



Summer 2019 Presidents Message

“To plant a garden is to believe in tomorrow.”

Audrey Hepburn



I love summer. I always have. It a season full of possibility: full of adventure, exploration...everything around us is growing. Take time to plant your own

garden, whether that is full of produce, flowers, or your own enrichment. Investing in yourself now is believing in your future. Let’s watch those gardens, and futures, grow!

I hope the magic of summer finds you and your practice this summer; enriching you, inspiring you, sustaining you. We have a lot yet to look forward to in 2019:

- Beginning in October, massage therapists will need to carry liability insurance, and students will be required to have 810 hours of education to enter the profession.
- The House and Senate have yet to pass a budget. We will continue to fight to have massage therapy excluded from sales tax. The current version of the budget in the House does NOT include us.
- The bill to license nail technicians and estheticians passed the House vote. On to the Senate.

- Exciting announcement: the Sport Massage Team (SMT) is now actively **working towards PAID events for massage therapists** working SMT events. We can’t change contracts that are already signed, but look to the future!
- Chapter meetings and FREE CEs. Our July chapter meeting is on July 17. The meeting will be a little shorter so that we can start education earlier and get everyone home a little earlier. We’ll give you an update on what’s happening in our industry and organization. We’ll be talking about state legislation, National Convention in Indianapolis, and the Assembly of Delegates. If you plan to be in Indiana, please come to this meeting and learn about all the ways you can participate. [Learn more here](#)
- Our next CE is Self-Care Tune-up for the LMT with Nikki Arel. You asked for more Nikki, and we listened! [Learn more here](#)

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

Becca Tornis-Barker
AMTA-CT President

Education News

In July, two continuing education classes are being presented: Self-care Tune up for the Massage Therapist and Fundamentals of Fascial Therapy. Each class is NCBTMB approved and offered at either no cost or at a significantly reduced price for AMTA members.

Self-Care Tune-Up for the Massage Therapist

July 17, 2019

7:15pm – 9:15pm

2 NCBTMB approved CEs

Red Lion Hotel, Cromwell, Connecticut

Cost: Free to AMTA-CT members (check Eventbrite for out-of-state AMTA and non-member pricing)

Immediately following our Chapter meeting this summer, join us for a self-care class presented by massage educator, LMT and yoga instructor, Nikki Arel. This 2-hour class will address lazy postural habits and poor body mechanics many massage therapists develop. Attendees will be taught ways of preparing and positioning their bodies to meet the demands of therapeutic work through yoga flow movements, core strengtheners and stretching.

Breathing exercises with a specific intention to either ground and relax or to raise the energy level of the therapist will be practiced as well.

Be sure to dress in loose, comfortable clothing to perform movement and hip/shoulder orientation exercises designed to save the therapist's hands and body while gaining depth in their massage work.

No tables needed.

Get your tickets for Self-Care Tune-Up for the Massage Therapist [here](#).

Fundamentals of Fascial Therapy

July 27, 2019

8:00am – 5:00pm (one hour lunch break)

Double Tree by Hilton, Bristol, Connecticut

8 NCBTMB approved CEs

Cost: \$175 AMTA member, \$275 non-member

Fascial Therapy education can deepen your understanding of restrictions and how to mobilize tissue and underlying structures. The AMTA now offers a Fascial Therapy program to advance your skills in addressing postural problems, scar tissue, adhesions, limited ROM and athletic recovery. Classes in this comprehensive 19 credit program are offered both on-line and live. The 8 credit live workshop is being presented here in Connecticut!

Pete Pfannerstill, international Myofascial Sports Massage instructor, teaches practical applications of Fascial Therapy

through hands-on instruction and practice in this 8-hour class. Together, the instructor and student will explore the different styles, techniques and philosophies of Fascial Therapy and resulting physiological responses.

Attendees are encouraged to complete the [three Fascial Therapy Continuing Education Program online courses](#) before taking the workshop. Learn at your own pace and earn up to 11 more CE credits online with classes focusing on the science of fascia, benefits and contraindications and techniques.

The courses of the AMTA Fascial Therapy Continuing Education Program can be taken on their own too. You can choose Health Professions in 2003.

what classes to take to advance your massage therapy practice. You'll receive NCBTMB approved CEUs for the classes you complete. [Click here to learn more about how the program works.](#)

Workshop attendees should bring table, linens and oil or lotion. Please wear loose fitting sport shorts, sports bra or modest swimwear and sport shoes (no jeans, leggings, capris or sandals).

[Register online at Regonline](#)

Government Relations

Respectfully submitted by Nikki Arel, GR

This session has been VERY busy and at the writing of this report will, most likely, be going into special session.

The massage therapy profession has been active in the budget process, as Governor Lamont's initial budget proposal removed the exemption for sales tax for massage therapy. We mobilized immediately and both Becca and myself sent letters to the Governor. Then, with the input and assistance of National, we sent an Engage letter to our membership asking the Finance Committee to respect that massage is healthcare and we should not be subject to sales tax.

In our on-going campaign, there were letter-writing requests and phone calls, visits to the Capitol and legislators, multiple public testimony days and planning for the Legislative Awareness Day. As we came upon LAD, we still have no budget but we do have the small victory that, at this moment, we are not in the budget that the Finance Committee released. they are in current negotiations over the final budget that the House and Senate will be presented and voted upon.

At this time, I am in close contact with our Lobbyist and working upon her suggestions for who to contact and what is needed to keep our course and remain under exemption.

On a happy note, Legislative Awareness Day was incredibly well-received and had 19 volunteer LMTs giving 189 massages! 26 legislators were on our chairs and mats and each one received a personal, hand-written note from me within the week after LAD.

Please continue to watch your emails and the social media posts for any opportunities to lend your voice. I hope to report, VERY soon, that the budget has been proposed, passed and signed and that we are solidly in the exempt category still (meaning not subject to sales tax).

AMTA-CT Membership

Wow this year is flying by! Just like the last 10 years that I have been a member of AMTA-CT!

Like many of you, I spent many of those years as a silent member – maybe attending a meeting once a year if schedules worked out. I watched and observed at those few meetings, not really knowing anyone or, to be honest, wanting to know anyone. For me, it was overwhelming to be in a room with so many people I didn't know, talking about things I wasn't sure if I really cared about.

It's only been in the last several years of my membership that I've become a regular at the meetings and only this year since I decided to step up and fill a leadership role or two in the chapter. I've found out that the networking and socializing with my fellow members is pretty easy; everyone has been friendly and easy to get along with. I've gotten used to seeing the same seventyish faces and the scattering of new ones at every meeting.

BUT, as membership chair, I am amazed to realize that less than 3% of our membership attends these meetings!! This means that 97% of you are silent members and are not getting the full benefits of being a member!

If you are not sure of when the meetings are, we have them published on our website many months in advance. If you have an issue you'd like to discuss reach out to anyone on the leadership team and share your opinion or concern; we want to hear from you!

If you don't like being in an environment where you don't know anyone, talk to your coworkers and get them to come with you. Or show up after the social hour and grab a seat in the back. Give it a try and see how powerful and fun your AMTA membership can be.

If you just don't know why it's important to attend these meetings have you heard of recent legislative concerns that may impact your practice? Have you heard of insurance requirement changes or a human trafficking poster that you have to have in your practice by law?

If you absolutely can't make any of these meetings (there's only 4 per year!), at least join our Facebook group where you can learn about these issues and more just by passively reading through the posts. You can also find job postings, items for sale, and continuing education courses. It's the next best thing to attending the meetings. <https://www.facebook.com/groups/580127485456138>

Hopefully, I will see many more new faces **July 17 in Cromwell!**

Jeff Shuman

Membership Chair, AMTA-CT

AMTA-CT Sports Massage Team

Tama Mackay, SMT Chair

I am excited to be the new Director of the AMTA Sport Massage Team. Our team is in a new phase, and I encourage you to stay tuned! My goal is to work with Race Directors to pay us directly or to be able to charge the athletes directly at events. Other states have incorporated similar programs, and I believe that it enhances our profession. Of course, we should all continue to volunteer individually, at events that are of interest to us. Finally, it is a great opportunity to connect, to network, to get to know other professionals in our field, and to market your business. Remember, as James Keller once said, "a candle loses nothing by lighting another candle". It is a great advantage to our clients to have contacts all over the state!

WTA Massage Therapist, Lee Stang, says to "start getting involved with your AMTA chapters' Sports Massage Team; this provides excellent hands-on experience and each event looks great on a resume."

If you have never worked at a sporting event (WHY NOT???), here is a quick synopsis of what a regular shift at a road race or sporting event may look like. First, we **ALWAYS** begin with coffee and donuts. Some of the athletes may request pre-event work—a short, upbeat, specific treatment given immediately before the event. The goal of this massage is not to make any structural changes, but rather to increase circulation, flexibility, and mental clarity, thereby improving athletic performance. There is usually a break in between the action as the athletes undergo their event, and this is a great time to get to know each other and share your contact information. We begin our post-event massages once the athletes complete their courses, and the goal here is recovery! The tempo is much slower, and the focus is on increasing circulation, reducing muscle soreness, and increasing range of motion through stretching. We encourage you to make connections with the athletes and to share your business cards.

If you are looking to mingle with other therapists, this is a great opportunity to have some fun and support each other! At the end of our shift, I would also like to invite you to a “social hour” at a spot nearby (to be determined). We will have the opportunity to answer any questions and to share any stories!

To join the team, you must have 16 hours of sports education. To earn your red, SMT shirt, you must volunteer at two events and work on a minimum of 20 athletes (documented at the events). Your red shirt will then be presented at the volunteer appreciation event. Don't have your 16 hours? No problem! We always need help at the registration desk.

I look forward to educating athletes about the importance of massage and bringing Connecticut's Licensed Massage therapists together as a profession at local events.

Volunteer with AMTA-CT

Dan Lam, Volunteer Placement Coordinator AMTA-CT Chapter

The AMTA-CT chapter relies nearly completely on the support of its volunteers.

Just a few reasons to volunteer:

- It feels amazing to give of yourself
- It's a great way to meet people and network
- Expand your horizons by learning new skills

AMTA-CT tries to make volunteering as easy as possible. For hands-on events, the chapter provides essentials such as disposable face cradle covers, hand sanitizer, disinfecting wipes, and paper towels.

There are a variety of opportunities with different commitment levels, so we can match your interests, availability and skills to the right events or positions.

If you're looking to volunteer, or to get more information about what opportunities are available, send the [Volunteer Application](#) in and we'll get in touch with you.

Massage Therapy Foundation Silent Auction – CT Conference 2020

At CT Conference this April, 67 bidders bid on donated items totaling \$4,592.00. The final bids raised \$2,525.

We received the following message from The Massage Therapy Foundation:

All of the hard work of the Connecticut chapter is so deeply appreciated. The \$2,000 will go a long way to enable the Foundation to continue to grant funds for high-quality, independent research studies that enhance the understanding of therapeutic massage applications and their roles in health-care delivery. Your gifts go towards funding community service grants that bring the benefits of massage therapy to people who desperately need them, but do not typically have access to massage, as well as education for MTs and educators.

Your member's generous donations, via the auction, will also help get us closer to reaching our 2019 marathon goal!

You, Karen, and your chapter members are truly amazing.

Marla Gamze

Development & Communications Manager

Massage Therapy Foundation

500 Davis Street, Suite 950 | Evanston, IL 60201

2019 CT Conference Recap

The 2019 Conference has come and gone and we are already at work on the 2020 event, which will be our 5th Annual CT Chapter Conference, April 2nd-5th at the same location. Save the date!

Now back to 2019, this year's Conference was very busy from start to finish, it was our best attended conference so far! We had over 200 participants, awe-inspiring educators and a very active exhibit floor. We also added new activities like an awards recognition pizza party, for our wonderful volunteers and our brand new Presenter Pop-Up, which was a big hit as well. So many things were going on throughout the conference this year, that there was something for everyone! The four day conference went by like the blink of an eye. Like I said we had a lot happening, the education made us think and expand our minds and it gave us new tools and techniques that we could use right away in our practices. The Presenter Pop-Up gave us extra time to talk with the educators so they were able to answer our questions on how we could further our education if we wanted or see what else they offered as educators. The exhibit floor was again very active this year, with returning and new Exhibitors.

This year's Photo Booth was a lot of fun, lots of laughs and good times with our friends and colleagues. Look for the pictures at the next Chapter meeting. We had an awesome event that happened on Friday

evening, an Awards Reception to recognize our many wonderful volunteers, for all that they do. Thanks for being a CT Chapter Volunteer you really do make a difference and it shows!

The Silent Auction for Massage Therapy Foundation was another success we should all be proud of. Did you know that over the past four we have raised over \$5,000 for the MTF with this Auction. Thank you to all that participated to help the MTF.

A special thanks to our team of Educators, Exhibitors and Sponsors, without these key people and businesses we wouldn't be able to have a successful conference. Thank you to them for providing us with our continuing education hours and the products/tools needed for our profession. It is greatly appreciated.

Most importantly, I would like to take a moment and THANK all the volunteers that went above and beyond to make this such a successful conference! Without you, we couldn't have done what we did. Every year our conference continues to grow and it has become a great place to meet our friends and collages from all over the state, as well as some of the chapter leaders and members from the surrounding states.

Just an added recap, did you know? Over the last 4 years we have provided 225 hours of continuing education. We have had over 622 attendees and over 60 exhibitors, many of which were returning exhibitors as well. We have also raised approximately \$5,369 for the Massage Therapy Foundation ... Great Job!!!

If you haven't attended an AMTA-CT Conference that's ok, no worries, because the 2020 Conference is coming up and the time is now, we will be having another great lineup of educators and exhibitors. We already have contracts signed with Doug Nelson (current President of MTF), Cupping Canada Cupping Certification Program and Lymph Balancing from the D'Ambrogio Institute. We are currently working on completing the final slate of educators. The registration for next year will start in November 2019. Remember to register early to get the classes you would like so you don't miss out for 2020. Watch the website and the newsletter for updates join us at the chapter meetings for the most current info and remember classes do fill fast so register early and bring a friend. We would love to see you there!

Sue Barrett
Conference Chair

Upcoming Chapter Events

July 17th Chapter Meeting

at Red Lion Hotel, Cromwell

5:00-6:00pm Networking

6:00-7:00pm Business Meeting

July 17th Free Chapter Education

Self-Care Tune-Up for the Massage Therapist

Presented by Nikki Arel (2 CEs)

7:15-9:15pm

July 27th AMTA-CT Chapter Education

Fundamentals of Fascial Therapy

Presented by Pete Pfannerstill (8 CEs)

Doubletree by Hilton, Bristol CT

8:00am-5:00pm

October 5-6 Chapter Leadership Strategic Planning Sessions

By Invitation only, open to BOD, Chairs and Coordinators

October 12th Hartford Marathon

Sports Massage Team Event, Bushnell Park Hartford

October 24-26th AMTA National Convention

Indianapolis, IN

November 9th Fall Chapter Meeting

Best Western Plus, North Haven

8:30-9:30am Networking

9:30-11:00am Business Meeting

November 9th Fall Chapter Education

To be determined

Best Western Plus, North Haven

11:30am-2:30pm

November 28th Manchester Road Race

Sports Massage Team Event

8:00-11:00am

April 3, 2020 Volunteer Appreciation and Awards Reception

Doubletree by Hilton, Bristol CT

5:30-7:30pm

April 4, 2020 Annual Meeting

Doubletree by Hilton, Bristol CT

12:30-1:30pm

April 2-5, 2020 5th Annual CT Conference

Doubletree by Hilton, Bristol CT

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

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Delegates to Assembly of Delegates 2019: Jeff Shuman Nikki Arel
