

The Therapeutic Touch Network of Ontario 10 Four Seasons Place, Suite 1000 Toronto, ON M9B 6H7 TTNO Office, Inquiries, & Referrals: 416-649-5885

### 2025 TTNO BOARD OF DIRECTORS ANNUAL REPORT TO THE MEMBERS

### Message From the Chair

I wish to express my sincerest gratitude to you for your continued 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 and 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 Thursday, November 20st 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.

### Special thanks to:

Patricia Tamosetis, Practitioner Liaison Chair, Kerstin Marschall, Communication Chair and Anne Davies, Membership chair for their ongoing dedication and commitment to the Board of Directors. Jim Metson, editor of our in *Touch* newsletter, Deborah Gould, TTAW Coordinator, Nancy Hall, Submissions Review Coordinator and Cindy Shaw, Referral Coordinator and author of Branch Bites. Al Lacroix, TTNO Webmaster, Paula Neilson, TTNO representative on the TTNC Curriculum-Educational Committee (CE). Summer Harnden, Social Media Lead, for the amazing Facebook page she designed and manages. Flora Hartleib for leading the Mentorship Ad hoc Committee into a standing committee of the Board. 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, our Finance Committee members, for their continued service and commitment. Thanks to Damjana Dzeko, our Office Manager who does 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 in the fall of 2024. The proceeds from our conference and the ongoing dedication and support of our members and put us in a much stronger financial position which resulted our making budget. See the Finance Reports submitted by Simone Radman.
- Improvements to our website continue including the implementation of our online membership applications. We are striving 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 Foundations of Therapeutic Touch.
- Implementation of the Mentorship Committee, a new standing committee of the Board.
- Development and implementation of a new TTNO public Facetime Page.

#### **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 focussed 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.
- Volunteer Recruitment: We will need very shortly to establish a new Conference Committee for 2026. 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 2026

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, RT TTNO Chair

### **Vice Chair Annual Report – Vacant**

### **Nomination Report Annual Report**

The following names will be put forward at the AGM for Confirmation of the TTNO Board of Directors for 2025-2026.

Chair: Debra Brear Past Chair: Vacant Vice Chair: Vacant Secretary: Vacant

Teacher Liaison Chair: Nancy Hall (new nomination)
Practitioner Liaison Chair: Patricia Tamosetis
Communications Chair: Kerstin Marschall

Membership Chair: Anne Davies

Finance Chair: Vacant

Professional Practice Chair: Vacant

Our Treasurer and a Board Officer, Simone Radman, has been trying to retire for several 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 November 5 and up to the AGM, we can take the names of interested people 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 Debra Brear, Chair



# 2025-2026 BOARD OF DIRECTORS NOMINATION FORM

I nominate myself for the position of	or have been nominated
	for this position on the Board of Directors of the
Therapeutic Touch Network of Ontai	
Positions Open for nomination:	Vice Chair, Finance Chair, Teacher Liaison Chair, Professional Practice Chair, Secretary
Name of Nominee	
City	Postal Code
Phone Number	Email
BIO: Please provide a brief descripti	on of your skills and interests.
Signature of Nominee	Date

### **Communications Chair Annual Report**

As I review 2025, I see a year of steady progress and thoughtful adjustments in how we connect with members and the public. Our focus has been on keeping communication reliable, strengthening our digital presence, and opening more avenues for sharing Therapeutic Touch®.

#### Website

The website saw important updates this year, including new online membership and renewal forms, easier navigation for mobile users, and expanded donation options for U.S. members. Visitor patterns showed strong interest in membership information and teacher resources, confirming the value of these pages for both members and newcomers.

#### **Publications**

Our publications continued on schedule thanks to Jim Metson, with inTouch providing seasonal updates and Holding Space filling in between. Your member contributions gave these publications variety and authenticity. These voices add so much to how we represent ourselves as a community!

#### **Public Relations**

A highlight this year was welcoming volunteer support from Summer Harnden. With her help, we refreshed our Facebook presence and are now rolling out more regular posts! These included event announcements, graphics explaining TT and energy healing, and reflections that made TT accessible to new audiences. This steady activity has started to expand our reach while keeping a warm, approachable tone.

#### **Therapeutic Touch Awareness Week**

TTAW once again gave us a chance to bring TT into our communities. Successful events (pulled together by an incredible group of volunteers) were held all across Ontario, provided education and visibility, reminding people of the relevance of TT in everyday life. Member involvement was key in making these events possible.

#### **Communications Policy**

The Communications Policy was reviewed this year with input from members, and suggested updates were marked for Board review. This process has been helpful in ensuring that our communications practices remain current, consistent, kind and responsive.

#### Acknowledgements

I want to thank everyone who contributed their time and creativity this year, whether by sharing content, supporting publications, or helping with social media and website updates. These collective efforts are what keep our communications strong and meaningful.

#### **Looking Ahead**

In the coming year, we'll continue encouraging member contributions, refining our digital tools, and gradually expanding social media activity. Each step brings us closer to making Therapeutic Touch more visible while reflecting the values and the special warmth of our community that I appreciate so much.

In gratitude,

Kerstin Marschall Communications Chair

### **Professional Practice Chair - Position Vacant**

### TTNO Finance Committee Annual Report for June 2024 - May 2025

<u>Members of the Finance Committee</u> are Penny Craig, Shirley Boon, Ruth Brandt, Simone Radman (Treasurer) and TTNO Board representative Debbie Brear (Chair)

We held ten (10) Zoom meetings this year. 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. We really need to add to our committee an individual who understands financial reports and who is interested in sitting on the Board of Directors 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 \$4,444 profit. Thank you so much to all those TTNO Branches and individual members who responded to the Finance Committee's request for fundraising ideas because we were looking at a significant deficit. Together we make wonderful things happen!

The income from TTNO memberships was similar to the previous year, just \$300 less. We brought in \$500 more than last year from the TTNO portion of the Professional Development Days. It is good to see more of these being held around the province and outside our borders.

Our hybrid conference this year – in person and by Zoom – was very successful. Our overall profit was down but that was more than made up by the donations from our fundraising.

The actual final figures for the May 31st year end will be included with the Annual reports.

The Finance Committee reviewed and updated the Financial Policies and Guidelines and prepared a first draft Budget for 2025-2026 with a projected \$1,500 deficit. We recommended to the TTNO Board of Directors that the 2025 TTNO Conference fees be raised by \$45 to \$195 to help us achieve a balanced budget. Let's all work together to make this happen. We can help by paying our membership fees on time, encouraging new members, participating in Professional Development Days and attending the Annual Conference. Remember that the TTNO has a scholarship fund to help folks wanting to participate in Therapeutic Touch® activities but who are short of cash at that time. Application forms are available from the TTNO office or the website. Names are kept confidential.

Respectfully submitted by Shirley Boon

# **Financials - Simone Radman**

# THE THERAPEUTIC TOUCH NETWORK OF ONTARIO

FINANCIAL STATEMENTS

MAY 31, 2025

CHARTERED PROFESSIONAL ACCOUNTANTS

#### **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, 2025, 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.

Penyuegias Chang UP

Chartered Professional Accountants, Licensed Public Accountants

July 16, 2025 Toronto, Ontario

### THE THERAPEUTIC TOUCH NETWORK OF ONTARIO

### STATEMENT OF FINANCIAL POSITION

**AS AT MAY 31, 2025** 

A3 A1 WA1 31, 2025	2025	2024
ASSETS		
Current Cash Guaranteed investment certificates Accounts receivable Prepaid expenses	\$ 9,360 44,037 3,034 2,933	\$ 12,872 42,000 1,558 2,887
Long-term Capital assets (note 2)	59,364  2,296  \$ 61,660	59,317 1,009 \$ 60,326
LIABILITIES AND NET ASSETS		
Current liabilities Accounts payable and accrued liabilities HST payable Deferred revenue	\$ 1,546 1,375 8,943 11,864	\$ 982 2,323 11,669
Net assets Unrestricted Internally designated for scholarships	46,886 2,910 49,796 \$ 61,660	43,450 1,902 45,352 \$ 60,326
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, 2025

	2025	2024
REVENUE Conference and workshops Membership Donations and fundraising Interest Other	\$ 28,231 22,788 14,716 2,037 2,377 70,149	\$ 23,363 20,334 3,612 1,131 2,677
EXPENSES Conference and membership related Salaries and benefits Rent General Accounting and bookkeeping Insurance Website Amortization	21,156 20,908 9,560 6,199 5,065 1,465 769 583	3,418 20,319 10,103 4,997 3,145 1,365 619 432
EXCESS REVENUE OVER EXPENSES FOR THE YEAR	<u>65,705</u> 4,444	<u>44,398</u> 6,719
Net assets, beginning of year	<u>45,352</u>	38,633
NET ASSETS, END OF YEAR	<u>\$ 49,796</u>	<u>\$ 45,352</u>

#### THE THERAPEUTIC TOUCH NETWORK OF ONTARIO

#### NOTES TO THE FINANCIAL STATEMENTS

MAY 31, 2025

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

The principal sources of revenue and recognition of these revenues for financial statement purposes are as follows:

- 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 when earned.
- c) Conference fee 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

#### **Expenses**

Expenses are recorded on an accrual basis.

#### 2. CAPITAL ASSETS

Computer equi

Capital assets are as follows:

	Cost	cumulated ortization	2025 Net	2024 Net
uipment	\$ 6,944	\$ (4,648)	\$ 2,296	\$ 1,009

### **Teacher Liaison Chair Annual Report**

The position of Teacher Liaison Chair for the Therapeutic Touch Network of Ontario (TTNO) has been vacant over the past year. During this time, Debra Brear and Patricia Tamosetis have kindly represented the board in addressing matters related to the Teacher Liaison Committee. Our sincere appreciation also goes to Nancy Hall, who has served as the Teachers' Submission Review Coordinator. Nancy has done an exceptional job managing the many responsibilities connected to this role, and her dedication and support have been invaluable. We truly could not have done it without her.

In February, we held a very successful Teachers Day. The theme of the workshop, Holding Space in Therapeutic Touch, aligned with the 2025 Professional Development Day (PDD). Feedback from participants was overwhelmingly positive. Teachers appreciated the opportunity to experience the PDD firsthand before presenting it to others. Many expressed interests in making this type of workshop a regular offering.

Congratulations to Pranita Murphy, who has now achieved recognition as a Recognized Teacher, having completed all requirements to teach Foundations of Therapeutic Touch. In addition, Flora Hartleib and Kerstin Marschall have updated their curricula and are now qualified to teach Foundations of Therapeutic Touch as well. We are also pleased to acknowledge Jim Metson, who is now teaching Transpersonal Nature of Therapeutic Touch.

A special mention goes to Patricia Tamosetis and Dale Cimolai, whose new continuing education workshop, Deepening Connections with our Mysterious Selves, has been approved and added to our program offerings.

Looking ahead, our goal for the coming year is to complete and distribute the final segment of the National and International Curriculum: Application of the Inner Processes of Therapeutic Touch.

We also recognize the importance of connection and collaboration among teachers. Teacher Chats provide a valuable space for sharing ideas, supporting one another, and staying connected across the province. Plans are underway to host more of these sessions in the future.

Finally, we look forward to the time when we can once again welcome a Teacher Liaison Chair to the TTNO Board—someone who can represent the interests and voices of our dedicated teachers.

Respectfully submitted by Debra Brear and Patricia Tamosetis

	CURRENT APPROVED TEACHERS	APF	PROVED 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	X		1, 2, 3
4	Craig Niziolek	X	X	1, 2, 3
5	Deborah Gould			1, 2, 3
6	Debra Brear	X	X	
7	Diane May	TTIA	TTIA	1, 2, 3
8	Flora Hartleib	X		1, 2, 3
9	Gail Lafortune	X		1, 2, 3
11	Jean Riddell			1, 2
12	Jennifer Brion	X		
13	Jim Metson	X	X	
14	Julie von Flotow	TTNO and TTIA	TTNO and TTIA	1, 2, 3
15	Kathy Armstrong	X		1, 2, 3
16	Kerstin Marschall	X		1, 2
17	Laura Pokoradi			1, 2, 3
18	Lynn Vukosavljevic	X		1, 2, 3
19	Maria Rossiter-Thornton	X		1, 2, 3
20	Martha Hoey	X	X	1, 2, 3
21	Nancy Hall (Teacher Submission Review Coordinator)	Х	X	1, 2, 3
22	Patricia Tamosetis	X	X	1, 2, 3
23	Paula Neilson	TTNO and TTIA	TTNO and TTIA	1, 2, 3
24	Penny Craig			1, 2
	Pranita Murphy	X		
25	Sharron L. Parrott			1, 2, 3
26	Shirley Boon	X	X	1, 2, 3
27	Tamara Lafrance			1
28	Terri Lacroix	Χ		
28	Valerie Morrell			1, 2, 3

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

### **Practitioner Liaison Chair Annual Report**

As the Practitioner Liaison Chair, I have the privilege of coming in contact with some wonderful practitioners, I am blessed. I have a committed and very competent workbook review committee. I am grateful for the hard work they do on your behalf. Although the TTNO Board is small accomplishes more than one would think possible. What a great team.

#### **Professional Development Day (PDD)**

The Professional Development Day Committee members, Nancy Hall, Dale Cimolai and Deb Brear, are outstanding and we certainly learn a lot as we create the best possible Professional Development Day (PDD) for our members.

This years PDD titled Holding Space in Therapeutic Touch. It stretched our understanding of what holding space can be and gave us opportunities to explore new horizons. I cannot thank the PDD writing team enough for all their hard work and dedication.

There were 9 Professional Development Days presented in the fiscal year 2024/2025.

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.

My gratitude to Debra Brear for all of the hours she puts in working with me on too many projects to identify. She is real asset to the TTNO. Her work is way beyond the expected. She also has the job of keeping me in line.

Mentoring our workbook practitioners is a responsibility not to be taken lightly.

It is on our shoulders as Recognized Practitioners and Teachers that the success of these individuals' rests.

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.

This fiscal year there were two workbooks were submitted for review: Congratulations to Kate Moss, Dale Cimolai, achieving Recognized Practitioner status. There are still many workbook practitioners striving to complete their case studies and educational hours. The journey towards Recognized Practitioner status is one that opens up many doors for learning and expanding ones understanding of the Therapeutic Touch process. I look forward to reading more reviews in the future.

#### **Branch News**

My thanks to Cindy Shaw for writing Branch Bites for us, always nice to receive.

Also, gratitude for her role as Referral Coordinator. Her dedication and support are greatly 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 Annual Report**

We are in the last quarter of 2025, with most renewals complete, so I would like to start by welcoming all of our new and returning members. The TTNO relies on membership and the active participation of our members to keep us a vibrant and dynamic organization.

I joined the TTNO Board in November of 2024 with very little understanding of the workings of the TTNO and even less about behind the scenes of membership. Needless to say, my first year as Membership Chair came with a near vertical learning curve. The amount of information to assimilate was eased by several kind and very patient individuals. I have much gratitude for the gentle encouragement, and occasional reminders, of Deb Brear, Patricia Tamosetis and Kerstin Marschall as they guided me through the rhythm of the TTNO year. Also, many thanks to Damjana, our trusty and capable office manager, for sending monthly updates, answering my questions and providing technical support. Such a lovely team!

If we learned anything from the pandemic, it was the importance of community and staying connected. I strongly encourage all TTers to become members of the TTNO and stay connected through workshops, Branch meetings and the TTNO In*Touch* newsletter.

Looking at membership numbers from the past 3 years:

Year	Total Members	New Members	Unrenewed
2023	343	60	41
2024	324	52	49
2025	327	84	47

We are still accepting memberships and renewals for 2025, however, the membership year is January to December, so any new memberships received after October 1<sup>st</sup> are valid until the end of December 2026.

#### Membership Renewals

At the end of February, there were 136 members who had not yet renewed from 2024. Thanks to the help of volunteers who contacted ALL the unrenewed members by telephoning, leaving messages, making follow-up calls, sending emails and even helping folks fill in the forms, the numbers were significantly decreased and by the end of September just 48 folks were unrenewed from 2024.

Many thanks to Debbie Brear, Shirley Boon and Ruth Brandt who volunteered to assist me in contacting the unrenewed members in March and April. The callouts were a lovely way to connect with folks and I welcome anyone who would like to help next March to reach out to me.

I would also like to thank the Teachers and Branch Leaders who encouraged members to join and/or renew their TTNO memberships and in some cases, paid for the first year of new memberships.

#### Initiatives to Increase/Maintain Memberships

I sent out a number of emails in January, February and again in August to encourage members to join TTNO and/or renew their memberships. From the numbers in the chart, we are attracting new members. If we have retained all our 2024 members, our overall number would have been significantly increased. I tried to encourage practitioners to renew before the end of February to ensure their inclusion in the Membership Directory. Unfortunately, the call out campaign happened after that deadline this year.

#### Proposed Initiatives for 2026

Support Renewal and Promote Growth in Membership - I will continue to seek ways to maintain and grow the membership. I encourage all members to spread the word about TT and the benefits of joining the TTNO. As always, any suggestions are welcome, and I invite all members to contact me with their suggestions. The collective knowing is far greater and more creative than me alone.

Connecting with New Members - I believe deeply in the importance of connection and community and the inherent benefits that come when individuals feel like a valued member of a community. It is a core human need: to be seen, heard and valued. Preparing this report, I read past AGM reports wherein they discussed an initiative for the Membership Chair to reach out by phone and/or email to new members to seek their thoughts and insights and to welcome them to the TTNO community. This seems like a wonderful way to connect with new members and would open the channels of communication between the Board and members. Working with Damjana to identify the new members, I would like to implement this practice starting this Fall and continuing through 2026.

There are several open spots on the TTNO Board and various Sub-Committees, and we would be delighted to have a few more folks join us. I can assure you from firsthand experience that you will have a lot of support as you find your way. We try to keep the monthly meetings short. Please consider joining the TTNO Board at the AGM so we can better represent our membership with more voices.

2025 has been a wild ride personally and an informative growth opportunity as TTNO Membership Chair. I feel like I now have most of the knowledge and skills I need to do justice to the position, and I thank all of the members and especially the Board for their patience and kindness while I found my feet. The TTNO is an amazing, supportive and healing community and it is truly my privilege to be in service to the membership.

I am always happy to hear from other Therapeutic Touch® folks, and I welcome your questions, concerns and/or comments. You can phone or text me at 613-585-8634 or email me at <a href="mailto:adannedavies@gmail.com">adannedavies@gmail.com</a>.

I remain happily, yours in service,

Anne Davies TTNO Membership Chair

### TTNC Report 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 <a href="https://ttnc.ca/events">https://ttnc.ca/events</a>. The TTNC Annual General Meeting is scheduled for November 16<sup>th</sup> 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 2025, the TTNC has a financial balance of \$9,694.91.

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 <a href="https://ttnc.ca/members-info/#insurance">https://ttnc.ca/members-info/#insurance</a>.

Debra Brear, TTNO Chair TTNO Representative, TTNC Board



# THERAPEUTIC TOUCH AWARENESS WEEK

Wednesday, May 7 – Wednesday, May 14, 2025 Report to the TTNO BOARD

TT Awareness Week Task Group June 30, 2025

### **Executive Summary**

The **9**<sup>th</sup> Annual Therapeutic Touch Awareness Week took place May 7 - 14, 2025, as an initiative of the TTNO to engage and inspire ALL members, Recognized Teachers, and TTNO Branches to create Therapeutic Touch® (TT) outreach events in their communities to raise awareness of Therapeutic Touch. Hospitals, hospices, long-term care facilities, high schools, community centres, 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, Mental Health Week and Hospice Palliative Care Week which serves to include community partners that are already strongly connected to many local TT Branches. Every year 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. Twenty-eight interested Recognized Teachers and members from across Canada gathered to explore the theme 'Spiralling Back to the Basics' in a workshop held on March 5.

#### TABLE OF CONTENTS

- 1. OBJECTIVES
- 2. GOAL
- 3. THERAPEUTIC TOUCH AWARENESS WEEK TASK GROUP
- 4. EVENTS
- 5. EVENT SURVEY
- 6. DONATIONS
- 7. PROMOTION
- 8. DOCUMENTS CREATED
- 9. RECOMMENDATIONS
- 10. TAKEAWAYS
- 11. HISTORY OF THERAPEUTIC TOUCH AWARENESS WEEK

#### 1. OBJECTIVES

Increase TTNO member engagement through a collective initiative. One Zoom workshop was hosted to help members share insights.

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 Regional Team Leads to strengthen existing community partnerships and develop new ones.

Use consistent branding and messaging using TTNO communication resources.

### 2. GOAL for 2026

To consider expanding our outreach to draw the larger Therapeutic Touch community into a common goal of shared awareness. We have created an international logo and hope to engage with the TTIA in 2026 as part of our *tenth* year. We continue to find new and creative ways to engage with our expanding community.

#### 3. TT AWARENESS WEEK TASK GROUP

Jim Metson - Communications Lead

**Deborah Gould** – Secretary and Project Team Lead

Suzanne Hale - Social Media Team Lead

Alison Cooke – Webmaster

**Jennifer Brion** – Regional Team Lead Coordinator

**Regional Team Leads** 

Alison Cooke - Coburg, Brockville, Stirling, plus virtual

**Penny Craig** – Windsor and area – Windsor, Chatham, Sarnia-Lambton

**Karen Eberhardt** – Northwestern Ontario, Thunder Bay

Pat Hock – Guelph and Area – Fergus, Guelph branches (Lilac, Elm Tree, Trinity, Willow)

**Susan Oliver** – Niagara, Grimsby, Hamilton

**Suzanne Hale** - Ottawa and area – Peterborough, Ottawa, Golden Lake, Killaloe, L'Isleaux-Allumettes

**Susanne Storer** – London, Stratford, Kitchener/Waterloo

Bonnie Roe - Hwy 11 corridor - Haliburton Highlands, North Bay, Bracebridge Huntsville

Gina Smith - West of 400- Owen Sound, Midland

**Lillian Hutchinson** – GTA West – Brampton, Caledon, Bolton, Alliston

**Lynn Vukosavljevic** – GTA East – Ajax, Toronto South/Center/East, Claremont, Whitby, Stouffville, Etobicoke

# 4. 2024 EVENT LISTING

LOCATION/CITY	DATE/TIME	COMMUNITY PARTNER	TITLE	CONTACT/EMAIL
Caledon	Thurs May 7 to Tues May 13	Bethell Hospice	Benefits of Therapeutic Touch at Hospice	Jim Metson, metsonj347@gmail.com
Fergus/Elora	April 28 to May 12	Various community businesses and libraries	Promoting Therapeutic Touch in our community (TTAW postings on electronic signs in town)	Pat Hock, auntieorganic@gmail.com
Guelph	May 8, 10-noon 1:00-3:30	Hospice Wellington	De-stress with Therapeutic Touch	Mimi Craig
Guelph	Mon May 12 10am - 2pm	Guelph General Hospital	Therapeutic Touch for Relaxation, Health and Wellbeing	Pat Hock, auntieorganic@gmail.com
Leamington	Thurs May 8 10am - 3pm	Erie Shores Hospice	Palliative Care - Gentle Healing Energy	Flora Hartleib, theteagranny@hotmail.com
Stirling	Fri May 9 evening	Distant TT at home - group	Distant TT from home	Alison Cooke, adcooke141@gmail.com
Stirling	Sat May 10 7:00-9:30pm	Stirling Manor	Therapeutic Touch for Residents	Alison Cooke, adcooke141@gmail.com
Hastings/Quinte Region	Wed May 7 7:00-8:30pm	Hospice staff, volunteers, and caregivers joining us on zoom	Introduction to Therapeutic Touch	Alison Cooke adcooke141@gmail.com
Orleans	Sun May 25 5 - 7pm	Cafe Latte Cino	Learn about Therapeutic Touch & Try It Out for Yourself	Karin Hagel

Ottawa	Thurs May 29	Greenboro	TT Awareness Week	Mariette St-Denis,
	12 - 2pm	Community Centre	event	ottawabranchtt@gmail.com
		_	for Adult 55+	
		Seniors Drop-In		
		Cent		
Stratford	Thur May 8	Stratford TT	Each One Bring One	Jennifer Brion, cjbrion@rogers.com
		branch		
Stratford	TBD	Rotary Hospice	What is Therapeutic	Jennifer Brion, cjbrion@rogers.com
(ZHERs)		Stratford	Touch as provided	
			Hospice	
Tecumseh	Wed May 7 - 14	Windsor Family	Distant Healing for	Flora Hartleib,
		and Friends -	Hope, Love and	theteagranny@hotmail.com
		Maureen Collins	Healing	
Tecumseh	Wed May 7 - 14	Windsor Family	Distant Healing for	Flora Hartleib,
		and Friends -	Hope, Love and	theteagranny@hotmail.com
		Cynthia Gall	Healing	
Tecumseh	Thurs May 8	The Alzheimer	TT for Relaxation,	Flora Hartleib,
	1 - 3pm	Society of W-E	Health and Wellness	theteagranny@hotmail.com
		(Memory Cafe)		
Thamesford	Tues May 13	Thamesford	Therapeutic Touch and	Jennifer Brion, cjbrion@rogers.com
		Meditation Group	Meditation	
Windsor	Wed May 7 - 14	Windsor Family	Distant Healing for	Flora Hartleib,
		and Friends - Lori	Hope, Love and	theteagranny@hotmail.com
		Maisonville	Healing	
Windsor	Wed May 7 - 14	Class 111 Senior	Distant Healing for	Flora Hartleib,
		Complex	Hope, Love and	theteagranny@hotmail.com
			Healing	
Windsor	Wed May 7 - 14	Windsor Family	Distant Healing for	Flora Hartleib,
		and Friends - Kim	Hope, Love and	theteagranny@hotmail.com
		Watson	Healing	
Windsor	Wed May 07	The Alzheimer	TT for Relaxation,	Flora Hartleib,
	1 - 3pm	Society of W-E	Health and Wellness	theteagranny@hotmail.com
		(Day Away)		

Windsor	Wed May 07 1 - 3pm	SSVP Helping Hands Friendship	TT for Relaxation, Health and Wellness	Flora Hartleib, theteagranny@hotmail.com
	·	Centre		
Windsor	Thurs May 8	Huron Lodge -	TT for Relaxation,	Flora Hartleib,
	10am - 12	Home for the Aged	Health and Wellness	theteagranny@hotmail.com
Windsor	Thurs May 8	LAF (Life after 50)	TT for Relaxation,	Flora Hartleib,
	10am - 12		Health and Wellness	theteagranny@hotmail.com
Windsor	Fri May 9	The Hospice of W-	Palliative Care -	Flora Hartleib,
	10am - 12	E (in the	Gentle Healing Energy	theteagranny@hotmail.com
		residential home)		
Windsor	Mon May 12	The Alzheimer	TT for Relaxation,	Flora Hartleib,
	1 - 3pm	Society of W-E	Health and Wellness	theteagranny@hotmail.com
		(DayBreak at the		
		Lodge)		
Windsor	Mon May 12	Chartwell Oakpark	TT for Relaxation,	Flora Hartleib,
	1:30 - 3:30pm	Terrace	Health and Wellness	theteagranny@hotmail.com
Windsor	Tues May 13	BMO Nesbitt	TT for Relaxation,	Flora Hartleib,
	9am - 1pm	Burns - Renata	Health and Wellness	theteagranny@hotmail.com
		Soda		
Windsor	Tues May 13	Heron Terrace	TT for Relaxation,	Flora Hartleib,
	1 - 3pm		Health and Wellness	theteagranny@hotmail.com
Windsor	Tues May 13	Windsor Branch-	TT for Relaxation,	Flora Hartleib,
	6 - 8:30pm	Bring a Buddy	Health and Wellness	theteagranny@hotmail.com
		night		
Windsor	Wed May 14	Windsor Regional	TT for Relaxation,	Flora Hartleib,
	9am - 5pm	Hospital (Met	Health and Wellness	theteagranny@hotmail.com
		Campus)		
Windsor	Thurs May 15	Windsor Regional	TT for Relaxation,	Flora Hartleib,
	9am - 5pm	Hospital (Ouellette	Health and Wellness	theteagranny@hotmail.com
		Campus)		
Windsor	Fri Jun 6, 6 -	Level 1		Flora Hartleib,
	9pm & Sat Jun			theteagranny@hotmail.com
	7, 9 - 5			

### 5. EVENT CENSUS (based on 100% Event Census Reports)

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

- Attendees 266+
- Therapeutic Touch practitioners –100+
- In-person sessions offered (plus family members) 493+
- Distant Therapeutic Touch sessions to family/friends/facilities

  incalculable
- Previous Community Partners 25
- New Community Partners 7
- How we connected:

Social Media - Facebook

Display boards posted in libraries & community digital boards displaying banners PowerPoint used for presentations

### 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 28 attendees in the workshop including some participants from out-of-province with a total of \$245 in registration fees.

#### 7. PROMOTION/COMMUNICATION

- There is a need to create a format for sharing outreach events that happen outside
  of the recognized week. We know that more is happening than we can encompass
  in our work as a Task Group for TT Awareness Week in May. By letting our
  membership know about these events we can help to inspire others to consider
  similar plans for their community.
- Events happened during the week but were not formally registered. We need to address this for continuity and the ability to capture stats.
- 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 Windsor-Essex website) to share their upcoming events.
- We know from keeping stats that there are thousands of opportunities to participate and experience Therapeutic Touch in those communities that have planned outreach.
- There were also two in Touch newsletter notices.
- Promotion through marketing is a growing focus going forward. For example: digital boards in community businesses and displays in libraries, where permitted.

### **Zoom Workshop:**

On **March 5**, **2025**, we hosted a workshop called *'Spiralling Back to the Basics'* with Flo Hartleib as a guest presenter sharing the successes and suggestions from Windsor Outreach over the past 9 years.

Twenty-Eight attendees explored how to begin to plan an outreach event and where to find the support needed to make it happen. It allowed others to share what they found was successful in their communities as well as some of the challenges. It is always great to have people from other provinces join in.

#### 8. DOCUMENTS CREATED

Last year the new international logo for Therapeutic Touch Awareness Week replaced the former TT Awareness Week logo on all our documents. It captures a picture of the world, as we try to be more inclusive. There are more in-person events every year but also a mix of distant offerings. The website continues to offer most of what anyone would need to host an event including two new suggestions for display boards. The TTNO brochure as well as the handouts are the most important resources available.

#### 9. RECOMMENDATIONS to the Board

The TT Awareness Week Task Group recommends:

- That the TTNO Board approve TT Awareness Week for the year 2026.
- 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 TTNO Branches to promote TT Awareness Week Outreach Events to build participation.
- Continued support of the Task Group's use of the TTNO Zoom account.

### 10. 'TAKEAWAYS'

- My TT partner and I gave eighty sessions between the two hospitals.
- At least 12 practitioners worked at more than one event.
- We presented a Lunch and Learn at the Hope House for their Mental Health Network.

Report to the TTNO Board – TT Awareness Week Task Group - 9

- We were able to give sessions to ICU nurses in the Chaplin's quiet room.
- Our Bring a Buddy night had 23 attendees (14 TT practitioners and 9 buddies).
- We were so well received by the Alzheimer's Society.
- Our challenge was the brochure. There is no place for a local contact, so we created a workaround.
- We offered the Hand Heart Connection and simple clearing for stress relief for self-care.
- Took a new Fergus Magnolia Branch member with me to meet with businesses downtown and our libraries to post the TT Awareness Week May 7 – 14, 2025 notice on their electronic signs or hard copies to post on their Community Boards. Great to share the work but also to learn about their connections to the community.
- Our June potluck was full of stories from our events. Everyone shared reflections of funny stories, heartfelt moments and reaffirmations of why we do this work.
- Sometimes the staff are just too busy to participate when we are scheduled to be there.

### 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

**2025** – 37 outreach events, two from Alberta, one from Quebec, and one from British Columbia

Total documented Outreach Events to-date = 396 & 6 out of province (Alberta/Quebec/BC)

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 2024-2025

CHAIR – DEBRA BREAR			
Committees	Members		
Executive	Debra Brear		
	Anne Davies		
	Kerstin Marschall		
III	Patricia Tamosetis		
Human Resources/Office management	Debra Brear		
Editing Committee	Debra Brear		
	Alison Cooke		
	Kerstin Marschall		
	Terri Lacroix		
	Katherine Poulin		
	Patricia Tamosetis		
Office Staff/Other	Damjana Dzeko		
	Goranka Marinic, Bookkeeper		
	Simone Radman, Treasurer		
TTNC Representatives	Debra Brear, TTNO Liaison on TTNC Board of Directors		
	Paula Neilson, TTNC Curriculum-Education Committee		
Mentorship Ad hoc Committee	Flora Hartleib, Chair		
	Debra Brear		
	Maureen Collins		
	Nancy Hall		
	VICE CHAIR – VACANT		
Organizational & Strategic Planning	Board of Directors		
Bylaw Review	Board of Directors		
Annual Conference Committee	Dale Cimolai		
	Nancy Hall		
	Patricia Tamosetis		
	Debra Brear		
	SECRETARY – VACANT		
Archives	Judy Kanee		
Donations	Debra Brear		
	FINANCE CHAIR – VACANT		
Finance Committee	Penny Craig		
	Shirley Boon		
	Ruth Brandt		
	Debra Brear		
	Simone Radman, Treasurer & Officer of the Board		
Scholarship Committee	Debra Brear, Chair		
	Penny Craig		
	Shirley Boon		
Fundraising Committee	N/A		
NOMINATION	IS COMMITTEE – BOARD OF DIRECTORS		
Nominations	Debra Brear		
	Anne Davies		
	Kerstin Marschall		

COMMUNICATIONS CHAIR – KERSTIN Marschall			
Website Committee	Al LaCroix – Webmaster		
	Alison Cooke		
	Debra Brear		
	Theresa Moore		
Newsletter	Jim Metson		
	Paula Neilson		
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, Therapeutic Touch	Jennifer Brion		
Awareness Week	Alison Cooke		
	Penny Craig		
	Jean Riddell		
	Karen Eberhardt		
	Pat Hock		
	Susan Oliver		
	Suzanne Hale		
	Susanne Storer		
	Lillian Hutchinson		
	Bonnie Roe		
	Gina Smith		
Referral Services Coordination	Cindy Shaw		
Social Media – TTNO Facebook Page	Summer Harnden		
	HIP CHAIR – ANNE DAVIES		
Member Recruitment, Renewal, Recognition, and	Anne Davies		
Retention	Shirley Boon		
	Debra Brear		
	Patricia Tamosetis		
Membership Callout Volunteers	Anne Davies		
·	Shirley Boon		
	Debra Brear		
	Ruth Brandt		
	Patricia Tamosetis		
MENTORSHIP COM	IMITTEE CHAIR – FLORA HARTLEIB		
	Flora Hartleib, Chair		
	Debra Brear		
	Maureen Collins		
	Nancy Hall		
	Terri Lacroix		
DD 4 ATITIONIES 1141	Kim Watson		
	SON CHAIR – PATRICIA TAMOSETIS		
Branch Liaison Coordinator	Cindy Shaw		
Branch Bits	Cindy Shaw		
Professional Development Day 2025	Patricia Tamosetis		
	Debra Brear		
	Dale Cimolai		
	Nancy Hall		

Professional Development Day 2026	Patricia Tamosetis
1 Totessional Development Day 2020	Debra Brear
	Dale Cimolai
	Sharron Parrott
Workbook Reviewers	Patricia Tamosetis, Workbook Review Coordinator
WORDOOK REVIEWEIS	Debra Brear
	Diane Veilleux
	Gail Lafortune
	Gwen Jones
	Jean Riddell
	Joan Siahalos
	Karen Schimansky
	Louise Klimczak
	Ruth Brandt
	Shirley Boon
DDOEESSION/	Tracey Cummings AL PRACTICE CHAIR – VACANT
Research	Patricia Hock
Ethics	Board of Directors
Quality Assurance	Board of Directors
Trademark	Board of Directors
	R – PATRICIA TAMOSETIS/DEBRA BREAR
Teacher Liaison Committee	No active committee this year
Submission Reviewers	Nancy Hall, Teacher Submission Review Coordinator
	Alison Cooke
	Arlene Cugelman
	Craig Niziolek
	Deborah Gould
	Debra Brear
	Helen Will
	Julia von Flotow
	Kathy Armstrong
	Laura Pokoradi
	Lynn Vukosavlijevic
	Patricia Tamosetis
	Sharron Parrot
	Shirley Boon
	Valerie Morrell
TTNO Curriculum & Guidelines Review Committee	No active committee this year
Teachers Day	Debra Brear
	Dale Cimolai
	Patricia Tamosetis
	Deborah Gould Debra Brear Helen Will Julia von Flotow Kathy Armstrong Laura Pokoradi Lynn Vukosavlijevic Patricia Tamosetis Sharron Parrot Shirley Boon Valerie Morrell No active committee this year  Debra Brear Dale Cimolai Nancy Hall