully submitted Debra Brear, TTNO Chair

TTNC Report, 2024 for the TTNO

The Therapeutic Touch Network of Canada (TTNC) Board of Directors this year include Betty Whitney-President, Marion Cameron-Past President; Heather McMurdy-Treasurer, Judy Donovan Whitty, (ATTN), Johanne Roy (BCTTNS), Chery Ann Hoffmeyer (PTTN), Debra Brear (TTNO), and Caroline Kirby (TTNQ). The Board meets on the fourth Tuesday of the month excluding July and August.

The TTNC continues to offer Cross Country Check-ins, TT Teacher Chats and TT Teacher Education Sessions throughout the year. These events result in positive feedback and great ideas from across the country. Please be sure to check the TTNC website on a regular basis for current events at <u>https://ttnc.ca/events</u>. The TTNC Annual General Meeting is scheduled for November 24th at 1:00 pm EST.

- A special thank you to Paula Neilson who represents the TTNO on the TTNC Curriculum-Education Committee (CE).
- > As of the end of September 2024, the TTNC has a financial balance of \$8395.22.

If you are interested in finding out more information on professional liability insurance for you as a Therapeutic Touch practitioner, the TTNC offers insurance coverage to Members of Therapeutic Touch[®] Networks in Canada. Insurance details and application form is available from the TTNC website at https://ttnc.ca/members-info/#insurance.

Debra Brear, TTNO Chair TTNO Representative, TTNC Board



THERAPEUTIC TOUCH AWARENESS WEEK

Monday, May 6 - Sunday, May 12, 2024

Report to the TTNO BOARD

TT Awareness Week Task Group June 30, 2024

Executive Summary

The **8**th Annual Therapeutic Touch Awareness Week took place May 6 - 12, 2024, as an initiative of the TTNO to engage and inspire ALL members, Recognized Teachers, and branches to create Therapeutic Touch® outreach events in their communities to raise awareness of TT. Hospitals, hospices, long-term care facilities, high schools, community centers, and community gathering spaces like libraries, grocery stores, and community rooms are some of the venues our members have visited in the past.

Therapeutic Touch Awareness Week (TT Awareness Week) overlaps National Nursing Week and Hospice Palliative Care Week which serves to include community partners that are already strongly connected to many local branches. Over the years many branches are also collaborating with *new* community partners, which builds on overall awareness.

The TT Awareness Week Task Group works every year to update our resources, sharing them as widely and in as many ways as possible. We feel it is important to bring members together to engage with one another about issues and topics that pertain to presenting to one's community. Interested members from across the province gathered to explore the theme of *Compassion: Reaching into the Heart of your Community in the workshop held in March.*

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1. OBJECTIVES

Increase TTNO member engagement through a collective initiative. One Zoom workshop was hosted to help members dialogue with one another about the use of compassion in their outreach.

Promote awareness of Therapeutic Touch as a self-care and integrative healing modality in our communities.

Promote awareness of TTNO as the regulatory body of Therapeutic Touch in Ontario.

Support Event Leads to strengthening existing community partnerships and developing new ones.

Use consistent branding and messaging using TTNO communication resources.

2. GOAL for 2024

To reimagine what an outreach event could be as we move back into meeting our community partners in person. We continue to find new and creative ways to engage with our communities.

3. TT AWARENESS WEEK TASK GROUP

Jim Metson - TT Awareness Week Communications Lead Deborah Gould – Secretary and Project Team Lead Suzanne Hale – Social Media Team Lead Alison Cooke – Webmaster (retired) Jennifer Brion – Regional Team Lead Coordinator

Regional Team Leads

401 Corridor East - Alison Cooke

- Windsor & Area Penny Craig
- Northwest Jean Riddell
- Southwest (Guelph) Pat Hock
- QEW Corridor Susan Oliver
- Eastern/Central Suzanne Hale
- London & Kitchener Susanne Storer
- Hwy 11 Corridor- Bonnie Roe
- West of Hwy 400 Gina Smith
- GTA West Lillian Hutchinson
- GTA East Jennifer Brion

4. 2024 EVENT LISTING

LOCATION	LEAD	EMAIL	DATE & TIME	LOCATION	TITLE
Central Region					
Burks Falls	Deb Brear	debbrear@outlook.com	April 28, 11:00-5:00pm	Burks Falls Arena	Feed Your Soul Holistic Event
Bracebridge	Deb Brear	debbrear@outlook.com	May 22, 1:00-6:00pm	Bracebridge	Enliven Cancer Care Wellness Fair
Huntsville	Deb Brear	debbrear@outlook.com	May 15, 10:00-2:00pm	Huntsville	Community Living Staff Wellness Day
Southwest Region					
ergus	Pat Hock	pho@uoguelph.ca	May 6 - 12	TTAW banners on local electronic signs	Promoting Awareness in our Communities
ergus	Pat Hock	pho@uoguelph.ca	Мау б	Fergus Magnolia Branch	Embracing our Communities by Distant TT zoom
ergus	Deborah Gould	dgould1@outlook.com	May 6, 10 - 11:30	Victoria Park Senior Centre	Therapeutic Touch for Relaxation, Health and Wellbeing
Guelph	Pat Hock	pho@uoguelph.ca	May 8, 10 - 2pm	Guelph General Hospital	Therapeutic Touch for Relaxation, Health and Wellbeing
Cambridge	Susanne Storer	susannestorer@gmail.com	May 7, 9 - 11	Langs Community Health Centre	Info table with brochures and fact sheets; attended by branch members
Guelph digital board	Ann Osborne		May 6 - 12, 2024	Trinity United Church	TTAW electronic board at Trinity; celebrated 20 years of offering TT at Church
Kitchener	Susanne Storer	susannestorer@gmail.com	May 8 anytime	Kitchener/Waterloo branch	Branch members will reach out to family and friends
stratford	Jennifer Brion	j.brion@icloud.com	May 9	Stratford Branch and Community	Each One Bring One
tratford	Jennifer Brion	j.brion@icloud.com	May 7	Rotary Complex SLAAA	What is Therapeutic Touch Anyway?
Vaterloo	Susanne Storer	susannestorer@gmail.com	May 10, 2 - 3:30pm	Hospice Waterloo Region	Similarities between Therapeutic Touch and Qi Gong; talk and demonstration

Waterloo	Susanne Storer	susannestorer@gmail.com	May 7	Langs Community Centre	Info table, handouts attended by branch members
Waterloo	Susanne Storer	susannestorer@gmail.com	May 8	Branch Members	Invited to reach out to family and friends
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 4	Hospice of Windsor	PD Day Intention & TT; The compass of the heart.
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 8, 11 - 1pm	The Alzheimer's Society of W-E County	TT for Relaxation, Health and Wellness
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 9, 1-4pm	Huron Lodge LTC	TT for Relaxation, Health and Wellness
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 9, 10 - 12pm	The Hospice of Windsor- Essex	Palliative Care- Gentle Healing Energy
Leamington	Flo Hartlieb	theteagranny@icloud.com	May 6, 10 - 12 pm	The Erie Shores Hospice	Palliative Care- Gentle Healing Energy
Kingsville	Flo Hartlieb	<u>theteagranny@icloud.com</u>	May 7, 1-3pm	Southgate Village Residence	TT for Relaxation, Health and Wellness
Leamington	Flo Hartlieb	<u>theteagranny@icloud.com</u>	May 8, 2-4pm	Seacliff Manor	TT for Relaxation, Health and Wellness
Windsor	Flo Hartlieb	<u>theteagranny@icloud.com</u>	May 6, 1-3pm	Chartwell Oak Park Terrace	TT for Relaxation, Health and Wellness
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 6, 9:30 - 12:30 pm	Life after Fifty (LAF)	TT for Relaxation, Health and Wellness
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 7, 9:30-1:30 pm	BMO Nesbitt Burns	TT for Relaxation, Health and Wellness
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 9, 9-5pm	Windsor Regional Hospital - Met Campus	TT for Relaxation, Health and Wellness
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 13, 1-3pm	SSVP Helping Hands Friendship Centre	TT for Relaxation, Health and Wellness
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 11, 8:30 - 4:30	Therapeutic Touch Level 2	TT for Relaxation, Health and Wellness
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 10, 9 - 5pm	Windsor Regional Hospital Ouellette Campus	TT for Relaxation, Health and Wellness
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 8 all day	Windsor Family and Friends - Cindy Shaw	Distant TT for Hope, Love and Healing
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 6 - 12 days	Class 111 Senior Complex -	Distant TT for Hope, Love and Healing,
vviiiusui		<u>inereagranny@iciouu.com</u>		Kay Tuer	plus personal sessions by appt.
Windsor	Flo Hartlieb	<u>theteagranny@icloud.com</u>	May 6, 1-4	The Village of Aspen Lake	TT for Relaxation, Health and Wellness
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 6-12	Windsor Family and Friends - Maureen Collins	Distant TT for Hope, Love and healing
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 6-12	Windsor Family and Friends - Kim Watson	Distant TT for Hope, Love and Healing; plus personal sessions by appt

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Windsor	Flo Hartlieb	theteagranny@icloud.com	May 6 - 12	Windsor Family and friends - Lori Maisonville	Distant TT for Hope Love and Healing
Windsor	Flo Hartlieb	<u>theteagranny@icloud.com</u>	May 6 - 12	Windsor Family and friends -	Distant TT for Hope Love and Healing
Windsor	Flo Hartlieb	theteagranny@icloud.com	May 13, 1 - 4pm	Heron Terrace LTC	TT for Relaxation, Health and Wellness
Eastern Region					
Belleville	Bonnie Smith	adcooke141@gmail.com	May 8	Belleville	Explanation of Therapeutic Touch for her cardiologist at follow-up appointment
Cobourg	Alison Cooke	adcooke141@gmail.com	May 5	Friends – Sheila Noonan	TT for Hope, Love and Healing
Kingston	Bonnie Smith	adcooke141@gmail.com	May 6, 2024		Explanation of Therapeutic Touch for her cardiologist and his nurses before undergoing a medical procedure
Ottawa	Terri Lacroix	ottawabranchtt@gmail.com	May 9, 7-9pm	Ottawa Branch	Reaching Out to our Community for Therapeutic Touch Awareness Week
Ottawa	Suzanne Hale	halesuzanne369@gmail.com	May 12, 11:00-1:30pm	Non-ordinary Ottawa	Intro to Therapeutic Touch for Self-Care Workshop
Stirling	Alison Cooke	adcooke141@gmail.com	May 7, 1:30-3:00pm	Family and Friends	Each One Bring One - zoom
Brampton	Lillian Hutchinson		May 11 am	Staff at the Davis Centre	Celebrating Nurses Week
Thunder Bay	Karen Eberhardt	Kareneberhardt666@gmail.com	May 9, 9 – 11a.m.	North McIntrye Rec Center	TT for Self-Care
<u>45 outreach</u> events					
Nanton, Alberta	Jane McFarlane		May 9, 6:00-7:30	Nanton Thelma Fanning Library	Experience Complementary Therapies: Therapeutic Touch and Reflexology

5. EVENT CENSUS (based on 100% Survey Monkey utilized for the first time)

Note: The use of social media platforms challenges us to know how many people are reached in our efforts.

- Attendees 563+
- Therapeutic Touch practitioners -172+ (up significantly, likely due to restrictions changed)
- In-person sessions offered (plus family members) **402+** (up significantly)
- Distant Therapeutic Touch sessions to family/friends/facilities-incalculable
- Previous Community Partners **53%**
- New Community Partners 46%
- Social Media
 - Zoom is used most often.
 - o Facebook
 - Display boards posted in Libraries & community digital boards displaying banners.
- PowerPoint is useful to aid presenters and provide content from the website.

6. DONATIONS

The registration form now encourages donations to support the TTNO instead of a fee. The workshop that was hosted by the Task Group this year did require a registration fee of \$10 per workshop for members and \$15 for non-members. The Regional Team Leads were again offered free registration as part of their role. There were 19 attendees in the workshop including some participants from out-of-province and New York, USA.

7. PROMOTION/COMMUNICATION

- There is a need to create a format for sharing outreach events that happen the whole year. We know that more is happening than we can encompass in our work as a Task Group for TT Awareness Week in May. This would help promote ideas for others to consider when trying to generate new community partners.
- Videos were posted on Facebook and in E-Blasts. Other individual members created videos for their local region. Windsor now has their own Facebook page (and W-E website) to share their upcoming events.
- We initiated the use of Survey Monkey to collect data, and a video was created that stressed the importance of collecting and tracking the statistics.
- In the 7 years leading up to this TT Awareness Week, we have had <u>2,447</u> sessions offered across the province; <u>2,285</u> member opportunities to participate; and **451** community partnerships established.
- There were also 2 *inTouch* newsletter notices.

The Website is increasingly utilized for the needed materials. See a few of the documents that are being downloaded.

Downloaded stats-Facilities Fact Sheet = 1404 Fact Sheet TTNO = 1222 Downloads = 390 Distant TT = 1293 Facebook banner = 200 Posters = 300

• Promotion through marketing is a growing focus going forward. i.e., digital boards in community businesses and displays in libraries, where permitted.

Zoom Workshop:

• On March 20, 2024, we hosted a workshop called *Compassion: Reaching into the Heart* of your Community. Nineteen attendees explored how to use compassion when hosting their outreach in their communities. We began by dialoguing about 'what community means to you' and 'where does community show up' in your neighbourhood. Then, 'How would you bring compassion into your work with your community?' We then encouraged participants to leave with at least one action plan for their upcoming outreach.

8. DOCUMENTS CREATED

All documents are reviewed annually and updated, if necessary, before posting to the website. This year the new international logo for Therapeutic Touch Awareness Week replaced the former TT Awareness Week logo on all our documents. There was more activity on the website this year with people searching for and using the handouts. The new brochure continues to be one of the most important resources to have available.

9. RECOMMENDATIONS to the Board

The TT Awareness Week Task Group recommends:

- That the TTNO Board approve TT Awareness Week for the year 2025.
- Consider granting hours for education for those who attend the workshops (1 ½ hours for each outreach event; like attending a Branch meeting)
- Develop an enhanced social media presence to expand TT Awareness Week and recognition of TTNO.
- Present TT Awareness Week as a breakout session at the 2026 TTNO Conference, as there is the possibility of an international uptake of the week in 2026.
- TTNO continues to encourage all Recognized Teachers and Branches to promote TT Awareness Week events to build capacity across the province.
- Continued support of the Task Group's use of the TTNO Zoom account.

10. 'TAKEAWAYS'

- Members report being called back to Wellspring Centres, Hospices, and Long-Term Care facilities after the pandemic.
- 'More people are coming than appointments available for sessions.'
- Participants are amazed at how relaxed they felt when following instructions on the use of Therapeutic Touch for Self-Care.
- Staff at an Emergency Preparedness Week event received sessions and were intrigued and interested after the experience.
- The TTers demonstrated team spirit and commitment to serving their patients and staff.
- A new space was offered for presenting and teaching, because of this work in their community.
- 'Each One Bring One' continues to be a simple and effective way for people to connect and experience it.
- 'It is a joy to listen to each TTer share their personal takeaways...funny stories, heartfelt moments, and reaffirmation of why we do this work.'
- 'We now have the potential of 24 new students for an upcoming class.'

11. History of Therapeutic Touch Awareness Weeks

- 2017 52 events
- 2018 57 events
- 2019 42 events
- 2020 43 events
- 2021 39 events
- 2022 42 outreach events & 1 submitted from Alberta
- 2023 39 outreach events
- 2024 45 outreach events with 1 submitted from Alberta

Respectfully Submitted, Deborah Gould

on behalf of the Therapeutic Touch Awareness Week Task Group

Jim Metson

- Alison Cooke
- Suzanne Hale

Jennifer Brion

COMMITTEE MEMBERS AND VOLUNTEERS WHO SERVED THE TTNO IN 2023-2024

CHAIR – DEBRA BREAR			
Committees	Members		
Executive	Mary Jane Cowtan, Chair		
	Debra Brear		
	Mariann Canning		
Human Resources/Office management	Debra Brear, Mary Jane Cowtan		
Editing Committee	Shirley Boon		
	Debra Brear		
	Mary Jane Cowtan		
	Katherine Poulin		
	Patricia Tamosetis		
Office Staff/Other	Damjana Dzeko		
	Goranka Marinic, Bookkeeper		
	Simone Radman, Treasurer		
TTNC Representatives	Deb Brear, TTNO Liaison on TTNC Board of Directors		
	Mary Jane Cowtan, TTNO Liaison, TTNC BOD (backup)		
	Paula Neilson, TTNC Curriculum-Education Committee		
VIC	E CHAIR – VACANT		
Organizational & Strategic Planning	Board of Directors		
Bylaw Review	Board of Directors		
Annual Conference Committee	Mary Jane Cowtan, Chair		
	Heather Gurd, Co-chair		
	Deborah Gould		
	Debra Brear		
	Jim Metson		
	Julia von Flowtow		
	Kerstin Kramer		
	Patricia Tamosetis		
	Preston Gurd		
	Ruth Bowman		
	Shirley Boon		
	Susan Kelly-Kister		
SECRETAR	AY – MARIANN CANNING		
Archives	Judy Kanee		
Donations	Debra Brear		
	ICE CHAIR – VACANT		
Finance Committee	Penny Craig		
	Shirley Boon		
	Ruth Brandt		
	Mariann Canning		
	Simone Radman, Treasurer & Officer of the Board		
Scholarship Committee	Debra Brear, Chair		
Scholarship committee	Penny Craig		
	Shirley Boon		
Fundraising Committee	N/A		
	MMITTEE – MARY JANE COWTAN		
Nominations			
NUTHINALIUTS	Mary Jane Cowtan Debra Brear		

COMMUN	COMMUNICATIONS CHAIR - VACANT				
Website Committee	Al LaCroix – Webmaster				
	Alison Cooke				
	Debra Brear				
	Suzette Morgan				
	Theresa Moore				
Newsletter	Jim Metson				
	Paula Neilson				
	Jodi Cole				
Public Relations	Board of Directors				
Therapeutic Touch Awareness Week Task Group	Deborah Gould – Secretary and Project Team Lead				
	Jennifer Brion – Regional Team Lead Coordinator				
	Alison Cooke – Retired Webmaster				
	Suzanne Hale – Social Media Team Lead				
	Jim Metson – Communications Lead				
Regional Team Leads, TT Awareness Week	Jennifer Brion				
	Alison Cooke				
	Penny Craig				
	Jean Riddell				
	Pat Hock				
	Susan Oliver				
	Suzanne Hale				
	Susanne Storer				
	Lillian Hutchinson				
	Bonnie Roe				
	Gina Smith				
Referral Services Coordination	Cindy Shaw				
MEMB	ERSHIP CHAIR – VACANT				
Member Recruitment, Renewal, Recognition, and	Board of Directors				
Retention					
Membership Callout Volunteers	Morlan Rees				
	Debbie Brear				
	Patricia Tamosetis				
	R LIAISON CHAIR – PATRICIA TAMOSETIS				
Branch Liaison Coordinator	Vacant				
Branch Bits	Cindy Shaw				
Professional Development Day 2024	Patricia Tamosetis				
	Debra Brear				
	Dale Cimolai				
	Nancy Hall				
Professional Development Day 2025	Patricia Tamosetis				
	Debra Brear				
	Dale Cimolai				
	Nancy Hall				

Workbook Reviewers	Patricia Tamosetis, Workbook Review Coordinator
WORKBOOK NEVIEWEIS	Shirley Boon
	Ruth Brandt
	Debra Brear
	Gwen Jones
	Gail Lafortune
	Jean Riddell
	Patricia Petruga
	Karen Schimansky
	Joan Siahalos
	Louise Klimczak
	Diane Veilleux
PROFESSIONA	AL PRACTICE CHAIR – VACANT
Research	Mei-fei Elrick
Ethics	Stephanie Robertson
Quality Assurance	Board of Directors
Trademark	Board of Directors
TEACHERS LIA	ISON CHAIR – CRAIG NIZIOLEK
Teacher Liaison Committee	Craig Niziolek, Chair
	Shirley Boon
	Jodi Cole
	Alison Cooke
	Gail Lafortune
	Nancy Hall
	Patricia Tamosetis
	Helen Will
Submission Reviewers	Nancy Hall, Teacher Submission Review Coordinator
	Alison Cooke
	Craig Niziolek
	Debra Brear
	Deborah Gould
	Helen Will
	Julia von Flotow
	Kathy Armstrong
	Laura Pokoradi
	Lynn Vukosavlijevic
	Patricia Tamosetis
	Shirley Boon
TTNO Curriculum & Guidelines Review Committee	Craig Niziolek
	Shirley Boon
	Debra Brear Jodi Cole
	Alison Cooke
	Gail Lafortune
	Patricia Tamosetis
	Helen Will
Teachers Day	Craig Niziolek, TD Committee Chair
reachers Day	Patricia Tamosetis
	Debra Brear
	No Teachers Day held this year
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