

The Balanced Body



Spring 2007

American Massage Therapy Association - Pennsylvania Chapter

www.amtapa.org

PA Legislative Update - National Massage Therapy Week

October 22 — 28, 2006 Held at State Capitol Building In Harrisburg ~ by Nancy Porambo

On October 25, 2006, AMTA members took to the floors of the State Capitol in celebration of PA Massage Therapy Awareness Week. PA Massage Therapy Awareness Week coincides with the National Massage Therapy Awareness Week, October 21st through October 28th.

Many thanks to Margie Schaffer of the Synergy School near Gettysburg and her students who provided chair massage to legislative staffers. Also, a special thank you goes out to Mike Walters for spending time visiting State Representative offices to talk about the benefits of massage therapy and legislation. A thank you also goes to Terry Tosh, Past-President of PABTA, the grassroots coalition on licensure, and her students who spoke to legislators. More on this will be featured in this newsletter.

HB 1643 is still in the House Professional Licensure Committee. On September 25, 2006, a special meeting occurred between Rep. McCall, our organization's representatives and our lobbyist and the President of the Pennsylvania Physical Therapy Association and their lobbyists. An agreement on language was made at that time with the understanding these changes would be put forth as amendments to our bill and would move into the House Professional Licensure Committee on October 17th.

The physical therapists then added several words to our language, without our agreement, that we felt changed the meaning of the language. It is for this reason that our bill was taken off the agenda for October 17th, and rescheduled for October 24th. It was again taken off the agenda by Rep. Thomas Gannon of Chester County, Chair of the House Professional Licensure Committee against the AMTA's suggestion to use of the originally agreed upon language from the



September 25th meeting with the physical therapists.

Based on feedback from our national association advisors, it is unknown what ramifications the addition of this new language would have on our practicing therapists, so we could not agree to it. Rep. Gannon has had our bill in his Committee several years. Although we successfully proved to his committee, through two public hearings, that massage therapy is necessary and is a viable part of health care, Rep. Gannon has still not moved the bill through his Committee.

Our bill dies in Committee during the month of November. We reintroduced the bill in January with language that we feel not only takes into consideration the concerns of other practicing professions, but includes language that protects the practicing Pennsylvania massage therapists! Our intention is to lobby extremely hard in the very near future with regular attendance at the Capitol with communication with our State elected representatives. If you are interested in joining us by making calls or traveling to Harrisburg, please contact President, Nancy Porambo at

tchtpst@verizon.net or Govt. Relations Chair, Scott Dugan at mgchnds@aol.com. Please visit our website periodically for more recent updated information on our Bill at www.amtapa.org. ■

AMTA-PA Chapter Units Reorganized

by Fe S. Tubio

The Chapter Units have been recently reorganized and was approved by the Board of Directors last November, 2006. Please locate your county from the map to find a unit nearest you. If you have any questions please contact the representative in your area.

EASTERN UNIT

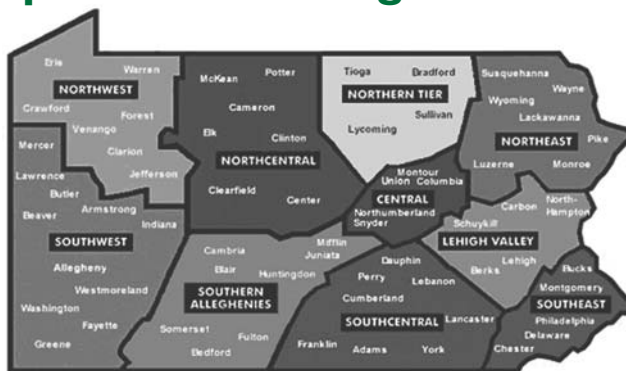
- ¥Northeast
- ¥Lehigh High Valley
- ¥Southeast (Philadelphia and nearby areas)

REPRESENTATIVE: Joanne Mengel
PHONE: 610-588-0031
EMAIL: m32en@epix.net

CENTRAL UNIT

- ¥Northern Tier
- ¥Central
- ¥South Central

REPRESENTATIVE: Kelly Givens
EMAIL: kneadingsoles@comcast.net
PHONE: 717-575-0630



NORTHWEST AND NORTH CENTRAL UNIT

REPRESENTATIVE: Larry Sabatini
PHONE 412-431-1522
EMAIL: pamasslic@yahoo.com

SOUTHWEST UNIT

(Pittsburgh and surrounding areas)
REPRESENTATIVE: Larry Sabatini
PHONE 412-431-1522
EMAIL: pamasslic@yahoo.com

SOUTHERN ALLEGHENIES

This area has no existing unit and being supervised temporarily by Larry Sabatini until a new unit is formed.

If anybody is interested in forming a unit in this area please contact :

REPRESENTATIVE: Larry Sabatini
PHONE 412-431-1522
EMAIL: pamasslic@yahoo.com

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The Balanced Body

The Balanced Body is published by the Pennsylvania Chapter of the American Massage Therapy Association and distributed as benefit of membership. The Newsletter is published three times per year in **Spring, Summer and Fall.**

ADVERTISING RATES

Classified

Up to 20 words: \$12

Over 20 words: \$.30/word

Business card: member/non-member \$40
1/4 page ad: member/non-member \$90
1/2 page ad: member/non-member \$135
Full page: member/non-member \$220

Please send 2 paper copies of ads with your check. If possible, send ads by email. PDFs must be high resolution. Make checks payable to AMTA PA Chapter and mail to; AMTA PA Chapter, 4023 Watters Lane, Gibsonia, PA, 15044.

ARTICLES, LETTERS TO THE EDITOR, PHOTOS AND OTHER CONTRIBUTIONS:

Articles, letters and similar submissions should be limited to 1100 words (approximately 1.5 pages), and be free of tabs, indents and other formatting. If possible, submissions should be sent by email, floppy disks or CD. If attached to email, files should be in MS Word, or can be copied onto the actual email. Your address and phone number must be included. **Photos should be high-contrast 35 mm prints or 300 dpi digital.**

NEXT DEADLINE: April 20th, 2007. Please note submissions of articles and advertisements will not be accepted after the deadline date. Please submit any contributions for the next newsletter to:

Gina Washlaski
120 Orange Street
Monongahela, PA 15063
(724)-258-0661
www.Gina.Washlaski@verizon.net

The PA Chapter reserves the right to edit material where appropriate for space and clarification, and to accept or reject materials including advertising. We assume no responsibility for errors and omissions. The beliefs and opinions contained in this publication do not necessarily reflect those of the staff, officers or of the AMTA-PA Chapter. This newsletter follows the advertising and editorial guidelines of the Massage Therapy Journal.

AMTA-PA BALANCED BODY STAFF

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President's Message

by Nancy M. Porambo, MS, NCTMB

It's a New Year with an opportunity to reflect on our goals and have a fresh outlook on our future. The massage therapy profession has grown in leaps and bounds over the last several years as we make our way into doctor's offices, nursing homes, spa's and private practices. Massage therapy has gained tremendous acceptance in our communities across Pennsylvania and the future looks bright as consumers enjoy the services we offer.

As one year ends and another begins, it is not only a time to reflect, but it is a time to give thanks for the many blessings we have been graced with. We particularly give thanks for our masterful hands and the positive changes we make with them, our many clients and the wonderful way in which they touch our lives and for the many experiences that bring us personal growth. It is no coincidence that many of us

have found our way to become a massage therapist. We enjoy working with people and experiencing the positive change that comes from our work!

Your board of directors is the visionary leadership that is formulating new goals that will serve to further expand our organization into the future. We have spent many years pursuing licensure and as we become closer to achieving this goal, it is time to build on our successes and create new goals that will allow us to continue to prosper and grow and enjoy the field of massage therapy. These are exciting times and your board of directors looks forward to serving you and making the journey ahead a successful one. ■



Legislative Update

by Nancy M. Porambo

By the end of 2006, the PA Chapter had been moving at lightning speed toward licensure. Unfortunately, the bill came to the end of a two-year legislative period and will have to be reintroduced in the early part of 2007. We are also in the talking phase with the physical therapists who state they support the bill, but oppose some of the language in the bill.

Great things did happen legislatively, however. Representative Keith McCall, primary sponsor of HB 1643 became the Majority Leader of the House of Representatives! Rep. McCall has been extremely supportive of our bill in the past and has assured his continued support in the upcoming session.

Rep. Gannon, Chairman of the Professional Licensure Committee did not win his re-election bid and will, therefore, no longer hold his position as Chair of the Committee. Rep. Gannon held the massage therapist bill back for numerous years and required two public hearings without moving the bill from his committee for a vote in the House even

though we provided research-based evidence of the therapeutic value of massage therapy. A new Chairperson of the Professional Licensure Committee will be named in January.

Our legislative presence has been great. During Massage Therapy Awareness Week, PA Chapter massage therapists volunteered to do chair massage in the Capitol Rotunda for legislators and their staff. Several members made personal visits to the offices of legislators. Many thanks to the volunteers for taking time from their busy practice to help in this endeavor!

A strategic plan is being developed that includes strong grassroots campaigns by members. We are in need of members in every county! If you have never been legislatively involved, now is the time to come on board. Our bill will come up for vote this year and it is imperative that we have as many interested members helping, even if it's to make a phone call. Please contact Scott Dugan, Govt. Relations Chairperson at mgchnds1@aol.com. Together, we can make a difference! ■

American Massage Therapy Association Pennsylvania Chapter Awards Nomination Form

It is that time of year again to look at our members and recognize those who have gone above and beyond, given their time, talent and effort to the AMTA and the massage therapy profession. We are looking to you to nominate those members who you would like to recognize with an award or a certificate of appreciation for all they have done. Awards are for AMTA members only. Certificates can be awarded to non-members. **Without your nominations ... there can be no awards!**

Please complete a nomination form and return it no later than March 31, 2007! You can submit more than one nomination form. If you have someone in mind for the Chapter Meritorious Award, we will need that nomination by March 1, 2007, to submit to the National Awards Committee.

To be completed by nominator

Nominee: _____

Address: _____

Phone: (home) _____ (work) _____

AMTA member? Yes _____ No _____

Award Being Considered: _____

Nominator: _____

Address: _____

Phone: (home) _____ (work) _____

AMTA member? Yes _____ No _____

Please fill out the following information about the nominee.

1. About the Nominee. Please briefly list the reason(s) you have selected this person to be a recipient of a PA Chapter Award.
2. Special Qualities of Nominee, i.e. Creative ideas, team building, mentor, selfless, etc.
3. List any major projects the nominee has been involved with for the AMTA at the national, chapter or unit level that has had an important impact on the association.
4. List any altruistic activities nominee has participated in, i.e. Less privileged, elderly, disasters, Massage Emergency Response Team, donations of massages to charitable organizations, etc.
5. Additional comments on why the nominee should be considered for an award.

Thank you for taking the time to bring this person to our attention.

Sincerely,
Jan Russell,
Awards Committee Chair
Available Awards

ALL NOMINEES MUST BE AMTA MEMBERS FOR A LEAST ONE YEAR, UNLESS NOTED OTHERWISE

Meritorious Award – To openly honor an AMTA member; to acknowledge diligent volunteerism done in an altruistic manner. (Awarded at the National Convention)

President's Award – To openly honor recipient(s) who have contributed to the massage profession in an outstanding manner; to acknowledge diligent volunteerism done in an altruistic manner; to enable the President to give an award to a recipient(s) who seem(s) worthy; **THIS AWARD IS SELECTED BY THE PRESIDENT.**

Distinguished Service Award – To openly honor recipient(s) who have contributed to the massage profession in an outstanding manner; To acknowledge diligent volunteerism done in an altruistic manner; To enable the President and the Executive Committee to give an award to a recipient(s) who seem(s) worthy; This award is selected by the Chapter President with the approval of the Executive Committee.

Humanitarian Award – To openly honor recipient(s) who is an AMTA member; To acknowledge the "heart" of massage in action.

Retiring Officer/Board Member Award – To openly honor a Chapter Officer and/or Board Member retiring from said position; To acknowledge service within a specified board position at the end of said service.

Outstanding Committee Award – To openly honor a Chapter committee that has demonstrated outstanding qualities and/or service to the AMTA in their position; To acknowledge and promote outstanding achievements deserving of said recognition by persons involved; To recognize team effort.

Outstanding Committee Chair Award – To openly honor recipient who has demonstrated outstanding qualities and/or service to the AMTA in their Chapter Chair position; To acknowledge and promote outstanding achievements and to honor an individual who is deserving of said recognition.

Government Relations Committee Award – To openly honor a Government Relations Committee that has provided exceptional accomplishments at the Chapter level regarding governmental relation activities; To acknowledge and promote achievement(s) deserving of said recognition by persons involved; To recognize team effort.

Government Relations Activist Award – To openly honor recipient(s) who have exceptional accomplishments at the Chapter and/or National level regarding government relations activities; to acknowledge and promote achievement(s) deserving or said recognition. Does not have to be a member of AMTA or a massage therapist.

Outstanding Sports Massage Team Award – To openly honor an Outstanding Sports Massage Team that has provided exceptional accomplishments in the area of sports; To acknowledge and promote achievement(s) deserving of said recognition by persons involved; To recognize team effort.

Sports Massage Achiever Award – To openly honor an AMTA member; To acknowledge accomplishments in the area of sports massage.

Outstanding Newsletter Award – To honor the staff and/or editor of the Chapter's newsletter for exceptional quality; To promote continued quality and high standards for others to follow.

Certificates of Appreciation – To openly honor recipient(s) who have contributed to the massage profession; To acknowledge diligent volunteerism done in an altruistic manner; To acknowledge someone who has bridged the gap between AMTA and/or massage and other associations and/or professions. Recipient is not required to be an AMTA member or a massage therapist.

Send completed forms no later than March 31, 2007 to:

Janet L. Russell, Awards Chair
226 Catskill Avenue
Brentwood, PA 15227

-or-

JanRussell_PA_AMTA@msn.com

Your Current E-mail Address Is Very Important

by Fe S. Tubio, 2nd VP

As reported at our recent membership meeting held on November 12, 2006, at Oaks, Pa., the Board of Directors of the AMTA PA Chapter is looking at one of the projects and ways to minimize operating costs. We will need your current and correct e-mail address to bring you the latest developments in all projects via e-mail.

In addition, we will be updating our current website and one of the features is "Members Only." This will require login and password and will depend on correct email address.

There are also times that blast emails are sent to the membership and rejected by some email addresses. Every month at least 5% to 15% of members' email addresses change and so the information has not been communicated to members who have incorrect email address.

Therefore, we are asking for your help and we need you to please do the following:

- 1) For members who have indicated email addresses on their membership application:
 - a) Please check to see if the correct email address has been reported to AMTA National office. Changes, Deletions and Additions are done at the National level and not at the chapter level. Please call toll free telephone number 1.877.905.2700 and ask for membership.

- b) Another option is going to our chapter's website at www.amtapa.org and look for the "Membership." Follow the link to "Change of Address Form or Other Information." This will direct you to a portion of the National's website.
- c) If you have more than one email address, you can designate the email address you want to use to receive information from the Chapter.

- 2) For members who has no email address indicated on their membership application :
 - a) The public library is an excellent source for use of computer hardware. Free emails are also available at www.hotmail.com and www.yahoo.com. Your local public library can probably assist you set up an account.
 - b) Once you established your email address, please call National office 1.877.905.2700 ask for membership, or go to our website at www.amtapa.org to report your email address.

If you need further assistance, please contact me at tubio@thesafety.net or call 724.449.9275 (for those who doesn't have email address only) ■

Pennsylvania Chapter AMTA Member Survey

Name: _____

Address: _____

Month joined AMTA: _____

Month of Birthday: _____

Month of Wedding Anniversary: _____

I give permission to PA Chapter of AMTA to print my first name and initial of last name in the news letter for birthday, anniversaries and any other special events.

Signature _____

Thank you for participating in this survey.

Please mail or e-mail all surveys to:

Jan Russell, Benevolence Chair
226 Catskill Avenue
Pittsburgh, Pa 15227 - 3010
JanRussell_PA_AMTA@msn.com

Sincerely,
Jan Russell,
Benevolence Chair

AMTA Presents Awards

Certificate of Appreciation's have been awarded to:

Sharon Parisi as she had dedicated 20 years as a Massage Therapist, starting practice in 1988 and has been involved with the AMTA Pennsylvania Chapter holding various positions such as State Board member for 10 years, Unit Chair for 4 years and Benevolence Chair for 7 years. She feels that each client comes with a sacred potential to get better as no two clients are the same.

Sally Murphy as she has dedicated many years as a Massage Therapist, and has been a dedicated unit meeting regular as well. We will miss having her at the Unit meetings as, however, there is a tiny little one who will be needing her more than the Unit. Congratulations on the up and coming birth of your child.

Karen Stork will also be missed as being Vice Chair of the PUPCA Unit for the past two years. She has now ran for a position on the NCBTMB. Congratulations! ■

Workgroup Helpers Needed

If you are an energetic, enthusiastic person with a few hours available in your schedule, join your Chapter officers to make our chapter events a success!

We will be needing several volunteers to work in the following areas:

- Convention Planning
- Special Events

Duties will consist of helping Board supervisor and committee chairs to make calls, help with room set-up, coordinate attendees etc. ■

For more information and interest, contact:

Fe S. Tubio
4023 Waters Lane
Gibsonia, PA 15044

PHONE: 724-449-9275
WORK: 724-933-6130
EMAIL: tubio@thesafety.net

Future Chapter Meetings Feedback

Summary of feedback from the members to make the chapter meetings interesting:

- Open forum discussion with medical professionals about massage and people living with pathologies requiring technologies to keep them living and healthy.
- Time to network and break bread together.
Products available ... vendors present to help write off costs.
- Meeting some of pillars of the profession brought in to speak (25years plus)
- Healthy foods
- What we can do to increase membership

Also suggested:

- Arrange/change the seating arrangement more personal.
BOD members spread to different tables and sit with the members.
- Name tags for everybody.
- Decorate the room.
- Give away discounts for future workshops.
- Other give a ways for them to take home.
- Etc... ■

No-Show Syndrome

How to Prevent and Cure

by David Kent LMT, NCTMB

"No-Show Syndrome" is a serious diagnosis that can be prevented and cured without the serious side effects of medication. Symptoms of this common syndrome include: clearing your schedule, preparing for an outstanding treatment, anticipating the revenue, then finding yourself disappointed when the patient does not show up for their scheduled treatment. This is a frustrating and costly problem for many massage therapists. While teaching seminars and coaching therapists, I'm frequently asked, "How can I prevent no-shows at my clinic?" As a clinic owner, I've become familiar with assessing and treating this issue, and I'd like to share some tips that you can apply to your outcall business, small practice, or large clinic. The most fundamental treatment for No-Show Syndrome revolves around having a clear policy, then communicating it to your clients – which will result in more income, less stress, and a better relationship with your patients.

New Patients – Avoiding the Problem

When scheduling a new patient, always require advanced payment and let them know your No-Show / Cancellation Policy. If you're asking, "What Cancellation Policy?" now is the time to get one. Make sure it's clear and concise – an example can be found in my Essential Office Forms series. The reasoning for this is simple. When people have prepaid, they're either on time or give you plenty of advanced notice so they don't lose their money.

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Pittsburgh School of Massage Therapy Celebrates 20th Anniversary

by Sharon Parisi

In 1986 a co-op of wholistically minded individuals thought that southwestern Pennsylvania was ready for massage! At that point in time, the well respected Pennsylvania School of Muscle Therapy, in King of Prussia, was the only formal education in the state. The time was right, with the growth and acceptance of complimentary health care, to make available great educational opportunities for massage training in the west as well. Thus was the genesis for the Pittsburgh Center of Massage Therapy.

Fast forward twenty years.

After thousands of students, hundreds of workshops, and four ever enlarging locations, the Pittsburgh School of Massage Therapy proudly celebrated a milestone anniversary this summer. Doubling as the official grand opening of the new expanded location on Laketon Road in Pittsburgh, PghSMT welcomed graduates and the massage community to join in a day which kicked off a new era for the school, as well as an occasion of joyous reflection. Bob Jantsch, the school's director served as the official host for the day, stating "I'm proud to have been able to contribute what I could to the growth of the school and the industry over the past twenty years." That continued growth is quite promising given the school's spacious classrooms, expanded curriculum, spa classroom, enlarged retail store, and four suite massage clinic.

In addition to musical entertainment, snacks and a Chinese auction for massage related products, visitors had the opportunity to tour the new facility and receive complimentary chair massage by PghSMT students and graduates. Massage therapists Diane Tempest and Rick Verrico joined Bob Jantsch in a panel discussion regarding the future of the profession. Kari Barnes, retail manager, was kept busy all day as everyone took advantage of the "Anniversary Day" special discounts. It was also the first opportunity for many therapists to check out some of the new spa products the store supplies. Kari enjoyed seeing so many friends that day - "It was nice because we got to see graduates from twenty years ago, and see them mingle with the current students. It was a multi-generational mix of MTs"

The open house was also the first chance for residents of the immediate area to check out the new business and see what massage is all about. To that end, ongoing demonstrations were held throughout the day presented by the school's great faculty. Some of the topics included Reflexology with Robin Lazor, Yoga with Jen Wagner, Shiatsu with Marcia Smith, Aromatherapy with Carol May, and Alexander Technique and Tai Chi with Priscilla Brown.

A special thanks is due to Mara Adams, PghSMT's executive assistant and student records supervisor, who coordinated the day, arranged the program and oversaw countless details to ensure a smooth running event. She even got the temperature to rise and the sun to shine! Thanks as well to the many members of the school's faculty who gave of their time to be tour guides, to Larry Sabatini, AMTA PA Chapter Western District Representative who came out to wish us well on behalf of the chapter, and to the hundreds of therapists, graduates, students and guests who came, smiled, laughed, visited, and shared in a day of true celebration.

The day was summed up well by Kenn Howard, faculty member and recent director of education: "Twenty years is an impressive run for a massage school. I'm proud that I have been able to be involved for fourteen of those years. And as good as the school is, I see it getting better every year." ■

Quarterly Buzzword – Pfrimmer Deep Muscle Therapy

How Pfrimmer Deep Muscle Therapy works-tight, adherent muscles are the cause of many ailments, due to involvement in restricting the circulation of blood & lymphatic fluid, by the entrapment of nerves in soft tissue, and in the impact of normal structural alignment. To illustrate the point, the effect of damaged or adherent muscle can be comparable to a garden hose with a kink or bend in it. When this occurs, the normal flow of water is blocked and the garden is not watered sufficiently. When a disruption in muscle & soft tissue occurs, the normal functions of the blood, nervous, and/or lymphatic systems are diminished or blocked, the tissues and organs supplied by these systems are rarely properly serviced.

Pfrimmer Deep Muscle Therapy is designed to cause corrective changes to the damaged or adherent muscles and the adjacent soft tissues. The improved circulation that results causes changes on a cellular level, not only to the muscle involved, but also to any soft tissue that may have been affected by the impaired circulation. Where muscles have become “dry”, Pfrimmer Deep Muscle Therapy brings lymphatic fluid toward the muscle cell. The lymphatic fluid acts as the liquid medium required for osmosis and cellular exchange on the capillary level.

Pfrimmer DMT corrects the source of the problem, on the cellular level. It relieves entrapment of nerves, and also aids in moving out toxins and congestion that may have accumulated in damaged muscles and soft tissue, thereby reducing edema and inflammation, as well as reducing pain. It

promotes detoxification on a cellular level, thus improving cellular function & softens hard fibrous muscles which restrict joint range of motion that “throw off” the body’s proper structural alignment.

Below is just a partial list of ways that Pfrimmer DMT has shown itself to be beneficial to overall health:

Muscular system, Skeletal system, Nervous system, Integumentary system, Endocrine system, Lymphatic system, & Respiratory system.

Pfrimmer DMT can help:

Arthritis, Carpal Tunnel Syndrome, Constipation & Digestive distress, Headaches, Heart problems, Joint & Muscle pain, Neck & Back pain, Occupational injuries, Paralysis, Poor Circulation, Sciatic pain, Sports Injuries, Tendonitis & Bursitis, Trauma & Car Accidents & Whiplash.

Pfrimmer DMT training consists of 3 levels:

Level 1 - 80 hours of training in the basic total body corrective work

Diploma - Level 1 Status - “Pfrimmer Deep Muscle Therapist”

Level 2 - 80 hours of training in specific, localized corrective moves.

Diploma - Level 2 Status-“Advanced Pfrimmer Deep Muscle Therapist”

Certification - after one year in practice, the Advance Pfrimmer Therapist may apply to take the Pfrimmer Certification Exam. (Document of Certification; Status - “Certified Pfrimmer Deep Muscle Therapist”). ■

MEMBER'S CORNER'S

Member Profile: Carol Brown

“The Best Way to Find Yourself is to Lose Yourself In the Service of Others.”

Yet another transplant from Corporate America (and Steelers Country) Carol came to massage with a B.A. in Social Work and 15 years working as a licensed member of the New York Stock Exchange. You'd be just as likely to see Carol operating with a screw driver in her hand or with potting soil and a bunch of plants gathered around her feet. Repair and encouragement are the strands that run with consistency through her journey. When the time came to step away from the corporate beast, Carol looked to her book shelves (she's an avid reader) for some clues. She saw an already well developed massage library that was backed by numerous friends and family who already knew she had "great hands." Knowing she'd gone as far as she could with this hobby, she learned from her own massage therapist that one of the top schools in the country was in her back yard. Before long, with a knot in her stomach and a rather large check in hand, Carol enrolled in the Professional Massage Program at Pennsylvania School of Muscle Therapy. And who can argue with the profound changes that happen when you study massage?

A whole new world of communication opened as Carol learned to palpate and follow as muscles began changing at her fingertips. And, nine years later, she hasn't stopped listening. As a massage therapist, Carol is most happy when she can help muscles (and their owners) rehabilitate. She specializes in Pfrimmer Deep Muscle Therapy and thrives in special populations such as the elderly and those who have mobility problems brought on by disease or paralysis.

One of Carol's goals when leaving massage school was to teach massage. She has been blessed with abundant opportunities through her alma mater doing just that and much more. Her most beloved challenge thus far has been taking a previously unpopular idea - student clinics - and building the fledgling program into a dynamic and professional experience

for students and the local community alike. She even received special mention for her work by COMTA examiners as one of the better run clinics seen in the country.

“That experience helped me develop my intuitive and nurturing skills. Who knew I had a nurturing side?”

Also noteworthy, Carol is a Professional Member of the AMTA and sits on the boards of several massage organizations. She has overseen the credentialing process at PA School of Muscle Therapy through a variety of agencies, including PA State and COMTA.

“You would not believe how complex and constantly changing the process is to keep a school in good standing. I admire anyone who has managed to maintain an operating school as long as Pa School of Muscle Therapy. It's no accident.”

Carol has recently been invited to teach Pfrimmer Deep Muscle Therapy classes and is working to expand her small private massage practice. When she retires from massage, she would like to operate a Christmas tree/alpaca farm with her six great nieces and nephews - and their mommies and daddies.

“I think the future of massage lies in becoming recognized as competent and valued professionals within the allopathic medical community. We already defend our profession well in the relaxation and wellness realms. And although some of our knowledge is similar to other professions, our expression is very distinct, and very much needed with in the rehabilitative process. Competency is the key to communicating with medical specialties what our clients already know - we are the best and most healing part of any rehabilitation process.” ■



Welcome our New Members who have joined the PA Chapter

Between September & December 2006! Congratulations to you all! ~ by Fe Tubio

September 2006

PROFESSIONALS

Ruby R. Alblasy
Christine J. Ferraro
Margaret Ketchersid
Mary L. Moyer
Michelle Schuler-Magnavita
Domonique Waysn
Christina Wilson

Downingtown
Wayne
Lititz
Allentown
Norristown
Philadelphia
Tyrone

STUDENTS

Gwendolyn M Backus
Jenna L. Esh
Gerard Fanning
Taliah Johnson
Linda Morgan
Vicki-Lee Race

Essington
Strasburg
Croydon
Philadelphia
Drexel Hill
Scranton

October, 2006

PROFESSIONALS

Pamela Byrd
Kate Castrogiovanni
Patricia S. Clemens
Catherine DeMedio
Jaynel Edmiston
Heidi K. Fuhr
Ashley George
Ann P. Grez-Hughes
Natalie M. Gunshannon
Donn R. Kulp
Victoria R Lang
Kerry J. Mack
Angela Massa
Stephanie Stago
Sandra Werkheiser

Lancaster
New Milford
Royersford
Conshohocken
Mc Clure
Philadelphia
Portsville
Nottingham
Edwardsville
Souderton
Philadelphia
Green Lane
Pottstown
Philadelphia
Dublin

STUDENTS

Shekhar V. Annambhotla
Amy Baranoski
Rachel Barton
Laura Becker
Marlena Blodgett
Codi Chilson
Tara Conroy
Micha Edwards

Macungie
Phoenixville
Emmaus
New Oxford
Palmerton
Whitehall
Palmerton
Glenside

Chandra Emerich
Najat Facioiti
Lacy Fields
Christa Fratantoro
Laurie Gerstler
Aliya Hill
Christine Hudgins
Stefanie Jennings
Matthew Kasick
Jason Kozlowski
Archana Kulkarni
Olivia Lesser
Amanda Loxley
Nick Padilla
Kristen Papach
MaryAnn Pooler
Traci Y. Smithee
Marcy Socrates
Lesley R. Spade
Kathleen Stasis
Jamie Sylvester
Janie Trump
Victoria White
Sarah Winter

November 2006

PROFESSIONALS

Johanna Marie Barnes
Movita A. Connor-Wilkinson
Dena Cullinane
Ira K. Green
Ashley Lebidziewski
Rose Marie Migdal
Marni Moretti
Samniang Dani Promlee
Christine Sollenberger

Alburtis
Philadelphia
Philadelphia
Philadelphia
Lehighton
Philadelphia
New Freedom
Whitehall
Coopersburg
Enhaut
Easton
Lanesboro
Easton
Philadelphia
Enon Valley
Coopersburg
Springboro
Easton
Beaver Falls
Folcroft
Pen Argyl
York
Harrisburg
Pipersville

STUDENTS

Charles Alvino
Jodie Blauser
Carey Clark
Robert Charles Cook
Monica Crawford
Stephanie Dakis
Julie Hack
Jennifer Nunan

Canadensis
Chester
Wexford
Coatesville
Shenandoah
Coatesville
Oakdale
Washington
East Berlin
Easton
York
Jessup
Wilkes Barre
Jefferson
Blakeslee
Palm
Boyetown

Sandra Lee Pietrusza
Vladimir Sychuk
Jeff Ward

Boothwyn
Erie
Dunmore

December, 2006

PROFESSIONALS

Julia Bayardi
Nicki Cooke
Vickie Heikes
Sylvia Noronha
Tracey O'Leary
Lisa S. Orinda
Walter Tayburn III
Deborah Traugh

Philadelphia
Burgettstown
York
Philadelphia
West Chester
Exton
Bangor
Bloomsburg

STUDENTS

Ann Backman
Joanne Brunetto
Maryann Buelow
Stephanie deAntonio
Jack Dohm
Virginia J. Durieux
Jessmin Engel
Mary Foy
Anthony J. Harley
Michele Linay LeCrone
Mary Lyn Marcewicz
Marie Mitchell
Victoria Nevpryaga
Connie Poole
Amanda Sadler
Lisa Stowers
Bernard Switala
Michael A. Vick
Jeanine Walsh

Coraopolis
Pocono Lake
Media
Malvern
Dover
Havertown
Christiana
Wayne
King of Prussia
Quakertown
Philadelphia
Linwood
Exton
Philadelphia
Morton
Erie
Pittsburgh
Tobyhanna
Wayne

If you are a new member within this period and your name is not listed, please call the AMTA National Office at 877-905-2700.

To Our Members...

~ by Fe Tubio

"You belong to a member driven organization and we, the elected officers, listen to what you say. Meeting your professional needs is our primary goal and so we encourage you to give us feedback as to what you need. Let's strive to work together as a team." You can use the form on the right of this page to give us your feedback, or you can go to our website at www.amtapa.org and select "CONTACT." In this page of the website you can enter your feedback and will be sent to us via email.

Meanwhile, please help us welcome our new members from 9/06 to 12/06. If you are new and your name is not on this list please contact the National office at www.amtamassage.org. The chapter does not update the list of new members. ■

Feedback Form

(Please mail this form to AMTA PA , 4023 Watters Lane, Gibsonia, PA 15044)

Members Name _____

Address: _____

Town _____, PA.

Zip Code _____

Tel. No _____

Email Address: _____

Message: _____

American Massage Therapy Association Pennsylvania Chapter Chapter Volunteer Information Form

Personal Data

Name _____ Email Address _____

Address _____ City/State _____ Zip _____ Telephone _____

(Home) _____ Best time to contact _____ Work _____ Best time to be contact _____

I am interested in working in the following areas:

- Ambassadors: to help maintain chapter contact with membership through phone calls and/or greeting at state or regional events.
- Awards: to help identify chapter members that deserve recognition for contributing to AMTA and/or the profession.
- Education: to assist in planning educational activities at the state and/or local level.
- Entertainment: to assist in planning "fun" activities at the Chapter Conferences and/or other non-educational events throughout the year.
- Law & Legislation: to assist in legislative activities of the chapter to promote the profession of massage therapy.
- Membership: to assist with membership outreach and retention programs as well as the creation of new initiatives in recruitment personnel.
- Newsletter: to assist with publication of quarterly newsletter by writing articles, preparing overviews for the chapter events and/or designing layouts.
- Sports Massage Team: to assist with planning and/or volunteering at sports events.
- Public Relations: to help with the chapter's efforts to create a positive awareness of massage therapy, AMTA and the AMTA chapter members.
- Rotunda Massage: opportunity to help educate legislators and State employees about the benefits of massage therapy.
- Ronald McDonald Home: to help provide support to family members of seriously ill children who are receiving treatment in nearby hospital.

Wherever Most Needed

- I can work on an ongoing project I prefer a 1-time project (may last more than one day) I can be available for 1-day task
- I am available for projects Mon Tues Wed Thurs Fri Sat Sun
- I prefer early AM mornings after noon evenings
- I can travel to the vicinity of _____ Yes No I would prefer from my home/office Yes No

Skills & Talent Assessment

- I can Make phone calls Stuff, stamp & mail Visit massage therapy school in my area and promote AMTA membership
- I can Help with survey and research projects either using the internet or telephone
- I have special interest in: Organizing events Designing forms, flyers Internet/web page Advertising/marketing
- Legislation issues Other _____

Please attach a copy of your resume if possible.

**Send form to: AMTA-PA Chapter
4023 Watters Lane
Gibsonia, PA 15044**

Donate A Massage

The AMTA, PA Chapter, has been seeking licensure for 14 years. AMTA has funded all of the professional lobbying fees for this endeavor. The Pennsylvania Body Therapy Group (PaBTA), the grassroots organization that supported licensing is no longer in existence since its board disbanded over a year ago. The PAC Fund that was used by PaBTA is not under the direction of AMTA and we cannot direct the usage of its funds. We are, therefore, asking that if you are interested in helping to fund the legislative efforts, to please donate a massage session every quarter. This would help defray the mounting costs of expenses for lobbying. Thank you!

Session Per-Quarter Legislative Fund

Name: _____

Address: _____

Phone: _____

Amount: _____

Make checks payable to **AMTA PA Chapter**

Send to: AMTA PA Chapter, 4023 Waters Lane, Gibsonia, PA 15044

No-Show Syndrome continued from page 5

Existing Patients – Curing the Problem

When it comes to existing patients, the No-Show / Cancellation Policy is still in effect. Of course, depending on the circumstances of the no-show or cancellation you might want to give a warning. If we have trouble with a cash patient we inform them that we will only schedule future appointments with pre-payment. Telling insurance patients that their physician and insurance company will be informed of any missed or cancelled appointments typically resolves the problem immediately. Insurance companies can only be billed if treatment is rendered, so if an insurance patient is a “No-Show” you cannot bill the insurance company, but you can bill the patient.

Preventive Maintenance

There are a couple of additional precautions that minimize no-shows and cancellations. The day prior to the treatment, call the patient to remind them of the date and time of their appointment. Also, make sure to review driving directions - once when initially scheduling the appointment, then again during the appointment reminder call.

Checklist to Avoid No-Shows & Cancellations

- Communicate your No-Show / Cancellation Policy
- Require advanced payment
- Review directions to your office
- Call the day before as a reminder

Benefits of minimizing no-shows and last minute cancellations:

- Increased income
- Working less hours
- Feeling less stress
- Knowing what to expect
- Stabilized schedule
- Patients value your time
- Patients understand your policy
- Patients are trained

The bottom line is that massage therapists are like everyone else: we have bills to pay and families to feed. Our time and talent is valuable and must be respected. I believe that if we don't train our patients, they'll train us. The cornerstone of practice building is education. Implement these tips immediately, and you will quickly realize their value.

David Kent, LMT, NCTMB is an international presenter, product innovator and writer. His practice in Deltona, FL. receives referrals from hospitals, physicians, chiropractors and other healthcare providers. David teaches a Full Body Dissection Seminar this Aug 1-5, 2007 at the USF, College of Medicine. He also does Medical Massage and Practice Building seminars. David has developed the Postural Analysis Grid Chart™, Trigger Point Charts, Personalized Essential Office Forms™, Videos and DVDs. Learn more at KentHealth.com or call (888) 574-5600. ■

A Call To Action We Need You!

by Nancy Porambo

“I could not let this opportunity pass without making a passionate plea that we are in need of volunteers for various positions in our Chapter. Please think about contributing your gifts and your time to share with us.” Opportunities are available on Committee levels for:

Sports Massage Chair • Public Relations Chair

Please visit www.amtapa.org for an application and information for these positions. Please complete the form e-mail it to www.amtapa.org. The success of this Chapter depends upon the gifts and time shared by dedicated volunteers.

FROZEN SHOULDER SYNDROME, TAKING A LOOK UNDER THE HOOD - A NEW APPROACH TO PSOAS WORK & TMJ SYNDROME

Presented by Elaine Calenda, C.M.T., AOS, NCTMB

Cost: Members \$250
Non-Members \$275

When: Saturday, March 31 & Sunday, April 1, 2007

Where: Radisson Hotel Pittsburgh (Greentree Area)
101 Radisson Dr., Pittsburgh, PA 15205
PHONE: (412) 920-8077 FAX: (412) 922-7854
www.radisson.com/pittsburghpa_greentree

12 Contact Hours – NCBTMB Provider

Don't Wait to Register: Class Space limited to 50 people!



**Special Discount for early registration on
or before 03/23/07: Members \$225 / Non-Members \$250**

“FROZEN SHOULDER SYNDROME” (4hrs)

“TAKING A LOOK UNDER THE HOOD-A NEW APPROACH TO PSOAS WORK” (4hrs)

“TMJ SYNDROME” (4hrs)

Whether you are an experienced practitioner or have just graduated from massage school, this clinical symposium/workshop will affirm and support your role as a skillful and knowledgeable hands-on-clinician. Elaine Calenda graduated from the Swedish Institute in New York City, worked with Dr. Richard Bachrach at the Center of Osteopathic & Sports Medicine in New York City throughout the 70s & 80s, and then became the Clinical Director of the Swedish Institute where she developed their curriculum for massage training. She then coordinated a project for the renowned neurologist, Dr. Michael Weintraub regarding the effects of massage in vehicular trauma. She later authored the therapeutic massage chapter in his textbook, *Complimentary & Alternative Medicine in Neurological Illness*. More recently, Elaine has become a member of the National Certification Board for Therapeutic Massage & Bodywork. She is an active professional member of the American Massage Therapy Association & volunteers her time to promote best practice guidelines to enhance the profession of massage therapy. She is currently the director of the student clinic at the Boulder College of Massage Therapy. She is also involved in the development of the curricula for the Sports & Orthopedic Massage Certification Program as well as the Associate of Occupational Studies degree program.

She invites our participation in her 2 day workshop including: “Frozen Shoulder Syndrome” (4hrs), “Taking a Look Under the Hood-A New Approach to Psoas Work” (4hrs), & TMJ Syndrome (4hrs) totaling 12 CEU hours. This highly acclaimed educational workshop includes: Workshop manual, resources, and completion certificate of 12 continuing education hours.

Join us as Elaine Calenda demonstrates her passion for healing, athletics, and personal renewal in this dynamic educational workshop focusing on “Frozen Shoulder Syndrome,” “Taking a Look Under the Hood-A New Approach to Psoas Work,” & “TMJ Syndrome.”

REGISTRATION FORM

Register using this form or the form on the Chapter website WWW.AMTAPA.ORG.

Directions and details to this awesome workshop including accommodations are on this page and will also be available at the above website.

NAME _____ AMTA# _____

ADDRESS _____

PHONE: Home _____ Work _____

E-MAIL: _____

Please make **checks payable to the AMTA-PA CHAPTER** and mail to:
Fe Tubio, 4023 Waters Lane, Gibsonia, PA 15044

Money and reservations must be in by March 23, 2007.

**Any questions or concerns,
please contact Jennifer Wilcox at brawjen@verizon.net.**

ACCOMMODATIONS:

Radisson Hotel Pittsburgh (Greentree Area)
101 Radisson Drive, Pittsburgh, PA 15205

Phone: (412) 920-8077

Fax: (412) 922-7854

www.radisson.com/pittsburghpa_greentree



**DIRECTIONS TO
RADISSON HOTEL
PITTSBURGH GREENTREE
CAN BE FOUND BY
VISITING MAPQUEST.COM**

AMTA-PA ITINERARY FOR MARCH 30, 31 & APRIL 1, 2007

Friday, March 30 Board Meeting Dinner 6pm-7pm
Board Meeting @ Radisson Beginning @ 7pm

Saturday, March 31 Registration for Workshop/Ed 8am - 9am
Workshop Education begins 9am - 12Noon
Lunch Break (not provided) 12Noon - 1:30pm
Workshop/Education resumes 1:30pm - 6pm

Sunday, April 1 AMTA Chapter Meeting & Brunch 9am - 12Noon
(Free to attendees)
Workshop/Education begins 12Noon - 4pm

Here's To Your Health - Why Buy Organic?

by Gina Villalobos, The Organic Coach

Why buy organic? Because it could be one of the healthiest things you can do for yourself and your family! The last couple of years, the organic sector has been growing at an annual rate of 20%, making it one of the hottest segments of the food market. As our environment becomes more polluted, as chronic and degenerative diseases rise and as consumer's awareness steadily increases, consumers across our nation are becoming more health conscious and turning to organic foods.

Yes, organic foods are often more expensive, but isn't your health worth it? We often pay more attention to the grades of gas and oil we put into our cars and the wine and beer we drink, than the quality of the food we put into our mouths. Did you know that eating 12 of the most contaminated fruits and vegetables could result in your exposure to at least 20 pesticides a day on average? Does this sound healthy? Is this what you want for yourself and your family? Children and pregnant and breast-feeding mothers are particularly vulnerable, since small children's immune systems are still developing and their central nervous and hormonal systems are much more vulnerable to damage from potential toxins from foods and their environment. Infants' liver and immune system are less able to rid themselves of contaminants. More and more, it is suspected that high doses of pesticides can cause neurological and reproductive damage, which makes some sense given that reproductive organs and brains develop through age 12. It is estimated that three-quarters of all fruits and vegetables that infants and children consume, contains pesticide residue.

So, what exactly makes food organic? Organic produce is grown free of genetically modified seeds, free of synthetic pesticides,

herbicides, fungicides, insecticides, fertilizers, and other synthetic chemicals. Organic agriculture supports our environment and health practices to balance the soil such as crop rotation and other natural techniques to improve soil fertility, rather than controlling the environment with chemicals. Organic animal foods are animals that have been raised 100% on organic feed that has not been genetically modified and without feeding them ground-up other animal parts. Organic animals are raised without synthetic antibiotics, bovine human growth hormone or other artificial drugs. They are free ranging and grazing, raised humanely without cruelty. Animals (as do humans) tend to store toxins in their fat, so the lower the animal fat, the better.

What fruits and vegetables top the list as containing the most pesticides: Apples, bell peppers, celery, cherries, imported grapes, nectarines, peaches, pears, potatoes, red-raspberries, spinach and strawberries. Toxin residues accumulate in our bodies. But here's the good news; According to a 2005 study sponsored by the Environmental Protection Agency, published that apparently just eating organic food for five days, can decrease the level of pesticide residues in our bodies by 50%, that is until we start re-introducing them. The sayings, "A healthy body is a healthy mind" and "You are what you eat", might be truer than we know.

Doesn't your body deserve the best? By buying organic, you could help your own and your family's health and well-being, and at the same time, make our world a better place by supporting sustainable farming practices in our environment. It's like I tell my clients, It's your health, it's not a luxury! ■



2006 Pennsylvania Delegates at the Atlanta National Convention.

Pictured (front, left to right), Andrea Collier, Fe Tubio, Camille Baughman, Nancy Porambo. Pictured (back), Veronica Haberkost.



Fe Tubio (1st from left), as a member of the Governance committee, received an award. Her group was recognized and given an award as "2006 National Outstanding Committee Award" at the Atlanta Convention. Anny David (3rd from the left) of Perkasio, PA was recognized and awarded a special pin for 41 years in the massage profession.

Hi Y'All From Georgia - AMTA's National Convention

~ by Andrea Collier

As a first time delegate representing Pennsylvania at the annual AMTA National Convention for 2006 in Atlanta, Georgia. Then I wish to thank the members of AMTA-PA for granting me this honor. At first I was elected as the first alternate and was called upon when an elected delegate was not able to attend. I also want to thank the veteran delegates for their encouragement and direction to me and for their service also. It really requires planning and sacrifice to take the time away from family, practice, clients, and income to attend convention.

My first impression overall was "WOW!" From the gracious reception from the AMTA Staff at registration and House of Delegate registration, the orientation to the House of Delegates and to the actual operation of the House of Delegates, it was all a very impressive responsibility. The attention to such detail, gave me the sense of security knowing that each and every recommendation is thoroughly researched and even then the discussion is so multifaceted to uncover various aspects in great detail says to me that things that are frivolous or illogical would never fly.

Recommendations to the National AMTA Board of Directors that did pass were the New Hampshire Recommendation to designate a special workgroup

continued on page 13

AMTA PA Upcoming Workshops & Presenters For 2007

SPRING - PITTSBURGH - MARCH 31 & APRIL 1, 2007

PRESENTER: Elaine Calenda/EC Seminars

WORKSHOP: FROZEN SHOULDER SYNDROME (4hrs)
TAKING A LOOK UNDER THE HOOD-A NEW APPROACH TO PSOAS WORK (4hrs)
TMJ SYNDROME (4hrs)

CONTINUING EDUCATION HOURS TOTAL=12

Elaine Calenda is a member of the National Certification Board for Therapeutic Massage & Bodywork. She is an active professional member of the AMTA and volunteers her time to promote best practices guidelines to enhance the profession of massage therapy. She is currently the director of the student clinic at the Boulder College of Massage Therapy. Elaine is also involved in the development of the curricula for the Sports & Orthopedic Massage Certification Program as well as the Associate of Occupational Studies degree program. Elaine authored the therapeutic massage chapter in renowned neurologist, Dr. Michael Weintraub's book regarding the effects of massage in vehicular trauma called "Complimentary and Alternative Medicine in Neurological Illness."

SUMMER - HARRISBURG - JULY 21 & JULY 22, 2007

PRESENTER: Ralph Stephens

WORKSHOP: EXTREMITY EXTRAVAGANZA,
MEDICAL MASSAGE FOR THE UPPER
EXTREMITY/CARPAL TUNNEL & THE
KNEE, LEG ANKLE & FOOT.

CONTINUING EDUCATION HOURS TOTAL=12

Learn to assess and treat carpal tunnel syndrome, golfer's shoulder, tennis elbow, and other wrist/hand complaints with the patient seated, using a combination of stretching, myofascial, neuromuscular techniques. Self-help techniques to prevent and facilitate recovery from these conditions will be presented. Help your patients with this program. Techniques adaptable to table.

FALL - PHILADELPHIA - NOVEMBER 10 & 11, 2007

PRESENTER: Cynthia Ribeiro

WORKSHOP: ADVANCED MYOFASCIAL PAIN &
DYSFUNCTION TECHNIQUES, RELATING
TO MECHANICAL LOW BACK PAIN

CONTINUING EDUCATION HOURS=12

Low back pain has been, and continues to be, one of the enigmas of modern medicine. To be successful, a practitioner must develop a broad theoretical knowledge base from which specific techniques of prevention and rehabilitation may be selected and practically applied to each individual case. In this hands-on class, we will learn specific myofascial techniques, which include Orthopedic Evaluation, Trigger Point techniques, and PNF stretches, relation to the lumbar-pelvic region. Examples of most common complaints are SI Joint Dysfunction, Piriformis Syndrome/Sciatic Pain Herniation, Facet Syndrome, and Groin Pain.

Hi Y'All From Georgia continued from page 12

for the purpose of determining a fair and equitable division of revenue from on-line education, paid for by members, to be returned to the member's chapter. The chapters that rely upon education income were happy to see this pass. Another proposed recommendation that passed was to join the Coalition to Preserve Patient Access to Physical Medicine and Rehabilitation in order to be an active and aware part of the current changes in accepted medical services.

But the most exciting moment in the House of Delegates was when they voted to pass the Proposed Position Statement. One of the first things I have learned in service to AMTA is that no one can speak for the organization but the President. Now the President, representing the organization, can actually say the following - "Massage can be effective for stress relief". Our first passed position statement passed with a rousing standing ovation. I hope and believe it will be the first of many more to come

I would like to recognize a great driving force behind this position statement, our Past President Retta Flagg who has given so very much of herself to AMTA both in Pennsylvania and Nationally. Thank you Retta we are indebted to you with great gratitude for all you have done.

Also, with the great work of the Foundation in all the research proving the benefits and efficacy of massage therapy, this will be the beginning to proving what we have experienced and known all along but could not say so without proof to the medical community. This truly is a most exciting time to be a part of the Massage Therapy Profession.

For 2007 the national convention will be in Cincinnati, Ohio, and I am honored to say that I have been elected as a delegate and am so looking forward to see what new history will be made again. ■

Feedback - Fall '06 Education Workshop With Brian Smith In Philadelphia by Gina Washlaski

Bob King's Workshop presented by Brian Smith, surprisingly met & exceeded my learning expectations.

I was impressed with his profound knowledge & training in neuromuscular and myofascial therapies.

Brian Smith's knowledge, experience & gentle humor made Bob King's workshop on Myofascial Therapy for the Neck, Shoulders & Chest an empowering exercise in developing new skill approaches to alleviate forward head posture, chronic whiplash pain, and altered respiratory function.

Bob King's powerful yet gentle therapeutic approaches to Myofascial Therapy for the Neck, Shoulders, and Chest, will definitely enhance my clinical expertise and client base. ■

AMTA PA Harrisburg Rotunda Chair Massage 2007 Schedule for Margie Schaffer's Synergy School

Group Coordinator: Margie Schaeffer Margie@synergymassage.com

January 24	May 8	September 12
February 7	June 6	October 10
March 21	July 11	November 28
April 18	August - no coverage	December 12

AMTA PA Chapter Officers

BOARD OF DIRECTORS

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(OPEN)

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(OPEN)

SPORTS MASSAGE

(OPEN)

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UNIT OFFICERS

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610-438-1500
themassage4u@rcn.com

PA Chapter of ERMI ~ by Janet Russell

Well, the Emergency Response Massage International is up and running in Pa., our vision is to be instrumental in the functioning of Emergency Management / Critical Incident Stress Management. ERMI's mission is to provide stress relieving chair massages to the Emergency Responders and Caregivers following a disaster / critical incident.

ERMI was formed as a nonprofit volunteer organization to aid Emergency Responders in Critical Incident Stress management through massage. Our team members are trained in the ICS, functioning of Emergency Management, CISM and a stress relieving chair massage.

Our PA Chapter Representative is Lisa Todd, she will be overseeing the 7 Districts in Pa., each district has a Team Leader who will be responsible for their team members.

Please contact Lisa, at lisa@naturalkneads.com if you would like to be involved in ERMI as a team leader or team member.

The Pa County / Districts are broken down to the following:

District 1: Philadelphia

Berks, Bucks, Chester, Delaware, Lancaster, Lebanon, Lehigh, Montgomery, Northampton, Philadelphia and Schuylkill

Team Leader: Lois Grace Nelson

District 2: Scranton

Bradford, Carbon, Lackawanna, Luzerne, Monroe, Pike, Sullivan, Susquehanna, Wayne and Wyoming

Team Leader: Nicole Bodner

District 3: Harrisburg

Adams, Columbia, Cumberland, Dauphin, Juniata, Montour, Northumberland, Perry, Snyder, Union and York

Team Leader: Sky Yoder

District 4: State College

Cameron, Centre, Clearfield, Clinton, Elk, Lycoming, McKean, Potter and Tioga

Team Leader: Jeanine Trethewey

District 5: Johnstown

Bedford, Blair, Cambria, Franklin, Fulton, Huntingdon, Mifflin and Somerset

Team Leader: Vaccant

District 6: Erie

Clarion, Crawford, Erie, Forest, Jefferson, Mercer, Venango and Warren

Team Leader: Vaccant

District 7: Pittsburgh

Allegheny, Armstrong, Beaver, Butler, Faith, Greene, Indiana, Lawrence, Washington and Westmoreland

Team Leader: Jan Russell

AMTA PA 2007 Senate Spring Session Schedule

2007 Senate Spring Session Schedule

January 2, 16, 17, 22, 23, 24, 29, 30, 31

February 5, 6, 7, 12, 13

March 12, 13, 14, 19, 20, 21, 26, 27, 28

April 16, 17, 18, 23, 24, 25, 30

May 1, 2, 7, 8, 21, 22

June 4, 5, 6, 11, 12, 13, 18, 19, 20, 25, 26, 27, 28, 29

Teachers Treated to Massage During Teacher Appreciation Week

by Joanne Mengel

Students from the CDE Massage School in Stroudsburg, PA treated teachers from the Arlington Elementary School to chair massages during Teacher Appreciation Week, November 13-17, 2006. ■



Massage for Parkinson's Disease

by Carol Dean

I am a Nationally Certified Massage Therapist and I see 60 percent of my clients on site- either in their homes or at their place of business.

I am requesting any information that our AMTA members might have in regards to therapeutic massage for clients with Parkinson's Disease. I also am looking for a workshop that would address Parkinson's.

So far I have only found it offered through geriatric massage workshops.

It is tremendously gratifying to work with clients afflicted with Parkinson's and they seem to get a lot of relief from their symptoms, even if it is only temporary. They feel that massage is a key therapy for them, both physically and mentally.

I have found, on my own, what techniques are working but I know that there must be more that can be done for clients with this life changing disease and I hope that I can get some feedback from other AMTA members.

Thank you,
Carol Dean,
Therapeutic Massage, LLC
Cell Phone: 610.585.5190

Unit News

LEHIGH VALLEY

The LV Unit met Saturday, December 9th. Scott Pellington, LV Unit Chair led a forum on ways to work smarter, not harder. There was a lively discussion of various means to accomplish this end.

Dr. Leena Gupta, President Elect AMTA, spoke on behalf of Licensing and Eastern Dist Rep asked for member involvement, i.e. contacting legislative reps by phone, letter and emails as well as personal contact with reps at public events. She urged members to make sure they

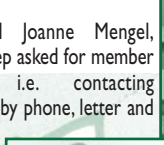
register to vote so their voice is heard. (The input of individuals not registered to vote is often ignored.)

Joanne also stated the Licensing Bill will be reintroduced in January 2007 by the original Sponsor, Rep Keith McCall from Carbon County, who is now the new Majority Leader of the House. She explained the necessity of grassroots support for this legislation and why it is so critical.

Plans for the Spring Meeting were discussed. The date was set for April 28 at Lehigh Valley College. Mark your calendars NOW! Ethics classes and/or CPR courses are being considered.



Dr. Leena Gupta, President Elect of AMTA (above) Joanne Mengel, Eastern District Rep. (left)



Kim Santos, LV Secretary and Laird McCubbin, Instructor at LV College (above) Scott Pellington, LV Chair (left)



SOUTH CENTRAL HARRISBURG AREA UNIT NEWS AND UPDATES

Thirty-one massage therapists attended the South Central PA AMTA Unit fall meeting on Sat. Oct. 14th, 2006 at the PA Myotherapy Institute in New Oxford, PA.

After a short business meeting, Joseph LaVine presented Tui-Na Chinese Massage to the group. To get the chi flowing, Joe first led with eight standing chi-gong movements. Then Joe demonstrated tui-na hand techniques, like rolling, grasping, and pressing, followed by practice. Practice was done clothed on the table and also in chairs.

Joe patiently walked around to each table and chair refining technique as the therapists practiced on each other. All went home from the workshop with new skills and with a little less tension in their shoulders.

The 4 hour CEU's were free for AMTA members. A continental breakfast was served.

The spring meeting will be Sat. April 21, 2007. Donna Brown, RN, CMT and clinical aromatherapist, will be presenting aromatherapy for the professional massage therapist.



Joe LaVine demonstrates tui-na rolling hand technique on Shirley Fennimore.

SOUTHWESTERN UNIT (PITTSBURGH)

The Spring meeting and elections will be held on Friday evening, April 20, 2007, at Bradford Woods Community Church, 4836 Wexford Run Road, Bradford Woods, PA 15015 from 6P to 10P. A light dinner will be provided. Earn CEU's for AMTA membership only. Bring tables and hand towels to this workshop. A small fee of \$10 for non-members and \$5 per member will be charged. Checks payable to AMTA PA will be collected before the workshop. RSVP to Jan Dreher at jrd@withhandsandheart.com before April 13, 2007; or call 412-585-3511.

Facial Connection by Norman Stock

Facial Massage can be one of the most important areas of the body to perform Massage. Tension, Stress, Headaches, lines and wrinkles start here. In addition, the top of the Head, the Seventh Chakra, is our spiritual Energy Center. Beginning with neck and scalp, we will perform techniques for all of the above, and more. Norman Stock, a therapist for over six years, will share methods learned at the Japanese Massage Institute, Cosmetology School, and experience in one of his favorite modalities.

ELECTION OF NEW OFFICERS!!!!

Please consider volunteering for one of the Unit positions of Chair, Vice Chair or Secretary. All positions are up for re-election in the Spring of 2007. All current officers have held their positions for 3 years. You may recall that in the Spring of 2005, when the current officers were re-elected, the terms of office were changed to 2 years.

The Unit Chair is responsible for planning the meetings; the Vice Chair oversees the Ronald McDonald House volunteers; and the Secretary is responsible for mailing out the meeting reminder cards and submitting the minutes to the Chapter Secretary for retention.

We need members to come forward and volunteer in order to keep the Southwestern Unit an active and vital part of the PA Chapter of the AMTA. Resume forms can be found on our website, www.amtapa.org. Please complete and bring to the meeting.

REMEMBER: YOU GET ONE FREE CHAPTER EDUCATION WHEN YOU HOLD A VOLUNTEER POSITION!!!!!!

PITTSBURGH AREA RONALD MCDONALD HOUSE UPDATE

Ronald McDonald House is Located in the Shadyside section of Pittsburgh. I work with one other volunteer at this time, Marsha Morris. We alternate every Sunday and work with a sign up list. The list usually has 2 to 4 names of individuals in need of massage. If the list is really long we take a massage chair to work with instead of the table. We are in need of additional volunteers. Those willing to make a commitment is important as some of the clients get used to the therapist, especially if this is their first time or if they have muscle pain that is treated successfully. One time visits are OK but we are in need of some steady help. We have two tables and a CD player that were donated and the house supplies the linens. The therapist brings a massage oil or cream and a music CD. This would be a great way for a newly graduated student to get some supervised experience and help many people.

Marsha and I attended the annual Ronald McDonald House volunteer appreciation dinner at the Oakmont Country Club on December 6th 2006. We met many of the volunteers and benefactors of the important charity. We also heard about some future plans for expansion of the Ronald McDonald House facilities in conjunction with Children's Hospital of Pittsburgh.

We have performed approximately 120 Massages at the

facility in 2006. The Therapists that want to volunteer need the following: Graduated from an accredited Massage Therapy Program, Provide an Insurance Certificate and complete a background check, namely child abuse and criminal background. costs about \$20.00 and last the AMTA code of conduct. If you have a question, Call or write Jack at 412-480-0725.

EASTERN UNIT (PHILADELPHIA)

The annual Fall PUPCA meeting was a great success; attendees got an introduction to Tandem Point Therapy from its creator Rena Margulis. She is Nationally Certified in Asian Bodywork Therapy (NCCAOM) and Nationally Certified in Therapeutic Massage and Bodywork (NCBTMB) and has a unique passion for instructing students in her technique. Many thanks Rena and to all members who attended!

2007 is shaping up to be a great year too; with Pfrimmer Deep Muscle Therapy and Lomi-Lomi, traditional Hawaiian Body work planned for the educational segments of our Spring and Fall annual meetings. At press time however, the dates for these events have not been finalized; so please check in to our website regularly at www.amtapa.org/about/eastern_unit.php for schedules and details pertaining to these events. While you're there don't forget to sign up for the email loop.

I am proud to introduce to you your new Unit Officers, Mr. Mike Marzulli - Co-Chair, Ms. Vanessa James - Secretary, and myself Peter DiOrio - Chair. Together, we intend to bring a fresh new approach to recruitment in order to bring the many new practitioners the area schools are graduating into a professional organization that can best meet their networking and mentoring needs. We are also focusing much of our energy into breathing new life into the dedicated existing membership; in order to offer you the leadership staff that you deserve. Please do not hesitate to contact me or any of your officers with any questions or feedback that will enable us to best serve you over the duration of our terms. See you all at the Spring meeting!

NORTHWEST UNIT (ERIE)

On October 7, 2006 the Northwestern Unit held their Fall Meeting and Education at the Great Lakes Institute of Technology (Tony & Guy), Peach St., Erie, PA. The meeting began with networking, & "show & tell". This consisted of a simulated breast with lumps, a booklet from the ACS on What You Should Know About Melanoma, hand massagers from the Dollar Store to use as promotional items and a Massage Candle (as the wax melts it is used as massage oil).

A brief review was given of the Leadership Training attended by the Unit Officers at Penn State. Larry Sabatini (Western Dist. Rep.) updated on Legislative Issues and the need to contact Legislators as we are very close to having Massage Licensure at this time. Educational needs were discussed for future meetings and the need to have CEU's. The educational session was: Changing Beliefs & Practices in Massage Therapy for Clients with Cancer - presented by Janet Pazy RN (Hospice Nurse) & MT

The (next) Spring 2007 Education (& Meeting) will be held on 4-21 & 4-22, 2007 from 8am - 5pm at Great Lakes Institute (Tony & Guy), Peach St., Erie, PA. 12 CEU's will be offered in CranioSacral Therapy (Introductory) presented by Ethel Nelson, PT, CST, Chambersberg, PA. Developed by John Upledger, DO, the CST class is a mix of lecture, demonstration & hands-on practice. CST enhances the body's natural healing processes to improve the operation of the central nervous system, dissipate the negative effects of stress, enhance health, and strengthen resistance to disease. CST has been shown to be effective in many medical conditions with basic techniques you can use in your practice & for your own health. For further info call (Janet) 814-720-9382 or (Jen) 814-459-7567. ■

AMTA — PENNSYLVANIA CHAPTER
6059-907 ALLENTOWN BLVD.
HARRISBURG, PA 17112



CALENDAR OF EVENTS

3-30-07	Board of Directors Meeting	7-22-07	AMTA PA State Meeting Elections & Vote on Standing Rules
3-31-07 & 4-01-07	Elaine Calenda's Educational Workshop	8-24-07	Newsletter Fall'07 submission deadline
4-01-07	AMTA PA State Meeting	9-7 & 8-07	AMTA PA Leadership Training
4-11-07	Rotunda Chair Massage Project	9-12-07	Rotunda Chair Massage Project
4-14-15-07	Policy and Procedures Meeting	10-10-13-07	AMTA 2007 National Convention-Cincinnati, OH
4-20-07	Newsletter Summer '07 submission deadline	10-10-07	Rotunda Chair Massage Project
5-09-07	Rotunda Chair Massage Project	10-21-27-07	National Massage Therapy Awareness Week
5-22-07	Board of Directors Meeting	10-30-07	Board of Directors Meeting
6-13-07	Rotunda Chair Massage Project	11-10-11-07	Cynthia Ribeiro's Educational Workshop
6-26-07	Board of Directors Meeting	11-11-07	AMTA PA State Meeting
7-11-07	Rotunda Chair Massage Project	11-14-07	Rotunda Chair Massage Project
7-12-15-07	CVOP	12-12-07	Rotunda Chair Massage Project
7-20-07	Board of Directors Meeting	12-17-07	Board of Directors Meeting
7-14-21-07	Rails 2 Trails Project		
7-21-22-07	Ralph Stephen's Educational Workshop		

MOVING?

If you are moving, or your contact information will change, don't forget to notify the AMTA National Office at the:

American Massage Therapy Association

Member Services

500 Davis Street / Suite 900

Evanston, Illinois 60201-2700

Phone: 877-905-2700. Fax: 847-864-1178

Email: info@amtamassage.org

Web: www.amtamassage.org/members/addrchange.html



By changing your address at the national level, you will continue to receive all mailings, including your Chapter and Unit mailings. Please include your membership number and your old address.