



# Flagler/Volusia FSMTA

## Febuary Chapter Meeting

**Inside this issue:**

Presidents Report	2
Treasurer's Report	3
Past Presidents Report	9
Legislative Update	3
Classifieds	4,5,6,7,8,
Guest Speaker	1,2

**Meeting Place :** Feb. 9, 2011 ( 2nd Wednesday of the month)

**Speaker :** Mercedes Jordan, LMT

**Subject :** Lymphatic Drainage and Lypossage

**Time :** 6:00 pm - Registration and Networking

**6:25 pm :** Welcome and announcements

**6:30 pm :** Speaker Presentation Begins

**2 FL CE Hours Awarded: Members -Free, Non-members- \$25.00**

**Location :** Keiser University Auditorium,  
Enter East Entrance & Parking Lot

**Address** 1800 Business Park Blvd, Daytona Beach, FL 386-274-2725

**Board of Directors:**

**President**  
Mark Bigelow, LMT

**1st Vice-President**  
Chris Brooks, LMT

**2nd Vice-President**  
Jane Sharpe, LMT

**Secretary**  
Moises Sztyleman,  
LMT

**Treasurer**  
Gregory Neely, LMT

**Immediate Past-President**  
Carol Morrell, LMT

Newsletter Editors

Betsy Morrison, LMT

Gregory Neely, LMT

## GUEST SPEAKER

Mercedes R. Jordan, BA, LMT

Fla. State License #MA-0004651

Mercedes has a background in education and has been a massage therapist since 1983. In 1997, she became interested in European spa therapies, which she studied in North Carolina and Palm Beach Gardens. She is one of the few people in the country certified by the American Spa Therapy Education and Certification Council. Mercedes is also a licensed esthetician specializing in natural, anti-aging modality. After visiting some of the biggest and best spas in the country and abroad, Mercedes decided to bring the spa concept to DeLand. With the opening of the Day Spa, she has done just that...with quality you can trust, at a price you can afford, in an attractive and relaxing atmosphere.



## **President Report - Mark Bigelow, LMT**

At our January meeting we were pleased to have with us our FSMTA State Team Coordinator William Muhlstadt, LMT. I am sure all enjoyed his presentation and demo. We will be working on getting our chapter sports massage team revitalized and coordinated with our new team captain, Adan Aravjo and welcome him to our chapter team of volunteers. A location for the training class is being sought and those on the list wanting to take the class in early February will be notified by separate email as to location and details. If you wish to be included and have not signed the list at our last few monthly meetings, please contact me for inclusion.

We also had our annual business meeting. Our chapter has all board seats and committee chairs filled. Thank you all, for your willingness to help the chapter. The committee chairs were given Certificates of Appreciation and we truly value all who help out whenever they can.

Our chapter is financially healthy, our monthly meetings are well attended and membership is stable at 223. Monthly presenters have been scheduled through July with the rest of the schedule already in the works.

### **Chapter Awards**

At our February 9th, meeting we will take any additional nominations for chapter awards for 2010 before the presenter begins during the announcement period. Nominations will include Chapter LMT of the Year, Chapter Outstanding Service and Chapter Sports Team Member.

If you want to nominate someone for an award, you must fill out a state required form and copies will be available at the meeting on the front table. If you would like a form prior to the meeting, please send me an email request. Chapter president is not eligible for chapter awards, but all other members are. Voting will be held during half-time at the February meeting. Photos of winners are needed for the 'Wall of Fame' to be displayed at the FSMTA State Convention in Orlando in June.

We will be presenting a Certificate of Appreciation to Matt McEnany, Campus President at Keiser University for allowing us to use the auditorium throughout the year for our chapter's monthly meetings at no cost. We all thank him for his contribution and willingness to help us.





**FSMTA – Flagler/Volusia Chapter Board**



President – Mark Bigelow, 386.214.6268,  
[bigelowseminars@aol.com](mailto:bigelowseminars@aol.com)



1st Vice President – Christopher Brooks, 386.795.2033,  
[dean@daytonacollege.edu](mailto:dean@daytonacollege.edu)

2nd Vice President – Jane Sharpe, 386.586.3007,  
[janolmt@webtv.net](mailto:janolmt@webtv.net)



Secretary – Moises Sztyleman, 305.481.1630,  
[mossage57@yahoo.com](mailto:mossage57@yahoo.com)



Treasurer – Gregory Neely, 386.492.2958, [greg@newagetouch.com](mailto:greg@newagetouch.com)

Central Office Address: 1870 Aloma Ave Suite#260: Winter Park, Fl 32789

Lynn Hupp Exec. Director: 407-628-2772 or toll-free 1-877-376-8248 or 1-877-FSMTA 4 U.

Please notify Central office of any changes in address , phone, etc.

**Monthly Treasurer Report - Gregory Neely, LMT**



Account Balance is 4,726.77.

Annual Budget is due to the main office  
by March 1st, 2011

**Legislative Corner by Gregory Neely, LM**

**Still** watching the HB49 for any additional movement from any  
of the committees that it has been sent to.



# Learn 2 great modalities!



- *Detoxifies & Contours the Body*
- *Supported by Research*
- *Great Revenue for LMT's*
- *Non-surgical Facelift*
- *Cost of Class \$695*  
*Can be recovered with only one Client*
- *3 Days of Training in a Small Class*
- *Product & Marketing Support*
- *24 National & Florida CE's*

**March 12-14**  
**Daytona Beach, Fl**

- *Learn how the Lymphatic System works.*
- *Learn how to perform manual Lymphatic Drainage to the face, neck, upper body and lower body.*
- *Learn how to incorporate Lymphatic Drainage into a massage*
- *18 National & Florida CE's*
- *2 Days of Training in a Small Class*
- *Cost of class \$395*

**February 19-20**  
**Orlando, Fl**



**Mercedes Jordan** is the Top National trainer for Lypossage. She is a massage therapist and an esthetician. She owns Jordan Health Clinic & Day Spa

For more information and to Register  
Call LMT Success Group at (800) 201-2247

# Feel called to work with elders...but don't know where to start?

*Attend a Compassionate Touch® workshop!*



### *Why Compassionate Touch® training?*

Compassionate Touch® is a hands-on complementary approach for those in eldercare, hospice and palliative care. It combines focused touch and sensitive massage with specialized communication skills to help enhance the quality of life for those in later life stages.

Our training empowers massage therapists and other health professionals to serve this expanding population with confidence and to celebrate the mutual benefits of this uplifting work.

### *Why now?*

According to the American Medical Association ~In 2011, America's 78 million baby boomers will begin turning 65 at a rate of one every 10 seconds. The American Massage Therapy Association states that the use of massage among those 65 and older has tripled in the past decade.

*Now is the perfect time!*

**2011 is the year to expand your practice  
and get paid for your passion!**



**Compassionate Touch® Level 1 Workshop (20 CE)**

**When: March 11-13, 2011**

**Where: 1111 South Lakemont Ave. Winter Park, FL**

**Early registration, group discounts and payment plans available -call 417-844-8514 for details  
Check our website for more details**

*"This workshop is above and beyond the best of its kind!"*  
Paula Dean, LMT, Dallas TX

*"I have been in practice 20 years. Compassionate Touch enhances the way I connect with all my clients."*  
Randa Cherry, LMT, Cedar Rapids, IA

*Unique Setting! Our training is always held in eldercare facilities.*



[www.compassionate-touch.org](http://www.compassionate-touch.org)

FL CE Provider #50-8934

## **GOOD NEWS FOR ALL LMT'S IN : CENTRAL & NORTHEAST FLORIDA**

**SAT. - FEBRUARY 26, 2011 – ST. AUGUSTINE , FL.**

**THERE IS A WAY TO DEPOSIT MORE MONEY  
INTO YOUR BANK ACCOUNT IN 2011,  
EXPAND YOUR PRACTICE, & HAVE CLIENTS  
COMING IN FOR 1-3 SESSIONS A WEEK.  
AND IT IS MUCH EASIER THAN YOU MIGHT THINK!!**

### **SEIZE THE OPPORTUNITY TO TAKE THIS SEMINAR INSURANCE BILLING PROCEDURES, LAWS, & RULES**

**INSTRUCTOR: Larry Self, LMT**

(For Vivian M. Mahoney), See Larry's Bio Below

With the current economic downturn, we have been overwhelmed with requests for insurance billing information as massage therapists are seeking other avenues for supplementing their income. Vivian has been the FSMTA Insurance Consultant since 1990. She has created this seminar from 25 years of practical experience to help you increase your income and provide your clients with regular treatment to enhance their wellness possibilities.

#### **Afraid of doing the paperwork?**

You will learn how to complete all necessary forms, what fees are ethical and payable, what type of insurance you can bill, claim verification and much more, all in a simple step by step format of instruction. And **you will make more money** by including insurance clients in your practice.

The seminar includes Vivian's manual which covers every form, code, procedure, and law you need to know to be successful & increase your income. It also includes Practice Building, Marketing, and a section on Taxes & the IRS specific for massage therapy to help minimize what you may owe. **Take this class with Larry & receive free consultations with Vivian for 1 year.**

**FEE: \$275.00 / \$255.00 - For FSMTA Members**

**Includes Manipulate Your Future Insurance & Practice Building Manual**

**6 CE CREDITS** – Approved by Florida BOMT & NCBTMB & Accepted by AMTA & ABMP

**Class Hours: 9 AM TO 5 PM** (Lunch 12:30 to 2:00 PM)

**Seminar Location:** The Meeting Room, 2121 US 1 South #24, St. Augustine, Fl. 32086  
904-797-4025

**To Register:** Go to [www.massageinsurancebilling.com](http://www.massageinsurancebilling.com) and click on "Seminar Schedule" to find and register for this seminar or call Vivian at 865-436-3573

**Instructor Bio:** Larry Self, LMT, was personally trained by Vivian & has been teaching these seminars with great reviews. As a massage therapist & educator since 1989, he has years of experience billing insurance and credits his success to having taken Vivian's seminars several times over the years. His instructions cover the same valuable training and teaching materials that she has created over the last 25 years. She will continue to keep her finger on the pulse of the insurance billing industry and seeks to create changes as they relate to massage therapists and insurance acceptance and reimbursement.

You know how those commercials on TV say “**BUT WAIT, THERE’S MORE!**”! ..... Well, here’s your “wait, there’s more” for this seminar.

**1) FSMTA Members receive a \$20 discount for this seminar. Just use the code DRVM in the Comment Section of the Registration Page. Vivian will then deduct this amount when she manually charges your credit card. Your credit card will not be charged until the seminar is confirmed to take place (upon the minimum number of students necessary completing the registration process).**

**2) Any potential class participant who can get at least seven persons to register may take the class for free. Contact Vivian at 865-436-3573 if you are able to organize a group of this size.**

**\*Please register as soon as possible to ensure that the seminar will take place. The absolute final possible date for registration is Feb. 9, 2011.**

#### **UPCOMING Insurance Billing Seminars:**

**Feb. 26, 2011 - St. Augustine, Fl.**

**March 5, 2011 - Ft Myers, Fl.**

**Aug. 13, 2011 - Sarasota, Fl.**

**Dec. 3, 2011 - Ocala, Fl.**

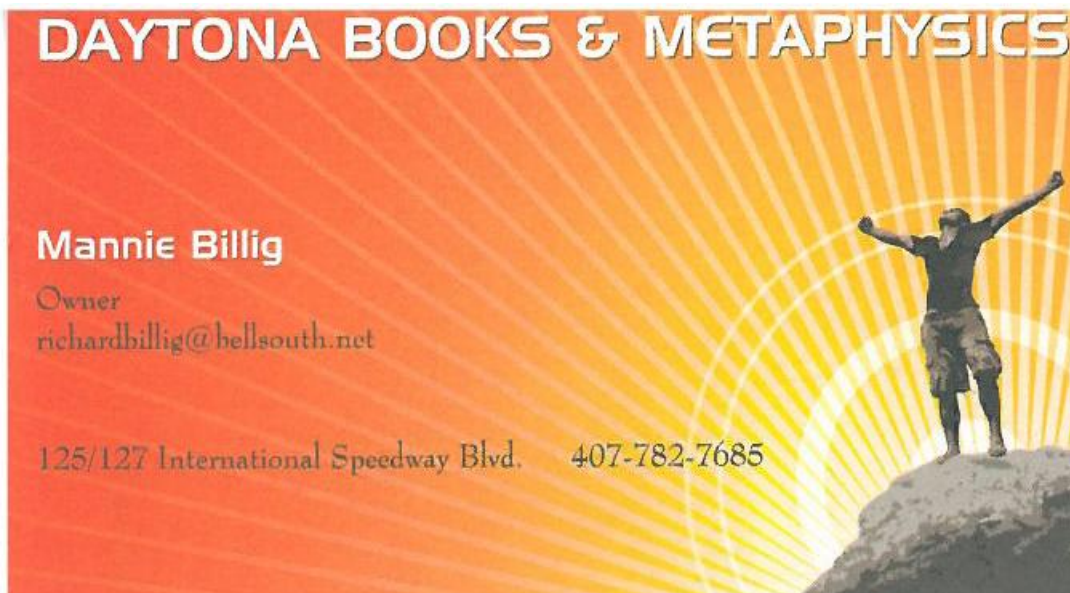
**June 4, 2011 - Tallahassee, Fl.**

**April 23, 2011 - Deerfield Beach, Fl.**

**Aug. 27, 2011 - Orlando, Fl.**

**Click on our website for details.**

---



**DAYTONA BOOKS & METAPHYSICS**

**Mannie Billig**  
Owner  
richardbillig@bellsouth.net

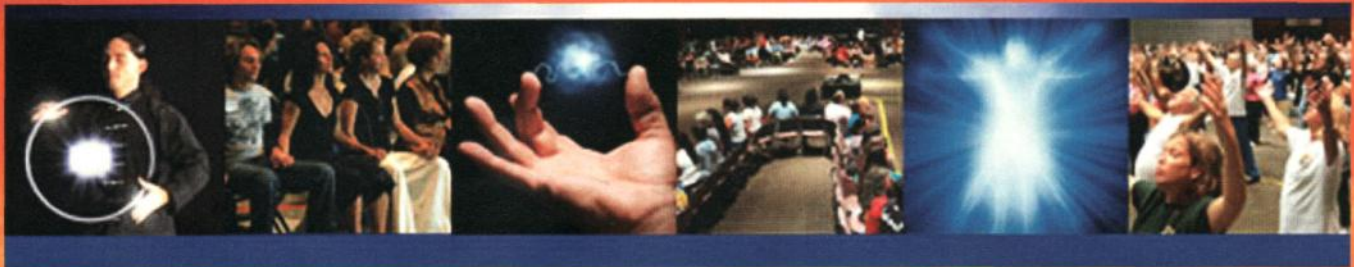
125/127 International Speedway Blvd. 407-782-7685

# Qigong Session

*Qigong (or ch'i kung) is an internal Chinese meditative practice which often uses slow graceful movements and controlled breathing techniques to promote the circulation of qi within the human body, and enhance a practitioner's overall health.*

**Reiki Masters & Yogis are calling this seminar, "The most powerful experience of ENERGY."**

2-3 HOURS OF AMAZING QIGONG HEALING



## Qigong Healing & Breathing Application

**Breath Empowerment:** Feels like a "Humming Engine" inside your abdomen! Initiates flow of Qi.

**Empty Force Qigong:** Your energy field becomes so palpable – it feels like solid matter.

**Spiraling & Pressing Qi:** Subtle movements are the REAL KEY to harnessing the Qi-Energy.

**Cloud Hands:** Beautiful Practice for strengthening lungs and opening the chest.

**Earth Hands:** Strengthens the hips, legs, & the reproductive center of the body.

**Around the World:** Rotating at the waist, large spheres of energy are formed. Used to give Qi.

**Qigong Push Hands:** Energy is projected. Qi gently "pushes" the body and assists movement.

**Tumo Breathing:** Pressurizes Qi to flow strong. Pulsation of Blood & Qi flows down arms and legs.

**Wuji Style Qigong:** Learn 7 Wuji Movements. A "MAGNETIC DANCE" of Qi. Create your own form.

**9-Breath Method:** ULTIMATE Breath Practice. Blissful waterfall of Qi removes stress & negativity!

**Advanced 9-Breath:** Takes Energy to deepest levels. We become PURE SPIRITUAL VIBRATION.

"I've been a practitioner of Reiki since 1983. I love Reiki and find your Qigong helps my practice tremendously. I FEEL the energy more powerfully now than I ever thought possible! – Rev. Ojela Frank, Author, Reiki Master"



Seating Limited so Call (386) 214-6465

Ed Eisler L.M.T. from [EislerTherapeutics.com](http://EislerTherapeutics.com)

Level 3 Instructor from Supreme Science Qigong

**Sunday January 30, & February 27, 2011 2pm—5pm**

Ongoing Last Sun in Each Month  
also Wed 5:30-6:30 in Port Orange, Call for Info

## **Past President Report - Carol J. Morrell, LMT**

WOW 2011 – THE START OF ANOTHER DECADE - It is amazing how time flies by. I've been wanting to write, but time slips by and I miss the deadlines. So here goes a quick up to date of life here in Gainesville, FL. Since moving 15 months ago it has been an extremely exciting time in my life – a journey that I am grateful to be traveling. Being with my family and grandchildren fills a part of life that I had not experienced and it can slip away if one is not careful – never to be recaptured – so look around and be sure you're covering all the bases that will matter to you in life's journey.

It was great traveling back and forth to Volusia area for 7 months from September until April – but the stress of it all and my obligations to take care of my grand baby were causing conflicting scheduling for many of us. Therefore, I had to stop, but being able to observe the transition with the new board and how they latched on allowing the chapter to grow and steering in an upward and solid direction was rewarding.

I made many acquaintances and friends during my 8 years with Flagler/Volusia Chapter and will treasure them.

Mark Bigelow became not only a close and valuable associate who helped me to grow in many areas, but a “brother” that I never had – I will always hold that dear to my heart and am thankful to him – Thank you Mark–you used to say “you're the Prez” when decisions had to be made –I've been happy to repeat the phrase “back to you”. And to Moises Sztylerman – what a secretary you are – thank you for working together with me.

All is well with me. This note is an opportunity I wanted to take to inform all of you that after much consideration, I have made a decision that I will transfer my membership to Suwanee Valley Chapter (I have not done so yet). Gainesville is where I live and the chapter has been very gracious to me for the past few months. I wanted to let my chapter know personally of this decision and wish you well.

We're all part of the FSMTA Family  
– no matter what chapter we belong to or visit.

With sincere regards to everyone,

Carol J. Morrell, LMT

Your Immediate Past President

January 22, 2011



240 Ridgewood Ave  
Holly Hill Fl 32117

Promoting professionalism through  
training for massage therapists.

---

We're on the web at  
[www.fsmtafv.org](http://www.fsmtafv.org)

---



## Upcoming Events and Speakers for 2011

- Feb 9:** Mercedes Jordan, Lymphatic Drainage and Lypossage—2 CEU'S
- March 9:** BOMT Mandatory Courses, Aids, FL Laws and Rules
- April 13:** Leiah Carr, Tibetan Bowl Sound Massage
- May 11:** BOMT Mandatory Courses, Professional Ethics/Medical Errors
- June:** NO Meeting, Annual Convention, June 22-26, Orlando
- July 13:** Larry Self, Compassionate Touch

### For renewal by August 31, 2011 you will need

- 12 - "relevant to massage therapy technique" CE Hours, must be in classroom only
- 6 - "general" CE Hours (can be classroom or done by homestudy courses)
- 2 - Professional Ethics
- 2—Prevention of medical errors
- 2 - Florida State Massage Laws and Rules
- 1—Aids prevention (not counted but required)
- 25 - total hours**