

Washington *Massage Journal*

A Publication of the American Massage Therapy Association – Washington Chapter

**What Lies Ahead
for AMTA-WA?**



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Seattle, WA Class Schedule

Muscle-Specific Deep Tissue Techniques for the Back
Aug 10 | Brian Utting | 4.5 hours

Injury Treatment: Neck
Aug 13 | Pat O'Rourke | 8 hours

Bindegewebsmassage: Connective Tissue Massage
Aug 20 | Brian Utting | 7 hours

**Resetting the Body after Trauma: Reshaping
Movement in the Spine and Extremities**
Aug 20 | Joe Rodin | 8 hours

Abdominal Palpation & Treatment: Fascial Architecture
Aug 21 | Marty Ryan | 6 hours

**Fancy Leg and Foot Work – Lower Extremities: The
Eclectic Bodyworker Approach**
Aug 21 | Bromley/Foster | 8 hours

Table Thai & More
Aug 21 | Kay Rynerson | 8 hours

Advanced Whiplash Treatment
Aug 27 | Don Soran, DC | 8 hours

Muscle Energy Techniques for Injuries
Aug 27-28 | Marty Morales | 16 hours

Abdominal Palpation & Treatment: Pelvis I
Sep 10 | Marty Ryan | 6 hours

Abdominal Palpation & Treatment: Pelvis II
Sep 11 | Marty Ryan | 6 hours

Polarity Therapy Revitalizing Energy Session
Sep 17-18 | Kate Bromley | 16 hours

Thumbs-Free Massage
Sep 17-18 | Kay Rynerson | 16 hours

**Muscle-Specific Deep Tissue Techniques for the
Iliopsoas, Diaphragm & QL**
Sep 21 | Brian Utting | 4.5 hours

Ethics for Washington LMPs
(satisfies NCBTMB & WA's ethics)
Sep 24 | Rynerson/Schmidt | 4 hours

Event Sports Massage
Sep 24 | Robert McAtee | 8 hours

**Addressing Upper Extremity Nerve Entrapment
Syndromes**
Sep 25 | Robert McAtee | 8 hours

Myofascial Balancing: Balance in the Spine & Ribcage
Sep 24-25 | Polishuk/Christman | 16 hours

Cranio-Sacral Introductory Workshop
Sep 29-2 | Ursula Popp | 28 hours

**Introduction to Trager: The Art of Dissolving Tension
Patterns**
Oct 1 | Joe Rodin | 8 hours

The Neuroendocrine System, Stress, and Massage
Oct 1 | Brian Utting | 8 hours

Abdominal Palpation & Treatment: Upper Abdomen
Oct 8 | Marty Ryan | 6 hours

Polarity Therapy Structural Session
Oct 15-16 | Kate Bromley | 16 hours

Essential Breathwork Weekend
Oct 15-16 | Karen Clay | 14 hours

**The next Cranio-Sacral Core Series starts
February 15, 2017.**

**Join the Associate Polarity Practitioner (APP) program,
enrollment can begin with any Polarity Therapy class.**

Post Falls, ID Class Schedule

**Muscle-Specific Deep Tissue Techniques for the
Torso (Iliopsoas, Diaphragm, QL and Paraspinals)**
Sep 24 | Brian Utting | 8 hours

Introduction to Visceral and Abdominal Massage
Sep 25 | Brian Utting | 8 hours

**Myofascial Balancing: Balance in the Pelvis, Sacrum
and Low Back**
October 8-9 | Polishuk/Christman | 16 hours

Fingertip to Elbow Treatment Techniques
Oct 15 | Dawn Schmidt | 8 hours

Ethics for Washington LMPs
(satisfies NCBTMB, WA & ID's ethics)
Oct 16 | Dawn Schmidt | 4 hours

Trigger Point Therapy Workshop
Nov 5-6 | Marty Morales | 16 hours

Advanced Whiplash Treatment
Nov 12 | Don Soran, DC | 8 hours

**Professional Boundaries and Dual Relationships
– Ethics (satisfies NCBTMB, WA & ID's ethics)**
Nov 13 | Don Soran, DC | 4 hours

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Summer 2016

This Issue's Theme: The Future of AMTA-WA

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CONTRIBUTING WRITERS



Allison Hanelt

is the Volunteer Development Coordinator for the AMTA-WA Chapter. She is the lead LMP at Sutton Chiropractic and Massage in Tumwater, Wash. and chaired the South Sound Massage Therapists networking group for 7 years. She can be reached at main@amta-wa.org. She brings us the article "A Sustainable Future for the Washington Chapter."



Annie LaCroix, LMP

currently serves as President of AMTA-WA Chapter. Annie is a massage educator and massage school owner in Wenatchee, Wash. Before becoming a teacher, she owned her own massage practice in Leavenworth. In addition to her career in bodywork, Annie has been a chef, a social worker and a social media consultant. She has a B.A. in Conflict Management from the University of Puget Sound. She contributes several articles in this issue, most notably the "State of the Chapter."



Michael Mandell, LMP

discusses going green in your business in this issue. Michael is the former owner of M3 Bodyworks Massage Clinic in West Seattle. He worked in the hospitality industry for over 20 years and 5 years in high tech consulting and project management with Fortune 100 companies. He graduated from Brian Utting in 2004 and opened his clinic in 2005. He now practices at Monroe Therapeutic Massage PS and also provides business coaching and consulting. He launched massagepractice101.com, dedicated to reviewing technology for massage therapists and small businesses using online scheduling and CRM/SFA systems.

Washington Massage Journal

AMTA-WA Chapter

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Resources

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National AMTA
847.864.0123 • www.amtamassage.org

National Certification Board for Therapeutic
Massage & Bodywork (NCBTMB)
703.610.9015 • www.ncbtmb.com

Office of the Insurance Commissioner
360.753.7300 • 800.562.6900
www.insurance.wa.gov

Mission Statement

The mission of the Washington Chapter of the American Massage Therapy Association, a volunteer non-profit professional massage therapy association, is to provide a forum for professional exchange, to actively support the growth of our profession, and to enhance public awareness of massage therapy.

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Legislative Summary

MELANIE STEWART

The 2016 legislative session was a busy one for AMTA-WA, and I'm pleased to report that we had two substantial wins. While each of the AMTA-WA bills were straight forward, and without controversy, short sessions always bring challenges in terms of timing. There are many bills that need to advance by certain cut-off dates, or they're "dead." We were lucky. Our bills passed with only a couple of hours to spare on the last day possible in the House. It was a very stressful time, as one of the bills absolutely needed to pass this session. While the legislative process can look easy and straightforward, it's really an obstacle course. And so, on any given day, I need to be ready for anything and everything.

The following are our big wins in 2016:

- **House Bill 2425**, prime sponsored by Representative Patty Kuderer, changes the title of your profession from "massage practitioner" to "massage therapist," as originally intended. The title "massage practitioner" was used initially, because another profession objected to the use of the word "therapist." Thankfully, those objections are history, and as a result, this legislation passed by overwhelming majorities in the House and Senate. Thanks also to Senator Randi Becker who sponsored SB 6181, the companion (or twin) to HB 2425. In order to give the Board of Massage sufficient time to update rules to reflect this change, it's not effective until July 1, 2017.

The specific language from the bill states: "Beginning July 1, 2017, the Department of Health shall issue all new licenses and renewals as they become due on the birthdate of the licensee using the term "massage therapist." Active licenses using the term "massage practitioner" remain valid until required to be renewed on the licensee's next birthdate after July 1, 2017.

- **House Bill 2781**, prime sponsored by Representative Paul Harris, requires the Board of Massage to adopt rules to allow approved massage programs to establish programs for transfer students. Some of you may recall the challenges over the past year, as the Board struggled with how to deal with a Health Law Judge decision that interpreted the massage statutes in a way to require that only education from approved massage programs would count toward licensure. Because that interpretation would have essentially required transfer students to repeat courses already taken in order to become credentialed in Washington State, it was important to "fix" or amend the legislation as soon as possible. Special thanks to Diana Thompson, LMP, for her work on sorting out this complex issue, together with massage educators. In addition, special thanks to Board of Massage members and Board staff Blake Maresh, Kris Waidely, and Megan Brown for their assistance in working through the complexities of writing the legislation. AMTA-WA thanks the Department of Health for officially supporting the legislation. It made a difference. Finally, thanks to Senator Ann Rivers for her sponsorship of SB 6399, the companion legislation in the Senate, as well as her assistance in moving House Bill 2781 through the Senate.

The key language of the legislation is as follows:

"In order to recognize prior education that is applicable to licensure as a massage therapist or massage practitioner while protecting the public, the board shall adopt rules to allow massage programs that are approved by the board to establish transfer programs that accept an individual's credits or clock hours from schools that have not been approved by the board. "Prior education" must be defined to include but not be limited to, credits or clock hours from schools, colleges, and universities that are:

- (1) Accredited by a national or regional accreditation organization;
- (2) Approved by a state authority with responsibility for oversight of vocational programs; or
- (3) Approved by a state agency that regulates massage programs and is a member of the federation of state massage therapy boards."



Other legislation of interest from the 2016 session:

- **HB 2445** would have required the registration of third party administrators and benefit managers. This important legislation as strongly supported by health care provider organizations, to include AMTA-WA, and was strongly opposed by the insurance industry. Even though the legislation was requested by the Office of the Insurance Commissioner (OIC) in order to bring needed transparency to those entities who are making more and more frontline decisions on whether health care services and procedures will be paid for, it was not enough to move the legislation off the starting blocks. This issue will be back.
- **HB 2335** dealt with health care provider credentialing by insurers, and its goal was to make the process easier and more streamlined. It began as legislation requiring insurers to make decisions on health care credentials within 15 days. Insurers objected, and compromises were made. In its final form the legislation is a major step forward. Many thanks to the Washington State Medical Association for bringing this issue forward. The legislation is effective June 1, 2018. The key points of the legislation include:
 - Health care providers are required to submit credentialing applications to a single credentialing database (ProviderSource) and health carriers are required to accept and manage credentialing application from the same database.
 - Health carriers have up to 90 days to make a determination of approval or denial of a provider's credentialing application.
 - After June 1, 2020, the average response for the health carrier to make a determination regarding the approval or denial of a provider's credentialing application must not exceed 60 days.

What's next?

- Prior authorization is a continuing theme. Providers are consistently frustrated by what they perceive as roadblocks and barriers to patients accessing appropriate care. And since the passage of the ACA, it seems as if there are more hoops to jump through, not less. Thankfully, the Office of the Insurance Commissioner is spending time and energy focusing on this issue. AMTA-WA and other provider groups have been asked for feedback about prior authorization, and Diana Thompson, LMP, is coordinating our responses.
- It's an election year. So, first and foremost, if you're not registered to vote, please do so. The deadline for voting in the August 2nd primary is July 4th. And the deadline for voting in the November 8th general election is October 10th. AMTA-WA's focus in on state legislative races. I will be working with President Annie LaCroix, LMP, and others to select key legislators to support from AMTA-WA's PAC. I would also encourage you to get involved with local elections. It makes a difference.

Massage Awareness Days. Finally, no article is complete without a big thank you to those LMPs . . . soon to be LMTs...who make the time to participate in Massage Awareness Days. It's such a wonderful way to increase your profession's visibility, as well as give your legislators and their staff a concrete way to experience the power of massage. See page 8 for photos of our 2016 Massage Awareness Days.



—Melanie Stewart is the
AMTA-WA Chapter Lobbyist.



Thank You, 2016 Massage Awareness Days (MAD) Volunteers!



Thank You to Everyone Who Attended Our Education Conference In Spokane!

ANNIE LACROIX, AMTA-WA CHAPTER PRESIDENT

We had a great turnout on April 23-24 with most of the classes being full! Also, the line-up of presenters we had was AMAZING and we thank them for traveling to Spokane and joining us.

We also had a fantastic Dinner/Dance with all proceeds going the Massage Therapy Foundation. There was a brief Hula Hoop competition and word on the street is that your own president was the clear winner... but that may be contested by the National president who had a great showing!

If you were in the photo booth and haven't a chance to view your pictures yet, check them out here.
<https://ampdentertainment.smugmug.com/AMTA-Washington/>

We loved the venue and are seriously thinking about returning to the same location down the road.

As many of you know, we have been trying out some different things in an effort to re-think our traditional convention. It is always fun to mix things up and see what new things can be done. Here is what is coming up for the next few years:

- 2017** We are not offering a formal convention because the National Convention is in Pasadena! Start saving for that fun event that is almost in our backyard. The National Convention is only in the West every three years!
- 2018** We are going to do a destination-type convention and we are looking at spaces in Ocean Shores, Port Townsend and Leavenworth. Stay tuned!
- 2019** There is a good chance we will be back in Spokane although the final decision hasn't been made quite yet.
- 2020** To Be Determined

Thank you again to everyone who attended the Educational Conference. We love to get everyone together for professional development and FUN. Community building is what it is all about for our events.

Congratulations, Award Recipients!

Service to the Chapter

Jan Cozens

Service to the Profession

Allison Hanelt

Volunteer of the Year

Pat Carter

Robert Calvert Award

Luatalinda Faye

Cal Anderson Award

Gail McGaffick

Leadership Award

Annie LaCroix

Special Member Award

J. Steven Hanna

Special Member Award

Marina Martin

President's Award

Susan Cook

Meritorious Award

Dari Lewis

State of the Chapter

ANNIE LACROIX, AMTA-WA CHAPTER PRESIDENT

To All Our Members:

WOW this has been a year full of changes and new things! The Board has been enjoying the challenge of seeing how our Chapter can change and adapt with the world around us. We have focused on three main areas. Communication, Professional Standards and Volunteerism.

Let me talk about professional standards first. This falls under the heading of "government relations" but is not just limited to what we do directly with the legislature. We are considering things such as educational standards, the role of massage therapists with insurance companies and how, as a profession, we can increase our living wage. Of course, it is easy to just list these things off, but achieving them is much harder. We have felt that a large percentage of our volunteer resources are better spent in this area than any other area. We had a short session this past year and you can read up on the details in Melanie Stewart's Legislative Summary on page 6. Next year we have a longer session coming up, so we are trying to decide exactly what we want our focus to be. This will be the main topic of discussion at a strategic planning meeting that the Board has scheduled for later this summer.

At the World Cafe at Annual Meeting, many people expressed concerns about achieving success as a massage therapist. Massage Therapists are passionate people and we need to channel that passion to getting paid reasonably for what we do. One of the great things that came out of the Annual Meeting was the addition of several people to our Government Relations Committee. This is a vital committee with a need for as many people as possible who feel comfortable speaking with government officials about legal matters important to our profession. We also need people to attend our Massage Awareness Day that usually occurs in February or March. Our goal is to have 50 (FIFTY!!) Massage Therapists there. Even if your volunteer time is limited, committing to this one event would be SO HELPFUL! If you are interested, contact me!

Attending Department of Health meetings is also very important. Lately, we have had more therapists there and it makes our voice strong when we come out in numbers. Changes are happening all the time at the DOH meetings and we need to be participants in those changes.

I have said many times that volunteerism comes in many shapes and sizes. One hour a year is one hour MORE that is done. So even if your time is limited, I promise we can find a space for you and will be happy to have what you are able to offer!

Our other big focus is communication. For years we have relied on the *Washington Massage Journal* as the primary source of communication. The Journal is beautiful but not current. It is also expensive and very labor intensive for volunteers. In a desire to improve the speed and relevancy of the information you are receiving, we knew we needed to make some adjustments. Often, things need to be seen right away so that you can react. We have been using Facebook for some of that and it is working well! In addition, we have been sending out more email blasts. We do want to be respectful of how many emails you get but it is also our best way to get you information quickly so that you can react and participate.

Here are a few things that we are working on and we are VERY excited about them!

- **Tianne Curtiss (Past President) and I have been recording a podcast called Chapter Chat.**

We are hoping to release the first episode very soon but our tech person (yours truly) is needing to learn how to get our podcast recordings to YOU. Hopefully, by the time you view this issue of the *Journal*, you will have already received a few episodes. They are meant to be fun and informative. Tianne and I have really enjoyed making the episodes. In the future, we will be looking for your questions to answer on Chapter Chat.

- **Michael Mandell has taken over the emailing through Constant Contact.**

As stated before, this is our BEST way to get you quick information. Sometimes it is just a monthly update, other times it may include a call to action when pressing legislative issues come up.

- **Our Facebook page is something we want everyone to follow!**

If you are not currently following it, please click this link:
<https://www.facebook.com/AMTAWASHINGTON/?ref=ts>
Also, share with other Washington Massage Therapists. This is our virtual community!

One hour a year is one hour MORE that is done. So even if your time is limited, I promise we can find a space for you and will be happy to have what you are able to offer!

- We are building a volunteer database to share opportunities through.

We are wanting to include everyone that has ever volunteered and everyone who is considering it. Through this email list, we can put out the needs of the Chapter and find just the right person for that need. If you want to be included in this email list, please contact Allison at main@amta-wa.org

- We are looking at more in-person events that are affordable.

We know how important it is to get together face-to-face rather than just virtually. Even though we are not having a convention in 2017, we will be having an educational offering the day after Annual Meeting. We have not figured out all the details yet but our goal is make something that is easy on the budget, accessible and a great class. Look for more details in your AMTA-WA emails. For our 2018 Conference, we are wanting to schedule the days in a way that allows more networking and space to spend time with colleagues.

- We are also open to YOUR ideas!

Have an idea and have a group of people that can make that idea happen? Let us know!

Finally, we have a big focus on increasing our volunteer base. We are a volunteer driven organization and we cannot do anything without the awesome volunteers we have. And we KNOW that there are more of you out there who have a passion for this profession and want to see this organization do everything it can to help individual therapists. Frankly, in the past, we have done a poor job of asking for volunteers and assumed you would come to us. That isn't the right way for us to approach it. So now I am asking: **Can you help?** Here are some of the current needs (at the time of this writing, it may have changed):

- **Committee Members for Government Relations, Volunteer Development, Community Outreach, Communication**
- **Treasurer**
- **Future Board Members:** Interested in being part of the strategic development of this Chapter? Let us know so we can include you and train you to become a future board member. Succession planning is hugely important to any organization and we are always looking for the right leaders to move the Chapter forward.
- **Massage Awareness Day volunteers.** Join us for one day of massaging in Olympia at the state capitol. We want FIFTY people this year!
- **Delegates for the House of Delegates:** If you are interested in participating in the position statements and recommendations that occur on a National level, consider being a delegate. If you want to know more about what the HOD does, click this link: <https://www.amtamassage.org/chapters/House-of-Delegates.html>
- **Social Media assistance** (facebook, twitter, etc.)
- **Writers:** If you are interested in writing articles or being a reporter at massage events, let us know.
- **. . . and more!** If you don't see something on this list but you think it would be great thing for the Chapter to do and you have the ability—do not hesitate to contact us.

The future of our Chapter is bright. We have amazing volunteers and I am excited to those of you that will be our future volunteers. There is fun and new things ahead. Join this amazing community!

Change Your Passwords Right Now!

Going Green in Your Business

MICHAEL MANDELL, LMP

When Mark Zuckerberg's accounts got hacked it was all over the news. Why did this happen? It's simple. He had a password that he used for all his social media "dadada." When LinkedIn got hacked in 2012, 100 million passwords were stolen. His password showed up in a database on the dark web.

So if you are going green in your office the number one defense is your password. A good password is 8 - 14 alpha numeric and special characters (example: "!@# \$J04nD()"). There are a number of ways to create a password and they should be somewhat random. A good password strategy is to change them about every 3 months and don't use the same one for multiple sites. So when you do your quarterly taxes, change your passwords. If you have employees, you need to have a written password strategy and try to find software that will enforce your strategy.

Moving Away from Paper

I have been moving further away from buying reams of paper from Office Depot. I try to get people to use Adobe Acrobat Reader DC now. It's a very user friendly PDF reader that allows the clients to fill out a PDF Intake Form and Insurance Verification form. Clients are loving it. If I need a signature for something, Adobe Reader allows you to use your finger on a touch screen to sign. We all have used Square. The same things happen with Adobe Reader and a touchscreen. If the client forgets to sign it, I'll open up my laptop and have them sign the forms on the spot.

☐ Diabetes ☐ Depression ☐ Eating Disorders
☐ Drug / Alcohol Addiction ☐ Nicotine / Caffeine Addiction ☐ Fibromyalgia
☐ Women Only
☐ Pregnant ☐ PMS ☐ Other

Anything else I need to know about you before we begin?

I acknowledge that the above information is complete and accurate to the best of my knowledge. It is my choice to receive massage therapy. I realize the treatment is being given for the well-being of my body and mind. This includes stress reduction, relief from muscular tension, spasm or pain, or for increasing circulation or energy flow. I agree to communicate with my practitioner any time I feel like my well-being is being compromised.

I also understand that the Massage Practitioner does not diagnose illness, disease, or any physical or mental disorder; nor do they prescribe medical treatment, pharmaceuticals, or perform spinal thrust manipulations. I acknowledge that massage is not a substitute for medical examination or diagnosis, and that it is recommended that I see a primary health care provider for that service. All information is protected under HIPAA regulations under the federal laws of 1996.

Client Signature _____ Date _____

Studio: 1709 Harbor Ave SW, Suite 100, Seattle, WA 98126
Mail: 4701 SW Admiral Way, #18, Seattle, WA 98116
(206) 535-2873 - phone | (206) 455-9184 - fax

Page 2 of 2

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Fill & Sign
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Example of Adobe DC Reader Example of Adobe DC Reader



Practice Management Storing Files

Well, if you know me, I love my MindbodyOnline software (MBO), which announced last year that they are now HIPAA compliant and will sign a BAA. There are some serious tweaks I would recommend but for the most part, I'm very happy with my MBO. They have added a feature that when you create an account, you have the ability to upload your files. So you fill out the documents with Adobe DC and then upload them to your account within MBO as a client. I then have a signed copy of their intake form.

Soap Vault is the next software program that has similar features. It currently has Online Intake Forms, Scheduling and Financial Management. I have not tested Soap Vault since 2012, but there are a lot of new features that makes HIPAA compliance a lot easier.

Not Ready for EMR?

EMR (Electronic Medical Records) isn't what we think. I was at the doctor's office recently and had to see a new doctor. Young and nice, but did he read my history before entering the room? No. Why is my insurance paying him \$500 a visit? He says his computer was down and I said, let me pull it up on my phone for you! I go to Swedish / Polyclinic so all my records are in one place and available to any doctor or specialist I may see.

In our solo practices, we don't need an expensive EMR system to run our practice. But we do need to get away from paper products. If you have a computer, you can secure your computer with a 14 alphanumeric and special character password. Encrypt your hard drive. Then you need storage for your files that you scan or people send you. Most of us are using some form of a Windows Software. Make sure you have all the updates and running a virus software. I like to use Windows 10 since I have a touch screen computer.

I also spend \$5 a month plus taxes for Office 365 to get that extra protection for my files and email. Office 365 is an online email, cloud service that is very secure as long as you "Person in Chair" follow simple rules in security.

1. Have a strong Password
2. Never share your password
3. Close down and log out when done working
4. Have a screen saver that turns on with Password enabled
3 – 5 Minutes
5. Never leave your computer unattended without locking the screen.

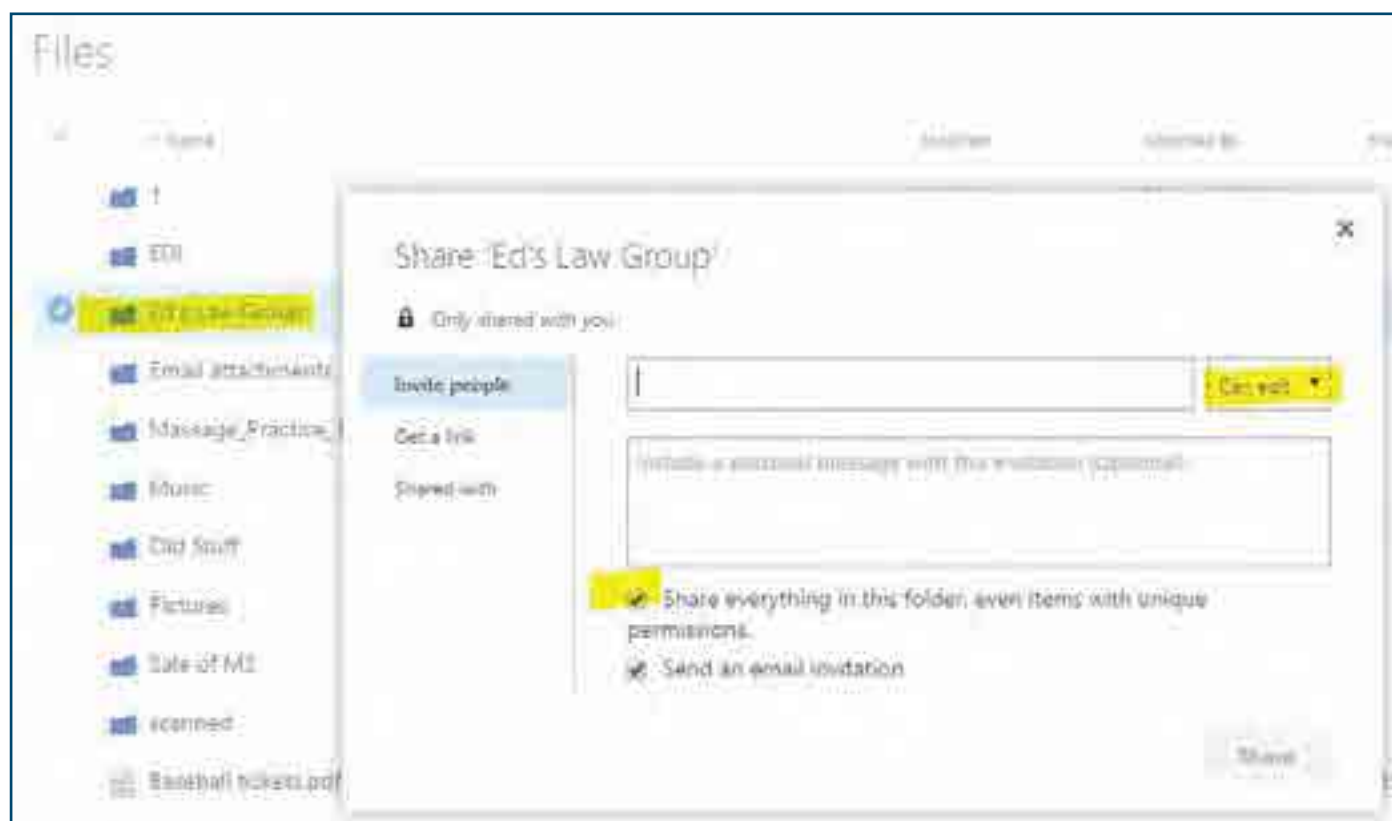
Microsoft is spending Billions on securing your information. "Not in Computer" if something goes wrong. (PICNIC)

continued on next page

Sharing Files

By now you have changed all your passwords and have made some changes on your computer. I'm not going to pick on one Cloud Service but all of them have a public folder that you can share photos and the like to everyone and anyone. A security firm scanned public folders on Google's G-drive and found hospitals, schools and corporations had sensitive material as well as personal identification information out on the public folders.

Go out to your Cloud Storage and look for a "Public" or "Share with Everyone" folders. They might be named something similar. Delete these folders now. If you have data in them already, move it to another folder. Once you start sharing your Cloud Storage with someone else, you are more at risk for someone hacking or getting files they shouldn't have access too.



Example of File Sharing on Onedrive. Two Choices, Edit or View.

I recommend using two different services. So for example use Onedrive that comes with Windows that I don't share files from. Then I use the free version Dropbox or Box to share files with others. Remembering to delete the "Public" folder. Once I share a folder, I give them a time period that they can grab or upload a file. Then I remove the share. This keeps you protected. The other person's security practices are where you'll get into trouble. Delete the share as soon as possible.

Another security practice is to have the person email you first. That way you know the email is correct. I also will not share a file directory with an email like Edslawgroup@gmail.com. If Ed's Law Group is serious about doing business, they should have their own domain. So it would be better to use susie@edslawgroup.com and most likely would be more secure. Most law firms today are familiar with file sharing and some will give you a folder to upload your documents. If you still don't feel like you're dealing with the correct person, fax the files they need using an online fax service.

eFax Services

Faxing is an unfortunate reality if you are dealing with insurance companies. You need to get a prescription from a doctor and they love to fax you after you request a prescription. When you use an online fax service it's pretty common for them to convert the file into a PDF. Whether it's on a cloud server or downloaded to your email, you now have to save that file to your hard drive or cloud server. Which brings up backups of your data.

Backing Up Your Data

I wrote an article for the *Journal* back in 2008 about "Protecting your Business." I used the example of a fire in your office. Some of you use candles and desktop fountains, which are common ways for your office to catch on fire. Not to mention heat and oil on your sheets can combust. A fire is a horrible way to lose your business. A simple way to protect your business is to make sure you have backups of your data. Paper files are very hard to "backup." It's not like you'll make copies of everything, then travel to your local bank and lock them up in a vault box. I use to have to do this with Magnetic Tape backups of computers.

With all the cloud services out there, backing up your data is no longer an issue. In a fire, you might lose your table, computer and some office furniture, but your data will be safe and sound on a cloud service. All you need is a new computer and you're back up and running.

Paper offices are not that lucky. Seven years of data could be gone in one fire, water leak or other damaging act. If you share an office with others or like many of us are in a complex with other tenants. Secure your data!

No Trees Were Killed

Most of us remind people to remember the environment before printing. Most homes don't have printers anymore. A lot of my clients are at offices that frown on printing documents. So they love the new Adobe Reader as do I. Emailing and sharing on cloud services is pretty common in the corporate world. Can you ever go 100% green? Not likely, but cutting down and being smart about your electronic data is a good start.

References:

Mark Zuckerberg's Twitter and Pinterest Accounts Hacked

<http://www.wsj.com/articles/mark-zuckerbergs-twitter-and-pinterest-accounts-hacked-1465251954>

Microsoft Office 365 and CRM

<https://www.microsoft.com/online/legal/v2/?docid=41>

Tweaking your Windows 10 Settings

<https://www.microsoft.com/online/legal/v2/?docid=41>

PII information found in Public Cloud Services

<http://arstechnica.com/security/2016/05/google-dorking-when-pii-and-exploitable-bugs-are-only-a-search-away/>





WASHINGTON SPORTS MASSAGE TEAM (WSMT)

JOSEPH MAJOR, LMP

Special Olympics Washington 2016

The 2016 Special Olympics at Fort Lewis McChord Air Force Base June 3-5 was another awesome opportunity to give back to others and learn more of ourselves. The energy in the air set the tone of the day for myself in the mass of other volunteers that help to serve this community event. When we have a chance to make a difference in a single person's life for a multitude of persons it is important to follow that passion and make it happen.

This is my third year as event director and I am looking forward to working with many more professional massage therapists and student therapists at this event next year. I would like to extend my heartfelt appreciation to our featured student therapist, Gwen Denton, from Renton Technical College. Her passive nature, giving spirit and ability to communicate through touch will be a positive contribution to the Massage Community. Warm regards also go out to some of my favorite 'massage peeps' that have been a part of this venue for many years, Fran Donohue, Lori Smith and Randy Furukawa. They are always engaging and provide the special attention that is needed to support this type of community event.

I truly believe that taking time to 'plug in' to the community helps with our own life's perspective. Try it and you might find a 'new you.'



—Joseph Major is a WSMT member and was Event Director for Special Olympics Washington (SOWA) 2016. He also serves as AMTA-WA Membership Director.

2016 WSMT Event Calendar

This is not a complete listing of events for 2016. Please check future issues of the *Washington Massage Journal* and the website at www.amta-wa.org for updates.

To sign up for events, visit the website or contact Grant Grubb at wsmt@amta-wa.org.

JULY

- 16 WSMT Skills Calibration
Centralia
- 16 Seattle to Portland Classic
Centralia
- 28 Ride Around Mount Rainier
in One Day
Enumclaw

AUGUST

- 12-13 Ride from Seattle to Vancouver
and Party Day
Bellingham
- 27 Seattle Marathon 10k
Seattle
- 29 High Pass Challenge
Backwood/Randle

SEPTEMBER

- 10 Bike MS 150
Mount Vernon

OCTOBER

- 1 Oktoberfest Leavenworth
Marathon
Leavenworth
- 8 WSMT End of Season Banquet
Location TBD

NOVEMBER

- 25-27 Seattle Marathon Expo Day
Seattle

2016 Skills Calibrations

Team members must renew the Skills Calibration every two years. New team members must take this course prior to working their first event. These courses are free to WSMT members. Cost is \$45 for non-WSMT members.

Completion of course earns three Continuing Education hours.

To register, go to amta-wa.org/events.



- A. North Fort cycling event.
- B. Lora Smith, LMP.
- C. Fran Donahue, LMP.
- D. Joseph Major, LMP with cyclist.

- E. Massage tent.
- F. Student therapist Gwen Denton.
- G. Athletes arriving.

International Massage Therapy Research Conference

ANNIE LACROIX, AMTA-WA CHAPTER PRESIDENT

Earlier this year, I attended the International Massage Therapy Research Conference. It was held in Seattle on May 12-15. It was the first time I had attended a research conference and it was a great experience.

First, I was there with some AMTA-WA Chapter Volunteers. We had decided to offer the chair massage at the conference. Chair massage was offered in the main room during the morning sessions so we were able to watch the keynote presentations. In the afternoon, we were free to attend whatever presentation we wanted to.

The highlight of the conference was the presentation of a collaborative effort between the Massage Therapy Foundation, American Massage Therapy Association and the Samueli Institute. This project was a meta-analysis about massage therapy for pain. I attended an afternoon session by Ann Blair Kennedy, Diana Thompson and Ruth Werner that explained the details of this project and it was really intriguing to learn what goes into something so large and far-reaching. The meta-analysis will be available on the Massage Therapy Foundation website at some point.

The rest of the conference included panels of experts on different topics such as massage for pain, hospital massage, massage in military hospital settings, defining massage therapy, interprofessional collaboration and more.

There was also a poster session that was available throughout the conference and it was interesting to speak with the researchers who put together those projects.

As a massage therapist but NOT a researcher, attending the conference really inspired me and changed my views on several issues. First, I have always been aware that research is important but didn't really take the time to see how crucial it is to our advancement in the health care realm. The ability to present solid research, such as the meta-analysis that was presented, is essential to our profession. Second, it was absolutely beautiful to see the collaboration throughout the weekend. The discussions were thought-provoking, forward moving and constructive. Honestly, it is not something I have witnessed often among massage therapists. Third, I was so appreciative of the work that is being done by a very small and very dedicated group of researchers.

Coming away from the conference, I have a much better handle on how to read research (although I still have a long way to go!). I look forward to the next research conference. I highly recommend that all massage therapists make the effort to go!

As a massage therapist but NOT a researcher, attending the conference really inspired me and changed my views on several issues.

Effectively Managing Personal Injury Cases, Insurers, and Attorneys from Start to Finish

Presented by the attorneys of Adler Giersch, PS

Topics include Insurance Coverages, PI Billing, Liens and Contracts, Patient's Rights, IMEs, Apportionment and much more.

Please contact Kristin Cruse at (206) 682-0300 or kcruse@adlergiersch.com for more information or to register.

Or register online by visiting www.adlergiersch.com. Go to News & Events page. Click on the event in the right toolbar.



Thursday, September 22, 2016
Thursday, November 10, 2016

Time: 10:00am – 4:00pm

Location: The Bellevue Club

6 Continuing Education Credits
Lunch and Parking Included

Cost \$135.00

Take Your Career to the Next Level with Continuing Education



What is a CEU?

One (1) Continuing Education Unit is equal to 10 hours of continuing education. The state of Washington and AMTA require hours of education, not Units. If a class or workshop states that it offers 5 CEUs, then that class or workshop should be a total of 50 hours. If it is not 50 hours, but only 5 hours, then you would receive .5 CEUs, or 5 hours of continuing education.

Washington State

State License Renewal requires 24 hours every two years. Everyone who is licensed must meet this requirement. For details, visit: www.doh.wa.gov/massage, click on "Licensing Requirements," or call 360.236.4700.

AMTA Professional Membership

requires 48 hours every four years. Anyone who is a Professional AMTA member must meet this requirement. For details, visit: www.amtamassage.org and click on "education" or call 877.905.2700.

NCBTMB

(National Certification Board for Therapeutic Massage and Bodywork) Anyone who is Nationally Certified must meet their requirements, which can be found at www.ncbtmb.com or by phone at 800.296.0664.



NETWORKING

If groups meet in person, here's where.
To add a group, email main@amta-wa.org to be listed.

Bellingham North Cascade Massage Connection

Contact:
Erica Garat
360.739.9185
ericaofamerica@me.com
www.NCmassageconnection.org

Meets:
3rd Tuesday of the month
Sept - May

Time:
5:45 - 8:45 pm
3 CEs

Place:
Hillcrest Chapel
1400 Larrabee Ave.
Bellingham, 98225

Presenter Series:
Summer Break

Sept. 20
"Massage Research"
Diana Thompson, LMP

Oct. 18
"Active Isolated Stretching"
Joshua Morton, LMP

Nov. 15
"Animal Therapy"
Ben Shimizu, LMP

Announcements:
Our NCMC website provides you with information on CE classes, including Ethics and CPR/FA, classifieds and CE meeting presenters. \$15 each meeting or \$80 per year (paid in Sept. and Oct.) For details and to receive our monthly "eNews and Updates," visit www.NCmassageconnection.org

continued in next column

New Group! Mind Body Spirit Fusion Union

Contact:
Jackie Ralston
360.398.3348
Jackie@MBSFU.com

Cheryl McNulty
360.961.0491
Cheryl@MBSFU.com

Meets:
First Wednesday of the month
(no meeting in January)

Time:
6:30 - 8:00 pm

Place:
Conference room,
Terra Market
1530 Cornwall Ave,
Bellingham

Announcements:
MBSFU provides support and services to bodyworkers and other holistic healers in northwestern Washington, including a monthly newsletter, equipment rental, and much more. 1.5 CEs. For details, see <http://mbsfu.com>.

Bremerton Massage Network Solutions

Contact:
Lesley Bush
360.377.2900
massagenetworksolutions@q.com
massagenetworksolutions.com

Meets:
Second Tuesday of the month.
We meet 11 months out of the year, and take a break in December.

Time:
12:30 - 1:30 for business
1:30 - 2:30 for guest speakers

Place:
Bremerton First United
Methodist Church
1150 Marine Drive
Bremerton

Everett Snohomish County Massage Therapists Network

Contact:
Stephen Wooding, LMP
425.776.1307
stevemp@comcast.net

Meets:
2nd Monday of the month
Sept - May

Time:
6:15 - 9:15 pm

Place:
PUD Building
2320 California Street
Everett

Announcements:
To join our mailing list, email: stevemp@comcast.net or check our Facebook page (SCMTN).

Olympia South Sound Massage Therapists

Contact:
Dagmar Growe
Executive Chair
360.701.7027
dagmar@scattercreek.com

Marybeth Berney
Co-Chair
360.754.3336
marybethberney@hotmail.com

Meets:
Monthly meetings followed by either continuing education or social events.

Time/Place:
Meetings vary so check our Facebook page at [Facebook.com/SSMTolympia](https://www.facebook.com/SSMTolympia) or sign up for our monthly e-newsletter.

continued in next column

Announcements:
New leaders were elected at the May Annual Planning meeting. Please welcome Dagmar and Marybeth. Workshops are an excellent way to receive local, low-cost continuing education. Meet-ups are a fun way to connect with other LMPs and stay updated on massage news. Sign up for our new monthly E-newsletter! Find more information on [Facebook.com/SSMTolympia](https://www.facebook.com/SSMTolympia)

Port Angeles The Olympic Massage Community

Contact:
Pat Carter
360.457.0333
cpat@olympen.com

Darla Workman
darlaw@willowmt.com

Meets:
Second Tuesday of the month in Sept., Nov., Jan., March, and May.

Time:
6 pm social and business
6:30 - 8:30 pm program

Place:
Presbyterian Church
138 W. 7th Street
Port Angeles
Unless otherwise indicated

Classes:
Classes beginning again in September:
"Active Isolated Stretching,"
"Strengthening Your Inner Core," "Feldenkrais,"
"Adductors - A Key to Low Back and Leg Release"

Announcements:
We also schedule at least two Saturday workshops during the year. Please join us. Not only will you get to know and feel the support of your colleagues, but also increase your professional knowledge and skills. We welcome all LMPs!

Find These Groups on Facebook:

AMTA-WA Chapter of
Massage

Greater Wenatchee
Area Massage
Alliance

LATs (LMPs Around
Tacoma)

North Cascades
Massage Connection
NCMC

Palouse Massage
Therapy Network

Seattle LMP Network

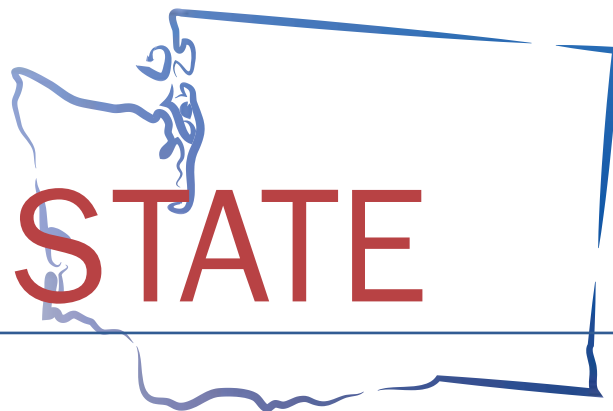
SCMTN (Snohomish
County Massage
Therapists Network)

South Sound LMPs

Southwest
Washington Massage
Therapists

Tri-Cities Touch

AROUND THE STATE



Pullman

Palouse Massage Therapy Network

Contact:

Mandi Denning, LMP
509.432.9593
PalouseMTN@gmail.com

Meets:

Second Tuesday of odd numbered months (Jan., March, etc.)

Time:

6:30 pm

Place:

Alternates between Pullman, WA and Moscow, ID. Check our Facebook page.

Announcements:

We began our meetings in July of 2014 and already we have created strong interpersonal connections. Stay tuned via our Facebook page for details of CE offerings and meetings. In 2016 we will continue our momentum. We invite you to bring your individual skills and add to a collective force for forward progression of massage in our communities...and have some fun!

Seattle

Seattle LMP Network

Contact:

Jay Davidson, chair
SeattleLMPnetwork@gmail.com
www.facebook.com/seattle.lmp.network

Meets:

4th Sunday of each month (with possible exceptions near holidays).

Time:

1 pm Sign-in & brief meeting
1:15 pm CE Presentation followed by networking

continued in next column

Place:

New location for our meetings is:
Massage Envy
20124 Ballinger Way NE
Shoreline, WA 98155

Announcements:

Our monthly meetings & 2 CE presentations are open to ALL licensed massage practitioners. We just welcome the opportunity to network, share, and learn together. Also, currently-enrolled massage students may join us at our meetings for free. Every meeting is \$10 with a presenter to earn 2 CEs.

Please RSVP to help us know how many people to plan for—thank you!

Spokane

Spokane Regional LMPs

Contact:

Mariah Neeson
509.389.2474
MariahNeeson@me.com

Meets:

Please call or sign up for the mailing list for updates and meetups.
<http://bit.ly/spokanemain>

Place:

The Space
201 W. Riverside Ave. #302
Spokane, WA 99201
On the corner of Riverside & Browne, Entrance is on Browne

Announcements:

We have started a mailing list to help better organize all of us as well as to keep you up to date with any schedule changes or upcoming events that do not get listed here.
<http://bit.ly/spokanemain>

Tri-Cities

Tri-Cities Touch

Contact:

Jan Cozens
509.781.1411
djcozens57@gmail.com
www.facebook.com/groups/TriCitiesTouch

Meets:

Every odd month, 3rd Sunday. If date changes, a notice will be blasted to group members by Ann Mateo, our webmaster, ann@kiaorabodyworks.com

Time:

2 - 4 pm

Place:

Bodymechanics Myotherapy and Massage School
7723 NE 4th Plain Blvd.
Vancouver, WA 98662

Upcoming Meetings:

July 17

"Self Myofascial Release with Foam Roller & Lacrosse Ball"
Jared Howell DC
2 CEs \$20

Sept 18

"High Touch Therapy"
Ethel Knopp, LMP
2 CEs \$20

Nov 13

Holiday Social

Announcements:

TCT meetings are at the Touch Education Therapy venue in Richland. There is no charge for attending and meetings are open to the public. However if you want CEs, there is a \$20 fee paid to the presenter for 2 hours of education. We have discovered many talented instructors capable of sharing their modalities. Our goal is linking LMPs in a personal way. Phone calls are still appreciated by attendees.

Vancouver

Vancouver Massage Society

Contact:

Scott Lesieur
scottsrunninghands@gmail.com

Sabrina Wright
swwmt1@gmail.com
360.624.1585

Meets:

2nd Monday of the months Feb, April, June, August, October, December.

Time:

6:30 pm social
7 pm - 8:30 pm business program

Place:

Bodymechanics Myotherapy and Massage School
7723 NE 4th Plain Blvd.
Vancouver, WA 98662

Announcements:

Our Facebook page provides information on CE classes to include Ethics and CPR/FA, classifieds and CE meeting presenters, and community events. We invite you to bring your individual skills and add to a dynamic group of professionals who are focused on becoming a community and sharing the impact and necessity of massage for each and every individual. Let's have some fun and share massage! For details and to receive our monthly e-newsletter and updates, join our mailing list at swwmt1@gmail.com. We encourage you to get involved, share your talents and skills!

Wenatchee

Greater Wenatchee Area Massage Alliance

Contact:

Dena Halle
509.860.1409
denahalle@charter.net
Facebook - Greater Wenatchee Area Massage Alliance (GWAMA)

Meets:

2nd Tuesday of the month, except for June, July and August

Time:

7 - 8:30 pm



A Sustainable Future for the Washington Chapter

ALLISON HANELT, LMP
AMTA-WA VOLUNTEER DEVELOPMENT COORDINATOR

As a fairly new volunteer for AMTA I can assure you that the adage “the only constant is change” certainly is no exception to the Washington Chapter. Part of what makes an organization successful is being able to adapt to the changes around us. Being open to change allows us to evolve into something greater, which will help create a sustainable professional community for massage therapists in Washington state.

It's important that a volunteer organization like the AMTA-WA Chapter is sustainable so that members continue getting the benefits of being a part of this community. In order to be sustainable, the community needs members who are engaged and participate in the community, in addition to having the resources to support members. Many of the changes happening this year with the Chapter have to do with capacity and limited resources. A volunteer organization relies not only on financial resources but also on human resources, volunteers. We've cut back on the *Journal* and events to match the capacity of our volunteers.

The *Washington Massage Journal* is a great example of how we are adapting moving into the future. Progressing from a printed journal to a digital journal wasn't enough. A streamlined e-newsletter delivered to your email inbox allows the Chapter to get you the information you want most, faster and cheaper.

We've implemented a volunteer application to streamline the process of becoming a would-be volunteer to an actual volunteer. No more potential volunteers falling through the cracks because a business card got lost in a jumble of loose papers and receipts after getting home from convention.

Complete an application and we'll have a record on file of your strengths, interests and contact information. We value our volunteers and our members. Everyone has a contribution to make and everyone has something valuable to offer the massage community.

The younger generations have a lot to offer our community and our profession, and they are the leaders of the future.

Chapter leadership is another important factor of how to create a sustainable future. Leadership succession is important for any organization and we want to support new leaders as they grow comfortable with their involvement in the chapter. We are currently looking for a Treasurer assistant who can train under current Treasurer, Susan Cook, and be ready to take her place during elections in 2017. There are many volunteer opportunities on committees or with the House of Delegates before signing up for more responsibility such as chairing a committee or being elected to the board.

One of my personal goals is to encourage more millennial involvement. The younger generations have a lot to offer our community and our profession, and they are the leaders of the future. Even as the youngest volunteer leader at the chapter right now, I have over 14 years of experience as a massage therapist. I've had the opportunity to meet several of the leaders responsible for shaping the massage profession in our state and I challenge my generation to carry the torch while walking the path that they've paved for us.

Help me create a sustainable environment where members participate and value the organization. Whether you were born in the 50s or the 90s, if you want to get involved with your professional community, contact me at main@amta-wa.org.

MAXIMIZE

YOUR AMTA-WA MEMBERSHIP BY USING THE CHAPTER WEBSITE

Welcome to AMTA-WA.ORG

■ First Time Log-In



- 1) Click on “Forgot Your Password?” if this is your first time logging in, or you’re having trouble.
- 2) Enter either your AMTA# or Email (that AMTA National has on file) in the dialogue box that pops up. Answer the math question. Hit “Reset Password.”
- 3) You’ll receive a Re-Set Email (check your spam/junk if you don’t see it right away) containing a link to reset your password.
- 4) Non-AMTA-WA members follow the link “not an AMTA member” to create a log-in. It’s free!

Online instructions: <http://amta-wa.site-ym.com/?page=helpsignin>

■ Updating Your Profile

Whenever you log in, you’ll be taken to your PROFILE HOME

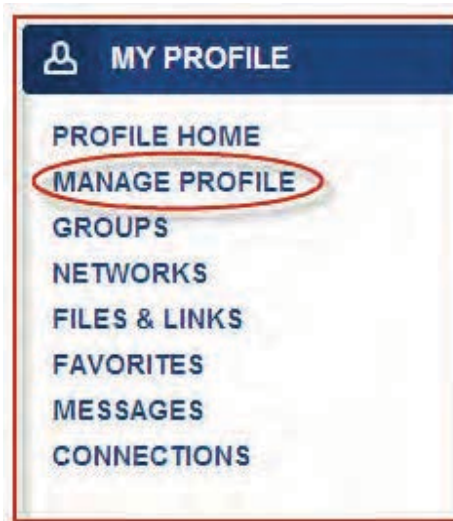
- 1) Update your picture by clicking on the “Photo not Available” edit icon
- 2) Update your profile and OPT-IN to Find a Therapist Search Click on MANAGE PROFILE then EDIT BIO

Account Information - This is where you set your Username, Password and Email

Personal Information - This information is Read Only from the AMTA National database

Professional Information - This is where you enter your address information

Additional Information - This is where you’ll opt-in to the [Find a Therapist search](#)



For additional help, check out the “Getting Started” Help Page and other Tutorials.

<http://amta-wa.org/?page=helpgettingstarted>

■ JOIN a Group



Find your local group under “Regional Groups (MAIN)” and select “Join Group”

Calendar of Events

(all dates are subject to change)

2016

September

11 Board Meeting
Conference Call
10 am

October

8-9 Leadership Retreat
Dumas Bay
9 Board Meeting
Dumas Bay
6 pm
26-29 National Convention
Milwaukee, Wisconsin

December

3 Finance Committee Meeting
(location TBD)
4 Board Meeting
(location TBD)

2017

January

5 Board Meeting
Conference Call
7 pm

February

18 Annual Meeting
Bellevue
19 Educational Event - TBD
Bellevue

April

20 Board Meeting
Conference Call
7 pm

June

10 Board Meeting
(location TBD)

September

13-16 National Convention
Pasadena
13 Board Meeting
Pasadena

October

14 Leadership Retreat
(location TBD)





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us under: [AMTawashington](https://twitter.com/AMTawashington)
www.twitter.com

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WHY I *love* WHAT I DO.

Personal stories from
Massage Envy
team members.



"I feel cared for as an
employee and a friend."

- Dolley L.



"I'm making more money now
than when I had my own business."

- Larry M.

ME **Massage Envy**

Read the rest of our stories at
MassageEnvyCareers.com/stories.

Join the
Massage Envy Washington Area Team
(877) 777-3689