

MESSAGE MATTERS

AMTA CT Chapter Newsletter

Summer 2013 Edition

President's Message

"Happiness is where we find it, but rarely where we seek it."

~~J. Petit Senn

I recently sat and reflected on my first year as President of the CT chapter and would like to share a few observations.

First, for the most part, this year flew by. Oh there were bumps in the road and mistakes made. But by and large this was a fun year full of learning with eyes wide open trying to take it all in. Second, without the helpfulness and expertise of every member of the Board of Directors and Committee Chairs plus all of the chapters dozens of wonderful volunteers that stepped up in multiple ways, I could not ever accomplish what needed to be done. I thank you all from the bottom of my heart. Lastly, I always knew that the CT chapter was highly respected. But this past year with the extra meetings I have attended around the country it has become very apparent that this statement is even more true than I originally thought. CT leads the way in so many ways. For instance, we have already trained several states so they

may have a CSMT team. Now MA has asked for our help. We will be offering a 3 day training for MA members in July to train them to be able to have a CSMT and team leaders. This is directly related to the fact that our charity and emergency divisions of the community service team are so widely respected. That should make us all happy!

There is so much happening this summer. Please make sure to check out the Sports Massage Team Schedule and the Community Service team schedule, and join us out there if you can!

As we anticipate the long and beautiful hot days ahead, I wish you all a good health and an abundance of happiness during the summer season.

Cheers,
Kerry



Swearing in our newly elected Board of Directors



Chapter Meritorious Award Winner

Shannon Saunders

Annual Meeting Recap



Our Outstanding Sports Massage Team Event Coordinators

At the April meeting, we elected some new board members, delegates, and alternates. We also recognized some of our awesome volunteers. If that's not enough, there was an awesome breakfast AND gave away fantastic gifts in our raffle. Join us at our next meeting on July 17th!

What could I win in the Raffle?

You could get your yearly dues paid!

Just like **Beverly Nass** did!

Or you might win some awesome gifts from our amazingly generous vendors!



CSMT Chairs Sue Barrett and Christine DeCarolis accept the Outstanding Collaborative Effort Award



Shannon Saunders accepts the Meritorious Award Pin



Seth Levine with CSMT "Most Massages Given" Award

Steve Callis earned the CSMT "Volunteer of the Year" Award



Carol Radzunas with CSMT "Most Hours Volunteered" Award

Board of Directors & Committee Chairs

| | |
|---|-----------------------------------|
| President..... | Kerry Methot |
| 1st Vice President..... | Sue Barrett |
| 2nd Vice President..... | Shannon Saunders |
| 3rd Vice President..... | Tara Frankum |
| Secretary..... | Tami Taylor |
| Treasurer..... | JoAnn Parady |
| Immediate Past President..... | Scott Raymond |
| Education Director..... | Patty Kingsbury |
| Membership Director..... | Becca Torns-Barker |
| Ambassador Committee..... | Michele Johanson |
| Sports Massage Directors..... | Laura Stevenson-Flom & Rich Testa |
| Community Service Massage Team Chair..... | Christine DeCarolis |
| Newsletter Editor..... | Marilyn Waters |
| Webmaster..... | Marilyn Holt |
| Public Relations Chair..... | Open |
| NERC Co-Chairs..... | Cass Crewdson & Shannon Saunders |
| NERC Alternate..... | Tami Taylor |
| CSMT Emergency Division Coordinator..... | Lee Stang |
| CSMT Charity Division Coordinator..... | Sue Barrett |
| Government Relations..... | Scott Raymond |
| Local Ordinance Team..... | Lee Stang & Lisa Torre |

Chapter Meeting Registration

Please go to the <http://summermtg2013.eventbrite.com> and register online for the next meeting. Registration will close on July 15th. Once you are registered, print out your form and then bring it with you (or on your smartphone) to the next meeting. If you can't make it the day of the meeting, just email membership@amtactchapter.org.

The Board of Directors understands that transitioning to online transactions can be difficult. We are trying to work out the wrinkles in the process. Thank you for your feedback, your patience, and your support.

Education

I just wanted to take a moment to introduce myself as your next Education Director and to extend a heart felt thank you to each and every member who was at the April chapter meeting. Our membership is what makes this organization so wonderful!

I'm looking forward to helping smooth out the CEU class process and bring in some great presenters! I will be looking for volunteers to help during and after the classes. If you are interested - please contact me prior to the July meeting via email: education@amtactchapter.org

Thank you again!

~Patty Kingsbury, Education Chair

Education Registration

As usual, we will be offering free CEs after July's chapter meeting: **Demystifying CPR and AED**. Please go to <http://summereduc2013.eventbrite.com> and register online for July's education. Registration will open Monday July 24th at 5:00am and will close on July 15th, or once we reach the room's maximum occupancy. Once you are registered, print out your form and then bring it with you (or on your smartphone) to the next meeting. If you can't make it the day of the meeting, just email membership@amtactchapter.org.

FAQs

● Is there a waiting list?

No. However, we will track the number of people who cancel and accept walk-ins.

● I am not able to get online when registration opens. How can I get a spot?

We announce when registration opens so that you can make appropriate arrangements.

● Why are you requiring online registration?

- So we can track participation more accurately and plan speakers and rooms accordingly
- To speed up the check-in process
- To reduce the carbon footprint by sending handouts online

UPCOMING EDUCATION

Continuing Education Workshop

Crowne Plaza, Cromwell

Wednesday, July 17, from 8-10pm

Following the Summer Chapter Meeting

Demystifying CPR and AED, 2 CE's

With Sung Pak, LMT

Bring: paper and pen, computer or tablet if desired

Being an LMT, we have a giving and caring personality and we tend to sacrifice ourselves to help others in need, especially, someone in pain. It would be of no surprise to see the willingness of an LMT to provide CPR assistance in a cardiac arrest situation. Therefore, having clarity and expectation of a real life cardiac situation will only provide better preparedness and personal safety awareness.

The CPR lecture will focus on:

- Demystifying the information we've been taught in a CPR / AED class

- What we were taught in classroom vs. what happens in real life situation

- Choking victim and how that relates to CPR

- How to prepare yourself - equipment needed to protect yourself and still be able to provide CPR

- Personal / scene safety precautions

- Preparing for psychological impact

- Legal / certification / ethical issues

About the Presenter:

Being influenced by the eastern philosophy, Sung learned the importance of the body/ mind connection at an early age. While obtaining his first degree black belt in Tae Kwon Do, Sung mastered the skills of balanced body and origination of all movement. With his experience in massage therapy, personal training and Pilates, Sung believes in mixing all aspects of bodywork to enhance the balance in body & mind. Sung has worked with nationally ranked athletes, as well as clients recovering from injury & surgery. Being a CPR / AED & First Aid instructor for the American Heart Association, Sung teaches throughout New York and Connecticut. Sung and his wife and their two children, reside in Sleepy Hollow, NY. He is a volunteer for the Sleepy Hollow Ambulance Corps.

2013 Student Essay Contest

Are you a Student? Could you use some help paying for massage school, supplies, or even gas? The AMTA CT Chapter can help.

Who Can Apply?

All students who are enrolled in a Massage Therapy Program at an accredited Massage Therapy School can apply. Applicants **must be students, in school, and in good academic standing** at the contest deadline: **September 30, 2013.**

What Do I Have to Do?

To apply for this benefit, simply write a two-page essay on the given topic and send it to the Membership Director by September 30th. Our topic is: **“What is your biggest challenge as a massage therapist, and what can the AMTA CT Chapter do to help you meet that challenge?”** Entries must be:

- Typed (in Microsoft® Word or PDF)
- Set at 12 pt font size
- Two (2) single-spaced pages in length, maximum 650 words (articles are not included in word count)
- Formatted so the top, bottom, and side margins are no more than 1”

What Can I Win?

Based on the number of well-written entries received, we will select up to three winners. The First Place winner will receive a \$400 check and an AMTA Student Membership, the Second Place winner will receive a \$250 check and an AMTA Student Membership, and the Third Place winner will receive a \$100 check and an AMTA Student Membership.

How is a Winner Selected?

A team of five Professional Active members has volunteered to review the essays. A sixth team member will verify the information you provide on the application. Your personal information will be hidden from the review panel. Essays will be judged on relevance to the essay topic, writing skills, grammar, style, creativity, and originality.

Please see the following application for complete details. The application is also available on our web site: www.amtactchapter.org.

We will feature the winning essays in a future newsletter and on our web site. We look forward to reading your essays and learning what more we can do to help our Student Members.

Happy Writing!!

Becca Torns-Barker, Membership Director



Student Essay Contest Application

Essay topic: What is your biggest challenge as a massage therapist, and what can the AMTA CT Chapter do to help you meet that challenge?

Who: All students enrolled in a Massage Therapy Program at an accredited Massage Therapy School. Applicants **must be students in good academic standing** at the Contest deadline: 9/30/13.

What: A state-wide Essay Contest sponsored by the Connecticut Chapter of the AMTA. Up to three winners will be selected to receive the following: 1st Place = \$400 check, 2nd Place = \$250 check, and 3rd Place = \$100 check. All winners will receive an AMTA Student Membership. Submissions are **due September 30, 2013**.

Where and When:

Winners will be announced at the October chapter meeting, which is Sunday, October 27th. Applicants must be present.

How: Email or snail mail application and essay by September 30th. Email with the subject line "AMTA CT student essay contest" to Becca Torns-Barker at: membership@amtactchapter.org.

Snail-mail to: Becca Torns-Barker
1350 Sullivan Ave.
South Windsor, CT 06074
ATTN: Student Essay Contest

Entries will be judged on relevance to the essay topic, writing skills, grammar, style, creativity, and originality. Entries must be:

- Typed (in Microsoft® Word or PDF)
- Font size 12 pt
- Two (2) single-spaced pages in length, maximum 650 words
- Formatted so the top, bottom, and side margins are no more than 1"

We will feature the winning submissions in our newsletter and on our web site.

Applicant Information

Please type or print legibly. All information must be complete and all questions must be answered. Incomplete applications will be disqualified.

Name: _____ Address: _____

City: _____ ST: _____ Zip: _____

Phone: _____ ☐ home ☐ cell ☐ work AMTA Membership Number: _____

Email: _____

School Name: _____ School Website: _____

City: _____ ST: _____ Zip: _____

School Phone: _____

New England Regional Conference

Thoughts on NERC 2013

from our Perry Plouffe and Diane Polseno Scholarship Winners

My New England Regional Conference Experience 2013

By: Evan Piasecki, LMT

It was an honor to receive the Dianne Polseno scholarship to go to the New England Regional Conference. I had heard from a handful of others it was a fun experience. I was expecting there to be classes with well known teachers, vendors with a variety of products, and lots of other therapists. With these vague outlines I could only guess what the experience would be like. All I knew was that it was a valuable chance to absorb knowledge being surrounded by so many other who chose the same walk of life as me.

I was glad to have my friend and AMTA Delegate Rocky Perez as my roommate. I was looking forward to being around such an accomplished therapist for the duration of the conference. After we moved in Thursday night I had my first class, Emotional Freedom Technique. It was an interesting class that involved tapping various points on your body while repeating various affirmations. It could achieve an outcome that could range from curing a headache to helping soldiers with PTSD calm their symptoms. I was a little skeptical because the instructor said it could basically cure cancer if you concentrated on that as you performed the technique on yourself or another person. The twist is that this technique can also be done over the phone without even the physical presence of the other person.

On Friday morning I attended the class, "Technique Synergy," taught by Whitney Lowe. I was looking forward to this class because I had heard that Lowe was an excellent teacher. During the class, Lowe gave us symptoms a client was experiencing and we tried to figure out what the cause of them was. We continued to learn about carpal tunnel assessment. He explained the multiple impingement points the median nerve can be obstructed by, and how to move the clients arm in a motion that stretches the nerve. The class ended up being very in depth and it was a good anatomy and physiology refresher. During the second half of the class in the afternoon, we focused on lower body disorders. A partner and I did some different active and passive engagement techniques designed to treat plantar fasciitis and a couple different tibial issues. It was a fun class I really enjoyed.

On Friday evening, there was a dinner gathering with different AMTA representatives speaking. Our CT Chapter President, Kerry Methot, presented the tribute to Dianne Polseno. During this time, as Dianne Polseno was honored, the air in the room was still and everyone's respect for her and sadness was palpable. I enjoyed having a chance to get a closer look at the work, life, and accomplishments of such a great woman who was now directly impacting my life.

On Saturday, I attended the class "Elite Sports Massage" with James Waslaski. His joint capsule work is well known, and that's exactly what he ended up teaching as I had hoped. The techniques he demonstrated could increase a person's range of motion with little effort by using the ball and socket of the shoulder as a mortar and pestle. The heat created within the joint can help break down scar tissue and unhealthy fascial restrictions surrounding the joint.

On Saturday night there was another dinner with a live band. It was a great chance to relax and talk at the end of a busy weekend. I met lots of new people and had an exceptional time. Overall, my experience at NERC was very positive. I feel blessed to have been able to attend such an amazing event. I look forward to attending more conferences in the future. Thank you again to the AMTA CT Chapter and the Scholarship Committee for providing this opportunity.

New England Regional Conference 2013

By: Lisa Hughes, MS, AT, LMT

It came as a pleasant surprise hearing I was being awarded the Perry Plouffe scholarship for NERC this year. Cheers and a Big Thanks to the scholarship committee!

As an attendee there is an overall happy and positive energy that you feel at NERC. It's an opportunity to mingle and get to know other LMT's from other regions and states. It feels like you are part of a community that cares. I had a little idea about what to expect, as I attended before, but there are always new experiences. I was able to take a couple classes taught by James Waslaski which were really enlightening and reminded me of skills I forgot. I learned some new techniques and especially liked the class on complicated cervical conditions; an area I think almost all us in the profession see every day. I definitely took away some new helpful tips and tricks I know clients will appreciate.

We also had a chance to meet up with old colleagues and make new friends as well, another extra bonus heading to NERC. It's always a good idea to bring your business cards too, because you never know who you are going to meet. The dinner dance was another fun time as well. We had a good meal then danced the night away!

Other added bonuses at NERC are meeting and talking to the various vendors and representatives from all over the country; there to promote products and learn about new and exciting things in the massage industry. I spoke to a woman all the way from Colorado and a gentleman from Las Vegas, Nevada even. I picked up some great salves and balms and also bought an amazing massage tool from the vendors. You never know who you may come across attending these meetings.

I thoroughly enjoyed my time this year and strongly encourage anyone interested to definitely consider going.

AMTA NERC 2014 Logo Design Contest

The Connecticut Chapter has a history and reputation for doing great things in the AMTA.

WE are now officially planning the 2014 New England Regional Conference!

The theme is **Massage: It Makes a World of Difference!**

Save the date: March 20-23, 2014. The conference will be held at the newly renovated Sheraton Framingham Hotel and Conference Center in Framingham, MA. Stay tuned for more information coming soon!!

The first step is picking a logo. We are opening submissions to all members with ideas for a logo related to the theme, **Massage: it Makes a World of Difference!** The deadline for ideas is June 20, 2013. Please send entries to Shannon Saunders at 2ndvp@amtactchapter.org. The winner will earn "bragging rights" and a \$25 gift certificate to Massage Warehouse. The finished logo will be revealed at the July 17th Chapter meeting.

~Shannon Saunders & Cass Crewdson, NERC Committee Co-Chairs

Community Service Massage Team



Our team has had a very busy first half of the year. March found the Charity Division at the Builders Home and Remodeling Show where we raised over \$1200 for the Channel 3 Kids Camp. The following weekend, the Charity Division was at the NBC Health and Wellness Expo where we raised over \$1900 for the UConn Scholarship for Sandy Hook. The end of March found the Emergency Division at a Mass Dispensing Training in Groton, CT where members learned just how prepared Connecticut is for an emergency. On April 16th the Emergency Division was at the Mercy Center in Madison, CT providing chair massage to

participants at a retreat for clergy and members of religious organizations that have been ministering to individuals and families impacted by Hurricane Sandy and the Sandy Hook Shooting.

Following the Boston Marathon Bombings our Team was contacted by the Red Cross in Boston asking us to deploy to the center in Cambridge. Since we cannot cross state lines without an invite of the other state chapter, our President Kerry Methot contacted Mass. Chapter President for permission to deploy. This permission secured, our Team deployed for three days to the Boston area.

The first day the Team was stationed at the Red Cross Center in Cambridge. This was the Friday after the bombings and the day that Boston was on lock down. It was indeed an eerie feeling to be driving through the normally packed Boston streets and finding not a soul around. Future days found our Team working at the Red Cross, the Watertown Police Station, The Medical Intelligence Center and the Metro Boston Transit Police Department. It was a very good deployment for the Team. We were able to provide some needed stress relief to those we touched and to pave the way for the Mass. Chapter to make connections with these organizations once their team is up and running.



Deby VanOhlen and Lee Stang held two separate trainings over this first quarter of the year. **Training the Trainer**

was held in order to strengthen our ability to train responders. Eight Chapter members and one colleague from NY CSMT joined our current Trainers in a day -long seminar on how to train our responders. They practiced communication skills, were critiqued, tried to figure out their styles and how to fit within the system we currently have. This training continued for five of them as they assisted in the recent Responder Training. We anticipate that we will have a few more members taking the lead during the fall Responder Training.



Responder Training was held on May 19. Forty members took the first step into becoming Responders for the CSMT. Their next step is to participate in a Charity event or Emergency Deployment and they will have earned their 'blue shirts'.

Feedback on the day was overall excellent; fun, informative, entertaining and a true sense of Team. The next responder will likely be in the late fall.

The CT Chapter is considered one of the primary national resources in terms of community service teams. We continue to assist other Chapters in their efforts to develop ways to increase member involvement through giving back to the community. This quarter we have provided information to North Carolina, Hawaii, Massachusetts and



New York. As well we have made head-way into securing a working agreement between the National Red Cross and our own National AMTA thanks in part to the efforts of Samantha Paige-Graeber from the NY AMTA. Samantha and Lee Stang have been working together with the National Red Cross and AMTA in an effort to smooth the way for other states to get connected to their local Red Cross Chapters.

To date our team has had 36 members and 6 white shirt volunteers come forward to volunteer 423 hours service (over \$27,000 in services) and given 567 chair massages. Our Team Leaders; Christine, Chair; Sue, Charity; Lee, Emergency; want to say thank you to jobs well done. None of this would be possible without the dedication and commitment of a great group of therapists that continue to say "Count Me In"!

Upcoming Schedule

Channel 3 Kids Camp @ Andover, Ct. (BLUE SHIRT ONLY)
(To work on Staff and build morale after working with kids with extra needs)
Summer date TBA-check website for updated details

16th Annual Golf Event @ Gillette Ridge Golf Course
Tee times 7:30 & 12:30
8/28/13 Wednesday

Ride to Recovery
9/9/13 Monday – Hartford Time (TBA)
9/10/13 Tuesday – Waterbury Time (TBA)

Loctite Auto Show @ Henkel Corporation, Rocky Hill
Date/Time - TBA (Sept.?)

Fidelco Dog Walk @ Simsbury Location
9/29/13 Annual walk in Simsbury
Time (TBA)

NMTAW
10/20/13 - 10/26/13
More info to come

CSMT Training
TBA - Fall

Need a Professional Picture?

We can help with that! The CT Chapter is pleased to announce a new benefit: **Headshots**.

What?

We will have a professional photographer who will take a number of professional pictures of you. The next day, you can view all of the pictures on the photographer's web site and decide which ones, if any, you would like.

This is a fantastic way for you to get a high-quality, **digital image** of yourself that you can use on business cards, brochures, web sites, social media sites, etc. We always stress how important a professional image is. Now we're making it even easier for you.

Where and When?

Our July Chapter meeting. The photographer will be on site starting at 4 PM through the duration of our meeting.

What Do I Have to Do?

First, check your email. A few weeks before the meeting, we will ask you if you are interested in having your photo taken. Then all you have to do is show up to the meeting. You will sign up for a timeslot at the chapter meeting.

What's the Cost?

Your sitting is Free. The Chapter is absorbing that cost (usually around \$240). You can purchase digital images for **\$10 per image** (usually \$20). You pay nothing until you see the images and choose what you want.

Other Details

You are having your picture taken for business purposes. So a few things to remember:

- Dress well, in professional clothing that is clean. You don't want to find out later you forgot to change your shirt that had oil stains or mustard on it (or in my case the mosaic of stickers my kids put on me any given day).
- Groom well. Shave, brush your hair, wear makeup. Go above and beyond.
Need help with some of that? You could get a haircut earlier that week. And we'll have a Mary Kay consultant at the meeting to help with makeup if you should want it.

Have other ideas for member benefits? Let me know! In the meantime, enjoy your pics!

Becca Torns-Barker, Membership Director

We Are RICH in History

We here in Connecticut AMTA chapter have massage therapists with the license numbers of 1,2,3 and 4 as active members. We probably have many therapists who have practiced 20 years or more. If you are one of these therapists, please send your name, how many years you have been a therapist and where you practice to Shannon Saunders at 2ndvp@amtactchapter.org. At the July 17th chapter meeting, we will be honoring our rich history of AMTA therapists.

Speaking of history, PLEASE check out the article written by our own JoAnn Parady published in Massage Therapy Journal in 1993! It can be found in the Resource section of our website www.amtactchapter.org.

National Massage Therapy Awareness Week

ANNOUNCING National Massage Therapy Awareness Week October 20-26, 2013 Massage Therapy: Making the World Healthier Through Touch

The votes have been counted and a theme has been chosen for this year's National Massage Therapy Awareness Week. Thank you to all who contributed ideas and to those who voted. A special thank you goes out to Annetta Williams who submitted the winning theme choice: "Massage Therapy: Making the World Healthier through Touch."

Now that we have a theme, it's time to start planning how the CT chapter is going to celebrate this year. Help us get the word out about the benefits of massage to our communities, clients, and fellow massage therapists. In years past, members have joined together with one another to participate in events, while others have acted alone in their community or in their office to raise massage awareness. The options are endless! Please check out the CT AMTA chapter website's NMTAW page to find all the resources you'll need to get involved.

Are you interested in getting more involved in the planning of NMTAW 2013 but not sure how?? Join the NMTAW Publicity Team! We are always looking for new ideas. Last year we recorded short informational videos that appeared on the website and facebook throughout the week and we had a great time doing it! Please contact Karen Jensen at theblackant@hotmail.com for more information.

NMTAW 2013 also marks the 7th year of University Day—an effort to raise massage awareness within the higher education community. In the past, University Day has been a successful opportunity to educate faculty, staff and students about the benefits of massage and it has also been very successful for therapists in establishing strong university and community contacts and building their client bases. We are looking to add NEW SITES this year. If you are interested in coordinating a site, please contact Karen Jensen at theblackant@hotmail.com.

Membership

Sharyn Businelli - New Haven

Emily Daniels - Hartford

Jody Heon - Windham

Natalia LePivert - Fairfield

Lisa Mazzaro - Washington

Kara O'Dwyer - New Haven

Sandra Page - New Haven

Michael Pena - Hartford

Trina Powell - New London

Kathy Strong - Middlesex

Susan Swanson - Hartford

Nickolas Zachariadis - New Haven

Karen Cooksey - Fairfield

Carol Giddix - Tolland

Evans Roche - Fairfield

Amber Schreiner - Hartford

Shannon Browenll - Hartford

Cecily Celmer - New Haven

Nicole Churchill - Hartford

Melissa Girard - New Haven

Lisa Graca - Hartford

Kenneth Leech - Hartford

Dean Michael Cera - Westchester

Cara Loux - Fairfield

Kenneth Luttman - Fairfield

Welcome
New
Members!

Sports Massage Team

Danbury ½ Marathon

| | |
|--------------------------------|--------------------------------------|
| Co-Coordinator: | Rocky Perez and Carrie Wilson |
| Location: | Rogers Park War Memorial Danbury, CT |
| Event Day Weather: | Sunny, Cool and about 60 degrees |
| Number of LMT's: | 13 |
| Number of RED Shirts: | 8+2 SMT Directors |
| Number of CCMT MT3 Students: | 3 |
| Aprox # of Event Participants: | 1400 |
| # Massages Given: | 62 Pre-Event and 66 Post |



Event Coordinator's Recap:

Congrats to all the Runner/ Athletes for completing the 5K run and the Kids Fun Run. Also Congrats to all the Red Shirts and White shirts and Students for making this event ROCK!



Our Professionalism carried the team to greater heights when working with some top notch Athletes to the first timers and the upcoming younger athlete/runners!!

Our Professionalism and dedication made this event seem seamless to run especially working alongside Carrie Wilson and our SMT Directors Rich and Laura and the LIVE BAND WE HAD RIGHT NEXT TO US!! They were an amazing band that had awesome music!!

Our Team was doing such an amazing job that we had MANY Runners wanting and begging for our service to the point we had to

Colchester 1/2 Marathon

It was a great experience being on the sports team for the Colchester Half Marathon held at Bacon Academy in March. At first we were a little anxious, not really sure of what to expect. By the end we were tired and glad to have had the opportunity to take part in this event. To feel the anticipation of the runners in the pre-event session and the sense of accomplishment of the runners upon completing the marathon in the post-event massage was exhilarating and fast-paced. We averaged about 10 pre- and 10 post-event massages with minor cramping occurring to some of the runners in the post session, with sessions running from 7-10 minutes for each runner. For others participating in these events it would be advantageous to have a cart for your table because the walk from the parking lot to where you set up your table can be quite a distance to carry your table to and from your vehicle.

Sarah Santos and Lea-Anne Richard, Co-Coordinator

2013 AMTA Connecticut Sports Massage Team Schedule: The Events Still to Come in the 2013 SMT Season

| | | | |
|---|----------------------------|---|---|
| Sunday 8 – 1 | June 23 nd | Fairfield ½ Marathon Fairfield http://www.fairfieldhalf.org/index.html | Kerry Methot kerrmet@att.net |
| Sunday 7:30-11:30 am | July 14 th | Petit Foundation 5K Race Plainville **RED SHIRTS ONLY Please** http://petitfamilyfoundation.org/ways_to_support/participate_in_events/road_race/ | Lee Stang lstang@bridgestohealth.net |
| Saturday 11am-5pm | August 17 th | Steeple Chase Bike Tour Windham Hills, Willimantic | Karen Jensen theblackant@hotmail.com |
| Sunday 8:30-1 | September 22 nd | Niantic Bay ½ Marathon Rocky Neck State Park, Niantic http://nianticbayhalfmarathon.com/cms/index.php | Shannon Saunders shannonsgreat@gmail.com |
| Saturday 7:30-11:30 (limited#) **10:30-3 (Prime Time!)** | October 12 th | ING Hartford Marathon Bushnell Park, Hartford **Shuttle Bus Service Available** http://www.hartfordmarathon.com/events/ing_hartford_marathon.htm | Questions: Richard Testa @ 860-302-9202 Register: Laura Stevenson-Flom Laurasf58@gmail.com |

April 2013 Sports Massage Team Workshop

Thanks to the generosity of the CT AMTA Chapter and their commitment of giving back to the membership, 27 LMT's were able to participate in a two-day, 16 CEU, Sports Massage Team Certification Workshop at a discounted cost on April 20th and 21st.

Instructors and Sports Team Directors Richard Testa and Laura Stevenson-Flom shared their expertise and experiences with the therapists gathered at the Holiday Inn Express and Conference Center in Meridan. The men and women came from throughout the state, with a variety of backgrounds and training. Many had private practices, some worked in spas and others were fresh out of school. Many were CCMT graduates while others came from Branford Hall and several had trained out of state but the common denominator was that all were interested in the protocols, procedures and precision of working at a sporting event.

At the end of the two day event, friendships were made, networking accomplished, lots of fun was had and best of all... the CT Sports Massage Team have 27 well trained, energetic and enthusiastic, new Team Members! Each participant was required to work at either the Fairfield ½ Marathon on June 23rd, Niantic Bay ½ Marathon on September 22nd and/or the Hartford Marathon on October 12th for the hands-on proficiency portion of the class. Everyone did a super job!

We send out a special thanks to our classroom assistants: Michelle Willis and Ryan McDonald. We couldn't have done it without you!

Congratulations to:

Laura Callahan
Patricia Willow Clauson
Jody Clouse
Frank DeMatteo
Marie Gebhardt
William Gibbs
Carol Giddix
Ronald Hylton

Sharon King
Michelle Martinelli
Amy Mauro
Marianne McAllister
Anne Marie Morton
Ewa Nizielski
Laura Pawelec
Evan Piasecki

Mimi Reyes
Cathy Rivera
Damaris Roman
Donna Spencer
Katherine Tansey
Nancy Waddock
Melisa Webster
Neva White

REFLECTIONS from our CT LMTs who Volunteered at the
Sandy Hook 5K Race in Hartford on March 23rd

*God Bless Sandy Hook:
A Thank You from Beth Shluger*

The Sandy Hook Run for the Families 5K profoundly touched the hearts and souls of countless people. As a runner, a mother and a resident of Connecticut, I have never been so proud to be part of an event as I was on Saturday as 15,000 runners joined with 30,000 onlookers and well-wishers to make history.

Words such as remarkable and awesome and incredible do not approach capturing what was accomplished. I was honored to present a check for \$438,131 to the Sandy Hook School Support Fund.

I cannot begin to properly thank my loyal staff, my supportive Board, the generous sponsors, and the selfless vendors who gave and then asked what more they could give and the CT Massage Therapists who gave their time and talents to make the day all the more special for all.

There was not a dry eye in the house as Reverend Crebbin blessed the race and the ship's bell tolled 26 times in the respectful silence. The Governor's Foot Guard followed by a heart wrenching National Anthem sealed the emotional crescendo building all morning. And the run was merely the icing on the cake.

Thank you and bless all of you who made this emotional tribute to Sandy Hook possible.

*Beth Shluger
Executive Director, Hartford Marathon Foundation*

I'm not very good at putting thoughts to words but the couple of things that I found memorable were the children that came to run and the vast amount of people that were involved, runners and volunteers-especially considering it was put together in a relatively short time. It was great to be involved in some small way and always great to get together with other therapists. I just wish we could have been closer to where the race started and more people were aware that we were there.
~Susan Arnold~

I was very happy to be a part of the Sandy Hook Race for the Families event. Helping people is one of the reasons I became a Massage Therapist to begin with, so getting to be a part of something like this was great. I also really enjoyed working with all the other therapists who showed up taking time away from their own practice and families to give back to such a worthy cause.
~Ryan McDonald~

An inspirational day, with the wind, rain, snow, cold and then finally the sun. We were working on all ages, everyone coming together for a common cause. I was honored to be a small part of it all.
~Bill Richters~

I wasn't sure what to expect; the Sandy Hook tragedy shook us all in December and is a day we will never forget. Would the day be solemn? No. All the runners appeared upbeat, with a community spirit, running or walking in teams, showing support to the families affected on that heartbreaking, disturbing day; their camaraderie showing through the entire event.
~Lea-Anne Richard, New LMT

The Sandy Hook tragedy touched each and every one of us either directly or indirectly. I volunteered at the Sandy Hook Family Fund 5K as a licensed massage therapist. This was my way of lending my hands and my heart towards healing for all of us. It is amazing what we can do when we all come together for a greater good.
~Michele Willis~

Seems strange when I think of Dec 14, 2012. It was a day when the entire state came to a stand still in shock and disbelief. But it was also the day I (along with many others) graduated from CCMT. So for me the 5K that took place in Hartford was a way of remembering and honoring the 26 souls whose journey ended much too soon and in an unthinkable way. As well as supporting the Families, Friends, Police, EMS, Firefighters and Survivors who's lives changed forever that day in December. Thank you for allowing me to be a part of it.
~Mary King~

TRAINING IN THE BASICS

Phase I of Burnham Systems Facial RejuvenationSM

WORKSHOP DESCRIPTION:

Training in the Basics, Phase I, is a hands-on introduction to the fundamentals of Burnham Systems Facial RejuvenationSM. Phase I teaches basic strokes, location and use of the twelve major facial nerve centers, and a grounding in energetic healing principles. This class is open to all: professional body workers, practitioners of body/mind medicine, students of massage, estheticians, novice healers, or caring friends. Sixteen CE Contact Hours are approved for the AMTA and NCBTMB.

WHEN: **Saturday, September 28, 9:30am to 6:00pm**
 Sunday, September 29, 9:30am to 5:30pm

WHERE: **Central Connecticut**

FEE: **\$325 (\$100 deposit by September 16th is required)**

THE INSTRUCTOR, WENDY PAYTON:

Being the first Burnham Systems Facial RejuvenationSM practitioner to become certified to teach, Wendy is drawn to the healing arts as the most natural expression of her heart. Most passionate about her profession as a Burnham Systems Facial Rejuvenationist, she finds the work truly inspiring, bringing both herself and her clients into a still, meditative place where their spiritual selves meet and healing happens. A 1981 graduate of the highly acclaimed Connecticut Center for Massage Therapy where she now teaches Massage, Spa, and Facial Rejuv, Wendy has been in practice for 31 years. She is a sought after instructor throughout the Northeast, Jamaica, Arizona, and for the International Aromatherapy and Herbal Conference.

For more information and registration contact:

Wendy Payton-- (860) 570-0268

Send this registration form with check (payable to Wendy Payton) to:
Wendy Payton, 83 Cherryfield Drive, West Hartford, CT 06107

Burnham Systems Facial Rejuvenation Training in the Basics

Course Date:_____ **Check Number**_____ **Amount Enclosed:**_____

Profession_____

Name:_____

Street:_____

City:_____ **State:**_____ **Zip:**_____

Phone: day_____ **evening**_____

Cancellation Policy: Cancellations received up to 14 days before the start of the program are refundable, minus a \$50 administrative fee. After this time, cancellations are subject to the full \$100 deposit. If you do not attend the course and have not cancelled by the day the course begins, you are responsible for the full tuition.



ACCESS CLASSES

Maureen Stott, LMT and Bars & Body Processes Facilitator
Bars Class - 8 CEhours / Energetic Facelift Class - 4 CEhours

Would you like to explore something completely different, weird, and FUN? Are you willing to learn some tools to create a life greater than you could imagine? Access Consciousness is a set of tools and techniques that allow you to create dynamic change in every area of your life and yourself. It begins with the "Bars," which is a gentle, non-invasive, hands-on process using points on the head that relate to aspects of life. **NEW: Access Energetic Facelift Classes** - In this dynamic class you are presented with some of the Access tools and you not only receive a complete energetic facelift you also learn to provide it for others.

When and Where? The classes are held in Vernon, CT

July 14th - Bars Class - 9:30am to 6:00pm

August 11th - Bars Class - 9:30am to 6:00pm

September 15th - Bars Class; - 9:30am to 6:00pm

New - September 22nd - Energetic Facelift Class 1pm - 5pm

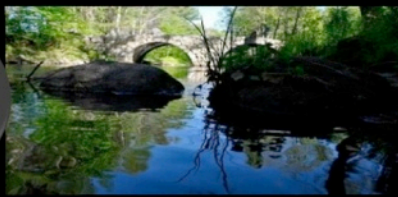
October 6th - Bars Class 9:30am to 6:00pm

Cost? \$200 for Bars class / \$125 for Energetic Facelift class

For more information about the classes, more information about Access Consciousness, or questions, please call: 860-872-3172 or email: TMCV@comcast.net



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Sep 6-8 ~ Level 1 (full body)

Private home, Greenfield, NH

Sep 12 Thu ~ Anywhere/Anytime (chair/floor)

Sep 13-15 ~ Level 1 (full body)

Inner Wisdom Studio, Pawtucket, RI

Nov 21 Thu ~ Anywhere/Anytime (chair/floor)

Nov 22-24 ~ Level 2 (specific treatment work)

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It is amazing how the techniques changed ROM and flexibility and in a relatively short time.

~Kim L., PT, New Hampshire

The faculty provide an excellent background explanation with wonderful demonstration techniques. ~Gabi B., PTA, Connecticut

MFR is core to IMT. I'm excited to have this material and start using the techniques.

~Joseph C., PT, Connecticut





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| NJ Shore, NJ | Jul 11-14, 2013 |
| Washington, DC | Aug 8-11, 2013 |
| Hartford, CT | Sep 5-8, 2013 |
| Portland, ME | Sep 5-8, 2013 |
| New York, NY | Oct 17-20, 2013 |

CranioSacral Therapy 2 (CS2)

| | |
|--------------|-----------------|
| Boston, MA | Apr 15-18, 2013 |
| Hartford, CT | Sep 5-8, 2013 |
| New York, NY | Oct 17-20, 2013 |

SomatoEmotional Release 1 (SER1)

| | |
|--------------|-----------------|
| New York, NY | May 16-19, 2013 |
| Boston, MA | Dec 12-15, 2013 |

CranioSacral Therapy and the Immune Response (CSIR)

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June 24, 2013
July 29, 2013
October 7, 2013



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- **CPR & First Aid** **June 15, July 27, & August 24**

This 8 hour CE course is designed to teach basic CPR, First Aid, and how to use an AED. CPR certification is now required by the NCBTMB to be *board certified*. **\$150/8 CE credits**

- **Assessment of the Lumbar Spine & Pelvis** **July 13**

This workshop will focus on common conditions a massage therapist will encounter affecting the lumbar spine and pelvis. We will review the pertinent anatomy of the region, client history taking and assessment. **\$150/8 CE credits**

- **Assessment of the Cervical Spine & Shoulder** **August 10**

This one day seminar will review the pertinent anatomy of the cervical spine and shoulder including muscle and bones of the area. History taking and assessment of the client with shoulder or cervical pain along with special assessment tests will be discussed. **\$150/8 CE credits**

Class sizes are limited to 12 students. Deposit required to hold your spot.

All classes are held from 9:00am to 6:00pm. Checks can be sent to the address below.

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The question often comes up about policing our own profession if a therapist or establishment is practicing inappropriately. Members want to know what recourse we have with the state and what they will do if contacted.

Begin the process by calling the CT Department of Public Health (DPH): (860) 509-7552. They will send you a form to fill out, which needs to be notarized by a notary public before you send it back.

You will need the following information: Practitioner's name; the name of the business where they are practicing; and the business address and phone number. Also, your name, address, and phone number where the DPH can contact you.

Write your specific concerns as 1. 2. 3.etc. and then specify your complaint with only as much detail as necessary to give them a solid background so they can make a sound decision.

After attaching any documentation you have to support the complaint, you want to check to make sure that everything is

2013 Deadlines

| <u>Due to Editor</u> | <u>Delivery Date</u> |
|----------------------|----------------------|
| August 27, 2013 | September 27, 2013 |
| November 26, 2013 | December 26, 2013 |

Classified Ad Fees

Members - 30 words \$5.

Additional words 10¢ each.

Non-Members - 30 words \$10.

Additional words 10¢ each.

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Submissions

Send your submissions for the newsletter (articles, ads, letters to the editor) to Marilyn Waters at newsletter@amtactchapter.org

legible, clearly written and notarized. It is a good idea to make a copy of everything for your files before sending it to:

*CT Dept. of Public Health
ATTN: Investigation Unit
410 Capitol Avenue
Hartford, CT 06106*

The department looks over the complaint and decides whether or not to go forward with disciplinary action. If so, it goes to the legal department for further action. The next step is a hearing for a decision.

In the past there have been cases where therapists have had their licenses revoked, had to practice under supervision, and/or received recommendations for counseling. It is in the best interest of our profession to follow through with the process when we know of practices that could be damaging to our reputation.



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SUMMER CHAPTER MEETING

Wednesday July 17th

Doors Open at 5:00pmnetworking & social time

Business Meeting 6:00 -8:00pm NERC wrap up, AMTA National Convention Info

Education 8pm-10pm get your knowledge on!

-
- **New Location:** •
- Crowne Plaza Hotel •
- 100 Berlin Road •
- Cromwell, CT •
- Exit 21 off Interstate 91 N or S •
- •

Are you coming to the meeting?

Don't forget to register for the meeting online!
See **page 3** for details. AND don't forget to arrive
before 6:15 to be eligible for the Raffle!

Are you coming for the education?

See **page 4** for details on online registration for
the free education.