



# Massage Matters



AMTA CT Chapter Newsletter – Winter 2016 Edition

## *Wishing You Warm Winter Greetings*

By Becca Torns-Barker



Hello fellow members! I hope this finds you well as we are approaching winter. The chapter has had a very busy

fall, so I know that I personally am looking forward to some quiet time this winter, which is also a natural time for some introspection and reflection.

I am very thankful for all of you, our members. The Board could not accomplish much without you. I am also thankful for the CT Board of Directors. These amazing people do so much work behind the scenes so that this chapter can offer everything it does, from a lobbyist protecting our interests, to first class education, to volunteer opportunities, to networking opportunities. Thank you for all you do.

### **Recap**

So what did we do this fall? First, your five delegates and five alternates attended National convention in Wisconsin this October. We had 3 first timers on the delegation this year! It was a wonderful experience to bring some “new blood” into the delegation, and introduce members to the National stage. You truly feel a part of something bigger than yourself at an event like this.

If you'd like to read more about their experiences at National, each wrote an entry that is live on our blog. Go to: [www.amtactchapter.org/blognews/](http://www.amtactchapter.org/blognews/) to read more.

In addition, we had a membership meeting, and Board meeting, a Conference committee meeting, and the Sports Massage Team (SMT) worked their turkey tails off at the Manchester Road Race on Thanksgiving Day. Thank you to those therapists for your time and effort on Thanksgiving Day. There are blog entries recapping the Manchester Road Race and the membership meeting.

### **Looking Forward**

There is so much to look forward to in 2017!

- We have another membership meeting on **1/22/17 at the Hilton Garden Inn in Windsor, CT.**
  - Our **guest speaker** will be **Sharon Lewis** ([www.SKLewis.advisoach.com](http://www.SKLewis.advisoach.com)) who will speak to us about **Setting and Achieving Goals**
  - Our 2-hour education (FREE to CT Chapter members) will be Tai Chi.
  - We will announce our SMT schedule and Community Service Massage Team (CSMT) schedules for the year.
  - We will announce our meeting schedule for the year.

- Our **annual elections** are coming! We'll be discussing the election process at our January membership meeting. We have BIG changes coming this year. Due to new restrictions from National, all Boards must have 5 (and only 5) members. We'll be talking about what that means to CT. In 2017 we'll have 2 Board positions up for elections (2-year term) as well as 3 delegate positions (2-year term) and 5 alternate delegate positions (1-year term). More on all of that at the meeting.
- The 2017 Connecticut Conference is coming! Registration is open and moving fast! The dates are 4/20/17-4/23/17. Up to 22 CEs for \$275. We have a great lineup of classes, including Craniosacral Therapy 1 (from Upledger), Structural Relief Therapy (from Taya Countryman), Intro to Kinesiotaping, and much, much more. For more information, see [www.amtactchapter.org/event/conference](http://www.amtactchapter.org/event/conference).
- The Board voted to renew our contract with our CPR provider, so new dates will be coming your way!
- Want to help out? With all of the changes, we have volunteer opportunities a plenty. Whether you have 2 hours a month or 2 hours a week, we can use your help! Nervous about speaking up? I promise you, the Board is a really nice group of people to work with.

We'd love to have your help and input. If it turns out you don't like the position you volunteered for, we'll do our best to find one that suits you better.

When I first started volunteering, I didn't know a single person here in CT because I had moved from another state and hadn't even gone to massage school here. The Board was amazingly welcoming, and now look, I'm your President! I implore you to consider volunteering. What do you love? What magic skill set do you have that we don't know about? We want to know! Let us know at [info@amtactchapter.org](mailto:info@amtactchapter.org). Go to [www.amtactchapter.org/volunteer/](http://www.amtactchapter.org/volunteer/) to learn more.

If you have input, ideas, feedback, or questions, please don't hesitate to email [info@amtactchapter.org](mailto:info@amtactchapter.org). I wish you all a very joyful holiday season and a bright new year. See you in January!

**Becca**

## **Winter Chapter Meeting**

January 22, 2017  
Hilton Garden Inn  
555 Corporate Drive  
Windsor, CT 06095

**Guest Speaker:** Sharon Lewis,  
Setting and Achieving Goals

**Education:** Tai Chi for self-care

Wear your red, white, or blue volunteer shirt!

# Community Service Massage Team

By Jody Clouse



Greetings from the CSMT!

This fall CSMT held two events. The Outreach Division participated in the CT Mission of

Mercy event that provides dental care for those in need. Carol Radzunas coordinated the successful event at which 13 therapists provided 300 massages. This event really showcased how effective a well-coordinated group of helpers can be for a large number of people in need of dental care. The positive energy was palpable! The Emergency Division, headed up by Deby Van Ohlen, participated in a large scale casualty drill at Rockville High School. Cass Crewson led the team of 10 therapists that provided care to 31 participants ranging from bus drivers, to teachers, to safety personnel. A huge thanks goes out to all of the therapists that participated in these events.

As the therapists that volunteered at these events can tell you, being a volunteer feels good. Another opportunity awaits for you to feel good about what you do. Our next chapter meeting in January will be a donation site for the New Reach Organization. Their mission is to inspire independence for those affected by homelessness and poverty through a continuum of housing and support using the most innovative and progressive methods.

Items that are being requested by New Reach are listed below. Let's all join together and show how much we care! If you have questions about the organization, you can find them online at [www.newreach.org](http://www.newreach.org).

Bath towels  
Twin sheets  
Throw blankets  
Pillows (new)  
Comforters  
Socks (kids/adult - new)  
Cleaning supplies  
Laundry baskets  
Diapers - larger sizes preferred  
Wipes  
Feminine hygiene products  
Underwear (all sizes)  
Monetary donations (checks should be made out to new Reach - memo: shelter fund)  
Gift cards to ShopRite/Stop&Shop

As always, thank you for all you do!

Jody Clouse,  
CSMT Director

## Sports Team Update

Greeting Sports Fans!

This year's Manchester Road Race was attended by eleven hardy massage therapists who combined to give 128 massages. Thanks to Jody Clouse, Chuck Blake, Patty Wade, Gwen Vartanian, Shannon Saunders, Andrea Stannard, Meghan Fitzpatrick, and Steve Crews for coming out to represent the AMTA Sports Massage Team. Special thanks to Steve Callis for coordinating the massage therapists and to Shirley Cooper for bringing bagels and managing the crowd so well.

I hope to see an even better turn out next year.

Bill Gibbs  
SMT Director

# Membership News

By Jennifer Fournier-Dubree



As I sit, reflecting on the many blessings of this past year, I want to thank each of our members for their contributions to our growing CT AMTA

Chapter. You may not know, but we are one of the largest chapters in the country, with almost 2500 members Statewide. Whether big or small you all make a difference in our community and it is appreciated. Cheers to you and your families during this magical time of year. My wish for you is to find joy and peace in each magical moment. I look forward to connecting (or for some, re-connecting) in 2017. Start your New Year off by celebrating our trade, and join us at our January 22nd Chapter Meeting. It will be held in Windsor, CT at the Hilton Garden Inn.

## Volunteers Needed!

If you're wondering about volunteering at the chapter level, get in touch with me. We still have several opportunities available in our Chapter volunteer space and I look forward to welcoming you on board to work with our amazing members.

As Membership Director, I need volunteers on two committees:

### Ambassador Committee

Ambassadors have two jobs. First, call any transfer or reinstated members that the Ambassador Chair asks you to and welcome them to the chapter. We have a script available to cover talking points.

This happens maybe twice a year, and you make a 5-minute phone call.

The second job is to host Meet and Greets. Meet and Greets are informal events held across the state with the intent of gathering massage therapists together to discuss matters that may be important to them or important to their local AMTA chapter. They are held by Ambassadors, as a way of representing the Board of Directors (BOD) to a broader audience of members than just those that attend chapter meetings. Ambassadors should hold one Meet and Greet per calendar year. Again, we have an agenda and talking points to help you run a meeting.

### Meeting Set up Committee

AMTA CT holds four chapter meetings a year. All of these require decorating the tables and distributing paperwork (like agendas) on the tables before the meeting. This group usually arrives 30- to 60-minutes before doors open to set up.

To join either committee, please email Jennifer at [membership@amtactchapter.org](mailto:membership@amtactchapter.org). Please email me with any questions, comments, or feedback for the Board as well. I look forward to hearing from you. Thank you for being an AMTA member!

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# Education

By Tami Taylor

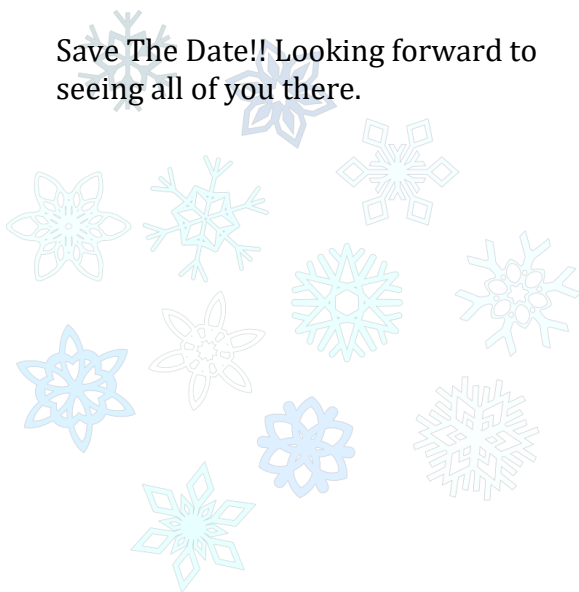
I hope all of you had a joyful Thanksgiving! As I reflected on what I was thankful for this year my profession, my colleagues and my AMTA family, as always, made that list.

Now we can look forward to the upcoming holiday season and quickly following that the Winter Chapter Meeting. We are very excited about the upcoming education in January, we have Steve Luckingham (Lucky) coming to teach us the philosophy, history and benefits of Tai Chi. There will also be group participation so be sure to wear loose clothing on that day.

The meeting and education will be held on January 22<sup>nd</sup> 2017 at the location listed below.

The Hilton Garden Inn  
555 Corporate Dr.  
Windsor CT  
Time: 2:00pm-4:00pm

Save The Date!! Looking forward to seeing all of you there.



## Upcoming Events

### Winter Chapter Meeting

January 22, 2017  
10am – 1pm  
Hilton Garden Inn  
555 Corporate Drive  
Windsor, CT 06095

### Winter Education

January 22, 2017  
2pm – 4pm  
Hilton Garden Inn  
555 Corporate Drive  
Windsor, CT 06095

### Annual Connecticut Conference

April 20-23, 2017  
Double Tree by Hilton  
42 Century Drive  
Bristol, CT 06010

### Spring Chapter Meeting

April 23, 2017  
Double Tree by Hilton  
42 Century Drive  
Bristol, CT 06010

### Summer Chapter Meeting

July 19, 2017  
Radisson Cromwell  
100 Berlin Road  
Cromwell, CT 06416

# Written Goals Are Dreams with Deadlines

By Sharon Lewis

Sharon Lewis, owner of Adivcoach, shares with us some strategies to help set your goals, and accomplish them! Sharon will be speaking at our January chapter meeting.

## **Written goals are dreams with deadlines**

What is the vision for your practice? What would you like to achieve in the next year or the next 3 months? Having dreams are one thing but actually accomplishing them can be hard work! Here are some strategies and tips on how to take your vision and turn it into something that you can work toward and achieve.

Goals are more likely to be achieved if you describe them as “SMART” goals- Specific, Measureable, Actionable, Realistic and Time-bound. An example of a dream or goal is, “I want to buy a car.” An example of a SMART goal is, “By the end of next year, I will have saved \$200 a month for 13 months to put 25% down on a used car.”

**Specific:** A clearly described goal will help you focus your efforts and get motivated. Try and answer these questions about your goal(s):

- What is it that I want to accomplish in the next X months?
- This goal is important to me/my practice because....
- Who else is involved in making this goal a reality?
- What additional resources (e.g. people, money, equipment, location) do I, or we, need to make this goal a reality?

**Measurable:** *What gets measured gets done.* Regularly assessing how you are doing helps you focus on progress. You use the information to make decisions and adjust your path along the way, allowing you to achieve better results and stay motivated. These measurements are indicators of performance and tell you when what you’re doing is working (or not), and when you’ve reached your goal and it’s time to celebrate. Some examples would be the number of new clients per month, the average number of visits per client per month, or the average customer survey rating.

**Actionable:** What are the steps that you’ll need to take to achieve the goal? Do you need the buy-in and cooperation of any other people? Who ‘owns’ each action or project? Three to five actions per goal, per person, is about as much as the mind can grasp at one time. Accomplish the highest priority actions and then add new ones.

**Realistic:** There’s nothing more disheartening than a goal unrealized because it wasn’t based in reality. It’s good to create stretch goals (things that you have to work hard to achieve) but they do need to be attainable. With an achievable goal you’ll be able to outline the steps to answer, “How can I achieve this goal?” You will be able to look at your current resources and identify constraints that can be addressed to make your goal possible.

**Time-bound:** Every goal, and every action leading to a goal, needs a target date so that you have a deadline to work toward. This will also help you prioritize these actions against your day to day activities. Some larger goals may also need specific milestones or incremental steps added to the timeframe.

Increase your chances of achieving your goals by writing them down and communicating them! People who don't write down their goals tend to fail more often than those who have a plan. Your written goals are like your GPS- you know where you want to go and now you know what road you'll take to get there. Under each written goal, write 3 to 5 action steps that will move you toward that goal. (These should also be SMART.) Who else needs to assist you to achieve your goal? If you can, involve them in the goal-setting process to get their buy-in. Otherwise, communicate your goal and not only why it is important to you, but why it should be important to them. Vision is very important when a business is starting out- it gets people excited about the business, but as the business develops and grows it becomes more important to make sure your people are aligned with that vision. Having your vision translated into goals and actions will help you get the team aligned, make sure you are all working toward the same vision, and make it something concrete and measurable.

To make it more likely that you will achieve your vision for your practice: set SMART goals and actions, communicate them, measure them, track progress and don't forget to celebrate success! Good luck and push yourself to achieve your dreams.

## **Welcome Our New CT Chapter Members!**

Brianna Agnello	Grace Chattin
Matt Ahern	Kathleen Christiano
Yolanda Alicea	Wendy Clement
Sarah Alligood	Lenzye Clotaire
Yesenia Almodovar	Lindsay Cole
Jenny Anderson	Cheryl Connolly
Kaitlin Anderson	Karymar Crispin
Leah Anderson	Melissa Cyr
Shannon Andrews	Michaila Daddorio
Joseph Ankrah	Angelina Davenport
Tracy Armstrong	Marie Desir
Dora Avila	Antonina Desso
Trista Baca-Robertson	Robert Downes
Karina Baez	Jamie Dumaine-Russell
Williane Bandeira	Grace Durgan
Jennifer Barnes	Victor Elizondo
Iyanna Baskerville	Yenny Estevez
Laura Baxter	Erik Estrada
Daniel Beaudry	Miranda Fillmer
Kelly Beaulieu	Victoria Fox
Lorena Bedoya	Rachel Francis
Melissa Behrens	Adrienne French
Katelyn Bennett	Lauren Frey
Blaine Bereket	Chad Fritz
Elisabeth Bergen	Jessica Gallion
Carrie Bernard	Michael Goodrich
Carmen Berroa	Andrea Graf
Marielaina Borisut	Cortora Green
Ashley Bowen	Xie Greene
Jailyn Brantley	Sharon Hall
Kristen Braun	Dawn Hamelin
Jordan Brazalovich	Sahar Hamid
Karen Brazauskas	Natalie Harding
Stephanie Brilla	Chelle Harper
Chantol Brown-Scully	Mary Harrington
Stephanie Bugbee	Noelle Hooper Hartmann
Emriss Bundy	Tamicka Hastings
Shelby Burdick	Roslyn Hawkins
Melanie Cadena	Ariana Henriquez
Stephanie Calderon	Patricia Hogan
Melissa Camacho	Amie Hoinsky
Melissa Carroll	Mary Holliman
Peter Castellani	Alexa Hunt
Mayra Castro Cubero	Kelly Johnson
Dean Cera	Amber Kemp
Rosa Cervoni	Judith Keogh
Leah Champagne	Katie King

Bonnie Kizilski  
Kimberly Kroner  
Stephanie Kyek  
Iliana LaBoy  
Lee-Ann LaCasse  
Morgan Leheny  
Nora Lendvai  
Christine Lenehan  
Keri Liccardi  
Amber Lively  
Laurel Lovely  
Joseph Lozano  
Samantha MacDaniel  
Tracy Maclachlan  
Donna Maffia  
Laurie Mailhot  
Marcia Malhoit  
Diane Marshock  
Kory Martin  
Santha Martin  
Suselei Martin  
Haydee Martinez  
David Master  
Jessica Maynard  
Christine McDevitt  
Faith McNeill  
Maraya Medeiros  
David Mendez  
Jessica Miller  
Andrew Milliot  
Shawnee Moody  
Michael Morin  
Inga Natoli  
Dianne Navarro  
Dajana Negron  
Jorge Negron  
Brian Noble  
Kendra Nordgren  
Jaclyn Osanitsch  
Deborah Palladino  
Abigail Palmieri

Arianna Pascoa  
Gillian Pennell  
Jasmine Perez  
James Perkins  
Jamie Piechota  
Kathleen Puhalski-Stacy  
Holly Radtke  
Chelsea Rayhall  
Kara Richardson  
Susan Riley  
Tania Rodrigues  
Carmen Rodriguez  
Damita Rodriguez  
Dinah Rodrigues  
Gina Rodriguez  
Patricia Rodriguez  
David Roma  
Beverly Romaine  
Svitlana Romaniv  
Benjamin Romann  
Veronica Rosario  
Lysandra Ruperto  
Shelby Sabrowski  
Byron Sanchez  
Kirk Scarlett  
Alexis Schillinger  
Melanie Schipritt  
Amanda Schumacher  
Jennifer Scing  
Brittany Scinto  
Ashlee Shaw  
Shirley Sykes  
Katey Scrimgeour  
Lauren Sedlak  
Bekim Selmani  
Christine Sheridan  
Sylvain Simoneau  
Kyoko Shirane Simpson  
Erica Sirois  
Rikki Slappy  
Courtney Slocum

Carleton Smith  
Deja Smith  
Jessica Smith  
Judith Smith  
Jeannifere St. Hilaire  
Victoria Stein  
Karen Storminger  
Donna Sullivan  
Dondre Taylor  
Nika Terrill  
Angela Terry  
Saudra Thompson  
Melissa Topliff  
Roxee Torrealba  
Leonellyes Torres Tosado  
Rosa Traverso  
Marios Vangjeli  
Bianca Velazquez  
Emily Vessey  
Nyrmin Vidro  
Anthony Villalba  
Darcell Void  
Shannon Waluk Crystal  
Washington  
Aleksandra Wasiutynski  
Hannah Weasenforth  
Jackie Wescott  
Dijon Whyte  
Amy Wilkes  
Tyvon Williams  
Nicole Wilson  
Craig Wilkinson  
Natalia Wittmer  
Jamie Wood  
Michelle Yeaton  
Christina York  
Corinne Zukowski