

Massage Matters

AMTA CT Chapter Newsletter Summer 2018 Edition

Summer 2018 Presidents Message

"The summer night is like a perfection of thought."

Wallace Stevens, The House Was Quiet and The World Was Calm



I love summer. I always have. It's a season full of possibility: full of adventure, exploration, relaxation, and discovery. Life is almost on pause while we bask in the summer sun.

Vacations abound; our imaginations fully engage. It's a magical time.

I hope the magic of summer finds you and your practice this summer; enriching you, inspiring you and sustaining you. We have a lot yet to look forward to in 2017:

At some point Governor Malloy will sign our new legislation into law. It passed both the House and the Senate! Changes take effect October 2019.

Many wonderful CSMT and SMT volunteer opportunities!

The number one question we receive is, "Why volunteer? Massage should only be for pay." My answer? Yes, and no. Should we be "giving away" massage at every event in our area? No absolutely not. It can devalue our industry if not applied judiciously, but it doesn't always. For example, volunteering at a CSMT event is designed to give back to the community...the

community that may support your business or family. Sports teams events are designed to raise awareness of what sports massage is and how it can help athletes, through hands-on interactions. Many volunteer events lead to additional work or leads for additional work. But you have to participate for it to benefit you. Pick one event. Just 1! The one closest to you. See what it may bring.

Chapter meetings and FREE CEs. Our July chapter meeting is on July 18th. We'll give you an update on what's happening in our industry and organization. We'll be talking about National Convention in Washington, DC and the new Assembly of Delegates. If you plan to be in DC, please come to this meeting and learn about all the ways you can participate. I also have some fun networking games planned. Guest speaker TBD.

Our next CE is July 18th *"Your Sacred Belly: Abdominal Education for Massage Therapists".*

May you enjoy your summer. I look forward to seeing you in July!

Becca Torns-Barker
AMTA-CT President

2018 Summer Chapter Meeting

Our summer chapter meeting is July 18th at the Red Lion Hotel (Formerly the Radisson) in Cromwell from 6:00-8:00pm.

Our summer free education is July 18th at the Red Lion Hotel in Cromwell from 8:15-10:15pm presented by Erica Grossman, LMT, CAP, ACSCT. The 2 CE class is "Your Sacred Belly: Abdominal Education for Massage Therapists".

Participants will explore the anatomy and physiology of the pelvic and abdominal cavity; how the various organs have integrated relationships with each other, as well as their effect on far reaching aspects of the body, such as immunity, mood and fertility. We will also be discussing how the structural aspects of the pelvis, hips and legs affect the internal organs and vice versa.

Participants will do a brief abdominal self-massage (clothed and in a chair) to reinforce the importance of self-care to this vital core area.

Presenter Bio:

Erica Grossman, LMT, CAP, ACSCT.



Erica graduated with a BA (with honors) from Hofstra University in 1999 and an AOS (with honors) from New York College of Health Professions in 2003.

Erica is a member of the American Massage Therapy Association, and is licensed to practice massage in New York, Connecticut and Massachusetts. At New York College, Erica's education included studies in both Western (Swedish) massage as well as Eastern (AMMA), aromatherapy, deep tissue, and sports massage techniques.

Erica has been practicing The Arvigo® Techniques of Maya Abdominal Therapy® (ATMAT) since 2011, and had the honor of traveling to Belize to study with Dr. Rosita Arvigo. Erica is one of only two Certified Self Care Teachers in Massachusetts, and has also received certification from the Arvigo® Institute for fertility enhancement and pre/postnatal care. Erica is available to teach private and group classes, seminars, retreats and lectures.

Erica's primary focus is supporting women throughout the childbearing years, but she also finds joy in helping "weekend warriors" and "average Joes" break through repetitive pain patterns and injury.

Erica is also a competitive amateur ballroom dancer and loves spending time with her husband and daughter.

[CLICK HERE to Register](#)

Election Results 2018

Becca Torns-Barker was elected President for a two-year term and **Lani Dove Roth** was elected Secretary for a two-year term.

Board of Directors, Chairs, Coordinators and 2018 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	Jenn Fournier Dubree	BoardMember1AMTACT@gmail.com
Board Member 2	Mindy Michaud	BoardMember2AmtaCT@gmail.com
Conference Committee Chair	Sue Barrett	conferenceamtact@gmail.com
Education Chair	Amy Waite	educationamtact@gmail.com
Membership Chair	Miriam Drew	Membershipamtact@gmail.com
Volunteer Management Coordinator	Rocky Perez	volunteermanamtact@gmail.com
Sports Massage Team Chair	Bill Gibbs	smtamtact@gmail.com
Community Svc 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
Newsletter Editor	Tracy Rosiene	newsletteramtact@gmail.com

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



Save up to \$200!

Call to register: 800-233-5880 or Upledger.com

2018 Awards Presented at Annual Chapter Meeting on April 29th

Chapter Meritorious
Pat Shimchick

President's Award
Rocky Perez

Chapter Humanitarian
Tom Cushman

Outstanding Committee
Member
Sue Barrett

Certificate of Recognition:
For her work through
Sports Massage
Tama Mackay

Certificate of Recognition:
For his efforts he makes
throughout
New England providing Event
Sports Massage
Tony Trujillo

Certificate of Recognition:
For her efforts through
Government Relations
Paula Jelly

Sport Massage Team Awards
Outstanding sports team
member
Loucil Pichay

Best new member
Brei Mascola

Special thanks to
Deb "The Bus Lady" Van Ohlen
Community Service
Massage Team Awards
CSMT Member of the Year
Bob Austin

CSMT 10+ Hours Volunteered:
Nikki Arel
Bob Austin
Bill Gibbs
Pat Shimchick
Andrea Stannard
Deb Van Ohlen
Brianna Very

CSMT 30+ Massages Given:
Bob Austin
Bill Gibbs
Kimberly Marino
Andrea Stannard
Deb Van Ohlen
Brianna Very

Congratulations to Pat Shimchick our 2018 Chapter Meritorious Award Winner



Pat has been involved with the CT Chapter for over 12 years volunteering her time to promote the practice of massage therapy on many levels. She owns her own business and when she is not working she is volunteering. Pat is very inspiring, enthusiastic and full of life, with a passion for helping people.

She has volunteered her time to do many things in our chapter. She has been a chapter leader on and off for years in positions such as Education Director, Chapter Delegate, and on the Ambassador and Scholarship committees. I have been lucky enough to volunteer with her at some of our Sports Team, Community Service Team and Emergency Division Team events, which included the Extreme Home Makeover, the Middletown O&G Plant Explosion, Red Cross drills, Willimantic fire department and the Steeple Chase. She also played a big part in volunteering and organizing events for National Massage Therapy Awareness Week, giving countless chair massages for students and staff at local colleges and universities. She also took on the challenge of organizing local community events, one of which was at her Town Hall, to promote the benefits of massage to the public. Pat has also spent many years working with the No Freeze Homeless Shelter in Willimantic providing chair massage and helping out as needed.

Pat has been an active recruiter of volunteers. I often wondered how she knew so many therapists ... so one day I asked her. She told me that she would come to our Chapter meetings and listen to the new therapists introducing themselves and the town where they lived/worked in. She would then reach out to them, introduce herself, and when there were events in their area she would ask if they would like participate

It is a privilege to know Pat and to have volunteered along side her at many events where she always had a smile and a kind word. Congratulations again to Pat Shimchick our 2018 Chapter Meritorious winner! Well deserved and a Big Thanks for all that you have done over the years!

Sue Barrett

Sports Massage Team



The Sports Massage Team (SMT) season is now in full swing with three events completed.

At the Danbury 1/2 Marathon six SMT members combined to perform 83 massages, and at this years Spring Fling 600 five LMTs knocked out 78 massages and had some of the best food at any race we go to. The Fairfield 1/2 Marathon will be happening by the time you read this and we hope to have a strong showing there as well.

Other events this year are:

Aug. 18: Steeplechase Bike tour in Mansfield

Karen Jensen and Phil DeRicco Co-Coordinators

Nov. 18: Fall Fling 400 in Southington

Bill Gibbs Coordinator

Oct. 13: Hartford Marathon

Bill Gibbs Coordinator

Nov. 22: Manchester Road Race

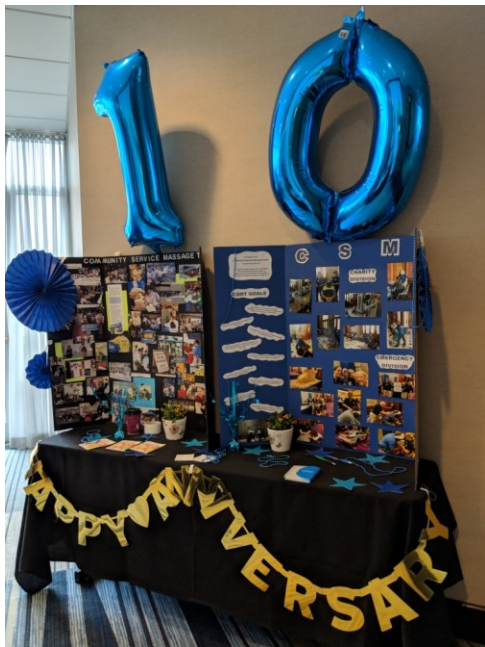
Steven Callis Coordinator

I hope to see many of you out there!

Bill Gibbs, LMT

SMT Chair

Happy Anniversary to CSMT!!! We are officially 10 years old!!!



Our **Outreach Division** is very active and has raised thousands of dollars for various charities including: FoodShare, the Arthritis Association, Channel Three Kids Camp, and Massage Therapy Foundation. In

addition we have gathered toys for the Mill Foundation at Christmas, rallied in Voluntown at the Extreme Home Make-Over site providing massage for all workers, worked on the volunteers at the Women's World Tennis Association in New Haven, and have participated in the Dental Mission of Mercy since its inception. Outreach events continue to evolve as we now include Legislative Awareness Day and National Massage Therapy Awareness Week in our event calendar.

Our **Emergency Division** has participated in several drills: A mock train crash in Old Saybrook, a mock air crash at the Groton Airport and several Red Cross Shelter drills. In October of 2016, we participated in an I.M.P.A.C.T. Training for an active shooter drill at a

school in Vernon. And, since its beginning in 2015, we have been a part of the 3 day EMS EXPO held annually at Mohegan Sun. These activities have allowed us to maintain readiness in the event that we are called up to serve during a disaster.

Actual deployments of the emergency division include the explosion at the O&G plant in Middletown, CT; MA for Tornado Relief/Recovery; Red Cross during hurricane Irene clean up and recovery, the Newtown, Sandy Hook shooting; Boston following Marathon bombings; the Mercy Center in Madison to support **"Traumas in our Ministries" Pastoral Counselors, Clergy and Social Service Workers involved in disasters counseling; a second retreat at the** Mercy Center in Madison to support those that minister to victims of disaster; and a small quick response team to a firehouse in Willimantic, CT due to the large waste paper plant fire.

Those are the activity highlights of the AMTA-CT, CSMT Emergency and Outreach Division and our participation as a team has been profound, inspiring and emotional. The impact on each of us as team members has been equally so. Being a part of this team has forged incredibly strong bonds of friendship and respect. Being greeted at the EMS EXPO by first responders saying "I can't believe that you guys do this for us" and "this is such an incredible service". Being at a deployment and being thanked so effusively by a 1st or 2nd responder is humbling and moving. Being able to be of service, doing what we love to do as massage therapists and provide stress relief and respite in tense situations is profound, inspiring and emotional --- both as a team and as an individual.

Deb Van Ohlen

CSMT Emergency Division Chair
AMTA-CT Chapter

GR Summer 2018 Report

By Nikki Arel



This year saw a very busy, active legislative session and we are pleased to announce that the CT AMTA was successful in lobbying with the Department of Public Health and passing SB301, as it was taken into HB 5163, at the end of session. Deep gratitude and appreciation to all who called, texted, emailed and contacted their Representatives in support of this Bill! Just awaiting the signing into law as of the writing of this report.

We had a well-attended and successful Legislative Awareness Day at the Capitol this past May. Please see Melissa's report for the final numbers. As usual, the LMTs were all enthusiastic and professional and the folks receiving were thrilled to see us! Please plan to join us next year; this is one event where having earned your red or blue tee is not required for participation.

Please know that as you hear of, or see legislation in your town, you can always reach out for help, input or guidance in contacting your local Boards and Town Councils.

CSMT Summer; Season of Growth!



First I'd like to say how exciting it is for me to be a part of this team as the new CSMT Chair! I am an avid volunteer and can't wait to see what we accomplish together in the future. And a special thank you to Jody Clouse, for being a great leader, advocate, and friend. If we haven't met yet, drop me a line and introduce yourself!

The team attended CT Mission of Mercy in Torrington this past April. A wonderful job was done by our volunteers working on the dentists, hygienists, and support staff. If you've never attended this event, keep it in mind next year! It's a yearly event that moves to different locations in CT, where people who are underinsured or have no insurance can receive dental work. The team did a combined total of 236 massages over the two day event! Feel free to contact me on how to get involved in Outreach Events.

Nikki Arel did a fantastic job coordinating our Legislative Awareness Day on May 1st! This year saw 210 massages,

both chair and Thai. Being able to give massage at the Capitol Building is a great opportunity and a beautiful location to work from. Nikki told me a number of times throughout the day people told her that this was their favorite day and that they love it when we're there.



Deb Van Ohlen has been busy getting everything set for the EMS Expo at Mohegan Sun on 5/31-6/2. There are six teams set up to give massage and educate the EMS Community about our team. As Emergency Division Chair, Deb has been actively in contact with the Red Cross and the Town of Hamden in case our services are needed as storm clean up from the large weather system that occurred May 15th continues.

The summer is just getting started and I'm excited for how we can grow together!

Melissa Glassman
CSMT Chair
AMTA-CT Chapter



Upcoming Chapter Events

[July 18th Chapter Meeting](#)

at Red Lion Hotel, Cromwell

5:00-6:00pm Networking

6:00-8:00pm Business Meeting

[July 18th Free Chapter Education](#) "Your Sacred

Belly: Abdominal Education for Massage

Therapists"

8:15-10:15pm

[July 24th Pre-Convention Meeting](#) 6:00pm

[Aug 9-11, 2018 AMTA National Convention](#)

Washington D.C.

[Aug 19th Steeple Chase](#)

Sports Massage Team Event, ECSU

[Sep 11th Board of Directors Meeting](#) 6:30pm

[Oct 13th Hartford Marathon](#)

Sports Massage Team Event, Bushnell Park Hartford

[Oct 21st Fall Chapter Meeting](#)

at Hilton Garden Inn, Shelton

10:00-11:00am Networking

11:00-1:00pm Business Meeting

[Oct 21st Fall Chapter Education](#)

at Hilton Garden Inn, Shelton

2:30pm – Education to be announced

Welcome Our New CT Chapter Members!

Juanita Akridge	Katiria Madera
Jillian Amenta	Yecenia Martinez
Anita Boateng	Kyla Masangkay
Tiffany Bradley	Ernest Matthews
Natasha Chandler	June Miller
Rachel Conover	Perquon Moore
Ashley Cotto	Jazmin Ortega
Eden Dillon	Jeffrey Rigoletti
Arden Donahue	Adrian Roberts
Christinna Dunphy	Tacara Robinson
Meghan Edmonds	Sharay Robinson
William Fairley	Dana Rozanski
Christopher Germosen	Jorge Sanchez
Jaime Gouchie	Chelsie Sands
Jacob Gross	Madison Schmeer
Lisa Hooper	Jacklyn Scovel
Sawyer Hurst	Brittany Taylor
Letesha Jones	Anne Triano
Nicholas LeBrun	Noel Tufano
Jaynise Lee-Smythe	Desiree Vadi
Randall Lewis	Jeanne VanHeerden
Tabitha Logan	Kadeesha Wave
Natalee Longhenry	Joseph West