

Idaho In Touch

A Publication of the American Massage Therapy Association - Idaho Chapter Vol. 14 No. 4 Winter 2007

MESSAGE FROM THE PRESIDENT

Dear Members,

I was recently driving home and saw the most beautiful sunset, and then I realized that snow's on it's way. I'm personally not excited about the snow or the cold it brings, other than we do need the moisture. This time of year always makes me feel like I have to hurry and get everything done.

Guess what! I have bad news for you – it never gets completely done! It's hard for me to accept this. All we can do is keep plugging away at it. This is just how life is. Exciting, huh?

This goes for our personal lives as well as our professional careers. We all go through that burn out period now and then and suffer by wondering if we are in the right job doing the best we can do. Accept what you like about your work, and then see if new training is what you need to put that spark back into your career. Just always remember: Are you giving your clients what you would expect? Are they getting your best, or are you putting just enough effort into it to get by? What is it you are thinking about as you are working? Your personal stuff? Kids? Money? That long overdue vacation that's coming up? Thanksgiving? Christmas? Well, if these are crossing your mind at all during your treatments, maybe you'd better get recharged like I did.

When I was at the National Convention I noticed I hadn't been giving my clients the best they deserve. I took some of the classes offered and got my recharge. I'm using the new modalities on my clients, and I'm more excited about working. You don't have to go to the National Convention to get this excitement back into your work, even though I would encourage everyone to go at least once. (By the way, it's in Phoenix, Arizona, next year.) Just open your mind and learn something new. It also does not mean it has to do with your work. Just learn and try anything new. Open your eyes and see what's out there for you. It will bring the excitement back into your work, family, friends, and

everyone you come in contact with. They will all want to know what you are doing different. Just being aware of how you are acting, feeling, and responding to others will either bring you more clients or push them away. You never know where or how or even who might be your next client. Hang in there and get that spark back into your life today – tomorrow may be too late!

Wishing you all joy and happiness each day.
Sincerely,
Brenda

You're invited!! The AMTA-IDAHO STATE CONVENTION 2008 Held in Idaho Falls At the Red Lion Inn May 2-4, 2008

Three great continuing education classes offered:

- * Massage for the Cancer Patient
by Jaime Elswick
- * Structural Relief Therapy: Low Back
by Taya Countryman
- * Ethics: Transference
by Mary Ann Doshier

\$350 registration fee if postmarked by April 1
\$375 registration fee if postmarked after April 1

Contact Trisha Pennell at 208-521-4416 or trisha@juno.com with questions. Details and a registration form will appear in the March issue of *Idaho In Touch*. In the meantime, mark the dates now in your appointment book, and plan to attend! You'll be rewarded with education, comradery, fun, and food! See you there!

**WELCOME AMTA-IDAHO NEW MEMBERS
Central Unit**

Denise M. Gaalswyk

Twin Falls

Eastern Unit

Jessica Andreason	Pocatello
Michelle M. Bluemel	Idaho Falls
Hillary Cunningham	Menan

Northern Unit

Jill Aiman	Moscow
Chonlada Anantachote	Moscow
Kyla Brown	Sagle
Lisa Clements	Hayden
D. Flahery	Hayden
Ree Anna Gale	Moscow
Sara Helbling	Moscow
Sara Jackson	Moscow
Dawn Kimes	Post Falls
Kelsey Kinzer	Ponderay
Myllinda Oliver	Hayden
Michelle Pilger	Moscow
Dan Ralls	Coeur D Alene
Evelyn Rodriguez	Moscow
Marcy Smaha	Moscow
Kristin Solomon	Post Falls
Staci Truby	Lewiston
Lacey Tvetene	Moscow

Western Unit

Denai Belnap	Boise
Holly Freeman	Weiser
Katie Frisbee	Boise
Vanessa Jones	Nampa

Welcome!! Look for your unit representatives in the "AMTA-Idaho Officer Roster" later in the newsletter and feel free to contact them for information. You can soon log on to the chapter WEB page currently under reconstruction.

VOLUNTEER NEEDED!

The AMTA-Idaho chapter is in need of a **newsletter editor**. All volunteers are given the training needed to fulfill their jobs. If you have access to a computer and would like to serve in this capacity, please contact Brenda Foster at 208-351-8282 or BmassageID@yahoo.com.

REFER A FRIEND TO AMTA AND SAVE!

You've come to value the benefits you get with your AMTA Professional membership. Now our Refer-A-Friend Program rewards you – and your friends –

when you spread the word about AMTA's benefits. Here's what you get:

- * \$50 off your membership at your next renewal for each friend who joins
- * 5+ friends will give you FREE Professional membership, including your chapter dues

Here's what your friends get:

- * A special first-year Professional member rate of \$199
- * All the same great benefits afforded to all AMTA Professional members

Just tell your soon-to-be-AMTA-member friends about the program. Then click onto <http://www.amtamassage.org/forms/referafriend.html> to enter your friends' contact information by December 31, 2007. We'll take it from there.

When your friends join, we'll let you know. The more friends of yours that join, the more you save. When five or more friends join, your next year's membership is on us!

BENEFITS OF VOLUNTEERING

Volunteering to serve as an officer in the chapter is an exciting opportunity that provides many benefits:

- ✓ Attend the Annual AMTA-Idaho Officers Retreat and Leadership Training, expenses paid
- ✓ Learn more about the association, how it is structured, and how it functions
- ✓ Get to know other officers and therapists and exchange ideas on work and leadership
- ✓ Experience the fulfillment and reward that comes from becoming a contributing member of the world's largest non-profit massage association
- ✓ Build your confidence and professionalism through attendance at meetings, workshops, and conventions with other professionals

To volunteer, simply contact Brenda Foster at 208-351-8282, BmassageID@yahoo.com, or PO Box 532, Rexburg, Idaho 83442.

AMTA-ID BOARD OF DIRECTORS MEETING

The AMTA-Idaho Board of Directors' Meeting was held on Saturday, September 22 in Idaho Falls and

led by Brenda Foster. Ten officers were present:

- * Brenda Foster, President,
- * Mary Ann Doshier, First Vice President
- * Teresa Hoyle, Secretary
- * Linda Smeltz, Treasurer
- * Kim Wallingford, Central Unit Rep
- * Trisha Pennell, Eastern Unit Rep
- * Loretta Tye, Northern Unit Rep
- * Stacy Fisher, Western Unit Rep
- * Mary Butler, Education Chairman
- * Gayla Nickel, Delegate

Teresa Hoyle read the minutes of the last meeting which were approved as read.

Kim reported that she did not get enough response from the Central Unit to hold a unit meeting. Trisha, Loretta, and Stacy reported on their unit meetings and turned in names for the election committee and spring elections. Loretta also reported that she may have found a new volunteer to serve as her assistant. Stacy was recognized for getting the Western Unit revitalized after several years of low participation.

The membership report was as follows:

- * 233 professional members
- * 14 associate members
- * 4 school members
- * 58 student members
- * 309 total members

The librarian encouraged everyone to utilize the library. There are no current changes in the library.

The newsletter report was as follows:

- | | | |
|---------|----------|---------------|
| * June: | Printing | \$282.88 |
| | Postage | <u>165.21</u> |
| | Total | \$448.09 |
| * Sept: | Printing | \$259.50 |
| | Postage | <u>131.20</u> |
| | Total | \$390.70 |

We currently have no Web Page Administrator as Susan Laflin has apparently moved. However, Stacy talked to Scott and got the original password and is researching how to get our web site back up and running again.

A motion was made to offer \$300 to the annual winner of the Chapter Meritorious Award to be used

towards airfare, lodging, or fees to the National Convention where the award is presented. The motion was approved with the stipulation that any money not used for this intention be returned to the chapter funds.

Brenda reminded all officers to be sure and turn in original receipts with any reimbursement vouchers, and that they need to be turned in within ninety days of the purchase date. The vouchers must be signed by the chapter president and/or treasurer with a copy sent to both.

The education chairman was informed that all educator contracts must include the educator's social security or federal identification number for tax purposes.

The treasurer reported our chapter balance at \$26,679. Since the national office has been taking care of our finances, we are still unclear which money is for chapter expenses and which is for legislation. Brenda suggested that Linda contact Carla Little who is responsible for our account.

A motion passed to offer the state convention chairman reimbursement if they live over fifty miles from the convention location.

National Massage Therapy Awareness Week: Kim Wallingford from Salmon is volunteering at a school, and Stacy suggested working on teachers. Anyone involved with NMTAW is asked to file a report with the national office about their activity.

Linda is researching the use of a credit card to be used for officers' travel expenses only.

The next CVOP training will be held in July 2008. Brenda is suggesting that the president attend the first year in office, and the treasurer attend the second year of that term of office.

Our chapter has finally been approved as an NCB approved provider through May 29, 2010. The rosters from any workshops we sponsor must be turned in to the chapter president, and we are required to keep them for at least three years. They must include the participants' names as well as the hours and content of each class. Continuing education units must be referred to as "CE's"

on our certificates of completion.

Trisha reported that the AMTA-Idaho State Convention is on target for May 2-4, 2008, in Idaho Falls at the Red Lion Inn. A special room rate will be offered to members through April 15. Classes offered will be:

- * Massage for Cancer, Jamie Elswick
- * Structural Relief Therapy, Taya Countryman
- * Ethics: Transference, Mary Ann Doshier

The member banquet and elections will be held on Saturday, May 3. Convention information is being sent to Wyoming, Nevada, and possibly Montana and Utah.

Officers were reminded through group activities to work together as a team and take responsibility for their assignments and follow up.

Brenda is still working on chapter manuals.

The concept of visiting massage schools around the state was again discussed. It was suggested that the vice presidents visit the schools and share with the students the benefits of AMTA membership. Stacy volunteered to put together a presentation to present to the board at the next meeting in the spring.

A call was made for names to support the legislation effort throughout the state, and concerns were discussed about the legislation process.

We need a newsletter editor, an advertising chairman, and a transcript volunteer to check and store workshop transcripts.

Teresa and Mary Ann each won a drawing for a \$50 gift certificate from Sharper Professional Communications Tools.

The suggestion was made that units try joint workshops and meetings for 2008 to motivate members, build morale, and save chapter funds. Namely, the Northern and Western Units could meet together, and the Central and Eastern Units could meet together.

The next BOD meeting will be held on Friday, May 2, 2008.

EASTERN UNIT MEETING

The Eastern Unit Meeting was held on September

8 at 12:30 p.m. in Idaho Falls led by Trisha Pennell. There were four members present. Trisha was nominated to run again for the position of Unit Representative in the spring elections. Rachel Adams and Hanna Benson were chosen to serve on the election committee 2008. Those present discussed options for representing National Massage Therapy Awareness Week, voted on the House of Delegates Recommendations, and were informed of the upcoming state chapter convention to be held in Idaho Falls in May of 2008.

WESTERN UNIT MEETING

The Western Unit Meeting was held on September 7 at 5:00 p.m. at the Massage Training Center in Nampa led by Stacy Fisher. There were twelve AMTA members, two non-AMTA members, and eight students present. Thanks was given to Vicki Mitchell for the use of her facility and to Taya Countryman for teaching the workshop and allowing the students to observe. Stacy was chosen to run again for the position of Unit Representative in the spring elections, although, after explaining the duties of the position, she is still accepting any volunteers who would be interested in running. No one volunteered to serve on the election committee for 2008. The advantages of AMTA membership were explained to the students with the help of Taya Countryman and Carmen Latina. After members voted on the House of Delegates Recommendations, the next meeting was set for September 2008, and the meeting was adjourned at 5:30 p.m.

CHAPTER DELEGATE REPORT

A motion passed to amend the wording of the bylaws requiring delegates to be on time to the HOD meeting. The new language will read: "It is the duty of the delegate to arrive on time for the HOD meeting. Therefore, no delegates shall be seated after the moderator has called the meeting to order."

Two motions were passed to amend the language in the HOD Rules of Procedure 2007 to read, "A majority of the weighted vote must be used to pass recommendations."

"2/3 majority of the weighted vote must be used for the adoption of position statements."

Report on Recommendations 2006:

- * South Carolina recommended that

chapters be allowed to submit an elected chapter officer as a substitute delegate at least *one week* (instead of four) prior to the HOD meeting. The National Board of Directors approved this bylaw amendment.

* New Hampshire recommended that the Board designate a workgroup to determine an equitable distribution of revenue from online CE courses to chapters using the online courses. After the Chapter Relations Committee and special work group looked into this, the Board took action and determined that online education programs are not showing a profit. Therefore, they have set up a monitoring process to accumulate data to decide the feasibility of this recommendation. As the online CE registration is at an average of only 4% of the membership, the Board will revisit this recommendation in 2010.

* Florida recommended that the AMTA join the Coalition to Preserve Patient Access to Physical Medicine and Rehabilitation Services. Based on a 22-page research/evaluation document provided by the staff, the Board decided not to join the group since this would affect only a small portion of the membership and would require a disproportionate amount of resources. Perhaps this will be reconsidered in the future.

Recommendations 2007:

* Georgia. Regarding the installation of chapter officers, a motion passed to change the language of the bylaws to read, "The new elected officers shall be installed during the Chapter Annual Meeting or Convention in which they are elected, **or at a later date**, unless election is by mail ballot."

* Georgia. Regarding the responsibilities of the election committee, a motion passed to change the language of the bylaws to read, "Submit one (1) **or more names** for each elective office to be filled."

* Illinois. A motion failed to require that massage therapists practicing in a state, territory, or District of Columbia in which the practice of massage is regulated, to hold a valid license, registration or certification issued by that state, territory, or District of Columbia. There were too many logistical interferences, as regulation of massage therapists is a state responsibility, not one of the AMTA.

* New Jersey. A motion failed to allow members to belong to more than one chapter. After **FROM THE VIDEO LIBRARIAN**

discussion, it was recognized that this would create an abundance of logistical complications.

* New Jersey. A motion passed to recommend to the National Board of Directors to supply **only Business, Ethics, and Theory** type continuing educational units in the On-Line Learn Site, as hands-on training requires both supervision and personal experience for efficiency.

It was recommended that the following statement be given to the AMTA Board of Directors on behalf of the House of Delegates, as it addresses the recommendation submitted by the Illinois Chapter, which did not pass: "We strongly urge the Board of Directors to issue a special bulletin notifying all Professional Members that the AMTA's liability insurance administrators will not honor their claims if they are not in compliance with state or local regulations."

CONGRATULATIONS AMTA-IDAHO AND CHAPTER PRESIDENT BRENDA!

Congratulations Brenda for achieving a milestone accomplishment! After a very lengthy, detailed, and stressful process for our president, our application was reviewed and approved by the NCBTMB Continuing Education and Recertification Review Committee, and the AMTA-Idaho Chapter is now approved by the NCBTMB as a continuing education Approved Provider. Our Approved Provider status is valid for three years and will expire on May 29, 2010, requiring re-application for continued approval. Our approval status entitles us to use the NCBTMB authorized statement with any promotional literature, advertisement, and related materials used for chapter purposes. The mandated language when using this statement is as follows:

"AMTA-ID Chapter is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider."

This means for our members that continuing education offered to you by our chapter will be NCB approved for your convenience. This is also retroactive for the past two years. We hope this will enable more of you to take advantage of the educational opportunities provided by the chapter.

Remember to check out our wonderful Video

Library! I especially enjoyed the *new Mastering Pregnancy Massage DVD*. It's good to have some reminders and great ideas to use when we are working with pregnant clients. This video is filled with hundreds of techniques and is a detailed three-hour program. I found it very helpful. It includes the following:

- * Benefits and Contraindications
- * Client Intake
- * Draping and Positioning
- * General Side Posture Massage
- * General Semi-reclining Massage
- * Back Pain Techniques
- * Shortness of Breath
- * Sciatica
- * Constipation
- * Leg Cramps
- * Labor Preparations
- * Nausea and Morning Sickness
- * Edema and the Diastasis Recti

The instructor Leslie Stager teaches and practices bodywork for pregnancy, birth, and postpartum. She was formerly a labor and delivery nurse, childbirth educator, and midwifery clinical nurse. She brings her vast knowledge and technical expertise to this program.

IDAHO IN TOUCH Advertising Information

½ page - 7" wide x 5" high

\$65 per ad for one insertion

\$58 per ad for multiple insertions

¼ page vertical - 3.5" wide x 5" high

\$45 per ad for one insertion

\$40 per ad for multiple insertions

¼ page horizontal - 7" wide x 2.5" high

\$45 per ad for one insertion

\$40 per ad for multiple insertions

Business card size

\$20 per insertion

Camera-ready, black and white ads must be submitted with payment by deadline date.

Deadline dates:

February 15, May 15, August 15, November 15

Publish dates:

March 1, June 1, September 1, December 1

Make checks payable to AMTA-Idaho and mail with ad to: Gayla Nickel, 445 Marjacq Avenue, Idaho Falls, Idaho 83401.

CONTINUING EDUCATION

February 28-29 through March 1-2, 2008

Structural Muscular Balancing

By Gayla Nickel, NCB approved provider

Structural Muscular Balancing honors the concept of uniqueness and individual needs and uses tools to assess the client's own neuromuscular patterns through proprioceptive feedback. The SMB protocol guides you through the main structural muscles, creating a balance that is felt immediately by both therapist and client. Though gentle and non-invasive, SMB is extremely effective at working deep within the client's body to reset neuromuscular patterns that are creating tension, pain, and discomfort. SMB can be conveniently incorporated into your current method of treatment.

The cost is \$450 which includes an SMB manual. Participants repeating the training will be charged half price. The workshop will be held in Idaho Falls. Contact Gayla Nickel at 208-524-1696 or gohthermas@aol.com for more information.

TIDBITS

PLEASE UPDATE!! If your contact information has changed recently, please contact the AMTA National Office at 1-847-864-0123 or info@amtamassage.org so that we can keep current on this information. Contact information includes name, mailing address, telephone, and e-mail address. It is vital that we have updated information in order to keep you informed of current events happening within our chapter. Thank you for helping us better serve you.

AMTA-IDAHO VIDEO RENTAL FORM

1. Place a check in front of your selection. Limit one selection per order.
2. Fill out the needed information and sign the copyright agreement.
3. Mail the order form together with a check or money order to "AMTA-Idaho."
4. Mail to: Shelley Hitz, 4075 East 169 North, Rigby, Idaho 83442.
5. You may list any suggestions, requests, and/or questions at the bottom of the page.

SELECTIONS AND FEES

<input type="checkbox"/>	The 10-Step Protocol: CranioSacral Therapy; John E. Upledger, D.O., OMM.	\$10
<input type="checkbox"/>	Muscle Energy Techniques for Muscle Dysfunction; Leon Chaitow, Osteopath	\$10
<input type="checkbox"/>	Positional Release Techniques; Leon Chaitow	\$10
<input type="checkbox"/>	Massage for Sports Health Care: For Enhanced Athletic Performance and Recovery; Benny Vaughn	\$10
<input type="checkbox"/>	Myofascial Pain Syndromes: Trigger Point Therapy - Hip, Thigh, Calf; Janet Travell, M.D.	\$10
<input type="checkbox"/>	Soft Tissue Release; Stuart Taws	\$15
<input type="checkbox"/>	Japanese Hot Stone Massage; Mark Hess and Shogo Mochizuki	NEW \$15
<input type="checkbox"/>	Active Isolated Stretching, Assisted, 1-2; Aaron L. Mattes	\$10
<input type="checkbox"/>	Active Isolated Stretching, Unassisted; Aaron L. Mattes	\$10
<input type="checkbox"/>	Human Anatomy: Upper Extremities; Robert D. Acland, FRCS	\$10
<input type="checkbox"/>	Human Anatomy: Lower Extremities; Robert D. Acland, FRCS	\$10
<input type="checkbox"/>	Human Anatomy: The Trunk; Robert D. Acland, FRCS	\$10
<input type="checkbox"/>	Human Anatomy: Head and Neck, 1-2; Robert D. Acland, FRCS	\$15
<input type="checkbox"/>	Neuromuscular Therapy: Its Science and Philosophy, 1-3; Paul St. John	\$15
<input type="checkbox"/>	Neuromuscular Therapy: Cervical Injuries, Postural Analysis, Pelvic Stabilization, 1-3; Paul St. John	\$15
<input type="checkbox"/>	Neuromuscular Therapy: Pain Mechanisms of the Low Back, 1-3; Paul St. John	\$15
<input type="checkbox"/>	Neuromuscular Therapy: Shoulder, Upper Torso, Spinal Column, Extremities, 1-3; Paul St. John	\$15
<input type="checkbox"/>	Neuromuscular Therapy: TMJ Dysfunction, Hands, Feet, Eyes, 1-3; Paul St. John	\$15
<input type="checkbox"/>	Neuromuscular Therapy: Neuromuscular Components of Scoliosis, 1-3; Paul St. John	\$15

NEW and Donated Videos

<input type="checkbox"/>	Onsen Treatment of Pain Functional Assessment and Correction of the Lower Body, Vol. 2; Rich Phaigh (This video series was donated missing Vol. 1; however, I have Vol. 1 in a binder and will include it)	\$15
<input type="checkbox"/>	Onsen Treatment of Pain Functional Assessment and Correction of the Upper Body, Vol. 3, 4; Rich Phaigh	\$15
<input type="checkbox"/>	Sports Massage, Vol. 1, Myofascial Techniques; Richard M. Royster II, M.A., L.M.T., C.A.	\$10
<input type="checkbox"/>	Sports Massage, Vol. 8, An Introduction to Acupressure and Sports Massage; Carol Kresge, L.M.T.	\$10
<input type="checkbox"/>	Sports Massage, Vol. 10, The Chiropractic Approach to Soft Tissue Manipulation; Dr. Sandra Boon, D.C. and Dr. Louis Leonardi, D.C.	\$10
<input type="checkbox"/>	Healing Stone Massage, Vol. 1; Carollanne Crichton	\$10
<input type="checkbox"/>	Healing Stone Massage, Vol. 2, Carollanne Crichton	\$10
<input type="checkbox"/>	Mastering Pregnancy Massage; Leslie Stager, R.N., L.M.T.	\$10

Please send the designated video to:

Name: _____ Phone: _____

Address: _____
PO Box or Street Number
City
State
Zip Code

E-mail: _____

I am enclosing _____ \$10 _____ \$15 to cover shipping and handling cost both ways.

I agree to return the rented video(s) in good condition and will not duplicate it while it is in my possession.

(Signature)

(Date)

I am also enclosing a donation of \$_____ to be used for the AMTA-Idaho Video Library.

Suggestions, Requests, Questions:

AMTA-IDAHO OFFICER ROSTER 2007

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Leadership Chairman
Gayla Nickel (see Newsletter Editor)

Chapter Alternate Delegate 2007

Tammie Wood (see E. Unit Assist. Rep)

Chapter Delegate 2008

Gayla Nickel (see Newsletter Editor)

Chapter Alternate Delegate 2008

Margaret Linda Smeltz (see Treasurer)

AMTA-IDAHO
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Holiday Greetings!