

# Spring 2014 Massage Matters Newsletter

## President's Message

*"Challenges are what make life interesting and overcoming them is what makes life meaningful" ~Joshua J. Marine*

Hello Connecticut Chapter members and welcome to our new online newsletter! I am happy to present to you edition number 1 of what promises to be a comprehensive and timely electronic newsletter with live links and a beautiful new look! Eight times a year you'll receive (via email) an Ezine with a collection of information and stories that matter to you. Even better, those articles will always be found here on the website, easy for you to find when you need them. If you prefer to print out the newsletter, we'll always have a simple text file available for you to download here on the newsletter page of the website.

Before we move forward, I would be remiss if we did not look back. The Board of Directors (BOD) would like to recognize our outgoing Newsletter Editor, Marilyn Waters, aka M2! Marilyn has served as Editor since 2009. Her high standards and incredible work ethic along with her overall fun nature will surely be missed. We would like to thank her for all she has done to help bring information to the chapter members each quarter and for her role in the development of this new format.

Thank you also to the chapter members who were at the January chapter meeting in Windsor. They were able to participate in the voting process and eventual adoption of CT's new Chapter Standing Rules (SR). These SR, which are located on our website resources here, also included the adoption of the process of online voting. Beginning this April our chapter joins only a handful of others to offer its members online voting. There is much more about this new process coming in emails and also here on the website. The BOD is excited to offer ALL of our members an easier and more informed way of voting.

After many of you asked why we could not debate or vote on the SR individually, I thought I would briefly explain the process. First of all I would like to thank you for entrusting us with the ability to constantly move the chapter forward.

The SR is a chapter's policy not already covered in the National policy. Deciding to change the SR is a time consuming process and begins with the BOD voting to make the individual changes. Next they go to the National Bylaws committee to make sure they do not violate national policy. They can go back and forth several times before they are ready to be presented to the membership. After they are vetted by the Bylaws committee and found to be in compliance, they then are put in the newsletter so that members have a minimum of 30 days to review them before a chapter meeting. At the chapter meeting they are discussed and explained individually. However, per National Policy, when it is time to vote they are passed or adopted as a whole entity or voted down as a whole entity. They can't be voted on individually nor can they be amended in any way by the chapter members. This is again per AMTA National Policy.

We want to continue to address questions you are writing on the index cards at chapter meetings and some of the comments that came up during the recent survey. We will be doing this in all of our newsletters. We are calling it Member's Corner. Thank you for all of your

valuable input as we always strive to remember the member. We will respond to as many of the comments in each issue as possible.

As a reminder we are asking all of our members to continue to contribute the \$10 chapter fee, or more if you can when you renew your dues. A recent decision by the National Board of Directors has made that fee voluntary. Without your help we will be in an approximate \$23,000 deficit and face the very real possibility that we may have to cut services you have come to expect. This is a challenging time for all chapters and you will continue to hear me talk about this often as we try to reach as many members as possible. We are in the process of adding a contribute button on our website so will easily be able to give to the chapter at any time during the year, not just when you renew. The BOD is committed to this process and asks you to join us. Remember, we are elected by you and are volunteers, just like you. The Board is not paid for its service to the chapter.

So once again, welcome to the new online format. Take some time to look around and see how easily you can now find the information you need. All of the newsletters will be archived for easy reference to previous material. We look forward to continuing to offer you more information than ever, now 8 times a year!

Kerry L. Methot  
AMTA CT Chapter President

## **Membership Corner**

### ***Answers to your Frequently-Asked Questions***

This first Membership Corner is focused on responding to comments reported multiple times in the recent online survey. Thank you to all who participated in the survey. We heard you!

No one contacted me while I was in school, or when I graduated, so I didn't feel welcome. First, let me say you are most welcome. Email me anytime ([membership@amtactchapter.org](mailto:membership@amtactchapter.org)) with any question, big or small. I'm happy to help, or at least point you in the direction of an answer. This one is a challenge for us. I have personally contacted the Student Relations coordinators at all of the massage schools in state, and requested to come in and speak to students over lunch. I am repeatedly turned away. We have also requested to send in information packets (to inform students about their local AMTA chapter) around graduation. All but CCMT turned us away. We are grateful to CCMT for allowing us this access. This is part of the reason I am working to create a Student Relations group that can help us work with our National office to facilitate school visits. Regardless of the reasons, you are most welcome at our chapter meetings and other volunteer events.

Why don't we have chapter meetings in Fairfield County?

This is something we have heard before and something I track monthly. We don't choose our meeting locations by county, but rather along the 91 corridor so that it is easy for everyone in the state to attend at least one meeting. For example, for someone in Stamford to attend the North Haven meeting, it is an average of 21 miles. To attend the Cromwell meetings, it's approximately 66 miles. (From Newtown to North Haven, it's 35 miles; Fairfield to North Haven, it's 29 miles) By contrast, a member in Canaan would travel to Windsor for their closest meeting, and that is 48 miles. Someone from Putnam would travel 50 miles to their closest

meeting in Cromwell. So, while we recognize North Haven isn't in Fairfield county, it is a fair distance. We want to provide fair access to everyone.

That being said, you are a county with a large number of massage therapists (not the county with the greatest numbers, but large numbers). We are looking into options for a Webinar or online meeting of sorts to better address concerns of therapists in that area. We'll keep you posted as we investigate options.

Why don't we have National educators (and weekend-long classes) in state, not just at NERC? Great question! That's actually part of why we asked about education in the survey. Simply put, we can't afford to offer free CE hours from National educators. We use local people (some of whom are National educators) to make education more affordable, and we offer several shorter classes throughout the year to make education more accessible to the membership (four classes with limits of 70-120 people versus one weekend class with a limit of 40-60).

We are considering offering weekend classes at a subsidized rate, but we're still in the investigatory stage.

The Board seems so clique-ish and it seems like the same people get recognized. Let me share my story. I did not go to massage school in CT, and moved to this state shortly after graduating massage school. I didn't know anyone at meetings, and found a lot of people like myself who didn't know who to talk to. Meetings can be a little overwhelming. When I decided I wanted to be more active, I started volunteering with the Sports Massage team and made some solid connections with other therapists. The meetings weren't as intimidating anymore. Then I decided I could help the chapter more. I ran for a position I was interested in, knowing I wouldn't win. But when that person decided to step down mid-term, our then president called and asked if I would consider helping out. I didn't know a single person on the Board, and they were all very nice to me, very welcoming, and listened to my opinions. If we seem close it's only because we have so many meetings and do so much more work outside the chapter meetings. My personal experience is that it took a little time, and little effort on my part, but the friends I have made in AMTA have been well worth that time and effort.

Regarding the same people getting recognized, I personally think it's because a lot of the same people end up doing a lot of the work. If you're interested in helping out, but don't know how, email me! Let me know what you're interested in, about how many hours a month you'd want to volunteer, and any other special skills you might have (like you once edited a newsletter for your church, etc.)

Thanks for reading! As always, we welcome your comments either anonymously (on the notecards at chapter meetings) or by emailing me at [membership@amtactchapter.org](mailto:membership@amtactchapter.org). Your Board is trying hard to give you the membership you want. We want and welcome your feedback, good and bad. We know we can't make 2,200 people happy all the time, but we try to be fair all around.

## **Education Update**

### ***January Recap***

January Education Workshop was well received by all attendees, with several of our members expressing an interest in taking more advanced Thai Massage classes and many look forward to adding some of the skills shown during the workshop to their practices!

Although we sold out the workshop in less than 2 days, we only had 65 of the 70 member capacity actually attend the workshop. We experimented with a “wait list” approach for cancellations to reservations for attendees which was well received by all and in the last 2 days before the meeting we had 40 members cancel their registrations. We have decided to implement a new education policy and expect that to be helpful part of resolving this problem. The new policy can be found below. Thank you to all at the meeting for your feedback and ideas.

### ***New Education Policy***

Should you register for a Free AMTA CT Chapter education workshop and be unable to attend, you MUST cancel your registration no later than 72 hours prior to the start of the class (Thursday, April 24, 2014 at 2:30pm). Those registrants who fail to cancel and do not attend the workshop will be prohibited from attending any Free AMTA CT Chapter education workshops for 12 months.

### ***On a personal note***

I want to thank you for the opportunity to serve the CT AMTA Chapter as the Education Director for the past year. I have learned a lot and I hope that those who have attended one of the workshops have enjoyed the offerings and have learned something that you can use in your practice. I have enjoyed putting together the workshop offerings and hope to bring some interesting class topics to our members in 2014-2015.

Be sure to check out the April and July workshop information below. If you have any ideas for upcoming workshops or would like to help during and after the April class, please contact me via email: [education@amtactchapter.org](mailto:education@amtactchapter.org). I am looking for volunteers to help check in, pass out the forms at the end of the workshop and take photos during the class.

After the winter we had here in New England..... enjoy the nice spring weather and I look forward to seeing you at the April meeting!

Patty Kingsbury, Education Director  
“The Mind is Everything. What You Think, You Become” Buddha

### ***April Education***

Please note that we will continue to use online registration and provide an electronic file of the handouts in advance via email when one is provided by the instructor. Online Registration will open here on April 1 at 5am and will close on April 19, or once we reach the workshop capacity of 150 members. Once you are registered, print out your form and bring it with you (or on your smartphone) to the class. Registration for the April Education Workshop will be announced through email blasts, our website and the chapter Facebook page. Should the April workshop sell out, there will be a wait list for the workshop at the registration table the day of the meeting.

Introduction to Kinesiology and Postural Analysis for Massage Therapists- A Multi-Dimensional Approach  
With Nancy Dail

April 27, 2014  
2:30-6:30 pm (Please notice the change in scheduled times)

4 CE Hours

Do you have clients who are partially disabled from their work and all they do is sit at a desk? How does posture and repetitive active affect soft-tissue dysfunction? This workshop will explore these questions and provide an introduction to kinesiology and postural analysis for massage therapists. Nancy will lecture with power point on basic principles of kinesiology and posture analysis that will be useful to the massage therapist in his/her practice. Participants will examine each other for postural evaluation, handedness, and possible gait issues. Nancy will review major muscles that may be involved in SI Joint Dysfunction and Piriformis Syndrome. She will include information on trigger points, and referred pain patterns, clinical and soft-tissue dysfunctions relevant to the topics. Repetitive actions, structural problems and potential gait issues will be discussed. As time will allow, Nancy will demonstrate techniques used in Dimensional Massage Therapy (techniques using deep tissue strokes and methods designed to balance joints by working on all the muscles that produce, assist in, or oppose the actions of, or stabilize the joint), as well as discuss an appropriate treatment protocol and sequence approach specific for the above conditions. Participants are encouraged to ask questions related to this workshop.

Check in for this class will begin at 2pm, allowing all members to get lunch before the class begins. Wait List attendees will be allowed entry beginning at 2:15pm. This will be a lecture style class and handouts will be provided for you to print and bring to the workshop. Please bring a pen and notebook with you.

### ***July Education***

Hospice Massage, Caring for the Dying  
With Robin Werme

Wednesday, July 16, 2014  
8:15pm-10:15pm  
2 CE Hours

Robin will discussing:

- What is Hospice?
- Is work as a hospice massage therapist right for you?
- Challenges and rewards of being a hospice massage therapist
- Communication skills
- Soap Notes and Patient Charts
- Body Mechanics
- Self Care

More information about registration will be in the next newsletter.

## **Community Service Massage Team**

The Community Service Massage Team is excited to have seven events on the 2014 schedule, including a training for new team volunteers in June!

More information for each event can be found on the CSMT event calendar at the website, and watch for upcoming emails with details and news.

April 25-26: 2014 Dental Mission Of Mercy  
April 29: Mercy Center Retreat, Blue Shirts Only.  
May 30-31: EMS Expo, Mohegan Sun. Blue Shirts Only.  
June 7-8: CSMT Training  
Sept 8-9: Ride 2 Recovery Hartford/Danbury  
Sept 13: Loctite Car Show, Rocky Hill  
Sept 27-28: NBC Health & Wellness Fair, Hartford

## Chapter Elections

Now accepting online applications for 2014 Candidates and Delegates  
The following volunteer positions are open for elections. Job descriptions for all board positions may be [found here](#).

Two year terms  
President  
2nd VP  
3rd VP (this will be a one year term, to complete a 2 year term that was vacated early)  
Secretary

The 3 Director positions are also open, one year terms  
Membership Director  
Education Director  
Sports Team Director

There are 3 Delegate positions (2 year term) and 5 alternate positions (1 year term). Delegate job description may be [found here](#).

Candidate Applications must be submitted online and received by 11:59pm on April 12, 2014.  
Applications may be [found here](#).  
All Volunteers must sign the Volunteer Code of Conduct upon election or appointment.

## 2014 Sports Massage Team Schedule & Update

The Sports Massage Team is looking forward to another great season with 14 exciting and diverse events on our Schedule for 2014. We hope that you'll check your calendars and plan to lend a hand at a couple of them!

New This Year: Watch for the Event EBlast and Register to Volunteer via EventBrite! You can find the schedule (updated regularly) here on the website, and keep an eye on your email for all the announcements and alerts!

Have Questions about the SMT or an Event? Please email [Sportsdirector@amtactchapter.org](mailto:Sportsdirector@amtactchapter.org)

Thanks,  
Laura Stevenson-Flom & Richard Testa  
AMTA CT Chapter Sports Team Directors

### ***SMT CRP Event Director's Report***

In the last ten years, we have thanked the Sports Massage Team participants with Banquets, Brunches and Bowling. This year the SMT Volunteers "Thank You" Event for their participation in a 2013 Event was all about Breath!

In light of the tragedy of the Boston Marathon bombing and with the NCBTMB adding CPR to their requirements, we thought this gift of Breath would be the Best Gift to give our therapists. While we hope that none of our therapists will ever "have" to use CPR at an event or in their personal life, we are now confident that all 40 people who attended this class are more than well prepared to do so.

We send a huge shout-out to the BOD of the CT Chapter for their constant and continued support of the CT Sports Massage Team. We remain cognizant that the members of the Sports Massage Team may often be the 1st Ambassadors of Massage to the athletic community and we always strive to be professional and well trained in not only our specialty but in all the elements that assures the safety and wellbeing of our athletes.

Thank you to each and every LMT (and student) who volunteered during the 2013 Season. We look forward to seeing your smiling faces again in 2014. But, even if you weren't able to participate during the 2013 season we hope to see you in 2014! Life happens, we get that but please don't be a stranger and consider coming out and "Lending A Hand" at an Event this year!

Congratulations to: Ralph Pandolfe, Rocky Perez, Stephen Callis, Amy Waite, Michael Hysler, Carol Nakagawara, Shannon Saunders, Matt DeMichele, Deborah Testa, Ewa Nizielkiski, Richard Testa, Maryanne Daniel, Lani Roth, Nancy Waddock, Marianne Stone, Ana Ramos, Melissa Girard, Donna Spencer, Michelle Martinelli, Angela Leite, Neva White, Karen Parker, Lea-Anne Richard, Scott Raymond, Ellen Kask, Marianne Mcallister, Jill Vigue, Brian Gordon, Mary King, Deb Van Ohlen, Carlyn Villar, Melisa Webster, Emmanuel Telo, Michele Johanson, Laura Stevenson-Flom, Patty Wade, Steve Crew

With grateful appreciation,  
Laura Stevenson-Flom & Richard Testa, Directors, CT SMT

### ***Event Coordinator Report on Colchester ½ Marathon, February 22, 2014***

This year the weather was fantastic and had a great turnout of runners and therapist. We had 17 therapist and 585 runners.

I would like to thank the entire group of therapists that came out for this event you all did a great job and people expressed this to me many times. This is a great event to start the year off for both of us from the time we started this event 5 years ago it has increased by about 300 runners which is over 50% more. This event is an on road and off road course with hills and flat surfaces, it has never been canceled because of weather. They always have a great spread of food at the end which we all took advantage of this year.

Many Thanks To: Michele Willis, Deborah Testa, Richard Testa, Rocky Perez, Seth Levine, Terry Pinette, Margy Bedard, Kris Best, Julianne Knutson, John Marquez, Kerry Methot, Shannon

Saunders, Lea-Anne Richard, Neva White, Laura Stevenson-Flom, Loucil Pichay, CCMT Student

Thanks everyone!  
Stephen B Callis L.M.T

## Treasurer's Report

This projected budget report will be voted upon at the CT Chapter Annual Meeting on April 27, 2014 at the Crowne Plaza, Cromwell, CT

### Treasurer's Report

#### **AMTA - Connecticut Chapter Projected Budget Report March 1, 2014 - February 28, 2015**

##### **INCOME**

Description	Projected 13-14	Actual	Projected 14 - 15
Dues	\$84,000.00	\$82,257.28	\$64,000.00
Education Workshops	\$2,500.00	\$6,589.21	\$5,000.00
New England Conf.	\$2,000.00	\$2,003.48	\$2,000.00
Newsletter Ads	\$2,500.00	\$3,215.65	\$2,500.00
Exhibitors	\$350.00	\$360.00	\$350.00
Sportsmassage	\$300.00	\$-	\$100.00
Misc.	\$1,000.00	\$6,063.81	\$1,000.00
Interest		\$225.62	
<b>TOTALS</b>	<b>\$92,650.00</b>	<b>\$100,715.05</b>	<b>\$74,950.00</b>

##### **EXPENSES**

	Projected 13-14	Actual	Projected 14 - 15
Pres. Fund	\$1,000.00	\$245.00	\$1,000.00
Convention	\$15,000.00	\$19,651.94	\$15,000.00
Education	\$5,000.00	\$6,332.29	\$5,000.00
Sportsmassage	\$5,000.00	\$3,493.79	\$5,000.00
Government Relations	\$19,000.00	\$24,043.32	\$18,500.00
Misc.	\$10,000.00	\$8,144.30	\$8,500.00
Communications	\$8,500.00	\$8,432.08	\$10,000.00
Newsletter Postage	\$5,000.00	\$3,467.25	delete account
Newsletter Printing	\$18,000.00	\$17,980.44	delete account
Membership Services	\$15,000.00	\$19,777.67	\$20,000.00
Officer's Expenses	\$500.00	\$536.26	\$500.00
Public Relations	\$5,000.00	\$7,190.74	\$5,000.00
Rent	\$4,000.00	\$2,400.00	\$3,000.00
New England Conf.	\$4,000.00	\$4,356.71	\$4,000.00
<b>TOTALS</b>	<b>\$115,000.00</b>	<b>\$126,051.79</b>	<b>\$95,500.00</b>



## Get ready for the annual meeting!

The 2014 Annual Meeting will be held on Sunday, April 27 in Cromwell, CT. (Registration will open April 1)

We're pleased to be starting the day with an optional breakfast (\$10) and plenty of time for members to browse the exhibitors and enjoy each other's company. We'll have our Annual Business Meeting, vote on next year's budget, and announce the new Board of Directors and Delegates. We'll be offering online elections for the very first time, (more on that [here](#).)

There will also be lots of raffle prizes and all the CT massage news and updates you've come to expect.

Detailed schedule is below, registration will [open here](#) on April 1. Please note you must register for the meeting and education separately.

10 a.m. – Doors open, visit exhibitors, breakfast (optional, \$10), social time

11 a.m. – 1 p.m. – Business Meeting

11:15 a.m. – Arrive before this time to be eligible for raffle -board excluded from ticket

2:30 p.m. – 6:30 p.m. – Introduction to Kinesiology and Postural Analysis for Massage Therapists A Multi-Dimensional Approach with Nancy Dail

## New Online Elections

For the very first time, AMTA CT Chapter will be using an entirely online format for leadership elections. This is great news for a variety of reasons.

First, members who are not able to attend the Annual Meeting in Cromwell, CT on April 27 will still be able to vote, something that has not been possible in the past.

Second, annual elections are a big strain on our volunteer resources. The process of collecting candidate applications, creating ballots, then counting votes onsite at the annual meeting is time-consuming and complex, and results in several volunteers not being able to participate in the actual meeting, as they are occupied counting votes.

Lastly, the online system will allow members to spend time learning about candidates before voting. Each candidate will have a profile online, and we're including the option for a candidate to include a photo or short video as part of their profile as well. The process is being handled by a company called Simply Voting. They have executed successful elections in several AMTA state chapters, and the fee for the service is being covered by National AMTA.

### How it works

If you would like to run for a leadership position, please complete the candidate application [here](#). Be sure to complete all the fields before submitting the form, and email me at [webmaster@amtactchapter.org](mailto:webmaster@amtactchapter.org) if you wish to include a short video (no more than 60 seconds). Applications must be received by 11:59pm on April 12, 2014.

## **Voting**

On April 15, all professional members will receive an online ballot via email. You will also receive 3 reminder emails between April 15 and the date elections close, on April 25.

There will be no nominations from the floor and no voting will be done at the meeting for any reason. If there is no candidate to run, it will defer to the previous member to hold the position.

The leadership is very excited to bring this new system to the membership.

## **My Colchester Half Marathon Experience**

**Loucil M. Pichay, CCMT Student**

I don't know what was more nerve racking for me, running an actual ½ marathon in Hartford or participating as a student therapist at the AMTA Sports Massage Team in Colchester? Either way, one can imagine the sensation of my nerves at this event that will FOREVER be engraved in my mind as an experience to remember.

Now this was the ultimate test of what I've learned throughout the past year by focusing and staying grounded, in order to give the athletes my "mind and body" connection towards the specific attentions to their needs. Halfway into my second athlete in the pre-event, I could feel the confidence in my hands and in my breath. There was a sudden "centering" mentally away from the commotion that was surrounding me. Replaying this in my mind puts a genuine smile on my face!

Fortunately, I have been blessed by my well-respected teachers, Laura Stevenson-Flom and Richard Testa, who helped support me with a steadfast and very professional demeanor. More than greatly appreciated!

In addition, the members of the Sports Massage Team were more than welcoming towards me and helpful in every way. Although I was quite intimidated by their level(s) of expertise, I found it was extremely beneficial to my hands-on learning experience as an almost graduate student at CCMT. I am pretty confident that future sports events will be just as, if not more compelling for myself and my fellow classmates.

## **Sports Event Massage Certification Workshop, an attendee's perspective**

Mairi Harvey

I would like to take a few minutes and share with you the fantastic experience I had at the beginning of February. I am a newly licensed massage therapist, just licensed in August, 2013. I am trying to build a client list and looking for ways to give back, all while working a full time job to pay the rent. Before I knew it the answer was right in front of me....Sports massage workshop seen in the CT AMTA monthly newsletter. I could earn my Red shirt, become a much needed volunteer at local Connecticut sports events and pass out business cards to potential new clients. This class was right up my career path. As a massage therapist working with a heavily orthopedic population this was too good an opportunity to pass up. Signing up was easy and I was ready to spend two days in class learning all I needed to know before the event. The requirements are two days in class followed by one event and then you earn the Red shirt.

Day one starts out with introductions....and there were a lot of them. There were 30 of us in the room with 2 teachers, Laura Stevenson-Flom and Richard Testa along with 2 assistants. We came from all over....the longest commute was Oregon....and had attended all different schools, but we all had one thing in common....we all wanted the Red shirt. The teachers were great! Lots of information on pre-event work in the first day and of course we had hands on time where we got to practice on each other. The music was up-beat and the pace was quick. It was all about compressions and stretching with a little joint movement thrown in. That being said there was always time for the questions to be answered and the stories to be shared. We all left really pumped up at the end of day one, in part due to the great pre-event work, ready for day two. Some of us were so pumped they made it home in record time!

Day two started with the post-event massage and the paced slowed down. This is how it is done at the event and it really all started to make sense. The athletes have gotten all psyched up for the event.....completed the event.....and now need to cool down and stretch....all while avoiding the dreaded cramp or worse a medical emergency. It was our task on day two to learn all about how to assess and triage the athletes, then help them recover quickly and safely. Compressions, joint movements and very gentle stretching. The good news is completely qualified medical personnel are also readily available if they are needed. We heard all about the risks of hot weather, cold/ wet weather, muddy venues and sweaty athletes. The best part of day two for me came at the end with learning cramp control and the hands on portion. This is where the personalities in the room really came to light. All of us, including the instructors (Rich was amazing!) got to role play the onset of a cramp after running 26.2 miles. Some played it up better than others but laughs, giggles and singing were enjoyed by all of us.

When class was complete we all signed up for events to volunteer at in order to complete the course requirement. I am looking forward to the Middletown half marathon on April 6th where I will truly earn my Red shirt and will become a full member of the CT Sports Massage Team!

Here's to giving back!!