



amta
american **massage therapy** association®

New Mexico Newsletter
June 2015
www.amta-nm.org
Chapter Phone (505) 503-4600



Our mission is to support members in developing the art, science, and practice of massage therapy in a caring professional and ethical manner in order to promote the health and welfare of humanity.



President's Message:

Warm-weather greetings to our wonderful members! I hope you've been full in your practice and full in your personal life - doing the things you love. As I get older I hold tight to those activities and people that fulfill me. And this profession does the same - I cannot think of a better career for flexibility and satisfaction. But as with anything, there are challenges - what are yours? We'd love to hear how the AMTA can help - whether it is with resources, mentoring, or . . . (cont'd on pg. 2)

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Your Chapter's Board of Directors:

President: Amy C. Zampella president@amta-nm.org

1st Vice President: JoAnna Dunn 1vp@amta-nm.org

2nd Vice President: Donald F Schiff 2vp@amta-nm.org

3rd Vice President: BreAnne Garcia-McClellan
3vp@amta-nm.org

Secretary: Dee Dee Anders secretary@amta-nm.org

Treasurer: Patricia Brown-Katz treasurer@amta-nm.org

Elected House of Delegates Representatives:

Dee Dee Anders and Christine "Cat" Tally - Delegates
Carolyn Riggs and Jerron Roberts - Alternates

Upcoming Events

July 16-19: Ruidoso, 58th Annual New Mexico Academy of Family Physicians Conference

2nd Monday of every Other month: ABQ, Downtown Coffee Meet-up

3rd Friday of every Other month: ABQ, NE Coffee Meet-up

2nd Wednesday of Every month: Roswell, Coffee Meet-up

August 16-19: Pittsburgh, PA: AMTA National Convention (Early Bird Rates until June 22nd)

October 25-31: National Massage Therapy Awareness Week

President's Message (cont'd from page 1)

... education. JoAnna Dunn, 1st VP and Communications Committee Chair, is hard at work on our new website (hosted by National) that will hopefully provide more information to tackle your challenges. BreAnne Garcia-McClellan, 3rd VP and Membership Chair, is developing a local mentoring program.

It was very fulfilling to see our Annual Conference thrive. What a great turnout in Albuquerque this past March! Thank you to everyone who participated, especially those who traveled 3 to 4 hours. For those who attended the annual meeting and participated in some spirited debate about on-line elections - thank you. We will continue to elect the Board in-person as voted by the membership. At the Annual meeting, we elected a great new board of directors. I am so excited about these amazing volunteers. Thank you for your willingness to lead the chapter and support our members.

Our strategic planning session in April was fun and productive. Some of our goals for this year include: sponsoring a CEU class in the southern part of the state, financial stability for the chapter (through investments at the National level), launching an action plan to get state insurance reimbursement for massage, organizing more social events for members, and developing a campaign to educate the public on illegal massage establishments.

As in the past, our goals include promoting our members by forging alliances with health care practitioners around the state, giving back to the community, and putting our members in front of potential clients.

Speaking of resources, have you viewed any of the great new resources AMTA National has launched to support your practice? AMTA has a YouTube channel with new Tutorials! Look for these quick bites of free education at the following site and scroll down to AMTA Tutorials: <https://www.youtube.com/user/amtamassage/>. To refresh your practice, click here for some good tips:

<https://www.amtamassage.org/articles/1/News/detail/3187/>. Don't forget you can also take advantage of your AMTA benefits by learning either on-line or in-person at the 2015 AMTA National Convention to be held in Pittsburgh (see *page 10 in this newsletter for details*).

We invite you to get involved with your AMTA chapter this year. Great friendships are made through volunteering and tackling projects together. -- Amy C. Zampella, President

AMTA Government Relations Report

Governor Martinez signed the Sunset Extension bill, SB 318, which passed the Legislature with 2 dissenting votes. The existence of the NM Massage Board is ensured for another six years, when it will have to be extended again. Many thanks to all who wrote to their legislators and performed massage for the Legislators at the end of the session.

The GR Committee is forming working groups to act on two issues: combating the illegal Asian massage parlors, and health insurance reimbursement for LMTs. If you are interested in working on either of these issues, please call GR Chair Don Schiff at (505) 280-4195.

-- Donald F. Schiff, AMTA-NM 2VP and
Government Relations Chair

AMTA-NM WELCOMES NEW BOARD OF DIRECTORS

The Chapter voted in a new board at the March 28th Annual Meeting. Thank you to all the members who participated in the election process - we appreciated having you there. We are very excited to have this dynamic group of volunteers leading the chapter!

Congratulations to the elected members:

1st Vice President: JoAnna Dunn

3rd Vice President: BreAnne Garcia-McClellan

Secretary: Dee Dee Anders

Treasurer: Patricia Brown-Katz

Elected House of Delegates Representatives:

Delegate: Cat Tally

1st Alternate: Carolyn Riggs

2nd Alternate: Jerron Roberts

The following members continue to serve the second year of their 2-year term:

President: Amy C. Zampella

2nd Vice President: Donald F. Schiff

Delegate: Dee Dee Anders

A special thank you goes to member Felicia Harvey for filling the position of Commissioner on Candidacy for these elections.



Back Row (left to right): JoAnna Dunn, Donald Schiff, and Cat Tally

Front Row (left to right): Patricia Brown-Katz, BreAnne Garcia-McClellan, Dee Dee Anders, and Amy Zampella



**Network with and Learn from your Colleagues!
Attend a Coffee Meet-up...**

Coffee Meet-ups are a great way to connect with your fellow AMTA members. There's no specific agenda. Come to network, exchange ideas, ask questions about AMTA, and build your massage therapy community in New Mexico. Invite your friends, potential AMTA members or massage students. Topics of conversation range from how to bill personal injury cases, how to deal with difficult clients, tips on specific techniques, or how to market your practice.

Specific locations and times for the following Meet-ups:

Albuquerque Downtown Coffee Meet-up: St. Martin's Coffee Shop, 700 2nd St. NW in Downtown/Southeast corner of 2nd and Lomas. 8:30 a.m. 2nd Monday of Every Other month. Contact Amy Zampella at (505) 280-8589 for more information.

ABQ NE Coffee Meet-up: The Daily Grind, 4630 Cutler Ave. 10:00 a.m. Friday of Every Other month. Contact Amy Zampella at (505) 280-8589 for more information.

Roswell Coffee Meet-up: Stellars Coffee Company, 315 N. Main St. 8:00 a.m. 2nd Wednesday of Every month. Contact Felicia Harvey at (575) 626-4941 for more information.

Interested in starting a Coffee Meet-up in your community? Contact BreAnne Garcia-McLellan at bgmcclellan@gmail.com for more information.



A warm hello from Christine Thompson, your NM-AMTA Chapter Newsletter Editor! Please be sure to read the two essays written by chapter members in this issue: one concerning scammers and the other involving a heartfelt personal experience. As you can see, I am always open to new ideas. Wish to discuss an idea, please contact me at cassidor.chris@gmail.com



Chicago National Board Meeting - March 2015

by Amy Zampella

As your chapter president, I stay abreast of exciting news and policy changes in the organization at the National level by attending meetings outside the state. These trips offer an opportunity to connect with other chapter presidents and learn about best practices so we don't have to reinvent the wheel here in New Mexico.

AMTA pinned its new President, Jeff Smoot, at the March 7th Board Meeting in Chicago. Jeff announced two "campaign pillars" for the coming year to focus on - cancer and sports. To that effect AMTA has partnered with para-cycling team, Team Roger C. Peace, to not only sponsor them, but also fund the gathering of data on the impact of massage therapy on the conditioning and performance of these professional athletes. The opening and closing keynotes at the Pittsburgh National Convention in August will focus on cancer - stories from survivors and how massage therapy can have a positive impact. Jeff is also committed to our continued relationship with the Academy of Family Physicians as he feels it will open up future opportunities for our profession. Many of the continuing education courses at the Convention will support working with the populations of those living with cancer, athletes, and the physicians/hospital environment.

The National Board discussed the recommendations passed at the 2014 House of Delegates meeting in Denver, CO:

- The SC Chapter recommended that National fun delegates attend the National Convention. This recommendation was researched and not funded by National.
 - The CA chapter recommended that each chapter determine the amount of its Chapter Fee and how to request/acquire said Chapter Fee via mandatory assessment, opt-out contribution, opt-in contribution, or as unnecessary. The National Board did not approve this motion because these concepts and others are already scheduled to be discussed as part of AMTA's annual business review in June.
 - The Governance Standing Committee (GSC) investigated requiring Delegates to take a Basics of Research Literacy Course. The GSC reported that tracking and monitoring compliance would increase staff workload as well as volunteer time . . .
- (cont'd on page 6)

Chicago Nat'l Board Mtg *(cont'd from page 5)*

and resources. There would be a potential negative impact to a delegate's ability to be seated if they have not completed the course. The Chapter Relations Committee Chair and HOD Moderator were consulted regarding the potential impact on delegate elections and the relevance of existing courses to delegates' responsibilities. There was nothing conclusive indicating that requiring a research literacy course would improve delegate effectiveness in the HOD. The history of the HOD passing position statements without ample discussion of the research efficacy does not indicate limitations in their understanding. The board agreed to *not* require that delegates take a Basics of Research Literacy Course or document completion of a class equal to or better. Delegates will be encouraged to take a research literacy class on their own.

Chapter presidents also attended a "dine-around" in downtown Chicago, an opportunity to share a meal with several national board members. They were eager to share and open to feedback from the chapters. I am excited that the new board will take our association and profession to the next level.



"Stretching To New Heights – You and AMTA-NM" Conference Wrap-up

by *Dee Dee Anders*

On the last weekend of March over 80 massage therapists gathered at the Albuquerque Marriott for the 2015 AMTA-NM Annual Conference, Stretching to New Heights: You and AMTA-NM. The three-day event offered up to 17 continuing education credits and featured national educator Susan Salvo and local educator and former AMTA-NM President, David Lang. (See PHOTO GALLERY PAGE)

At the Friday evening Opening Reception, the official kick-off of the conference, therapists had the chance to catch up with colleagues they met at conferences in previous years. Throughout the weekend participants networked with one another, sharing ideas, getting great tips and creating personal and professional goals for the future. Susan Salvo fostered sharing ideas that work in her Ethics and Business & Marketing classes. On Sunday David Lang put our bodies in motion as we learned Active Isolated Stretching exercises. David generously made a helpful video for conference participant demonstrating many of the exercises taught in class. You can find this video on the AMTA-NM website along with some handouts from Susan's classes: http://www.amta-nm.org/2015_Conference.html. One of the main . . .

(cont'd on page 7)

Conference Wrap-up *(cont'd from page 6)*

purposes of AMTA-NM annual conference is the election of new AMTA-NM Board members, Delegates and Alternates as well as vote on policies of the organization. Our Business Meeting, Saturday morning, held some excitement this year as we had a contested election for several positions as members were nominated from the floor. Newly elected Officers are: 1st Vice President- Joanna Dunn; 3rd Vice President- BreAnne Garcia McClellan; Secretary – Dee Dee Anders; Treasurer – Trish Brown-Katz. Newly-elected Delegate to House of Delegates- Cat Tally; and Alternate Delegates- Carolyn Riggs and Jerron Roberts. Congratulations to all the newly elected chapter representatives and thank you to everyone who volunteered to run.

Additionally, members had an energetic and healthy discussion of the proposed Standing Rule to have chapter elections held electronically. Debate was extended so the body had sufficient time to hear both sides of the issue. The proposal to hold chapter elections electronically failed. AMTA-NM will continue to hold chapter elections each year at our Annual Conference.

AMTA-NM would like to extend a heart-felt thank you to volunteers who worked on the Conference Organizing Committee: Catherine Joy, Joyce Gilbert, Cassie Christensen and Amy Zampella. We'd also like to thank the numerous volunteers who helped out on tasks throughout the year and/or volunteered time during the conference weekend. Without them our Annual Conference would not be a success!

Thank-you to the following businesses, companies, and individuals for their generous donations to the AMTA-NM Annual Conference:



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Amazing Pain-Less, LLC: www.amazingpain-less.com



AromaLand: <https://www.aromalandwholesale.com/>

Thank You List
(cont'd on page 8)

AMTA-NM Conference Thank You List (cont'd from page 7)



Banyon Botanicals: www.banyonbotanicals.com



BEMER Physical Vascular Therapy

www.bemeramerica.com/



Biotone: www.biotone.com



Books of Discovery: www.booksofdiscovery.com

Cryoderm: www.cryoderm.com

Dahn Yoga & Health Centers: www.dahnyoga.com



Por Vida Therapeutics: www.porvidatherapeutics.com

Primal Pictures: <https://www.primalpictures.com/>



QiTouch, LLC

www.QiTouch.net



Sweetwater Herbs

www.zianet.com/sweetwater/

Thank You List (cont'd on page 9)

AMTA-NM Conference Thank You List *(cont'd from page 8)*



STARwrap: <https://thestarwrap.blogspot.com/>



Sombra Professional Therapy Products: <https://www.sombrausa.com/>

StrongLite: <https://www.stronglite.com/>



TAPING Workshops, LLC: www.tapingworkshops.com



White Cloud Institute: www.whitecloudinstitute.com



YogaCrossroads: www.yogacrossroads.com

Albuquerque Marriott, 2101 Louisiana Blvd NE, Albuquerque, NM, 87110
(505) 881-6800

Susan Salvo and David Lang
Amy C. Zampella, AMTA-NM Member
Gosia Allison-Kosior, AMTA-NM Member



Together AMTA in Pittsburgh

by Amy Zampella

Even though I've already registered, I am always excited to receive the National Convention brochure with my Massage Therapy Journal magazine. Something about the physical booklet with all the great color photos jazzes me. The theme this year, "Together AMTA," says it all - come together with your peers from around the country and learn - there's no better place to get reinvigorated about your career. The convention takes place August 19-22, with options for additional pre-convention education. There is also a Student Day (for only \$25) and a Teachers Day specifically for educators. The Early Bird rate ends June 22nd; it's so easy to register online here - <https://www.amtamassage.org/education/AMTA-2015-National-Convention/Continuing-Education.html/>

The cost is the same as previous years - just \$395 for 18 top quality CEUs, dinner dance ticket, and a fantastic exhibit hall. I'm amazed at the connections I've made at these conferences. Not only do you learn new techniques in the CEU classes, you can learn about great new products at the exhibit hall. Then, there's time for picking the brains of all your colleagues at the social events and during sharing of meals. It's also a chance to visit a beautiful city (with water and green trees!). Looks like I'll be taking advantage of the bike paths along the river and the oldest continuous operating funicular in the USA, the Monongahela Incline. Your board of directors will be there taking some leadership training, and engaging in the House of Delegates debates.

We hope that some of you will join us in the fun!

(Stay tuned for a chapter get-together for those who will be in attendance).

A note from your Secretary, Dee Dee Anders

Three Recommendations (no Position Statements have been announced yet) will be presented at the House of Delegates for consideration. They include the Indiana recommendation on Human Trafficking, Wisconsin's Online CE and Media Education recommendations. <https://www.amtamassage.org/chapters/House-of-Delegates.html>

Annually, AMTA members have the opportunity to develop recommendations on AMTA bylaws or policy. Recommendations, if passed at HOD, go to the National Board of Directors for further action. As a chapter we will have the chance to discuss these at upcoming board meetings and coffee meet-ups. Please feel free to share these with other AMTA members and share your feedback with me at secretary@amta-nm.org.

Got an HCFSA? Get Massage!

Health Care Flexible Spending Account's (HCFSA's) are a great way to help your clients save money and get more massage. HCFSA is a special account (set up by your employer) that you contribute pre-tax money - up to \$2500 for 2015. You can use the money for certain out-of-pocket health care costs, including massage therapy.

Many FSA programs now distribute cards that are processed like credit cards. Massage therapists who have a National Provider Identifier (NPI) number can process massage therapy fees just like a credit card. On occasion HCFSA benefit administrators will require additional information from the claimant. Be sure to keep clear records in case a client asks you for a more detailed receipt than the credit card processing transaction. For clients who are not provided a debit card they can simply submit a receipt, in accordance to their Plan's guidelines, which often must include: date(s) of service, claimant's name or the name of the dependent who received the service, type of service provided, amount, and name and address of provider.

HCFSA's cannot be used for the purchase of products, spa services (body wraps, etc) or gratuities. Share this information with your clients as many HCFSA participants do not know their HCFSA can be used for massage therapy. For more information click: <https://www.healthcare.gov/flexible-spending-accounts/>. --Dee Dee Anders

AMTA is Taking Action for Health Insurance Reimbursement

Exciting news from your Government Relations Committee! Those of you who attended our Annual Conference this past March heard about our petition campaign to support massage reimbursement. This is the first step in a long process, perhaps 2 years, to have massage therapy covered under NM state health insurance plans. Your Government Relations Committee, led by chair Donald Schiff and past president David Lang, are passionate about this cause and are working on an action plan. Our goal is to submit 100,000 signatures to the State Insurance Commissioner by the end of November 2015. The more signatures we gather, the stronger our voice will be. Download a petition here: https://www.amta-nm.org/Regulation_Licensing.html/ Return the petitions to Donald Schiff: donschiff@swcp.com or Fax to (505) 262-4185.

We are researching specific legislation that will require massage coverage, likely under the Affordable Care Act and will be talking to AMTA chapter leaders in Washington and Oregon, where they currently have universal massage therapy reimbursement. The plan is to apply for a grant from AMTA National to assist the chapter in hiring a lobbyist. We hope to have a proposed bill in place for the 2017 legislative session in Santa Fe. We know not all members are interested in billing insurance; however, we could benefit from being able to receive massage for our own medical conditions. Gaining acceptance in the mainstream medical model is the future of our profession. For those members who wish to accept health insurance, this can open to a larger pool of massage clients. As we continue this journey, we hope you'll join us in gaining support and fighting for our cause state-wide. --Amy C. Zampella and Donald Schiff

Scammers Target Massage Therapists

Essay by *Patricia Katz*

Many of us may have been contacted by the benevolent boss who wants to do something nice for the staff by giving everyone (usually 5 – 15 employees) a massage. As the therapist, you are told the clients will be delivered to your location by a hired driver. Any offer to perform treatments onsite at their location is immediately rejected and negotiation attempts around creative problem solving instantly shut down. (Their driver has to be involved; he is an integral part of the scam.) Since the driver does not have credit card capabilities, he accepts only cash. You are asked to run the credit card through your business with the driver's fare + tip added to the total charge of fees + tips (and "give yourself a little extra for doing the favor"). You are then instructed to go to the bank to cash out the driver's share and hand it over. The credit card they gave you is a stolen one. The legitimate card holder has no idea they are now the victim of identity theft and/or credit card fraud.

Law Enforcement authorities tell us that identity theft is usually a crime committed to facilitate or camouflage another crime such as fraud. Advancements in technology continue to drive emerging trends related to fraud and identity theft. A considerable portion of this type of electronic theft appears to be attributable to organized groups, many of them based abroad, who pursue both the intrusions, as well as the subsequent exploitation of the stolen data in a dedicated and ongoing manner. Stolen credit card data is often trafficked in units that include more than just the card number and expiration date. So-called "full-info cards" include such additional information as complete name and address of the cardholder, mother's maiden name, date of birth and Social Security number, online access information for the credit card account, PIN and other personal information that allows additional criminal exploitation of the illicit access to the account.

Another avenue for theft is through email messages. Due to a number of aggravating circumstances -- the use of false names, addresses, stolen/cloned/prepaid cell phones and remote email addresses -- verifying the location of and subsequent prosecution of these persons or groups is difficult. The act of sending an email soliciting your assistance in a financial transaction is not a crime in itself. These requests are typically sent through public servers via a generic email message. The sender is depending on you to reply to their email message. Once you reply, they will often continue to email you in an attempt to harass or intimidate you. If you receive an unsolicited email of this nature, the best course is to delete the message.

According to Rich Ferretti, US Secret Service Resident Agent in Charge, Albuquerque Office, the Secret Service actively participates in partnerships and identity theft task forces to assist in the national effort to safeguard personal and financial information.

Remember: if you receive an email asking for assistance in a financial transaction, do not respond. Delete it.



EMS Region III Conference Wrap-up

Ruidoso, NM

by Rick Wiles

We had a great event this May! The Region generously gave us 2 booths for the price of one. Over \$1000 in donations were raised. Several volunteers helped set up on Thursday. Friday was a busy day with 41 massages ranging from 5 to 20 minutes each. Saturday was close behind with 39 massages. Sunday morning we performed fewer massages and closed by noon. The firefighters, EMTs, and EMS instructors loved having us there and it was a great opportunity to educate them on the benefits of massage therapy. A big thank you goes to our volunteers, 7 of which were students (see below). A special thank you goes to Tresa who helped to haul the trailer as well as load and unload it. I also want to thank Amy and the NM Chapter Board for supporting this event!

Student Therapists

Mary Castillo
Adriana Garcia
Vernardo Romero
Nicole Gregory
Renee Roach
Faith Rodriguez
Ashley Watkins

Massage Therapists

Felicia Harvey
Tracy Terry
Tresa James
Rick Wiles





Come to Ruidoso for the Family Physicians Conference

by Amy Zampella

AMTA-NM chapter will represent the massage profession and its members at the 58th annual New Mexico Academy of Family Physicians (NMAFP) Conference at the Ruidoso Convention Center July 16th through July 19th. Members of your chapter will attend this event to network with physicians as they have for many years. We'll be discussing the importance of massage therapy as part of patient treatment and presenting the latest research.

Physicians from around the state come to receive CEUs and hear the latest in medical standards of care. We will be providing samples of chair and table massage to the conference attendees, so they can get a taste of the benefits of massage. The focus of this event is on education. The physicians often inquire where they can find a good therapist in their town - we will be there to direct them to our AMTA members! We will be promoting the AMTA's Find a Massage Therapist locator service and handing out the website address. This is an important event to give validity to our work in the eyes of the mainstream healthcare disciplines. If you are within driving distance of Ruidoso, come join us. We cannot participate in these events without great volunteers!

NMAFP Event Hours:

Thursday July 16 - 8:00 am to 4:00 pm (setup 7-8)

Friday July 17 - 7:00 am to 4:00 pm

Saturday July 18 - 7:00 am to 12:30 am

Sunday July 19 - 7:00 am to 11 am (breakdown 11-12)

Click here for a link to the conference brochure:

https://familydoctormn.org/documents/brochures/currect_brochure.pdf/

Dress is business professional: slacks/skirt, shirt/blouse. Breakfast and lunch are provided by the NMAFP.

If you plan to attend: Email Amy Zampella: president@amta-nm.org or call the chapter phone at 505-503-4600.



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CranioSacral Therapy 1 (CS1)

Austin, TX	Aug 13-16, 2015
Albuquerque, NM	Sep 17-20, 2015
Dallas/Ft Worth, TX	Nov 12-15, 2015
Tucson, AZ	Dec 3-6, 2015

CranioSacral Therapy 2 (CS2)

Austin, TX	Aug 13-16, 2015
Denver, CO	Sep 10-13, 2015

SomatoEmotional Release 1 (SER1)

Denver, CO	Sep 10-13, 2015
Dallas/Ft Worth, TX	Nov 12-15, 2015
Tucson, AZ	Dec 3-6, 2015

Adv 1 CranioSacral Therapy (ADV1)

Colorado Spgs, CO	Jul 27-31, 2015
Truth or Consequences, NM	Sep 16-20, 2015

Additional dates and locations at Upledger.com

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The Gift of Touch: My Experience with Hospice Massage

Personal Essay by *BreAnne Garcia-McClellan*

Several times throughout my career I have been called upon by friends to perform massage on their loved one who was at or nearing the end of their life. I have always been honored when asked to provide comfort to a person in transition from this life. Each time it has revived and renewed my passion for my career, the service we provide and ultimately the amazing power of touch.

Since beginning my career I have been committed to offering Hospice, or what I call Comfort Massage. As a massage student I remember the moment in class when I learned that this was even an option for me in my new career. I thought to myself that is one of the reasons I am doing this. Having had the opportunity on two occasions in my life to see the profound service that is provided by Hospice, first with my grandmother and more in depth with my mother-in-law, I could see the benefits of providing massage to those at the end of their life regardless of reason. Of course none of this prepared me for this spring when my Uncle began nearing the end of his life. This time no one had to ask me to attend to him, it was simply my privilege, my gift to him and my family. I had no idea the profound effect it would have on me.

(cont'd on page 16)

The Gift of Touch *(cont'd from page 15)*

On a Tuesday in March I walked into my aunt and uncle's house to visit my Uncle, he had had a rough day, not uncommon for someone nearing the end of their life. This day however had been bad enough that his Hospice nurse and my family had made the difficult decision to move him from his home to the Hospice center. The nurse felt they could manage his condition and comfort more effectively there. When I arrived he was sedated, he had been so restless and uncomfortable that there had been no other choice. I saw the pain that this caused reflected on the faces of my family. They wanted him to be more awake, to be able to talk to him, to be able to hear anything he might have to say in these final precious days. I knew then that I could help. I knew that massage could help bring him comfort as much as any medication and provide my family with those final moments they deserved.

The next morning I arrived at the Hospice center and found that again my Uncle had required some sedation, thankfully much less than the day before and was mostly for comfort. I spoke to his nurse and doctor to get permission to perform massage on him. The doctor happily agreed. I spent the next two days watching the power of touch at work. As he would begin to get a little restless I performed short massages, primarily compression and some light effleurage. I watched as he would calm. He required very little sedation, only at night and early morning for comfort and it was very mild. I watched as my family got those last few alert moments, the last few words with him. I was privileged to even have him tell me "Hello BreAnne" when he stirred as I was massaging him. Not only did I provide him with the comfort of massage, but as we gathered around him I was able to use my skill, my gift to comfort my family. To our great sadness he passed away that Friday.

After he passed away I realized the effect that attending to him in his last days had had on me. I am convinced now more than ever what a gift and a privilege it is to be a Massage Therapist. I am certain that we are more than mechanics or "fluff and buffers." We hold tremendous power in our hands. I saw in action the amazing power of touch. Touch has the power to comfort, to calm and to ease pain and suffering. For my family touch had the power to give those last words, last moments, last gazes into the eyes of a man we all loved and will forever miss.

Hospice massage cannot provide a cure or prolong a life; it is not going to change the ultimate outcome. What it does provide is comfort for both the family and the person in transition. It can add quality to the time left, opportunity for those last conversations, the last looks into eyes that too soon will forever close, and the last embraces. It is a final gift, one I was honored to be able to give.

"It is only with the heart that one can see rightly. What is essential is invisible to the eye." –Antoine de Saint-Exupéry

New & Transfer Members & Milestone Anniversaries February – May 2015

New Members

Name	Join Date
Caroline Baker	February 2015
Amanda Beal	
Terri Cannizzio	
Lorene Cohen	
Rachel Erwin	
Ruby Garcia	
Racheal Green	
Yvonne Guardian	
Catherine Martinez	
Bonnie McNairn	
Lindsay Meade	
LaSha Miller	
Gabriela Reza	
Chelsea Russell	
Rosa Schultz	
Andrea Sedillo	
Jennifer Selph	
Joseph Serna	
Debi Statler	
Anna R. Trujillo	
Socorro Zubia	
Constance Dawson	March 2015
Kelly Dekker	
Dixie Parker	
Christopher Pease	
Carla Serna	
Shawna Tucker	
Kristin White	
Omar R. Blanco	April 2015
Beckie K. Nicoson	
Dawn Sommerville	
Karla Sotelo	
Misty Uzueta	
Mirakhel Windsong	
Jessie Zirwas	
Adonnis Lozano	May 2015
Amy Lujan	
Christopher Mills	(cont'd on page 18)

New Members (cont'd)	May 2015
Brandie Mitchell	
Lorraine Slade	
Arlene Storie	

Transfer Members

Name	Join Date
Deborah Ann Baca	April 2015
Austin Gabrielse	
Perry A. Hawn	
Sharon Ann Henderson	
Morgan Hewitt	
Yolanda Muszalski	
Aurora Garcia-Weir	May 2015

Milestone Anniversaries

5 Years

Name	Anniversary Date
Melyssa Boatenhamer	March 2015
Sabina Carlen	May 2015
Tara Castle	May 2015
Grant Good	March 2015
Amber L. Green	March 2015
Mary Kay Herrington	April 2015
Catherine C. Joy	May 2015
C.J. Robison	February 2015
Herron Joe Russey	April 2015
Valerie Walton	February 2015

10 Years

Name	Anniversary Date
Natsuko Nakano	March 2015
Elizabeth C. Mitchel	February 2015
Nancy Meyers	May 2015

15 Years

Name	Anniversary Date
Jane T. Melton	May 2015

25 Years

Name	Anniversary Date
Caron Caraway	March 2015
Cameron Clare	April 2015
Priscilla H. Portillo	May 2015
Daniel Reiher	April 2015
Sabina A. Schulze-Steele	April 2015



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“Stretching to New Heights:” AMTA-NM Annual Conference 2015

PHOTO GALLERY



Susan Salvo teaches! (Oh, did she ever!)



David Lang teaches AIS



Virginia Barrow and Amy Zampella



David Lang, Charles Brown, and Susan Salvo



Conference Attendees Sharing thoughts and ideas



Conference Group Photo taken on the final day!!!

There were too many photos to share in the newsletter. This is but a sampling.
Check our website AMTA-NM.org and Facebook page for more pictures.





AMTA-NM Newsletter
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