

## Occasional Vaux Stories

**KYN presents OCCASIONAL VAUX STORIES so residents can gather and learn about our neighbors' interesting lives and careers**

**Report from January 13, 2025 – Debut**

First Storyteller: **Jan Westwater** practiced massage in Seattle for 30 years. She shared stories of being part of a profession that was in transition from being folk healers to sex workers to integrative health team members. In 2006, Jan's hands told her it was time to retire. She now teaches embodied meditation to people who are in grief.

Key points from Jan's presentation included:

- Touch, even self-touch, can have a significant impact on nervous system regulation, acting to reduce stress, anxiety and pain.
- Heart-centered breathing can enhance the stress relief of self-massage.

Focus on the center of the chest, way deep inside, not on the surface. Breathe steadily and evenly, counting to about 5 on both the inhale and exhale. Imagine that you can draw your breath all the way down into your heart. See

[www.heartmath.org](http://www.heartmath.org)

- Techniques for hand massage on self or others:

Start by using the right hand to gently stroke the left arm from the elbow down to finger tips. Then use the right thumb to gently knead the muscles in the left forearm and palm of the hand.

Use the right index finger and thumb to grasp each finger joint and “wring” the joint so that the skin stretches and moves around the joint.

Gently tap or slap the left hand with the fingers of the right.  
Do acupuncture points on the hand. See  
[www.medicalnewstoday.com](http://www.medicalnewstoday.com) for more on useful points.  
Repeat on the other side.

Second Storyteller: **Susan Potter** helps decide which aspiring documentarists receive funding for their compelling projects. She told us about some of these projects, including one about the high price of insulin and another about the harrowing escape of a family from North Korea. We learned how her group has financed these and their outcomes. And spoke about her unlikely path from corporate lawyer to documentary film financier - and the joys and challenges of changing careers later in life.

Here are a few of the films Susan's company has supported that are available for streaming as of January 2025:

- Beyond Utopia (Escape from N. Korea) - Hulu
- The Eternal Memory (Alzheimers) - Amazon and Apple+
- Maestra (Women conductors) - Netflix
- Richland (Hanford nuclear reactor) - Apple+
- Red, White and Blue (narrative short - reproductive rights) - You Tube

You can explore all of the films Susan's company has supported at  
[www.denovoinitiative.org](http://www.denovoinitiative.org)

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Have an interesting story to share with your neighbors at The Vaux? Use the "Make Contact" section at [kynvaux.org](http://kynvaux.org) or the QR code at right to tell us more.

**kynvaux.org**

