



AMTA CT Chapter Newsletter

“Coming together is a beginning; keeping together is progress; working together is success.” ~ Henry Ford

The Board of Directors and Committee chairs recently completed a three-day strategic planning workshop. It was an intense and challenging time for all of us. We accomplished many things, starting with taking an objective and honest look at what the strengths and weaknesses are in our chapter as a whole. We also discussed volunteer burnout and decreased participation at chapter events. We revised our chapter’s mission statement and developed a strong and realistic 3-5 year strategic plan.



All of our decisions were made after careful and objective deliberation and analysis, with the outcomes not based on emotion, but purely facts. As a result, we identified that all of our programs (Membership, Education, CSMT, Sports Team, and Government Relations) are all strong programs with a lot of potential. We need to make some adjustments, but the Board continues to be focused on you, the member. I would like to stress that this weekend was a very positive experience for all of us. The leadership in your chapter is strong, dedicated, united, and committed to continued success, both to you individually and collectively.

We are excited to roll out the 2016 calendar of events. The results of our workshop made it clear that we have to make some adjustments to the Sports Massage and Community Service Massage Team event calendars by decreasing the number of events in order to increase participation. This is a very positive change because our events can then be better attended, expanding our service to the public. Increasing the number of events per year is in our long-term plans, as long as our volunteers are able to staff the current events and sustain that going forward.

The official Sports massage season will consist of 4 events: Danbury, Fairfield, Hartford, and Manchester. I say official because these are the events we will be doing as a team. Individually you are always free to volunteer at events that are not on the calendar. Just remember that when you do these events on your own, please do not wear your AMTA red shirt or represent yourself as an “AMTA team”. We also plan on making some adjustments along the way including paying for supplies at all events and changing some of the event coordinators.

We made changes to the Community Service Massage Team calendar as well and will be participating in 2 events, the Mission of Mercy (MOM; September 16th & 17th) and Legislative



Awareness Day, both very popular events. We will also begin to pay for supplies at these events. Again, if you volunteer at an event that is not on our calendar, please do not wear your AMTA blue or white shirt.

We feel that by refining the schedule, we are not spreading our volunteers too thin. It is important to understand this is not a permanent change. During the workshop, we were asked to give projections on the staffing of events and the addition of events in the coming years. We feel confident that we can increase the number of events in the future; returning our calendar back to what we have done in previous years. It's time to stop worrying about how many massages we do at events, stop focusing on awards, and just focus on what we do best: gathering together to make a difference as a TEAM and having fun while doing it!

Simply put, the success of our chapter is YOU, the individual member and the volunteers. You all are the reason that our chapter is emulated throughout the country. Our team events are an important activity for us to continue for many reasons. We feel it is imperative to get back to the basics of why we do what we do. That is, to serve the community and athletes in need, all of whom appreciate our services!

I will close with our new mission statement which embodies everything for which our chapter stands. With 2016 just around the corner and the last few months of my service as Chapter President ahead, I am optimistic and excited about the upcoming year. The Board is re-energized and focused on making the upcoming year very successful. I would like to thank all of the Connecticut chapter members, especially those of you who helped out in any way this year, big or small, by volunteering your time. We hope to see you at an event or two in the upcoming year. Wishing all of you a joyous holiday season and a successful and healthy New Year!!

Cheers,
Kerry L. Methot
CT Chapter President

Mission Statement

The AMTA Connecticut Chapter advances the art, science and practice of massage therapy by communicating information and research to our members and the public.

Members benefit from our professional development support, low-cost continuing educational opportunities and successful advocacy efforts. The public benefits from our sports massage, emergency response, and community service teams.

National Massage Therapy Awareness Week 2015



We had a busy week with many events for our Connecticut Chapter NMTAW. I'm happy to say that we had 5 different college sites, a massage school, a chapter meeting, as well as several therapists who initiated their own events. Awesome job team!

We had 11 dedicated therapists that volunteered their time this year and 5 of them that were at more than one site, doing 220 massages which sums up to over 71 volunteer hours. That calculates to over \$4000 of donated volunteered massage time.

It was also wonderful to have the students from Ridley Lowell School in the western area of the state participating this year. Kelly McCaffrey, a teacher at the school contacted me to see if the students could be a part of the event. There were 8 student doing massages on the students from their other programs which included; Information Technology, Medical Assisting and Electrical Technicians at their school. All of these therapists and students not only offered their time to the NMTAW events they also were there to answer any questions the public may have about the benefits of massage.

I want to offer a big **“Thank you”** to everyone who participated in this year's NMTAW events! It was a ...**“Job well done!”**

*Sue Barrett, LMT
1st Vice President
CT Chapter AMTA*





Education Update

Reflecting back on this past year and the wonderful educational opportunities our chapter has had puts a big smile on my face. This past year we learned about adding Aromatherapy to your practice from Wendy Payton and all about Ethical Dilemmas from Scott Raymond. Tracy Walton educated us about Massage and Cancer, and Nancy Parambo presented us with her very popular ethics class. The exciting part of this wonderful lineup of classes that are offered after every chapter meeting is that it was free to all AMTA CT Chapter members and carried a total of 14 continuing education units!!

I am looking forward to 2016; this will be the year that CT hosts its very first conference. The cost is just \$199 and you will have the opportunity to receive up to 24 continuing education credits for that very low price. You will have the chance to learn from some of the best in our field. Lee Stang, James Waslaski, Upledger Institute, Deb Van Ohlen, Wendy Payton and Kyle Carso. If you have not already registered please do so at <http://regonline.com/amtact2016>. You can visit our website to view the presenter's bios and class descriptions at www.amtactchapter.org.

**Please mark your calendars for your next opportunity to learn on
January 24th, 2016.**

Unraveling the knots & kinks of your accounting and tax world...it's "knot" that stressful.

Location: Hilton Garden Inn, Windsor CT

Time: 2:30-6:30

Presenter: Nancy W. Riella CPA, MBA, CSEP, CVA

Discussion will include:

- Different entities – why you should care
- Record keeping- whatever is easiest and passes the IRS 'sniff' test
- Employee vs. independent contractor status - payroll issues for you (both sides of the story)
- What's new/old in the tax code you might want to know.
- War stories along with your Q & A

What better way to start off the New Year! Nancy is a CPA with a very impressive background in her field. She specializes in small business and is sure to give some insight to the business of Massage Therapy.

I want to wish all of you a safe and Happy Holiday and also thank you for your dedication as an AMTA CT Chapter member.



Best Wishes,
Tami Taylor BCTMB, QBS

Community Service Massage Team

Are you committed to being able to ‘lend a hand’ at an emergency situation with your massage skills...but not very interested in using your precious volunteer time for community events?

OR

Do you love getting out into your local community...but not very interested in responding with massage if an emergency happened nearby?

Then I have a team for you!

After the Strategic Planning meeting that the CT Chapter leadership recently participated in, a lot of changes have occurred in the Community Service Massage Team that I am very excited about. We will continue to operate our Emergency Response Team, which trains our members to maintain a high level of preparedness to respond to emergency situations if we are called to support. We also will continue to operate our Outreach Team, which educates the public on the benefits of massage while also raising money for charities that are in line with our values. The big change that we made is that NOW one is not the requirement of the other. You can choose to participate in one or both teams, and be confident that you are using your time exactly how you want to.

Moving forward, the requirement to participate in an Outreach event is: nothing! No training, no class, just sign up to volunteer and you’re in! We wanted to eliminate as many barriers to success as possible.

The requirements for the Emergency Response team are a bit more involved, since we have guidelines set by the National AMTA as well as the Red Cross requirements for us to respond with their organization. All Emergency Response team members must complete Team Member training (offered this April at the CT Conference!) as well as an online FEMA training (more details on this will be posted on the website soon). In order to maintain membership on the team, each person must participate in 2 events per year. In the past this has always been Outreach events, but now we are working to have a training-only mock emergency “event”. The dates and times are still in the works, but the goal would be to have 2 of these events per year thus fulfilling the training requirement. If a team member is not able to attend the mock emergency event, any Outreach or Sports Team event will fulfill that requirement.



These changes have been made all for you, the members. We wanted to make it fun to volunteer, as well as make it clear to you WHY we do what we do. Coming out to do chair massage for a charity event is great, but keeping that activity separate from how we operate an emergency deployment is a distinction that I believe will help everyone do what they do BETTER.



CSMT Emergency Calendar:

April 2016: Team Member Training

July 2016: Mock Emergency Event

Fall 2016: Team Teacher Training

CSMT Outreach Calendar:

May 2016: Legislative Awareness Day

September 2016: Dental Mission of Mercy (MOM)

Feel free to contact me with any and all questions as we move forward with our new and improved CSMT: Emergency and CSMT: Outreach teams. Happy Holidays!

Lani Roth

Community Service Massage Team Director

Sports Massage Team 2016 Calendar

*Danbury Half Marathon
April 3, 2016*

Contact: Bill Gibbs

E-mail: bgibbsLMT@cox.net

Phone: 860-620-2956

*Faxon Fairfield Half Marathon
June 25, 2016*

Contact: Steve Crews

E-mail: stevecrews1@me.com

Phone: 203-216-9924

*Eversource Hartford Marathon
October 10, 2016*

Contact: Stephen Callis

E-mail: sbcallis7@gmail.com

Phone: 860-966-8204



*Manchester Road Race 5k
Thanksgiving Day, November 24, 2016*

Contact: Stephen Callis

E-mail: sbcallis7@gmail.com

Phone: 860-966-8204

Massage Therapy Foundation Update

The numbers are in and the Chapter Challenge not only met its goal of \$35,000, it exceeded it. The final total being \$35,268.82! Thank you to everyone that participated in this year's challenge. Your contributions are greatly appreciated!

The Connecticut Chapter had several events this fall that helped to contribute to the final Chapter Challenge goal. The chair massages done by our CSMT raised \$591 at the NBC Health and Wellness Festival. We also had 2 therapists that donated their time and efforts, offering chair massage at the Chapter Meeting in October which raised \$190. Last but not least we had several more generous donations from individual therapists at the meeting totaling \$175. This made it a collective total of \$956 for the last quarter of the year.

At the National Conference, the Chapter presented the Massage Therapy Foundation a check for \$2500. The grand total of funds raised and/or donated by our membership this year to benefit the Massage Therapy Foundation is \$5411.35!

Thank you for your generosity to promote Massage Research!







See you at the next
Chapter Meeting!
Sunday January 24th,
2016

Hilton Garden Inn, Windsor CT

10am: Doors Open

11am - 1pm: Business Meeting

*Arrive before 11:15am to be eligible
for the raffle

2:30pm-6:30pm - *Massage
Therapist Tax Accounting*
4CEUs!