
DECEMBER 5, 2013

THIS WEEK:

The Annual TVEA Holiday Party is this Thursday **December 12th at 6:30pm at Pasta's Trattoria** on Main Street in Pleasanton. Dinner is \$38.50 per person due in advance. There's still room; so please let Cristin know if you would like to attend.

There will be **NO MORNING MEETING this week, 12/12.**

IN TWO WEEKS:

The **next meeting** of the Tri-Valley Executives' Association will be held on **December 19th** at Vic's All-Star Kitchen at 7:00am.

Please bring a \$15-20 wrapped gift for the Dirty Santa Gift Exchange.

There will be NO MEETINGS on December 26th or January 2nd.

UPCOMING:

12/12 – Holiday Party at Pasta's (NO A.M. MEETING)
12/19 – Dirty Santa Gift Exchange
12/26 – NO MEETING (Merry Christmas!)
1/2 – NO MEETING (Happy New Year!)

DID YOU GIVE A REFERRAL THIS WEEK?

CLASSIFICATION:

Kathy Lorenz moved to Connecticut when she was 12. She attended and graduated from the University of Connecticut. Around that time, she worked on a farm in Nova Scotia for 9 months which prompted her to change her major to horticulture, eventually dedicating herself to non-profit work.

In 1980 she married Richard, whose job took them to Denver, Houston and Miami. She and Richard, who is now semi-retired, have been living in Pleasanton for the past 20 years, and they have a daughter who is an occupational therapist, another daughter in college and a son who is in the military.

Since the age of 10, Kathy has suffered from headaches, which guided her toward the healthcare industry in high school. While searching for a way to alleviate the headaches, she discovered craniosacral therapy, the only treatment that had provided her relief. She started researching natural healing including nutrition, homeopathy, psychotherapy, body therapy and osteopathic and Chinese medicine. She got certified in 1998 by the Upledger Institute of Florida and the Acupressure Institute of California. She also is a Certified Massage Therapist in Acupressure, teaches Tai Chi and is a senior trainer at the Tai Chi Institute of Health.

Kathy started her business, Therapy Specialties, 11 years ago in Pleasanton inside of the Zen Strength training office. She found that strength training improved the overall mind and body health, and when the owner, her friend, moved away, she bought the business, renaming it Zen Strength Healing Journey, now just named **The Healing Journey**. Zen Strength has been a good compliment to her business, and she has 10 other trainers and therapists that share the wellness center. She works closely with other doctors for their common patients' healing and treatment.

In the history of mankind, our evolution has changed over 100 times. Our current culture moves very fast and our nerve system is called upon to compensate. Common conditions that she treats severe headaches, sleep disorders, arthritis and pain management. The Healing Journey focuses on healing from within using hands-on modality. There are five acupressure points that a person can do themselves to alleviate his/her own pain. Other ailments that can be treated homeopathically are ADD, old injuries, cancer and other chronic illness.

Kathy works with the Sandra J. Wing Wellness Center and ptownlife.org, and is part of a volunteer peace

organization helping prisoners, parolees, seniors and doing general community education.

A good referral for Kathy is anyone suffering from chronic pain, and doctors who see patients with pain-causing illnesses. Her best clients are those that view health care as a preventative measure. To refer someone or to have your own healthcare needs evaluated, call Kathy Lorenz, CST-D, CMT at 596-0145 or healingjourney@kathylorenz.com.

WHAT IS A DIRTY SANTA GIFT EXCHANGE?

Another variation on the gift exchange is a fun game called Dirty Santa. Suitable for small to large groups, the game, also going by Pirate Bingo, Yankee Doodle or Yankee Swap, adds an element of excitement and humor to traditional gift giving.

In Dirty Santa each participant brings a wrapped, unmarked gift and places it in a designated area. Guests are given numbers as they arrive, or their names are randomly drawn, and they select and unwrap gifts from the pile in that order — with a twist.

The person who receives the number 1 will pick a gift (that is not their own) from the pile and open it for all to see (or models it, reads it, or demos it). During the selection of a wrapped gift, the participant may visually inspect the gifts, pick them up and/or gently shake them.

The person who receives number 2 then chooses whether to select a new gift from the pile or steal the first player's gift. Each person in order then gets to select a present or steal any other gift someone has already opened with a limit of 2 steals per gift (third person keeps it).

Opening of gifts and stealing takes place until all the presents have been chosen. Finally, the person who picked first gets to choose from all the gifts or keep what he/she has already received. In the end, the gift you are holding is the gift you take home.
