



AMTA-CO Spring Educational and Meeting April 9, 2016 Peak Research Institute — Longmont

Palpating the Nervous Cadaver: Upper Extremity



This course provides the opportunity to visualize the major nerve pathways of the upper extremity on a cadaver, under the expert guidance of two skilled anatomists at the Peak Research Institute, Bonnie Thompson and Beverly Boyer. Additionally, the course will review the relevant anatomy (including common nerve entrapment sites), review basic neural assessment tests, and provide palpatory practice to locate the nerve pathways on each other. It is 4 hours and 75% of the class time is hands-on. At this class, you will be viewing and possibly touching the cadaver. Tables are not needed, but please dress comfortably to expose the arm and shoulder for palpation.

This is a NCBTMB approved class. This is a 4-hour class and repeats in the afternoon.

Skin Cancer Education



Skin Cancer Education is a course designed by the Harvard School of Public Health and Memorial Sloan-Kettering Cancer Center. It is designed to provide education regarding the most common and most deadly forms of skin cancer. Also covers the role massage therapists have in early diagnosis and treatment.

This is NOT a NCBTMB approved class. This is a 1-hour class and repeats in the afternoon.

Aromatherapy: More than Just Smelling Good



Aromatherapy is rapidly moving into various avenues of healthcare. Its ease of use, complementary applications, and solid research make it the perfect adjunct for massage therapists. Learn how to enhance your practice by using essential oils safely and effectively.

Learner outcomes:

- Understand the basics of aromatherapy
- Understand and be able to explain quality and label terminology
- Understand basically how essential oils work in the body
- Identify supportive scientific research and where to find more
- Understand and utilize basic essential oil safety practices
- Incorporate basic applications into practice
- Understand and safely utilize seven essential oils
- Understand the value of and be able to utilize various carrier oils to enhance practice

This is NOT a NCBTMB approved class. This is a 2.5-hour class and repeats in the afternoon.

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AMTA-CO Chapter Board & Committee Chairs

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To advertise in The Massage Therapist, newsletter of the AMTA Colorado Chapter, please refer to the website (www.co.amtacolorado.org) or call 970-208-1610

www.co.amtacolorado.org

<http://www.facebook.com/AMTAColorado>

To receive a printed newsletter, send an email to

info@co.amtacolorado.org

and one will be mailed to you.

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**AMTA-CO Spring Educational and Meeting
April 9, 2016
Peak Research Institute — Longmont**

Directions & Accommodations

Peak Research Institute
(Carroll-Lewellen Funeral Home)
503 Terry St.
Longmont, CO 80501

From East – From Highway 85 turn right on CO -66. Turn left onto Main Street. In 2.3 miles turn right onto Longs Peak Avenue. In 700 feet turn left onto Terry Street. In 0.2 miles the destination is on your right: 503 Terry Street, Longmont, CO 80501.

From the North – Take exit 240 onto CO-119 West toward Longmont, Firestone. In 0.3 miles turn right onto State Highway 119 toward Longmont. In 4.6 miles turn right onto E 3rd Avenue. In 2.2 miles turn right onto Terry Street. In 0.3 miles arrive at 503 Terry Street, Longmont, CO 80501, it will be on your left.

From South – Take exit 240 toward CO-119 West, Longmont. In 0.3 miles turn left onto County Road 24 toward CO-119. In 4.6 miles turn right onto E 3rd Ave. in 2.2 miles turn right onto Terry Street. In 0.3 miles arrive at 503 Terry Street, Longmont, CO 80501, it will be on your left.

From West – From 1-70 East take exit 269A onto Wadsworth Blvd, CO-121. In 0.3 miles turn left onto Wadsworth Blvd. In 27 miles turn left onto 3rd Avenue. In 700 feet turn right onto Terry Street. In 0.3 miles arrive at 503 Terry Street, Longmont, CO 80501, it will be on your left.

Accommodations

SpringHill Suites Boulder Longmont

1470 Dry Creek Dr
Longmont, CO 80503
(303) 682-2894

Ask for the AMTA rate available until 3/10/16 for \$89.00 plus taxes and fees

Courtyard by Marriott Boulder Longmont

1410 Dry Creek Drive
Longmont 80503
1-855-809-3511

Best Western Plus Plaza Hotel

1900 Ken Pratt Blvd
Longmont 80501
1-866-599-6674

Holiday Inn Express Hotel & Suites Longmont

1355 Dry Creek Dr
Longmont 80503
1-855-799-6861

Hampton Inn Longmont

850 S. Main Street
Longmont 80501
1-855-799-6860

Residence Inn by Marriott Boulder Longmont

1450 Dry Creek Drive
Longmont 80503
1-866-599-6674



President's Report

Deb Hatch, LMT

president@co.amtacolorado.org

I sat down to write this message and realized that it will be my last article as the AMTA-CO Chapter President. I'm filled with gratitude for the opportunity to serve our Chapter and our profession. It has been an amazing four years: great times, wonderful memories and lots of changes. But they say change is a sign of life and boy, is our Chapter alive!

March 15-31 will be our very first Chapter on-line election. Many thanks to Sherri Brown for coordinating this effort. Be sure to watch your email for the election information and cast your vote for the candidates of your choice.

March 30th will be a volunteer opportunity to provide chair massage at Massage Therapy Legislative Awareness Day at the Capital. It is a wonderful chance to interact with legislators and share the benefits of massage with those making the laws, please contact Christen Cutter-Corvington to volunteer for this wonderful event.

April 9th will be our Chapter's Spring Education and Member Meeting in Longmont. I'm really excited about the presenter venue that Shelly Cox and her committee has put together for this event. Back by popular demand is Palpating the Nervous Cadaver: Upper Extremity. Bonnie Thompson, Beverly Boyer, and Bob McAtee will lead us in the hands-on aspect of this class. We will also offer a wonderful aromatherapy class with Nancy Graves, and a class on the role of massage therapists in spotting skin cancer with Michael Lehrer. Also, our newly-elected board will be sworn in and take office. It will be a great day -- please plan to join us.

The first weekend of May, our Event Sports Massage Team, under the direction of Jessica Narkevitz, will be providing massage at the Colorado Marathon in Ft. Collins. And our CSMT team, headed by Seumas Rhea, has a number of events during the summer months. Stay tuned for more details.



3rd VP / Government Relations

Christen Corvington, LMT

govrelations@co.amtacolorado.org

Happy winter everyone! Thankfully Mr. Groundhog missed his shadow this year (you can tell I'm not a skier)!

On the Government Relations front, we have some activity this year. DORA is proposing some language changes to the Massage Therapy Practice Act that they think will help combat human trafficking and prostitution that happens under the guise of massage therapy. We have not seen a draft of their proposals YET, but we will keep you posted. Also, MASSAGE THER-

APY LEGISLATIVE AWARENESS DAY, our annual volunteer chair massage event that happens at the State Capitol in Denver, will be held on Wednesday, April 20 from 9-1. Please participate in this event! Contact Christen at govrelations@co.amtamassage.org if you are interested in participating

We look forward to seeing you in March at the Capitol!



1st VP / Communications

Seumas Rhea, LMT

communications@co.amtamassage.org

Happy 2016 everyone!

On the communications front, our Chapter made some significant strides during the last half of 2015. Some of those accomplishments include:

- The creation and launch of our Chapter Twitter account (@coamta)
- An average of at least two Membership emails per month
- The launch of a new Chapter Website: co.amtamassage.org

I would also like to take this opportunity to remind everyone that with the new website, our Board of Directors have new email addresses. This new email platform will make things more standardized and help us transition as individuals move in and out of Board positions as the new addresses are more “position based.” This will prevent everyone from having to learn individual’s email addresses and keep up with them as the Board changes over time. All of the new email addresses are on our Chapter Website’s Contact page at <http://co.amtamassage.org/contact>.

This year, we have already started off strong by launching a new monthly feature called “Member of the Month”. Each month, we will be selecting one of our members, conducting a small interview with them, and posting their profile on our Website for the entire month. The honored member will also be featured on our social media platforms. Go to <http://co.amtamassage.org/colorado-chapter> to see the featured member each month.

Wishing you all a very happy, healthy, prosperous, and peaceful new year!

CSMT

Seumas Rhea, LMT

communications@co.amtamassage.org

CSMT: General

We completed another CSMT Training in Colorado Springs on March 21, 2015. During that session, we gained an additional four (4) CSMT members! We are always looking for additional CSMT volunteers, so if you are interested in joining, send me an email (communications@co.amtamassage.org) and once we have enough volunteers, we will schedule another training session (or two) for 2016.

CSMT: Community Outreach Division

Our Community Outreach Division had a very busy late summer /early fall last year. Between September 12 and October 4, they completed three events! Our engagements last year were:

- 9/12/2015: The Travis Manion Foundation’s “9/11 Heroes Run” in Colorado Springs
- 9/26/2015: SCAP’s “A Walk in the Garden” AIDS Walk in Colorado Springs
- 10/4/2016: Douglas County Search & Rescue’s “Call Your Bluff” Poker Run in Lone Tree

I’m happy to report that all of the organizations listed above were so pleased with our team that we have already been invited back to support their efforts in 2016! We are also currently working on engagements this year with the following organizations:

- The Denver Hospice
- Colorado Department of Corrections
- Ronald McDonald House

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Information on all of our engagements, as well as CSMT newsletters, can be found on the Community Service Massage Team page of the Chapter Website at <http://co.amtamassage.org/community-service-massage-team>

CSMT: Emergency Response Division

We were fortunate to not have any disasters or other emergency response situations that called for our Emergency Response Division to be activated in 2015. However, we must be prepared for 2016.

In addition, as communicated in several Membership emails and other Chapter communiqués, due to the new LOA (Letter of Agreement) that National has with the Red Cross, **all** of our Emergency Response Division members must complete some additional trainings. I've sent information out to the team on the specifics of these trainings. Again, we are asking that everyone get them completed by 2/29/2016 so that we can be prepared in the event of an emergency. As a reminder, once you have completed the required training sessions, you need to email me copies of your completion certificates so that I can have them on file in order to keep our Chapter compliant with the new regulations.

Wishing you all a very happy, healthy, prosperous, and peaceful new year!

Call for Candidates

Would you like to make a difference for massage therapists in Colorado? Volunteering for your local AMTA state chapter is a rich and meaningful experience and we would love to have you join us. Benefits of volunteering include:

- finding new friends and mentors
- networking opportunities
- adding to your resume
- earning free continuing education
- reimbursement for some or all expenses to National Conference

Candidate Applications are due by no later than February 23, 2016.

If you are interested in running, please review the volunteer job descriptions at our website: www.co.amtamassage.org/2016-elections. We will not be taking nominations from the floor or voting during the annual business meeting. All nominations and voting will be done online before the meeting.

Online Voting will be open March 15 - March 31, 2016.

The election results will be announced during the AMTA Colorado Chapter 2016 Annual Meeting in Longmont, Colorado, on **Saturday, April 9, 2016**. The positions available are:

- Chapter President
- 2nd VP – Membership Chair
- Chapter Secretary
- Western Unit Chair
- Education Director
- Delegate (Two Positions)
- Alternate Delegates (Up to Five Positions)

All are 2-year terms except for Alternate Delegates which are 1-year terms.

Email your candidate application to info@co.amtamassage.org or SherriBrownLMT@gmail.com

You can obtain these documents online on our website at co.amtamassage.org/2016-elections.



THE Science of Massage Institute

WORLD LEADER IN SCIENCE-BASED MASSAGE THERAPY

THE INSTRUCTOR

Acclaimed author, teacher and physician Dr. Ross Turchaninov is the founder of the Science of Massage Institute and is recognized as the Western World's leading expert in scientifically based MEDICAL MASSAGE therapy. He has studied Medical Massage in 7 countries, published more than 50 articles in medical journals and authored three books, including one that is considered the bible of Medical Massage. His institute has analyzed and distilled the last 100 years of clinical trials from throughout the Western World to bring you incontrovertible evidence based learning at the highest level.



NEED HELP MARKETING YOUR PRACTICE?

Each attendee will receive our special Marketing Kit, which guides you on how to connect and present yourself to the medical community.

The Medical Massage Seminar That Is Your Bridge To \$100K Income

3-Day Seminar April 22-24, 2016
Comfort Inn Central | Denver, Colorado

This seminar is not about just renewing your CE hours. It's the first step in the bridge we have built for you to a highly successful practice and 100K-plus yearly income. We teach you how to use and integrate Medical Massage into your practice, which opens up your access to the medical community and enhances your reputation. Instead of treating secondary pain syndromes, we teach you how to detect pain's initial trigger and eliminate it by restoring proper function of soft tissues.

Imagine being able to eliminate TMJ Dysfunction, Tennis Elbow and Carpel Tunnel pain in just 3 to 5 sessions...Vertigo and Chronic Headaches 90% of the time...or eliminate the need for shoulder and back surgeries in many cases. All of these things are possible if you learn 100% science based Medical Massage from The Science of Massage Institute.

Fri - Understanding Medical Massage | Sat - Hands On: Sciatica
 Sun - Hands On: Anterior Scalene Muscle Syndrome

Starting with the origin of innervation of the affected area, we take you step by step through successful examination and rehabilitation of the soft tissue using a layer by layer treatment tactic. We teach you to combine variations of the seven basic massage techniques using special Medical Massage protocols to reach absolute clinical results quickly and efficiently.

Only The Science of Massage Institute can deliver a Medical Massage seminar where every technique and protocol is backed by 100% science, instruction by Dr. Turchaninov and the ability to "Watch & Follow" our exclusive Video Library to better learn protocols and techniques.

REGISTRATION

Cost: \$550 NCBTMB CERTIFIED (24 CEU)
 Approved Provider #312994-00

Register at www.scienceofmassage.com

For more info
 and to register
 contact

Mary Preuss, Director of Services
 The Science of Massage Institute
 (602) 953-2945 or maryp.science@cox.net



Education

Shelly Cox, LMT, CNMT

education@co.amtamassage.org

I hope 2016 has started out fantastic for you! I have been working on Spring and Fall 2016 education events and both are set to go!

Spring Education and Chapter Meeting — April 9 in Longmont

Bob McAtee presenting Palpating the Nervous Cadaver: Upper Extremity

Michael Lehrer presenting Skin Cancer Education

Nancy Graves presenting Aromatherapy: More than Just Smelling Good

Please be sure to go to www.co.amtamassage.org to register.

Fall Education and Chapter Meeting — September 17 & 18 in Glenwood Springs

Thadd Dudrey presenting Anatomy Trains for Manual Therapists

Registration for Fall Education will start April 10th.

Other than those events, I want to let you know my position as Education Director is up for election. If you are looking to be part of a great team/board of directors and you enjoy planning events, I highly suggest you run for this board position. If you have questions about my position, please contact me at education@co.amtamassage.org or call me at 719-575-9280.

Thanks and enjoy the “early spring” the groundhog predicted!



Event Sports Massage Team

Jessica Narkevitz, LMT

sportsmassage@co.amtacolorado.org

Our season will kick off May 1st with the Colorado Marathon in Fort Collins! Additionally, we will also be at the expo again this year on April 29th and 30th.

Last season we had the opportunity to work with two new sports for the team: the USA Master's National Championships for Ultimate Frisbee and two open water swimming events. We look forward to adding more events throughout the season and continue to expand our range of different sports.

If you've ever wondered about joining the event sports massage team but didn't know what was required, check out the requirements below.

- AMTA member
- Licensed (or a student - students can be utilized for front desk only)
- 16 hours of sports massage training - proof of training to be supplied to ESMT Director
- Calibration (required every 2 years) - this is simply a sports massage “refresher/review” to make sure everyone is up to date on the most current research and information in the industry. There will be a calibration offered on March 8th or 9th in the Fort Collins area
- Square or some type of personal/business payment receiving device
- The team charges \$20/15 minutes or \$35/30 minute massage, we “payback” 15% to the charity of the event and 10% to the event director; 75% is retained by the therapist

We would love to have you join us this year to provide massage, educate the sporting community about massage and learn from you! For a current registration go to www.co.amtamassage.org.

Please contact Jessica Narkevitz at sportsmassage@co.amtamassage.org with any questions you may have about joining us this year.

AMTA-CO Chapter Spring Education and Meeting

April 9, 2016

Peak Research Institute
(also known as Carroll-Lewellen Funeral Home)
503 Terry St, Longmont, CO 80501

SCHEDULE AND REGISTRATION FORM

7:30a – 8:00a	Registration
8:00a – 12:00p	Palpating the Nervous Cadaver OR Skin Cancer & Aromatherapy
12:00p – 1:30p	Lunch (included in registration) and Chapter meeting
1:30p – 5:30p	Palpating the Nervous Cadaver OR Skin Cancer & Aromatherapy (repeated)

To register, complete the bottom part and send it with your check to:

Tami Schumacher, AMTA-CO Chapter Treasurer,
14221 E Evans Ave #208, Aurora, CO 80014

Note: Online registration also available at www.co.amtamassage.org

amta Member — **BEFORE** 3/18/16 - \$75 \$_____

Palpating the Nervous Cadaver 8a-12p, Skin Cancer & Aromatherapy 1:30p-5:30p. 8 CEUs.

amta Member — **BEFORE** 3/18/16 - \$75 \$_____

Skin Cancer & Aromatherapy 8a-12p; Palpating the Nervous Cadaver 1:30p-5:30p. 8 CEUs.

amta Member — **AFTER** 3/18/16 - \$100 \$_____

Palpating the Nervous Cadaver 8a-12p, Skin Cancer & Aromatherapy 1:30p-5:30p. 8 CEUs.

amta Member — **AFTER** 3/18/16 - \$100 \$_____

Skin Cancer & Aromatherapy 8a-12p; Palpating the Nervous Cadaver 1:30p-5:30p. 8 CEUs.

Non-members add \$25 \$_____

TOTAL \$_____

For planning purposes, please indicate

_____ I am not attending classes, but will attend the lunch and meeting on Saturday, October 24.

Name: _____ Membership # _____

Address: _____ Work Phone # _____

City/State/Zip: _____

Home/Cell # _____ E-mail address: _____

**Note: Membership number must be used to receive member rate.*

AMTA Colorado Chapter

Tami Schumacher
14221 E Evans Ave #208
Aurora, CO 80014



To advertise in The Massage Therapist, newsletter of the AMTA Colorado Chapter, please refer to the website (www.co.amtacolorado.org) or call 970-208-1610.

www.co.amtacolorado.org
<http://www.facebook.com/AMTAColorado>

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and one will be mailed to you.

2016 CALENDAR

April 9	Spring Meeting & Educational, Longmont
September 17 & 18	Fall Meeting & Educational, Glenwood Springs
<hr/>	
2nd Wednesday of the Month	Colorado Springs Meet & Greet

The mission of the American Massage Therapy Association is to serve AMTA members while advancing the art, science and practice of massage therapy.