

American Massage Therapy Association, Maine Chapter Newsletter



***Self-Care; Gratitude photo all the way through Including our photos from the retreat ~ Gratitude for learning!**

Our Links:

- Maine Chapter Board of Director meeting minutes;
<http://me.wp.amtamassage.org/board-meeting-minutes/>
- 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/>
- amta Maine Chapter Volunteers_2018:
<https://mail.google.com/mail/u/1/#search/adevito474%40gmail.com?projector=1>

Save these dates:

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

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

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

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1. Welcome!

Late fall and early winter greetings, AMTA Maine Chapter members! Thank you for the photos and articles for this newsletter! It is so welcome to see what other MT's are doing in Maine. The Newsletter Team and Board of Directors wish you a winter of Gratitude and Self-Care. There are many pathways to achieve these two beautiful concepts, some shared with you in this issue.

A self-care concept for students (and all of us!) from Alex Rheault's Summer newsletter interview with Lindsey Ann Jewett: [AR: "\(What would you\) tell a prospective student to consider as they decided whether to begin this journey?"](#) LAJ: "Keeping an open mind is essential. If not you will be stuck. Have a willingness to be present, and don't give up on yourself."

Student Self-Care #2: from Lindsey's student interview: [AR: "What supports do you feel you need, and how/when did you become aware of them?"](#) Perhaps you need a mentor, and you have questions re: content, learning process, hands-on practice, or career choices. Reach out to our AMTA Maine Chapter Communication Team, and we will set a time to talk with you in person, on the phone, or via email.

[Look for additional easeful Self-Care for Massage Therapists in Section 6.](#) Share your self-care idea for our deep winter issue. We will need it!

We are still requesting your "Illuminating Service" stories, your profiles, personal journeys and travels to share with our membership. [\(Anything else for folks to send us at this time? I don't know of any - Anita\)](#) Also, if you care to answer Anita's questions from the Summer newsletter, please send your response for our deep Winter newsletter. Here is one of them: "How does the summer harvest bring nutritional options to optimize health?" Are you still using your summer harvest in your practice? We would love to hear from you!

Please ask your questions, share your stories and concerns, as well as send in your pictures, links, material and resources to share with our AMTA Maine Chapter members. Please write to our Communication Team to ask for your needs to be met.

[For your ease of connecting a contact sheet for board members and other volunteers is on our website..](#)

2. Introductions

Lunch and Learn Groups: Our chapter would like to have “Lunch and Learn” groups around the state. They could be dinner and learn or regular meet and greets. Opportunities for members to meet and discuss topics of interest and can be combined with educational trainings. If you would like help setting up a group in your area please contact a board member, or the membership committee (Alex Rheault is Membership Chair and can be reached at alex@alexrheault.com or 207-632-2391 text friendly to share views, suggestions, needs, and concerns).

3. Sports Team Report: *Thank you very much to the members who covered our AMTA Maine Chapter events this season and shared their write-ups.*

Interested in joining the team? Any member of the ME Chapter of the AMTA can become a member of the ME Sports Massage Team. Becoming a member is simple: fill out a membership application and participate in two team sponsored events per year. Each therapist must have completed 14 hours of Sports Massage training, 6 hours classroom time and 8 hours of clinical or event work. Additionally, all members must show a current ME License and hold liability insurance.

The Maine Chapter provides a \$65 reimbursement (for your meals and transportation) for each participant at Sports Team Events.

For more information contact: Hedy Blauvelt (Topsham) hblauv@gmail.com

[2018_Sports_Team_application.pdf](#)

MDI Marathon, October 14, 2018 ~ Submitted by Cathy Conieta (Rockland)

The chapter sent out a call for therapists to participate in the Mount Desert Island Marathon this year. I responded, and it turned out that I was the only one to respond. When I arrived at the site of the marathon, I was directed to the VFW hall, and when I got there I set up the massage station and waited. Soon the first runners began to come in and I went to work. I was greeted by the runners with open arms and understanding. They were very patient with me. It was a cool day, and no one minded that they had to wait. They were very grateful that I was there. Other volunteers supported me by bringing around food and drinks. I made it through the day and was pleased with my work and the gratitude of the other MDI volunteers and participants.

Run the Ridge, Submitted by Judy LeSan (Morrill)



Run the Ridge race was held in Westbrook, Maine on October 20, 2018. It is a beautiful course that travels through the woods on a mowed path. This was the first time we participated in this new event. We had three volunteers: Judy LeSan, who coordinated, Cathy Coneita, and Catrina Murphy.

This event is a fundraiser for Discover Downtown Westbrook to support their mission of economic and community revitalization in downtown Westbrook. There were three categories in the race including a 5k, 10k, and a K9 5k. There were approximately 130 racers that participated.

AMTA sports massage was posted on their website plus our tent was located right next to the booth providing snacks and drinks. Both of these helped draw the crowd to us. We began giving massages shortly after the first group of runners came in. It was quite cold so we used the silver reflective blankets to cover our tables plus we used towels and blankets to help keep the runners warm. We started out with 8 minute massages and were able to keep this timeframe throughout the entire event. A volunteer from the event kept time for us, which allowed all three of us to give massages.

It was a lot of fun and the folks were very appreciative of AMTA and the Sports Massage team for coming out and supporting their mission. Some of the runners had not received massage before and commented on how it helped. We put a lot of smiles on faces and were happy to do it.

Lobsterman Triathlon, Submitted by Jessica Laurin (Lyman)

It was an early and brisk morning on Saturday, September 8, 2018 at Winslow Memorial Park in Freeport, Maine. Eight massage therapists and a helper from all over the state were eager and excited for the first wave of people to take off for the annual Lobsterman Triathlon. The weather couldn't be any more perfect, the first man in finished the race at a whooping 1 hour and 58 minutes! The Lobsterman

Triathlon athletes first start by swimming .93 miles in the frigid ocean waters, then jump on their bikes for a 24.7 mile bike ride, and end with a 6.2 mile run.

We had a lot of new faces to work the sports massage event this year; it was really exciting to see the new talent and excitement for the team. I wish we would have more new faces help out more often!

Along with seeing the waves of swimmers, bikers, and runners, we were all busy keeping the lines of athletes moving for their recovery massages. I am eager to report that everything ran smoothly throughout the day and can't wait for the event to return next year!



Left to Right Top Row: Kellie Adams, Shannon Warren, Caterina Ritano, Meghann Foster, Linda Barone

Left to Right Bottom Row: Jessica Laurin, Hedy Blauvelt, Christeen Christensen, and helper Erica

Daigneault **Thank you, All!**



Let the first wave of swimmers begin!



Helper Erica Daigneault with Jessica Laurin waiting at the finish line at the Lobsterman Triathlon.



Hanging around waiting for the first group of athletes to arrive!

Fundraiser for the Morrison Center Oct 21, 2018 ~ Thank you, Judy LeSan and Cathy Conieta!

Whitney Wignall, a pediatric dentist in the Portland area, had a young patient who passed away earlier this year. Dr. Wignall's office decided to honor him and his family by doing a fundraiser for the Morrison Center in Scarborough, a private non-profit center for people with disabilities, which was a place near and dear to his heart. They offered him and his family a ton of support in a difficult time.

The dental office paired up with Orange Theory Fitness in Portland to do a one hour workout. There were 36 participants including staff members, doctors, and parents of patients. They engaged their patients, family, and friends to get people to come out and cheer them on. This was a fun and engaging event with food and face painting. The patient's mother and siblings were there, and his mom served as a captain for one of the three teams.

Our Maine Chapter Sports Team supported this event by sending two therapists, Judy LeSan and Cathy Conieta, to do five minute chair massages pre- and post-workout.

4. Maine AMTA Community Member Highlights: Illuminating Service

See Morrison Center fundraiser, above! Thank you, Judy and Cathy.

This is a section where we will post what members are doing to serve In Maine. Please include the original community service or career service idea or "spark", thoughts, wishes, process, largest obstacle to

overcome, progress, a magical moment, and hopes and dreams of your work or the project. Are any resources or volunteers needed? Collaborations desired? Examples: chair massage for teacher appreciation day, working with elders, gifting a session to a low-income woman, man, or family or sharing about bodywork during a career day for high school or college students.

5. Questions & Concerns: Member Questions Answered

Question 1: Is Instrument Assisted Soft Tissue Mobilization cover by the AMTA liability insurance?

Yes. The AMTA insurance covers any modality that is legal under the laws of your state.

Question 2: Does AMTA require Continuing Education Units (CEUs)?

Yes. The AMTA requires 48 hours of education every 4 years. These CEUs may be the same ones used for other organizations such as NCBTMB.

Question 3: Regarding AMTA student members, do they have to be attending AMTA member schools?

No. Students from any massage school may become AMTA student members.

Question 4: CBD oil information update:

Can one get CEUs for attending classes on the use of CBD oil? No. Not as of Aug 2018.

Have you asked permission to use it? In Oregon you have to have written consent from the client to use it.

Other questions to consider:

- Is it contraindicated for the medications they are taking?
- Is the aroma something that the client may be allergic to?
- Is the aroma strong enough to interfere with sensitivities in adjacent offices?

What about use on pregnant clients or use by a pregnant practitioner? When the MT is pregnant they should only use the oil when wearing gloves. In Oregon the massage therapists are always required to wear gloves when applying CBD oils.

You may want to ask clients' doctors for a release to use the oil on a client. Though probably a doctor will not give a release for massage with CBD oil; yet they may give the client a prescription for it.

6. Self-Care for our amta Maine Chapter Members from our Maine members:

Foot soak ritual ~ Submitted by Alex Rhealt (Portland): Foot soak ritual with a simple bucket with water at a temperature you like (cool, warm, hot) and with Epsom salts. If you like scent, add a drop of essential oil or fresh leaves from herbs like sage, rosemary, lavender, or mint. This can be a daily or weekly gift to oneself to relieve tension, aches, and soften skin. Use a natural pumice stone to remove

dead skin, and a nice foot cream to further moisturize feet. Put your favorite socks or slippers and tuck in with tea and a good book.

“Voilà, pleasant dreams!” ~ Submitted by Karen Vasil-Busch (Buckfield), LMT, Certified

Ayurvedic Practitioner: My Ayurvedic studies have impressed upon me the importance of setting up a good sleep routine. Our daily routine actually starts the night before! It is said that for every one hour of sleep before midnight it is worth two hours after midnight. From 6:00pm to 10:00pm our bodies start the slow down process. Settling is the key word here, so by 8:30pm I advise all of my clients to turn off their devices and establish routines that focus upon “settling”. My favorite routine is to lightly massage the soles of my feet with a pleasant oil and after the usual dental care, apply nasal drops, called Nasya oil. Nasya oil removes debris from the sinuses and clears the brain activity for a good night’s sleep. Soft lighting, light reading and *voilà*, pleasant dreams!

“Working on this one” ~ Submitted by Kara Masters Siekman, LMT, (Islesboro and Bethel)

“When you give yourself permission to communicate what matters to you in every situation you will have peace despite rejection or disapproval. Putting a voice to your soul helps you to let go of the negative energy of fear and regret.” — **Shannon L. Alder**

Take time out to do seasonal events.

Visit the Coastal Maine Botanical Gardens Aglow, see the Southworth Planetarium show on the season of light, do a labyrinth walk, go to Magic of Christmas, or the Nutcracker. Go skating, sledding, skiing, tubing, watch the sunrise and set. Do indoor and outdoor activities to bring light into this darkest time of our year.

AMTA is offering a 4.0 credit course on self-care, if you are interested:

12 Self-Care Secrets—twelve steps to integrate body, mind and spirit



8. Maine Chapter Library/Resource Room

Our lending library and resource “room” is open for business. Our collection is available for you to check out. Ruth Werner’s *Massage Therapist Guide to Pathology* is one example of the reference books that you can borrow. Contact: karenavasilbusch@gmail.com to see what is available. Future plans for member sharing of books, CD’s or VHS’s are underway!

9. Upcoming Chapter Education

Annual Meeting Sunday April 7, 2019 Augusta Civic Center, Augusta Annual Meeting * * * classes to include Intro into Dermo neuromodulation with Jason Erickson for pain relief and mindfulness.

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

*Sunday March 29, 2020 Ramada Hotel, Lewiston

10. Maine Chapter AMTA Retreat: Photos!

A repeat concern from members was the huge challenge of choosing from the three featured presenters:

- George Russell from New York offered “Skull, Jaw, Ears”.

- Greg Hurd from Massachusetts taught “Ethics”, “Deep Tissue Massage Easily and Effectively” and “Seated Massage”.
- Judith DeLany from Florida taught a neuromuscular class entitled “When Good Shoulders Go Bad”.
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Fall retreat review by Alex Rheault: Greetings fellow AMTA members of the AMTA Maine Chapter. Please submit some of your experiences that we may publish in the next newsletter about the specific retreat and workshop experiences you had with other members. Please describe what new members and members who have not been on a retreat might look forward to!



Emily Rice, longtime member and Dale Albert, AMTA Maine Chapter Education Chair, Photos by Alex R.?

The autumn retreat at Sunday River was my first, and a welcome shift from the summer's busy pace of work, service, balancing outdoor activities and fun. As Lindsey and I drove up Route 35 past many colorfully tree-lined roads, charming small towns, lakefront views, woods, farming fields or orchards, we felt excited about a few days of rest ahead to connect with fellow AMTA's and replenish our skills and spirits. We ascended the mountain road to the lovely resort. The lobby fire and substantial buffet meals allowed for leisurely time to connect and meet. The generosity of all attendees and presenters, exchange of anatomical study, and bodywork techniques, and clinical experience over the two days raised awareness, brought us all closer, and enlivened practices, our gifts we bring to clients.

This fall's presenters were enthusiastic, well-prepared, and experienced. The information and practice

brought some new approaches, more anatomy, ethics and professional standards to grow in our ways of folding these into our own work. The workshops delivered opportunities to network, meet other practitioners, including recent graduates and students in training, and share what we noticed, felt, and experienced.

Friday night, many of us gathered for the Ethics course, which became a theme throughout the weekend. Saturday night we gathered for a meet and greet and those who attended witnessed a few simple prizes given to the tallest, the person who came the farthest from the south, newest graduate member, the members with most years as a member, and other fun, spontaneous categories. We also gave Dale Albert, our Education Committee Chair, a well-deserved gift for her dedication, time, and efforts to provide our members with excellent retreat and annual meeting locations and trainings. I am grateful to all those who attended and participated with such generous spirits. I hope those who couldn't come will consider the retreat in 2019. We have excellent presenters lined up and the camaraderie is nourishing and fun!



10. Other AMTA EVENTS

Alex Rheault would like to plan some kind of spring and summer “picnic” or membership gatherings that members can replicate in their area. Hope you will all send me your ideas for other gatherings we could develop this year. ~Alex Rhealt

11. Member Training Links

Announcements of trainings will be most up-to-date and posted on our Facebook page and Web-site, with links to registration. AMTA members and member schools are welcome to send their information on post graduate trainings they are offering to our FB Admin, Kara, for posting. Reports from trainings will be included in the newsletter. The newsletter will ultimately have links to all of these resources. We are working to streamline and link our AMTA, Maine Chapter Communication system. If you have ideas or expertise in this arena, please let us know and join us! We would value your expertise and integrate your knowledge for the purpose of clear and timely communication for our members. ~Thank you, Kara

12. Facebook Update

We aim to keep the page and questions as up to date as possible. We have fielded questions from Facebook, and answered them privately and within this newsletter. If your questions have not been answered, please reach out to us again. We will do our best to answer them as soon as possible. AMTA members and member schools may post upcoming trainings on our FB page. Please submit directly to the FB Admin. We have a learning curve, so please offer constructive suggestions or volunteer if you have skills that we do not.

Chapter facebook link:

<https://www.facebook.com/AMTA-Maine-Chapter-58514009956/>
<https://www.facebook.com/AMTA-Maine-Chapter-58514009956/>

13. Website

A volunteer is needed to edit and update our website weekly. We aspire to update monthly, and try to update the website with board meeting minutes, event announcements, education registration links, and other important information. Chapter website link: <http://me.wp.amtamassage.org/>

14. Government Relations Update ~

The last meeting was held Sunday Nov 11, 2018 via Zoom. 10-12. Contact a committee member for more information. Contact information for chapter volunteers is attached to the newsletter.

Our lobbyist is writing the revised bill that we will have into the state by the Dec 31 deadline for submission to the 2019 state legislature for approval. This bill update will expand the definition of Massage in the state law to include variations of the following words: Massage, bodywork, myotherapist, body therapy, massage practitioner, massage therapist, massage therapy, massage technician (more research and discussion needed), massagist, masseur, masseuse, myotherapy, touch therapist, body work, body therapy, body therapist. We will also be adding health care practitioner to the bill.

We will be advising our membership of the public hearing date on our bill which would be expected in the late spring or early summer of 2019. *If anyone wants to help the proposed bill go through the legislature by writing position paper please contact a committee member.*

GRC sent out a survey to all Maine licensed massage therapists to gather information on how they would feel about (1) having continuing education required for license renewal and (2) adding a second level of licensing that would require more training for medical massage. Surveys are still coming in. We have had about 20% response. The results are fairly evenly split for and against requiring CEUs for license renewal and for and against the 2 tier system.

The GRC will continue to explore what benefits would be to being under the Complementary Health Care Board, and whether they are open to our joining them. This Board includes acupuncturists and chiropractors.

If you ever need to contact your state senators or legislators in the future their contact information is: CONTACT SENATORS: 3 State House Station, Augusta, 04333-0003, or 1-800-423-6900; CONTACT REPRESENTATIVES: 2 State House Station, Augusta, 04333-0002, or 1-800-423-2900.

The contact information for the Massage Therapy Licensing is: Office of Professional and Occupational Regulation 207-624-8603 Gardiner Annex 76 Northern Ave, Gardiner, ME 35 State House Station, Augusta, ME 04333

<http://www.maine.gov/pfr/professionallicensing/professions/massage/index.html>

For employment questions go to: Maine Department of Labor: 207-623-7900 45 Commerce Drive, Augusta, Maine PO Box 259, Augusta, ME 04330

15.

16. License Renewal:

It is very important to renew your license on a timely basis. It can be costly and time consuming to let it lapse. Here is the link:

<http://www.maine.gov/pfr/professionallicensing/professions/massage/renew.html>

If you have forgotten when your license needs to be renewed go to:

<https://www.pfr.maine.gov/almsonline/almquery/SearchIndividual.aspx> search for your name, then click on the result and the system will show you your renewal date.

17. Health Watch “The oils from garlic and other herbs may prove better than antibiotics at tackling (the persister forms of Lyme bacteria cells), according to the new Hopkins study, published Oct. 16 in the journal Antibiotics.

The research included lab-dish tests of 35 essential oils, pressed from plants or their fruits. Ten of these, including oils from garlic cloves, myrrh trees, thyme leaves, cinnamon bark, allspice berries and cumin seeds, showed the strongest killing activity against the Lyme persister cells.

“We found that these essential oils were even better at killing the persister forms of Lyme bacteria than standard Lyme antibiotics,” said study senior author Dr. Ying Zhang, professor in the department of molecular microbiology and immunology in the Hopkins Bloomberg School of Public Health.”

The complete article is here:

<https://www.baltimoresun.com/health/bs-hs-garlic-for-lyme-disease-20181203-story.html>

18.

19. Volunteer Opportunities

We each have a variety of skills, and we have untapped skills that we have yet to learn. If you would like to share your skills please contact any member of the board or communications team. Below are listed some opportunities. If you already know how or would like to learn to work with websites, our Communications Committee would like you to join them. We need someone to update our website once a week. Please contact Kara or Anita.

Volunteers are needed for:

*Web-site: update once per week

*Sports Team in the spring; it participates in events all around the state.

*Writers, photographers and artists wanted! We have many areas of communications that we are pursuing and that require your assistance. Write about yourself, brag about a service project, your community, our therapists, pose a question, or write an answer. If it interests you, it will likely interest others. Regular column needs include: our 75th Anniversary and our Community Service column (yours or an amta-MT friend's service project), Questions and Answers, Ask a Therapist, Members Maine, Massage Therapy and Client Health Concerns, Photos and Artwork of the Month, and Surprise! (anything to amaze, delight, peak curiosity and learning column!

20. Members Maine

Looking for an AMTA member paragraph from eastern Maine to kick off this column. Northern, Southern, Eastern, and Western Maine are so different. Members, please tell us about YOUR Maine, the history, special events, quirky little things that make your town unique. Photos encouraged!

Discounts available for members:

VistaPrint gives all members a 25% discount on purchases.

Massage Warehouse gives amta members 30% discounts.

Office Depot and Office Max also offer member discounts.

21. Curiosity; Surprise!

“To communicate through the network, trees send chemical, hormonal and slow-pulsing electrical signals, which scientists are just beginning to decipher. Edward Farmer at the University of Lausanne in Switzerland has been studying the electrical pulses, and he has identified a voltage-based signaling system that appears strikingly similar to animal nervous systems (although he does not suggest that plants have neurons or brains). Alarm and distress appear to be the main topics of tree conversation, although Wohlleben wonders if that’s all they talk about. “What do trees say when there is no danger and they feel content? This I would love to know.” Monica Gagliano at the University of Western Australia has gathered evidence that some plants may also emit and detect sounds, and in particular, a crackling noise in the roots at a frequency of 220 hertz, inaudible to humans.”

I find it fascinating that the electrical pulses of trees travel at 3 seconds per inch, which is the same speed that I learned for muscle stripping. ~Kara Masters Siekman

Read more:

<https://www.smithsonianmag.com/science-nature/the-whispering-trees-180968084/#3rP0vT64ajPABziv.99>

Members, please submit your ideas for a “Surprise!” section in each newsletter—It may be curious facts about: body’s systems, the brain, the heart, muscles, interesting visceral facts, massage therapy, nature, the stars, relationships, current favorite music link, or anything you think may interest or fascinate us.

22. 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!

Photo

23. Newsletter Deadlines, Disclaimer, Contact Information

Due date for submissions to the deep winter newsletter is February 1, 2019. Thank you, members who participated in this issue of the newsletter! Keep ‘em coming! Photographs, art work, 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 Siekman, mastersk28@gmail.com, Bethel and Islesboro, Maine