



SPRING 2015

handprints

amta - rhode island chapter newsletter | serving our members and advancing our profession



MESSAGE FROM THE PRESIDENT

Michaele Colizza, RIAMTA President

Welcome members and friends. Today the sun is shining, not a cloud in the sky or a snowflake to be seen. I feel hopeful and excited as I begin my personal and professional preparation for spring.

Having traveled recently to a National Board of Directors meeting to represent our state I have some news to share with you.



Some of you may be aware that the AMTA has 2 runners in the Boston marathon this year. Mr. Nathan Nordstrom our President Elect and Mr. John Combe, long time volunteer with The Massage Therapy Foundation. They will proudly wear race gear with AMTA emblazoned on them. Nathan is embroidering the names of anyone who makes a hundred dollar donation. The RI chapter name will be there. Please check your recent constant contact emails for details on how to donate.

An announcement was made at the National BOD meeting regarding the fact that AMTA will sponsor the ROGER C PEACE PARA-CYCLING TEAM. This exciting project is an opportunity for our members to work with a great organization and have a research opportunity. Please go to <http://www.greenvillecyclingcenter.com/rogercpeace/> or amtamassage.org websites for more details.

There has been much discussion on the electronic voting possibilities across the country. A protocol package has been developed. It is now up to each state to figure out if this is the correct choice for each of us. If you have any thoughts on this topic please email me directly at michaelecolizza@yahoo.com

In our own state, we have just celebrated the 32nd and final anniversary of The New England Regional Conference (NERC).

It will always be an event that was rich in history, memories, education and a gathering of friends. This is the blueprint from which our future RHODE ISLAND ANNUAL CONFERENCE (not officially named yet) will evolve from. I would officially like to ask our past NERC REPS and our states members to come forward now to develop and create this event. Experience is not necessary, but willingness is. Please contact me today for details. We will begin this process soon.

Finally, I wish to thank our members for their support and lively interaction with our elections. Without your votes we have no voice. Please join me in congratulating our newest elected Board member Kim Gregorzek as 3rd VP as well as Pat Bachus Re-elected 1st VP; Joan Tarter Van-Hees

Re-elected treasurer; Jennifer Wilkicki elected second delegate and our delegate alternates:

- 1st: Mark McCarthy
- 2nd Rose Kennedy
- 3rd Joanne Lozy
- 4th Pat Bachus

This is an important position. The alternates must be equally versed in the position statements and recommendations. They must be ready to travel/take over this job at a moments notice. If for some reason the 1st and/or 2nd delegate can not fully perform there duties. They will fill into the position as numbered.

All will serve as volunteers for our chapter

As President I look forward to the continued growth of our chapter, association and profession. Your input will always be the foundation for our future successes. Please read on for the latest information and important up dates in our state. Wishing you a happy, health, spring.

With gratitude and appreciation,

Michaele Colizza, RI Chapter President
michaelecolizza@yahoo.com



2015 RI AMTA Chapter Board and Chairs

AT YOUR SERVICE



RHODE ISLAND AMTA | 2014

BOARD OF DIRECTORS

President, Michaele Colizza 401-595-2184
vinmax1@verizon.net

1st Vice President, Patricia Bachus,
401-225-8610 grammie200@aol.com

2nd Vice President, Education Chair,
Alda Medeiros 401-829-0293;
justbreathemassage2@yahoo.com

3rd Vice President, Kim Gregorzek
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Secretary, Newsletter Editor, Debbie Kilty
401-339-1041; debbiekilty@yahoo.com

Treasurer, Joan Tarter Van-Hees
401-965-3993 tranquil1-2007@cox.net

COMMITTEE CHAIRS

Membership Chair, Volunteer Coordinator
Jen Wilkicki
401-935-3549; jlw531@aol.com

Crisis Massage Team Co-Chairs,
Regina Cobb 508-954-2125;
cobbr155@msn.com;
Frank Rapone 401-559-4318; frankrap@cox.net

Facebook & Yahoo Group Admin,
Roy Kenji Omori 401-864-1258;
rkomori@aol.com

Government Relations Co-Chair, Awards
Chair, Joanne Lozy 401-497-2111
joannelozy@yahoo.com

Historian, Government Relations Co-Chair,
Deb Luhrs 401-849-1050
deb.luhrs@massagetherapyri.com

Sports Massage Chair, Lou Ann Botsford
401-486-9113; labots@cox.net

Video Librarian, Paula Kochanek
401-744-5025; pkochanek127@gmail.com

Delegates 2014:

Paula Kochanek, Sr. Delegate 401-744-5025
Jen Wilkicki, Jr. Delegate 401-935-3549

Not sure who to ask? Email:

info@riamta.com

AMTA RI CHAPTER WELCOMES OUR NEW 3RD VICE PRESIDENT

Kim Gregorzek, 3rd vice president

When I woke up the Sunday morning of our chapter's annual meeting I certainly didn't see my day ending with me in the position of 3rd Vice President. It's a busy time in my life with a move into a new house and my wedding on the horizon. But when an opportunity to work more closely with our board presents itself, you take it! I mean, if you have ever attended an annual meeting, you can't help but be inspired by this group! These are people who truly love massage therapy and have a passion for its future, as do I.

From the moment I discovered massage therapy, I knew it was what I wanted to do, and I wanted to share it with as many people as possible. I have been a massage therapist for over 13 years now, and my love and passion for the profession has only grown stronger. If you are like me, this work is a defining part of your life. You live and breathe it. And with that you have a vested interest in its future. I am excited and proud to have this opportunity to work with the AMTA to support massage therapy and massage therapists in any way I can. I want to see the public educated in the benefits of massage. I want to see massage therapists have happy, long, profitable careers. I want to see massage therapy and massage therapists respected by both the public and other health and wellness professionals. I am excited to see that the RI AMTA is now an NCBTMB approved provider of continuing education.

I feel that in the beginning stages of my new position on the board, my role will be one of listening and learning. This is not to say that I do not have ideas and opinions, I do, and I will not be shy to share them. Part of what I have always appreciated about our RI chapter is the board's openness and approachability. I know my thoughts will be heard. This is a hard working group of people, and I am ready to do my best to keep up with them! I look forward to starting this journey with the board, and am sincerely grateful for the opportunity to serve.

JOIN US AND SHARE A RIDE TO AMTA NATIONAL CONFERENCE AUGUST 2015

A survey went out a while back asking if you had any interest in traveling as a group to the national conference in August. We have 12 responses :)

We are trying to create a cost effective means of transportation for as many members/students to this event as possible. We are considering all forms of transport and possibly joining up with another state.

If you would like to join us this is the last call. This is open to all RI AMTA members and students. We need to have a rough head count in order to inquire about forms of transportation.

We need your name and contact info at this time. PLEASE contact us both by April 25th this is not a commitment until we present the financial package to you and you sign off.

Michaele Colizza and Joanne Lozy

michaelecolizza@yahoo.com

Joannelozy@yahoo.com

New England Regional Conference (NERC) LEGACY OF HEALING 2015

Pat Bachus, 1st VP, NERC Representative

Legacy of Healing 2015, what does this mean to us? To you and me, to our organization, where did we come from and where are we going?

The definition of legacy for us in this case is “something handed down from an ancestor or a predecessor from the past”. WE know for us it is our predecessors from the past.

32 years ago a group of forward thinking massage therapists saw the need for affordable education, and the exchange of ideas. From this concept we have today what we call “NERC”; the New England Regional Conference. Six states with one focus they saw a need and they made it possible.

In March 2014 the process began again celebrating and looking forward to a new event which was going to be called legacy of healing how odd that this would be our Theme but most significant .We were already 8 months into planning when we were told that this would be the last. WOW!

It was bittersweet in many ways and we struggled to find meaning in the changes and how to move forward. The general consensus was to urge us to be positive about the changes and encourage us to look at this as a positive step for the chapters as they are becoming more independent; educationally and technically. In spite of all our efforts we were still sad and frustrated. In typical fashion we rolled up our sleeves and dug in; as time went by everyone pulled together and did their very best to make this conference a success. The vendors were wonderful; each one offered encouragement and support. The committee members did double duty to make sure that everything happened the way it should. Jill our coordinator was unbelievable, she was able to rally people to do things that they had not done before, as well as helping us keep a positive attitude. Deb Kilty was the Sherlock Holmes of the conference, she dug for information and history that few knew or remembered but she found it and put it on display. If you missed “NERC” the information will be on display at our October AMTA meeting. It’s like looking into your family album and seeing who you are and where you came from.... Family.

Going along with this whole idea of the history and what we’ve done and what we can do; the conference organizers in 1995 put together an award for committee members who have served on the committee or contributed to the conference for at least three years in some significant way. This final year 2 names were added to the Plaque. There are now a total of 30 recipients listed on this “Hall of Fame Award” which will be on display at the National office. Becca Torns- Barker from Ct. our extraordinary Registrar, without her skill and ability we would have never made it. Last of all me, Pat Bachus, I am also listed amongst this wonderful dedicated group of people. I am humbled and honored to have received this special place in our history. *(Read more about Pat’s weekend on page 10)*

New England Regional Conference Hall of Fame Recipients:

1996 Shirley Cooper C T, June Lordi Me, Perry Plouffe RI

1997 Denise Plouff RI, Helen Viens RI

1998 Rick Gilde ME

1999 Dawn Lipinski NH

2000 Cheryl Gorey MA

2001 Denise Borrelli MA, Cass Crewdson Ct

2002 Lindsay Crossman VT, Carl Sterns RI

2003 Kate Leigh NH

2004 George Glass VT

2005 Nancy Dail ME

2006Cheryle Tardy ME

2007 Jay O’ Connor RI, Michael Regina Whitely ME

2008 Kerry Methot CT, Claudette La Roache NH

2009 Kate Chapin RI

2010 Allissa Haines Ma

2011 Renee Di Vasta NH

2012 Marilyn Holt & Marilyn Waters Ct

2015 Pat Bachus RI, Becca Torns –Barker Ct.



Kerry Methot, CT AMTA President presents NERC Hall of Fame Plaques to AMTA National President Jeff Smoot and President Elect Nathan Nordstrom



Pat Bachus & Becca Torns-Barker receive NERC Hall of Fame award from Emily Rice, NERC Maine Committee Chair Host State

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CRISIS MASSAGE TEAM

Frank Rapone, Crisis Massage Co-Chair

The Rhode Island Crisis Massage Team is directed by Regina Cobb and Frank Rapone under the supervision of the Rhode Island Critical Incident Management team directed by Anne Balboni, a representative of FEMA. The team is dedicated to working with first responders when called upon by Anne. It came to existence after the 2001 Station Night Club Fire. Anne Balboni was on the scene of that disaster and witnessed the chaos among volunteers and the inability to establish an organized venue for respite. Anne contacted Regina and put a plan together with the support of FEMA. We also work in conjunction with the Rhode Island American Massage Therapy Association and only work in Rhode Island. We have one membership training per year and currently have ninety members. We have five team leaders responsible to keep their teams abreast of call downs.

Team leaders are equipped with bright yellow GO bags which include all the necessary supplies needed to work supplied by AMTA. Team leaders have the bags and are responsible to keep them supplied at all times in the event of a call down. Items in the GO bags include hand sanitizer, paper towel, trash bags, breath mints, cleaning solution, wipes, paperwork, clipboards, pens, rubber gloves, and alcohol.

The team owns three massage chairs that were donated to the team and are stored at Anne Balboni's house. Anne is the first in the chain of command and can expedite the massage chairs to the venue of respite. Therapists are welcome to use their own massage chairs. There is a very strict protocol that is established in the training sessions and a manual is given to each member along with an eight hour training session.

This is an all volunteer team. Along with our volunteers, we have a distinguished team of small animal therapists working with K9 first responders.

If you have interest in joining please contact coordinator:
Frank Rapone, BCLMT at 401-559-4318



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Rhode Island 

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Frankrap@gmail.com

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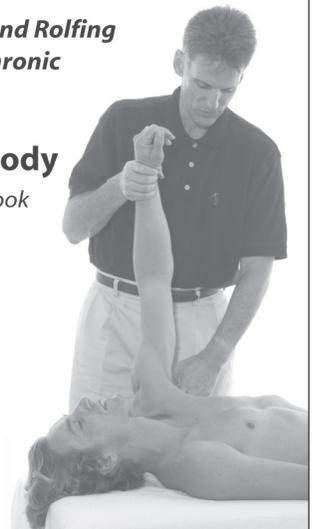
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WELCOME TO THE RIAMTA COMMUNITY

Jennifer Wilkicki, Membership Chair, Volunteer Coordinator

Our family of Massage Therapists is expanding. Please welcome our new members. We have 1st timers, folks who have joined us from other states, and those whom have returned to us. We are so glad you are a part of us!

Tina Goulet	Heidi Sena	Jay Bessinger
Duncan Burns	Raena Camacho	Nicole Ferreira
Karen Long	Chelsea Morin	Jennifer O'Dwyer
Robin Tanguay	Michael Chapasko	Rachael Slattery
Ramona Bessinger	Nora Ryan	Kimberly Santos
Ericka Gardiner	Kat O'Hara	Jaime Haynes
Melissa Walsh	Lisa Brown	Casey Machado
Lori Remington	Camille Von Amim	

And Danielle Litchfield a transfer from Massachusetts
WELCOME EVERYONE!

Keep your eyes on the website and our Facebook page

We have an amazing team of

409

RI AMTA Members!!



Congratulations to our "Crack The Code" winner Pat

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New England Regional Conference (NERC)

LEGACY OF HEALING 2015

Pat Bachus, 1st VP, NERC Representative

As if the honor of being named to the NERC Hall of Fame on Friday night wasn't enough of a thrill at this last, best NERC on Saturday Deb Kilty (my Co-Chair) and I had a bit of free time to wander about the exhibits. Within our yellow goodie bags that were handed out at registration we had cards from Clinic Sense which offers Practice Management Software; Soap Notes; Online intake forms; Appointment Scheduling; Invoicing and Payment

Tracking. Each card came with numbers which could potentially lead to a prize. Well guess what? Deb put her numbers into the briefcase lock, nothing. Then she put in my numbers 855 and lo and behold the lock opened. Inside the briefcase was an "Android Tablet". I was stunned! How lucky do you think this weekend was for me? Who Knew? The funny part is: anyone that knows me knows that I really am not on the fast track of technology and here I am with an Android. For those of you with equal understanding this is a small computer reader. I have a leg up on this one though because my cell phone is also a 3 year old android, so I have a small clue.



Earn 40 continuing education hours in a 10-week internship this fall with an NCBTMB-approved provider.

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Saint Anne's Hospital
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WHEN:

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(two sections available)
10 a.m. to 2 p.m. on Wednesdays

from Sept. 16 to Nov. 18
60054 PSEM-8033-851 and
60055 PSEM-8034-851

10 a.m. to 2 p.m. on Thursdays
from Sept. 17 to Nov. 19
60056 PSEM-8033-852 and
60057 PSEM-8034-852

Saint Anne's Hospital
8 a.m. to noon on Tuesdays
from Sept. 15 to Nov. 17
60052 PSEM-8033-850 and
60053 PSEM-9034-850

HOW:

Registration is underway.
You must complete the extensive
application process by June 15, 2015.

Download the application form at
www.ccri.edu/cwce/career/massage.

**The cost is \$595, plus a
\$25 application fee**

This course is designed for all licensed massage therapists in New England.

Enhance your clinical skills by working with individuals in a hospital-based environment. Develop a better understanding of the scope of the intrinsic factors involved with this population by working directly with patients receiving chemotherapy, radiation and hospital stay following treatment or surgery and other health care conditions. Learn integrative massage skills with protocols specific to pressure adjustments, sites to avoid and client positioning. Aspects of physiological changes during the massage treatment will be outlined in steps so therapists can work safely and skillfully with this population.

LEARNING OBJECTIVES:

- Identify the role of the massage therapist in a clinical setting.
- Demonstrate appropriate assessment skills when treating patients.
- Identify various cancer treatment methods.
- Demonstrate the skills for charting patient care notes.
- Demonstrate appropriate gentle massage techniques of the hands, feet, back, neck and shoulders.
- Utilize standardized scales when assessing stress and pain.
- Identify patients appropriate for massage treatment.
- Describe the importance of patient positioning and critical thinking as they relate to patient care.
- Describe lymphedema protocols identified by Tracy Walton and cancer treatments by Gayle MacDonald.
- Demonstrate skills to work collaboratively with hospital staff and peers.
- Identify research by reviewing the most recent literature.

FOR MORE INFORMATION, visit the Center for Workforce and Community Education, www.ccri.edu/cwce, or the Rehabilitative Health Department, www.ccri.edu/massagetherapy

REFLECTIONS ON THE FINAL NERC FROM THE 2014 DIANNE POLSENO AWARD WINNER

Larry Gallagher, AMTA member and volunteer

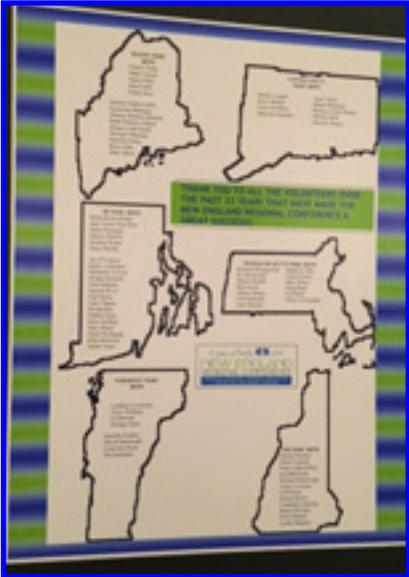
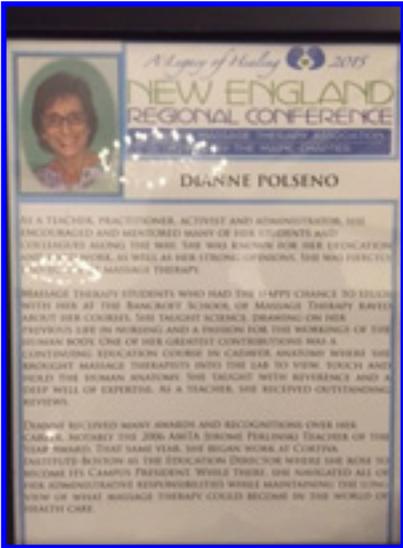
We survived a cold and snowy winter and it seemed that it would never end, but late March brought us the first days of spring, and what better way to welcome the new season than to attend the 2015 NERC. I was fortunate to receive the 2014 Dianne Polseno award, which provided full registration to the whole event. I would like to extend my sincere gratitude for all those responsible for my getting the award, as well as the state of Maine AMTA chapter and everyone who assisted in making this final conference, in addition to all previous conferences, available to its members.

I could sense the excitement, of what would prove to be a great gathering, upon my entrance into the main hallway. There were some faces that I knew, many that I recognized and many others who I didn't know, but will probably cross paths with, in the future. The vendor area stretched throughout the hallways of the second floor, offering goods and services in the spirit of a Turkish bazaar. Although I was tempted to do otherwise, I managed to come out of there within my budget.

In addition to the meals and shopping, I managed to get in some classes (sounds like my college days). I participated in "The Solution is the Sides" with David Lobenstine and "Dimensional Massage for the Lower Back and Pelvic Girdle" with Nancy Dail. They say that if you come out of a seminar with one good move to add to your repertoire, it's a success. Within a week of taking these classes, I've already incorporated several into my routine, with a half dozen in my hip pocket, waiting to be brought out as the situation demands. Some of the techniques are new to me and some are modifications of ones that I already use. The third class was "Tools for Treating Scoliosis" with Don McCann, which was an introduction to Structural Energy Therapy. It was nothing that I was expecting or had any in depth knowledge about. I'm hoping to attend one of his seminars in Tampa, possibly coupled with a trip to the Red Sox spring training camp, next year.

Although family obligations kept me from the Saturday night gala, I heard that a good time was had by all and congratulations to Pat Bachus for being inducted into the NERC Hall of Fame.

All in all, it was a great experience and again I want to thank all those responsible for allowing me the opportunity to attend. It was sad to see NERC coming to a close. I feel as if I always took it for granted that it would be there. With that being said, plans are already underway for our own RI chapter to host its own conference, next year, so let's get involved and keep the spirit of NERC alive.



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Hartford, CT Sep 17-20, 2015
Portsmouth, NH Oct 1-4, 2015

SomatoEmotional Release 1 (SER1)

Boston, MA Apr 9-12, 2015
Moncton, NB Sep 10-13, 2015

SomatoEmotional Release Technique: Mastering the Inner Physician 1 (SER1)

New York, NY May 7-10, 2015

Adv 1 CranioSacral Therapy (ADV1)

Burlington, VT Oct 26-30, 2015

CranioSacral Therapy Clinical Symposium (SYMCS)

Providence, RI Oct 17-18, 2015

Additional dates and locations at Upledger.com

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Susan Steiner, OTR/L, CST-D and Sue Cotta, MSPT, CST

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CranioSacral Therapy Clinical Symposium

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EIGHT IMPORTANT AMTA PARTNERSHIPS AND COLLABORATIONS

Press Release January 8, 2015 AMTAmessage.org

2014 was a year of many partnerships and collaborations for the American Massage Therapy Association (AMTA). The association connected with organizations within the profession to advance massage therapy education and standards; collaborated with a wide variety of health care associations and organizations to increase the integration of massage therapy into health care; partnered with major media and online companies to educate consumers on the health benefits of massage; and, continued its partnerships to promote and expand clinical research on the benefits of massage therapy.

These efforts are just part of how AMTA is pursuing its vision that, as the most trusted professionals in massage therapy, AMTA members are integral to health care and wellness.

1. American Red Cross – AMTA finalized a unique national partnership to collaborate on massage therapy services for Red Cross Volunteers. The agreement outlines ways for AMTA chapter community service teams to connect and collaborate with the Red Cross locally in both emergency and non-emergency community events. AMTA chapters and Red Cross offices will now have standardized information to activate and deploy massage therapists as situations dictate it.

2. American Medical Association – AMTA is continuing its representation to the American Medical Association's (AMA's) Current Procedural Terminology (CPT) Health Care Professional's Advisory Committee. AMTA's representative gives direct input into decisions related to CPT code use by massage therapists. This is of direct benefit to massage therapists who seek insurance reimbursement.

3. WebMD and Health.com – AMTA provided consumer information on the health benefits of massage therapy and how to find a qualified AMTA massage therapist through click-through messages on these two important consumer health websites.

4. Collaboration with major health care associations for top quality education at the AMTA national convention – This year, AMTA collaborated with both the American Academy of Dermatology and the American Heart Association to provide relevant resources for AMTA members.

5. Massage Therapy Foundation – AMTA continued to be the primary benefactor of the Massage Therapy Foundation with financial support exceeding \$450,000. The association also directly supported the MTF Boston Marathon and AMTA's runner, Kristen Lutz.

6. Greenville Rehab Center/ Team Roger C. Peace – AMTA's is now a co-sponsor of the Roger C. Peace paracycling team and is funding the gathering of data on the impact of massage therapy on the conditioning and performance of these professional athletes.

AMTA's name and logo will be prominently displayed by the athletes as they compete and massage therapy will be closely associated with their training and conditioning in this first of a kind study in 2015.

7. American Academy of Family Physicians (AAFP) – AMTA was an active participant in the AAFP national conference, providing information on research supporting the value and effectiveness of massage therapy and educating physicians on how to find AMTA members for referrals.

8. Affordable Care Act (ACA) & Massage Therapy – AMTA led an analysis of the effects of the ACA on massage therapists and developed a publication addressing the value and efficacy of massage therapy provided to a wide range of health care organizations and insurers. The collaboration included work with Discern Consulting (Evolving Health Care Opportunities- ACOs) and John Dunham & Associates (Economist).

"AMTA is the only massage therapy organization to collaborate with so many different partners to advance our profession and promote massage therapy to consumers and those who refer consumers to massage therapists," says AMTA President Nancy M. Porambo. "This was a banner year for AMTA as we broke new ground in our national collaborations. We are committed to advancing our profession and serving our members in new ways and these relationships are part of what makes AMTA a unique force for our profession."

NOTICE:RIAMTA BOARD MEETING SCHEDULE

All RIAMTA Board Meetings are open to the public. The following is a list of dates and times of upcoming board meetings:

May 20, 2015 7:00-9:30

June 24, 2015 7:00-9:30

August 2, 2015 11:00-1:30

September 15, 2015 7:00-9:30

October 7, 2015 7:00-9:30

General Member Meeting October 25, 2015.

Times and dates are subject to change. Please contact our Secretary Deb Kilty at 401-339-1041 or via email at debbiekilty@yahoo.com prior to any meeting for confirmation on date, time and location. Check in the next newsletter for future meeting dates.

ETHICS....AGAIN

Paula Kochanek, Video Librarian, Delegate,
Crisis Massage Team

Massage therapists/practitioners shall:

1. Demonstrate commitment to provide the highest quality massage therapy/bodywork to those who seek their professional service.
2. Acknowledge the inherent worth and individuality of each person by not discriminating or behaving in any prejudicial manner with clients and/or colleagues.
3. Demonstrate professional excellence through regular self-assessment of strengths, limitations, and effectiveness by continued education and training.
4. Acknowledge the confidential nature of the professional relationship with clients and respect each client's right to privacy within the constraints of the law.
5. Project a professional image and uphold the highest standards of professionalism.
6. Accept responsibility to do no harm to the physical, mental and emotional well-being of self, clients, and associates.

Yeah that is how I felt taking another ethics class this year. What could possibly be said that has not been said over and over again.

Well a great big thanks to Greg Hurd who taught our ethics class for our very last NERC gathering. He was able to keep the flow going without the traditional pens and paper and the round tables. We had great discussion over some of the usual topics of sexual dilemmas but this time there was more reflection on what our own set of ethics is and how does that relate to the AMTA Ethics. How do we set our own boundaries within the boundaries?

What I thought was one of the most profound "codes" of ethics for the therapist was discussion of number 6. We have so much emphasis on the well-being of the client that I think we skip over the very first responsibility to self. Well what if my physical body is hurting? What if I am mentally or emotionally a little off? Can I tell my client how I really feel? Should I tell them? How much do I tell them?

How many of us have clients that we seem to be so comfortable with that we converse as if we are close friends but we would never have a relationship of any kind outside of our office? I had to really think about that. Was I doing harm to myself by exposing my real self to a client? Where does the boundary lie?

Massage is one of the most intimate and vulnerable professions to be working in. We ask our clients to be open with medical questions. We then touch them far deeper than their muscles and without any words. We are filled with compassion and love as we therapeutically work on them. Our hands are talking. They open up and begin to converse and then we are drawn in and connection takes place. It seems natural as trust builds. We converse back. This goes on for a long time. Maybe several years. When did the boundary change? That boundary within the boundary for my own well-being. When did I draw from my client to meet my own need? And how do I withdraw without the client feeling like a connection is broken? Surely things to consider as we continue in our practice of massage.

What a great send off for a last ethics class at NERC. Thank you Greg for helping us look deeper into our own ethics as we continue to grow and improve our profession.

CLASSIFIED ADS

OFFICE SPACE

Massage room (or similar use) in North Kingstown, Rhode Island available in a professional office park. 1 minute off of Rt. 4, this space is undecorated. Waiting area, kitchenette, and a small office (already furnished/decorated) shared with 2 other practitioners: one Massage Therapist, one acupuncturist. Bathroom within space, elevator. Very quiet location, I have been located here for 10 years and have developed a very successful practice. You are organized, clean and respectful. Must have insurance, license and professionalism. Utilities (except phone) included, as are general office/cleaning supplies.

Resume and references required, preferably professional references with at least one recent. Rent is \$430 per month. Call John at 401-480-3028



EDUCATION COMMITTEE

UPDATE

Alda Medeiros, Education Chair

Our quarterly CPR class with Billy Simas continues to be a big hit!! Therapists from Connecticut, Massachusetts and Rhode Island welcome the opportunity to obtain CPR certification. In addition, attendees who need CPR certification as HealthCare providers may also attend this class! The 2015 class dates are scheduled for April 15th, June 2nd, September 15th, and December 8th. Class times are now 6pm to 10pm, with all classes being held at Care New England Wellness Center, Post Road, Warwick. Note that the cost of the workshop remains the same!

Since our last update, we have held two great workshops:

1. On February 7-8, 2015, Jeanne Coleman presented a two-day, 14 CE hour workshop entitled, "Thai Table Massage" 30 attended.
2. On March 28, 2015, Taya Countryman presented a one-day workshop entitled, "Structural Relief Therapy (SRT) for the Shoulder, Arm & Hand." A total of 8 CE's were awarded to 25 attendees. We received such an overwhelming response of registrations that we were able to offer a repeat class on March 29th. 26 attended

We are excited about our future workshops being offered:

On May 3, 2015, John Balletto will be presenting a 6-hour workshop entitled "An Introduction to the Kinesio®Taping Method." The workshop is being held at the Ramada Inn, 213 Taunton Avenue, Seekonk, MA. Feel free to visit the chapter website for details.

On June 6-7, 2015, Nancy Dail will be at the Radisson Airport Hotel, Post Road, Warwick, to present a two-day workshop on "Dimensional Massage Therapy for Soft Tissue Dysfunction of the Head, Neck and Shoulders." We are thrilled to have Nancy present for the first time at our chapter! Emails were sent to everyone in early March. Register soon; space is limited!

On September 13, 2015, John Balletto returns to present on a great topic, "Enhancing Your Palpatory Literacy." The workshop is being held at the Radisson Airport Hotel, Post Road, Warwick, and 7 CE's will be offered upon completion.

Please look for future emails as the workshops get closer and also check the RIAMTA website for workshop details and registration information, www.amtari.org.

We are working to bring topics such as Ethics, Sports Massage, Active Isolated Stretching and Craniosacral therapy in the near future. Stay tuned for further details!

We continue to be proud of the workshops offered for our members and look for continued feedback from you for future topic ideas. If you have a topic of interest, feel free to contact me at justbreathemassage2@yahoo.com



Jeanne Coleman workshop



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Renew today for as low as \$60 and pay the remaining balance in 2, 3 or even 4 payments!

Again, no extra fees. We want you remain a part of AMTA; we want your practice to be protected – so let's make it easier.

Call or text me (Matt) now for a payment plan!

847-780-6437

OUR MEMBERS MATTER

Jennifer Wilkicki, Membership Chair,

Thanks to the many members who participated in the 30 second interview “Hot Seat” that was located at the Membership booth. Thanks for stopping by.

Remember to save this article for your reference binder. This will become a great tool for you to help out your clients when you believe they may need a modality you may not offer. It will also help you to network and/or mentor with other therapists in our community.

Who: Donna Madden; AMTA member since 2010.

Hasn't held any positions in the local chapter.

Volunteers at Spiritual Matthews Church

What/Where/When: Diva Salon, White Light, rents space from an acupuncturist. Practices craniosacral, mahatma technique, and is a Reiki master.

Motto: I am what I am. Energy flows where attention goes.

If you would like to be in the “Hot Seat” for a 30 second interview stop by the membership booth at any of our events or contact Jen Wilkicki at 401-935-3549; jlw531@aol.com

Go to <http://www.riamta.com/hotseatinterviews.html> all the hotseat interviews from back issues compiled in one list!

UPCOMING RIAMTA MEMBERSHIP EVENT

Jennifer Wilkicki, Membership Chair & Volunteer Coordinator

Come join us April 25th at the Corner Bakery and Café in Garden City for our Annual Coffee and Tea event. This year the meeting is focusing on 401K and retirement. The guest speaker for the meeting is John Barsoum. John Barsoum works for RI Retirement planners, and specializes in 401K and retirement. If you are looking for advice to start a 401K or would like some information on retirement, please come to the meeting.

Saturday, April 25, 2015
Corner Bakery and Café
140 Hillside, Cranston RI 02920

Time
2pm-3:30pm

Don't miss out on this opportunity to plan for your future!!

Contact Jenn at 401-935-3549; or jlw531@aol.com to register for this event!!

AMTA MEMBERSHIP

BENEFITS

AMTA offers members a wide array of benefits and resources to help you reach professional excellence in the massage therapy profession. As a

Professional Member, your benefits include:

- Liability Insurance Coverage (included)
- mtj® (Massage Therapy Journal®)
- Use of classification-specific AMTA logo
- Discounts on online training and courses at the National Convention
- Enrollment in AMTA's Find a Massage Therapist®
- Massage Information Center
- Chapter/Volunteer Involvement
- Free job and resume posting
- Hands On® - bi-monthly membership newsletter
- Optional Insurance plans (e.g., medical, disability)
- Discounts up to 30% on products for your practice
- Discounts on supplies and services for your business
- Create your own website in 5 minutes
- Free client e-Newsletter
- Free online classified ad posting
- Free onsite continuing education class posting
- Marketing/public relations tools
- Massage photos you can download
- National Office staff assistance
- Professional development tips
- Professional member pin

Student, School, & Supporting Members can review their specific benefits at www.amtamassage.org.

VIDEO LIBRARY

*Paula Kochanek, Video Librarian:
401-744-5025 or pk127@juno.com*

The video library is now open to professional and student members who have a RIAMTA number and are active.

A full list of available Rentals, Rental Agreement forms and full instructions can be found on our website: www.riamta.com.

Please check it out.

It is a wonderful resource.

**RENTALS DUE IN 3 WEEKS TO
AVOID FEE PENALTIES.**



AWARDS RECOGNIZING YOUR GREAT DEEDS

Joanne Lozy LMT
Awards Committee Chair
3rd Vice President, IPP

Win a \$350.00 scholarship toward RI AMTA Education!

YES! that's right Rhode Island chapter AMTA members. In the past RI AMTA gave away a scholarship to the New England Regional Conference (NERC) yearly. It was known as the RI AMTA Dianne Polseno Scholarship. As we all know NERC has come to an end and we are beginning a new era. But our commitment to giving away education to our Rhode Island members has not. We wish to continue to honor the gifts Dianne gave us. All who knew her, knew her spirit of commitment to education. She educated us in many ways. Writing articles for MTJ, teaching at Bancroft School of Massage and Cortiva, continuing education classes for NERC and many local states, and making appearances before local Rhode Island city councils to improving massage laws. All in the name of education and advancing our profession. So how does this impact you? This is the second year now we are giving the scholarship to the member who accumulates the most points for volunteerism. ANY VOLUNTEERISM. That's right! ANY VOLUNTEERISM! How does it work? Any volunteering you do, serving at a food bank, scouting leadership, Earth Day (which by the way is Wednesday, April 22, 2015) and of course RI AMTA events, all will earn you points! It's simple. Keep track with the simple form we have created a link to on the Rhode Island AMTA web page or click here <http://ri.amtamassage.org/wp-content/uploads/2015/01/AWARDS-volunteer-form.pdf>. Mail that form to the address provided on the bottom by the designated date, Friday October 16th by snail mail and October 18th by cyber mail. The winner will be announced at the RI AMTA October 25th General Meeting. You need not be present to win, but we hope you will be. Don't forget that's the meeting where we bring in vendors and give 3 hours of continuing education credit to Rhode Island members and students. See you then.

NEW TITLES FOR OUR VIDEO LIBRARY!!

Check it out <http://ri.amtamassage.org/>
Structural Relief Therapy Torso, Taya Countryman
A Gift of Touch Dimensional Massage Therapy, Nancy Dail
Kinesiology for Manual Therapies, Nancy Dail, Timothy
Agnew, R. T. Floyd
CST Handbook, Basic Elements in Craniosacral Work, Don
Ash

VIDEO LIBRARY

Paula Kochanek, video librarian

Video Rental Policy Revisit

It's been a while since our library policies have been reviewed and since the change was made to allow all active student members within the RIAMTA to have access to the library I thought this was a great time to do just that.

Let's take a little over view of our great video library. The library has been open to all RI Massage Therapists as well as students for over a year now. The actual library has been around for more than 10 years.

The way to rent a video is easy but for some reason becomes confusing when asking for proper identification. Our library is for active RIAMTA Members. All you need is your RIAMTA Card. This can be a professional status or student status. It is not your massage license. Our library comes to our general meetings twice a year. Try to always bring your card with you. The library is available all year except for holidays.

Some housekeeping rules that are necessary. Please be sure to rewind all VHS tapes before returning. When mailing material back please use proper packaging. Bubble wrap or box is necessary to protect the cases of the VHS/DVDs. When this is not done the cases, especially the dvds, come back with broken pieces from the hub that holds them in place. This can cause the discs to move around and possibly get scratched. Each rental comes with the return and usage policy. If a late fee has to be accessed please do not send cash. Make checks out to RIAMTA.

Effort is made to accommodate everyone's schedule for borrowing or returns when they are done in person. This is an excellent way to avoid mailing fees, late fees and possible damages when mailing. Thanks to all suggestions on what to add to the library!

SIDENOTE: If anyone who rented the Patrick Ingrassia "BodySaver Massage" and dvd has realized they still have one of his dvds could they please return it. I will take responsibility for not noticing that only one dvd was returned and not the set so I have no idea when this took place. However the one dvd that is with the book is just an overview. Without the other dvd the book is not much help since you need the demonstration from the dvd. SO for all of those that rented this set please see if you inadvertently still have it. Thanks so much.

NEW ENGLAND REGIONAL CONFERENCE FOSTERS LEGACY OF EDUCATION AND CAMARADERIE

Taken from "National news you can use 2015" amta nationals email

Last month, AMTA's longest-standing annual regional conference ended its continuous 32 year run. The popular New England Regional Conference (NERC) - organized by the Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont Chapters - draws approximately 300 attendees.

NERC had expanded upon its original objective - to provide quality, affordable education to AMTA members in New England - to where they offered an average 15 CE hours, a large vendor hall and many opportunities for networking and camaraderie.

"For a lot of us, it's about the gathering of the like-minded, and because we're so close geographically, we can gather more people," Cass Crewdson (CT), veteran organizer said. "NERC has been a positive model for the other chapters. It has made it easier for therapists to go to national convention after getting to know people at NERC."

Each of NERC's six organizing chapters have been committed to its success, providing two volunteers to the year-long planning committee, and the 80 volunteers who help put on the conference. The six chapters agreed that NERC had outlived its original purpose, because the New England chapters have created many more education opportunities in their own states than in the past.

"Being able to plan NERC has helped me grow as a leader. I get calls from chapters all over the country about how to plan regional conferences because everyone knows how successful NERC is," said Kerry Methot (CT).

Nancy Dail, New England Regional Conference founder, gave the keynote address at this year's conference, which was themed "A Legacy of Healing."

Here's an excerpt from Nancy's keynote speech: "The New England Conference has succeeded in leaving a legacy of healing. Being at this event has touched our hearts, educated us, allowed us to mingle with our peers, and to explore new and old products one-on-one with vendors of our field. It has birthed ideas, fueled our hearts with enthusiasm and taught us that continuing education is a very big part of our profession. It has given us a true sense of accomplishment from putting on a successful conference to laying this legacy of healing. It has whisked us away from the isolation of practice, helped us prevent burnout and given us the opportunity to share our ethical dilemmas.

So I ask you again, what is your legacy? For you are the future of this profession. You get to make the choices that will fulfill your journey. You will leave a legacy of touch just by your investment in your practice. But what else can you do? What can we do together to further this profession?"



NERC 2015 Planning Committee



Vermont NERC Reps pitching in selling raffle tickets



Keynote Speaker Nancy Dail



RI AMTA President Michaela Colizza (center) with longtime NERC supporters Rose Kennedy (l) and Nancy Web (r)

