When offered the opportunity to write this article, I was going to do so anonymously so that the focus would not be on me, but on the subject of massage therapy and addiction recovery. I then realized that in my experience, the addiction crisis, in part, has been caused by the avoidance of many to bring the subject out into the open. Much has been said of the nature of addiction—the tragedy and horror it has wreaked on so many, and the various recovery programs in use for the past 75 years. While the primary recovery methods (AA, rehabs, and drug counseling) are effective for some, the best statistics available suggest they are only successful 20-30% of the time. Clearly, more can, and needs, to be done to better identify the causes and remedies of addiction, if the tide is to be turned for those seeking to rid themselves of the yoke of addiction. Sharing my personal path in this article is an attempt to begin the dialogue, in the hope some will be able to identify with the problem and be willing to contribute to a possible solution.

By the grace of my Higher Power, whom I choose to call God, I recently celebrated 33 years of sobriety from the addiction to alcohol, 31 years as a NY State licensed massage therapist and 30 years as a member of the NY Chapter of the AMTA. My path has convinced me that the field of massage can serve as a powerful tool in the battle with addiction in our culture. Wishing to pay forward what I have learned about the cause of my addiction, how I am on the road to recovery, and how others might benefit from my story, I enrolled, and am soon to complete the NY State CASAC program (Credentialed Alcohol and Substance Abuse Counselor). This is a 10 month, 350 hour academic course, leading to certification to help people struggling to overcome addiction to their drug(s) of choice.

Current statistics indicate that as many as 30% of the U.S. population (either themselves, or members of their families) are affected by some form of alcohol or drug abuse. Heroin overdose deaths claim, conservatively, close to 100 people a day, many in the 18-40 age range. Can there be any doubt we are in a national crisis?

In the field of massage I have learned that a person receiving a structured touch experience, such as a professional massage, releases the very same set of neurohormones/neurotransmitters that an addict ingests artificially: dopamine, serotonin, oxytocin and endorphins. The question for us, as licensed massage professionals, could positive structured touch experiences, beginning with chair massage, (more appropriate for the recovery population) serve as a substitute for the ingestion of a deadly drug?

I have made a proposal to the administrators of the CASAC program at St. John’s Riverside Hospital in Yonkers, NY, to conduct a 3-month study delivering 15 minute chair massage sessions 2-3 times a week to volunteer trial and control group members of the rehab population. Six months later a review would be made of the recidivism (a tendency to relapse into a previous condition) rate of the trial and control group members to see if there were differences in the recidivism rate between the two groups. If the trial proves that massage can have a positive effect on the recidivism rate, it will be suggested that the organization budget sufficient funds to hire professional massage therapists to provide the structured touch services as appropriate.

While this effort is in the initial stages, and since other, or additional trial sites may have to be identified, I welcome comments, suggestions, expressions of interest in participating and of course, prayers from you, our AMTA-NY family members. If you care to comment, please use my contact information below:

Russell E. Borner: PO Box 689, Croton on Hudson, NY 10520
(914) 960-9681 | russborner@gmail.com
Message from the President

BY EUGENE WOOD

AMTA’S MISSION STATEMENT

To serve AMTA members while advancing the art, science and practice of massage therapy.

We read this mission statement at the beginning of our board meetings. I personally keep it in mind whenever I have to make a decision as President of your chapter.

To serve AMTA members: This past year has been one of growth and change. The growth part is that the profession of massage therapy is gaining more acceptance by the medical community, including doctors, hospitals, and some insurance companies. They are beginning to see the value of what we bring to the table in decreasing a patient’s pain, getting them back to work faster and without the side effects of prescription drugs. The change part is that there are still those communities and municipalities that hold on to the idea that somehow the words massage and parlor go hand in hand. I say change, because this is becoming a national trend. More and more local municipalities are passing local legislation to further define and restrict our profession instead of using the laws and definitions that are already in place. We serve our members by hosting a Lobby Day and working with Dr. Doyle’s office and legislators to fight this encroachment.

While advancing the art, science and practice of massage therapy: In 2016, our chapter held 23 classes. This was the largest offering we’ve held to date throughout New York State. We really took a chance on offering a burn scar class and presented it in every area of the state. How often are you granted the opportunity to learn how to work with a client who has been badly burned? Also, we offered two dissection classes in addition to cupping that were met with great success, while keeping our class price to $15 an hour.

I want to thank you once again for the opportunity to serve you.

Eugene Wood
President, AMTA-NY Chapter

Eugene graduated with a BS in Experimental Psychology in 1974. He has 30 years of business experience. For the past 15 years, he has held several positions in the field of computer training using his instructional design and project management skills, creating learning content and delivery of training. Eugene graduated from the Swedish Institute to realize his dream of becoming a licensed massage therapist. Email: eugenelmt@verizon.net
Thank you to everyone who took the time to participate in Lobby Day and to those who called and wrote your elected officials over the last several weeks in order to support our legislative agenda. With the help of our Lobbyist, Rebeca Marino, and her assistant, Molly, we had another successful day lobbying the lawmakers! We were fortunate enough to discuss our legislative agenda items as well as explain the benefits of massage therapy with several NYS Senators and Assembly men and women.

**Senate bill 406 – (Robach)/Assembly bill 6797 – (Woerner) – Support**
We continue our efforts to advocate for the inclusion in workers compensation billing rights. The passing of this bill would establish a fee schedule for massage therapists to make workers comp. claims. An injured employee could receive reimbursement from NYS licensed LMT’s for massage therapy services just as they do from physical and occupational therapists presently.

**Senate bill 4433 – (LaValle)/Assembly bill 2488 – (Thiele) – Support**
We raised awareness of illegal practices and the need for local enforcement of the state massage therapy laws. This bill gives the District Attorneys additional tools to prosecute the ‘managers’ of those illegal practice establishments. It reduces the number of persons someone may aid or abet in the use of a professional title (e.g. LMT) from 3 to 1, and clarifies that the practice of esthetics does not include massage therapy.

**Senate bill 5467 – (Addabbo)/Assembly bill 7226 – (Miller) – Support**
In an effort to combat illegal practice this bill would authorize the district attorney to intervene in a proceeding brought by the owner of a premises upon which the tenant’s occupancy is illegal.

**Senate bill 5464 – (Latimer)/Assembly bill 7181 – (Pretlow) – Oppose**
We discussed our position that Reflexology is already part of the Massage Therapy Profession, and that it is a specialty within our profession. This version of the bill is different from prior year’s legislation. This year this bill does not appear to be moving forward.

Lobby Day is your chance to influence the legislature to advance and protect our profession. It is also a chance to network with other AMTA-NY members. During Lobby Day you are given the opportunity to meet with Senators and Assembly members and have the opportunity to express why our legislative items are important to you and how they could affect your own business, customers and family. Your participation helps influence their decisions regarding the legislation on the agenda. Member participation does make a difference, and I hope you can join us next year in Albany!

**LOBBY DAY EXPERIENCE**

First Time at Lobby Day:  
My name is Donald Goodale, an AMTA member for the past five years. A few of my colleagues asked me to join them at Lobby Day this year and it sparked my interest. I thought, “Time to get involved”, and I had no reason not to go. The drive to Albany was easy after work, and the group of therapists from across the state met for dinner. In the morning, our lobbyist Rebecca Marino mapped out the schedule of meetings for each team. This was her 19th legislative session and it showed. We moved independently as groups between assemblypersons’ and senators’ offices while communicating AMTA New York’s position on the outstanding bills. It was my first time meeting and speaking with representatives from my district and others, and I was proud to be part of AMTA’s voice as well as a citizen meeting with lawmakers. We were received graciously and the people that make a difference heard our concerns. When I left Albany, I felt like someone who was making a difference. Please consider coming next year and help make some changes on how our industry is governed. Perhaps as LMT’s we can finally bill Workers Compensation for the services we provide.
The AMTA New York Chapter Convention 2017 was a success! The convention was held on April 7 – 9, 2017, at the DoubleTree by Hilton in Tarrytown, NY. Massage therapists experienced excellent classes that offered a variety of modalities and new techniques. Various massage therapy merchandise and equipment were on display at the Vendor Marketplace, thus keeping massage therapists up-to-date with the latest trends. The *Rummage for Research* booth raised $308 for the Massage Therapy Foundation. At the Annual Business Meeting Luncheon, the chapter business was conducted for the year. Furthermore, AMTA-NY Chapter officers and delegates were elected by the members. Among the convention highlights was the dinner dance banquet with an amazing DJ for a great time on the dance floor. In addition, AMTA-NY Chapter awards were presented and the newly-elected officers and delegates were sworn in.

**Congratulations to the elected positions of:**
- **Board Member:** Nick Bodkin
- **Board Member:** Christine Bailor-Goodlander
- **Financial Administrator:** Pat Collins
- **2 Year Delegates (2017 – 2018):** Lindsay Bodkin, Melanie Oliveri, Frank Casucci
- **Alternate Delegates:** Kelly Bragger, Joyce Kent, Christine Pastore, Donna Webb

**Congratulations to the 2017 Scholarship Award Winners:**
- Jahaira Fernandez, Kimberly Mondo, Maribel Linares
Congratulations to the Chapter 2017 Award Recipients:

- Distinguished Service Award: Domanic Guzman
- Humanitarian Award: Jasmin Pitter
- Distinguished Service Award: Amy Battilana-Meyer
- Meritorious Award: Pat Collins
- President’s Award: Cindy Allen

Congratulations to all the drawing prize winners! Much appreciation to our 2017 vendors who donated the drawing prizes. A special thank you to the International Alliance of Healthcare Educators and XpresSpa for sponsoring this year’s convention. A huge thank you to all the volunteers who gave of their time helping to make this another successful convention.

SAVE THE DATE

AMTA-NY Convention 2018!
May 4 – 6, 2018
Holiday Inn, Liverpool, NY
**Education Corner**

BY PAT COLLINS

**“WHO’S ON FIRST?”**

If you’re not familiar with the old Abbot and Costello routine about “Who’s on First” go look it up! You’ll get a chuckle and can easily apply the many characters with many names causing hilarious confusion to our continuing education requirements as New York State Licensed Massage Therapists.

As NYS LMT’s we are first and foremost accountable to New York State and cannot call ourselves a massage therapist or practice massage in New York without licensure through the state. If you are reading this, you are very likely an AMTA member and you may or may not be Board Certified through NCBTMB. All three of these require continuing education, although the specific requirements for each entity differ a little bit.

New York State authorizes individual presenters as well as continuing education sponsors to provide LMT’s continuing education. “Sponsors” are organizations like the AMTA-NY Chapter and NCBTMB. An individual presenter is just someone who is presenting a class that is registered and approved by New York. For New York credits, it is the provider and the class that have to be ok with New York. For example ’Joe Provider” may teach anatomy (acceptable topic) as well as “How to make your fortune” (not acceptable topic.) Sponsors and individual presenters authorized by New York State are responsible for record keeping just as you are for your own classes. Your continuing education should be taken with a New York State approved provider; up to six CE Hours may be with a provider “approved by other jurisdictions” outside of New York. If you take online classes, be sure they are from a NY approved provider. For more information on New York State Continuing Education requirements, please go to: http://www.op.nysed.gov/prof/mt/mtceapplicantinfo.htm

NCBTMB is a New York approved sponsor but it is important to note that not all NCBTMB instructors / classes are approved New York continuing education providers. There is an additional authorization step that NCBTMB instructors must go through to also be NY providers. They are listed in a separate area on NCBTMB’s web page. This is a list of the NCBTMB courses approved for New York State. http://www.ncbtmb.org.

AMTA-NY Chapter classes are both NCBTMB and New York State approved so unless it is otherwise noted in our registration or marketing materials, it is acceptable to both New York State as well as NCBTMB.

Occasionally we will offer a business or marketing or other class that might not meet the CE requirements of NYS, but that is in the interest of a massage professional anyway (business classes for example.)

If you have questions about continuing education requirements, please feel free to contact Pat Collins, the AMTA-NY Chapter Education Chair at collinspd@yahoo.com or Cindy Allen at the AMTA-NY Chapter office at office@amta-ny.org.

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**This chart helps clarify “Who’s on First!”**

<table>
<thead>
<tr>
<th></th>
<th>New York</th>
<th>AMTA</th>
<th>NCBTMB</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Continuing Education Hours Required</strong></td>
<td>36 every 3 years (average 12 per year)</td>
<td>48 every 4 years (average 12 per year)</td>
<td>24 hours every 2 years (average 12 per year)</td>
</tr>
<tr>
<td><strong>How often do I renew my license/membership/certification?</strong></td>
<td>3 years</td>
<td>Annually</td>
<td>2 years</td>
</tr>
<tr>
<td><strong>Do I need CPR certification?</strong></td>
<td>Yes to take licensing exams, No for renewal</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td><strong>Does CPR or First Aid “count” for CE’s?</strong></td>
<td>Yes for a max of 3 hours</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td><strong>Need Ethics classes?</strong></td>
<td>No</td>
<td>No</td>
<td>3 hours</td>
</tr>
<tr>
<td><strong>Need Research classes?</strong></td>
<td>No</td>
<td>No</td>
<td>3 hours</td>
</tr>
<tr>
<td><strong>Do business/marketing classes “count” for CE’s?</strong></td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Can I carry over hours from one renewal period to the next?</strong></td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td><strong>Do I need to document/list what CE’s I’ve taken for renewal?</strong></td>
<td>No</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>How long do I need to retain my certificates/documentation for continuing education?</strong></td>
<td>6 years</td>
<td>4 years</td>
<td>2 years</td>
</tr>
<tr>
<td><strong>Do online classes “count” for CE’s?</strong></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

*NCBTMB asks for a list upon renewal. The other two just want verification (check the “yes” box.) However, any of the three may audit you and then you will need to provide copies of your certificates. Keep your certificates organized and in a safe place!
## 2017 Fall Continuing Education Schedule

Go to [www.amtanewyork.org](http://www.amtanewyork.org) to get all the details on these classes and their locations.

<table>
<thead>
<tr>
<th>Northern NY</th>
<th>Hudson Valley</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introduction to Cranial Sacral Therapy</strong>&lt;br&gt;(8 CEH)</td>
<td><strong>Introduction to Oncology Massage</strong>&lt;br&gt;(14 CEH)</td>
</tr>
<tr>
<td>November 4, 2017</td>
<td>October 21-22 2017</td>
</tr>
<tr>
<td>Lisa Satalino</td>
<td>Felicia Newsome and Daniel Verino</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Capital District</th>
<th>Western NY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>An Integrated Approach to Positional Release Therapy</strong>&lt;br&gt;(13 CEH)</td>
<td><strong>Forearm Massage: Save your Hands and your Career</strong>&lt;br&gt;(8 CEH)</td>
</tr>
<tr>
<td>September 9-10, 2017</td>
<td>October 15, 201</td>
</tr>
<tr>
<td>Lee Albert</td>
<td>Shari Auth</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Central NY</th>
<th>Western Finger Lakes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Functional Anatomy and Treatment: Foot &amp; Ankle</strong>&lt;br&gt;(8 CEH)</td>
<td><strong>Functional Anatomy and Treatment: The Knee</strong>&lt;br&gt;(8 CEH)</td>
</tr>
<tr>
<td>October 22, 2017</td>
<td>October 23, 2017</td>
</tr>
<tr>
<td>George Russell</td>
<td>George Russell</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Southern Tier</th>
<th>New York City/ Long Island</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gross Anatomy Dissection Lab; Upper Body</strong>&lt;br&gt;(8 CEH)</td>
<td><strong>The Jaws, Ears, and Base of Skull: Triad of Opportunity</strong>&lt;br&gt;(8 CEH)</td>
</tr>
<tr>
<td>November 4, 2017</td>
<td>September 30, 2017</td>
</tr>
<tr>
<td>Kelly Meyers, Norton Berg</td>
<td>George Russell</td>
</tr>
</tbody>
</table>

| Clinical Massage for Veterans I: Upper Body<br>(8 CEH) | Introduction to Traditional Thailand Massage<br>(20 CEH) |
| November 5, 2017 | October 13-15, 2017 |
| Lauren Felice | Yaron Gal Carmel |

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**Keep Track of all CE Credits in One Place**

The AMTA National website has a great tool to allow you to “self-report” all courses you take anywhere! To do so, simply log in to [www.amta.org](http://www.amta.org) click on “Update Education Credentials”. This tool allows you to put all credits that you have taken anywhere all in one place!

For any questions about this, or to access login information, please contact AMTA National at 1.877.905.0577.
Ethics

Working in healthcare brings providers into close contact with an incredibly diverse population. In addition to coming from different cultural backgrounds, clients could also be living with multiple health complications and, with more frequency, are beginning to turn to massage therapists for alternative forms of treatment. It is our job as professionals to keep these clients’ best interests in the forefront of our minds and deliver the best level of care that is in our ability to provide.

Ethics are guidelines, and in some cases rules, that help ensure that we provide to all our clients the best possible experience and service. Part of our responsibility to our clients is to ensure that we are current with new techniques and treatments. Continuing education courses serve as refreshers as well as teaching tools that help us keep our massage effective and safe for not only our clients, but also ourselves. In addition to having an understanding of the human body and manipulating it, it is also equally important that we empathize with our clients. We need to understand that we do not know where they are coming from and that their perceptions of us may be completely different than what we may be expecting. As professionals we do not judge or assume, we just do our best to offer the same level of care to each and every individual that comes to us for help.

Our obligation to our client does not end with the session, however. Even after the massage is over, there is an understanding that the therapist is going to maintain the client’s right to privacy. Discretion for clients is not only ethical but also mandated by law, and it is a very important part of nurturing the therapeutic relationship. Many times, all it takes to earn a person’s trust is to listen and acknowledge their concerns; massage therapists can acknowledge a client’s problem by addressing the areas of their chief complaint during the massage and then ensuring that the client’s personal and medical information remains private throughout the visit and then some.

Ethical behavior is the cornerstone of our practice of massage therapy and it is ultimately what is going to determine whether or not we as massage therapists will be successful in retaining our clients. We as human beings want to be accepted despite our flaws or medical conditions. As massage therapists we are in a position to provide support and a much needed physical connection to those who turn to us for help. It is our responsibility to acknowledge the unique individual before us, address their concerns to the best of our ability and maintain their modesty and privacy at all times. To be ethical, is to be humane; treat others with respect and dignity, and as a rule of thumb, how you yourself would like to be treated.

Our Responsibility to Science

“Nothing escapes the laws of the world, all you can do is shine light on new laws.” Neil DeGrasse-Tyson

Our responsibility to science: We owe it to the world to be curious. It’s our responsibility to ask questions and look to the observable world for insight and inspiration. It is always the layering of scientific data, from one generation to the next, which weaves together our veil of information.
and theorized scientific law. Our creations and current scientific insights are the direct descendants of ideas from ancient times. And who is to say that there are not facts of science, laws long believed to be truth, which may be only half truths and to which further research will reveal far more information?

Aristotle said “Nature does nothing in vain”. For example, venom in creatures as diverse as jellyfish to platypus, is a bio-agent designed for both defense and predation. In some snake bites, the venom injected into prey evolved to inhibit blood coagulation, allowing the prey to ‘bleed-out’ and creating an easier, albeit delayed, meal for the predator. Scientific research has allowed scientists to realize healing properties in such venom. Platelet deaggregation properties have been applied to arterial occlusions with some success in lab research. This research is both life-saving and profound.

Many creatures have evolved and devolved protection and aggression for survival. It is even theorized that our eyesight has evolved to protect us, specifically from venomous snakes: human ancestors main predator across much of human history. In “The Snake Detection Theory” Scientist Lynne Isbell even goes on to say that primates developed trichromatic vision to find the most colorful fruits in the trees that offered the most sugar, as glucose was necessary for growing brains to process ocular stimuli.

If our ancestors could feel a desire for, and search for, the most sugary fruit to support their own evolution, then we can surely use our keen vision to observe the de-evolution of human posture in the recent century. An upright spine is a relevant part of what makes us human. Alongside neck and shoulder issues, 70% of Americans have or will have low back pain. It is well known that heart and lung ailments are a leading cause of premature death. Hunched, rounded shoulders put pressure on the lungs and heart. In this predominantly forward-bending, sedentary society, people are physically suffering. Further research is necessary to combat the devolution of spinal verticality and alignment, and its effect on human physical function and neuropathy. It seems wise to not only observe but to question, hypothesize, and seek answers to further enable progress in human-kind.

Massage therapy can assist with proper anatomical alignment, sports medicine studies can research strength and endurance, and insight from bio-mechanics and therapeutic kinesiology can surely work toward preventing or curing disease and degeneration. The inter-weaving of a variety of scientific platforms will undoubtedly continue to shine light on new ideas and conclusions that can further benefit mankind. We simply need to remain curious, continue research, and support collaborations on cross-platforms of research.

Sources:


The Future of Massage Therapy as a Complementary Treatment Modality

As healthcare costs continue to rise, there is a greater desire for preventative care. Side effects from prescription medications taken as directed are the cause of millions of hospital visits each year. Even over the counter pain medications can cause liver toxicity if taken routinely. NSAIDs can raise blood pressure, as well as increase the risk bleeding and/or stomach ulcers.

By contrast, massage therapy can reduce swelling, increase circulation, alleviate pain and facilitate a greater range of motion in clients suffering from everything from arthritis to tendonitis. The use of essential oils during treatment, which can penetrate the body’s deep tissues, and topical analgesics like capsaicin and menthol salicylates, eliminates the possibility of overdose or addiction to NSAIDs while still providing safe alternative and effective relief.

Massage therapy serves the needs of a diverse group of people. It is not a “niche” market, but a healing tradition that has been practiced around the world for over two thousand years. Holistic and complementary modalities like Ayurveda and Traditional Chinese medicine have become sought after more than ever before, and the benefits are finally being recognized by the medical profession. Rigorous didactic study, practical clinical training and licensure requirements serve to bring the profession of massage therapy even further into the mainstream.

As wellness becomes the focus and not just pain relief or managed care, massage therapy will continue to become more popular with the general population. No longer will massage therapy be considered a mere luxury for the rich, or a treat for those seeking pampering once in a blue moon. Instead, it will become a lasting and viable option for ongoing pain management, a vital component in rehabilitation, and an important addition to self-care in an age that is moving away from treating disease and closer to healing the mind, body and spirit.
An Unexpected Surprise – CSMT Awarded Camp Good Days Teddi Award

On February 6th, I learned from Tamara Federico, the event coordinator for Camp Good Days, that the CSMT was nominated and had been accepted as a recipient of their Teddi Award. The award was presented at the Night of Gratitude on April 7th, a night that recognizes individuals and groups who have gone above and beyond.

The Teddi Award was started after the death of the camp’s founder’s daughter, Elizabeth, “Teddi,” Mervis who was diagnosed with a malignant brain tumor at age 9 and lost her battle in 1982. The award is called the “Teddi Award” because she was the inspiration behind Camp Good Days and the reason it was founded; the people that receive the Teddi Award help to keep her memory alive by helping Camp Good Days.

All of the programs and services offered by Camp Good Days are provided free of charge for the participants, which is only possible through the generosity of so many individuals and organizations and the success of our many special fundraising events. The Community Service Team has been supporting the Camp for seven years now.

Those Team Members who have made this Award possible are: Carol Page. Just a word about Carol, if it wasn’t for her, CSMT would not have known about Camp Good Days. She first brought them to my attention back in 2010.

Jodi Chase, Tracey Fleischauer, Lucille Wagner, Linda Toomey, Jane DiBlase, Ginny Weisel, Christine Bailor-Goodlander, Melanie Olivieri, Beth Bergmann, TC Pelletier, Phil Wackerfuss and Rebecca Haskins.

CSMT’s Tenth Anniversary!

It is stunning to think that Community Service Massage Team was created 10 years ago! It all started with the chapter president at the time, Dale Montelione’s vision. She and I were on our way back from Connecticut’s CSMT training when she asked me to chair the Community Service Massage Team (CSMT). Her vision was a to create a deeper relationship between the AMTA-NY Chapter and its members, to promote the massage therapy profession, and to give back to our communities using the CSMT as a vehicle.

Over these ten years, CSMT has supported 27 non-profit organizations including the New York Firefighters Burn Foundation (for 6 years) Lupus Research Alliance (for 9 years,) National Brain Tumor Society (for 6 years,) Camp Good Days Special Times (for 7 years,) University of Rochester’s Annual Brain Tumor Caregivers Training (for 4 years) and the Maurice W. Downing School’s fund raising for the American Cancer Society’s Relay for Life and the Ronald McDonald House (for 3 years.) The Emergency Response division of the CSMT was created in 2012, has been trained and deployed on four occasions: Office of Emergency Management in Albany in 2012, American Red Cross of Greater NY in 2013 and 2014 and the Hot Bread Bakery also in 2014. We are thankful there have not been any emergencies or disasters for which we’ve had to deploy.

My vision for the next 10 years: is to continue offering opportunities for our members to give back to their communities, promote the massage profession and to meet new therapists.

Samantha Paige-Graeber
LMT, Chair
What We’ve Been Up To

April 1st University of Rochester’s Annual Brain Tumor Caregivers Training
Team Leader: Rebecca Haskins
Team Members: TC Pelletier and Katy Heneghan 24 massages provided

NYFF Spring Event – April 11th
Team Leader: Eve Bucca and David DeLucia
Team Members: Vanessa Greene, Frank Casucci, III 27 Massages were provided

Maurice W. Downing School’s Family Fun Night, April 20th
Team Leader: Jasmin Pitter
Team Members: Canny Yang and Samantha Paige-Graeber 24 Massages provided – The team raised $250.

Living Healthy with Lupus
Team Leader: Patricia Noel
Team Members: Yasmin Insanalli, Nayda Maymi, Hiroko Gilhooley, and Lle-Anne McKenzie.
While 120 people were registered, due to the weather there were 60-70 that participated and the team was able to provide massage for 42!

Camp Good Days Special Times
Team Leader: Christine Bailor Goodlander
Team Members: Melanie Olivieri, Phil Wackerfuss, Tracy Fleischauer
Sports Massage Team needs your help!

The Sports Massage Team has been present at two charity race events this year which is a great start. As the season moves forward to more events, we need more volunteers. These are great networking opportunities with athletes as well as other like-minded health care professionals. The SMT is fortunate to be given these opportunities.

If you are interested in volunteering at these or other events please contact Shania Sonnevile, LMT at 315-576-3321. When you’ve completed two SMT volunteer opportunities, you earn $25 towards any AMTA New York Chapter Continuing Education class. You can earn up to $100 towards a class just by volunteering for Sports Massage Team and Community Service Massage Team events. Signing up is easy! Just go to www.amtanewyork.org and click on volunteer then sports massage team. Fill out the SMT application and sign and return the code of conduct, which needs to be updated annually.

Upcoming Events:

Bike MS
July 8, 2017    Geneva, NY

Bike MS
August 5, 2017  Irving, NY

Bike MS
September 9, 2017 Rochester, NY
Thank You

BY CHRISTINE BAILOR, RN,LMT,NCBTMB,CSI,OWNER

Yes, it is over. I have completed my first marathon and IT WAS BOSTON! Woo Hoo! So to answer the question, ‘Has it sunk in’, the answer is: “Yes, it has.” Boston is one of the most prestigious marathons around. It is amazing to have completed it and it is certainly a triumph in my book of accomplishments. While it is a huge contribution to my bucket list, the reason I ran it is more important to me. I ran because of something I believe in, something I hold dear and something I believe deserves respect and acknowledgement: my profession and my professional colleagues. Let me take this opportunity to offer a “thank you” to everyone who offered support, donations and love to the process. The Massage Therapy Foundation has given the team an opportunity to be a vessel for progress in our profession and it truly was a gift and a proud moment for us all.
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Domanic Guzman
Distinguished Service Award

Our first award at the convention went out to a member who is just like you: a professional member who goes to work every day doing a job that he loves. Almost two years ago, AMTA-NY was given notice that a town was drafting and subsequently passed laws regulating massage therapy establishments and required therapists to obtain an additional license from the town to practice massage there. Our chapter leadership wanted to pursue legal action against the town, but we needed a licensed massage therapist who was a member of AMTA and lived in that town to participate in our efforts to overturn this discriminatory legislation. After hundreds of calls to members and non-members in the area, only one LMT was willing to sign his name and help us in our cause. This professional member of the AMTA did what so many others would not. He chose to rise up against the town and has worked with our Legal Team participating as a lead plaintiff. His efforts and willingness to protect our profession from ignorance and unlawful legislation that discriminates against licensed health care professionals is a testament to his character. Thank you, Domanic Guzman, LMT for your contributions to our profession.

SPECIAL NOTE: Thank You from Distinguished Member

It’s unfortunate I wasn’t able to attend the gala, but I did receive the award. Thank you so much. I wanted to let you know how much I appreciate the recognition.
The mission of the American Massage Therapy Association® is to serve AMTA members while advancing the art, science and practice of massage therapy.

**Useful Links**

- **AMTA National Office**
  [www.amtamassage.org](http://www.amtamassage.org)
- **NYS Education Department Office of the Professions**
  [www.op.nysed.gov/prof/mt](http://www.op.nysed.gov/prof/mt)
- **Massage Therapy Journal**
  [www.amtamassage.org/journal/home.html](http://www.amtamassage.org/journal/home.html)
- **Massage & Bodywork Magazine**
  [www.massagemag.com](http://www.massagemag.com)
- **Massage Today**
  [www.massagetoday.com](http://www.massagetoday.com)
- **Massage Therapy Foundation**
  [www.massagetherapyfoundation.org](http://www.massagetherapyfoundation.org)

**Social Networking**

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- **Facebook**
  [www.facebook.com/amta.nychapter](http://www.facebook.com/amta.nychapter)
- **Twitter**
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- **LinkedIn**
  [www.linkedin.com](http://www.linkedin.com)
  Search Groups: American Massage Therapy Association (AMTA)

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