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## A Message from the President

DONALD GOODALE, LMT



Members serve on the state board with an unspoken knowledge that they may one day lead the chapter or move to other positions within the board. That day came for me. I was called on to “step up” to the president’s position when no one ran in the 2022 election.

I’m happy to have been introduced to the AMTA community by past NYS president Pat Collins, who invited me to join her at a national convention in 2015. There, I met the then NYS board as well as delegates and other members at a breakfast funded by the state chapter. We walked to the opening ceremony together. At the next state convention, I ran for a delegate position and was then asked to act as the communications committee chair. I then ran for a board position so that I could help move the chapter forward. When Pat Collins left the state board to work with the national association, I stepped up and was appointed financial administrator by then President Nick Bodkin. Because I believe in what the AMTA does, I stepped up once again, when asked to lead the chapter, as Nick had completed his accomplished leadership.

The platform I’ve grown up on in the AMTA has been a tradition of mentorship and inclusiveness without personal agendas. As the national organization changes, we work to incorporate those directives into the state chapter. What we are driven by is the AMTA mission statement: “Serving the members while advancing the art, science and practice of massage.” in the best way possible.

Join a committee, become a committee chair or run next spring for an elected position. And then, once you’ve served, you could run for others, or be asked to step up. That’s why I am in this position. I was asked. I was eligible and willing. And I stepped up.



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

## Useful Links

### AMTA National Office

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

### NYS Education Department

#### Office of the Professions

[www.op.nysed.gov/prof/mt](http://www.op.nysed.gov/prof/mt)

### Massage Therapy Journal

[www.amtamassage.org/journal/home.html](http://www.amtamassage.org/journal/home.html)

### Massage & Bodywork Magazine

[www.massagemag.com](http://www.massagemag.com)

### Massage Today

[www.massagetoday.com](http://www.massagetoday.com)

### Massage Therapy Foundation

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

## Social Networking

To network online with AMTA, visit [www.amtamassage.org](http://www.amtamassage.org) and click on the corresponding social media icons at the bottom of the page, or follow these links:



### FACEBOOK

[www.facebook.com/amtanychapter](http://www.facebook.com/amtanychapter)



### TWITTER

[www.twitter.com/AMTANY](http://www.twitter.com/AMTANY)



### LINKEDIN

[www.linkedin.com](http://www.linkedin.com)

Search Groups: American Massage Therapy Association (AMTA)



### YOUTUBE

[www.youtube.com/amtamassage](http://www.youtube.com/amtamassage)

\*Facebook and Twitter pages are linked so that information from Facebook will automatically be posted to Twitter.

# Award Winners

## AMTA-NY Chapter 2022 Awards Winners!

ED PACYNA, LMT, AWARDS COMMITTEE



A good time was had by all at this year's annual AMTA New York State Chapter Convention. The convention was held in Saratoga Springs April 29 – May 1.

### CONGRATULATIONS AND A BIG THANKS FOR ALL YOU DO.

**Meritorious** award recipient went to **Donald Goodale**

**Humanitarian** award recipient went to **Melanie R. Olivieri**

**Government Relations** award recipient went to **Lindsay Bodkin**

**Sports Massage** award recipient went to **Jen Hathaway**

**Presidents** award recipient went to **Jennifer Niemi**

AMTA-NY is proud to honor those that go above and beyond for the profession. You, as a member, can nominate or be nominated for a chapter award. Get your vote in by March 1, 2023.

For all the information, follow the chapter awards link on our website at [amta-ny.org](http://amta-ny.org).

Forms can be downloaded onto your computer to submit.

**If you have any questions contact**

**Ed Pacyna,**  
Awards Committee  
[awards@amta-ny.org](mailto:awards@amta-ny.org)





# REUNITED IN TOUCH

AT THE AMTA-NY ANNUAL CONVENTION 2022

SHANIA SONNEVILLE, LMT



This AMTA New York State convention was held in Saratoga Springs at the Hilton. This year's themed "Reunited in Touch" State convention was a great success thanks to all that attended. Over 300 massage therapists came from all over the state and some even from out of state. The past two years have been a struggle to plan education for members due to the constraints of covid. It was liberating to finally see faces under masks and talk face to face with other volunteers and members.

Nicholas Bodkin, the immediate past president, spoke during the luncheon and business meeting. The lunch is included on the full convention price and it's a great way to meet other volunteers and get a closer look into how our member driven organization is run. During that lunch, former president Bodkin introduced many of the volunteers and board members that serve New York State. A financial recap was presented by Donald Goodale which outlined the fiscal year of spending for our chapter to give members a better understanding of how membership dues are allocated for education, management, lobbyists, and volunteers.

Over the course of three days, attendees were able to learn new hands-on techniques, make new connections with other therapists statewide and earn as many as 20 CEH's. The energy that emanates from so many like-minded professionals was captivating and invigorating.

It was a positive experience for those who came out to Saratoga and experienced the convention. We look forward to seeing you next year, April 21-23, in Syracuse for the 2023 AMTA-NY Convention!



## Education Corner

RUTH ANSELM, LMT



In April, the NY chapter of AMTA held their first in-person Convention in Saratoga Springs since the beginning of Covid. I'm sure for many it felt a little surreal. One of the instructors that weekend was moved to tears when they talked about how meaningful it was to them. It made me

stop and appreciate how important both the regional classes and the annual Convention that AMTA offers are to members and instructors alike. As far as attendance it was one of the highest turnouts we have ever seen: 325 LMT's. I personally left feeling inspired to get more involved. So I did!

My name is Ruth Anselm and I am the new Education Committee Chair. I have been an AMTA member since 2014. I consider myself a lifelong student; always interested in adding more tools to my belt and more knowledge to the brain bank. I believe continuing education is a vital part of the Massage Therapy profession. Each time a new class is taken, small bits of information, new viewpoints and fresh techniques find their way into our hands and our work. In-person classes allow us to network with other therapists and not feel as isolated as we often can. It really is a wonderful community of people.

I look forward to helping find classes that peak member interest, excite new ones to jump aboard, and that push our profession further into the direction of respect as health and wellness practitioners. Thank you for allowing me that opportunity.

## Communications Corner

LULU PAJOR, LMT



I am happy and excited to be serving as the Communications Chair for your New York Chapter. I grew up with the internet and as such, digital communication has always been a part of my life and fascinated me. Media, in all its forms holds great power to enhance connections, convey information and form bonds.

As Communication Chair, I hope to encourage and create communications, in this digital world, that is adaptable and even fun! I will be designing our Chapter newsletters and emails and encourage you to reach out to me with photos, ideas and suggestions. Please let me know the ways AMTA can support you through the lens of our online presence. Your stories, memes and comments are always welcome and I hope you will contact me at [communications@amta-ny.org](mailto:communications@amta-ny.org) so the information I relay reflects the information you wish to see.

I look forward to hearing from you. Thank you in advance for your support.

## 2023 AMTA Student Scholarship

JAIMIE STASIO, LMT



I'm happy for the opportunity to be the Chair of the Scholarship Committee for another year.

Students registered in a massage program of study are eligible to submit an essay for review to be considered for a financial scholarship award to help with tuition costs.

In the next few months, we'll be letting students know the guidelines and subjects around the requested submission. Until then, start thinking about how a scholarship could help you pay your tuition and what you'll write about to win.

It's another way that AMTA continues to pay it forward to help the profession and the next generation of therapists.

*Save the Date*

**2023 Convention**  
April 21-23, 2023

Ramada by Wyndham Liverpool/Syracuse  
441 Electronics Parkway | Liverpool, New York





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## Government Relations Corner

NICK BODKIN, LMT



Hello everyone! I hope that your summer is going well so far. Here is a recap of where we currently stand with AMTA-NY Lobbying items.

Senate Bill S.2138 (Ramos) and Assembly Bill A.8930 (Woerner) have both passed their respective houses! Thank you for reaching out to your local

representatives to voice your support for this long standing legislative agenda item that seeks to correct the inequity in the New York State Workers Compensation Law. We are hopeful that the Governor's office recognizes massage therapy as a cost effective way of treating Workers Compensation Claims as prescribed by the referring physician. If this legislation is signed by Governor Hochul, it would allow for NYS Licensed Massage Therapists to bill Workers Compensation, helping many injured workers that would otherwise not be able to receive treatment.

AMTA's Federal Lobbying efforts are paving the way for progressive action by educating federal agencies about the efficacy of massage therapy. In February, the CDC released draft updated guidelines for prescribing opioids for chronic pain. The proposed recommendations say that doctors should first consider "nonopioid therapies" for treatment of both chronic and acute pain, including massage therapy.

**"Recognition of the benefits of alternative therapies like massage over opioids at the federal level will only help to bolster our position that S.4640/A.273 should become law in New York." - Ostroff Associates**

This legislation echoes the CDC draft guidelines for prescribing opioids and would require doctors to discuss alternative treatments, including massage therapy prior to prescribing an opioid to manage neuromusculoskeletal conditions. The Assembly passed the bill on May 16, 2022 and the "same as" bill passed the Senate on May 25, 2022. We are hopeful that this will provide alternatives to treatment and allow patients to choose non prescription treatments, such as massage therapy.

Another legislative bill that we continue to follow closely is:

A.8281 (Gonzalez-Rojas) – This bill would remove penalties for the practice of unlicensed massage therapy. The bill made it to the Assembly Higher Education Committee, and has not moved since, and no further action was taken.

Your AMTA-NY Government Relations Team will continue to keep you informed as we continue to advocate for Massage Therapy and the future of the profession!

Thank you for your continued support,

### New York Chapter

**President Donald Goodale, LMT, L.Ac**

East Hampton • [president@amta-ny.org](mailto:president@amta-ny.org)

**Secretary Jennifer Niemi, LMT**

Valley Falls • [secretary@amta-ny.org](mailto:secretary@amta-ny.org)

**Financial Administrator Melanie Olivieri, LMT, RN**

Buffalo • [finance@amta-ny.org](mailto:finance@amta-ny.org)

**Board Member Lindsay Bodkin, LMT**

South Glens Falls  
[boardmemberlbodkin@amta-ny.org](mailto:boardmemberlbodkin@amta-ny.org)

**Board Member Marysa "Neeto" Neto, LMT**

Staten Island • [boardmemberneto@amta-ny.org](mailto:boardmemberneto@amta-ny.org)

**New York State Delegates, AMTA  
National Convention**

Amy Balter, LMT (2022– 2023)

### COMMITTEE CHAIRS

**Awards Committee**

Ed Pacyna, LMT

**Community Service/Sports**

Massage Team Chair  
David Delucia, LMT

**Education Committee**

Ruth Anselm, LMT

**Government Relations Committee**

Nicolas Bodkin, LMT

**Membership Committee**

Larry Rockwell, LMT

**Communication Committee**

Louise "Lulu" Pajor, LMT

**Convention Committee Chair**

Shania Sonnevile, LMT

**Scholarship Committee Chair**

Jamie Ross-Stasio, LMT

**Online Elections Coordinator**

Shayne Johnson, LMT

# 2022 Continuing Education Schedule

Get some outstanding education while fulfilling your CE requirements at a great price on the following classes this fall.

## Albany

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### **Essential Oils and Meridians (8 CEH)**

Instructor: Jennifer Sowle, LMT, CCA

September 18

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## Johnson City/Binghamton

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### **Mental Health and Massage (8 CEH)**

Instructor: Kim Corpus, LMT

Register by September 9, save \$80

October 1

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### **Prenatal Massage for Today's Modern Pregnancy (8 CEH)**

Instructor: Kim Corpus, LMT

Register by September 9, save \$80

October 2

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## Buffalo

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### **Clinical Orthopedic Massage Therapy (COMT) Regional Approach (Level 1) for the Neck (16 CEH)**

Instructor: Dr. Joe Muscolino

Register by September 9, save \$160

October 8-9

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## Liverpool/Syracuse

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### **Bars Free Seated Ashiatsu**

Instructor: Karen Harmon, LMT

Register by October 9, save \$80

November 6

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## Rochester/Victor

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### **When Good Shoulders Go Bad**

Instructor: Judith DeLany, LMT

Register by October 17, save \$160

November 13-14

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Get more details about these classes and upcoming events at <https://ny.wp.amtamassage.org> and click "Calendar" or contact your chapter office at (585) 582-6208



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new york chapter