

In This Issue

- 1 Message from the President
- 2 New Board Members and Delegates
- 3 Convention Chair Updates
- 4 Education Corner
- 4 Awards Chair Updates
- 4 New Member
- 5 Scholarships
- 5 This Years Winners
- 6 Legislative Update
- 7 Legislative Update

A Message from the President

DONALD GOODALE, LMT,, AMTA-NY PRESIDENT



GUIDING LEADERSHIP INTO THE FUTURE OF AMTA

We had a terrific convention this year in Syracuse. If you joined us, thank you. If you didn't, consider joining us April 19-21, 2024 in Albany.

I'm happy to be an agent of change, as it is the one constant we can depend on. New and different leadership brings new and different ideas, and I am always looking for dependable people to move into positions. Introduce yourself, and let's discuss opportunities.

The election results for the 2023/24 board were announced, and I am happy to say there are two new Board Members on the Board of Directors. Also, there are two new delegates who will represent the chapter at the national convention in Phoenix in August. If you are going to that event in Phoenix, be sure to let me know. I'll be happy, along with the rest of the board, to welcome you there!

There are seven standing committees in our chapter. I am working to fill some positions with new volunteers to create the next generation of leaders in AMTA's NY Chapter. It's good to move forward with new voices and new ways of thinking.

Step into the light and "Just Say Yes" to volunteering and working to continue to make AMTA the right choice for massage therapists, not just in the state, but in the nation. AMTA leads with honesty, integrity, humility, knowledge and strength, because we are you. Thanks for being an example of goodness. And I look forward to serving as President again, for the next Year.




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

NYS Education Department

Office of the Professions

www.op.nysed.gov/prof/mt

Massage Therapy Journal

www.amtamassage.org/journal/home.html

Massage & Bodywork Magazine

www.massagemag.com

Massage Today

www.massagetoday.com

Massage Therapy Foundation

www.massagetherapyfoundation.org

Social Networking

To network online with AMTA, visit 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



TWITTER

www.twitter.com/AMTANY



LINKEDIN

www.linkedin.com

Search Groups: American Massage Therapy Association (AMTA)



YOUTUBE

www.youtube.com/amtamassage

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

STAY IN TOUCH

WITH NEW BOARD MEMBERS AND DELEGATES



Alexa Goodlander

Alexa Goodlander is a Licensed Massage Therapist, Certified Aromatherapist, Reiki Master, and Children's Yoga Instructor. Growing up surrounded by health care professionals, she developed a natural interest in holistic wellness. After completing an AAS degree from ECC, she worked as a Clinical Office Assistant at Body Essential, where she helped clients and practitioners with their wellness process. In 2005, she discovered the benefits of essential oils for health and wellness and eventually became a Certified Aromatherapist through the Aromahead Institute. In

2017, she completed her training as a Certified Children's Yoga Instructor through Kidding Around Yoga, combining her passion for children and wellness. Additionally, she obtained her Reiki Master and Massage Therapy licenses to further assist clients in their journey towards holistic wellness.

Marisol Rivera-Placido

Marisol has her Master of Science from California University of Pennsylvania in Applied Sports Science. She is a licensed massage therapist in New York and New Jersey and has been practicing since 2016. She is passionate about helping her athletes understand how to care for their bodies to stay healthy and strong. She is a certified personal trainer from the National Academy of Sports Medicine and is a Corrective Exercise Specialist. Marisol has completed six marathons, one ultramarathon (50k), and 1 Ironman. She will be running the TCS NYC Marathon in November and JFK 50 miles 2 weeks after the NYC marathon.



Convention Chair Update

SHANIA SONNEVILLE, LMT, AMTA-NY CONVENTION COMMITTEE CHAIR



The New York State Convention of the American Massage Therapy

Association was held in Syracuse, NY from May 5-7, 2023. The event was a **great success**, with a turnout of 291 attendees, who were guided by 7 instructors and 17 teaching assistants during the classes. The convention for massage therapists included 15 vendors showcasing their products in the Downtown Syracuse Marriott Hotel lobby, adding to the overall experience. **The convention's theme, "Touch of Inspiration,"** provided ample opportunities for attendees to connect and network with one another. Over the weekend, therapists shared their origin stories with each other, inspiring and forming new friendships.



The AMTA proudly celebrated **80 years of exceptional service** to its members. At the Awards Banquet, esteemed individual members were duly honored for their remarkable years of membership, unwavering commitment and valuable contributions to the AMTA. A special effort was made so John and Joanne Verone could join us at the dinner dance as they have been with the organization for a combined total of 35 years and are retiring.



The banquet was also graced with exciting raffles featuring generous donations from top-rated vendors, including Craniosacral certifications courtesy of the renowned Upledger Institute, as well as books, candles, and massage tools. The dinner dance was held in the magnificent Persian Terrace ballroom, situated in the historic Downtown Syracuse Marriott.



The luncheon brought together therapists and professionals from various communities, with the aim of fostering **regional**

unity and support. Through connections made at the event, attendees were able to encourage and mentor each other, creating a positive energy that resonated throughout the gathering. The convention, which took a year to plan, was a testament to the hard work and dedication of individuals on the Convention Committee, the chapter event planner, Cindy Allen and the Committee Chair, Shania Sonnevile, who hoped that everyone left feeling appreciated and fulfilled. The event also recognized the outstanding contributions of Educational Chair, Ruth Anselm, who was awarded the Presidential Award, while Shania Sonnevile received the Meritorious Award at the Awards Banquet on Saturday night.



Touch of Inspiration

We are pleased to announce that the convention for **next year** will take place in **Albany** from **April 18-21, 2024**. We are committed to making it even better with the valuable input of our members and the assistance of additional volunteers.



Education Corner

RUTH ANSELM, LMT, AMTA-NY EDUCATION COMMITTEE CHAIR



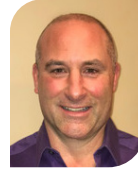
This year's Convention, Touch of Inspiration in Syracuse, NY offered members the opportunity to study highly sought after techniques with Masters in their field. Each attendee helped to make the experience special for someone else; Whether you partnered together in class, met someone new from your Region at the Luncheon, or dined and danced on Saturday evening with a new face, you all brought the energy. The vibrance of you all mixed with the history within the hotel created a special ambiance.

The Education Committee worked hard to bring a variety of classes this year. We were so excited to have both our weekend-long classes, Myoskeletal Alignment Technique with Nathan Fay, and Craniosacral Therapy 1 with Karyn Quarishy of Upledger. Both quickly waitlisted and the Education Committee is looking to offer both again soon, so be on the lookout for those! Scott Raymond and George Russell's classes got rave reviews on class topics, content and their standout teaching styles. The lecture series Nicole Miller taught ushered in a new wave of therapists looking to focus on Massage in a Clinical setting. Since our work as LMT's is starting to gain momentum in Clinics both In and Out-Patient, her knowledge is invaluable to expanding our field. Ericka Clinton and Kim Corpus continue to evolve their classes in order to be culturally relevant and conscious, encouraging consideration and modifications for the individuals we are caring for.

With your help, we can continue to service each region with high caliber classes like these by listening to your feedback. Thank you all so much for continuing to represent the best LMT's NY has to offer.

Awards Chair Update

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 Syracuse May 5 – May 7.

Our chapter Award winners were;

Meritorious award recipient: Shania Sonnevile
President's award recipient: Ruth Anselm

Congratulations and a BIG thanks to these two wonderful and generous volunteers who give so much of their time and talents to our chapter

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 st , 2024.

Follow the chapter awards link on our website @ amta-ny.org for all the information.

Forms can be downloaded onto your computer to submit.

If you have any questions contact me at awards@amta-ny.org

Welcome New Committee Chair!

MEMBERSHIP ENGAGEMENT COMMITTEE CHAIR



Shawn Belles has been a licensed massage therapist in New York since 2010, with a focus on helping clients with chronic pain conditions. He is dedicated to ongoing education and improving his skills as a therapist. In

2018, he obtained a Health Coach certification from the Institute of Integrative Nutrition to better serve his clients. He has also been running a Facebook group for massage therapists in Rochester since 2016, where he works to foster a sense of community among local massage therapists.

Welcome to your new position, Shawn!



Scholarships!

JAIMIE ROSS STASIO, LMT, AMTA-NY SCHOLARSHIP COMMITTEE CHAIR



This year, a process to reach out strategically to each of the 14 NYS schools on our AMTA mailing list was developed.

To promote the essay contest, we mailed a flyer and an introduction/description letter to each school in 4 separate phases. We designed each packet to be received within a few weeks of the prior envelope to ensure that the schools and students would receive regular reminders of the contest. In addition to physical copies, we sent e-blasts to the schools and posted on the AMTA-NY webpage.

Once all essays were received, the committee reviewed each one anonymously. They were organized and ranked, each essay by a designated letter to eliminate discrimination of any kind. After each committee member read through all the essays, they cast their votes and a winner was determined. To ensure fairness, winners were chosen based on the number of people who ranked them 1st, 2nd, and so on.

After the winners were chosen, a quick background check was conducted on each of them and the Board was notified of the winner. Each of the winners was notified and congratulated.

Please encourage massage students in your community to apply for these great opportunities!

This Years Winners!

Sergey Potekhin is originally from Russia and moved to New York City in 2019. He graduated with a bachelor's degree in math education in 2009 and then worked as an engineer in building construction for nine years before deciding to make a change. Currently, Sergey is pursuing his passion for health and wellness by studying massage therapy at the Swedish Institute and has plans to continue his education in health science.



Yoshie Fanara is currently enrolled at the New York Institute of Massage and on track to graduate in October. She expresses gratitude for the exceptional learning environment provided by their instructors, administrative and clinic staff, and classmates. Yoshie would also like to express appreciation to the AMTA New York Chapter for the scholarship award, which holds significant value in their journey as a Licensed Massage Therapist. She plans to remain committed to their studies and aspire to become a skilled therapist who can make a positive impact in the community.



Damon Dolabaille is an educator pursuing an Associate's LMT degree at Queensborough Community College of the City University of New York, which is home to the top-ranked LMT program in New York State. With a family history of Ayurvedic practices, Damon is on a journey to spread the discipline of LMT. He plans to create a pre-collegiate Healing Sciences program for high school students, providing foundation courses for LMT and other medical careers. Living in Queens, NYC, Damon enjoys theatrical performances, dance, dining, museums, natural landscapes, long drives upstate, and the cultural diversity that surrounds him. After obtaining his license, Damon intends to fuse various modalities of Swedish, Ayurvedic, Thai, visualization, sound, and Pranayama, offering a multidimensional approach to healing.



Legislative Update

AMTA-NY New York State Budget

The State Legislature introduced and passed the final enacted budget in the first week of May, a month past the April 1st deadline for an on-time budget. The final budget did not include the Governor's proposal to allow out-of-state licensed professional in high-need healthcare professions to apply for a temporary practice permit, as well the proposal to transfer oversight of healthcare professions, including massage therapists, from the State Department of Education (SED), to the Department of Health.

Legislation

AMTA-NY continues to track all proposed legislation potentially affecting the massage therapy profession, and partners with an experienced New York State government affairs firm to strategically engage stakeholders when appropriate. AMTA-NY has had a New York State based government affairs engaged on our behalf for over 20 years.

This year, Assemblymember Pat Fahy was named the new Chair of the Assembly Higher Education Committee, the committee through which a majority of legislation affecting the massage therapy profession is considered. Our contracted lobbyists met with the Assemblymember's office to educate the new chair and her staff on our profession, the issues we face including harmful legislation referred to the Higher Education Committee, and to ensure our association is a trusted partner as they navigate issues of the 55 SED licensed professions.

AMTA-NY's interests were also brought to the long-standing Chair of the Senate's Higher Education Committee, Senator Stavisky, and various new members of the committees.

The 2023 Legislative Session concludes on June 9, at which point all legislation not passed by both Houses will be recommitted to their committees of reference, and will not have the opportunity to be taken up until the Legislature returns in January 2024.

Below is a non-exhaustive list of the legislation AMTA-NY is currently tracking. AMTA-NY engages in legislation when and in a manner that is respectful and appropriate. As most legislation is not given the opportunity to advance, action is not required on all bills of concern.

S.5787/A.1112 – This legislation, which AMTA-NY strongly opposes, would decriminalize unauthorized practice of massage therapy.

At this time, the bill has not advanced from committee in either House, nor is it scheduled to. AMTA-NY has been in contact with the appropriate stakeholders since the bill's original introduction in 2021, who are aware of the Association's opposition.

A.1769 – Requires non-pharmaceutical alternative treatment options to be covered by the medical assistant program and by private health insurers.

This legislation has been introduced since 2018, but has not advanced from the Assembly Committee on Insurance.

A.3405 – Creates a separate license for the practice of reflexology.

This legislation has been reintroduced every legislative cycle since 2017, but has never advanced from its committee of origin, due in part to AMTA-NY's advocacy against the proposal. The bill has not had a Senate sponsor since 2018.

A.4464 – Provides that where mandatory continuing education programs are offered through electronic or other remote means where the licensee must provide proof of attendance by responding to a visual or auditory prompt in the program, such program shall provide a sufficient length of time for a person with a visual or other impairment to be able to view and respond to such prompt or direction.

This bill does not currently have a Senate sponsor, and has not advanced from its committee of origin.

S.6275/A.6166 – This bill removes the words "masseur" and "masseuse" from the Education Law, in order to ensure "Massage Therapist" is the only title officially recognized by the state. This bill does not allow for unlicensed practice, as "massage therapy" is clearly defined in the Education Law, and any such practice regardless of title used is illegal without proper licensure. Stakeholders including the State Education Department were consulted for technical comments, and raised no concerns regarding unlicensed practice.

AMTA-NY has worked with the bill sponsors and Chair of the Assembly Higher Education Department to ensure any language advance would protect the massage therapy profession.

S.1961/A.6757 – Would require a licensed massage therapist to display his or her license when practicing.

This bill has been introduced for many years and has not advanced from its committee of origin.

S.1191 – Requires certain licensed health care providers, including massage therapists, to disclose to patients their probationary status, the cause for probation, and other details regarding the conditions of a licensee's probationary period.

This bill has not been advanced from the Higher Education Committee, and currently does not have an Assembly sponsor.

S.2027 – Authorizes district attorneys to intervene in cases in which a landlord seeks to remove a tenant because of illegal activity on the rented premises.

This legislation has been introduced for the past few years and has not advanced from the Housing Committee, and currently does not have an Assembly sponsor.

S.3521/A.1227 – Requires health practitioners to discuss the risks associated with certain pain medications before prescribing them, and to discuss alternative treatments that may be available.

This legislation is referred to the Health Committee and has not advanced. As a reminder, last year AMTA-NY was successful in having legislation signed into law requiring practitioners to consider and prescribe non-opioid treatment alternatives, including massage therapy, for neuromusculoskeletal conditions causing pain. We partnered with the associations representing chiropractic, physical therapy and occupational therapy on this law signed in 2022.

S.5581/A.715 – Authorizes certain licensed health care professionals to form limited liability companies. In permitting such organizational entities to be formed by licensed professionals, it broadens the array of collaborative options available to health care practitioners looking to offer multidisciplinary services.

Both the Senate and Assembly bills remain in their committees of origin.

S.6202/A.658 – Enacts the Health Care Nondiscrimination Act of 2023 and provides that there should be pay equity for certain title 8 professions, including massage therapy, by health insurance plans or health benefits.

This legislation is in the Assembly Insurance Committee and the Senate Health Committee. There are a number of technical issues with this particular bill including most of the sections being pre-empted by federal law.

S.6651 – Would amend the Workers' Compensation Law to add licensed massage therapists to the list of authorized providers of workers' compensation.

This legislation has long been supported by AMTA-NY, however, due to objections from the Workers' Compensation Board, both Governor Cuomo and Governor Hochul chose to veto the bill after it passed both Houses in separate years. The legislation is being advanced through the Senate Labor Committee.

NYSHIP Update

The New York State Health Insurance Program for State and Local Government employees has issued updated information regarding their coverage of massage therapy. AMTA-NY has sought out additional information regarding the plan offerings:

On July 1, 2023 there will be changes to Empire Plan benefits. One of these changes will be the application of an annual 20-visit limit for massage therapy regardless of the provider type who bills the service. This could include services rendered by a massage therapist on an out-of-network basis, a physical therapist, or a chiropractor.

The requirement for a licensed massage therapist to render care to an Empire Plan enrollee is that the enrollee must present a script from their medical provider that includes a specific medical diagnosis.

The Empire Plan does not maintain a network of participating massage therapy providers.

New York State Education Department Office of the Professions
AMTA-NY Chapter President Donald Goodale and our Chapter lobbyists are in regular contact with the Office of Professions and the Massage Therapy Board Secretary. We appreciate the collaborative partnership we have with the Board Secretary, his team and the State Education Department.