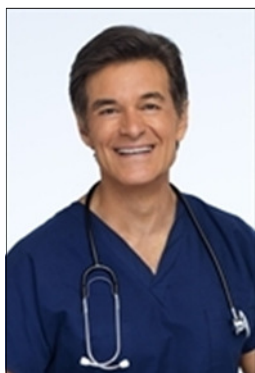




## 2014 AMTA National Convention — Denver, Colorado

*ATTEND • VOLUNTEER • EARN MONEY*



### KEYNOTE SPEAKER

**Dr. Mehmet Oz**

Daytime Emmy®  
Award-winning host of  
*The Dr. Oz Show!*



### 18 HOURS OF CEUs AVAILABLE

Expand your knowledge!  
Learn new ways to serve your clients!



### TOOLS! TABLES! LOTIONS!

The list is endless at what you can  
find in the Exhibit Hall! Try new  
products and stock your practice  
with essentials.

## AMTA— COLORADO MEMBERS:

Go to <http://vols.pt/1fPFQo>  
and check out the opportunities available for you  
to be involved at National Convention!

*Earn money providing massage • Receive FREE CEUs at Spring 2015 Meeting*

*See pages 3, 4 & 5 for Convention News!*

**Want to share a ride or room? See Page 4 for more information**

## AMTA-CO Chapter Board & Committee Chairs

Message Line: 970-208-1610

### President

Deb Hatch, LMT (970) 556-9277  
[president@amtacolorado.org](mailto:president@amtacolorado.org)

### Secretary

Nancy Specian, LMT (720) 231-6477  
[secretary@amtacolorado.org](mailto:secretary@amtacolorado.org)

### 1st Vice President / Communication

Melissa Klapperich, LMT (720) 273-1844  
[1st.VP@amtacolorado.org](mailto:1st.VP@amtacolorado.org)

### 2nd Vice President / Membership

Shane Sale, LMT (720) 939-3585  
[2nd.VP@amtacolorado.org](mailto:2nd.VP@amtacolorado.org)

### 3rd Vice President / Government Relations

Christen Cutter, LMT (720) 612-3857  
[3rd.VP@amtacolorado.org](mailto:3rd.VP@amtacolorado.org)

### Treasurer

Tami Schumacher, LMT (303) 981-4150  
[treasurer@amtacolorado.org](mailto:treasurer@amtacolorado.org)

### Director of Education

Shelley Herberholz, LMT (719) 205-7933  
[education@amtacolorado.org](mailto:education@amtacolorado.org)

### CSMT

Val Webb, LMT (720) 470-4808  
Michelle Kinkead, LMT (720) 328-1167  
Seumas Rhea (719) 671-5284

### ESMT Director

Jessica Narkevitz, LMT (206) 334-5876  
[sports.massage@amtacolorado.org](mailto:sports.massage@amtacolorado.org)

### Newsletter Editor

Gay A. Koopman, LMT (970) 420-0505  
[newsletter@amtacolorado.org](mailto:newsletter@amtacolorado.org)

## Supporting our Chapter

### Chapter Office Administrator

Hailey Strampel  
[info@amtacolorado.org](mailto:info@amtacolorado.org)  
110 Clay St., Denver, CO 80219

## AMTA-CO 2014 Delegates

George Glass, LMT	(970) 403-6370
Seumas Rhea, LMT	(719) 671-5284
Jaime Smith, LMT	(719) 575-9223
Andy Kissick, LMT	(719) 390-1307
Byron Thomas, LMT	(303) 242-6659



To advertise in The Massage Therapist, newsletter of the AMTA Colorado Chapter, please refer to the website ([www.amtacolorado.org](http://www.amtacolorado.org)) or call Hailey Strampel at 970-208-1610.

[www.AMTAColorado.org](http://www.AMTAColorado.org)

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

**We send electronic newsletters (3x/yr) to minimize cost. If you require a printed copy, please contact Hailey.**

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## 1st VP / Communications, *Melissa Klapperich, LMT*

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### *Thank You Volunteers!*

As the National Convention is just around the corner, I am humbled each time I see the VolunteerSpot schedule and am reminded how awesome all of our AMTA-Colorado members are!

This year's National Convention in Denver is on track for record-breaking attendance and forgive me for predicting the future, but I believe we are also on track for record-breaking hospitality! Thank you for making our chapter, our profession and our state a better place to work and live!

If you have not volunteered yet, don't worry! We still have volunteer shifts available and would love to have you on our National Convention Team! Click here (<http://www.amtacolorado.org/2014-convention/volunteer-opportunities>) to find an area that best suits your schedule.

**Volunteers:** please don't forget to check your email. The chapter will be sending out reminder emails for your volunteer shifts. As we get closer to National Convention, we will be including meeting areas and times for your shifts.

If you have any problems with the VolunteerSpot shift sign up, please contact me at 1st.VP@amtacolorado.org or (720) 273-1844. I will gladly answer any of your questions and help you with your shift sign up!

Thank you AMTA-Colorado for making this the **best National Convention** for all of our visitors!

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## Delegate Corner, *George Glass, LMT—Head Delegate*

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The 2014 AMTA National Convention in Denver is nearly upon us and we need your help. We need your opinion on the three recommendations and three position statements.

A recommendation is a "suggestion" to the AMTA National Board of Directors by the House of Delegates regarding suggested bylaw or policy changes that the

membership seeks. A position statement, if adopted, is accessible to media and the general public about where the AMTA and its members stand on specific issues related to the profession of massage therapy. This is where **YOUR** input can directly influence AMTA bylaws, policy making and public statements.

You should have received an email with a survey asking for your opinion on each of these six pieces of business that will come to the floor of the House of Delegates at the national convention next month. If you did not receive this survey, it is available on the AMTA-CO website ([www.amtacolorado.org/](http://www.amtacolorado.org/)). Please help us to make a decision which reflects the opinion of the entire Colorado Chapter by filling out this survey.

### **Your 2014 Delegates**

#### **Head Delegate**

George Glass, Durango

#### **Delegates**

Seumas Rhea, Colorado Springs

Jaime Smith, Colorado Springs

Andy Kissick, Colorado Springs

Byron Thomas, Longmont

#### **Alternates**

David Nosal, Louisville

Lucy Rosario, Fort Collins

Jessica Narkevitz, Colorado Springs

The recommendations and position statements are available on the AMTA website in their entirety at [here](#) (here is the link to recommendations) & **Position Statements** (link to position statements.)

See you in Denver!

# 2014 AMTA NATIONAL CONVENTION – DENVER!!



Volunteer opportunities are available for AMTA-CO members ranging from renting tables to providing massage therapy for convention participants to selling items.

You do NOT have to register for convention in order to volunteer!

## VOLUNTEER OPPORTUNITIES AVAILABLE!

### TABLE RENTAL

*Assist with the rental and overnight storage process*



### MASSAGE ROOM

*Earn money while attending convention!*



### QUIET ROOM

*A place to relax and unwind*



### HOST CHAPTER EVENT

*Rockies vs. Diamondbacks  
Baseball Game*



### CHAPTER HOSPITALITY KIOSK

*Sell products from Colorado while meeting therapists from all over the country*



*Go to  
<http://vols.pt/1fPFQo>  
today to sign up!*

### Room/Ride Share for AMTA Convention

Because of numerous inquiries about the potential for AMTA members to share rooms and/or rides for the National Convention in Denver, AMTA-CO member Bob McAtee has volunteered to set-up and administer a Facebook group where members can post their information to request a room share or organize a carpool. Here's a link to the group:

<https://www.facebook.com/groups/267663250088184/>

For liability reasons, AMTA does not organize room or ride shares, even though members are encouraged to carpool, etc. Therefore, this page is not sponsored by AMTA and is operated independent of AMTA.

The group is limited to AMTA members and the Administrator will screen all those requesting to join. The Administrator assumes no responsibility for arrangements made between those who post on the page and reasonable care and caution should be used when posting or responding to posts by others. See the instructions listed at the top of the Facebook page for more information on posting to the page.

AMTA members who do not use Facebook may e-mail their requests to Bob and he will try to put members in touch with each other. These e-mails should be titled "Convention room/ride share" and include whether you're offering or need a room or ride, anything that is important to your preferences, such as "non-smoker," the dates that you want to share, and for rides, where you're traveling from, and a contact phone number, e-mail to: Bob McAtee, [stretchman@stretchman.com](mailto:stretchman@stretchman.com) or call Bob @ 719-475-1172.



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# SEPTEMBER 17–20, 2014

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## Earn some money while attending the 2014 AMTA National Convention in Denver!!

We are looking for massage therapists to provide massages during Convention, September 17-20, 2014! Twelve therapists (10 table, 2 chair) are needed for each 2-4 hour shift (longer shifts available upon request). You will be paid \$0.50/minute for the massages given and checks will be mailed on Monday, September 29, 2014. Shifts will be scheduled around CEU courses you register for.

We will provide the massage tables and chairs, sheets and lotion. We will also do the scheduling of clients and collect payment. All you have to do is show up on time and do what you know how to do!

Professional dress is required: khaki, black or blue pants, closed toed shoes or sandals with socks, and a convention volunteer shirt (we will provide 1 shirt, you can buy more).

You do **NOT** have to sign up for the Convention to volunteer unless you want to take classes. However, if you purchase the "exhibit hall only 3-day pass," it will allow you to see and hear Dr. Oz at the Opening Session on Thursday morning and visit the exhibit hall where you will be introduced to the top massage therapy products and leaders in the profession.



### Massage Room Available Shifts:

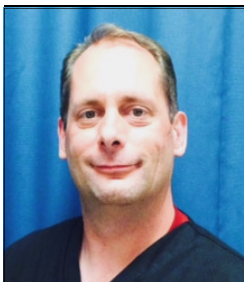
Wednesday, September 17	11:30am-4pm • 4pm-7:00pm
Thursday, September 18	10:30am-2pm • 1pm-4:30pm • 3:30pm-7:00pm
Friday, September 19	8:30am-12:30pm • 11:30am-4:00pm • 3pm-7:00pm
Saturday, September 20	8:30-noon • 11am-2:00pm

Parking downtown runs anywhere from \$7 and up for the day. We will provide a list of lower cost parking lots and we suggest carpooling. Remember you will **NOT** need your table in the massage room.

When you volunteer for 2 or more hours at the National Convention, you will receive 6 hours of FREE continuing education!! The free CEUs are only available at the Spring Education Event and Annual Chapter Meeting.

If you have any questions, please contact Shelly Herberholz at 719-205-7933.

***Go to <http://vols.pt/1fPFQo> today to sign up!***



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## 2nd VP / Membership, *Shane Sale, LMT, NCTMB*

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How many of you use technology in your business? I recently had a LMT come into my class to share with my students her success story. She talked about some ways she uses technology to help with booking appointments, staying in touch with her clients, etc. I can remember a time not too long ago where massage therapists were hesitant in using technology, like a website or online booking. Today, clients are on the go and the only way to reach them is via text or online.

I encourage you to explore some options to make it easier for you and your clients to do business with you. Did you know that as a member of AMTA you have access to a free website? Have you thought about taking credit cards? There is an app and a small device called Square that, for a small transaction fee, you can accept all major credit cards using your Smart phone. If you would like to know more or have questions, please don't hesitate to email ([shanesale@yahoo.com](mailto:shanesale@yahoo.com)) or call me (720-939-3585).

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## 2015 Colorado Chapter Elections – Call for Candidates!

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If you love the massage profession and would like to be more involved in your massage association, then NOW is the time! Not only do we have several opportunities to volunteer at the 2014 AMTA National Convention in Denver September 17-20, but we are also in need of quality volunteers to help run the AMTA Colorado Chapter.

Positions that are up for election April 2015 are:

1st Vice President / Communications Chair	(2 year term)
3rd Vice President / Government Relations Chair	(2 year term)
Treasurer	(2 year term)
3 Delegates	(2 year term)
5 Alternate Delegates	(1 year term)

Visit the Elections page of our website at [www.amtacolorado.org/elections](http://www.amtacolorado.org/elections) to view Position Descriptions, Candidate Requirements, and to download a Candidate Profile if you feel the time is right to give back to your professional association. Elections will occur during our Annual Meeting scheduled for April 11, 2015 at Pueblo Community College. Candidate profiles are due to the Colorado Chapter Office Administrator no later than April 6, 2015; however, it is preferred that Candidate profiles are submitted by December 31, 2014 to allow time for members to get to know our candidates.

### Awards – We'd love to honor you!

Each year our Chapter honors members and non-members for their efforts and volunteerism. If you know someone you would like to nominate or if you feel you are deserving of recognition, please let us know. Award nomination forms are available on our website at <http://www.amtacolorado.org/recaps-awards-and-opportunities>.

**Chapter Meritorious Award** honors and acknowledges diligent volunteerism done in an altruistic manner.

**Humanitarian Award** honors an AMTA member that represents the “heart” of massage in action.

**Special Recognition Award** honors an individual whose contributions to the profession of massage therapy have bridged the gap between AMTA and other associations and professions, promoted awareness of the profession of massage therapy, and enriched the lives of others.

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## Chapter Fee Change

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Beginning January 1, 2014, you have the choice to give an additional amount toward your chapter, at any time, in any amount, and as many times as you wish throughout the year. This means each member will have the choice to provide direct financial support to their chapter, rather than a chapter fee being a requirement of AMTA membership.

Your AMTA membership and support of your chapter help provide you with many free and low cost programs, communications and events. These benefits also help you sustain your practice and your profession.

**Your AMTA membership and support of the Colorado Chapter make this exceptional service possible.**

**AMTA-CO is your connection to communications.**

- Assistance from AMTA massage therapist volunteers only a phone call or email away. You can find us 24/7 on our chapter website ([www.amtacolorado.org](http://www.amtacolorado.org)).
- Up-to-date information on Colorado regulations and laws affecting you and your practice.
- Chapter newsletter three times a year and monthly eblasts.

**AMTA-CO is your connection to advocacy.**

- Member-elected massage therapists in your state who understand and represent your concerns.

**AMTA-CO is your connection to community.**

- Access to an existing network of ethical AMTA massage therapists who draw upon their wealth of experience in the profession to provide you with guidance and support.
- Reduced-cost continuing education in Colorado three times a year.
- Community Service and Sports Massage Team opportunities that can help build your skills and massage therapist network.

**AMTA-CO's New Chapter Contributions Fund**

When you support the Colorado chapter by adding a contribution at <http://www.amtamassage.org/chapters/contribute.html> to your membership renewal, or any time during the year, you become more than a participant in Colorado's vital massage therapy community — you invest in your community and in *your own future*.

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## Education, Shelly Herberholz, LMT

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Whew!! This year is flying right by. The next education event is the 2014 AMTA National Convention in Denver from September 17-20! There is great education and volunteer opportunities available – go to <http://vols.pt/1fPFQo> to see how you can be involved! As a thank you, if you volunteer 2 or more hours at the National Convention, you will receive 6 continuing education units **FREE** on April 11, 2015 at the 2015 AMTA-Colorado Spring Education Event!

Speaking of our spring event, I am proud to announce that the Pueblo Community College (PCC) will be hosting the 2015 Spring Education Event and Annual Meeting, April 10-12, 2015. The Board of Directors (BOD) meeting will be on Friday, April 10, from 4pm-7pm. Everything will be held at PCC on Saturday, April 11, from 9am-6pm and Sunday, April 12, from 9am-6pm. For the FREE CEUs, Nate Cuddihy-Garner will be presenting “Multidimensional Approaches to Upper Extremity Pain” on Saturday, and “Soft Tissue Approach to Rib Dysfunction” on Sunday (cost will be announced in the Spring 2015 newsletter).

I am planning a “Dine About” on Saturday night where the BOD will pair off and dine at different places in Pueblo. Then you, the members, can decide where you want to eat and join the BOD members.

I look forward to seeing everyone in Denver in September! I will be volunteering as the Team Lead at the Massage Therapy Room at the National Convention. Check out <http://vols.pt/1fPFQo> to volunteer -- or stop by and say “Hi”!



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## Community Service Massage Team

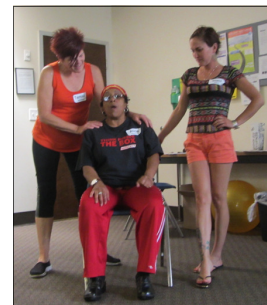
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Would you like to become more involved in your local community or even in other communities across Colorado?  
Then join us on the CSMT!

For those of you who are not familiar with the CSMT, we are a volunteer team with two divisions. The Emergency Response Division provides massage during disasters and emergencies for first and second responders. The Community Outreach Division provides massage at events to raise money for non-profits and other organizations.



To volunteer, you need to go through our basic training, which will then give you the option of being in either or both divisions. We held our fifth successful team training on Saturday, July 12<sup>th</sup> and send many thanks to Shane Sale for coordinating the use of Heritage College in Lakeside for our venue. We welcomed five new basic team members: Alicia Burrell-Fitch, Nikki Schmidt, Tamara Stevenson, Sherri Stites and Staci Stokes. Seven members completed the optional leader training in the afternoon (the 5 new members plus returning team members Amy Sonnanstine and Hailey Strampel). We may hold another training session later in the year after the National Convention, so watch your inbox and Facebook for updates!



**Emergency Response Division,** Val Webb ([valwebb@comcast.net](mailto:valwebb@comcast.net)) & Michelle Kinkead ([mimmiktravel@yahoo.com](mailto:mimmiktravel@yahoo.com))

We are happy to report that our division has still not been needed this year! It has been such a mild summer compared to the previous years, and we are hoping that will continue to be the trend for the remainder of 2014. In an effort to foster existing relationships we have built with various emergency agencies as well as to forge new ones, Michelle attended a workshop on Red Cross shelters on August 16<sup>th</sup> at the Boulder Rural Fire Protection District Station in Gunbarrel. We will also be touching base with COVOAD, one of the main agencies that would officially invite our team to go in and support first and second responders during times of disaster. We plan to make contact with several other agencies to make sure we are still fresh in their minds should an emergency situation arise in the coming months.

**Community Outreach Division,** Seumas Rhea ([seumas@saratogabodyshoppe.com](mailto:seumas@saratogabodyshoppe.com))

Firstly, I would like to take this opportunity to thank Val, Michelle, and the rest of our Board of Directors for selecting me as the new CSMT Community Outreach Division Director. I am very grateful for this additional opportunity to serve our Chapter and its members. I am very excited about our future as we continue to work together to increase the recognition and spread awareness of our AMTA brand throughout Colorado.

Secondly, I would like to extend my personal thanks to everyone that joined us for the CSMT training sessions last month. It was exciting, as well as inspiring, to see our colleagues come together and demonstrate their willingness to volunteer their time and efforts to such a worthwhile cause. I look forward to working with the new and existing members of the CSMT Community Outreach Division.

Thirdly, my plans for creating more awareness of the Community Outreach Division and its upcoming activities and events involves my working with the appropriate Board Members to help promote our Team on the Chapter's website. It is my hope that we will be able to create a greater presence of the CSMT on the site and streamline the navigation, making it easier to access all of the information regarding the Team, its members, upcoming events, recaps of past events, photos, etc.

In closing, I want to remind all of our Chapter Members that the CSMT Community Outreach Division represents the AMTA and all of our members. Therefore, I would love to hear from you on any suggestions you may have for possible events that the Community Outreach Division could engage with and support. Feel free to email me the details you have on any possible engagements. I hope to hear from you soon!

Let us know if you have any questions and  
thank you for your support in making a difference in our Colorado communities!



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

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The sports massage team has been busy this summer! On July 27<sup>th</sup>, four therapists provided massage at the Rocky Mountain State Games for the track and field events in Palmer Lake. We worked on athletes ranging from 6 to 80 years old, and educated athletes, coaches and parents on the benefits of massage and how it helps before, during and after events.

On August 2<sup>nd</sup>, seven therapists provided massage at the Copper Triangle bicycle event in Copper Mountain. The therapists were able to provide massage to 48 people for a total of 20 hours of massage!

On August 16<sup>th</sup>, we were able to work with the Tour de Cure in Longmont and help support their riders. The Tour de Cure is another cycling event that helps raise money for the American Diabetes Association.

So far this year we have doubled our events and been able to increase our volunteering with the team. If you are interested in joining the team or would like more information on what we do, contact Jessica Narkevitz at 719-569-5876.



To be a member of the ESMT this year, you will need the following:

- Sports Massage calibration/class (req. every 2 years)
- Certificate/diploma from school stating 500 or more hours of training
- Transcript stating 16 hours of sports massage training
- Liability insurance certificate (AMTA)

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## ADVERTISEMENT

 <p><b>Fibromyalgia</b> <b>Scarring</b> <b>Surgical Trauma</b> <b>Allergies</b> <b>Soft-tissue Injuries</b> <b>Constipation</b> <b>Sinus Congestion</b> <b>Arthritis</b> <b>Stress Reduction</b> <b>Migraines</b> <b>Multiple Sclerosis</b> <b>Tinnitus</b> <b>Lymphedema</b> <b>Whiplash</b></p>	<p><b>Maximum client benefit with less effort.</b></p> <h1>Manual Lymph Drainage (MLD)</h1> <p>Manual Lymph Drainage (MLD) works with the lymphatic system rather than the muscular system so it requires less pressure. This technique provides huge benefits for numerous conditions by reducing associated swelling (edema), removing toxins, and improving oxygen and nutrient uptake at the cellular level. MLD benefits the immune system, expedites healing, calms the nervous system and is valuable for overall well-being. MLD can be used by itself or as an adjunct to your other techniques.</p> <p><b>Get certified with Klose Training.</b></p> <p>Yes, there are shorter MLD courses out there, but to be fully qualified, there is no short-cutting. Our 5½-day course is packed with critical information along with sufficient time to practice your strokes under the guidance of your supportive, highly-skilled and knowledgeable instructor.</p> <p><b>Boulder, CO November 3-8, 2014</b></p> <p><a href="http://klosetraining.com/MLD">klosetraining.com/MLD</a> · <a href="mailto:mld@klosetraining.com">mld@klosetraining.com</a> · 303-245-0333</p>
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## AMTA Colorado Chapter

**Hailey Strampel, COA**

110 Clay St.  
Denver, CO 80219



To advertise in The Massage Therapist, newsletter of the  
AMTA Colorado Chapter, please refer to the website  
([www.amtacolorado.org](http://www.amtacolorado.org))  
or call Hailey Strampel @ 970-208-1610.

[www.AMTAColorado.org](http://www.AMTAColorado.org)  
<http://www.facebook.com/AMTAColorado>

We send electronic newsletters  
(3x/yr) to minimize cost. If  
you require a printed copy,  
please contact Hailey.

## 2014 & 2015 CALENDAR

### 2014

**September 17—20**

October 19—25

**AMTA National Convention—Denver!!**

National Massage Therapy Awareness Week (NMTAW)

### 2015

January 31

April 6

April 11

April 11—12

CO RMT (registration) expires — *renewals must be done online*

Chapter Election Nominations Close

Annual Chapter Meeting & Election

Spring Education - Pueblo

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