

New York State Society of
Medical Massage Therapists



– The Society of Those Who Touch
with a Healing Hand –

Fall Issue

SEPT. 2010

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Join The Yahoo E-Group

Yahoo e-group participation is a specialized forum which is available to NYSSMMT members only. Our e-group connects and expands our community. You may use it to get answers to questions, state your opinions and ask for assistance and information. To ensure your uninterrupted access, please remember to renew your memberships in a timely way. E-mail Reneé our Online E-group Administrator at ra2taback@aol.com with any questions.

From Our President, Barbara Joël, LMT

Hello dear Colleagues.

I hope you had a great summer and found some time to recharge.

If you have been following the Albany activities, you may or may not welcome the gradual twists and turns into which our profession is evolving. S2356, which would include us into the NYS Insurance Law, is still on hold. S5431, at the time of this writing, is only a short time away from becoming law. It will require LMTs to receive 36hrs of CE in order to reregister every three years. Also, S6884 is being strongly opposed by LMTs and educators as it associates our profession with prostitution.

For details please read the article in this newsletter written by Dr. Lisa Mertz, Chairperson of our Legislative Committee, which is always available to you for questions and clarifications. Changes in massage laws especially affect our massage student graduates as they are about to enter the work force. In order to keep students informed, the NYSSMMT is increasing efforts to build a bridge of communication. Starting with our next issue, part of our newsletter will focus on the issues and needs of students. We hope to establish a mutual relationship in which we can help each other to create a smooth transition for the student between school and the work force. I also wish to remind all students that you are entitled to a free e-mail newsletter. Sign up for the newsletter on NYSmassage.org home page.

In behalf of our Board of Directors, I look forward to hearing from you with your opinions and ideas and to see you at meetings.

*With warm greetings,
Barbara Joël, President, NYSSMMT*



New Newsletter Feature

As of Fall 2010 you will be able to get your ad in front of the specialized membership of the NYSSMMT through the society's quarterly paper and online e-mail newsletter.

Competitively priced advertising rates are even more attractive for NYSSMMT members so if you have goods, services, or information to share then contact Barbara Lorenzen at adv@NYSmassage.org.

Our General Meeting and Cupping Workshop

Our most recent general meeting of and Cupping Workshop took place this past August 7th, in Hudson, NY at Columbia Green Community College. Dr. Carol S. Kessler, PhD, LAc, LMT shared valuable information regarding the ancient art of cupping. Many of the techniques shared during the 3-hour Workshop can be applied by massage therapists.



Left Pictured are suction type cupping tools. A plunger is used to create a vacuum on the client's skin.

Below (left) Carol Kessler demonstrating the use of cupping. Look closely and you can see the cupping device at David's ear.

(right) Cupping device on a patient's back creates a vacuum and draws the skin upward.



Pictured above shows the dramatic effects of cupping and quasha (scraping). Pictured below is David's back a mere 2 days later.



While the appearance of the skin is quite striking, cupping is not an irritant to the skin. According to the philosophy of traditional Chinese medicine the suction created by the cups draws toxins to the surface of the skin where they can be dispersed and released.

David reported that after a day or two the redness had significantly dissipated. He and his wife plan on receiving additional treatments.

Missed this event? Here's your second chance.

Dr. Carol Kessler will present this workshop in New York City, November 7th, 2010. For details see the *Save the Date* section of this newsletter.

Massage Cupping Therapy for Health Care Professionals

By Anita J. Shannon, LMBT

The follow excerpt is from an article which first appeared in the February 2004, Vol. 4, Issue 2 issue of *Massage Today* at www.massagetoday.com.

Massage cupping is often used on the broad areas of the back, which is a wonderful addition to any massage. The treatment is sedating, and people will often descend into a profound state of relaxation. ...

Massage cupping can be integrated into almost any modality. The equipment is inexpensive (and easily cleaned and stored), practitioners can become proficient quickly with proper training, and it is really fun to do!

Read Ms. Shannon's complete article on the web at <http://bit.ly.com/massagecupping>.

Looking Forward

Future Event Dates

OCTOBER WORKSHOP with Mr. Harold Packman - CANCELLED

October's workshop has been cancelled. As of this July, Mr. Harold Packman, has retired and moved out of state and regrets he is unable to keep his commitment to offer the workshop.

Save The Date

You are invited to the next

NYSSMMT 3-Hour Cupping Workshop

Date: Sunday November 7th, 2010

Time: 1:00 PM - 4:00 PM

Location: TRS Professional Suites
44 East 33rd St. 11th Floor (Madison - Park Avenues)
New York, New York 10016

3 Hour Workshop: Cupping with Dr. Carol Kessler, LAc, LMT

Cost: \$20 Current Members

\$30 Non-members (*see special coupon below*)

Learn how you may apply techniques from the ancient art of cupping to your practice. Based in Chinese medicine, cupping is used to expedite healing of respiratory ailments, stagnant blood problems and lymph conditions. Massage tables will be provided, please bring a sheet.

For further information call Carol Kessler at 845-334-9340.

Newsletter Submissions

Send your submissions, comments or questions to editor@NYSmassage.org.

Submission Deadlines:

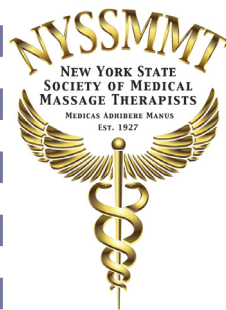
November 10, 2010 for Winter

February 10, 2011 for Spring

May 10, 2011 for Summer

August 10, 2011 for Fall

All submissions become the property of NYSSMMT and will not be returned; they may be edited and may be used in any medium.



NEW MEMBER COUPON

Bring this coupon to the upcoming workshop and we'll apply your \$30 workshop fee toward membership in the New York State Society of Medical Massage Therapists.

TRS Professional Suites
44 East 32nd St. - 11th Floor, NY, NY 10016
November 7th, 2010 1 p.m.
3-Hour Cupping Workshop for Massage Therapists

Cash, MasterCard, or Visa accepted. Offer good the day of the workshop.
www.NYSmassage.org 1-877-NYSSMMT (1-877-697-7668)

Join us on Facebook at: <http://www.facebook.com/nyssmmt>

Albany Legislative Update

Dear Members:

The insurance reimbursement bill for massage therapy S2356 continues to be on hold while the state legislators keep their attention focused on the continuing state budget crisis. The bill was referred to the insurance committee in February of 2009; however no progress has been made.

For the full text of the bill see here: <http://open.nysenate.gov/legislation/api/mobile/bill/S2356> or <http://bit.ly/NYS2356>

I have also been watching S6884, a bill introduced in February of 2010 by Senator Jeffrey Klein (D, 34th District/The Bronx) and referred to the Higher Education Committee. This bill “provides that the commission of prostitution offenses by any person upon premises controlled by a massage therapist constitutes professional misconduct.” This bill has met with ardent opposition from New York Licensed Massage Therapists as well as educators who are strenuously opposed to Massage Therapy being associated with prostitution in state legislation. Licensed Massage Therapists are regarded as healthcare professionals in New York law.

You can read the bill here: <http://open.nysenate.gov/legislation/api/1.0/html/bill/S6884> or <http://bit.ly/NYS6884>

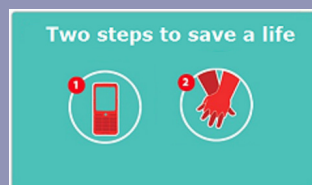
On the other hand, bill S5431, which will require NY Licensed Massage Therapists to complete thirty-six hours of continuing education each registration period, has been sent to Governor Patterson’s office. This is the final stage in the process of a bill becoming a law. If the governor does not veto the bill, it will become law and go into effect on January 1, 2012. Our registration period is 3 years.

The most updated version of this bill, version C, can be read in its entirety here: <http://open.nysenate.gov/legislation/bill/S5431C> or <http://bit.ly/NYS5431C>

Sincerely,

Dr. Lisa Mertz, PhD, LMT
 NYSSMMT BOD Member
 Chair, Legislative Committee

Found on the Web - Resources and Articles of Interest



You may not have heard about Hands-Only™ CPR (cardiopulmonary resuscitation), but it is recommended by the American Heart Association for use by the general public. The impetus for developing this CPR protocol is due to the fact, upon witnessing an adult in cardiac distress, most bystanders take no action because they are worried that they might do something wrong or make things worse. This abridged version of CPR has not only gotten people talking, but also has them helping to save lives.

The Hands-Only™ CPR website explains the concepts and guidelines behind this simplified approach to cardiopulmonary resuscitation. There is a short video demonstration along with answering such questions as

- Are there times when I should use conventional CPR with breaths?
- How & When to Provide Hands-Only™ CPR
- Is there scientific merit to this approach

This procedure is not meant to be a substitute for health professional CPR requirements but we would be doing a great service by passing on this information to our clients, friends and family.

Web address <http://handsonlycpr.org>

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NYSSMMT Saved Me Over \$2000 - Yahoo!

Having recently decided to upgrade to an electric lift table, I began a basic investigation on the internet then I consulted a local NYSSMMT member and vendor of massage supplies, Mr. Larry Knox of Kala Massage. He took time out of his busy schedule to answer a myriad of questions. Unfortunately he didn't sell the model I had my heart set on leaving me no alternative but to search for an electric lift table outside of the New York metropolitan area.

The massage table model with all of the features (back rest, dual pedestal posts, locking coaster wheels) I sought cost just over \$3,200. One internet vendor wrote on their website that the model "may" be ADA compliant (Americans with Disabilities Act). The red flag word for me was "may". After further time and energy surfing the web for a definitive answer and unable to locate a government web page which clearly specified height parameters for ADA eligibility, I turned to our members-only NYSSMMT Yahoo!®™ eGroup for help. Within 24 hours of posting my question I received helpful replies complete with links to government sources. The number one table on my very short list definitely was not eligible for the 50% ADA tax credit. Unable to justify this costly acquisition I returned to the drawing board (web surfing that is), where I happened upon a 98% perfect table. Not only is it ADA compliant, the cost was less than my original selection by \$1200 - that's good. Add on the ADA tax credit of \$1000 for a sweet savings of over 2 grand - that's better. But wait! By including this equipment purchase as an itemized business tax deduction I'll catch yet another break - that's the absolute best! This affordable purchase also opens up my ability to serve a wider population with ease and comfort for both the client and myself.

What are the lessons I learned?

- I don't need to go it alone when I have massage related questions
- I'll consult the members-only NYSSMMT Yahoo eGroup first instead of last when it comes to massage related questions
- My NYSSMMT yearly dues has been recouped 20 times over

Special thanks to NYSSMMT members Dr. Lisa Mertz and Ms. Maria Mucaria for promptly and accurately pointing me in the right direction and for sparing me what could have been a dreadful mistake had I erroneously filed for the ADA tax credit. Now if only I could find a stock broker as responsive and accurate.

Sincerely,
Denise H. Williams, LMT

The following case-sensitive link <http://bit.ly/accessada> will redirect you to an informative federal government website which clearly explains parameters for creating an environment in compliance with the American with Disabilities Act.

IMAGINE YOUR DISPLAY AD HERE

HAVE YOUR AD READ AND RESPONDED TO BY OVER 300 READERS
OF NYSSMMT'S QUARTERLY PRINT AND ONLINE NEWSLETTER.

For complete details contact Barbara Lorenzen at
adv@NYSmassage.org

No-Fault Insurance Reimbursement Demystified (Part 2 of 2)

The first half of this article (NYSSMMT Summer 2010 volume 2 Issue 3) laid the groundwork for calculating payment of massage claims to insurers under the No-Fault Insurance. Under no-fault insurance, benefits are paid regardless who caused an automobile accident. The second half of the article gives an overview of some of the most important fields for filling out the Health Insurance Claim Form – CMS 1500 which will be submitted to the insurance company.

A copy of the Health Insurance Form 1500 is available at the following web link* <http://bit.ly/HealthClaimForm1500>.

Line 1: There are seven check boxes indicating various types of insurance coverage. For No-fault check the “other” box.

Line 2: Insured’s I.D. Number- This is one of the most important numbers which must appear on the claim form. To correctly identify the patient as being eligible for benefits, you must give the number exactly as it appears on their insurance identification card. This number is usually the insured’s social security number. For No-fault you must supply the claim number. Your patient would have provided this information to you on the Assignment of Benefits Form (see example at <http://bit.ly/assignbenefits>).

Lines 3 through 8 Patient information (date of birth, name of insured person on the policy, patient’s address, relationship to named insured person, insured person’s address, marital status)

Lines 9 and 10 Other insurance policies and condition respectively

Line 11 Insured’s Policy Group number identifies the employer’s specific policy. See the insurance identification card.

Line 25: Provider’s Federal Tax ID Number- Enter your Tax ID number, if you do not have one then enter you SS number. I recommend you get a Federal # so you do not have to use your SS number.

This web link* <http://bit.ly/FedTaxID> will redirect you to the US government website where you may Apply for an Employer Identification Number (EIN) Online

Line 28: Total Charge - Add all charges together and enter total amount here.

Line 29: Amount Paid - If you are accepting payment from insurance company leave blank.

Line 30: Balance Due - would be the same as total charge.

Line 31- Signature of person performing services and date it.

Line 33: Practitioner’s contact information - complete this section in full; you may use your clinic or corporation name to bill your services.

Line 33a: National Provider ID Number (NPI) - The therapist is required to have a NPI number to properly complete the Health Care Form.

This web link* <http://bit.ly/StartNPI> will redirect you to a government website where may apply for your NPI

Other Considerations And Helpful Tips

Assignment of Benefits Form

Have your patient sign an Assignment of Benefits form which states you will accept payment in full from the No-Fault Insurance Company. See sample form at web link* <http://bit.ly/assignmentbenefits>

In 2002, the New York State Insurance Department amended the no-fault regulations to shorten the time period in which medical bills must be submitted to insurers, from 180 days after treatment, to 45 days.

Dr. Carol S. Kessler, PhD, LAc, LMT
Vice President - NYSSMMT Board Member

* bit.ly link addresses are case-sensitive

CLASSIFIEDS

AFFORDABLE MESSAGE OFFICE SHARE

Windowed office to share near Grand Central Station. Contact Denise Williams 917 612-8492 for details and pictures.

YOUR CLASSIFIED AD COULD BE HERE AND ONLINE

Your classified ad will reach over 300 interested massage professionals.

Contact Barbara Lorenzen at adv@NYSSmassage.org

Favorable rates are available for NYSSMMT members

ADVERTISING DEADLINES

All ads must be submitted by the dates listed below.

Deadline Date - Publication Date

Nov. 10, 2010 - Winter Dec. 7

Feb. 10, 2011 - Spring Mar. 7

May 10, 2011 - Summer - Jun. 6

Aug. 10, 2011 - Fall - Sept. 5

The New York State Society of Medical Massage Therapists Reintroduces Advertising to our Quarterly Newsletter Paper and E-mail

ADVERTISING POLICY

Display Ads will run in our quarterly newsletter (paper and e-mail versions). Artwork must be advertiser supplied in a high quality digital format (.jpg, .png) via e-mail or on CD. 300DPI is best

Classified Ads run in our newsletter (paper and e-mail versions) and will be posted on our website at <http://NYSSmassage.org/classifieds.cfm> In addition; our online membership will get an e-mail announcement (via the Yahoo Group) when a new ad is posted.

Send your Display Ad and Classified Ad with contact information to Barbara Lorenzen adv@NYSSmassage.org

EDITORIAL POLICY

The New York State Society of Medical Massage Therapists Newsletter reserves the right to edit and/or refuse any submitted article or advertisement and assumes no responsibility for errors, omissions or corrections.

Inclusion in The New York State Society of Medical Massage Therapists' Newsletter does not constitute an endorsement or guarantee of any product, service or advertised herein, nor do they express any opinion in regard to the legality of the use of any product advertised herein in connection with the practice of massage therapy.

DISPLAY ADS - per issue

1/8th / business card	\$ 75.00
Quarter page ad	\$ 125.00
Half page ad	\$ 175.00
Full page ad	\$ 250.00

10% percent discount for 3 issue display ad insertion

20% percent discount for 4 issue display ad insertion

Members receive an additional 20% off all display ad rates

CLASSIFIED ADS

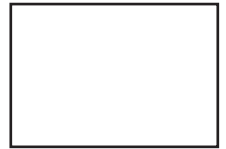
Up to 25 words	\$ 50.00 (\$25.00 Member)
26 to 50 words	\$ 75.00 (\$50.00 Member)

Abbreviations and telephone numbers count as words.

Follow us on Twitter at: <http://twitter.com/NYSSMMT>



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Medical Massage Therapists, Inc.
P.O. Box 442
Bellmore, NY 11710-0442
www.NYSmassage.org



– The Society of Those Who Touch with a Healing Hand –

The New York State Society of Medical Massage Therapists Newsletter

Fall Issue — Sept. 2010 Vol. 2 Issue 3



Why Join NYSSMMT?

BE A PART OF SOMETHING MEANINGFUL

The NYSSMMT is a not-for-profit organization, whose sole purpose is the education and advancement of the Massage Therapy profession. The Society was incorporated under the laws of the state of New York in 1927. As such, it is the longest running established massage organization for our profession in the country.

BENEFITS OF MEMBERSHIP

Whether you are a student or a seasoned professional, as a member you will be able to share career enhancing information and ideas with your colleagues. Here are a few more ways that you reasons for joining NYSSMMT:

- Potential clients or employers can easily find you through the Massage Therapist search.
- Receive affordable liability coverage through the American Massage Council.
- Students qualify for a preferred rate. \$50.00 instead of \$100*.
- Build your business savvy while learning practical hands-on skills at the free or low-cost workshops.

- Stay informed about legislation related to massage that affects you and your clients.

- Exchange valuable information and make connections with others in the field of massage therapy.

- NYSSMMT is the only professional Massage Therapy organization which provides an opportunity to chat with other LMTs in our e-mail chat room.

* Subject to change without prior notice

Online applications are available
at
www.NYSmassage.org
under the *Join Now!* link