



September 10, 2025

Dear Colleagues –

This past year at the VTAA has seen the first full Board of Directors in a long time! With a solid docket of four officers and three directors volunteering their time to spearhead our organization, there have been fantastic brainstorming sessions and collaborative efforts to help steer the VTAA. While we continue to work toward the future, we'd like to briefly reflect on the past year:

- Ensured financial stability to face future challenges,
- Fostered connections - online and in-person - to encourage camaraderie and exchange of ideas,
- Worked alongside state and national organizations to ensure safety and professionalism and prove our organization's commitment to excellence and integrity.

As we continue to hone the VTAA's future goals, I invite you to join the discussion at the VTAA's **Annual Meeting on Saturday, October 25th, from 9:00 AM – 3:30 PM!**

The morning session (9 - 11:30 am) is dedicated to updates from officers, a short bylaw revision request, and elections! We have **3 board positions up for election: Treasurer and two Director positions.** Our board is friendly, engaged, and supportive, making sure that the load remains light for each of us. The collegiate relationships forged within the board are priceless, and we can only encourage your participation in the process! Please announce your candidacy or reach out with any questions via VermontAcupuncture@gmail.com.

The afternoon session (12:30 - 3:30 pm) is dedicated to ethics, with our own VTAA President offering expertise on a culturally relevant and politically charged topic in **'Ethical & Affirming: Welcoming Gender & Sexuality into EAM Practice.'** The enclosed flyer contains a detailed description and registration information, and if you are not already a VTAA member, visit www.vtaa.org NOW to join or renew your membership and take advantage of this FREE, 3 CEU/PDA course (pending NCCAOM approval). The delicious catered lunch before the afternoon class has vegan, gluten-free & dairy-free options, and is FREE for all members who register in advance for the morning or afternoon session - yet another reason to renew or join the VTAA!

Register for any part of the day at www.VTAA.org so we can save you a seat (and some food). If you cannot make it to Burlington, online participation is available (but no CEU's are offered with online participation). We look forward to seeing you all very soon!

Warmly,

Your 2024 - 2025 VTAA Board of Directors

Dr. Catherine Jean 'Captain' Lumenello - President
Madeline Mindich - Vice President
Dr. Mitya Schoppe - Treasurer
Hanna DeFuria - Secretary

Beth Bloomfield - Director
Dr. Montana Burns - Director
Dr. Gregory Soll - Director



The Vermont Acupuncture Association (VTAA) is a statewide, non-profit, professional association representing Acupuncturists and East Asian Medicine practitioners in Vermont.

Our Philosophy

VTAA acknowledges and respects all traditions of Acupuncture and East Asian Medicine. We believe that cooperation and strength among practitioners and supporters will ensure that this ancient and modern medical profession will retain its integrity. By protecting the legal status it has earned, VTAA enhances the quality of healthcare for all Vermonters.

Our Mission

- To promote greater access to East Asian medicine through education and advocacy.
- To provide resources to VTAA members.
- To improve the quality of East Asian Medical care by educating consumers and professionals on the best clinical practices.
- To protect patients' access to all forms of East Asian Medicine, and their right to receive it from a properly trained professional.

Benefits of Membership

- Automatic membership in the **American Society of Acupuncture (ASA)**
- ASA-sponsored **website** with member-only access and state-wide practitioner listings
- A 'members only **email listserv** to connect with colleagues across the state
- **Free CEU courses** (2-4 hours per year)
- **Free social events**
- Opportunities to participate in **medical conferences, state house events, and health lectures**
- And most importantly, a wonderful Vermont **community & network** of acupuncturists and East Asian medicine practitioners!

Board of Director Benefits – *elections are happening!*

- **5 CEU / PDA points per year of service** (10 hours maximum per 4-year certification period)
- Breaking out of 'the clinic bubble' by **collaborating on state and national level issues**
- Creating **enriching and lasting bonds** with fellow acupuncturists

Discounts for all VTAA members

- American Society of Acupuncture (ASA) **discounts on liability and malpractice insurance** (for more details, see: <https://www.asacu.org/member-benefits/>)
- Discounts at **Blue Poppy, Golden Needle, and Lhasa OMS** (mention VTAA membership to receive 5% off)
- Discounts at **Redwing Books** (10% site-wide, email info@redwingsbook.com with your VTAA membership status for them to update your account)
- Discount on **Health CMI live webinars** (50% off, attest to being a member on their website)



VTAA ANNUAL MEETING
Hotel Vermont @ 41 Cherry Street, Burlington, VT 05401
Saturday, October 25th, 2025

9:00 AM – 11:30 AM ANNUAL MEETING

- 9:00 – 9:10 AM President's Welcome
- 9:10 – 9:50 AM Board Reports
- Membership
 - Treasury
 - Website
 - American Society of Acupuncture / ASA
- 9:50 – 10:10 AM **VOTE:** Bylaw revision regarding Code of Conduct: Disciplinary Action
- 10:10 – 10:15 AM Brief introduction to open board positions
- 10:15 – 10:30 AM BREAK – coffee, tea, and light snacks provided*
- 10:30 – 11:00 AM **VOTE:** BOD Candidates
- Treasurer – 3-year term
 - Director – 2 years remaining (3-year term)
 - Director – 3-year term
- 11:00 – 11:30 AM Open Discussion

11:30 – 12:30 PM LUNCH – free catered lunch for pre-registered members!

12:30 – 3:30 PM CEU CLASS

'Ethical & Affirming: Welcoming Gender & Sexuality into EAM Practice'
by Dr. Catherine Jean 'Captain' Lumenello, D.Ac, L.Ac.

3 NCCAOM PDA points (CEU credit hours) – see enclosed flyer for details

* FREE for VTAA members *

* REGISTER for the morning and/or afternoon & renew your membership at www.VTAA.org *

Annual Meeting will also be available online – please register to get the access code!



ETHICAL & AFFIRMING: WELCOMING
GENDER & SEXUALITY INTO EAM PRACTICE
Dr. Catherine Jean ‘Captain’ Lumenello, DAC

Saturday, October 25, 2025 • 12:30 – 3:30 PM EST

Hotel Vermont, Burlington

3 NCCAOM-approved PDA points (in-person only)



At a time when homophobia, transphobia, and misogyny are dominating the US political scene, this course covers the ethical necessity of establishing gender- and sexuality-affirming practices within East Asian Medicine (EAM) spaces. Foundational EAM theory will assist in dismantling binary thinking to challenge bias around gender and sexuality issues, and help emphasize the importance of this topic for both individual client health and personal growth. Various ‘best care’ practices, such as clinical strategies and office policies, are covered to promote positive and immediate change, reduce harm from healthcare disparities, and enable providers to provide quality healthcare for this rapidly growing US demographic.

At the end of this course, attendees should be able to:

- Understand the need for gender and sexuality competency to increase patient retention, expand the scope of healing, and diminish healthcare disparities for LGBTQIA+ persons
- Defend empowered and non-binary definitions of gender and sexuality from an EAM perspective
- Reflect on their own identity and culture to assess implicit bias and implement bias reduction strategies
- Change office policies, clinical and classroom practices, and general language use to reflect current standards and improve LGBTQIA+ community care.

Dr. Catherine Jean ‘Captain’ Lumenello (they / them) is a Master of Qigong, Feng Shui, and a Classical Chinese Medicine practitioner with a Doctor of Acupuncture focused in Integrative Medicine. Dr. C specializes in trauma resolution and severe emotional stress recovery, and has lectured extensively on the physical, emotional, and spiritual impact of oppression. Their groundbreaking textbook, Gender & Sexuality in Chinese Medicine (Singing Dragon, 2020), addressed the need for a sex-positive, gender-non-binary, and empowering perspective on a contemporary, vital health topic. Dr. C was also a contributing author to Ethics for Acupuncturists (Singing Dragon, 2024), a workbook specifically designed for the unique ethical dilemmas of East Asian medical professionals. Dr. Lumenello runs a private practice in Townshend, Vermont, and can be reached at www.CatherineLumenello.com.

REGISTER NOW at www.VTAA.org – * FREE for VTAA members *

Non-members: \$100 for licensed practitioners, \$25 for unlicensed EAM students

CEU credit for in-person participation only – no CEU credit is offered for online viewing.