



Massage Matters

AMTA CT Chapter Newsletter – Winter 2017 Edition

“Desire is the key to motivation, but it’s determination and commitment to an unrelenting pursuit of your goal—a commitment to excellence—that will enable you to attain the success you seek.”

- Mario Andretti

President’s Message



We made it through that busiest time of the year again, when stress levels rose, clients needed to get in, holiday shopping

had to be done, and the wrapping, the meals, the decorations...and on it went. It’s easy to get lost in the hustle and bustle, and admittedly, sometimes it’s fun too. Personally, I loved the excitement in the air and the possibility of a white Christmas.

Through all of the holiday season, it may also have been easy to forget about planning for next year. Have you set your business goals for next year yet? Have you updated your business and marketing plans? If not, now’s the time!

When setting your business goals, remember to make your goals SMART ones (Specific, Measurable, Achievable, Relevant, and Timely). Create that star board; create a marketing plan. Plan out the work you do not just as the worker bee, but as the entrepreneur as well. Know what you want to achieve each quarter so that it adds up to a great year. How are you committing to excellence?

In addition, how about setting some goals for your relationship with AMTA?

- **Meetings**

Never been to a meeting? What are you waiting for?

- It is a fantastic **networking opportunity!**

Why do you need to network with other massage therapists? I met a therapist in my area, whose work I respected. When I had shoulder surgery, she was able to see my clients that weren’t going to make it without a massage while I recovered. The best part? She gave me a small kickback on those appointments, helping me pay my bills while recuperating. I never would have met her without AMTA.

- **Free and Low-Cost Education**

Did you know the AMTA-CT chapter gives you 10 FREE CEs every year? Our annual convention provides 18 credits for just \$275. That’s \$15/credit!

AMTA-CT's Commitment to Excellence

AMTA-CT is committing to excellence! We are advocating for higher minimum education standards for massage therapists in CT. We are building our Sports Massage and Community Service Massage teams. We set goals for the chapter and we track those goals to help make our chapter, and your membership, be the best it can be. We want you to value your membership.

Do you have an idea for us? We want to know! Please email info@amtactchapter.org.

Does AMTA's vision of excellence match yours? Remember, in AMTA, you are a member first. If you have a suggestion or comment, reach out to us, the national office, or a National Board of Directors member. We all want to know!

In Summary

To wrap things up, I wish you a successful planning season and a new year filled with a commitment to excellence. Let's set those goals, and reach them...together!

Thank you,
Becca Torns-Barker,
AMTA-CT President

2018 AMTA-CT Conference News

Registration is open for our 2018 AMTA-CT Conference!

Classes include:

- Total Body Balancing (D'Ambrosio Institute) with Jack Ryan
- CoreStones Rejuvenating Fascial and Back, Neck, and Legs with Dale Grust
- Self-Care for Massage Therapists with Susan Salvo
- Body Mobilization Techniques (for the medically fragile) with Susan Salvo
- Introduction to Cupping with Scott Raymond
- Pharmacology and Massage with Susan Salvo
- Infectious Disease and Infection Control with Susan Salvo
- Getting Comfortable Working with the Anterior Neck with Scott Raymond
- Oncology Massage with Susan Salvo

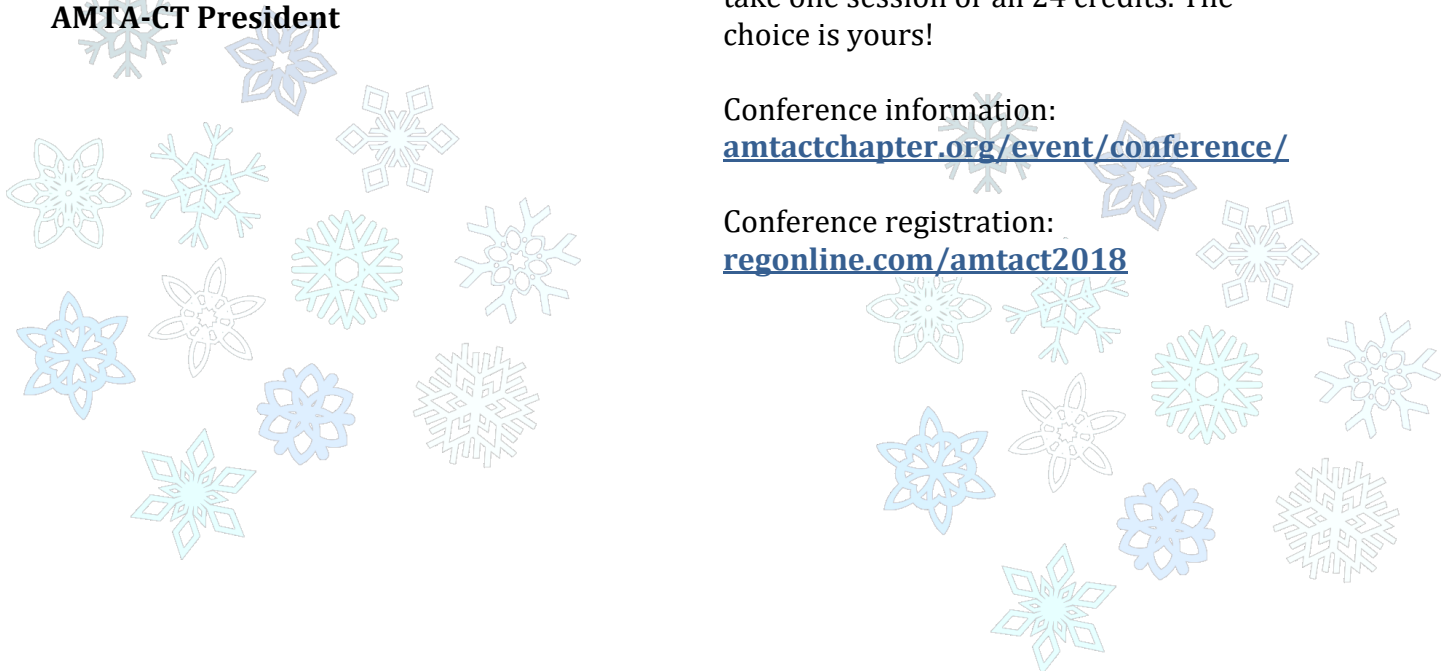
We have an incredible group of educators presenting at our conference. You can take one session or all 24 credits. The choice is yours!

Conference information:

amtactchapter.org/event/conference/

Conference registration:

regonline.com/amtact2018



Conference Committee Update

Sue Barrett is the new Chair of the conference committee. Congratulations Sue! We look forward to seeing what you bring to the conference.

We also want to thank our last committee chair, Kerry Methot, for helping to create the AMTA-CT conference. We wish her success in her new endeavors, wherever they may take her.

Interested in volunteering for the conference committee? We are always looking for help! Please email info@amtamassage.org for more **information**.

Winter Chapter Meeting and Education

Join us January 21, 2018 at the Hilton Garden Inn in Windsor for our Winter Chapter meeting, where guest speaker Sharon Vallone, D.C. will be discussing collaborative care.

The business meeting will include:

- An update on passing new Massage legislation through the representatives in 2018
- An update on our 2018 AMTA-CT Conference
- An update on what positions are up for election/reappointment

The Education segment, also presented by Dr. Vallone, will be **Manual Approaches to the Tongue, TMJ, and Sinus**

Connection. The program includes taking a patient history, reviewing other professional assessments and evaluating joint and soft tissue that can contribute to oral dysfunction as they contribute to TMJ and sinus complaints. We will review and practice manual techniques to include

massage, myofascial release and cranial techniques to address compromised joints and soft tissue. Home care recommendations will also be reviewed, including resources to give patients.

More than 10 million Americans are affected by TMJ, and finding the right care is imperative. The National Institute of Dental and Craniofacial Research and The TMJ Association state that less permanent approaches such as massage and self-care yield better results than dental care, orthodontics, and surgery.

We are pleased to offer this class at NO CHARGE to our AMTA members!



Be sure to order both your Chapter meeting and education tickets on [Eventbrite here](#).

About the Presenter:

Dr. Vallone has been joyfully practicing chiropractic for 30+ years and has had an ongoing collaborative working relationship with massage therapists understanding the importance of addressing the whole patient by evaluating and referring to other professionals as appropriate. Chiropractic and massage therapy complement each other to promote patient wellness.

Dr. Vallone is an author, educator and the editor of one of chiropractic's professional journals (www.jccp.online). She has been blessed with the opportunity to travel and knowledge-share with chiropractors internationally. The temporomandibular joint was one of

her first areas of interest, supported by other talented professionals in physical therapy and dentistry, and she continues to work with those (and an expanding array) of professionals as her focus has moved to include and focus on suboptimal breastfeeding when soft tissue and joint dysfunction are implicated.

Amy Waite, Education Chair

From the Desk of Board Member 1



As you take some time to reflect on your accomplishments and memories from last year, be sure to take a moment to thank yourself for all you do.

Usually, we are the last ones to pat ourselves on the back for a job well done. Remember what we were taught in Massage Therapy 101: you cannot take care of others without ensuring self-care is at the top of your to-do list. So start off this brand new year right with an action plan that includes something special for the most important person in your life...YOU!

Our AMTA-CT Chapter is ready for a great 2018 with plans and events that will keep you in tip-top shape as well, beginning with our Winter Chapter Meeting. Be sure to check out our Events page at <http://www.amtactchapter.org/event/> to add some AMTA excitement to your 2018 calendar before it fills up. we would really like to see you this year!

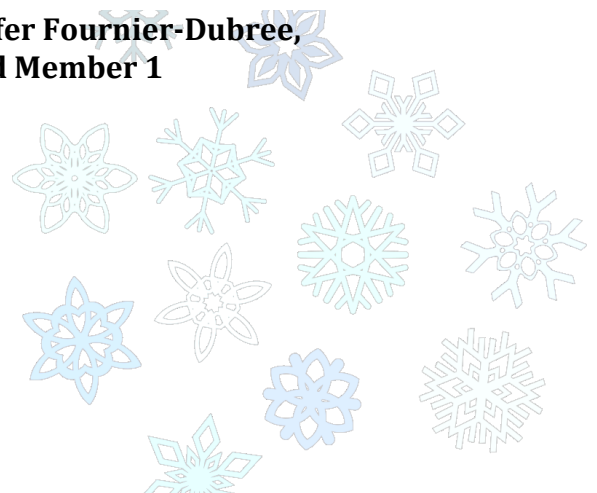
The AMTA-CT Chapter is made up of 2,500 members from across the state. As Membership Chairperson I would like to personally invite you to join us. If Chapter meetings don't work with your schedule, let's link up at one of the other events we offer like free education sessions, volunteer events, meet & greets, our 3rd annual AMTA-CT Convention, and more. I would also like to take a moment to "Welcome" the newest members of our Ambassador Committee. I had the pleasure of meeting with this team earlier this week and I am excited to be working each of them as we kick off our Ambassador work efforts this year.

- Thomas Cushman - Simsbury
- Jean Grenier - Jewitt City
- Loucil Pichay - Rocky Hill

The mission of the AMTA-CT Chapter's Ambassador Committee is to welcome new, potential, transfer, and reinstated members when they join or visit the chapter. Ambassadors also help to educate new members and visitors of the activities and benefits of the chapter. An ambassador represents the AMTA (both nationally and on the Chapter level) and the massage industry in a positive, professional manner.

The Ambassadors will all be available at our January meeting to assist all members, be sure to stop by the registration table to see us with any questions you may have or just to introduce yourself.

**Jennifer Fournier-Dubree,
Board Member 1**



Sports Massage Team Events

The Sports Massage Team (SMT) has wrapped up another successful season! In 2017 we welcomed several new members, including four students from Asnuntuck Community College. We also added two new races to the calendar and were very well received at both. Looking forward, our 2018 SMT calendar will include one new event: the Steeple Chase Bike Tour in Mansfield, CT.

The 2018 schedule looks like this:

- **Danbury 1/2 Marathon:** Sunday, April 8 at the Danbury War Memorial, Rogers Park, Danbury
- **Spring Fling 600:** Sunday, May 6 at YMCA Camp Sloper, Southington
- **Fairfield 1/2 Marathon:** Sunday, June 3 at Jennings Beach, Fairfield
- **New Event! Steeple Chase Bike Tour:** Saturday, August 18 at Eastern Connecticut State University athletic complex, Mansfield
- **Hartford Marathon:** Saturday, October 13 at Bushnell Park, Hartford
- **Fall Fling 400:** (tentative date) Sunday, November 4 at YMCA Camp Sloper, Southington
- **Manchester Road Race:** Thursday, November 22 at Bennet Academy Gym, Manchester

I am still looking for an Event Coordinator for the Danbury 1/2 Marathon, preferably someone from the Danbury area who knows the licensed massage therapists in the Danbury area (you see where I'm going with this). I also need a co-coordinator for the Spring Fling and Fall

Fling races. Anyone interested, please contact me at SMTAMTACT@gmail.com or call or text (860) 620-2956.

Bill Gibbs, SMT Chair

Happy New Year from the Community Service Massage Team

Is giving back to your community one of your New Year's resolutions? CSMT has the perfect opportunities for you to do so! We are in the planning phases of scheduling a CSMT member training as well as a team leader training, so be on the lookout for more information in the near future! We are also planning on participating in CT MOM, Legislative Awareness Day, and the EMS Expo during 2018. Details for those events will come out as dates get finalized.

Help AMTA-CT help families in need throughout our communities. Our January meeting will be a collection spot for the Connecticut Food Bank (CFB). CFB's website states, "Traditional food drives supply nonperishable items that we can share with our network of more than 650 local programs. We work hard to provide a variety of foods to meet needs and we seek to make those foods as nutritious as possible." For a list of healthy food suggestions, you can visit <http://www.ctfoodbank.org/ways-to-give/donate-food/food-drives/> and click on "healthy food donation suggestions". Please consider donating nonperishable food items to help out families across the state.

Jody Clouse, CSMT Chair

Welcome Our New CT Chapter Members!

Rebecca Almeida
Yesenia Almodovar
Leah Anderson
Jenny Anderson
Ronda Avery
Dora Avila
Jailyn Brantley
Chantol Brown-Scully
Migdalia Camacho
Angela Candelora
Shari Casolo
Peter Castellani
Mayra Castro Cubero
Stacy Chowanec
Wendy Clement
Alison Curry
Lesslie Davis
Taylor Deschaine
Marie Desir
Robert Downes
Eric Dziubek
Erik Estrada
Jenna Farley
Adrienne French
Jessica Gallion
Lemuel Garay
Maelynn Gawlak
Xie Greene
Sharon Hall
Tamicka Hastings
Roslyn Hawkins
Patricia Hogan
Jennifer Hogan
Mary Holliman
Alexa Hunt
Crystal James
Kayla Jenkins
Katie King
Daniel King

Chaya Klein
Stephanie Kyek
Lee-Ann LaCasse
Brooke Lemery
Christine Lenehan
Samantha MacDaniel
Tracy Maclachlan
Laurie Mailhot

Suselei Martin
David Master
Adama Maynard
David Mendez
Daphnie Meranvil
Andrew Milliot
Kimberlee Moffatt
Karen Murphy
Inga Natoli
Dianne Navarro
Brian Noble
Kendra Nordgren
Abigail Palmieri
Jeff Payne
Jasmine Perez
James Perkins
Kathleen Puhalski-Stacy
Cathleen Ramos
Tania Rodrigues
Patricia Rodriguez
David Roma
Svitlana Romaniv
Benjamin Romann
Veronica Rosario
Eric Rubbo
Melanie Schipritt
Brittany Scinto
Christine Sheridan
Elizabeth Shine
Rikki Slappy
Judith Smith
Amanda Sroka
Jeannifere St. Hilaire
Rebecca Strom
Nika Terrill
Leonellyes Torres Tosado
Marios Vangjeli
Bianca Velazquez
Natalia Wittmer
Alan Zankel

Upcoming Events

Winter Chapter Meeting

January 21, 2018
10am – 1pm
Hilton Garden Inn
555 Corporate Drive
Windsor, CT 06095

Winter Education

January 21, 2018
2pm – 6pm
Hilton Garden Inn
555 Corporate Drive
Windsor, CT 06095

Annual Connecticut Conference

April 26-29, 2018
Double Tree by Hilton
42 Century Drive
Bristol, CT 06010

Summer Chapter Meeting

July 18, 2018
Radisson Cromwell
100 Berlin Road
Cromwell, CT 06416

