



Massage Matters



AMTA CT Chapter Newsletter –Spring 2019 Edition

Spring 2019 President's Message

By Becca Torns-Barker



Greetings AMTA-CT!

Springtime is the perfect time to reinvigorate your practice with AMTA-CT by your side. Whether reinvigorating yourself with some new techniques or volunteering a few hours of your time, Spring is the perfect time to take on all those things you promised yourself you'd try.

Connecticut Conference

Spring is conference time! This year's CT Conference is selling out quickly. You can earn up to 18 credits for \$265! Classes include Massage Therapy Research Overview for Pain Management, Grief: Coping with the Death of a Client, A&P and How it Effects Assessment and Treatment, Trigger Point Refinement, Business Mastery, Intro to Foot Reflexology, Building Your Seated Chair Massage Business, Major Assessment and

Treatment, and Ethics in the Sandbox: Learning to Play Well with Others.

In addition, we're having a Volunteer Appreciation event on Friday from 5:30-7:30, with complementary food and a cash bar; and a Cocktail Reception on Saturday from 5:30-7:30. Both activities will take place in the exhibit hall. The exhibit hall is open to all, **no fee required for entry**. Please stop by and see our great exhibitors. Complete information is available at amtactchapter.org/events/conference/

Exhibitors include Asnuntuck Community College (to answer all your questions about getting an Associate's Degree in Massage Therapy), CoreStones, CST Alliance, Cupping Canada, doTERRA Oils, Innerpeace, Joe Muscolino, Krystal Blue International, Life in Colors, Sarga Bodywork, TapRoot Threads, Inc., and Universal Companies.

Don't wait. There is still time to sign up for those perfect classes to round out your modalities. Sign up today: regonline.com/amtact2019

Massage Legislation

In case you hadn't heard, Governor Lamont has proposed applying sales tax to massage therapy. Our lobbyist, our Government Relations Coordinator, Nikki Arel, and I are busy fighting this. Want to learn more about what's going on? Come to our annual meeting on Saturday 4/27 at 12:00pm.

AMTA-CT Calendar

Spring is also the perfect time to look at our calendar and sign up to volunteer! Please consider adding a single AMTA event into your schedule. We're asking for 2 hours! You choose when. We will do our best to make sure people from your area are in your chair or on your table, and remember we provide basic supplies like face cradle covers, paper towels, and hand sanitizer. Our complete schedule is available at amtactchapter.org/event.

And since this year we are involved with some legislation at the Capitol, it's an important year to have all hands on deck for our annual Legislative Awareness Day, May 8.

Learn more here:

<http://www.amtactchapter.org/events/legislative-awareness-day-3/>

Elections and Annual Meeting

Lastly, but certainly very important, spring is election time! We are electing a Board Member, Financial Administrator, and two Delegates this year. Please consider running and volunteering a little of your time.

Attend our annual meeting on Saturday 4/27 to get a legislation update, to see who is going to get recognized during our special awards ceremony, and to congratulate our elected officials. Also, come to hear National President Christopher Deery, who is our guest speaker. Lastly, the Chapter Meritorious winner will also be announced. Our Chapter Meritorious is also awarded a trip to AMTA National Convention. Who will the lucky member be?

Best wishes to all of you. Thank you for your support and for being members. We are AMTA.

Becca Torns-Barker

Government Relations' 'Info You Need!'

By Nikki Arel,
GR for AMTA-CT Chapter

2019 looks to be, potentially be a very busy legislative session for our profession. But first? Please MARK YOUR CALENDARS for 8 MAY 2019, a Wednesday, for Legislative Awareness Day (LAD). This annual event is my personal favorite day to work with so many of my colleagues, friends and mentors giving massages to those who work in and around the State Capitol. Please watch for the email notices looking for commitments to volunteer.

In the Senate, we are watching SB651, 'An Act Prohibiting the offering of Sleeping Accommodations at hotels, motels or similar lodging at an hourly rate and requiring that users of such places of public accommodation provide the operator with positive proof of identification.' Although this does not govern or pertain to the massage industry, we are watching this for it's effects on human trafficking in our State.

The House has two Bills that may come forward. The first is not a direct effect on massage, but HB5754, 'An Act Requiring Licensure of Estheticians, Eyelash Technicians and Nail Technicians' may touch on some of our members, our businesses or the fringes of our industry. We do, in general, support licensure for these professionals. Our concerns are with

the vague language around the education requirements and the scope of practice are one piece. The other concern is that the Bill is asking for any business offering these services be managed by a licensed esthetician or nail tech. For those LMT's who own a wellness center, spa or similar office employing these professionals, the concern is that the manager may not be licensed under one of these labels, but could still manage a professional office setting. We will keep you updated. If you are cross-trained as any of these professional, you may want to keep special attention on this bill as well.

The second bill in the House, which is a re-introduction of a bill that died last year, is HB5440, 'An Act Excluding Certain Activities from the Definition of Massage Therapy'. Some of the modalities identified for exclusion from massage already are excluded (ie - reiki and qigong). Other modalities identified really are on the border of our scope of practice anyhow (ie - Muscle Activation Technique AKA: MATR which uses 'force application techniques'). Other of the modalities such as therapeutic touch and healing touch, do use soft tissue manipulation and therefore are under the massage statutes. There are other professionals that are licensed to touch and may use these modalities as well. But we are not in support of calling these solely 'energy techniques' and therefore removing them from our profession and oversight.

We are in contact with the National Office regarding all three of these Bills and we shall let you know if there is any action needed from our profession. At this time, these are all proposed bills. Once these would pass into Committee and move towards consideration, there is a period for open/public comments and possibly a public hearing. If we find ourselves needing action on these fronts, you will see an email, from National, asking for you to send an "Engage" letter. I may call members as well to ask for letters to be sent to their individual representatives serving as committee members. If there is an opportunity to present live testimony at the Capitol, we will let you know about that as well.

If you have any questions, please feel free to reach out! And do not hesitate to let the Board know if your town has something proposed that you are concerned about.

[Update on State of CT Budget and Sales Tax](#)

By Nikki Arel,
Government Relations

From the moment that Governor Lamont released his budget, Becca and I have been hard at work! Massage Therapy is currently exempt from sales tax; the new budget is looking to remove that exemption.

We had our Lobbyist submit our two letters, by hand, to Governor Lamont opposing the tax, the Friday after the budget was released. We were working on the Engage letter for the membership as well, getting input from our Lobbyist as well as National. Once that was completed and approved, National released the letter to our 2,500 members in Connecticut. Despite an initial hiccup, all members DID receive the email and the ability to send the email letter to the Budget and Finance Committee as well as their individual Senators and Representatives.

Becca and I had personal phones, FB threads, emails and IM's blowing up with members who did not receive the email. Let me please highlight that ***if you did not get the email, National does NOT have the correct email address on file.*** We have been sending the requests forward and most of our members seem to be taking quick action on sending their emails. But please, double check your email on file with National. There are occasions where the Chapter has updated your email, like when we are alerted that you are not getting your newsletters, but that does not flow upwards to National, so please do verify that your address is correct.

At the same time, we were looking for information from our Lobbyist as to who to best target, and in what fashion, for a client-driven letter campaign. Once we had the go-ahead for snail mail letters to the Co-Chairs

on the Budget and Finance Committee, we posted those on our website, FB page and sent an email to the membership. Sorry that the first send did not have the hyperlink! But once that was re-sent, members seemed to quickly jump upon the efforts to have clients write letters as well.

Additionally, as we are advised to do so, we are requesting meetings with legislators who are open hearing our concerns and hopefully align with our profession.

At some point, this Budget may go into a public hearing. If that happens, we will be using all the same channels to alert you and to ask for public support. Please note, if you come to support at the hearing, plan for an all-day affair with a lot of waiting. But the show of LMT's in big number would send a wonderful message! More details on that if, and when, this becomes a reality.

Please do keep your message ON POINT with one consistent theme: We are Healthcare Professionals, not personal service providers. We should not be included in the sales tax bracket as health care is not subject to sales tax. Please do not spread misinformation. If you do not have a resource that backs your statement, please use caution in stating something as fact. We need to appear well-informed, coordinated and professional. We have provided, in the Engage letter, facts and research that are wonderful to quote. While not all

healthcare plans cover massage, the new Medicare directive will hopefully increase coverage in other plans. We need to highlight that we recently increased the minimum education requirements to enter the field and that we carry liability insurance on-par with LPN's.

As you talk to your clients and other LMT's who may not be AMTA members, please remember to keep the discussion about massage therapy as health care and benefits in pain reduction, improved mobility, reduced effects of stress, and the like. If you need some references? Please use the AMTA website and look at our position statements, where we have statements backed by research to show the importance and benefit of massage on a variety of conditions.

If you have any questions or need assistance, please do not hesitate to reach out to me directly. The best way: GovRelAMTACT@gmail.com. Although I will get other forms, this is the best way to reach me at any time. And with Legislature in session? You know I check this more than my work email!

Finally, I encourage EVERYONE to plan to join us for Legislative Awareness Day, where we will be talking up and highlighting how important massage is to a wellness and health maintenance plan!

CT Conference 2019

By Sue Barrett, Conference Chair

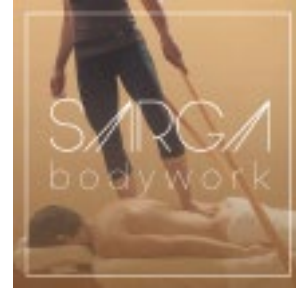
The fourth annual Connecticut Chapter AMTA Conference is just around the corner and we have a great line-up of educators and exhibitors this year for you. We also have some exciting social events to go along with this years Conference as well.

We are offering 18 Continuing Education hours for full registrants as well as one and two day classes for your convenience. You can also pick just one three hour session if you would like too. The conference is set up to meet everyone's needs. We are offering wonderful classes for building your businesses through Seated Chair Massage, A Business Mastery and Foot Reflexology. We have interesting classes in Research and Ethics as well as an array of Orthopedic Classes for Assessment of the SI, Psoas, Anatomy & Physiology Assessment and Body Mechanics for Deep Pressure Massage. Oh and let's not forget the Trigger Point Refinement class. So many great classes it can certainly be a hard chose as to which ones to take. Do you know someone that isn't a current AMTA member? They can come too and bring a friend/colleagues if they want. Please go to amtactchapter.org/event/conference/ for more info about classes and to register. You can also register online at regonline.com/amta2019.

We are currently working on filling the Exhibit hall with new and returning exhibitors. There will be an array of businesses attending this year with something for everyone. As always our Exhibit hall is open to everyone so feel free to bring a friend or two. We will be welcoming back some exhibitors from previous years, which include - Inner Peace, Krystal Blue International, Life in Colors, CST Alliance and Centering Our lives Through Touch. We would also like to welcome our newcomers to this year's conference - Sarga Bodywork, Universal Company, The Art & Science of Kinesiology, Asnuntuck Community College and Cupping Canada. The list keeps growing so be sure to check online for more additions to our Conference Exhibit Hall and remember, there is no fee to attend the hall so you can always stop by to stock up on the things you need for your business.

There have been some changes this year to the Conference that I wanted to make you aware of. The Annual Chapter Meeting will be held on Saturday this year, during our lunch instead of Sunday. It will be one hour long and we will be announcing our Meritorious Award winner for 2019 and our Election results. We will also have a special guest speaker Christopher Deery our new National AMTA President.

But that's not all, our Social events for this year include an Awards Reception honoring our wonderful Chapter Volunteers, which will be held on Friday evening. A Cocktail Party held on Saturday evening to announce the results of the Massage Therapy Foundation Silent Auction. In addition we don't want to forget about the Presenter Pop Up. This is a time we have set aside for you to come and enjoy a "meet and greet" with our incredible educators, where you can ask them questions and inquire about their businesses and classes. So many wonderful and interesting things to do and see at this year's conference! So come and enjoy yourself, meet some friends and colleagues and have a laugh or two.



If you've ever been interested in Sarga Bodywork, or barefoot massage in general, come join us for *Sarga Table 1* in **Southington, Connecticut, April 15th-18th**. Deadline to register is March 15th, 2019. 24 CEUs/NCBTMB approved.

SARGA BODYWORK practitioners employ the use of a fabric strap fastened to a massage table to deliver therapeutic myofascial and deep tissue massage techniques with their bare feet. More information & course application at Sarga@SargaBodywork.com.

2019 Connecticut Conference

April 25-28, 2017
Double Tree by Hilton
42 Century Drive
Bristol, CT 06010

[DETAILS](#)

[REGISTER ONLINE](#)



Name of Class: CRANIOSACRAL THERAPY 1

Date: October 10-13, 2019

Location: Hartford, CT

Cost: \$795 (USD). Register 60 days in advance and pay: \$595!

Course description: This workshop is a balanced mix of lectures, demonstrations and supervised hands-on practice and each student receives a comprehensive, illustrated study guide. The UII Instructor is a practicing healthcare professional who has completed extensive teaching apprenticeship programs. 24 Contact hours are provided to help earn continuing education credits.

Contact: Upledger.com, 800-233-5880

Membership News

By Jeff Shuman, Membership Chair

Anytime that we approach the end of a decade there is a period of introspection of the good and the bad. As I look over the last decade of activity in the AMTA, there are so many highpoints for the organization and the massage field overall.

We can talk about the educational changes where we've seen a decrease in the number of in state massage schools to more entry level hours, a required clinical component, and the start of the state's first Associate in Massage Therapy educational program. We've developed award winning Community Service and Sports teams. We've seen the demise of NERC and the rise of our very own CT Conference. If you haven't been, its about two months away! The continuing education is amazing and offered at amazing prices!

In terms of licensing and legal matters, we've seen requirements that help to reduce the association of human trafficking with massage, professional liability insurance requirements, a new licensing exam in the form of the MBLEx, and recognition on a federal level of the benefits of massage for pain management. Our legislative team is hard at work campaigning against a proposed law requiring taxation for our services (PLEASE SIGN THE PETITION!) and we have become highly visible with the Legislative awareness day.

On a membership level, we have just as many highlights. As of February 2019, we have **2478 members!** We currently have almost **40 members that have been involved with the AMTA for over 30 years!** Listed below are those who have been involved for 30 or more years. How many of these chapter members do you know?

Wendy Billings	Sarah Keleher
Mary Bilyak	Susan Klaus
Lydia Brewster	Linda Lane
Anne Buchalski	Susan Lourie
Victoria Carmona	William McKnight
Shirley Cooper	Karen Parker
Kathleen Crewdson	Wendy Payton
Keith Curry	Janice Schwartz
Raymond DuBois	Suzanne Sieff
Rosalie Dunn	Mary Sires
Karen Emerick	Shari Specland
Sharon Farber	Deborah Testa
Katharine Forline	Richard Testa
Martha Griffin	Charis Tondreau
Ann Gruenberg	Brenda Troutman
Susan Hanrahan	Marya Ursin
David Hoff	Marion Visel
Virginia Hofrichter	Bonita Weisman
Deanna Jackson	Nancy Yerinides
Charlotte Johnson	

We've certainly had some amazing experiences! Thanks to all of you for being you and making our chapter what it has become and what it will become! If you don't know the members listed above or those of us who haven't managed 30 years of membership yet, the April conference is a great place to start. Hope to see you all there!

Members, We Need Your Help

By Becca Torns-Barker
AMTA-CT President, LMT 4111

Did You Know?

That the CT Chapter offers you benefits far beyond what National requires of us? Here is what we are required to offer:

- Three newsletters a year (We offer four)
- One community building event (We offer four)
- One annual membership meeting (We offer four)

In addition, we offer:

- A lobbyist to help us advance the perception of massage in the state legislative body
- Three FREE education events
- One low-cost education conference, including an exhibit hall and national-level educators
- CSMT team
- SMT team

All of these programs have all become a solid part of our chapter community culture.

Why?

Many of you ask WHY we spend our time volunteering for this non-profit organization. Well, for many reasons!

- We believe in this organization
- We need a voice at the Capitol, and need to have a say in legislation that effects us

- We have learned skills FAR beyond what we use in our practice, which grows us professionally
- We built our practices through volunteerism!!! Every member of chapter leadership has obtained a paid massage job by volunteering at AMTA events.

Want to be a part of this AMAZING team of leaders? It's a few hours a week, done at home, plus attending the four chapter meetings, and if it's a Board position, attending the five Board meetings (conference call available).

We need:

- Someone to coordinate awards
- Someone to coordinate the activities of the Sports Massage Team
- Someone to coordinate the email communications of the chapter
- Someone to coordinate the education and membership events

Please reach out to PresidentAMTACT@gmail.com and ask for more information. We'd love to welcome some new blood to the leadership team. In addition, this fall, we'll be having a chapter workshop (for chapter leaders) to help set the goals for the chapter in the next four years. This is a great time to join the team and truly make an impact in the direction of the chapter.

Thank you,
Becca

Upcoming Events

CT MOM – CSMT Team

April 13th and 14th, 2019
Windham Middle School, 123 Quarry
Street, Willimantic

Volunteer Appreciation and Awards Reception

April 26, 2019 | 5:30 – 7:30pm
Doubletree by Hilton, Bristol

Annual Meeting

April 27, 2019 | 12:30-1:30pm
Doubletree by Hilton, Bristol

4th Annual CT Conference

April 25-28th 2019
Doubletree by Hilton, Bristol

Spring Fling – SMT Team

May 5, 2019
YMCA Camp Sloper, Southington

Legislative Awareness Day

May 8, 2019 | 8:30am-4:30pm
Capitol Building North Lobby, 210
Capitol Avenue, Hartford

Summer Chapter Meeting

July 17, 2019 | 5:00-7:00pm
Red Lion Hotel, Cromwell

Summer Chapter Education -

To be determined
July 17, 2019 | 7:15-9:15pm
Red Lion Hotel, Cromwell

Chapter Leadership Strategic Planning Sessions

October 5-6, 2019
By Invitation only, open to BOD, Chairs
and Coordinators.

Hartford Marathon – Sports Massage Team

October 12, 2019
Bushnell Park Hartford

AMTA National Convention

October 24-26, 2019
Indianapolis, IN

Fall Chapter Meeting

November 9th 2019 (new day –
Saturday) | 8:30-11:00am
Best Western Plus, North Haven

Fall Chapter Education -

To be determined
November 9th 2019 | 11:30-2:30pm
Best Western Plus, North Haven

Manchester Road Race –

Sports Massage Team
November 28, 2019 | 8:00-11:00am
Manchester

Board of Directors, Chairs, Coordinators and 2019 Delegates to Assembly of Delegates

President	Becca Torns-Barker	Presidentamtact@gmail.com
Secretary	Lani Roth	Secretaryamtact@gmail.com
Financial Administrator	Keli Lemoi	Treasureramtact@gmail.com
Board Member 1		BoardMember1amtact@gmail.com
Board Member 2	Mindy Michaud	BoardMember2amtact@gmail.com
 <u>Conference Committee</u>		
Chair	Sue Barrett	Conferenceamtact@gmail.com
Education Chair	Amy Waite	Educationamtact@gmail.com
Membership Chair	Jeff Shuman	Membershipamtact@gmail.com
Sports Massage Team		
(SMT) Chair	Bill Gibbs	Smtamtact@gmail.com
Community Service Massage		
Team (CSMT) Chair	Melissa Glassman	Csmtamtact@gmail.com
CSMT Emergency Division		
Coordinator	Deb Van Ohlen	CsmtEdamtact@gmail.com
Government Relations		
Coordinator	Nikki Arel	GovRelamtact@gmail.com
Volunteer Management		
Coordinator	Rocky Perez	VolunteerManamtact@gmail.com
Newsletter Editor	Tracy Rosiene	Newsletteramtact@gmail.com
CT Conference Registrar	Natalie Dark	Registraramtact@gmail.com

Delegates to Assembly of Delegates 2018: Maureen Stott Rocky Perez Nikki Arel

