



amta
american massage therapy association®

— NEBRASKA CHAPTER —

2018

STATE
CONVENTION

CELEBRATE

EDUCATE

INTEGRATE



the connecting
the stroke

Summer 2018 Newsletter

It's Not too Late to Register!

Join your massage therapy peers at the AMTA 2018 National Convention,

August 9-11 in Washington, DC!

For more information please visit www.amtamassage.org for education and registration info.



Click the image to visit the registration page.

BOARD OF DIRECTORS

OFFICERS

President: Becky Ohlson
(402) 310-7583
Becky.Ohlson@amtane.org

Board Member 1: Mitchell Lowry-Lee
402-440-3627
Mitchell.Lowrylee@amtane.org

Board Member 2: Beverly Riley
(402) 707-2248
Beverly.Riley@amtane.org

Financial Administrator: Lora Van Etten
(402) 202-3231
Lora.VanEtten@amtane.org

Secretary: Amber Fader
(402) 610-0638
amber.fader@amtane.org

COMMITTEE CHAIRS

Newsletter Editor: See Board Member 1

Public Relations: See Board Member 1

Government Relations: Briana Cudly
402-690-8434
briana.cudly@amtane.org

Membership: OPEN

CSMT/ Emergency: OPEN

CSMT/Outreach: OPEN

Sports: OPEN

Communication Technology: OPEN

Online Elections Coordinator:
OPEN for 2018

Honors & Awards: Amber Fader
402-610-0638
amber.fader@amtane.org

Education: OPEN

President's Message



Summer is here!

Summer is here, which for me, means a new chaotic routine for the kids with summer camps, ball games, visits with grandparents, and vacation...and somewhere in there continue to work and take care of myself! Exhausting, but fun memories in the making! I'm sure you all have similar stories.

Our spring convention theme was Educate, Integrate, Celebrate...Moving Massage Forward. This theme will continue through the rest of the year as we develop more opportunities for our members to experience the benefits of being an AMTA member.

Our hope is that you will be able to make memories with the opportunities that are provided at the state and National level. This summer the chapter is hosting a cadaver class in Kearney at UNK. Also, the National AMTA convention is this August in Washington DC. We hope we get to see you at one or both events.

The fall season looks pretty calm for us right now, but we do

hope to celebrate our profession during National Massage Therapy Awareness Week, October 21-27th. We have so much to celebrate and be grateful for with a successful end to the legislative session. But we still have the challenge of educating the public, especially our senators! Your assistance will help strengthen the profession, so please keep your eyes posted for any updates on our legislative efforts.

We hope you continue to participate with our state chapter as we Educate, Integrate and Celebrate being a massage therapist. Keep up to date with our website and Facebook page or contact any of the volunteers personally for any questions, comments, or ideas you have.

Continue celebrating 75 years of AMTA!

Becky Ohlson, MEd, ATC, LMT
AMTA-NE Chapter President
becky.ohlson@amtane.org

This publication is published three times per year by the Nebraska Chapter of the American Massage Therapy Association (AMTA), a nonprofit professional Massage Therapy Association. This publication welcomes contributions from readers. Articles for publication must be typewritten and include legible signature, address, and phone number. Articles may be sent on a CD in Microsoft Word, Publisher, InDesign or Quark format. Ads sent on disk should include a print-out of final layout. Accepted file types include: Microsoft Word, Publisher, PDF, JPEG, TIFF, InDesign and Quark. Copyright material must accompany written permission by its holder. Submit contributions to : Mitchell Lowry-Lee, 145 S 56th St Suite A, Lincoln NE 68510, 402-440-3627 mitchelllowrylee@amtane.org

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2018 Election Results

The 2018 Online Elections were held for the positions of Chapter President, Chapter Board Member #1, and Chapter Secretary.

Congratulations go out to Becky Ohlson who was elected President for her 2nd term and to Mitchell Lowry-Lee, elected Board Member #1 for his 2nd term. No candidates ran for Secretary for this election cycle. The secretary position remained open after the chapter meeting. Recently, Amber Fader, volunteered to take on this role. She was officially nominated at the June Board Meeting, motion was made and passed. She will serve 2 years as secretary.

This is the 2nd year in which the chapter has held online elections. 36 members across the state voted, which was down from the previous year's election cycle. Thank you for all those that voted and participated in the 2018 Online Elections. This form of elections opens up the potential for all members to participate and it's a very simple process.

In 2019, a call for candidates will be held for the chapter positions of Financial Administrator, Board Member #2, and Delegate for the 2019 Assembly of Delegates. We will also be looking for a volunteer to step into the role of Online Coordinator for next year. It's a 4 month time commitment and the workload is light. If interested, please talk with Briana Cudly and she can fill you in with more details in regards to this position.



**2018 AMTA-NE
Elected
Officials**

**Becky Ohlson**
President

**Mitchell Lowry-Lee**
Board Member

**Amber Fader**
Secretary

 amta
American Massage Therapy Association
NEBRASKA CHAPTER

Government Relations Report

From your GR Chair:

Government Relations is in a down time this time of year, however, I have a lot to report.

Once again, you have proven our mantra and Helen Keller quote to be true- "alone we can do so little, together we can do so much!"

The legislative season ended primarily how we were hoping it would. April was the end of ALL bills, so we have no idea what will be on our plate in January 2019, but AMTA-NE will be keeping a close watch on it. We were granted another year of LLEAD grant, which pays for the lobbyists and other government relations costs. This is a huge financial help to the chapter in dealing with the next legislative season.

Here is where AMTA-NE stands legislatively right now.

- The only bill we "lost" was LB596, equine massage. This modality no longer requires a license as a massage therapist, only equine massage certification and is now regulated by the veterinary board.
- Although LB958 did not make it out of committee, we are hoping to work with senators and the massage therapy state regulatory board to put together legislation/regulation to make it possible for mobile massage therapy establishments.
- LB343, concerning reduction in education hours died in committee.
- All bills on taxation of massage and other services, including 1084 and others, died in committee. **BUT... be prepared for round tables, hearings, and letter writing/call campaigns. This is anything but dead.**
- LB299 pertaining to regulatory regulations passed. This is for all regulated professions and will review Boards to determine if licensure and regulation is actually needed for each profession. This also, starting July 2018, allows for individuals to petition the board to review their criminal backgrounds prior to school to determine if they would be eligible to be a licensed professional in their chosen field.
- Reflexology (407 review process) was recommended by all three committees to stay as a subspecialty of massage therapy. We expect final signature from the director of DHHS this fall.
-

We encourage you to continue making contact with your own senators, invite them to follow your blog, FB page, or attend community classes you teach. The more engaged we are with them in the off-season, the better relationships we build, and the more standing they give our voices when we need them. We will be gearing up to contact candidates this fall to see where they stand on issues pertaining to the massage profession.

We are looking into hosting a Political 101 class this fall. This class would explain how the unicameral and legislative process in Nebraska works, why we are often in "hurry up and wait" mode, and would include info on how to most effectively communicate with senators. Once we have this class developed, we will notify you on the details for you to join us.

Enjoy the down time, and prepare yourselves for another bout of activism - together we can do so much!

Briana Cudly, BS, LMT

Government Relations Committee Chair

briana.cudly@amtane.org

2018 AMTA National Convention



It's Not too Late to Register.

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Assembly of Delegates descend on Washington D.C

This year will be the first year for the Assembly of Delegates at National Convention. The Assembly of Delegates will serve as the think tank on relevant issues concerning Massage Therapy across the nation. This year the Assembly of Delegates will be discussing the following position statements in order to recommend them to the National Board for consideration.

The following position statement is being proposed by the AMTA-Colorado Chapter:

Proposed Position Statement:

"It is the position of the American Massage Therapy Association (AMTA) that massage therapy may be beneficial for pediatric populations within the hospital setting"

And the following position statement is also being proposed by the AMTA-North Carolina Chapter:

Proposed Position Statement:

"It is the position of the American Massage Therapy Association that massage therapy may help reduce pain associated with osteoarthritis of the knee."

For full proposals along with more detailed rationale click the link <https://wp.me/p7AewH-wo>

As your elected delegate, I will have the privilege of sitting down with other state representatives for some spirited debate and discussion on these two proposed statements; as well as represent Nebraska in a vote if these should be adopted and presented to AMTA National Board.

Over the past 2 years, I have been your elected delegate and next year we need someone to represent Nebraska. In my experience, you meet some great members across the nation that are dedicated to advancing the profession. If you are interested more with the delegate position, please feel free to contact me.

If you have any feedback or input in regards to the 2 proposed position statements, please email me at mitchell.lowrylee@amtane.org

Mitchell Lowry-Lee
AMTA-NE Board Member/ AOD Delegate

**Click here to
register now!**

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Balance. Stability. Freedom.



www.zerobalancing.com

Zero Balancing I

September 13-16, 2018

9 am – 5 pm Omaha NE

25 CEUs NCBTMB

\$595 early sign up 60 days prior. \$695 30 day prior. \$795 month of class.

Learn a treatment protocol that is effective for clients of all ages and that addresses physical, emotional and mental issues simultaneously. ZB offers your clients bone-deep relaxation similar to meditation that allows them to release old patterns, including stress, and pain.

Zero Balancing II

November 1-4, 2018 Omaha

(same hrs, CE's, cost) Transformational work!

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Omaha, NE 68114

You Will Learn:

- The basic Zero Balancing protocol
- Theory and principles of ZB
- To distinguish body energy and body structure through touchThe energetic anatomy of the skeleton
- How to give a ZB session- You will be able to use what you learn immediately.
- Much moreincluding how meditative Zero Balancing is. Meditation for your body/mind!

Instructor: Cindy Tefft, LMT, CZB faculty.

To register, email ctefft@mac.com or go to www.zerobalancing.com and click on 'find a course'.

More info: 402-390-2606.

Sign up through Upledger IAHE for Core-Pak.

AMTA-NE 2019 State Convention

We are currently developing our convention for next year.

SAVE THE DATE

April 5th - 7th, 2019 in Omaha!

Currently, we have Joe Muscolino, DC planning to come to Nebraska to teach us 2 separate orthopedic classes. He is an approved provider for NCBTMB.

1. Orthopedic Assessment and Palpation Assessment and Body Mechanics for Deep Pressure Massage for the Neck.
2. Orthopedic Assessment and Palpation Assessment and Body Mechanics for Deep Pressure Massage for the Thoracic Spine and Rib Cage.

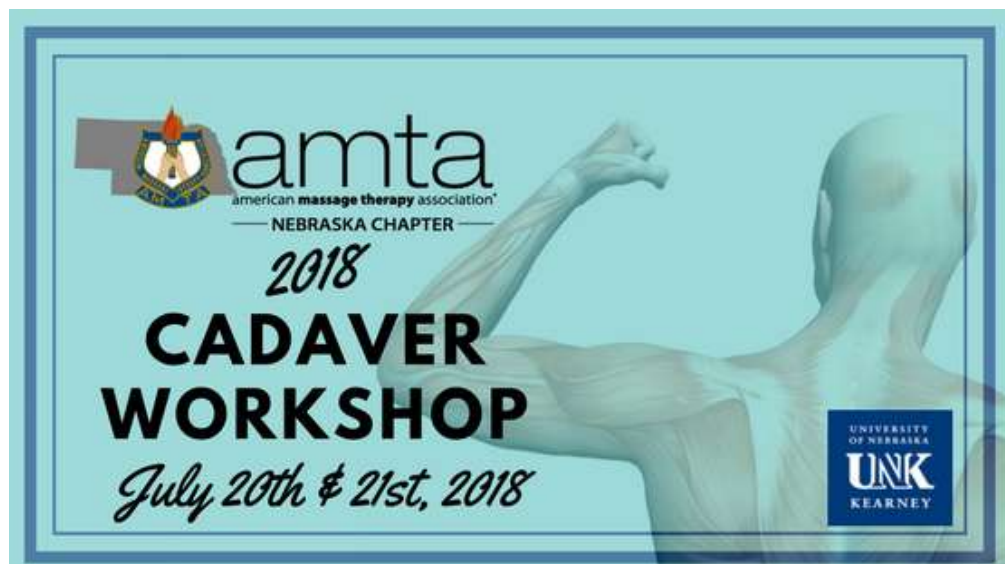
You can visit www.learnmuscles.com for more details about Joe Muscolino and his workshops. We will have more details to come with our next edition!

Convention Committee

If you'd like to be a part of the convention committee, we'd love your help! Beverly Riley is chairing this committee and she is looking for volunteers who can share ideas, provide assistance with your skills and talents, offer help before or during convention, and create a fun, inviting atmosphere!

Please reach out to Beverly soon!

beverly.riley@amtane.org



Click the image to visit the registration page.

Summer Continuing Education Events

2018 Cadaver Workshop

Have you ever visualized muscle tissues and structures every time you work with your clients? AMTA- NE is pleased to announce the return of Cadaver Workshop in conjunction with The University of Nebraska- Kearney Health Sciences Education Complex. If you want a hands-on, close up view of many of the muscle structures you encounter on a day to day basis, please join us. Details below.

There's still time to register!

Date: July 20th and 21st, 2018

Time: Registration will be 30 minutes prior to each section

July 20th, Section 1: 9am – 1pm

July 20th, Section 2: 2pm – 6pm

July 21st, Section 3: 8am – 12pm

July 21st, Section 4: 1pm – 5pm

Cost:

AMTA members

Per section: \$95

Per day: \$175

Whole workshop: \$350

Non AMTA members

Per section: \$115

Per day: \$195

Whole workshop: \$370

Massage Therapy

Student

Per section: \$75

Per day: \$150

Whole workshop: \$300

Lodging:

UNK Centennial Towers West

\$22 - single adult room

\$29 - double assigned adult room

Supplies: \$6 (which includes two sheets, one towel, one wash cloth, one blanket, one pillow and one pillow case.) You have the option to bring your own supplies or pay the additional fee along with your room fee.

Location:

University of Nebraska-Kearney
Health Sciences Education Complex
2402 University Drive
Kearney, NE 68849

CE credits: 4 Non Hands CEUs
per section

Registration: Open March 1st, 2018
visit www.regonline.com/2018cadaverworkshop

Instructor:

Ryan Splittgerber, PhD, is Assistant Dean at the University of Nebraska Medical Center (UNMC) in the College of Allied Health Professions. Dr. Splittgerber serves as the Director of the Gross Anatomy Laboratory in Health Sciences Education Complex located on the University of Nebraska-Kearney (UNK) campus. His primary teaching responsibilities include clinically oriented gross anatomy courses for Physician



Ryan Splittgerber, PHD

Assistant, Physical Therapy, and Medical Imaging and Therapeutic Science students. Dr. Splittgerber received his PhD in Neuroscience from the University of Alabama at Birmingham and trained in gross anatomy during his postdoctoral education at Vanderbilt University.

Courses

These courses are designed as a review of gross anatomy for massage therapists. Structured cadaveric lab sessions will explore anatomical relationships of muscles, nerves, bones and viscera of the human body. Lab sessions will be preceded by a brief classroom review of regions to be discussed.

Section one - Back & Upper Limbs

This section will begin with exploration of the intrinsic muscle groups of the back including the vertebral column and spinal cord. Extrinsic muscles of the back will segue into the structure and function of the upper limb. Emphasis will be placed on spatial relationship of muscles and nerves, in addition to bony landmarks.

Section two - Pelvis and Lower Limbs

This section will explore the structure and function of the lower limb, with emphasis on spatial relationships of the muscles, nerves, and bony landmarks. Additionally, Pelvic anatomy will be demonstrated, focusing on its relationships with the lower limb. Urinary and reproductive organs will also be discussed.

Section three - Thorax and Abdomen

This section will explore the organs of the thorax and abdomen. Anatomical donors will reveal the physical relationships of the heart and lungs. Function will be discussed with regard to anatomical features. The abdominal dissection will demonstrate the complex organization of the viscera and blood vessels within the abdomen. Additionally, the viscera will be removed to explore the posterior abdominal wall.

Section four - Head and Neck

This section is considered the crème de la crème of anatomical dissection. Participants will explore the complex relationship of muscles and nerves in the cervical region, followed by a demonstration of the muscles of the face. The brain will be removed and accompanied by a walkthrough of neuroanatomical structure and function. The cranial cavity will reveal the brain environment including origins of the 12 pairs of cranial nerves.

2018 AMTA Nebraska State Convention Recap

At the 2018 AMTA Nebraska State Convention, a 2 day ReTensioning™ workshop with John Macy was held April 7th & 8th. Sixteen Members registered for this one of a kind instruction from John Macy PT, PRC in which they learned how to work with shoulder, elbow, wrist, knee, hips and ankle joints to reset tension along balances. It was a challenging, yet fun learning experience. John Macy was an engaging and knowledgeable instructor. He was very patient with us we “re-trained” ourselves to a new way of working with clients!

We also had a fun time at our social gathering getting to celebrate our profession and recognizing members who stand up for us on a daily basis. It was great to visit with friends and meet new friends! Thanks to everyone who came out to share the night with us!

Amber Fader
AMTA-NE Secretary
amber.fader@amtane.org





Post Event Sports Massage Volunteers at the 2018 Lincoln Marathon.

2018 Lincoln Marathon Post-Event Sports Massage Recap

May 5th and 6th was a great weekend for sports! Saturday we hosted Wade Alberts, LMT, who spoke to us from a perspective like no other - olympics! His background and knowledge provided many of us with some 'golden nuggets' to take home to our own practice.

May 6th was a great day for a race and we had our own marathon taking place inside the stadium all morning long. Athletes took advantage of the massage therapists' who volunteered to help them recover from all their efforts they had put in specifically for this day.

We truly want to thank Lincoln Track Club and Natalie George for all they provided for us - the organizing and coordinating, cleaning supplies, food, t-shirts, door prizes... it's a great community effort.

We had some positive feedback with utilizing the day before the marathon as an education day. We hope to develop something even better for 2019, so keep your eyes posted for the January 2019 newsletter.



Community Sports Massage Events

Pink Gorilla Events has organized two great running events this fall which take place in Lincoln. Both events are in October, so it's going to be a busy month! They are requesting the help of massage therapists to provide recovery massage to the participants and will pay each therapist \$35/hour. If you are interested in working, the registration links are provided. These events are open to ALL Nebraska massage therapists, so please pass this on to others! For more information, please contact Natalie George at 402-601-0391 or nebraskasportsmassage@gmail.com

Market 2 Market

Date: Saturday October 6th 2018
Time: 2:45 PM – 9:00 PM CDT
Registration Link:
<https://tinyurl.com/y8yfcpcac>

Good Life Halfsy

Date: Sunday October 28, 2018
Time: 8:30 AM – 1:00 PM CDT
Registration Link:
<https://tinyurl.com/y9j9atv8>

A note from Lincoln Track Club

The Lincoln Marathon was a huge success again this year and we wanted to thank all the massage therapists who joined the massage recovery team on Sunday morning! The Lincoln Track Club fully supports the runner's recovery experience by offering them the chance to receive a post-event massage. They are always grateful that experienced, professional massage therapists step up in this role as a volunteer. This is a truly unique experience, not all marathons include massage for their participants. I'm sure many of you received several comments and many thanks for being there that day. We served over 500

runners with around 50 massage therapists volunteering. Kudos to you all!

Thank you to the following companies for donations for our door prizes: The Bodyback Company, Helios, Sacred Earth Botanicals, Polar Products, Armaid, Soothing Touch, TheraCane, SacroWedgy, Corestones

We will begin to start planning for 2019 soon and we will once again be contacting AMTA-NE chapter to help spread the word about this unique volunteer experience! If you have any comments or ideas to share with me, I'm open to listening to them. Please contact me at 402-601-0391 or nebraskasportsmassage@gmail.com
Thank you!

Natalie George, LMT
LTC Soft Tissue Care Coordinator

Honors & Awards Recap

At a special social event held during the 2018 State Convention weekend, the Honors and Awards committee celebrated Nebraska members with various honors and awards. 5, 10, 15, 20, 25 & 30 year member anniversaries were recognized, as well honors given to those retiring members.

Awards for Chapter Meritorious and Outstanding Educator were announced and given out. Thank you to all who attended this special social event; it was a great turnout and success!

The nomination form can be filled out at any time of the year, so please don't hesitate recognizing a member who is deserving of this honor. We all know someone out there!!

For more information on how you can nominate or honor your fellow member, visit our website at www.amtane.org/honors-and-awards



2018 Outstanding Educator Award winner Pam Eisenhower



2018 Meritorious Award winner Kim Adams Johnson

Anniversaries in 2018!

5-year Anniversaries

Chelsey Ashby
Mallory Carstens
Conrad Cunningham
Anthony Goodson
Michelle Harlan
Paige Helaney
Julie Holly
Janeen Jensen
Mitchell Lowry-Lee
Shaley Millsap
Rae Minten
Patty Morgan
Xyn Ripley-Busek
Heidi Schneider
Christina Schumacher
Cassie Snodgrass
Mandy Sommer
Lora Van Etten
Anissa Williams
Vyanne Zink

10 year anniversaries

Kimberlie Donner-Adrian
Natalie George
Sheila Houser-Zealand
Dennis Jenkins
Hillary Lucero
Georgia Mack
Kaleena Setzkorn
Kathy Timmins
Shelly Troyer
Jeanne Wacha

15 Year Anniversaries

Amanda Boucher
Jana Carlson
Shelly Charvat
Pamela Eisenhauer
Stacey Hansen
Michele Haynes
Amanda Skiles
Melissa Taylor
Janice Von Helm
Jill Will

20-year Anniversaries

Shayla Dieter
Jennifer Jahns
Karen Putman
Debra Quandt-Smedra

25-year Anniversaries

Heidi Piccini
Amy Seiler

30-year Anniversaries

Lisa Bradley
Sue Kozisek
Charlotte Wiebe

Thank you all for continued support and dedication to the AMTA and to the massage therapy profession!

5-YEAR
PICTURED:
Michelle Harlan
Mitchell Lowry-Lee
Lora VanEtten
Patty Morgan

10-YEAR
PICTURED BELOW:
Natalie George
Kaleena Setzkorn

15-YEAR
PICTURED:
Shelly Charvat
Pam Eisenhower

25-YEAR
PICTURED:
Heidi Piccini w/
AMTA-NE President
Becky Ohlson

30-YEAR
PICTURED:
Lisa Bradley
Sue Kozisek

ANNIVERSARIES

NOT PICTURED:
20 Year
Anniversaries
We thank you for your
continued membership to
AMTA throughout the
years

Welcome New Members

Patrick Dyer – Omaha
John Jenkins – Bellevue
Lynette Brown – Bellevue
Tracy Handy – Omaha
Alicia Priebe – Papillion
Chelsea Sullivan – Omaha
Katie McMahon – Omaha
Phoebe Perry – Omaha
Kelsey Poulson – Bellevue
Kara Aronson – Weeping Water
Annora Calliri – Lincoln
Janet Karre – Lincoln
Shannon Godwin – Omaha
Rachel Beltz – Omaha
Taylor Matulka – Omaha
Stacy Nelson – Arlington
Kacey Randall – Omaha
Whitney Dethloth – Wood River

Sopithsa Hayes – McCook
Carol Dona – Omaha
Lisa Venhaus – Omaha
Kelly Propst – Ralston
Lynda Hartley – Bradshaw
Yueming Myers – La Vista
Stefany Johnson – Greenwood
Trish Kramer – Lincoln
Rachael Riffle – Bellevue
Al Sims-Holmes – Omaha
Gretchen Bohannon – Auburn
Tamara Brose Littrell – Davenport
Kaleigh Kingston – Lincoln
Sandra Flansburg – Minatare
Tara Fuoco - Hickman
Sara Monahan – Omaha
Michelle Wilson – Bellevue
Nina Glesmann – omaha

Meg Hicks – David City
Tiffany Small – Omaha
Devon Ehrenberg – Creighton
Elizabeth White – Papillion
Cathy Schaefer – Bellevue
Richie McCormick – Omaha
Mary Mullin – Lincoln
Jessica Brown – Trumbull
Seanna Jeffrey – Shubert

Please extend a warm welcome to our new members of the AMTA-NE chapter. We are grateful you chose to be a part of the most TRUSTED and RESPECTED name in massage therapy! You are a part of our Nebraska community and we are all here for each other. We hope to see you in the future at our chapter events!

2018 AMTA-NE Calendar of Events

July 20th & 21st	Cadaver Class	UNK- Kearney Nebraska
Aug 8th	Assembly of Delegates Meeting	Washington, D.C.
Aug 9th-11th	AMTA National Convention	Washington, D.C.
Oct. 6th	Market 2 Market-Post Race Massage	Lincoln, NE
Oct. 28th	Good Life Halfsy- Post Race Massage	Lincoln, NE
Oct. 21st	AMTA-NE Board Meeting	Location- TBD
Nov. 2nd	Advertising Deadline	Fall/Winter 2018 Newsletter

Visit our website at www.amtane.org for more updates on calendar of events!



www.amtamassage.org