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Contact Info

AMTAMI.org
(NEW Website)

michiganamta@gmail.com

(989) 921-6990

Michigan Hands

Winter 2018 Newsletter February 2018

Ask KP: Your Ambassador on the Road
Kathy Paholsky, LMT, BCTMB

Since stepping in last year as chapter president, it’s been a non-stop learning opportunity. Many of you have contacted me about challenges you’re facing, from renewing your membership, dealing with state licensure, to growing your business and earning a living. Chapter Membership has increased by 20% in the past year for individuals and schools.

Our Membership Committee added Meet Ups to help you connect. Education events are moving to different parts of the state. Watch the Community Service Massage Team to bring more events and training. A Research Workgroup was created to bring together interested members. The ongoing activities in Lansing related to Massage Rules keeps our GR representative busier than ever. We’re working for you.

This year I’m traveling to 5 different sites in the lower peninsula. Questions about AMTA benefits, state licensure, CE requirements and work related issues aren’t always easy to answer in an email. As part of the new initiative to better serve our members, the Board has decided that it’s time for me to get on the road!

Where am I going? You Decide! It could be your office or a local coffee shop. As long as there’s room to sit and chat for an hour or two, you may be chosen to host! There’s no cost involved. If you have a location that will handle 10-20 AMTA members (including students), email me with an invite ASAP and we’ll choose the 5 sites for this year.

It’s your chapter. Get involved!

Kathy Paholsky president@amtami.org

James B Henry Center for Executive Development · Lansing, MI

Join us as we welcome Jason Erickson, BCTMB, CPT as he presents two courses in manual therapy approaches to Working with People in Pain. Both provide hands-on and lecture, and meet both NCB and AMTA requirements for CEs.



Jason Erickson is former president of AMTA Minnesota Chapter. He serves as Master of Ceremonies for the annual San Diego Pain Summit. A former chronic pain patient, Jason’s journey back to pain-free health inspired him to become a therapist, trainer and educator.

Friday, April 13, 2018 6 CEs
Class

Give Them Hope: Intro to Working with People in Pain
11 am to 6 pm (Lunch 1 to 2 pm)

Sat & Sun, April 14 & 15, 2018 16.5 CEs
Class

Dermoneuromodulation: Massage for People in Pain
8:30 to 6 pm (Lunch at 12)

Saturday, April 14, 2018
Class

Student & Graduate Day
10:30 am to 12 (Lunch at 12)

Saturday, April 14, 2018

Lunch & Annual Meeting 12 to 1:30 pm

*For those AMTA Members who are only attending the Annual Meeting, reservations are required. Please check our website for information. There is no charge for attendance.

Class Enrollment/Registration through Eventbrite

Via the **NEW** AMTA Michigan website: AMTAMI.org

Fees include all class costs, continental breakfast, buffet lunch, snack breaks, coffee/tea service
Early Bird Discount ends March 10.

Paying by check? Mail-in registration form is available **on Page 11 (inside back cover).**

Questions: contact us at michiganamta@gmail.com or call (989) 921-6990

Meeting Site James B Henry Center for Executive Development Lansing, MI

Hotel (adjacent) Candlewood Suites

Chapter Board of Directors Positions Open

There are 4 positions open this year.

- President 2 year term 2018-2020
- Board Member 2 year term 2018-2020
- Secretary 2 year term 2018-2020
- Financial Administrator 1 year term 2018-2019

The Candidate Application can be found on **Pages 9 & 10** of this newsletter. The Application with complete details and requirements for each of the offices is also available on the new website: amtami.org

Applications are **due by March 6, 2018**

Online Elections

The AMTA Michigan Chapter will be holding our first online election! All Professional, Retired Professional and Graduate members are eligible to vote.

Please make sure that your email is current with our National office by logging into your AMTA account at www.amtamassage.org.

Information will be sent to your email in March. Since this email will be coming from our vendor please check your spam folder.

Julie Finn, Online Election Coordinator

Chapter Meritorious Award

Each year the Michigan Chapter chooses one member who has gone above and beyond in service to the chapter.

On Saturday, April 14 at the Annual Meeting, you'll have a chance to elect a peer for the Chapter Meritorious Award. Consider:

- A Professional Member who represents the massage therapy profession both in their own practice and through community outreach or volunteerism.
- An Educator who motivates and inspires.
- A Chapter Volunteer who goes above and beyond their position job duties.

It's always great to acknowledge our outstanding members at the meeting, and to choose one who represents the best. Make sure you and your candidate are both present at the **Annual Meeting!**

Continuing Ed (CE) Requirements for Massage Therapy Licenses in Michigan

All Massage Therapist Licenses in Michigan expire on October 31; each renewal is for three years. The date of issuance is listed on the license. For those of you whose license renews in **2018, 2019 or 2020**, you have NO mandatory CE requirements to meet at the time of that renewal. Just complete the application and submit with renewal payment.

Your CE hour requirements start after your renewal, and you will have three years to acquire 18 CE hours plus the One Time Human Trafficking requirement for your next renewal date.

Summary

- 2018 renewals: start accumulating your 18 CE hours for your 2021 renewal
- 2019 renewals: start accumulating your 18 CE hours for your 2022 renewal
- 2020 renewals: start accumulating your 18 CE hours for your 2023 renewal

We will continue to provide regular updates as your renewals come due, including identifying the courses and hour requirements.

Jessica Carter, GR Chair

When was your last massage?

Support Our Advertisers

*Branch Out with
Upledger CranioSacral Therapy*

CRANIOSACRAL THERAPY 1 (CS1)
Ann Arbor - Jun 28-1, '18

CRANIOSACRAL THERAPY 2 (CS2)
Ann Arbor - Jun 28-1, '18

ECOSOMATICS SMALL ANIMALS 1 (ESSA1)
Saginaw - Apr 13-16, '18

Upledger
Institute
International
Upledger.com
800-233-5880

START
TRAINING
\$100 PER MONTH

Join the Community Service Massage Team

Are you the type of person who likes to serve your community? Do you have experience in emergency response or disaster management? Do you like participating in outreaches?

The Community Service Massage Team (CSMT) is starting to build its team and we need you!

The mission of the CSMT is

“To respond to the needs of the communities within Michigan with the power of compassionate, professional touch in order to promote the health and welfare of humanity.”

Professional and Graduate members of AMTA are eligible to join. We’re looking to offer trainings in Spring/Summer 2018. Watch our Facebook page and website for dates.

Julie Finn, LMT, BCTMB, CPMT, AMTA-MI Chapter CSMT Coordinator
mimertamta@gmail.com

Community Service Massage Team Training: Southeast Region



On February 3rd and 4th, 2018, I had the honor of attending both Responder and Team Leader trainings hosted by the AMTA Tennessee Chapter in Jasper, TN.

The two trainers were Lee Stang, North Carolina, and Deb V., Connecticut. The benefits of the training were that they provided me an opportunity to learn, develop training skills and get ideas to incorporate into future trainings.

Our training discussed in detail the history of CSMT, requirements of both responders and team leaders along with what occurs prior to a deployment, during and post deployment. I really enjoyed the role playing.

It was great meeting attendees from Georgia, North Carolina, Tennessee, Washington and Indiana. I’m looking forward to incorporating what I learned into upcoming trainings!

Julie Finn, LMT, BCTMB, CPMT, AMTA-MI Chapter CSMT Coordinator

Membership Report

This past year's Meet Ups have been a big hit with attendees. Besides Westland, I have been to Sterling Heights, Southfield, Fenton, and Allen Park. I recently did a Meet Up in Ann Arbor and Cindy Dort, our Education Chair, has been hosting some in Gaylord. This year there are Meet Ups scheduled for Cadillac, Alpena, Traverse City, Lansing, Grand Rapids, Kalamazoo, and Niles. Dates are posted as soon as they are confirmed, so if you don't see one in your area, hang in there and check back frequently.

You can find announcements for the Meet Ups on the AMTA Michigan Chapter's Facebook page and our new Chapter website AMTAMI.org. Just a reminder, Meet Ups are open to all LMTs and MT Students.

What is a Meet Up?

A LMT Meet up is a casual gathering of LMTs and MT Students. It gives each of us a chance to break out of our solitary work bubble and connect with others in our local area. No hidden agenda, no strong arming; just an opportunity to meet new people who also do Massage Therapy. Do you have a practice question, a room to rent, know of a job opening, or looking for someone to do trades with? Come share it at the next LMT Meet Up, near you.

We're currently posting them on our Facebook page and our new website in the Events Calendar.

Carrie Mayo Buechler, Membership Chair

Upcoming Events

Wednesday, March 7	Meet Up: Westland
Wednesday, March 21	Meet Up: Novi
Fri-Sun, April 13 – 15	Annual Meeting, Education Event, Student Day, Lansing
Thur-Sat, August 9-11	AMTA National Convention, Washington DC
Sun-Sat, October 21-27	National Massage Therapy Awareness Week
Wednesday, November 28	Legislative Day, Lansing

[Watch for updates on Facebook and our website.](#)

When will you join in?

Interested in Massage Therapy Research?

Have you ever considered getting involved in research for the massage therapy community? AMTA Michigan is currently developing a research workgroup to explore possibilities for creating a research cohort. This research team (cohort) may contribute significantly towards the recognition of our profession. Information derived from research helps to bridge the gap with the medical community and facilitates integrative treatment plans.

There is a need to acknowledge the profession by bringing awareness to the recorded research on the benefits of massage therapy, which has grown over the past five years. A cohort of massage therapy researchers can supply more research-based information than a single researcher. That's why our chapter has started this initiative. We want more of our members to work together towards a common goal.

I began slowly and got involved in research over the past four years, and last year I presented a poster at the AMTA Convention in Pasadena! You will find that by presenting your research project it is not only rewarding but provides another pathway for giving. Hopefully, many of you will venture outside of your comfort zone and consider joining me as we develop this research workgroup. I am here to support and help!

For more information contact LoResa Robertson

getLoResa@yahoo.com

313.460.5182

Self-care. Don't put it off.

AMTA Members: check out the free online classes. Earn up to 5 CEs and take care of your body!

amtamassage.org/selfcare

Volunteer Opportunities

Have special skills that your chapter can use? Thinking about volunteering your time? We can sure use your help! We're a lively, cheerful and fun group who work hard and laugh much. With over 2,000 members and still growing, there are plenty of opportunities for you to be a part of a successful chapter.

Not all of it involves travel. Many of our committees meet via conference call and/or email, so don't let that hold you back. Irregular schedule? Many of our opportunities are very flexible in their time commitments. An hour a month or a few hours a year could be just what we need.

How can you help?

- Like to write? Newsletter needs articles organized and proofread three times a year.
- Is marketing and promotion your strength? Help us get the word out about our classes, meet-ups and other events.
- Party planner? Work with various committees to help organize our activities and share the news.
- Friendly and outgoing? Reach out to our Membership Committee.
- Enjoy interacting with the public? Check out the article from Community Service Massage Team.
- Want to know 'how it works'? Read the information from our new Research Workgroup.

Don't hold back because you're not sure if you can help. We're growing and look to better serve our members.

Make a positive difference.

AMTA is celebrating 75 Years of Health and Wellness!

With over 80,000 members, we are the largest non-profit association for massage therapists, students and schools. It relies on its volunteers to make it a success.

You're a member now. Be part of the future growth.

Step up and Join Us!

Candidate Application

----- This is a TWO Page Application -----



AMTA-MI Chapter Board of Directors Candidate Application & Supporting Information

Please complete on or before March 6, 2018

Please print or type the following and send to the Online Elections Coordinator:

- Application information (this page)
- Biography (maximum 150 words, see below for suggestions)
- Picture (preferably head shot taken within past year)
- Sign Chapter Volunteer Code of Conduct (electronically on Chapter Page of AMTA National website)

Board Position Chosen: Please Check One:

- 2-year term: President (2018-2020)
- 2-year term: Secretary (2018-2020)
- 2-year term: Board Member (2018-2020)
- 1-year term: Financial Admin (2018-2019)

Position Descriptions available on our website: <https://amtami.org> under Elections Tab

Name: _____ **AMTA Member ID:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Main Phone: _____ **Alternate Phone:** _____

Email: _____

Please check each YES box:

- YES I am a Professional Member (includes Graduate Member) in good standing.
- YES I have computer & telephone access for chapter business.
- YES I am able to commit for the entire term of office selected.
- YES I am willing and able to commit the time required for this position.
- YES I can travel for volunteer activities.

(Continued on next page)

(Candidate Application Page 2)

My signature below indicates that if I am elected for this office, I am able and agree to serve the term of office, that the information provided is accurate, and that permission is granted for the verification of that information.

Print Name: _____ Signature: _____

Date: _____

Biography (Max 150 words): In your own words, please share why you would like to run.

Suggested topics but not limited to:

- What is your vision, reason and/or objectives for becoming an AMTA-MI Chapter Team Member?
- What do you see yourself contributing to this position?
- What are your strengths/qualifications, talents, skills and/or abilities for this position? (Include any past work experience)
- What are your community and professional experiences? (can include education, volunteering)

Please contact Julie Finn, Online Elections Coordinator with any questions & Submit this page along with biography & photo to:

Online Elections Coordinator, Julie Finn, mimertamta@gmail.com or 248-787-1558 please leave a message.

**AMTA Michigan Annual Meeting & Education Event
April 13-15, 2018**

Name _____

Address _____

City, State, Zip _____

Phone _____ (cell/home)

Email _____

AMTA Member # (if applicable) _____

Registration for (check appropriate boxes)

Friday: Give Them Hope: Intro to Massage for People in Pain 6 CEs
\$130 Postmarked by March 10 \$150 March 10 to March 31

Saturday & Sunday: Dermoneuromodulation 16.5 CEs
\$350 Postmarked by March 10 \$390 March 10 to March 31

Saturday: Student & Graduate Day
Students \$10 Graduates \$25

Annual Meeting & Lunch Only: No Fee. Reservation Required by April 7.
(Please use online registration or email michiganamta@gmail.com)

\$ _____ **Total Amount Enclosed**

Make Check Payable to: **AMTA Michigan Chapter. Mail to:**
AMTA Michigan Chapter
Attention Kathy
55 E. Long Lake #223
Troy, MI 48085

Must be received no later than March 31, 2018

(Please include the #223 on envelope. We are not responsible for mislabeled addresses)

An email confirmation will be sent upon receipt of check.

Thank you! AMTA Michigan Chapter
amtami.org



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Troy, MI 48085

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