



Massage Matters



AMTA CT Chapter Newsletter –Summer 2017 Edition

“The summer night is like a perfection of thought.”

- Wallace Stevens, *The House Was Quiet and The World Was Calm*

President’s Message



I love summer. I always have. It a season full of possibility: full of adventure,

exploration, relaxation, and discovery. Life is almost on pause while we bask in the summer sun.

I don’t know about you, but in my house, with the coming of summer comes a whole new pace of life. Things slow down. Spring sports season ends, school lets out, and our imaginations fully engage. Summer vacations abound. It’s a magical time.

I hope the magic of summer finds you and your practice this summer, to enrich you, inspire you, and sustain you.

We have a lot yet to look forward to in 2017:

- June 25: Fairfield Half-Marathon
- July 19: Chapter meeting at the Radisson in Cromwell from 6:00 p.m. to 8:00 p.m. [Signup Here](#)
 - Guest speakers from Chris Andresen from the Department of Public Health and Beau Thurnauer from the East Hartford Police Department will be joining us from 6:00p.m. to 6:30 p.m., to discuss how to report suspect or illicit massage therapists and establishments and walk us through the process.
 - We will also offer two free CEs from 8:15 p.m. to 10:15 p.m., presented by Scott Raymond and Becca Torns-Barker. The class is *Medical Marijuana: How it Affects Your Treatment Plan*. We hope you’ll find this as fun and informational as Scott and I have!

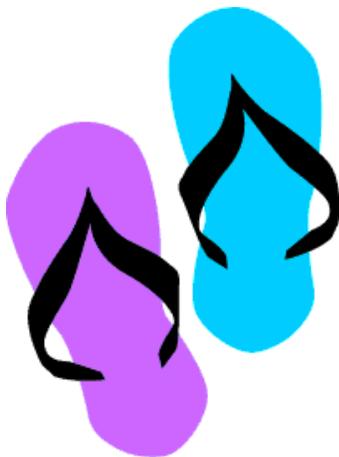
- July 30: Sports team training with Steve Jurch
- August 27: Delegates meeting, where we prepare for National Convention.
- October 14: Hartford Marathon

New Upledger Institute Scholarship

As many of you are aware, John Matthew (JM) Upledger passed away on May 21, 2017. To continue his legacy and honor JM's life work, the Upledger Institute has created a John Matthew Upledger Scholarship. Anyone wishing to donate to this scholarship may do so through the [Dr. John E. Upledger Foundation](#).

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

Becca Torns-Barker
AMTA-CT President



Save the Date! Sports Massage Certification Class

By Bill Gibbs

The AMTA-CT Chapter is bringing in Steve Jurch to teach a one day, in-person sports massage class! This class is one of the required components of NCBTMB's Sports Massage Certification program.

The class will be **July 30 at CCMT in Newington from 8 a.m. to 5 p.m.** with a one-hour lunch break at noon.

Keep your eyes open for an Eventbrite sign-up, coming soon.

Why be certified? Read below.

Why Be Certified?

True, our clients don't know what certification really means. However, NCBTMB is the first organization to begin to qualify and quantify the educational requirements to be certified in a massage specialty. The medical field has baselines like this for MDs that are specialists, and NCBTMB is helping to advance the massage field and bring it more in-line with the medical field. And we all know: Massage is Good Medicine!

Happy Summer from the Community Service Massage Team!



This past spring, the Community Service Massage Team (CSMT) has been out and about

volunteering our time! The Outreach Division volunteered at both the CT Mission of Mercy (CTMOM) in New Haven and Legislative Awareness Day (LAD) at the state capitol in Hartford, while the Emergency Division spent time working with emergency personnel at the Emergency Management Services (EMS) Expo at Mohegan Sun.

We had many very grateful dentists, hygienists, and support staff at the CTMOM event. We had a few first time volunteers that got swept up in the fun and will be back for more events! We also had veteran team members donate their time, and we are always happy to see their smiling faces at events...they are also often recognized by the CTMOM workers! At this event, we had a total of 14 therapists who gave a total of 305 massages in two days. A big thank you goes out to

Carol Radzunas for coordinating this event.



At LAD, during a grueling legislative session and regardless of political affiliation, we often heard the following refrain from the legislators and staff: "This is my favorite day of the year!" LAD is a time when legislators are able to experience the benefits of massage first-hand and we are able to promote our profession to those who work on the laws affecting us.

We had a total of 12 therapists who gave a total of 175 massages. Thank you to Lani Roth for coordinating!



Deb Van Ohlen coordinated our first Emergency Division drill/event at the EMS Expo. The team used this event as a drill to keep our deployment skills ready as well as to be visible and educate the EMS community. Many of the folks who received chair massage had not heard of us, and all were impressed by what we do and that we volunteer our time. Those who did know us greeted us with, "Great that you are back again!" and "This is my favorite part of the weekend!" Throughout the weekend, we had 15 team leaders and volunteers participate in giving 229 massages.



Our July chapter meeting will be a donation drop-off point for The Cornerstone Foundation in Rockville, CT. This organization provides shelter and clothes for people in need and has recently opened a food cupboard. They are currently looking for donations of nonperishable food items, office supplies for the main staff (plain white paper, white-out, pens, etc.) and as always, financial contributions. If you are willing and able, please step up and help AMTA help others!

Looking forward, we are gauging interest in running a CSMT Emergency Division training. If you are interested in taking a class to become a CSMTED member, please contact me at CSMTAMTACT@gmail.com or Deb Van Ohlen at CSMTEDAMTACT@gmail.com. If we have enough interest, we will attempt to run the class sooner rather than later!

Jody Clouse
CSMT Chair

From the Desk of Board Member 1



Hello fellow AMTA members. Let me first start out by thanking you for electing me as your CT AMTA

Board Member 1 and your CT State Alternate. It is with great pride that I continue on with my 2nd year on the Board.

As AMTA members, each of you also make a difference in our state by contributing your skills, knowledge and professionalism to our profession. We currently have a total of 2,569 members in our state and we continue to grow. As we move into this wonderful season of summertime and a new Board structure, we are getting ourselves ready with a full agenda of meetings and new educational opportunities for you.

Be sure to check out our [Calendar of Upcoming Events](#). Your next opportunity to join us is coming up right around the corner on Wednesday, July 19th from 5 p.m. to 10:15 p.m. at the Radisson Hotel in Cromwell.

Volunteers Needed!

We still have several opportunities available in our chapter's volunteer space and I look forward to welcoming your contribution to serving our amazing members and the broader community. We have small roles where you can help out occasionally, and also larger committee roles for which we could really use some help.

Please email me at BoardMember1AMTACT@gmail.com with any questions, comments, or feedback for the Board; I look forward to hearing from you. Thank you for being an AMTA member!

Jennifer Fournier-Dubree
Board Member 1

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Government Relations Update

First, let me just say how very pleased and excited I am to serve our Chapter as the Government Relations Committee Chairperson. Coming in on the heels of Scott and Kerry, I know that I have the support and history to help me succeed in this position. And big shoes to fill!

Second, I'll bring you up to speed quickly on what has been happening since I assumed the role.

In the late winter, I was invited to attend a meeting with Becca and Scott at the Connecticut state offices. We were there to help the Trafficking in Persons (TIP) Council understand how human trafficking and illicit massage practices are affecting our profession and what LMTs are required to do at the state level. I appreciated the chance to meet others who are working to coordinate efforts to keep human trafficking out of our state and to advocate for the victims.

Based on that meeting, I was introduced to Beau Thurnauer, a detective from East Hartford who has been leading the effort to get illicit businesses shut down. As Beau said, this is a bit of a

'whack-a-mole' game in that shutting down in one location often means the business simply moves to a different town and reopens. He and his team are looking at other avenues for investigating and prosecuting human trafficking.

We had an excellent meeting with brainstorming and much information sharing, and I was able to stress that, as a profession, LMTs are happy to support laws that are supportive of our legitimate massage businesses. We are not in support of those that use massage as a cover to go after illicit businesses, thereby 'punishing' a legitimate and legal massage therapist for attempting to open and maintain a business.

The lines of communication are open and Beau asked if we, the AMTA, are willing to work with his team to possibly strengthen existing legislation, or write new proposals, that would assist them in shutting down and prosecuting illicit massage practices. I let him know that we would be very happy to continue that conversation on AMTA's behalf.

HB5758, An Act Excluding Certain Activities from the Definition of Massage Therapy, has not had any further movement at the state level. This was a bill that was introduced

that does not seem to have the well-being of the public, nor the best interests of LMTs, at heart, and I am happy to see that this has not progressed.

In Monroe, where town leadership has been working on new massage therapy legislation, there has not been any further progress on the proposed Massage Ordinance that many LMTs living and working there have spoken out against. We will continue to monitor relevant activity in Monroe and make you aware if there is another opportunity to write letters or call representatives.

If you have any questions or concerns, please reach out to me at govrelamtact@gmail.com. I am very excited to serve our Chapter in this capacity!

Nikki Arel
Government Relations Chair

Upcoming Events

Summer Chapter Meeting

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

Fall Chapter Meeting

October 22, 2017
Hilton Garden Inn
25 Old Stratford Road
Shelton, CT 06484

Winter Chapter Meeting

January 21, 2018
Hilton Garden Inn
555 Corporate Drive
Windsor, CT 06095



amta
american massage therapy association*
— CONNECTICUT CHAPTER —

Volunteering

Hello Chapter members! Since we are ALL volunteers I wanted to refresh our minds about what this means and why it's beneficial.

What is a volunteer?

A person that actively takes on a task, responsibility, or project on his or her own accord without needing to be assigned, ordered, or told to do so. Often a volunteer is not paid for the work that they provide.

What is the volunteer service?

Volunteering is generally considered an altruistic activity where an individual or group provides services for no financial gain "to benefit another person, group or organization." Volunteering is also renowned for skill development, and is often intended to promote goodness or to improve human quality of life.

Why it is important to volunteer?

Volunteering increases self-confidence and can provide a healthy boost to your self-esteem and life satisfaction. You are doing well for others and the community, which provides a natural sense of accomplishment. Your role as

a volunteer can also give you a sense of pride and identity.

Why be a volunteer?

People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge.

We have many volunteer opportunities within our Chapter. We are always looking for volunteers to help out at Chapter meetings or to join our Sports Massage Team (SMT) and/or CSMT. In addition, if you have a special talent that could be of use to our members, you can reach out to your Board and the Chairpeople within our Chapter.

Anecdotally, I've personally built a very large massage business through volunteering at SMT and CSMT events. I always get at least one personal client from each event I volunteer at. It's all a numbers game, meaning massage 10 people and get one client, massage another 10 and get another client. By time you know it; you'll have a strong base of clientele in a very short

period of time. Always be professional, consistent, knowledgeable and most importantly, be passionate and a team player!

Take your eyes off yourself and put them on others because people need your energy, compassion and your special gift of touch. Join other Chapter members for camaraderie and motivation and let's get you out of your comfort zone and volunteering!

Volunteer Applications and Code of Conduct

Volunteer applications are available on our Chapter's website at <http://www.amtactchapter.org/volunteer/>.

All volunteers must sign the AMTA Chapter Volunteer Code of Conduct annually. You can locate it on the AMTA National website at <https://www.amtamassage.org/chapters/codesofconduct/index.html>.

Please reach out to any Board member or Chairperson in our chapter with questions and thoughts, or just to talk at anytime!

Rocky Perez
Volunteer Management Chair



WELCOME OUR NEW CT CHAPTER MEMBERS!

Carolyn Acard	Linda Critelli	Roosevelt Jefferson	Virginia Nogiec	Nicole Smart
Akilah Agard	Eemelinda Da Rocha	Virginia Kadam	Jeffrey Norwood	Stefany Smith
Maria Ahmed	Naisha Daniels	Christen Kane	Holly Novicelli	Tamara Spencer
Brittany Alexander	Samantha Darlis	Paul Karaskicwicz	Brenda Ortiz	Rosemarie Stanford
Janine Alexopoulos	Melonie Davidson	Amoin Kra	Brittany Ovitt	Morgan Stanley
Colleen Almy	Sade Davis	Liz Krams	Caroline Paduano	Karyn Stokes
Sun An	Cassandra De Jesus	Karen Kraszewski	Rebecca Palmer	Keona Strickland
Chantel Anderson	Keilany Delacruz	Kim Kronen	Zivile Panaviene	Alexa Strileckis
Astri Anindita	Matt DeMichele	Gretchen Kuhn	Suzanne Passini	Cassandra Studley
Jillian Arbour	Ewa Derlukiewicz	Jacob Kurant	Cara Perillo	Jamreson Suozzi
Nicholas Argentina	Shatovia Devonish	Elizabeth LaBarca	Stacy Perillo	Paula Swanson
Bonnie Ashton	Joe Dillard	Casandra Labrecque	Jessie Perkins	Aura Talero
Katherine Awalt	Eboni Dinkins	Dawna Lambert	Robert Perotti	Christian Tapia
Lisa Barfield	Caitlin Doolittle	Jessica Lampasona	Jesse Piacerza	Jeffrey Taylor
Kemar Barrett	Sarah Dowie	Hastings	Sarah Piggott	Sarah Taylor
Moustapha Bayor	John Eddy	Erika Lange	Suzanne Plante	Sandra Thompson
Anne Bellizia-Lyons	Gabriele Egeter	Luke LaPila	Olivia Pogodzienski	Alexandra Thompson
Dolores Bencivengo	Rebekah Emmons	Agatha Lassauze	Leah Poisson	Charles Tirreno
Patricia Bender	Jesse Englert	Jenny Laurefano	Anna Poploiwska	Linda Trave
Jaquelyn Bergmann	Andrea Estevez	Antoinette Leal	Alyssa Posegate	Crystal Traverso
Jamie Bhairo	Brook Farrow	Lisa LeBlanc	Rebecca Potter	Amanda Tremblay
Dawn Blood	Diana Feliz	Julia Leitermann	Kendra Powell	Abigail Trudeau
Karen Bode	Breanna Felt	Kristen Lessard	Kathleen Powers	Kristen Turi
Chancey Boone	Laura Figueroa	Elizabeth Lindgren	Robert Pritchard	Nancy Upson
Patrick Boyer	Samantha Fletcher	Alexis Lobo	Audrey Putorak	Robyn Valente
Nickson Bran	Victoria Forrer	Ella Lombardi	Taina Ramirez	Diane Van Akin
Ellen Braun-Orsini	Jackie Gabowry	Dymond Longley	Emily Ray	Ashley Vargo
Linda Brennan	Patty Ganjanathavat	Kristina Luce	Amy Reina	Jennifer Vasquez
Dalia Broderick	David Gassner	Emely Luna	Miriam Rivera	Al Vega
David Brown	Valerie Geffrard	Shanteele Mack	Laurie Roberts	Jaimie Viscusi
Hasia Bullock	Claudia Giron	Marcia Malhoit	Glenn Robinson	Sarah Vitor
Sheri Burghart	Walter Goodkind	Laureen Malone	Justin Robles	Austin Vivolo
Noaris Burgos	Cortora Green	Nancy March	Ermelinda Rocha	Joanna Vlodek
Kathleen Burton	Brooke Grenier	Brei Mascola	Evans Roche	Kyle Voelker
Lisa Butler	Colleen Griffin	Letisha Matias	Cerina Rodney	Bethany Wallace
Dionna Calvo	Fernanda Guerra	Bronwyn Mccracken	Lucien Rolle	Chanty Waring
Wilfredo Camacho	Theresa Hallenbeck	Cathleen McDonald	Jennifer Romanchick	Jacqueline Way
Ryan Capizzano	Gina Hansel	Elizabeth McGee	Tracy Rosiene	Holly Wheeler
Diego Caraballo	Indiana Harden	Erin McGoff	Lara Rousseau	Alisha White
Melissa Cavanaugh	Jonathan Hardwicke	Meagan McGuire	Erin Ryan	Amber White
Taryn Chester	Chelle Harper	Christopher Medina	Noel Sanborn	Sarah Wilhelm
Ja Cho	Raymond Harrison	David Mello	Gabriela Santos	Sandra Williams
Cameron Cietek	Christopher Hayes	Lori Mikell	Margit Sarkozine Simo	Cristin Williams
Rosanne Cipolla	Jacqueline Herbach	Latitia Miller	Abigail Sattles	Ida Williams
Corina Ciuflea	Alicia Hernandez	Jennifer Mills	Nanami Scala	Grace Williams
Becky Coates	Yodit Hinds	Margatet Monterose	Jennifer Scinto	Lori Wilson
Tamysha Cobbs	Sean Hlavac	Laura Mortensen	Samantha Setzler	Lily Win
Elaine Colangelo	Eric Howard	Gersain Munoz	Kayla Sgambelluri	Jennifer Wruck
Kathleen Collister	Eleua Ilitarov	Patrick Murphy	Aaron Shea	JingWan Xu
Kayla Colon	Erica Jacquemin	Melissa Mushala	Danielle Sheppard	Dean Ziboulis
Alyson Colon	Jessica James	Carol Nakagawara	Jessica Sikara	
Jordan Cox	Darrell Jarrett	Rebecca Newman	Karen Sitka	