



FSMTA Newsletter

July Chapter Meeting

Meeting Date – July 13, 2011 (2nd Wednesday of the month)

Presenter - Larry Self

Subject - Compassionate Touch

Time – 6:00 pm - Registration and Networking

6:25 pm – Welcome and announcements

6:30 pm - Program Begins

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

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

2 CE Hours Awarded - Members Free, Non-members \$25.00.

This Month 's Presenter

Larry Self, LMT, is an educator, business owner, and continuing education seminar instructor. He serves as a Certified Instructor/Practitioner for Level I Workshops for the Center for Compassionate Touch LLC, to train and enable practitioners to work with elders in long term care and those in the later life stages of hospice care. He is the owner of Ocean Blue Massage Therapy LLC and serves as case manager for all clients seen by his staff of therapists. Larry is also a seminar instructor for Vivian Mahoney 's Massage Insurance Billing Seminars and trains massage therapists in billing procedures, laws, & rules. Continued on page 2....

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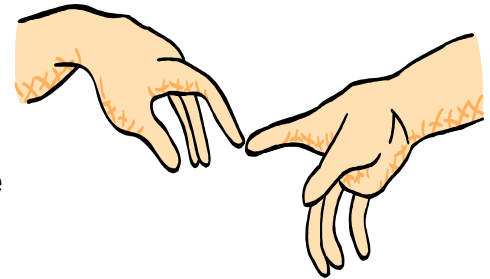
Newsletter Editors

Betsy Morrison, LMT
Gregory Neely, LMT

This Month 's Presenter - continued from page 1

He served many years as Lead Instructor of massage therapy at several schools in Florida, teaching all state required curriculum subjects necessary for licensure. He holds an Associate of Arts degree from the University of Central Florida and is a long time member of the Florida State Massage Therapy Association. Prior to focusing on teaching, he co-owned and operated a medical massage therapy clinic for over twelve years while sponsoring numerous continuing education workshops. This extensive experience and love for massage therapy in educating others continues to serve as a foundation for sharing viable knowledge in serving elders and those near end of life. Larry can be reached at cieloazul@cfl.rr.com.

Compassionate Touch



Your touch has the power to promote healing, relieve pain and comfort those living with the effects of aging, disease or disability.

Compassionate Touch® is a hands-on complementary approach for those in elder-care, hospice and palliative care. More than a set of techniques and skills, it is a whole new way of thinking that will help you bring true change to the lives of people for whom caring touch is just a memory. Compassionate Touch® combines one-on-one focused touch and sensitive massage with specialized communication skills to help enhance quality of life for those in later life stages.

Regardless of the kind of caregiver you are-massage therapist or other health professional, volunteer, or loving family member- Compassionate Touch gives you the opportunity to contribute to another human being in a way that is both simple and profound.

Presidents Report – Mark Bigelow, LMT



The FSMTA annual convention is now over. I hope many of you were able to either attend a learning session or at least to attend the product expo and see all the items available to support you in your bodywork.

Our chapter was well represented with members. The chapter parties on Friday night were well organized and all seemed to have a good time.

Thank you, to Gregory Neely, who stood in for me at the Saturday night banquet and state awards ceremony. Many of you do not know that I have three adopted daughters and five grandchildren. The convention was the very same weekend that our family had planned an extended reunion and all family members were together for three days except for me. I did get to spend a great day on Saturday with them all on Daytona Beach.

I spoke to some presenters at the convention and hope some will confirm plans to come to speak to our chapter about their specialties. I will post them on our meeting schedule as plans permit.



2nd VP Report - Jane Sharpe, LMT

We 've all heard the saying 'Time is money', so when we give of our time we perceive the value. When others give of their time, do we appreciate it as much? We like to think so, but in fact we don 't always.

In our profession we are used to giving more than we get. As members of the FSMTA we realize that the board members inform us of law changes, take care of CE transmissions, get the best presenters for our learning pleasure, pay the bills, and food is available for us to enjoy. With this in mind, we are actually getting more than we give. We try to contribute and help as much as we can, but we 're busy people, and with the economy as it is, we often have to work harder just to keep up. That 's understandable.

I 'd just like to take a moment to thank Mark Bigelow for all the outstanding work and time he has given to the FSMTA all these years. He has certainly given selflessly of his time, has remained a consummate professional, and has done a stellar job as our president. If his time is our money, we are surely the richest chapter in Florida!!

We have more members than others, and I can see why. As our own unsung hero, I would just like to remind you all (as I'm sure you've already thought of this yourselves), to thank him for all he has done for our chapter, our profession and our reputation. I cannot thank

him enough.





FSMTA – Flagler/Volusia Chapter Board



**Mark Bigelow, 386.214.6268,
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President



This months Facilitator

**1st Vice President – Christopher Brooks, 386.795.2033,
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**2nd Vice President – Jane Sharpe, 386.586.3007,
janolmt@webtv.net**



**Secretary – Moises Sztylerman, 305.481.1630,
mossage57@yahoo.com**



**Gregory Neely, 386.492.2958,
greg@newagetouch.com**

Treasurer

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.

Report - Greg Neeley, LMT

Going into Convention we have 7,416.88, we have budgeted to spend 1,024.00 for this years convention in total. I hope everyone had a great time and got all kinds of goodies and knowledge to use in their practice as they return home. As you probably have already guessed Wachovia has now changed it's name to Wells Fargo finally. I hope that this new company will be as responsive to our financial needs as the previous banks have been.

We have introduced new ad format on the overhead at the beginning of the meetings for anyone that is interested. You can purchase a full page newsletter ad for \$25 per month and get an electronic screen ad for free or purchase only the overhead for \$10 per month.

The board is looking for someone that will be able to become treasurer in the New Year for 2012-2013, but wait don't everyone volunteer at the same time. It does takes someone that is well organized and can take time from their busy schedule to do all the necessary paperwork. You will be asked to go to the 1st quarter meeting of the executive board for training and official welcoming aboard. You must be elected into office and our chapter will be holding elections in January. You don't have to be an accountant to hold this position just able and willing. Computer skills are a plus and Quickbooks an extra bonus. Our chapters financial records have all been converted to Quickbooks to streamline a lot of the necessary paperwork to the main office. If you have any specific questions about the position you are welcome to drop me a line via email or chat me up at the next Chapter Meeting. Look forward to seeing you then.

Legislative Report - Greg Neeley, LMT

Nothing to report this month. The Fall session will bring interesting new legislation to the table and we look forward to bringing more information to you. In the meantime the NCBTMB has introduced a new brochure that is available to law enforcement and has also placed it in their new membership package, on Human trafficking. In partnership with the Polaris Project a non profit organization for a world without slavery. The National Human Trafficking Resource Center (NHTRC) can be reached at 1-888-373-7888 or online at www.traffickingresourcecenter.org .

Sports Massage Team Report - Adan Araujo LMT

Hello to all from sports team. I 'm writing this month' s article fresh from returning from the FSMTA convention in Orlando. As always the convention was outstanding and provided me with many new ideas, products, and insight for the coming year. This year, being a renewal year, attendance was high, so many of us got a chance to meet new therapist and hopefully make new friends. This month I would like to start talking about what is involved in a sports massage event; what you should bring, what to expect, what techniques you should use, and how to use the event to promote your practice as well as the FSMTA.

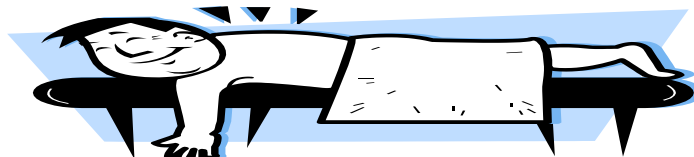
Let 's start off this month with what you should bring to an event. The first and to me the most important thing to bring is a happy and good natured ATTITUDE. Your attitude should be up-lifting and supporting, remember you will be working on people who are pushing their bodies hard and will be both physically as well as mentally drained. It 's important that you speak in a positive and supporting manner, this is very important when doing pre-event massage. Your attitude will always be relaxed in your massage, so be happy.

On the equipment side, you will need your massage table, some wood blocks, a plastic sheet cover, a blanket, paper towels, table cleaner, hand sanitizer, and something to keep track of time.

Now let 's go over the above mentioned equipment. The day before an event check your massage table, is it safe; have you tighten the nuts and bolt lately, does it fold and unpack easily, are the ropes and hinges crack. Bring some blocks of wood to place under the table legs. Most events place the massage tents on grass, sand, or dirt floors, so the table legs will sink into the ground. Having blocks of wood under the legs will prevent this from happening.

A plastic table cover is better than regular sheets, no need to keep changing them. Also, you won 't be subjecting your table 's vinyl cover to all that cleaning solvent during the event, if it 's a major event you will be cleaning your table 20 to 40 times that day. Bring a blanket just in case you client gets cold, which happens often. A roll of paper towels, table cleaner, and hand sanitizer are a must _have. After every client you will have to wipe off the table and clean your hands. Also, sometimes you will have to wipe off the clients feet and legs, this is a good time to check for cuts and blisters, more on this next month. Bring something to keep track of time. At all events clients are given a set amount of time and there is usually a line of people waiting. Wrist watches are fine, but find a place to put them where they won 't interfere with the client. I have found that if you put them on the table 's leg, you can keep an eye on time without any interference.

That 's all for this month, hope to see everyone at the next meeting. Until then be good and enjoy!



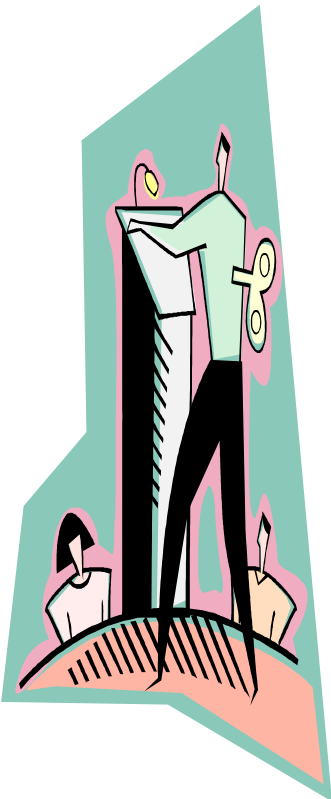
240 Ridgewood Ave
Holly Hill Fl 32117

Promoting professionalism through
training for massage therapists.

We're on the web at
www.fsmtafv.org



Upcoming Events and Speakers for 2011



July 13: Larry Self, Compassionate Touch

August 10 : Pete Pfannerstill, PhD. , Myofascial Sports Massage

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**