

Idaho In Touch

A Publication of the
American Massage Therapy Association

TO SUPPORT OUR MEMBERS
AND PROMOTE THE HIGHEST
PROFESSIONAL STANDARDS

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NO. 3



amta
american massage therapy association®

Life goes on. . .

Even when you're flat.

A Message From Our President

Life Goes On... Even When You're Flat.

You know that feeling of satisfaction you get when you look ahead at your calendar, scan down your to-do list and see that everything is in order, on schedule, getting the appropriate attention in a timely manner with the proper amount of care and detail? Whether you think so or not, the universe can hear you thinking those very man-made words like "proper" and "appropriate" and "timely", words we created to stoke the belief that *we* are in control. The universe then steps up to your very orderly life as a pro-league bowler might step up to the end of the glossy hardwoods that lead to your perfect lines of pins in their neatly arranged delta formation. Can you guess who is playing the number one pin in this scenario?

Out of a stunning artisan vinyl-pieced bowling bag with the personalized embroidery ("*Mr. Universe*") springs a glossy particle-covered 16-pounder,

perfectly polished to a high shine. Oddly enough, it has your name on it. Before you know it, the universe has lofted this shiny, spinning maelstrom and it is rumbling towards you while you stand there shocked, looking dumb as a bowling pin. I was served up a slice of humility like this (every control freak's day is coming) recently and true to form, it blew all my best-laid plans out of the water. So, it was with a very heavy heart that I told my fellow board members traveling to Pittsburg for the 2015 AMTA National Convention that I would not be able to join them.

This would have been my last convention as chapter president. As luck would have it, our 1st and 2nd VP's and our Western Unit Rep were also attending for House of Delegates and Chapter Volunteer Orientation Program (CVOP). I wanted so badly to show them the ropes, to be there as a team and to have a great convention with them in the City of Steel. Mostly, I felt bad for saddling them with my responsibilities for the week. One by one I began the process of forwarding them invite after invite of one more meeting, reception, council, etc to go to. From them? Not one complaint – only concern. The week came and they devised a way for me to "attend" in spirit.

Enter Flat Suzie. Through the magic of Hayley's imagination, several people's

camera-phones, Facebook, Adobe Photoshop, HP printing, Glue Stik, poster-board and Deserae's very steady hands on the scissors Flat Suzie was born (available in six different incarnations!). Flat Suzie watched movies on the plane, went out for some great meals and sight-seeing, attended everything from House of Delegates to the closing ceremonies, and had her picture taken about five times more frequently than I personally ever did at National Convention. She checked in with me frequently via text and was very active on Facebook, creating some really fun interest for our chapter Facebook page. She even danced on the tables at the dinner dance. Needless to say, Flat Suzie had a fantastic time. And everything was "handled". Because, yeah. They're that good.

Moral of the story: Our chapter is in very good hands and that makes me very happy.

Be well-



The Adventures of Flat Suzie...



The AMTA-ID Chapter Meritorious Award goes to...Suzie Lindberg!

Suzie has done an exceptional job bringing our chapter up to meet the high standards expected of AMTA. She leads with precision and fairness and a sense of humor. She is objective in her decision making. She cares a great deal about each one of the volunteers in our chapter and makes sure to show her appreciation whether it's in the form of an email, a phone call or a sincere card. She has helped us all realize the importance of volunteerism which has pushed us to take our positions more seriously. Suzie always makes us feel appreciated. It would be wonderful to let her know that we appreciate her as well.

Our chapter has, unfortunately, lost several volunteers on our board over the last few months due to retirements, health issues and relocations.

Suzie had donned all of those hats gracefully and without complaint, and yet continues to bring in new ideas and concepts for those many positions. She has brought our chapter into the digital age by initiating online elections, converted our volunteer training manual to a digital format and created short training video clips. She helps with navigating through the uncharted territory of the new website formatting. She brings with her a wealth of knowledge from past professions, which makes her incredibly well-rounded. She attends every Idaho Board of Licensing board meeting, armed with tough questions and meaningful feedback. She has garnered many positive relationships with other chapters' leadership, taking advantage of every networking opportunity. In her first year of presidency,

she implemented a Strategic Planning Weekend for our board wherein we dig deep into the workings of our chapter to overhaul seemingly small items such as our motto to the heavy-hitting job descriptions, etc. She also includes games, thought-provoking podcasts, and creates delicious gourmet meals, sometimes with the help of her equally amazing parents! Suzie has breathed new life into our chapter with her ideas, leadership, sense of humor and unwavering compassion.

Congratulations Suzie! No one is more deserving and we are lucky to have you as our chapter president.

Sincerely,

AMTA Idaho Board Members



save the date
june 9-12, 2016

next year:
AMTA Idaho
State Convention in
Pocatello, Idaho

"find a new path..."

Ethics, Food & Fun

October 24, 2015

9a - 12p Ethics

12p-12:30p Food

12:30p-1:30p Member Meeting

Broadview University

2750 E Gala Ct

Meridian, ID 83642

AMTA Idaho Fall Workshop and Meeting

Come for the class, stay for the food, and enjoy the fun while you're here. Instead of holding individual unit meetings and workshops this year, the Event Coordination Committee decided to combine them and hold AMTA - Idaho's first ever annual Fall meeting and workshop in Boise, Idaho.

An ethics class and lunch will be provided to AMTA Members at no charge! Non-AMTA Members can attend for only \$35. Please fill out the form on the next page and mail to Deserae Johnson or you can register online at: <http://www.brownpapertickets.com/event/2253137>.

Courtney Peterson is returning for another excellent CEU course discussing the ethics of massage. Her course was a big hit at this year's Spring convention and we're proud to bring her back. Not only does she

make ethics exciting and fully engaging, but she is bound to entertain you for hours.

AMTA - Idaho is evolving to meet the needs of our members and we'd love for you to be a part of that. During our Fall Member Meeting we will be discussing prior events from 2015 as well as exciting things to come. We rely on the opinions and suggestions of our members and would love to see you attend.

Whether you come for the class, the food, or the meeting, you're sure to have a great time. And we can't wait to have you there!

This class is approved by the Idaho Board of Massage Therapy. AMTA Idaho is an NCBTMB Approved Provider, #450392-07.

AMTA - Idaho 2015

Fall Workshop Registration Form

Please fill out the form below, detach, and mail with check or money order payable to "AMTA-Idaho." Address the envelope to Deserae Johnson at 1654 W. Boise St. Kuna, ID 83634. To register online: <http://www.brownpapertickets.com/event/2253137>.

For further information please contact Deserae Johnson at 208.409.0422 or cmbidaho@gmail.com.

Name _____ E-mail _____

Phone _____ Address _____

Please choose all that apply.

I will be attending:

- Ethics FREE for AMTA Members (9a-12p) 3 CEUs
- Ethics \$35 for Non AMTA-Members (9a-12p) 3 CEUs
- Lunch (12p-12:30p) (Free with registration)
- Fall Member Meeting (12:30-1:30p)

(For any dietary restrictions or allergies please notify above contact.)

Cancellation Policy: Refund requests will be handled by the AMTA - Idaho Chapter and issued after the event has been funded. Please see above contact for further information.

Click here to register online: <http://www.brownpapertickets.com/event/2253137>.



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WELCOME NEW MEMBERS



**WELCOME! THANK YOU
FOR JOINING THE
AMTA-IDAHO CHAPTER**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>
Briana	Crotinger	Coeur D Alene
Joneya	Dunn	Meridian
Kelly	Barker	Mountain Home
Marisela	Blake	Boise
Monique	Testa	Mccall
Patricia	Kim	Dalton Gardens
Roger	Burt	Post Falls
Tessica	TrippleT	Nampa
Valerie	Smith	Meridian

Upcoming EVENTS

Integrated Manual Therapy and Orthopedic
Massage for Lower Body Conditions
with James Waslaski

September 26-27, 2015
Boise, Idaho
See next page for complete details
AMTA Members receive \$50 off!

Statewide Meeting and **FREE** Ethics Class:
ALL members welcome and encouraged to attend!

Saturday, October 24, 2015
9 a.m. - 1:30 p.m.
Broadview University
2750 E. Gala Ct.
Meridian, ID 83642
3 Hour Ethics Class, lunch and member meeting
(Lunch will be provided)

Contact Hayley Lowry for more information:
Hayley.lowry@gmail.com or (208) 540-1028

2016 AMTA State Convention:

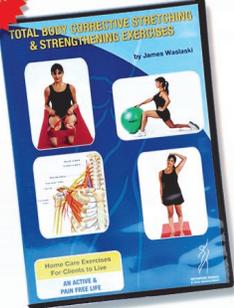
June 9-12, 2016
Pocatello, Idaho
More details coming soon!

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Help your clients continue to heal at home
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- **ALL NEW!** Lower Body Corrective Stretching & Strengthening Exercises
- Complicated Knee Conditions (2011)
- Lower Extremity Conditions & Ascending Syndromes (2012)
- Cervical Conditions, Arm Wrist & Hand (2012)



**FEATURING
James Waslaski,
Massage Hall of Fame Inductee**



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**Integrated Manual Therapy and
Orthopedic Massage for
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**BOISE, IDAHO
September 26-27, 2015**

Price \$350

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CEUs

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allison@orthomassage.net

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- 1/4 page horizontal: \$45 per ad
- Business card size: \$20 per ad

Discounts available for multiple insertions.

Contact Hayley Lowry for details:
208-540-1028
hayley.lowry@gmail.com

Deadlines:
Feb. 15 • May 15 • Aug. 15 • Nov. 15

Publish dates: First week of March • First week of June
First week of September • First week of December

AMTA National Convention Recap

by Deserae Johnson

Pharmacology for Massage Therapy By Susan Salvo -

The course opened up with a clean overview of why clients use drugs, whether they be a medication or supplement. We covered new research that may suggest that anti-inflammatory drugs and ice may actually slow the healing process. (Susan provides references and websites where this information can be found.) As she progressed through the class she spoke in detail about the different types of drugs, their side effects, and their administration methods. Her lecture went into great detail about how massage may or may not be a contraindication regarding all of these factors. She even states how to treat injection sites depending on the drug and it's intended purpose. She stated, "Talking to your client about these drugs, and being confident when doing so, will give your clients the trust needed to allow you to work with them." Her class was riveting and time flew by. I would highly recommend this class to any massage therapist, whether you're looking to brush up on your pharmacology knowledge or build a good base to go from. Susan is an excellent teacher and provides a light, fun, and humorous environment where learning is easy and exciting.

Talking To Your Clients About Skin Cancer By Dr. Amanda Friedrichs - This course introduced the new skin cancer campaign called "Who's Got Your Back?" It's designed to get people thinking about applying skin protection to each other so everyone is properly "covered." Dr Friedrichs applied this well by stating "As Massage Therapists, you see parts of people that don't normally get seen as closely... You're responsible for having your clients' back." This is true in so many ways. How many of us could identify our clients by the markings on their skin? We know their bodies better than they do and it's our responsibility to inform them of lesions or spots that may be suspicious. This course gave a great overview of how to identify warning signs within marks or spots on the body, as well as how to correctly and confidently address them with your client. As a first timer, or just refreshing, this course is detailed, captivating, and interactive. Dr. Friedrichs did a wonderful job including the students

AMTA National Convention Opening Ceremony with Scott Hamilton was inspiring. Pictured below: Hayley Lowry, Deserae Johnson, Scott Hamilton (holding flat Suzie), and Becky Olinger.



Have you ever considered attending the National Convention? Here is one member's summary on the classes she attended. What a fantastic experience!



Deserae, Becky, and Hayley (and of course flat Suzie) enjoying the sites of Pittsburgh after a ride up The Duquesne Incline

in the course and getting them engaging and interacting. When we left, I think we all felt much more confident about addressing our clients within our scope of practice. I would highly recommend this course to every therapist.

Active Engagement Techniques by Whitney Lowe - What are active engagement techniques? Whitney describes them as "doing something with massage while the client is actively or passively moving." In a nut shell, these techniques bring client involvement and therapist ease to a whole new level. Whitney correctly teaches how to instruct the client on making movements while you, the therapist, apply techniques that release the muscle, and maintain a low level of effort all at the same time. He covered techniques from the posterior neck down to the Tibialis Posterior. His teaching style is riveting with a touch of Southern humor. He will leave you wanting more and then some. I would recommend this class to any therapist, but especially to the therapist with active clients looking for a deep, yet gentle release.

Active Isolated Stretching for the Lower Body By Bruce Baltz - This is a truly unique class. It begins with a very short amount of lecture. While the entire class includes "lecture" and slides, it is 90% hands on and very active. Bruce has taken his training and techniques from Aaron Maddox and turned them into an interactive slide show that demonstrates stretches using very descriptive pictures. He's a very hands on instructor, who first explains, then demonstrates, then provides one on one help as you perform the stretch on your partner. These techniques are so effortless and effective. They will allow your client to have some control and feel like they've received a more extensive, thorough treatment. In return, your body will feel energized and ready for the next client with little energy loss. Overall, an impeccable technique with an even better instructor. I would recommend this class to any therapist looking to incorporate stretching into their sessions and save their bodies in the meantime.

-Deserae Johnson

2015 House of Delegates Report

By Becky Olinger
Idaho Chapter Delegate

On August 19, 2015, Deserae Johnson and I attended the National House of Delegates (HOD), to represent Idaho and its massage therapists. The meeting took place in Pittsburgh, PA, from 1:00 – 7:00 p.m. This meeting was scheduled for 6 hours this year, as feedback from last year's HOD meeting reflected the need for more time for debate.

We were welcomed by the House of Delegates Operations Committee (HODOC) Chair, Lisa Parenteau, who reminded us that the HOD is the only voice and vehicle in AMTA. She presented a follow-up report on the status of last year's approved Recommendations.



Lee Stang initiated a mock presentation to give delegates a chance to better understand how to participate in the meeting. This included presenting, debating, making a motion, voting using the electronic equipment, and understanding "Roberts Rules," including "Parliamentary Procedure." We then proceeded with the presentations and ensuing debate of the 2015 Recommendations and Position Statements. The voting results are as follows:

Position Statements:

1) It is the position of the American Massage Therapy Association (AMTA) that massage therapy

may assist in the rehabilitation of burn scars.

NOT APPROVED

2) It is the position of the American Massage Therapy Association (AMTA) that regulations, in statute and/or rules, should provide options for portability of credentials, which can be used to help meet the licensing, certification, or registration requirements of massage therapists across the United States.

APPROVED

Recommendations:

1) Therefore, be it resolved, that the House of Delegates recommend to the National Board of Directors that a work group or operations committee be established to research and recommend a plan that the American Massage Therapy Association can use to develop support material and create a guide for working with Homeland Security, the Human Trafficking Task Force, and other organizations working on human trafficking. **APPROVED**

2) Therefore, be it resolved, that the House of Delegates recommends that the National Board of Directors offer complimentary online CE for members. **NOT APPROVED**

3) Therefore, be it resolved, that the House of Delegates recommends to the National Board of Directors that the Board commission the creation of a model journalist/media education kit for chapter use. **APPROVED**

As I listened to the lively debates, I was in awe of the well-researched, eloquent, and articulate manner in which delegates argued for or against the topics at hand. The statements were respectful and passionate and further increased my respect for our delegates and fellow therapists.

AMTA is a member driven association and the House of Delegates gives us, the members, a voice. This voice is heard not only by our national board members, but also the media, the medical profession and the general public. I would encourage each of you to familiarize yourself with the HOD process, and what your HOD representatives do for the massage therapy profession. It is an intriguing process that fosters us as professionals, as well as promotes the proven benefits of massage therapy.

Thank you for allowing me to be involved at this national level. I have enjoyed participating in the HOD for the past 2 years as your Alternate Delegate and then this year, as your Delegate. I am already looking forward to representing AMTA-Idaho in Milwaukee, Wisconsin, October 26-29, 2016!

Warmest regards,

Becky Olinger



CVOP Report

Submitted by Hayley Lowry

The annual Chapter Volunteer Orientation Program (CVOP) is designed to give AMTA chapter leaders resources to help them effectively manage their chapter to ensure the consistent delivery of benefits at the grassroots level. CVOP is a high-energy and dynamic experience for attendees, and inspires leaders to create a high-quality experience for members.

AMTA National made a change this year and CVOP was held during the same week of the National Convention in Pittsburgh, PA. This enabled AMTA Idaho to have two individuals attend. Becky Olinger and Hayley Lowry had the great pleasure attending this year. The leadership training was excellent! They returned to Idaho with new and fresh ideas and had a great time building friendships and networking with other chapters. They also had the opportunity to meet volunteers at the national level. It was a two-day training packed with leadership training, volunteer training, and discussions about the overall skills it takes to experience success within an organization.

Day one started with an opening session entitled “Practices of Effective Leaders.” In this session we were reminded of some of the myths involved with leadership roles. For example, “Leaders are Born, Not Made”... False. Leadership is not a rare gift given to a few people. Most people have the potential to become good leaders. But, like any learned skill, it’s training, practice, and coaching that make the difference. Other myths were discussed and busted. It was a very interesting discussion.

Next, we moved on to “Governing Together” and talked about board members, volunteers and the general membership and the roles that each individual plays. Organizational leadership was discussed and we talked about the difference between For-Profit and Non-Profit Organizations. AMTA Idaho is a Non-Profit Organization. Appropriate activities, roles & responsibilities, committees, expectations, legal responsibilities, and risk management were some of the topics up for debate.

Lastly, we had three breakout sessions: 1-Change, 2-Communication, and 3-Volunteerism. These topics were discussed in great depth and we left with a great deal of insight! A reception was held that evening. It was nice to network with volunteers from all over the U.S.

On the second day, we had a recap from the previous day, talked about team building, and the training concluded at noon. One of the most valuable tools we discussed was that of self-assessment. It’s important for a person to know their limits and boundaries, strengths and weaknesses, and then put it all together to understand who you are and where that leaves you with your role as a volunteer with AMTA.

In addition leadership training, our week was full of delicious food, sight-seeing, social opportunities with officers from other chapters, and fun walks around the city. Becky and I would like to thank the chapter and national for this wonderful opportunity. It was an honor to represent our state. Thank You!



Pictured above: Becky Olinger and Hayley Lowry (AMTA Idaho CVOP Attendees).



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Idaho



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Donna Hoffman



1st Vice President
Becky Olinger



Western Unit Rep.
Deserae Johnson



President
Suzie Lindberg



Western Unit Asst. Rep.
Anna Bree Florenzen



Central Unit Rep
Rebekah Harmon



Eastern Unit Rep.
Melinda Shodin



Eastern Unit Asst. Rep
Nancy Bigham



2nd Vice President
Hayley Lowry

Note: See next page for contact information.

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Chapter Delegate 2015-16

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(see 1st VP)

Chapter Alternate Delegate 2015

Deserae Johnson
(see W. Unit Rep)

Newsletter Editor

Hayley Lowry
(see 2nd VP)

Education Chairman

Open

Government Relations Chairman

Open

Membership Chairman

Open

Facebook Administrator

Becky Olinger
(see 1st VP)

Website Administrator

Becky Olinger
(see 1st VP)

Event Coordination Committee

Chair

Hayley Lowry
(See 2nd VP)

Chapter WEB page

www.id.amtamassage.org

National WEB page

www.amtamassage.org