



# Flagler/Volusia FSMTA

## December - NO Chapter Meeting

**Christmas Party Date – Wednesday, December 8, 2010**

**Location – Caribbean Jack’s**

**Address – 721 Ballough Rd, Daytona Beach, FL 32114**

**Phone 386.523.3000 [www.caribbeanjacks.com](http://www.caribbeanjacks.com)**

**Time – 6 pm**

**Parking – Self-parking is available in the main restaurant lot, plus self parking in a marked lot across the street just to the south of the restaurant. Valet parking is also available at the front door.**

**Buffet dinner – Chicken alfredo, baked salmon with mango salsa, Caesar salad, bread, key lime pie, soft drinks, iced tea, coffee or hot tea, plus the tip are all included. Alcoholic beverages are available by separate order from your server.**

**Live music and dancing - Begins at 6pm**

**The party is sold out. Attendees must have their tickets and the matching numbered stubs will be used to draw for prizes. There is nothing else to buy.**

**Thank you, and welcome to all who will be attending. For those who did not get tickets we hope to see you at next years party in a larger venue if needed. Your chapter board tried to make arrangements that were affordable and offered great value. See you there.**



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**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

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

### **Last Month's Speaker**

Special thanks to Vivian and John Mahoney for traveling so far to be with us from Gatlinburg, Tennessee. Those who attended had many of their questions answered about massage insurance billing and their just is not time to cover everything in a two hour introductory class. For those who wish to take insurance payments I encourage you to attend a seminar with her and learn how to do it right, and as we heard in class, if you do not do it your competition will. Check out her workshop dates and locations at

Thanks also for Vivian's generous donation of a DVD on practice building and taxes for massage therapists to be used as a fund raiser.

### **2011 Monthly Meeting Presenters**

I am currently working on our selection of speakers for next year. We will be doing our mandatory courses in March and May. As we did in 2009, homestudy workbooks will be used from Elite Continuing Education, one of our associate members with headquarters here in Ormond Beach. We will do the workbooks as a group, answer the test questions and have discussion. The test answer sheets will be mailed in by each person individually, along with your payment for the courses to Elite for submission to CEBroker. They have always been more than fair with us and the price is nominal.

### **Fund Raising Products**

Don't forget to bring in your unwanted books, DVD's, CD's and products that can be used for our fund raising drawings. We appreciate the donations we have had so far and will be offering more items at the January meeting.

### **Annual Business Meeting**

We will be having our annual business meeting January 12 at monthly meeting. We will also have a presenter that evening. Be watching for a slight change in time for the meeting to begin in our special contact emails.

### **Christmas Party**

35 tickets have been sold and we are ready to have a holiday party. See Greg Neely's report for more details on prizes and sponsors. No one will leave empty-handed. If you have not yet bought a ticket – do not wait until the last minute. We can still squeeze a few more in and no tickets will be sold at the door due to the restaurants request for an advanced count to allow for food preparation and seating.



## President Report—Continued

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### Welcome New Volunteers to Our Team

If you have visited our website within the last few months you have seen good things happening. Krystal Harworth has been regularly updating our site at [www.fsmtafv.org](http://www.fsmtafv.org) by adding articles and photos of each month's speakers and meeting events. Visit the site and take a look at her handiwork.

Welcome also to Donna Riehl, who surprised us all with a great layout of food at the November meeting. We have been hobbling along with temporary arrangements for food for a few months now and it sure is good to have someone take an interest in this project. This is a special gift she is giving all of us, as with all of the chapter volunteers, who give their time behind the scenes to do things for all of us that many of you do not even realize happens.

All our chapter volunteers will be introduced and their contribution to the chapter recognized at our annual business meeting in January. All of you are simply – *outstanding!*

Betsy Morrison – Newsletter Arrangement and Production  
Tina Bashlor – Registration Desk and CE Certificates  
Francis Lord and Eric – Newsletter hardcopy printing and mailing  
Carol Underwood – Always available for whatever we need  
Teresa McDonald – Water and Fund Raisers  
Sheree Urich – Sports Team Events

And the chapter board, Chris Brooks, Jane Sharpe, Moises Sztyleyman, and Greg Neely. Your chapter board is a special bunch who should all be sent to Washington to show politicians how to balance a budget, make due win a shrinking economy and still get things done.



**6 Weeks of boot camp for \$119**



A *Boot Camp* style fitness program is now available in Port Orange! Programs are designed for various fitness levels from the beginner to the advanced.

**Program Prices**

\$119 for the entire  
6 week boot camp!!!  
OR  
\$10/session

2 free sessions without  
any commitment!

\* Includes a fitness  
consultation and  
pre/post fitness  
assessment.



**Improve strength/endurance**



**Fun in a team environment**

This program is held on Monday, Wednesday and Friday at the Port Orange City Center Amphitheater from 5:45-6:45AM.

For more information, please call Ed Eisler (386) 214-6465 or Email Chad Truxall [ctruxall@cfl.rr.com](mailto:ctruxall@cfl.rr.com)

## **FSMTA – Flagler/Volusia Chapter Board**

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

**Immediate Past President - Carol Morrell, 352.336.3640, [newsmyrna@bellsouth.net](mailto:newsmyrna@bellsouth.net)**

**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 Sztyleyman, 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**

Our Balance is \$4924. We are going to be having a great party this year due to the corporate sponsors and I would like to take a minute to acknowledge those sponsors of the Christmas party Starting with WNDB 1150AM Radio who has donated our Grand Prize of \$510.00 in advertising and make up of a radio commercial. This will go a long way to promoting your business in the new year! TD Bank who is has been very gracious in donating prizes totaling over \$600. So that each and every member that attends the party will receive a gift. Bio Freeze for sponsoring a great grand prize and items for each and every member that attends the party. Bon Vital for donating products for each member that attends the party. NewAge-Touch Essential oils for donating 2 gift baskets full of essential oils and massage products valued over \$300 and finally EdCat Enterprises for donating additional door prizes valued at \$80.

That brings our door prizes to over \$2,000.00 dollars for the Christmas Party this year. We would like to thank all of our sponsors and Caribbean Jacks for hosting this truly exciting event. See you There!

## **Legislative Report**

Nothing to report at this time. Watch for things to happen next year with the healthcare reform bill. Would like to thank all that helped in getting amendments defeated this year that would have directly affected our profession..

**HAPPY NEW YEAR**

## **Holiday Gift Certificates for Your Clients** - Read carefully so you do not break the law.

### **Section 1. Section 501.95, Florida Statutes, is amended to read:**

501.95 Gift certificates and credit memos.—



(1) As used in this section, the term:

(a) “Credit memo” means a certificate, card, stored value card, or similar instrument issued in exchange for returned merchandise when the certificate, card, or similar instrument is redeemable for merchandise, food, or services regardless of whether any cash may be paid to the owner of the certificate, card, or instrument as part of the redemption transaction.

(b) “Gift certificate” means a certificate, gift card, stored value card, or similar instrument purchased issued in exchange for monetary consideration when the certificate, card, or similar instrument is redeemable for merchandise, food, or services regardless of whether any cash may be paid to the owner of the certificate, card, or instrument as part of the redemption transaction, but this term shall not include tickets as specified in s. 717.1355 or manufacturer or retailer discounts and coupons.

(2)(a) A gift certificate purchased or credit memo sold or issued for consideration in this state may not have an expiration date, expiration period, or any type of post sale charge or fee imposed on the gift certificate or credit memo, including, but not limited to, service charges, dormancy fees, account maintenance fees, or cash-out fees. However, a gift certificate may have an expiration date of not less than 3 years if it is provided as a charitable contribution when no consideration is given to the issuer by the consumer, or not less than 1 year if it is provided as a benefit pursuant to an employee incentive program, consumer-loyalty program, or promotional program when no consideration is given to the issuer by the consumer, and the expiration date is prominently disclosed in writing to the consumer at the time it is provided. In addition, a gift certificate may have an expiration date if it is provided to the recipient, or to a purchaser for transfer to the recipient, as part of a loyalty or promotional program when the recipient does not pay a separate identifiable charge for the certificate, or if it is provided in conjunction with as part of a larger package related to a convention, conference, vacation, or sporting or fine arts event having a limited duration so long as the majority of the value paid by the recipient is attributable to the convention, conference, vacation, or event. An issuer may honor a gift certificate that has expired on or before the effective date of this act.

Item sent from Ralph V. Russ, LMT, FSMTA Executive State President

## **FSMTA NOW OFFERS COLON HYDROTHERAPY LIABILITY INSURANCE COVERAGE!**

You asked and FSMTA delivered! Working with American Massage Council, our preferred provider of Massage Liability Insurance, we are pleased to offer Colon Hydrotherapy Liability Coverage! This is affordable, comprehensive coverage for LMTs who practice Colon Hydrotherapy. Go to [www.fsmta.org](http://www.fsmta.org) for details

## Sports Massage by Sheree Urich, LMT

# TRAUMA INJURIES

Most of these have occurred as a result of "dry land" exercises, strength training or other extra-curricular sports activities. Some of these traumas were avulsion of the anterior cruciate ligament, protruding disc in the lumbar spine and possible pectoral muscle tear. The first two of these were diagnosed by physicians using X-rays and MRIs.

Other conditions that are treatable using massage techniques are edema and scar tissue. These injuries are all treatable using massage as one of the components. We are specifically discussing swimming injuries, but these techniques can also be applied to the same type of injury in other sports.

When an injury occurs, edema (swelling) follows. In order to optimize healing, it is important to minimize the swelling as much as possible and as soon as possible. We have all heard of the idiom RICE - rest, ice, compression, elevation. This will help prevent increased swelling and facilitate recovery.

When there is an injury, such as a tear in a ligament or tendon, bleeding occurs. The body then releases a number of chemicals which produce vasodilation. This increased vasodilation brings more blood to the area of injury and fluid begins building up in the interstitial spaces causing edema. If edema remains, the healing process will be lengthened. Massage can be used effectively almost immediately to help keep edema to a minimum and to eliminate it quickly.

For example I saw a knee injury right after it occurred. The knee was extremely swollen. I spent 12-15 minutes working on the thigh performing effleurage and compression strokes, much like a milking effleurage motion. The swelling was reduced significantly (approximately 80%). I then said to the athlete that she should do this to herself daily until I saw her again. Four days later, there was virtually no swelling and I was able to work on the knee.

### Acute Stage

In the acute stage, there will be pain. When palpated, the tissue will feel like a water balloon. Tissue will remain dimpled when pressure is applied and released. Massage is contraindicated directly on the injured area at this time. Massage, however, can be used on the proximal areas. Massage will work both mechanically and reflexively to help reduce edema.

In the example given above, only continuous clasping effleurage and compression were used. These were performed stroking from distal to proximal starting above the swelling. To perform the effleurage, the direction of the pressure is forward toward the direction of movement, not down into the tissues. The reason for this is that if pressure is applied downward, we are shutting down the blood vessels that we are, in fact, trying to open and move fluids through. Compression is applied by lifting the tissues, compressing them and then "milking" them. Again the direction of the stroke is forward from the underlying to the upper-lying lymph nodes. Light shaking vibration can also be used in conjunction with the effleurage and compression. As the swelling decreases even within the same treatment, you may begin very superficial, continuous effleurage on the knee itself. This will aid resolution of edema in the subcutaneous tissue. Make sure that you do not apply pressure downward at any time, since this will increase the swelling.

## HOLIDAY GIFT GIVING

What are all Massage Therapists recommending to their clients for Holiday gifts.

Why the gift of Massage. Of course!

We Therapists believe in Massage.

We recommend weekly massage to our clients. Right?

So do you take your own advice?

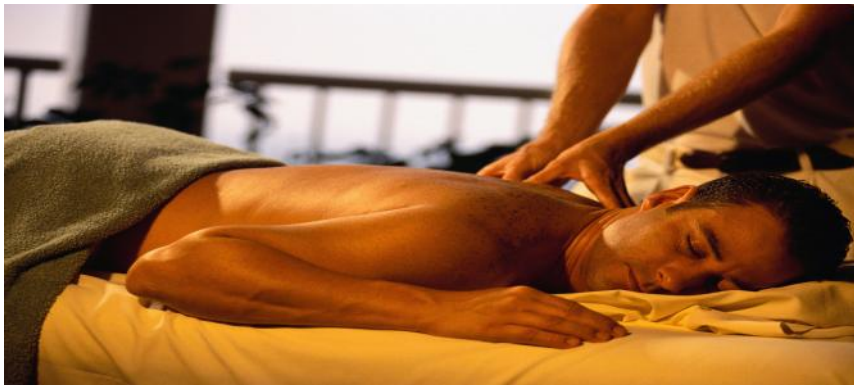
So when was the last time you, an LMT, had a massage?

You certainly know enough LMT's.

So why not do trades with fellow therapists?

Massages feel great. Are good for you. And promote what you believe in.

**HAVE ONE TODAY!**





# It's The Law – Do You Comply?

If you have been found guilty of a rule violation and receive a fine, is the fine all that you pay?

**NO.**

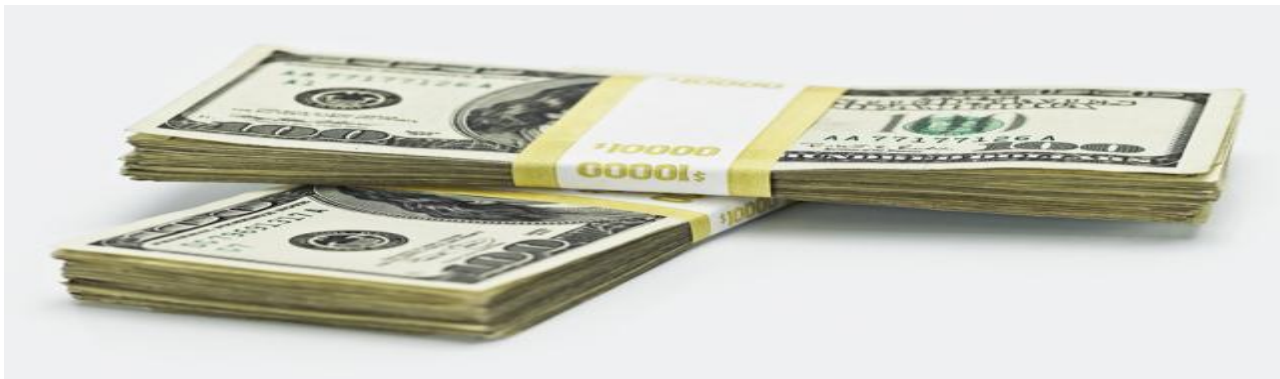
FL Statutes 64B7-30.004

(4) In addition to the fines imposed herein, *the costs of investigation and prosecution for each offense shall be assessed in the citation.*

How much could these penalties total? In recent board proceedings the real amounts have been... (these are just a sample)

- Case #2010-02200 \$200.00 fine, plus \$470.99 costs = \$670.99
- Case #2010-07771 \$300.00 fine, plus \$459.82 costs = \$759.82
- Case #2009-20390 \$400.00 fine, plus \$1,308.07 costs = \$1,708.07
- Case #2009-24470 \$2,250.00 fine, plus \$855.96 costs = \$3,105.96
- Case #2009-03036 \$1,250.00 fine, plus 1,161.93 costs = \$2411.93
- Case #2010-02491 \$550.00 fine, plus 984.17 costs = \$1,534.17
- Case #2007-30642 \$500.00 fine, plus 1,368.05 costs = \$1,868.05

Know the law. It is YOUR responsibility to read and follow FL Chapter 480 Massage Practice Law and FL Statutes 64B7.





**Employment**

For Rent

**Supplies**

**Classes**

Space

Available

For your listings

Qigong Session

Seating is limited so call  
386-214-6465

Call for more info



Happy Holidays  
To one and All!



**CLASSIFIED ADS**

**Classified Rates**

	Members	Non-Members
<b>1-20 Words</b>	5.00	10.00
<b>21-40 Words</b>	10.00	15.00
<b>41-60 Words</b>	15.00	20.00
<b>Full Page (flyers)</b>	25.00	35.00
<b>Business Cards</b>	10.00	20.00



New Age Touch  
240 Ridgewood Ave  
386-492-2958

**Quality Essential Oils  
In Stock  
Therapeutic Quality at a Great Price**

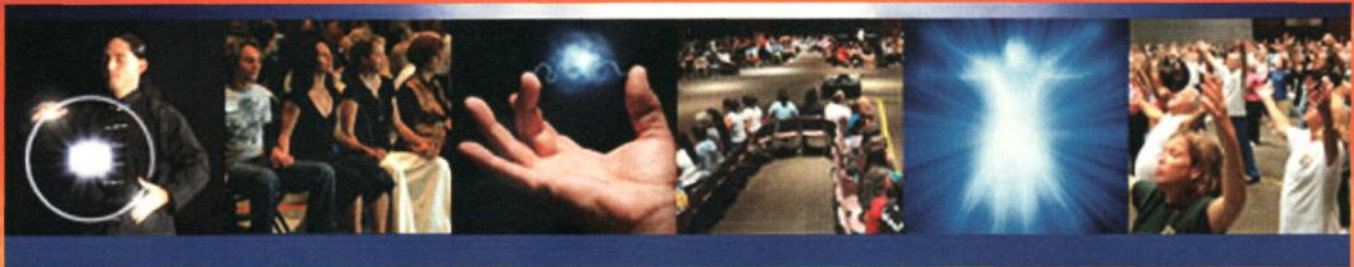
[newagetouch.com/shop2](http://newagetouch.com/shop2)

# 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 2, 2011**

2pm—5 pm

Ongoing Last Sun in Each Month

also Wed 5:30-6:30 in Port Orange, Call for Info

240 Ridgewood Ave  
Holly Hill Fl 32117

Promoting professionalism through  
training for massage therapists.

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

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## Upcoming Events and Speakers

Dec 8 – Chapter Party at Caribbean Jacks,  
See this months 'Presidents Report' for details

**2011 Speakers and subjects now being planned,  
with mandatory courses in March and May.**  
For 2011 speakers schedule see January Newsletter

### **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**