

## AMTA-CO Fall Educational and Meeting October 24, 2015 Medical Center of the Rockies — Loveland

### *Presenting... Foundation to Ortho-Bionomy*

This workshop will cover an expansive opportunity for students to explore the broad spectrum of Ortho-Bionomy. We will be working with the body's inner understanding and self-correction. The workshop will explore the structural relationships in Extremities, Spine and Neck and move towards the Ortho-Bionomy's ability to work with Organs and Visceral. This workshop will cover a great deal of ground and allow students to discover their own relationship and what they appreciate about this powerful work and its relationship to recognizing healing from within our own brilliance.



*Advanced Instructor Sheri Covey* has twenty vast years of experience in Ortho-Bionomy. She was able to build to expansive practices in Crested Butte and Grand Junction. Her work has a broad understanding of the body and is able to work creatively with nearly any aspect of disorder in the body. In 2012, she founded the Rocky Mountain Ortho-Bionomy Center, the only 18-month occupational school training program of Ortho-Bionomy in the world. The program hosts a complete Practitioner Training Program in 10 weeks spread over 18 months. The Center is located in Denver and Grand Junction Colorado. She is impressed with the knowledge and the success her graduates have been able to attain in their lives. She is warm, inspiring and teaches with joy and unsurpassed humor.

*Continued on Page 4*

## AMTA-CO Chapter Board & Committee Chairs

Message Line: 970-208-1610

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Andy Kissick, LMT	(719) 390-1307
Sherri Brown, LMT	
Jessica Narkevitz, LMT	(206) 334-5876



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and one will be mailed to you.

## Table of Contents

BOD Members, Delegates	Page 2
President	Page 3
Directions to Fall Meeting/Educational, CSMT	Page 4
BOD, GR, ESMT	Page 6
Education	Page 7
Standing Rule Change	Page 8
Meet Your Delegates and Alternates!	Page 9, 10, 11
Fall Educational Registration Form	Page 12
Calendar	Page 13

You don't get harmony when everybody sings the same note."

-Doug Floyd

I love the field of massage! I love giving it, receiving it, and most of all . . . I love the opportunity to interact with fellow therapists; you feed my soul. And what a banquet I have enjoyed this spring.

Our Education Committee, headed by Shelly Herberholtz, did a fabulous job at our Spring education. Nate Cuddihy-Garner was an overwhelming success. We were blessed with a large attendance, many of whom were volunteers at the 2014 AMTA National Convention held in Denver. We had great representation from many different areas of our state and recapping past events highlighted our Chapter's many achievements from last year.

Our election was smooth and efficient. We had candidates vying for all but one of our leadership positions! Many thanks to Bob McAtee for accepting the appointment of Commissioner of Candidacy and running the election. It is so exciting to welcome such an enthusiastic and talented group of new volunteers to our Board and Delegate/Alternate group.

We also held a vote for a Standing Rule change that will change the way we conduct elections. It passed by the members in attendance. Effective immediately, our Chapter will conduct our online elections (see article on page 8).

My quote for this issue is based on the blessing of diversity within any work-group. Early in May, your elected leaders (board and delegates/alternates) took time away from their families to meet and plan for the coming year. Our overall goal was the same -- to meet each other and discuss programs to serve our fellow AMTA-CO members. Each attendee brought a different voice, talent and perspective to the group and the experience was amazing. I've seen groups struggle with sharing different opinions on topics, as people will naturally gravitate toward those with similar views, but really it is these differences that allow for growth and change.

Everyone present was respectful, insightful, and fully participated in the process. This approach allowed us to look at services we offer in new ways and to solidify some plans for the coming year. We accomplished a huge amount in a little over a day. I'm confident that with the diversity in the group blended with the respectful approach to decision-making, our Chapter will be making beautiful music together. I am so impressed with everyone that attended and grateful to be a part of this team!

Our Chapter will continue supporting:

- affordable, high-quality continuing education
- local Coffee Pods (Meet and Greet)
- GR activities (like MTLAD)
- CSMT, ESMT teams
- programs that welcome and recognize new and continuing members.

We are open to learning about what programs you would like to have offered through our Chapter. It is going to be a wonderful year, and I hope to see you at one of our upcoming events!



## President's Report

*Deb Hatch, LMT*

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## Directions &

## Accommodations

*Medical Center of the Rockies  
2500 Medical Center of the  
Rockies  
Loveland, CO 80538*

**From East & West** – Take US Highway 34/Eisenhower Blvd. Turn North on Rocky Mountain Ave. At the 3rd round-about, take the first exit toward the hospital parking lot. Arrive at Medical Center of the Rockies.

**From the North AND South off I-25** – Take exit 257 onto US-34 toward Loveland/ Greeley. Head West onto E US Highway 34 toward Loveland/ Estes Park. Turn North on Rocky Mountain Ave. At the 3rd round-about, take the first exit toward the hospital parking lot. Arrive at Medical Center of the Rockies.

The classroom (Long's Peak) is in the basement. There is elevator access..

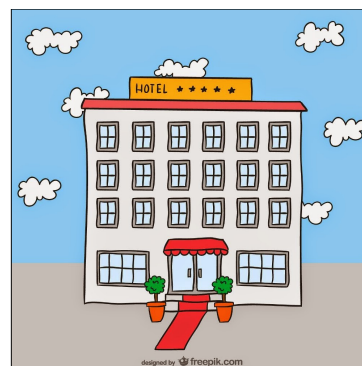
### Accommodations

Fairfield Inn & Suites Loveland  
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970-461-1000  
Ask for the AMTA rate available till by 9-15-2015 for \$119.00 plus taxes and fees

Residence Inn Loveland  
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Loveland, CO 80538  
970-622-7000

Embassy Suites Loveland  
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Loveland, CO 80538  
970-593-6200

Hampton Inn Loveland  
5500 Stone Creek Cir  
Loveland, CO 80538  
970-593-1400



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## Community Service Massage Team

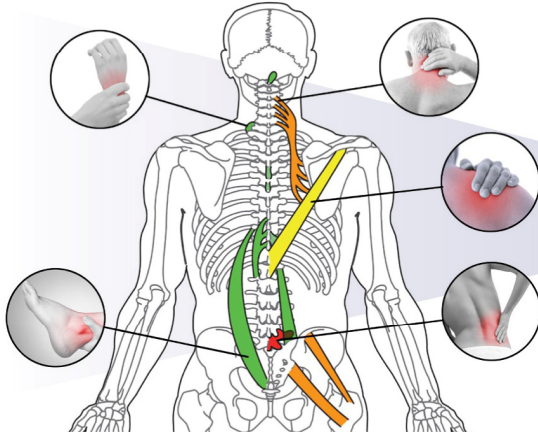
### **Many, many thanks to Michelle Kinkead!**

Michelle Kinkead has been an amazing leader and driving force for our CSMT (Community Service Massage Team) - Emergency Response Division. She was present at our initial training and immediately proved herself to be an impressive leader. She has been instrumental in shaping our team and completely reworked our Chapter trainings.

Sadly we have accepted her resignation as CSMT Emergency Response Director. She will be sorely missed, but we wish her all the best as she transitions to other volunteer adventures in her life. She will continue to serve as a team member and adviser for the future. Thank you for sharing your wonderful skills with our Chapter!



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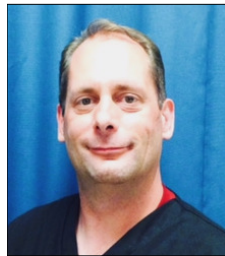
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## YOUR BOARD OF DIRECTORS

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Government  
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*Christen Cutter, LMT*

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Hello and happy spring! In the Government Relations neck of the woods, I am happy to report that the legislative session has ended for the year and things should be fairly quiet until January. We have submitted our LLEAD grant proposal to National for assistance with our legislative costs, and will report back to you, our members, as soon as we hear!

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**Event Sports  
Massage Team**  
*Jessica Narkevitz, LMT*

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The Event Sports Massage Team had their first event in Fort Collins on May 3<sup>rd</sup>. We were able to work on 74 runners at the Colorado Marathon, many of who were running a half or full marathon for the first time. We were able to donate \$271 to Athletes in Tandem.

As I think about opportunities that come up in our life, many times we are found in the right place at the right time. We have a long legacy of sports massage in Colorado. The AMTA Event Sports Massage Team has seen transition and change throughout all that time while keeping professionalism as a focal point.

It has been on my heart for the past couple of months that something needs to change as we move forward with the AMTA Event Sports Massage Team. I want to develop local teams. I envision having therapists in different cities throughout the state and focus on local events, improving our ability to increase awareness of AMTA, educate new therapists and enhance therapist's ability to market in their cities. Stay tuned for more information about this great new opportunity!

If you have any questions or want to know more about the Event Sports Massage Team, please contact me at 206-334-5876.



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## YOUR BOARD OF DIRECTORS, *continued*

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**Welcome to summer!!** Our spring education event with Nate Cuddihy-Garner, MS, LMT, CPT, CES presenting Multidimensional Approaches to Upper Extremity Pain and Soft Tissue Approaches to Rib Dysfunction was well attended. We had 43 participants for the Multidimensional class and 22 for Rib dysfunction.

**GAME TIME!!** I came up with a couple games to play. The games gave the opportunity to meet your current AMTA Colorado Chapter Board of Directors and Delegates, your National AMTA Member-At-Large from Colorado, and those that were seeking election or re-election, along with some of the important dates for the rest of 2015. I would like to thank everyone for joining in and playing the games.

The winners of the games were:

- Valerie Jones, Joan Wise, Sharon Young, and Jennifer Marschel won TheraCanes.
- Erika Larson and Kim Chatterley each won a Trigger Point Trail of the Body Book & DVD. Andy Kissick, Valerie Webb, Prudence Crawmer, and Vicki Lim won massage oils & mists from SoapuR.
- The grand prize winner was Joan Wise. She won a 4-day class to a CranioSacral Therapy Level 1 from the Upledger Institute.



**Dine About!!** At the Spring Event, we tried a “Dine About.” I picked out 3 restaurants and split up the BOD and Delegates to attend each of the restaurants. Members were able to join the BOD and Delegates at the restaurant of their choice. All of those that participated had a great time meeting with board members and delegates. We plan to do it again, but I have not figured out the logistics of it for the fall event -- yet. Keep an eye out for it in the fall newsletter and eblasts!

**Education!!** Our next education event with a lunch chapter meeting is October 24, 2015. It will be in Loveland at the Medical Center of the Rockies. The Board of Directors meeting will be Friday night from 4-7 with dinner to follow. The presenter is Sheri Covey from Rocky Mountain Ortho-Bionomy Center. She is will presenting “Working Through the Systems.” The information on the class is in this newsletter.

**Name change!!** I am so excited that I have found my farm boy! I married Mr. Kevin Cox on May 2, 2015 (with games to play in the program, too). I am changing my last name from Herberholz to Cox. It's way easier — both to say and spell ;)



**Enjoy your summer and I look forward to seeing you in October!**



### Education

*Shelly Cox, LMT*



## Standing Rule Change

### Change to Online Voting for Chapter Elections

The days are getting longer, warmer, and drier -- spring is here and summer will quickly follow! The cycle of the seasons teaches us that change is a normal part of life; change is inevitable, but how we embrace change is up to each of us.

During our spring membership meeting a vote was conducted related to changing our election process. The motion passed and our election will be conducted online in 2016. This change will allow the opportunity for all of our AMTA-CO members to have their voice heard by the voting process. The cost of this program will be absorbed by the National office.

Our steps for the change include: contacting the company approved by our National office to set up our template; appointing an Online Election Coordinator; opening nominations for 2016. We anticipate having everything set up and ready to post nominated candidates at the beginning of September! AND we will be able to announce the newly elected Board members and Delegates at our Spring meeting!

The positions that are open for nomination for 2016 are: President, 2<sup>nd</sup> VP, Secretary, Director of Education and Western Unit Chair. We will be sending updates on our progress through our eblasts, so please watch for them.

I hope that you will join me in embracing this change. We look forward to a simple, efficient election in 2016!

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## YOUR 2015 DELEGATES AND ALTERNATES

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My name is Jaime Smith I am the head delegate for the Colorado Chapter of the AMTA. I have been a massage therapist for 12 years, and I own and operate Trigger Point Therapeutic Massage in Colorado Springs.

Originally, I wanted to be a delegate to stay active in the AMTA, but also not be overwhelmed with a volunteer position and a new baby. Now I am excited to make a difference and be a voice for all of the Colorado Chapter members by voting on important decisions that affect our association and our careers. It was rewarding to sit in the House of Delegates meeting and be a voice for Colorado on important issues.

My husband, two kids and I live in Black Forest north of Colorado Springs. We love to camp, fish, hike and study Karate as a family.

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My name is Jessica Narkevitz. I went to massage school in Seattle, WA because I thought it would be fun. Two weeks into the program I fell in love with massage and knew this is what I wanted to do. I began my practice at a physical therapy office in Washington. In 2011 I moved to Colorado and promptly became involved with the Colorado Chapter and the local massage community. Being a delegate for you, I look forward to representing you and our chapter in the House of Delegates in August.

I currently live in Colorado Springs working in an office with seven other therapists. When I am not doing massage, you can find me running or hiking on a beautiful trail here in Colorado.

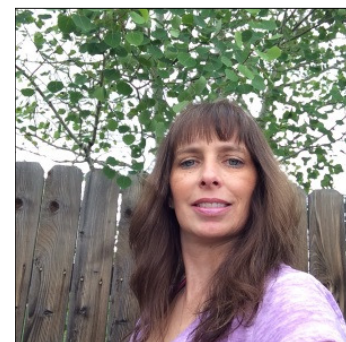


Seumas Rhea

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My name is Sherri Brown. After 20+ years of working in Accounting and Human Resources, I needed a change and decided to become a massage therapist. I wanted to help people feel better the way massage therapy helped me. I enrolled at Collison Massage School and began practicing massage in 2011. The experience Collison provided and the relationships fostered between teachers and staff allows me to teach classes periodically throughout the year. Ongoing education, teaching and the associated health benefits constantly drive me to learn new techniques so I can provide the best customer experience possible. I have training in Reiki, Reflexology, Aromatherapy, and Herbology.

I am the owner of Beyond Bodywork in Colorado Springs, and Board Certified in Massage Therapy & Bodywork under the NCBTMB. On a personal level, I've been married for 25 years to my soul mate James and we have a daughter who we love dearly. I am a Colorado native and enjoy camping, jeeping, motorcycle riding, karate, gardening, traveling, cooking, gardening, computer games, social media and studying all things Irish.



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## YOUR 2015 DELEGATES AND ALTERNATES, *continued*

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My name is Andy Kissick, and I am in my third year as a member of AMTA and my second year as a chapter delegate. I attended the AMTA National Convention in Denver last fall representing Colorado members on position statements and recommendation proposals. I believe in finding a good balance between promoting new advancement in massage therapy and making sure positions and recommendations are well conceived. The Denver convention was a wonderful event and tremendous learning experience hosted by our chapter. I also continue to be impressed by our chapter's seasonal education events and other chapter work.

I continue to be excited to learn new information about the field of massage therapy, connecting with other members at coffee meetings, education and social events. I have volunteered in previous years at sports massage events looking after athletes and I have worked with an AMTA mentor to build a massage business. I plan to continue to be actively involved as an AMTA Delegate, contributing further to the chapter and AMTA nationally and supporting and informing chapter members on issues in the massage field.

Having grown up in Toronto, Canada, my wife, Barb, and I moved west to Colorado Springs more than 22 years ago. Along with giving massages, I am pursuing a career as a rehab nursing tech. In the summer I teach tennis with my wife at a nearby community center. I enjoy playing tennis, yoga, hiking, traveling on trains, vacationing in tropical climates and watching football and hockey.



*Are you registered for the AMTA 2015 National Convention?*

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*Visit [www.amtamassage.org](http://www.amtamassage.org) for more information and to register!*

## YOUR 2015 DELEGATES AND ALTERNATES, *continued*



I am Kathleen Kane, elected as an alternate Delegate to the AMTA National Convention for 2015. I practice in Evergreen, CO and would be pleased to represent my fellow Colorado massage therapists. Hopefully my years and experience as a therapist will allow me to offer insight into issues that the profession has faced and continues to face through the years.

I am Nikki Schmidt, a Colorado native and 2012 graduate from the Institute of Business and Medical Careers in Fort Collins with a Diploma in Therapeutic Massage.

The goal in my practice is to help facilitate and restore balance and flow within the lives of my clientele. Education is the greatest tool in healing and I strive to gain knowledge and share it with others to empower them. I want to do the same while being an AMTA Alternate Delegate. I will learn as much as I can and pass along the information to others.



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## AMTA-CO Chapter Fall Education and Meeting

October 24, 2015

*Medical Center of the Rockies*

*2500 Medical Center of the Rockies, Loveland, CO 80538*

### SCHEDULE AND REGISTRATION FORM

Saturday, October 24, 2015

9:00a - 9:30a	Registration
9:30a - 12:30p	"Working Through the Systems"
12:45p - 1:45p	Lunch (included in registration) and Chapter meeting
2:00p—5:00pm	"Working Through the Systems", <i>continued</i>

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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.amtacolorado.org](http://www.amtacolorado.org).

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Each class cost	\$50 Members	Before 10-10-2015	\$ _____
	\$80 Non-members	Before 10-10-2015	\$ _____
	\$75 Members	After 10-10-2015	\$ _____
	\$100 Non-members	After 10-10-2015	\$ _____
	<b>Total</b>		\$ _____

For planning purposes, please indicate

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

Name: \_\_\_\_\_ Membership # \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

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



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## AMTA Colorado Chapter

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



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## 2015 CALENDAR

August 20-22

National Convention, Pittsburgh, PA

October 24

Fall Education - Loveland

### Meet and Greet

1st Tuesday of the Month

NW Denver Meet & Greet

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.*