

New York State Society of  
Medical Massage Therapists



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

Winter Issue

December 2009

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## Member Reminder:

Yahoo e-group participation is a specialized forum which is available to NYSSMMT members whose membership are paid in full. 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. Contact Renéé our Online E-group Administrator at [RA2TABACK@aol.com](mailto:RA2TABACK@aol.com) with any questions.

## From Our President, Barbara Joël, LMT

Dear Members and Colleagues,

*This year's challenges have especially made me realize just how much it is all about the people I work with. They are the biggest support system to my presidency and it is they who forward the goals of this organization with their team spirit, fresh ideas and eye to the future.*

*I'm sure you are aware that your recent votes decided who will lead the NYSSMMT into the next two years. You may have seen some new faces on the ballots this year and we are excited to have these goal-oriented individuals on board. They will contribute to our organization by making for a fresh, strong and dynamic team. This new spurt of energy will assist this Society in reaching its goals.*

*My two terms as President are completed at the end of this year. I was asked to continue in the role of president and accepted the nomination to be put back on the ballot. I am willing to step down if, during my term, someone qualified steps in and wins the approval of the Board. Meanwhile, with increased manpower and renewed energy on the Board, we have the opportunity to take a more assertive approach toward student involvement, education, utilization of technology, support enforcement of existing laws regarding illegal massage and make renewed efforts to work with legislators to help in the progress of our profession.*

*If you have thoughts about joining the NYSSMMT Board, let me to remind you that we welcome you any time of the year. There are currently Board positions open and if you have a particular talent or expertise, we would love to have you!*

*As we approach the Holidays and reflect on the past year, I want to thank you, dear Members, for sharing your time with us through the good and the rocky times. I also wish to thank our Board Members: Patti Cadolino, Ellen Neiman, Barbara Lorenzen, Sherrin Bernstein, Tony Scanu, Susan Gelbman, Carol Kessler, Rip Stahura, Anthony Valente and our Administrative Assistant, Linda Savodnick. In spite of their own busy lives, they have contributed their time to serve the membership.*

*I wish each of you healthy and happy Holidays!  
Barbara Joël, President, NYSSMMT*

**2009 Registration Fee Surcharge-** The Governor approved legislation on August 26, 2009 that authorized an increase of 15% in the professional licensing registration fees effective September 25, 2009. This new law applies to all professions licensed under Title VIII of the Education Law except Physician, Physician Assistant, and Specialist Assistant, whose fees are transmitted to the Department of Health. The enactment of this legislation is a first step toward restoring the ability of the Office of the Professions to ensure the health, safety and welfare of New Yorkers. The Office of the Professions have provided answers to questions at <http://www.op.nysed.gov/feesurcharge2009.htm>.

## Stay Informed- News from Albany

Dear Members:

*I attended the Licensed Professions Leadership Forum in Albany on October 20, 2009 at the Medical Library in the Education Building.*

*It was a pleasant meeting. Dale Grust from the AMTA and Kathleen Doyle, Executive Secretary of the Massage Board was also present as were about 100 people representing all 48 professions. Opening comment were made by Sarah Benson- Legislative Coordinator who welcomed us and encouraged us to participate in the discussion. Frank Munoz, who is the Associate Commissioner was very informative and also wanted us to participate in the discussions. He filled us in on how the State Education Department was coming into the 21 Century and how some of the professions were updated, which means when people file for licensing or are updating their licenses the information is immediately entered and the license is issued (as long as all information has been sent in) immediately (the same day). So, things are moving along. He also informed us of the lack of people in his department. They are down about 30 people which makes it difficult to investigate any reports of illegal practice. Most of the Exec. Sec. from the professions are now handling 2-5 different professions instead of one and staff numbers are down. This makes it difficult to protect the public. (This is why when we report illegal action, nothing is done.) The State has increased our fees from 50 to 58 dollars which was effective in August. They are trying to budget themselves to rehire 10 people to help with the overload. Their phone systems have been overhauled into the 21 century.*

*They did touch upon on the immunization issue, however, Dale and I were the only two who made any comments on the effectiveness of immunizations at all, since there is a lack of research and on how they are targeting pregnant women and young children, about the fact that in 2005 mercury was supposed to be taken out of all vaccines in NYS, that is not the case with this one (please see google document at: <http://docs.google.com/fileview?id=0B-jSMbmqqupkODFmOGJmMWItNjg1MCM0NjA1LWJmNjktYjU4YWw0MTNmYjlm&hl=en> and <http://docs.google.com/Doc?docid=0AejSMbmqqupkZGNxM2pieHFfMmM3ZmI4cWcy&hl=en> for an action letter and to see what is really in these vaccines prior to taking them) and live virus incubation not being addressed and that the public is not getting all the information. Then they talked about how pharmacists can now give injections.*

*At the end of the meeting, around 3pm, there was an open forum where people asked questions and some stayed to chit chat after that. It was very nice and more laid back than usual.*

*Please refer to <http://www.op.nysed.gov/feesurcharge2009.htm> for answers to questions on the 2009 Registration Fee Surcharge.*

*Carol S. Kessler, PhD, LAc, LMT, BOD Member*

## Meet the 2010 NYSSMMT Board of Directors



Barbara Joel,  
LMT  
President/Board  
Member



Barbara  
Lorenzen, LMT  
Treasurer/ Board  
Member



Ellen Neiman,  
LMT  
Website  
Administrator/  
Board Member



Dr. Carol S.  
Kessler, PhD  
(OM), MS,  
LAc, LMT  
Vice President/  
Board Member



Susan  
Gelbman,  
BA, LMT  
Board Member



Patti Cadolino,  
LMT  
Medical Massage  
Director/Board  
Member



Gayle Loftis-  
Malcolm, LMT  
Board Member



Denise  
Williams, LMT  
Editor/Board  
Member



Rip Stahura,  
LMT, AOS,  
AFFA  
Sports  
Massage  
Director/Board  
Member



Sherrin  
Bernstein,  
BA, LMT,  
CIMP  
Membership  
Secretary/  
Board Member

*Get more information about membership, elections, events, classes and volunteer opportunities on our toll free number: 1-877-NYSSMMT (1-877-697-7668) or email us at: [members@nysmassage.org](mailto:members@nysmassage.org). We look forward to hearing from you!*

## Congratulations to Our New 2010 Board of Directors!

Barbara Joel, LMT  
President

Carol S. Kessler, PhD, LAc, LMT  
Vice President

Barbara Lorenzen, LMT  
Treasurer

Ellen Neiman, LMT  
Website Administrator/  
Board Member

Sherrin Bernstein, BA, LMT,  
CIMP, FL Lic. No. MA 47391  
Membership Secretary/Board Member

Rip L. Stahura, LMT, AOS, AFFA  
Sports Massage Director/Board  
Member

Patti Cadolino, LMT  
Medical Massage Director/Board  
Member

Susan Gelbman, BA, LMT  
Board Member

Gayle Loftis-Malcolm, LMT, BA  
Board Member

Denise Williams, LMT  
Editor/Board Member

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Your Name Here?  
Student Liaison

Your Name Here?  
Recording Secretary

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### Contributors:

Linda Savodnik  
Administrative Assistant

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This Society runs on volunteer power!  
If you have some talent, time and energy to  
give we can use your help. The offices of  
Student Liaison and Recording Secretary are  
open. To get more details about the Roles  
of Officers and become a member of the  
Board of Directors see the NYSSMMT  
website:  
www.nysmassage.org or call our toll free  
number:  
1-877-NYSSMMT (1-877-697-7668).

## Elevate Your Practice

Using Kinesio® Tex Tape, Bio-freeze®, Prossage® and Massage to Enhance  
Therapeutic Effectiveness

*Workshop to Benefit the Massage Therapy Foundation. Sponsored by NYSSMMT,  
The Kinesio® Taping Association and Performance Health Incorporated.*

**Date:** Saturday, April 17, 2010

**Time:** 8:30am Registration (bagels, coffee and tea served) • 9am-4pm Workshop (6  
hours) • 1 hour lunch break • Bring lunch or cash for concession stand.

**Location:** Hyatt Regency Long Island, 1717 Motor Parkway, Hauppauge, NY 11788

**Instructors:** Mike McGillicuddy, LMT, NCTMB, CKTI

**Cost:** \$55/Person

**Learn and Earn:** 6 NCBTMB CE Credits

Learn how to use the Kinesio® Taping Method, Prossage® Heat and Bio-  
freeze® in soft tissue treatments to enhance therapeutic effectiveness and elevate your  
practice. Be a part of our fundraising goal to raise \$40,000 to benefit the Massage  
Therapy Foundation. Samples of Kinesio® Tex Tape, Biofreeze® Spray, Prossage®  
Heat will be provided. Earn 6 NCBTMB CE Credits.

Register on site or reserve your spot early by visiting [www.nysmassage.org](http://www.nysmassage.org),  
download and fill out the registration form and mail it in with your check or money  
order to The New York State Society of Medical Massage Therapists, P.O. Box 442  
Bellmore, NY 11710-0442. Email Patricia Cadolino at [patricia.cadolino@stonybrook.edu](mailto:patricia.cadolino@stonybrook.edu)  
for more information and elevate your practice now!

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*'Change doesn't come from Washington. Change comes to Washington.'*

*-BARACK OBAMA, DNC speech, Aug. 28, 2008*

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## Cupping

In the early 1990's I learned to do a technique called cupping. I was taught to use a  
small glass jar, put some alcohol on a piece of gauze, light it, put it inside the glass  
jar and quickly pull it out (creating a vacuum), then put the jar on the patient's back.  
Today I have a set of glass jars which have valves attached to the top, which allow me  
to control how much suction I use. When the skin has a lot of sha or redness, suction  
with cupping will get it very red, even purple! This is the bringing up of stagnant blood  
(in Chinese Medicine) and helps the body process it through the lymphatic system. The  
amount of redness also tells how much stagnation is in a particular area. An example of  
this is that I have a patient that always complained of pain in her shoulder.  
Her MRI was negative but she was still hurting. We did some cupping in the area and  
noticed that the most redness was in the exact area of her pain. After we did a treatment  
she did not have any more pain in that area! It usually takes 2-5 days after treatment  
for the redness to fade. So it is important to inform the patient that they will have red  
discoloration for a few days and that they will want to plan the treatment at a time when  
they are not planning to attend any event where their back will be exposed. As in the  
case described above the pain disappears soon after the treatment, but the client should  
avoid any wind or cold in the area directly after treatment. You can use this technique  
for many symptoms including chronic cough; they used to use cupping for pneumonia.  
This aids in the release of blood and Qi, which is attached to phlegm and makes the  
patients feel better immediately.

It is best to watch someone do it and learn before experimenting on your own. So if  
you are interested and would like more information about this technique, please feel  
free to contact either myself or the Society, because we will be scheduling a workshop  
soon. Dr. Carol S. Kessler, PhD, LAc, MS, LMT

Call us at: 1-877-NYSSMMT (1-877-697-7668) Email us at: [members@nysmassage.org](mailto:members@nysmassage.org) Visit us at: [www.nysmassage.org](http://www.nysmassage.org)

## Practice Perfect Posture

Most of us have a natural tendency to muscular imbalance, with certain muscles being prone to shortening and others to lengthening and weakness. Repeating daily patterns – working at a desk, doing housework, and in the case of a massage therapist, bending over a table - often reinforces a forward posture with the upper-back rounded, shoulders curving in and the head forward of the body. The remedy is to stretch the chest and shoulder muscles (which are short and tight) and strengthen the neck and back muscles (which are long and weak). Retraining comes through repetition. Good posture and poor posture are both habits that develop from repeated movement patterns. Get in the habit of doing these few simple exercises that will serve you for life.



### 3 Easy Exercises to Improve Posture

- 1) Lengthen the spine with the Back Extension: Stand with your feet parallel, hip-width apart. Interlock your thumbs and reach your arms overhead. Inhale and elongate through the torso, stretching the space between the ribs and the hips. Tighten your hips, thighs and buttocks to protect your low back. Exhale and reach up and back, keeping your head between your elbows. As you arch the upper back by lifting the chest, feel a stretch through the front of your shoulders. Return to center and repeat 5-10 times.
- 2) Strengthen the muscles of the midback with “W’s”: Hold your arms out to your sides with the elbows bent to form a “W”, palms forward. Inhale, then squeeze the shoulder blades down and together as you slowly let your breath out. Repeat 10 times daily to anchor the shoulder blades and straighten the mid-back.
- 3) Re-align the head with the Neck Press: To bring the head into proper alignment, ears over shoulders, put two fingers on your chin to act as a guide. Inhale, then exhale as you retract the chin, pressing the curve out of the back of your neck. Keep your chin parallel to the ground. Repeat 10 times to strengthen the muscles of the neck and upper back.

Joan Pagano  
Joan Pagano Fitness Group  
Fitness Instructor, Educator and Author, ACSM  
<http://joanpaganofitness.com/>

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## *The Scent of Hallway On the Lighter Side of Our Profession, From the ‘Who-Woulda-Thunk-It’ Department*

*Weekends I work in an upscale spa. We offer guests a choice between 3 scents of oils: Relax (a soothing earthy blend that predominantly smells of sandalwood), Detox (a yummy blend that predominantly smells of lemonpeel oil) and Uplift (a refreshing blend that mostly smells of rosemary oil). The guest can choose one. Recently a colleague told me that her guest, after being asked to make a selection, asked whether she can have an oil which smells like the hallway. Of course she was referring to the scent which ends up in hallways after wafting from various massage rooms. Unfortunately I forgot to ask my colleague about the outcome. This past weekend I had a first-time female guest who had a hard time deciding which oil to choose. Meanwhile the clock is ticking and her feet, I’m sure, were starting to get cold. So I told her about the other guest’s request. Well, her eyes lit up and she said: “That’s exactly what I was thinking”. So I promised her I will try to copy the hallway scent by mixing all three oils (into my hands of course). Well, guess what, she absolutely loved it. During the massage she stated with delight: “It’s the best!” So, from now on there are unofficially four oil scents: Relax, Detox, Uplift and ‘Hallway’!*

*Keep Smiling!*  
*Barbara Joël, President, NYSSMMT*

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*Get more information about membership, elections, events, classes and volunteer opportunities on our toll free number: 1-877-NYSSMMT (1-877-697-7668) or email us at: [members@nysmassage.org](mailto:members@nysmassage.org). We look forward to hearing from you!*

## We Want You!

NYSSMMT runs on volunteer power! If you have talent, time and energy we can welcome you. The office of Recording Secretary is open. Here are a few other ways you can get involved:

### Membership Secretary

Keeps the membership file up-to-date, receives all monies due and transfers them to the Treasurer, issues membership certificates and is the custodian of the Seal...

### Sports Massage Team Member

Assists/volunteers in Sports Massage Events and Activities.

### Recording Secretary

Takes, files and distributes our meeting minutes. Revises them and repeats after BOD meetings and may be called upon to assist with mailings.

### Student Liaison

Welcomes students and new LMTs into our professional community, while strengthening our unity and building our industry's future together....

### Legal Massage Task Force

Works together to stop the practice of unlicensed massage in New York State

### President

Presides at Meetings, supervises the affairs of the Society, places motions before the body, votes in case of a tie and is the custodian of the Charter & gavel...

### Vice President

Attends Meetings, is available to occupy the Chair, assumes the office, powers, and duties of President, should there be a vacancy...

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To get more details about the Roles of Officers and become a member of the Board of Directors see the NYSSMMT website:

[www.nysmassage.org](http://www.nysmassage.org)

or call our toll free number:

1-877-NYSSMMT (1-877-697-7668).

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## Poll Results from Massage Today's Poll are in! Or are They?

Topic: Should health insurance coverage plans include direct reimbursement to licensed, certified or trained massage therapists for medically necessary treatment?

Results:

Yes 565 (89%)

No 35 (6%)

No, it will negatively affect our income. 36 (6%)

Wait, isn't this leading the witness? Do you think they are biased? Do you think this is a fair and accurate poll if they tell you what to think as one of your options? Why add the disclaimer that their poll is "nonscientific". Why did they permanently close the online comments section? That being said, 565 is a huge number. I think American LMTs agree with the general NYSSMMT stand that health insurance coverage plans should include direct reimbursement to Licensed Massage Therapists. Thanks Massage Today, great poll! But we encourage you to make your own decision; see: [http://www.massagetoday.com/massagepoll/09archives/9\\_09.php](http://www.massagetoday.com/massagepoll/09archives/9_09.php).

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## About Antibacterial Soaps: More Harm Than Good

With Excerpts from The Epoch Times June 18-24, 2007

By Sherrin Bernstein

My sister first alerted me to this issue when she told me that the school where she has enrolled my nieces does not allow antibacterial soaps because they interfere with the development of the children's immune systems. Since then, I have been looking for articles and information regarding this issue in the news and found a fairly in-depth and readable article in The Epoch Times, a free newspaper handed out in NYC. See excerpts below to demystify the issue and do away with your fear of germs at least:

"...Antibacterial soaps are about as effective as regular soaps... excessive use of the products can actually lead to the development of resistant genes, rendering the products ineffective..."

"The Canadian Patient Safety Institute (CPSI) doesn't recommend the use of (them); instead, either an alcohol rub or a good scrub with regular soap and water will do the trick."

"...A 2004 U.S. study... found that antibacterial cleansers were ineffective in preventing... colds, coughs, sore throats, and diarrhea."

"...The most common household illnesses are viral... antibacterial agents are ineffective in combating them."

"Our bacteria that's on our skin... is a very important protective layer without which we wouldn't survive. Bacteria is absolutely essential to life on earth."

"A comprehensive 2005 U.S. study found that 10 seconds of scrubbing with soap and water gets rid of the common cold virus, hepatitis, and many other... germs."

"...The main antibacterial additive... triclosan in liquid soaps and triclocarban in hand soaps, has the potential to damage the thyroid gland."

"...Blondel-Hill says there's no doubt that widespread use of an antibacterial products can result in stronger bacteria that are resistant to antibiotics... which could have a detrimental effect on people with weak immune systems."

"The World Health Organization has said the widespread use... is of 'serious concern'... that resistant bacterial strains are one of the top five problems facing humanity."

To quote Spiderman's uncle "with great power, comes great responsibility". Approving advertising that plays on our fears in order to continue to sell product that is harmful, is negligent. Remember the cigarette company scandal? Let the antibacterial soap companies know that we don't want products that are harmful to us. Boycott antibacterial soaps. Reference: <http://www.foxnews.com/story/0,2933,170188,00.html>

## Our General Meeting with Nominations and Arthur Tobias Clinic

We covered a lot of ground on Nov. 11, 2009 at our General Meeting with Nominations at The Actors Institute. Led by our fearless president Barbara Joël, we had eleven present, getting to know each other, contributing ideas and enjoying Arthur's Alexander Technique Workshop. Attendance included Mykael (Carol's grandson) and Aimee and Burcu, who heard of the meeting via our Facebook page and attended to find out more about us.

Meeting minutes include: introductions; news on our Bill to have Massage Therapy reimbursement to LMTs directly; it has been stuck in committee for 6 years; news on the state of the Office of Professions due to cutbacks; notes on the passing of two valuable members, Leslie Leonelli and Thomas Wissman. Questions were posed: "What can we do about this bill being stuck?" and "What can we do about illegal storefronts, since the bill is stuck and budget and staff cuts prevent effective action against victimless crime?" Possibilities were put on the table: Build the NYSSMMT Legal Task Force for letter writing campaigns, create short and long term goals, survey our members, keep to our mission "the education and advancement of the Massage Therapy profession", build our public presence during expositions, health fairs and/or street fairs and approach and recruit the assistance of newly elected Bill de Blasio, New York City Public Advocate, to create a way to turn renting to illegal businesses into a source of revenue for the city by implementing fines. Carol Kessler took nominations forms and Arthur Tobias conducted his Alexander Technique workshop.

We look forward to seeing you at our upcoming meetings and events. Have a terrific holiday.

Sherrin Bernstein, BA, LMT, CIMP, Editor/Board Member

## Thank You to Arthur Tobias

On November 11, 2009 at our General Meeting, we enjoyed learning about the Alexander Technique from one of our members Arthur Tobias. Arthur shared the beginnings of Australian born Frederick Matthias Alexander, who discovered his profound technique when he set mirrors out to correct his own vocal problems as a performer. His first book, *The Use of the Self*, was published in 1932. Others soon sought out his distinctive Movement Education abilities to correct posture and movement to heal a variety of ailments. Massage Therapists can greatly benefit from this technique. Through the Alexander Technique we can enhance our own body mechanics while we work, thus preserving our wellness while enhancing the massage we give others. Thank you Arthur for an excellent presentation!



Left to right top row: Arthur Tobias, Lisa Mertz, Mykael, Aimee B. West, Susan Gelbman, Carol S. Kessler  
Left to right bottom row: Denise Williams, Burcu Parlak

## Fond Farewells

*The New York State Society of Medical Massage Therapists wishes to express its sincere condolences to the families and friends of past Board Members Thomas Wissman, LMT, of Bethpage, NY, who passed away in his sleep at the age of 72 and Leslie Leonelli, LMT. Thomas Wissman was one of the starting members of The Greater Long Island Running Club Sports Massage Team which just completed 18 years as the only group of its kind on Long Island, New York. For more information about this and the GLIRC call 1(516)349-7646. Leslie was our first moderator for the society's Online E-group. Leslie set the E-group up back in April, 1999 and moderated it until in August, 1999, when she left the Board, moved to the Florida Keys and co-opened Pearl's Rainbow, an award winning resort for women in Key West with Heather Carruthers. Should you have any other questions, please contact Pearl's Rainbow at (305) 292-1450.*

Get more information about membership, elections, events, classes and volunteer opportunities on our toll free number: 1-877-NYSSMMT (1-877-697-7668) or email us at: [members@nysmassage.org](mailto:members@nysmassage.org). We look forward to hearing from you!

## 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 FOR STUDENTS

As a student, you are about to go out into the real world. Why not let experience guide you? You have gained a formal education and now, as a member, you will be able to draw on the actual life experiences of other practicing therapists. Here are just a few reasons for joining NYSSMMT:

- NYSSMMT provides liability coverage through the American Massage Council, discounted for our members, at a very competitive rate.
- NYSSMMT provides students with a break in the membership rate that is 1/2 that of a Licenced Massage Therapist. (\$50.00)
- NYSSMMT will help you stay informed of what goes on in legislation, across the country and in your own state and local community.
- NYSSMMT provides a chance to meet and learn from seasoned LMTs.
- NYSSMMT is the only professional Massage Therapy organization which provides an opportunity to chat with other LMTs in our e-mail chat room.
- NYSSMMT provides educational workshops at little or no cost.

### BE A PART OF HISTORY

We are working within the legislative process to get legislation passed and protected that will support our ability to provide our clients with insurance coverage for our work. To find out more about the many opportunities that await you by joining NYSSMMT, please log onto our website: [www.nysmassage.org](http://www.nysmassage.org).

### *Submissions Reminder:*

*Send your comments, suggestions, letters and submissions to*

*NYSSMMT  
P.O. Box 442  
Bellmore NY  
11710-0442*

*or email us at:  
editor@nysmassage.com.*

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

## Bodywork Pearls

*We attract to ourselves the very things we resist most.*

*Give that which you want most.*

*You get what you give.*

*My bodywork is a reflection of my life.*

*Go for what you want, and accept what is.*

*We need to heal ourselves before we can attempt to heal others.*

*We don't patch our holes by filling them, but by giving... (them away).*

*By not wanting something from the other, we are protected.*

*I create my entire reality.*

*Work with the body, not on it.*

*What is good for you never changes.*

*Mind and breath are linked together:*

*the control of one becomes the control of the other.*

*Author Unknown. Submitted by Susan Gelbman, LMT, BOD Member*

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

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## No-Fault and Insurance

*I have been in practice for over 25 years and have been billing no-fault from the start. I find it amazing that living upstate we receive \$47.28 for just short of 60 minutes of Massage Therapy, which is 8 units. When I previously resided in Queens, for the same amount of time, I received over \$60.00. In today's economy, when we have various chain stores that charge the same upstate as they do in other parts of NYS and the cost of gasoline is the same in most of the state, it is we Upstaters who should be receiving more money. We spend more time and money on travel to go from one place to another. It is often said that we pay less for taxes upstate; this, unfortunately, is no longer true. I pay more taxes upstate than some of my friends and families do in Long Island. Years ago that might have been the case, but not today. Since the price of taxes, gas and tolls, etc. is higher upstate than most pay in Long Island and in the NYC, we need to demand equal pay.*

*As for the Insurance Bill, Senator Seward has kept it in committee for the past few years. I do not believe he has any intention of moving it out onto the floor for a vote. Senator Seward is NOT the Chair of the Insurance Committee anymore. We are looking for another connection to the new Chair. We need to become more active and demand that something gets done. By supporting our Senators and Assemblymen, we also support their lifestyles. Instead of just talking about doing something - we all need to actually do something. We ARE a profession and deserve to be reimbursed for our expertise in performing Massage Therapy.*

*This would also allow us to work in hospitals without having to have a grant written and would more freely allow people to use our expertise and speed their healing time.*

*Just as a note the State has also increased our fees for our registration; we are now going to be paying \$58.00 instead of \$50.00 for renewing. Considering that they have increased some of the other professions over 400% our increase is not too bad.*

*Carol S. Kessler, PhD, LAc, MS, LMT  
Board Member/Law and Legislative Person*



New York State Society of  
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

Winter Issue — December 2009 Vol. 1 Issue 5



## About NYSSMMT

The New York State Society of Medical Massage Therapists is a Not-for-Profit organization, whose purpose is the education and advancement of the Massage Therapy profession. This organization was incorporated under the laws of the State of New York in 1927 as the New York Society of Medical Masseurs, Inc., and was changed in 1986 to the New York State Society of Medical Massage Therapists, Inc.

The NYSSMMT is comprised of approximately 350 members, living and working in New York, New Jersey and Connecticut. We offer quarterly newsletters, meetings and workshops to educate and inform members and massage therapy students throughout the region.

## Our Objectives

1. To educate its members and to further a high standard for the profession of Massage Therapy.
2. To seek enactment of laws to promote a high standard for the profession of Massage Therapy.
3. To uphold the ethical standards for the profession of Massage Therapy and for its members.
4. To prevent abuses by illegal and unethical practitioners.
5. To educate other health care providers and the public at large about Massage Therapy.
6. To promote professional recognition of Massage Therapy by other health and medical care providers.

## Our Code of Ethics

A Licensed Massage Therapist, becoming duly elected into membership of the New

York State Society of Medical Massage Therapists, Inc., pledges to uphold the Bylaws and the following Code of Ethics:

1. To conduct her/his practice in an ethical manner.
2. To abide by the Medical Practice Act.
3. Not to diagnose, nor to prescribe to any person or patient any form of medication.
4. Not to disclose confidential information in the course of treatment of a patient to anyone other than the patient's caregivers, legal guardian, and recommending physician, and to respect all confidences. This obligation shall extend beyond the period of professional services.
5. He/she shall assume the foregoing obligations with a free will, in full appreciation of the privilege and opportunity to place the practice of this profession in a position of honor and distinction.