

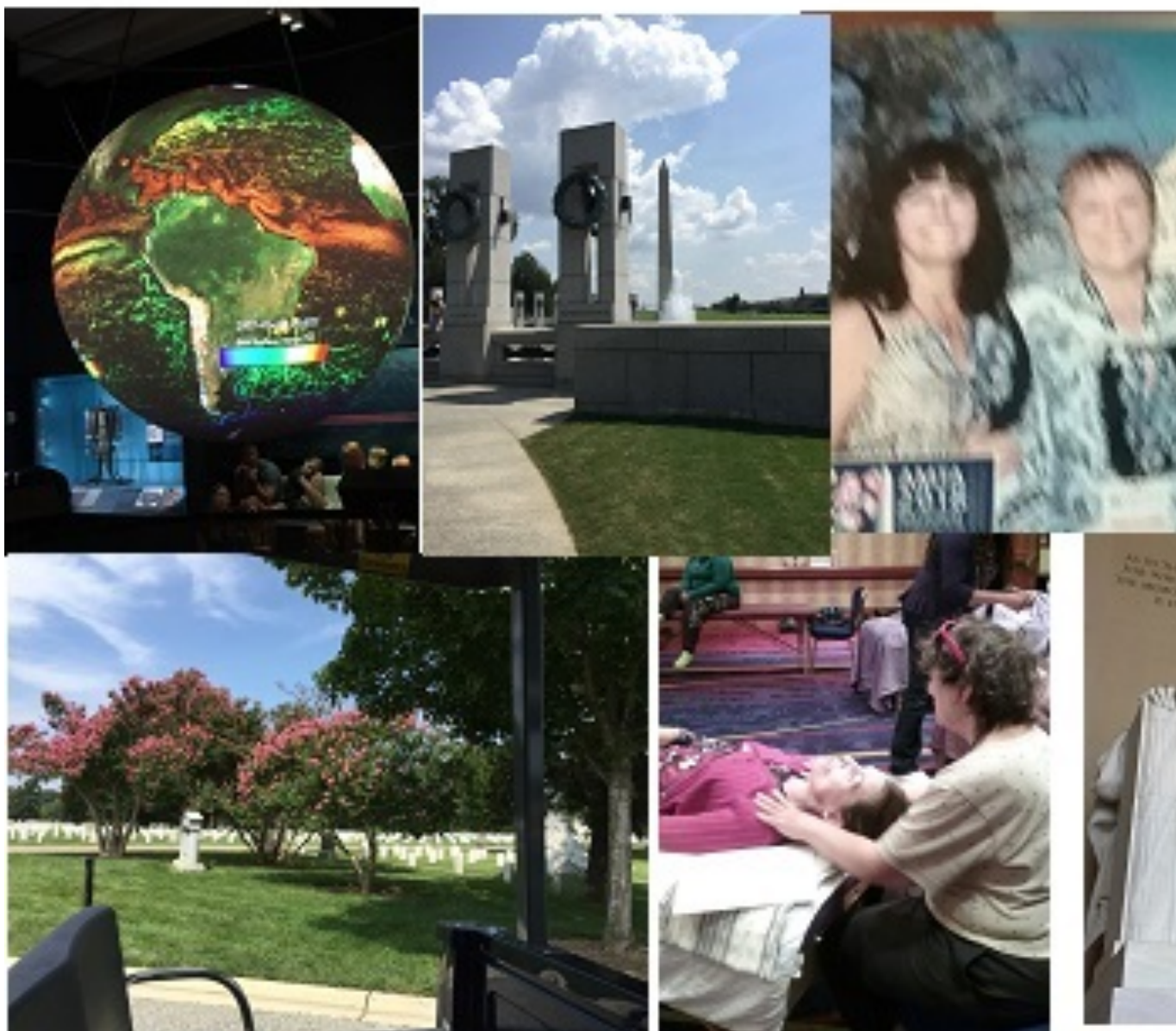
*National Convention 2018*      **Different**

## **Strokes**



**amta**  
american massage therapy association®

American Massage Therapy Association, Maine Chapter Newsletter



**Photographs - The Smithsonian Natural History Museum, WWII Memorial with the Washington Monument behind, Dale & Jeannie at the National Convention, Arlington National Cemetery, in Julie Goodwin's class, Lincoln Memorial**

## Our Links:

- **Chapter website link:** <http://me.wp.amtamassage.org/>
- **Chapter facebook link:** <https://www.facebook.com/AMTA-Maine-Chapter-58514009956/https://www.facebook.com/AMTA-Maine-Chapter-58514009956/>

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## 1. Welcome!

Greetings AMTA Maine Chapter members. Chapter volunteers have just returned from the National Convention in Washington D.C.. We had an awesome time. We met AMTA members from around the country, attended volunteer trainings and education classes, and visited our nation's capital. I love the diversity in the AMTA membership. Each member has their own interest, expertise, and background. Many have come to massage for stress relief and healing and have stayed as healers themselves. Some work part time in massage and part time at other careers that run the gamut from accounting to zoology.

Washington is a lovely city with many trees and parks, new and old architecture, art, music, science, museums, and restaurants abound. For example there were a dozen restaurants near the hotel and each was of different ethnicity. There were visitors from around the country and the world everywhere I went, including our hotel lobby.

Read each volunteers experience below.

Registration continues to be open for the October Retreat. The full registration deadline is over but you can make your own arrangements at the Jordan Hotel or other accommodations in the area.

Congratulations to Lindsey Jewett who won the student scholarship. We will all meet her at the retreat.

Congratulations also to Nancy Dail who has just been inducted into the Massage Therapy Hall of Fame. Read her interview with Alex Rheault. We are grateful for all that she has done for our profession. Thank you, Nancy.

## **2. Upcoming Chapter Education**

**Maine Chapter Fall Retreat, October 19-21, Sunday River, Newry, ME.**



**Registration is open until Oct 10 for classes and meals. Make your own hotel arrangements by calling the Jordan Hotel at 800-543-2754 and giving the CL# 85u6rm to receive the AMTA discounted room rate. If you need assistance with contacting the Jordan Hotel call Jeannie Fuller 207-649-1954.**

**George Russell from New York will teach 12 CEUs on “Skull, Jaw, Ears”.**



Greg Hurd from Massachusetts. will be teaching “Ethics” (3 CEUs), “Deep Tissue Massage Easily and Effectively” (6 CEUs), and “Seated Massage” (CEUs).



Judith DeLany from Florida will be teaching a 12 CEU neuromuscular class entitled “When Good Shoulders Go Bad”.

Massage Envy is providing gift bags and sponsoring the Saturday luncheon and evening meet and greet.



Registration Link:

<https://www.regonline.com/2018annualretreat>

### **Important Registration Information**

*Registrations open until Oct 10 for the following:*

- 1 AMTA Member Meals & CEUs only (no room) \$150.00
- 2 AMTA Student Member Meals & CEUs only (no room) \$125.00
- 3 Non-Member Meals & CEUs only (no room) \$250.00
- 4 Classes Only pay per class



### **Scholarships to the Our October Retreat:**

#### **Lindsey Ann Jewett (Portland)**

Lindsey's essay spoke to changing her life path to attend massage school and her hopes to work with medical massage, veterans, and first responders won the student essay contest.

No essays were received for the professional member scholarship.

#### **SAVE THE DATES:**

**Annual Meeting Sunday April 7, 2019 Augusta Civic Center, Augusta**

**2019 Fall Retreat Nov 1-3, 2019 Atlantic Oceanside, Bar Harbor**

**Annual Meeting Sunday March 29, 2020 Ramada Hotel, Lewiston**

### **3. Dale Jacqueline Albert (Albion)**

#### **Meritorious Award Winner, Education Committee Chair**

My trip to the AMTA National Convention in Washington D.C. was refreshingly inspiring, educational, heartwarming, informational, making friends and contacts in other states, sharing their knowledge and the different thoughts/ideas on reaching other massage therapist in a large state & helping them find AMTA classes closer to their locations.

CVOP was a wonderful, fun way to learn how to work with others & insightful at looking at yourself in a new light and how to use your new knowledge, to work better & smoother at the goals you want to reach that are ahead of you.

I was able to meet and greet the faces with the names that I work with at chapter-legal. Those who have always been so warm and helpful as I put Maine's presenters and venues together and who get back to me so quickly. I can't thank them enough.

I enjoyed Julie Goodwin's class on Fibromyalgia and Scalp and Face Protocol. It was wonderful to see her again at the national convention.





I did receive the Meritorious Award and I am so happy and thankful to have shared this moment with Anita D., Jeannie F., and Christine B., who were with me at the reception. I would also like to give a warm hug and thanks to the past BOD who had supported me and made this moment possible.

As always, the Exhibit Hall was Awesome!

My personal interest was the “Military Veterans and Massage Therapy”. A panel of experts including Dr. Chester “Trip” Buckenmeier, Nicole Miller, and Dr. Niki Munk discussed the science and benefits of massage therapy for military veterans and how to work with the military veterans in your massage practice.

I also attended Rebekah Blowers MSHS, BCTMB class with information on research on caring for the military & its veterans plus working with the department of Veterans Affairs or the U.S. government.

Nicole Miller has a pilot program put together for veterans and I would like to invite a presenter to come to Maine and speak to us about this information.

It was a wonderful, full trip but Maine will always be home.

Dale Jacqueline Albert Ed-Chair

#### **4. Christine Boudreau (Portland)**

##### **Chapter Delegate**

Thank you so much for the opportunity to serve as 2nd Delegate to the National Convention this year! It was a busy and informative week. I am delighted with the enthusiasm I saw in all the other chapter volunteers and with the determination I saw from our national headquarters to engage in the most pressing issues for our profession

and to support us in growing as an organization, and as therapists in our respective communities.

At the annual CVOP training, I learned about communication styles, including insight into my own strengths and challenges as a team member. As a delegate, I got to participate in the process of adopting two new position statements, as well as discuss the impact of a position statement from 2017. It was great to see so many passionate people gathering and debating best ways to improve our profession.

Another exciting highlight was a call to research by David Shurtleff, Ph.D, Director of the National Center for Complementary and Integrative Health (NCCIH). Massage therapy has been underrepresented in NCCIH research in the past, and there is a growing interest at the federal level to understand non-pharmaceutical methods of pain management. I believe we have very important things to contribute, there!

And finally, I was thrilled to tour some notable museums in downtown DC, including the new African American and American Indian Museums. The thoughtful collections I saw brought forth a lens on the American experience that was at once necessary, enriching and empowering.

In gratitude,  
Christine Boudreau, BA, LMT

## 5. Anita DeVito (Portland)

### Chapter President

I attended the National Convention along with fellow volunteers Jeannie Fuller, Christine Boudreau, and Dale Albert. We met each other on Mon, Tues, and Wed mornings before the daily volunteer training. We attended Chapter Volunteer Orientation Training (CVOP) and Chapter Leadership training together. In each of these, there were very informative question and answer periods. I had gone to the convention with many questions and I was able to get many answered. Here is a listing of the many activities I attended.

#### **Chapter Volunteer Orientation Program (CVOP)** (Mon all day and Tues morning)

Much of CVOP is devoted to learning to listen and developing better communication skills. The National Board is always listening to the members and conducting surveys to learn what members want. AMTA is working toward legitimacy of massage therapy as a part of health care. They have an active government relations (GR) group and a lobbyist in Washington. Christine attended a session on the GR work being done by AMTA.

#### **Chapter Presidents Council** (Tues evening):

At the Presidents meeting I spoke with many of the presidents from the New England states. They have agreed to inform their members of our educational events and we will inform you of theirs. We learned more about using the volunteer HUB and were encouraged to seek answers and assistance from other state presidents as well as Chapter Relations at National.

**Chapter Leadership Training** (Wed morning): Many of the points mentioned at the leadership training are applicable to our practices and family lives. Such as keep

listening, acknowledge what is said, have empathy, keep embracing change and moving forward, and stay adaptive and flexible.

**Assembly of Delegates** (Wed afternoon):

I sat in the gallery as an observer to the assembly to see their process and the differences from the previous HOD. It was set up differently with members sitting grouped at round tables rather than long one sided rectangular tables. This promoted ease of communication while the proposed position statement topics were being discussed. All proposed topics were accepted. This new AOD is going to be more effective than the previous.

**Presidents Awards Reception** (Wed evening):

The awards ceremony was held Thur evening after classes. We were all there to witness Dale receive her award and have her picture taken with our AMTA national president. Well done Dale. We are very proud of the excellent job you have done as Education chair for our Chapter.

**Dinner with the ladies.** All of us (Jeannie, Dale, Christine, and I) were finally able to get together for a meal. We had Indian food at a restaurant near the convention hotel on Wed evening.

**Opening Ceremony** (Thur morning): The National president spoke and then the main speaker was t-shirt maker Bert Jacobs of Life is Good, who has been giving people hope and expressing their good works with his shirts for many years. His motivational address focused on keeping moving toward your dreams and being generous with your time and gifts as a part of giving back for what you have received.

**Classes:**

“Cervicogenic Headaches: Myofascial Techniques” For me this was a good overview of the types of headaches. And a little hands on reminder of the tissues we touch and how to feel each layer for tension and abnormalities.

I found “Scalp and Face Protocol” with Julie Goodwin an excellent class. She looked at the anatomy and effective massage on each muscle of the face and over the bones of the skull. What an excellent teacher she is, as many of us discovered when she taught at our annual meeting in April.

**Exhibit hall highlights:**

I spoke with the Federated Association of State Massage Boards to find out more about other states with massage boards and how they operate.

I went seeking donations for our library. The Upledger Institute donated Working Wonders; Changing Lives with Craniosacral Therapy. Books of Discovery happily donated three additional books to our chapter lending library: Trail Guide to the Body, Trail Guide to Movement, and Massage Therapist Guide to Pathology.

The International Association of Health Educators has agreed to do 2 classes for our fall retreats in 2019 and 2020, introductory classes to Visceral Manipulation and Lymphatics.

Learn 2 Tape is willing to do a discounted 16 hour taping certification for our members. Once members complete the class at their own pace, an instructor will come to Maine to do more specific classes for us like “Posture Correction with Taping”.





I tried out an Amethyst BioMat. Extremely relaxing.

**The Closing ceremony** on Sat Morning had 4 speakers. Each spoke to the topic of “Military Veterans and Massage Therapy”. Three spoke of clinics where veterans could receive massage and what we as therapists need to do to work with the military. And one Noah Galloway, a veteran who had lost an arm and a leg in Iraq, spoke of the need to keep moving on even through adversity, to live fully with no excuses. You may remember him from *Dancing with the Stars*, where he came in second. He was very inspiring.

**Free time:**

The National Zoo was only a quarter mile from our hotel. One afternoon after classes I walked to the zoo and saw the pandas. They were much bigger than I had imagined. The zoo had many rare and endangered species, some of which are extinct in the wild. For nature lovers embracing change can feel very sad.

On Friday I took a break and did a tour of Washington and Arlington cemetery. I walked around the monuments. The Vietnam memorial is one of my favorites. It connects me with sadness, loss, (so many men from my school days are remembered there), and memories of the anti-war movement and college protests. I missed the benches which used to be available there for sitting in prayer and meditation before 911.

At the **Sat evening dinner dance** I found Dale and Jeannie and we were joined by some lovely ladies from Delaware and Penn.

**Lastly**, I would like to thank the members for sending us all to the convention. It was terrific, a very positive and educational event.

Anita DeVito

## 6. Jeannie Fuller (Albion)

### Chapter Delegate and Financial Administrator

Hello all! WOW – what a week in D.C. It seemed like a whirlwind of events: CVOP, AOD (Assembly of Delegates), Awards presentation and educational events, not to mention a certain amount of sightseeing.

The new Assembly of Delegates met for the first time this year – no longer the House of Delegates. Our purpose is to discuss and put forward to the Board of Directors for approval our choices of position papers put forward to the Assembly of Delegates. This year the position papers were: “Pediatric Massage in a Hospital Setting” and “Massage Is Effective in Helping with the Pain of Osteoarthritis of the Knee”. Both of these were discussed in a new format. The group of Delegates was broken up into 8 to 10 at several tables to discuss the topic before us, we were given some direction as to how to proceed without getting bogged down and at the same time getting to the heart of the matter before us. We were also given a certain amount of time as well as guides that gave us input as to how to procedure.

After our tabled discussion we reassembled as a whole and had the opportunity to speak to the issue either pro or con, add verbiage to the paper for clarity and then vote as to whether or not to send it to the BOD for approval. If approved, it will be sent to the appropriate committee or person to do research on the subject and write a paper for approval, then on to become a position statement (or not). In this way our position statements are fully researched by professionals and become position statements for our profession and can be quoted and used daily in our practices with assurance that they are accurate.

The new format was a bit chaotic, but my personal feeling is that this process will become less burdensome for us as a whole and will, over time, flow better and have a more professional outcome.

Both position papers were voted to be sent to the BOD for approval with a priority on the Pediatric paper, so both will be going forward. The AOD notes are still being drafted and are not yet available for publication, however they have only 90 days following the AOD meeting to be complete and we will keep you apprised via the newsletter of any updates. Also, going forward we will keep you updated of the progress these position statement papers are in and when we can look forward to the actual position statements being published.

Thank you all for voting me as your Delegate, I was fortunate to experience the “old HOD” and now additionally fortunate to experience the NEW IMPROVED AOD!

Respectfully submitted by,  
Jeannie Fuller-Lehtis, ME Delegate to the AOD



## 7. Maine AMTA Community Member Highlights: *Illuminating*

### *Service*

**Profile:** Nancy W. Dail, BA, LMT, BCTMB, Waldoboro, Maine

**Fun Fact:** I love to crochet, read and spend time with my friends and family.

It is my privilege to talk with Nancy Dail, a pioneer of massage and bodywork. She was our first Charter President, Maine AMTA Chapter in 1981, is the founder-owner-director of the Downeast School of Massage In Waldoboro among countless achievements, positions, and service work experience. In August, Nancy was recognized and inducted for a second time into the Massage Therapy Hall of Fame for her contributions to the art and science of Massage Therapy at the World Massage Festival. The award acknowledges her continual activity to build bridges and pioneer the way for others. Her spirit of generosity, exceptional dedication, and lifelong journey paved the way for access to quality of education and visibility we enjoy in our practices today. Her ethics, philosophy, and enthusiastic professionalism inspire me. I am so grateful for the time she took to share her experiences and thoughts about her work and passion.

Nancy shares that she was drawn into the field through an accident, and her need for healing led to her forty-five year ongoing commitment as a practitioner, advocate, and educator. She demonstrates immense passion and commitment to awareness and education, and advocates for mentoring, self-care, and consistent ongoing hands-on training by professional trained practitioners as essentials to any practice.

Nancy teaches at the Downeast School of Massage and serves as a Sports Massage Examiner, and volunteered at the 1996 Olympics in Atlanta. Her resume evidences many regional and national level AMTA service positions; she has actively participated in countless conferences and

conventions as a presenter from Texas to Mid Coast Maine. Her selfless gift of time and experience benefit all practitioners, the professional practice. Her vigilance and service with others have and continue to advance the progress and innovation of essential standards, reputable practices, and visibility.

Nancy has received many illustrious awards, testimony to her distinguished career, tireless work to innovate and maintain levels of quality in our profession. Here are a few of the questions she answered which reveal many essentials to bear in mind, practice daily, and use to inspire students, practitioners and members with long-term and emerging careers.

**Where did you study, and how long you are a member of AMTA?**

Santa Fe, New Mexico with Dr. Jay Victor Scherer and Sensei Nakazono. I am an AMTA member since 1974.

**What drew you to bodywork, and can you share specific influences, inspirations, and experiences, etc.?**

I was backpacking with horses in the Carson National Forest in NM, and had an accident with a horse that gave me a head injury. I subsequently went to see Jay for treatment and never left until I graduated his school.

**What activities do you engage in or what are some of the interests you have that benefit or enhance your role as a bodyworker and why?** My resume is seven pages long. I have pioneered this profession since I met individuals who held this profession in the palm of their hands from the 40s. My first official role was secretary of the Massachusetts Chapter in the 70's. I was charter president of the Maine Chapter when we started it with my first class in the early 80's.

**Are there particular areas of bodywork that interest you, and what are they?** Yes, I have written Kinesiology for Manual Therapies and teach workshops internationally using structure, medical history, repetitive action and injuries to build treatment protocol and goal of treatment for individuals. I developed the Philosophy of Dimensional Massage Therapy to share with students and therapists. I love teaching and started the school in 1980. Education is my passion beyond working on clients.

**What were some assumptions when entering this practice?** That I would have to pioneer the field.

**What are three major benefits you see in bodywork for the client?** 1. Help the client help him or herself. 2. Relieve discomfort. 3. Increase serotonin and decrease cortisol.

**How has the field changed since you began, and what were some changes that were critical to you personal and the field?** In 1972 hardly anyone received massage. Today hardly anyone has not!

**How has your own practice changed and can you share two main things with our members (demographics, modalities, approaches to your practice, philosophy etc.?)** Work on the client

on the table. Develop a tool belt of modalities and do not limit yourself to one.



**How do you benefit as a bodyworker from the exchange and experiences you have had with clients, other practitioners, educators?** I can not understate how working in the associations has expanded my horizons, given me friends for life, and enabled me to embrace my profession.

**What lead you to becoming an instructor?** Four women came to me to ask me to teach them. They are still practicing today.

**What would you like students to know?** Students should graduate from a school competent to work in the field. I would caution students from taking online courses in lieu of in classroom courses. A therapist came up to me in my Ethics class at AMTA national convention recently and said they did not have an in class Ethics course, and that they had to take it online. The students were unable to discuss ethical situations in school. *That is unethical!*

**What changes in the way we learn bodywork would you implement if any?** All students should learn body mechanics that protect them as therapists. There are schools that are inadequate in this curriculum. *drawing by Alex Rheault*

**What qualities did the best instructor you had possess?** Please check out the teacher competencies and standards developed by the Alliance for Massage Education. [AFMTE.org](http://AFMTE.org)

**What would you tell prospective student to consider as they decide whether to begin this journey?** 1. Make sure the school has an appropriate and attainable mission statement. 2. Be sure to visit the therapeutic environment. 3. Review the administrative staff and owners. 4. Review the faculty's credentials for experience and skill. 5. Research the curriculum and ask questions about the content. 6. Attend a tour or open house. 7. If possible attend a class. *drawing by Alex Rheault* 8. Talk to graduates of the school;

get a massage from a graduate. 9. Check out books and materials the school uses to teach. 10. Make sure the end result of your education matches state law.

**What would you share with more seasoned practitioners?** The below is from a keynote for the last New England Conference that I wrote. What is your legacy?

- · Start small; involve yourself in taking continuing education
- · Find a mentor who can help you see the forest through the trees
- · Involve yourself in your state chapter – join a committee, or a national committee
- · Look at how you can further massage in your community or in your state
- · Make a five year plan – look at your life as a journey and plan your route.
- · Ask yourself, why am I in this profession? What can I do to further the profession?
- · Start small – you do not have to be President tomorrow, either in your state chapter or for the National Board.
- · Do you want to teach? Look into the standards for teaching from the Alliance for Massage Therapy Education. AFMTE.org
- · Take courses that will prepare you to teach.
- · Surround yourself with individuals who have provided us with the mechanisms of research. Another wonderful organization to investigate and they have conferences!
- · Write – the Alliance has many members who are authors and publishers attend our conferences. Authors are giving. There are many present here! You do not have to start out writing a book, review books for who are visionary.
- · Link yourself to a school that supports standards, provides CE hours, and supports graduates.
- · Reach out and meet your peers. These are people of like minds.
- · Research massage – The Massage Therapy Found publishing companies, keep a journal, and write articles.
- · Present about massage.
- · Get massage yourself.
- · Attend ethics classes and share your experiences with peers.
- · Embrace your passion and explore expansion.
- · Remember self-care and prevent burn out.

Whatever you do, remember that massage therapy provides a social service that is unquestionably valuable to the human race. Be proud to be a massage therapist. This is a wonderful, satisfying career. Enjoy the ride and give back. Create your legacy.

**What are some of the concerns you have today in the field of bodywork, and what are some of the innovations or advancements you think have been crucial?** You can study multiple lifetimes the variety of modalities that are available. One has to decide what path to choose.

**Why is bodywork important and necessary to any health regime and personal wellbeing?** The elder individuals who have been attending our clinic at the school for the last 30 years have been more invested in their health care and consequently exercise more. They are a healthier adult with better attitudes and less healthcare issues.

**What would you share so others become more aware of its benefits in a brief statement?** Regular massage is as necessary as making sure you have oil, water and gas in your car. The human body needs safe touch to exist. It needs massage therapy to prosper.



**What other experiences, ideas, awarenesses, or practical suggestions do you have for our members?** Continue to seek continuing education and share experiences with each other. Keep objective.

**What change you would like to see in this field?** I will continue to teach and to be active to bring our stakeholder organizations together for the future of massage therapy. Together, there is nothing we can't accomplish, nothing that is beyond our reach. All things are possible.



*photograph by Alex Rheault*

## **8. Members Photos, Art, & Writing**

We would like to feature photographs and/or artwork in each newsletter. We are open to member submissions of photographs, poetry, prose, and artwork. We cannot promise that we can share all photos or writing submitted, yet we will do our best to honor your artwork, while at the same time seeking to improve our content. Be sure to credit the artist or writer. Thank you!

## **9. Newsletter Deadlines, Disclaimer, Contact Information**

**Deadline for submissions to the next newsletter is December 1, 2018 ?**

Pictures and articles are encouraged and welcomed from members but we reserve the right to edit and/or refuse any submitted article, graphic, or advertisement and assume no responsibility for errors, omissions, or corrections. In addition neither the AMTA Maine Chapter, Different Strokes, or this Editor warrants, guarantees or endorses any opinion, product, service, or referral advertised herein, nor do we express any opinion in regard to the legality of the use of any product in connection with the practice of massage therapy. Please submit all contributions to the editor by the due date. Graphics should be in computer-friendly format preferably JPEG. Please include a SASE if you would like anything returned. Other AMTA chapter newsletters may use materials from ours with credit cited for the source.



Contact for this newsletter is:

Kara Masters Seikman, [mastersk28@gmail.com](mailto:mastersk28@gmail.com)

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***Drawing by Alex Rheault, Rest***