

Massage Matters

AMTA-CT Chapter Newsletter - Spring 2020 Edition

Spring 2020 Presidents Message



Greetings AMTA-CT!

Springtime is the perfect time to reinvigorate your practice with AMTA-CT by your side.

Whether reinvigorating

yourself with some new techniques or volunteering a few hours of your time, Spring is the perfect time to take on all those things you promised yourself you'd try.

Connecticut Conference

Spring is conference time! This year's CT Conference is selling out quickly. You can earn up to 18 credits for \$265! Learn more at amtactchapter.org/ct-conference/

In addition, we're having a Volunteer Appreciation event on Friday from 5:30-7:30, with complementary food and a cash bar; and a Cocktail Reception on Saturday from 5:30-7:30. Both activities will take place in the exhibit hall. The exhibit hall is open to all, **no fee required for entry**. Please stop by and see our great exhibitors.

Don't wait. There is still time to sign up for those perfect classes to round out your modalities.

AMTA-CT Calendar

Spring is also the perfect time to look at our

calendar and sign up to volunteer! Please consider adding a single AMTA event into your schedule. We're asking for 2 hours! You choose when. Our complete schedule is available at amtactchapter.org/event/.

Elections and Annual Meeting

Lastly, but certainly very important, spring is election time! We are electing a new President (I am terming out), Board Member, Secretary, and one Delegate this year. Please consider running and volunteering a little of your time.

Attend our annual meeting on Saturday 4/4 to get a legislation update, to see who is going to get recognized during our special awards ceremony, and to congratulate our elected officials. Also, come to hear Massage Therapy Foundation President Doug Nelson, who is our guest speaker. Lastly, the Chapter Meritorious winner will also be announced. Our Chapter Meritorious is also awarded a trip to AMTA National Convention. Who will the lucky member be?

Best wishes to all of you. Thank you for your support and for being members. We are AMTA.

Becca Torn-Barker

AMTA-CT President

Government Relations

Hello from the desk of your friendly GR Chair, Nikki Arel.

While session has only just started up, I have been busy at work with our Lobbyist, Paula, over the winter. We have been meeting with various parties about the 'Estheticians' Bill' that was passed last year and affects some of our members who own businesses that employ estheticians. At this time, our efforts seem to have been rewarded and the law will be amended to include LMTs as being able to manage these businesses. If you have any questions, please reach out. Once this is passed, I shall let you know. We expect this to take place in late spring.

I am excited to announce that we have a date for the Massage Therapy Awareness Day at the Capitol! This was always called 'Legislative Awareness Day' but to keep in line with what the legislators call this, we are adopting the Massage Therapy title instead. Friday, May 1 from 9 am until 4 pm we will volunteer at the Capitol to offer chair and thai massage to the legislators, staff and employees. If you can please join us, that would be wonderful! Watch for an email with the link to sign up for shifts and please call me if you have any questions or concerns. As of this time, we do not have major concerns to discuss or issues that are before the state, but if that changes, we shall keep you informed.

Finally, as a refresher (since I have seen this online multiple times), CT is NOT charging sales tax on massage therapy services provided by a licensed massage therapist at this time. We do not see anything (at this time) proposing this be changed in the budget adjustments for 2020. We do not know what 2021 will bring, and as always, this *could* change, but we seem to be clear for the short session this year.

Please reach out if you have questions or need guidance in areas related to CT State regulations for massage. And, if your town is proposing changes to massage-related laws and regulations, please feel free to engage me to help guide your local lawmakers in supporting us as health-care professionals.

See you at the meeting in April and in the Capitol on May 1st!!!!

Why I Volunteer for Outreach Events

Thoughts from the CSMT desk

I first learned of the AMTA CT-Chapter Community Service Massage Team the way many of us have. I was a newbie in massage school and there was a section on the AMTA and what the Emergency Division of the CSMT had done. I thought that was amazing and not something I had ever considered being an option. It was part of why I joined the AMTA.

While attending an AMTA Chapter meeting, I learned more about the team and Outreach Events. CTMOM was introduced to me. CT Mission of Mercy is a mobile clinic that provides dental care for people with no insurance or the under insured. I was blown away by the importance of this event and wanted to help out in some way. Keeping the dentists and hygienists going while they are donating their time seemed a great way to be involved. I got to share something I love doing with the medical world while getting to know massage therapists from all over Connecticut.

I have found volunteering at these events to not only be a great way to give back to the community, but also to provide a positive introduction to massage therapy for many people. Putting a positive image of massage therapy out there for the public has immeasurable value. At CTMOM we have repeat clients every year. And this year we've been asked to return to the Channel 3 Kids Camp because they had loved having us there in previous years. We will be working on Camp Counselors from all over the world.

Who can join in and volunteer at these events? Any licensed AMTA-CT Chapter member can participate in an Outreach Event. Therapists can provide chair, table, or Thai massage. Students can help with registration and get a feel for how events work. Outreach Events have the feel of being on a team, but you do not have to take the Emergency Training to participate in them. Any amount of time is always appreciated. See you there!

Upcoming Outreach Events :

CTMOM – March 20th and March 21st

Massage Therapy Awareness Day at the Capitol – May 1st

Channel 3 Kid's Camp – August 4th

Melissa Glassman – CSMT Chair

CsmtAMTACT@gmail.com

Delegate Report

Filed by Delegates Nikki Arel and Jeff Shuman

The AOD (Assembly of Delegates) Report 2019 has been finalized and released. There was a summary of the discussions had at the AOD in October. The Position Statement regarding online education was defeated in the Assembly.

If you have a topic that you would like to submit as either a Position Statement or a Discussion Topic, the AOD is currently accepting these. As your Delegates, Jeff and Nikki can help you through the process.

To note, the sooner you complete each step, the sooner that the proposals can be released to the Delegates for discussion and clarifications. The first deadline, which is a "MUST MEET" is May 6th, when Position Statements and Discussion Topics are due to the AODAC (Assembly of Delegates Advisory Committee). Anything after this date is rejected and referred to reapply for the following year.

By June 3rd, the AODAC will have reviewed all the proposals and referred them back to the authors with any suggested revisions. The authors then have until July 1st to return the revised and finalized proposals to the AODAC.

Once the AODAC has the completed proposals, they will release them to the elected delegates for discussion. Delegates are required to sign into the online forum and review the proposals. We are encouraged to ask questions, engage in debate and discussion, and to ask for clarifications. This time, from the release of proposals to Delegates until the AOD in August, is used to connect with the author and gain clarification and understanding of the topic, if needed. This way, Delegates arrive prepared and knowledgeable for in-depth debate and conversation once we are at the AOD.

What is the difference between a Position Statement (PS) and a Discussion Topic (DT)? DTs are generally a suggested topic that offers the opportunity for a broad discussion and to gather member input. These would be related to AMTA's mission and goals and must ask a broad question. We are not expected to solution a problem, but rather to bring forth concerns, ideas and cautions as the topic is further pursued by the National Board of Directors.

A PS is a little more involved. These should not replicate any current PSs of the AMTA. You may review our current PSs online at the AMTA.org website. Once you submit and the PS is forwarded to the AOD, there is an actual vote taken after the discussion. If the PS is approved, then the National Board of Directors (NBOD) will review the idea and vote on whether or not to assign a workgroup to the topic.

A workgroup will review and sort through relevant research and determine if a position statement is able to be supported. If the workgroup determines that the research supports the idea, then the workgroup (who are professional research writers and readers) will write a proper Position Statement. This is then returned to the NBOD for an official vote. Once this is completed, the NBOD will release the PS and accompanying support will

be printed in an appropriate professional journal for publication and will then be included on the AMTA website as an official PS. During the process, the AOD and delegates are kept abreast of any developments as they happen.

If you are looking for guidelines and a format for writing the Position Statement, please reach out to Nikki or Jeff who have access to resources that can help to organize and create your Position Statement.

Upcoming Chapter Events

March 10, 2020

Chapter Board and Delegate Elections Open

March 20-21, 2020

[CSMT CT MOM Volunteer Event](#)

Western Connecticut State University, O'Neill Center, West Side Campus, Danbury CT

March 25, 2020

Chapter Board and Delegate Elections Close

April 2-5, 2020

[5th Annual CT Conference](#)

Doubletree by Hilton, Bristol

April 3, 2020

[Volunteer Appreciation and Awards Reception](#)

Doubletree by Hilton, Bristol

5:30 – 7:30pm

April 4, 2020

[Annual Meeting](#)

Doubletree by Hilton, Bristol

12:30-1:30pm

May 1, 2020

[CSMT Massage Therapy Awareness Day at the Capitol](#)

Legislative Office Building, Hartford

May 12, 2020

[Board and Chapter Leaders Orientation Meeting](#)

Glastonbury Hilton Garden Inn, Glastonbury

5:30-9:00pm

May 28-30

[CSMT Emergency Division - EMS Expo](#)

Foxwoods

July 11, 2020 – Saturday

[Summer Chapter Meeting and Education](#)

Glastonbury Hilton Garden Inn, Glastonbury

“Clarifying the Scope of Practice Within the Massage Therapy Profession” with Scott Raymond

August 4, 2020 CSMT

[Channel 3 Kids Camp](#)

Andover, CT

August 26, 2020

[AMTA Assembly of Delegates](#)

Phoenix, AZ

August 27-29, 2020

[AMTA National Convention](#)

Phoenix, AZ

October 10, 2020

[SMT Hartford Marathon](#)

Bushnell Park Hartford

October 17, 2020 – Saturday

[Fall Chapter Meeting and Education](#)

Glastonbury Hilton Garden Inn, Glastonbury

We are planning an 8 hour hands-on workshop starting at 8:00am – details will be announced at a later date

Board of Directors, Chairs, Coordinators and 2019-2020 Delegates to Assembly of Delegates

President	Becca Torns-Barker	PresidentAmtact@gmail.com
Secretary	Lani Dove	SecretaryAmtact@gmail.com
Financial Administrator	Mindy Michaud	TreasurerAmtact@gmail.com
Board Member 1	Jodi Wolf	BoardMember1AMTACT@gmail.com
Board Member 2	Yvette Law	BoardMember2AmtaCT@gmail.com
Conference Committee Chair	Sue Barrett	ConferenceAmtact@gmail.com
Education Chair	Amy Waite	EducationAmtact@gmail.com
Membership Chair	Jeff Shuman	MembershipAmtact@gmail.com
Sports Massage Team (SMT) Chair	Tama Mackay	SmtAmtact@gmail.com
Community Service Massage Team (CSMT) Chair	Melissa Glassman	CsmtAmtact@gmail.com
CSMT Emergency Division Coordinator	Melissa Glassman	CsmtedAmtact@gmail.com
Government Relations Coordinator	Nikki Arel	GovRelAmtact@gmail.com
CT Conference Registrar	Natalie Dark	RegistrarAmtact@gmail.com
Awards Coordinator	Cass Crewdson	Info@amtachapter.org

Delegates to Assembly of Delegates 2019-2020: Jeff Shuman Nikki Arel
