

# **2018-19 Board Meeting 10 January 28 Minutes**

## **Meeting Called to Order at 7:05 pm**

**Attending the meeting were Anita DeVito, Louisa Abarno, Dale Albert, Alex Rheault  
Anita will take minutes in Karen's absence.**

**The minutes from the last meeting were approved via email.**

## **Chapter Library**

As Karen was not present we had no report.

## **Elections**

We will be electing 1 board member (Louisa's term is up), the financial administrator, and a delegate. Karen also wishes to resign her position in April, so we will be also electing a secretary. And we will elect a delegate.

The board has 5 members. President. Two board members. The FA. The secretary.

We will elect. An FA for Jeannie's former position. A secretary for Karen's position. And a board member - because Louisa's board member position term is up..

Hedy is a board member. She and Anita (president) have one year remaining as they were elected last year.

As Karen is leaving in the middle of the term the new secretary will be elected for just one year - the time remaining in the secretary's two year term.

That is what Jeannie was doing this past year, filling in for the remainder of Charlotte FA term.

The other two (FA and board member) positions will be elected for two year terms

We also will elect one delegate. The delegate is not a board position

Chapter relations will be sending (the president) a flow chart and script of what to say when. When Anita receives this she will forward it to other board members.

We will be taking nominations from the floor as in the past. But many people do not realize that we can also have write in nominations. A person who would like to run for a position simply lets us know in writing that they wish to nominate themselves and they are thusly nominated. This is good because you do not have to be at the meeting to be elected. They can also write a paragraph on why they want to run, if they like, that can be read to the member during the election process.

**It would be lovely if the ladies of the board write up a paragraph on how much they enjoying being on the board. We can use this in advertising the election.**

## **Committee Reports: (communication, education, government relations, membership, sports team)**

### **Communications Committee - Newsletter/Website/Facebook**

Kara, Alex and Amber

#### **Newsletter**

The next newsletter will be sent in Feb and will focus on the upcoming annual meeting, education registration, the elections, and the progress of the new bill.

Alex's article on soap notes is written and will appear in the next newsletter.

A member sent the photos and letter on “Massage as Art” which we will use in the Feb newsletter, as a lead in to the mindfulness class at the annual meeting.

- We have access to constant contact and used it for the last newsletter. And will be using going forward.

**Website** - Some updates have been done and a lot more needs to be done.  
We need to update the gov rel page.

**Facebook** – Kara has been posting annual meeting updates and will post updates on progress of the new law.

**Membership Committee** –  
Alex, Louisa, & Lindsey Jewett

AMTA Membership Report 2019 28 January  
Submitted by Alex Rheault

“To date, I have sent emails to welcome and verify emails from the January and December lists in order to correct some for the Annual meeting mailing. Only one replied. I will follow up with a phone call this week, and update the list. Then I will review the list from fall to make sure those new folks have received a welcome letter.

I have a letter template that can be adjusted and added to.

I look forward to speaking with any members who may want to volunteer, get more involved in the Chapter Membership or other committees, as well as events.

I will be discussing and thinking about how to do Lunch and Learn with members through the newsletter, the Annual meeting, and any other opportunities.

I am involved with the Governance Committee and learning about how to make calls for support needed to get co-sponsors, and encourage reps to vote on and pass legislation.

I continue to reach out to anyone I connect with in our community and beyond to network, find possible connections, opportunities to share, etc. I welcome the membership to share needs, desires, and how this Chapter can work for them.”

**Sports Massage Team** –

Hedy was not present. We need to reach out to her.

Below is a list from 2016 of events we have participated in and some new added. We have to get with Hedy to see what she plans on for 2019

Alex, after having participated in the midwife event, is writing up something on what an event needs to have/provide if they want massage therapists to participate. Sue Walker as a long time leader of the sports team was suggestes as a resource for Hedy.

Date	Event	Location	# of LMTs Needed	
19-Mar	ME Adaptive Skiing	Sunday River	6-8	
8-May	Mothers Day 5k	Portland	16-18	
12-Jun	Tour de Cure	Wells	8-10	
19-Jun	Father’s Day 5k	Portland	12-14	
4-Jul	LL Bean 10k	Freeport	16-18	
17-Jul	Tri for a Cure	So Po	6-10	

17-Sep	Lobsterman Triathlon	Freeport	8-10	
2-Oct	ME Marathon	Portland	20+	
16-Oct	MDI Marathon	Bar Harbor	8-10	
Oct	Run the Ridge	Westbrook	3-5	
Oct	Morrison Center Fundraiser Marathon at St Joseph College	Portland Windham	2	

## 2019-20 Chapter Budget

This year we were to split up the money into the months we expected to spend it. The total for the year is at the right of each line. And the totals are at the bottom. We are over spending at this point. And that is ok, as we have the money. We will be looking for ways to spend less during the year and promoting our events to non-members more to make extra money.

Suggested budget based on last years spending and chapter income as predicted by National accounting. Most of our spending will be in April for the annual meeting and in Oct and Nov with the retreat and sending volunteers to the National Convention in Indianapolis.

Anita and Louisa approved the budget. Karen has sent in her approval via email. The budget is approved and Anita will send it to National.

## Education Committee

### 2019 Education Report January 28,2019 by Dale Albert

**2018** Retreat at Sunday River Paid On:11/30/18 Using the chapter accounting credit card, total & \$ 19,376.85. Information from national accounting.

### 2019 Annual Meeting/Workshop April 7.

Location: Augusta Civic Center/Registration **Dead line: March 21,19**

12/20/18, I sent Anita& Mary the Post card & Reg online information.

Mail postcard/set-up Reg on-line: February 10th

Open Reg On-Line: January **Reg on-line Close March 21, ( 2 week before event.)**

**Presenters: Jason Erickson** (6- Hr.) Intro Dermo neuromodulin. NCTMB

**Sara Picrce** (6-hr.) Mindfulness (**Approved 12/13/18**) NCTMB pending still but national approved.

### Schedule time for Annual Meeting:

Registration: 8:00 am

Class start: 9:00 am-12:00

Lunch /Annual Meet 12:00-2:00 pm

Class: 2:00 pm-5:00 pm.

12/20/18 I gave this schedule to the Augusta Civic Center.

We will try the House Special Box Lunches (\$13.75).

**One sandwich or One salad & chips/cookies/bottles water only.**

Also include: **Tomato Vegetable soup:** \$3.00 pp

*Add coffee/tea service \$1.75 pp*

Extra: 5 Gluten free people would be \$15.00/specialty extra.

Using last annual meeting numbers (85 attendees)  
Box lunch: \$1168.75  
Soup: \$255.00  
Coffee service: \$148.00 TOTALS= \$1572.50  
Without: 9% Maine tax/20% service charge included.

*On the event Evaluations I will include these questions:*

*Did you like the box lunches? yes or no*

*For the future Annual meetings: Which would you prefer: Box lunches OR the Buffet style lunch?*

19 members have registered as of today.

**2019 Retreat** Nov 1,2,3,

**Location:** Atlantic Oceanside, Bar harbor Me. (**national approved**).

**Presenters:**

**Howard Neweruv** (12-hr.) Sensory motor control (**national approved**).

Jack Ryan (12-hr) Lymph

**Jason Erickson** (14-15 or 16-hrs. ??) sports massage I will be working on his tentative agreement soon.

Jason's pre and post Sport Massage class is a 16hr class) I asked for a 12-hr class, *He then asked to do a 14-hr. class, he has a lot of information that needs to be included in his workshop. **We opted to offer a 15 hour class, with the additional hours on Fri afternoon from 1:30- 4:30.***

*At the same time (1:30-4:00) if we still want a 3 hr. Research class,*

*That would work beautiful. We could ask Nancy Dale (Maine presenter) or Jack Ryan who will be presenting anyway. **If we can not get a local presenter and Jack Ryan can not do it then we will drop it.***

2020 Retreat:

I will start looking into 2020 retreat after the 2019 Annual Meeting

Marina Silva will do the same for the presenter doing visual class, after we have a location in 2020.

Submitted By

Dale Jacqueline Albert

AMTA Ed- Chair

## **Government Relations –**

Tarnya, Wendy, Heather, Christine and more

No word back from National on the survey results yet.

A check was sent to the lobbyists for \$2500 at the end of Oct. Another will go out in Jan and one in March.

January 27, 2019 Maine AMTA Government Relations Committee Meeting Minutes

Call to order – 9:00 am

Those present: Tarnya Constantino, Anita Devito, Alex Rheault, Wendy Decker

Discussion on bill process, and assigned committee, Committee on Health Coverage, Insurance, & Finance: Lobbyist Bob Howe reports that all health care occupations go to this same committee, which is

a newly named committee. There was some re-alignment of committee jurisdictions, so this is new. We see this as a good thing, because it means they are seeing us as healthcare practitioners.

How to follow bill LD 330 – it appears that we can't follow the bill itself except manually. But we can sign up for the Committee on Health coverage, Insurance, & Finance to their mailing list. This will get lots of update emails to your email box. Wendy shared her screen to show to do that.

Discussion on reaching out to legislators: There are 13 legislators on the committee, a clerk and 2 analysts. We will make a list of them and the area they are from, from the maine.gov site, so people can see if their legislators are on this committee and be encouraged to contact them. Additionally, our Government relations committee can send to them directly, as being from our committee.

Taryna has a spread sheet for 151 representatives from maine.gov. There is one for Senators as well. Constant contact – Anita has received the list of Maine LMTs and added it to our constant contact account. Taryna will send out an email blast to all LMTs asking for them to contact their representatives. And ask them if they will attend the public hearing as well.

Taryna will send another email blast in one week (Feb 4) to remind them to contact their representatives. Then when we learn of the public hearing date, another email blast will go out.

We will want to send out emails again before the vote goes to the House and then we will want to contact Senators after it leaves the House and goes to the Senate.

An email should go out to all LMTs that has simple steps. Step 1 is finding who your legislators are. #2 is how to contact them. #3 is the position paper email. We can send attachments of 2 other position paper examples, and how to write a position paper, how to dress and behave if meeting legislators.

Update Taryna with who we have contacted so she knows who has been contacted. She is keeping a list so we know who has not been contacted.

Position papers: Taryna told us how she made an email with the position paper in the body of the email and the bill attached and is sending that to representatives. She said she just changed the name in the "send to" box, and sent the same email out again and again. It was easy. She sent our committee the email and will send it out to all Maine LMTs as well. LMTs can use the same position paper and just personalize it. We could send 3 different ones targeting different arguments. LMTs should make sure all their contact info is in the email, including their phone number(s), and town, and they should mention they are a constituent (if they are contacting their own legislators), as well as that they are a LMT. There is a spreadsheet for Senators as well.

Alex will contact Patrick Corey of Windham, her legislator who she had asked to be a cosponsor. He is on board to vote yes.

She will work on a position paper with the argument for being a healthcare practitioner.

2882 Maine State LMTs 533 are AMTA LMTs.

Facebook page should have a post about the bill and its status and how LMTs can contact their legislators to support the bill. Taryna will contact the FB person, Kara. We can ask people to contact their legislators and ask them to vote yes on LD #330.

Mobile team discussion: Maria, Alex, Wendy, maybe Lindsey, maybe Christine. Need more volunteers.

Next meetings:

Feb 10, Sunday, 9 am

Feb 24, Sunday, 5 pm

Maine AMTA newsletter: deadline Jan 31<sup>st</sup> – Tarnya will start a welcome letter to go in magazine about what’s going on with legislation, what LMTs can do to support the bill. Board meeting tomorrow. Wendy will get the minutes to Anita before the 7pm meeting and Tarnya may possibly attend the meeting.

Jobs:

Tarnya to email James Specker to ask if we need to contact the exempted from the massage law groups and if so, do we need to keep updating them on the process of the bill and how often.

She will send out an email blast to all LMTs and one to the committee.

She agreed to start an article for the Maine AMTA newsletter. 50% of people open the newsletter. She will send it to committee members so we can bounce it back and forth to help out.

Wendy will contact James Specker to ask if we should try to meet with our legislators or just call and email them, and ask about the exempted groups, if we need to contact them about the bill. (It was

Charlotte Grill from National who had said a year or more ago that we should contact the Federators group – Feldenkrais, polarity, Trager, Reiki, Rolfing, Reflexology, Shiatsu and so on. She had said the sooner we contact them the better, in the bill process)

She will write a position paper with an argument for LMTs being healthcare practitioners.

Meeting adjourned at 9:36am

The next GRC meeting is Sun Feb 10, 9 am

The wording in the new bill is:

## **AN ACT TO DEFINE LICENSED MASSAGE THERAPISTS AS HEALTH CARE PRACTITIONERS**

**Be it enacted by the People of the State of Maine as follows:**

**Sec. 1. 32 MRSA §14301, sub-§3**, as amended by PL 1997, c.681, §1, is further amended to read :

**3. Massage therapist or massage practitioner.** "Massage therapist" or "massage practitioner" means a person **who is a health care practitioner and** who provides or offers to provide massage therapy for a fee, monetary or otherwise.

**S.ec. 2. 32 MRSA §14301, sub-§4**, as amended by PL 1991, c.548, Part E, is further amended to read:

**4. Massage therapy.** "Massage therapy" means a **health care practice that utilizes** scientific or skillful manipulation of soft tissue for therapeutic or remedial purposes, specifically for improving muscle tone and circulation and promoting health and physical well-being. The term includes, but is not limited to, manual and mechanical procedures for the purpose of treating soft tissue only, the use of supplementary aids such as rubbing alcohol, liniments, oils, antiseptics, powders, herbal preparations, creams or lotions, procedures such as oil rubs, salt glows and hot or cold packs or other similar procedures or preparations commonly used in this practice. This term specifically excludes manipulation of the spine or articulations and excludes sexual contact as defined in Title 17-A, section 251, subsection 1, paragraph D.

**Sec. 3. 32 MRSA §14306-C, sub-§1**, as enacted by PL 1997, c.681, §7, is amended to read:

**1. License required.** Beginning on the effective date of this section, a person may not, unless specifically exempted by this chapter, claim to be a massage therapist or a massage practitioner **or claim to provide any procedure that includes any of the following words: “massage,” “bodywork,” “body therapy,” “manual therapy,” “neuromuscular therapy,” “touch therapy” or “myotherapy,” or words derived therefrom,** unless licensed in accordance with this chapter.

**Summary**

This bill defines a “massage therapist” or “massage practitioner” as a health care practitioner and defines “massage therapy” as a health care practice. It prohibits unlicensed persons from claiming to provide procedures that include “massage,” “bodywork,” “body therapy,” “manual therapy,” “neuromuscular therapy,” “touch therapy,” or “myotherapy,” or words derived therefrom.

### **Delegates**

Jeannie, Christine – no news

### **New Computers**

Anita looked at computers for Mary but did not want to spend money at this time so is waiting.

### **Any other Business**

Dale mentioned that members are using their social security numbers instead of getting insurance identification numbers. We need to research how to get the insurance provider id number and put that information out to the members.

**Set a date for the next meeting** Mon February 25 at 7 pm.

### **Awards**

Awards winners were chosen and will be announced at the Annual Meeting

**Meeting Adjourned at 8:19 pm**

