

My New Office Opens in August!

I have good news. I am excited to announce opening my new office for acupuncture treatments starting the first week in August. My office is in Albany at 1498 Solano Ave at Curtis. It's a small office so I will only see one person at a time. Office days are Monday, Wednesday, Thursday and Friday. The office is located on the ground floor and has wheelchair access. There is street parking on Curtis.

New Office Procedures

I don't have a waiting room, so when you arrive for your appointment, I'll ask you to call or text me from your car and we will do our intake interview. When you come into the office I will take your temperature with a contactless infrared thermometer. Then you can use the bathroom if needed, remove your shoes, wash your hands, and I'll get you right on the treatment table and put the needles in. I want to limit our face-to-face time so that you can have a treatment, relax and feel safe.

I will wear medical scrubs. Of course we will both wear masks. I have a HEPA-rated air filter for the treatment room to filter the air for allergens, germs, and viruses 4x per hour. Once the needles are in I will leave you to rest and listen to music if you like.

A Work in Progress

I've been thinking about how best to implement the safety protocols for some time, and I realize this is a work in progress. I think I've found the perfect space to practice. All the surfaces are washable and I have a protocol for cleaning

in-between patients. Lucky for me that I love to clean things. I will change sheets between patients, but I will ask you to bring your own blanket. I've covered my pillows in plastic so they can be wiped down, and I will cover them with the sheet.

I will have a Covid-19 test before I start work just to be sure I'm virus free. I have self-isolated during the shelter in place and I have remained healthy.

I will have to raise my treatment fees because of all the extra safety protocols as well as the added time between patients. I never like to rush, but I will be mindful of my time. I've allowed 1 ½ hours per patient, but I will need at least 15 minutes to disinfect surfaces between patients. The new fee for an acupuncture treatment is \$120.

To minimize face-to-face contact, I will ask you to have your check partially written out, and have an idea when you might want to schedule your next appointment. If you know you need supplements I can have those ready for you. We can do this by phone from your car before you come into the office. Please wear clean clothes and a clean mask. I'll be using a disposable mask. I know this is a quite different procedure during these difficult times, and I welcome your comments and suggestions.

In Health,

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