



A Thought from Our President...

Dear Fellow Members,

I take this opportunity to thank all the members who voted and elected me to be President of NYSSMMT. I follow in the shadows of many great leaders who have moved the profession of massage therapy to the forefront, and made our profession the true leader in hands on therapeutic work.

The current Board, all relatively new to our positions, will be working to bring you the best in Continuing Education opportunities. We will continue to look for innovative instructors, who are experienced in massage and related fields, who will enable us to work smarter and not harder. We have a year of planned educational opportunities that I hope you will find helpful in your practice. If you are a student, work with students, or know of students who could take advantage of these workshops, pass along the information. Discounted student memberships are encouraged to get a snapshot at the Professional Level. Current and proposed educational opportunities will appear on our web site.

At the legal forefront, we continue to work with officials at all levels of government to address the ongoing issues of unlicensed persons masquerading as licensed massage therapists. We will continue to work behind the scenes to make sure that massage therapy remains the dignified profession that employs us and allows us to maintain our livelihood.

As we enter Spring 2016, I ask you all to make a commitment to our profession. A few important board positions are openly available and your volunteer time and support in these roles will make NYSSMMT run strong. Take a look at the website for these rewarding positions that may interest you.

Respectfully,
Lou Mazzella LMT Ed.M.

Upcoming Events

March 19, 2016

TRS Professional Suites, New York, NY
Dr. Gene Desepoli, DC, LMT

May 15, 2016

VFW, Syosset, New York, NY
Dr. Gene Desepoli, DC, LMT

September, 2016

Location TBD
Barbara Joël, LMT

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March 19, @ TRS

Pumping Up 2016!

Maria Nguyen, LMT



Reneé Amico-Taback, LMT

What do you have when there is a packed room of talented massage therapists? A treasure chest of collective knowledge, experience, and limitless connections! NYSSMMT opened 2016 with a vibrant afternoon of networking and presentation on January 31.

With smiles and heartfelt gratitude, 25-year NYSSMMT veteran Reneé Amico-Taback was surprised with a stunning plaque and lifetime membership by Lou Mazzella, NYSSMMT President. Her commitment and work has supported and transformed the field of massage therapy and the organization. As she begins a new chapter in her life, her vision will continue to grow and influence the new faces within the massage therapy profession.

Completing the afternoon were two information-filled presentations from the popular Barbara Joël, LMT and Dr. Theresa Schmidt, PT, DPT, MS, OCS, LMT. Both presenters will be hosting interactive and involving workshops in the near future – so keep an eye out! Attendees left the workshop feeling connected, warmed, and excited for a new and exciting 2016! Let's pump up 2016 with new goals and perspectives to bring out bountiful and transformative change to our work and our profession!



Barbara Joël (left),
Dr. Theresa Schmidt (right)

Looking Back and Smiling Forward

Reneé Amico-Taback, LMT

Looking back to April 1987 when I started massage school, I attended a NYSSMMT general meeting held at the school. As a student, I loved the idea of being connected to a group of seasoned massage professionals and becoming a part of a “massage organization”, so I became a member that same day. After receiving my LMT license I joined the NYSSMMT Board of Directors, wanting to be part of the decision making process for my newly chosen profession. For the next 26 years I jumped in with both feet, passionately, proudly and



Reneé Amico-Taback, LMT

eagerly serving on the society's board, holding down various director positions and handling many tasks. Using my life experiences and knowledge to guide me, I volunteered over the years to serve as the Membership Secretary, Recording Secretary, Treasurer, Newsletter Editor - producing the 36-40 page 'paper' newsletters before the society went digital, Advertising Chairperson – bringing on advertisers to help support the costs of producing the paper NL, Yahoo Group Online E-group Administrator / Moderator, Society's 800 Ring

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Central phone line person, Proof Reader, Event Logistics Chairperson and ended my board run last year as the Vice President.

From this whole experience, I learned so much and grew to be a better person and a better massage therapist. Being part of the Society's Board of Directors allowed me to be more aware and knowledgeable about things going on in our profession. And...I met so many wonderful people, made long time friendships, and was able to help and support so many LMT's during this incredible ride. I want to say "Thank You" to all the people I have sat on the boards with all these years, for being

part of my amazing life experiences. And I thank YOU for letting me part of this wonderful group.

For the future, I encourage new faces to volunteer their time, in some way, with the Society. The experiences are boundless and rewards deep in this amazing and evolving profession called 'massage'.

Thank you to all...it's been quite an amazing ride!!!!

Warmly,
Reneé Amico-Taback, LMT

New Board Member Spotlight

Maria Nguyen, LMT

The NYSSMMT Board welcomes **Carla Nathan, LMT** from NYC! She is a teaching assistant at Pacific College of Oriental Medicine and owns a private practice in Manhattan. Carla brings to the Board over a decade of non-profit experience, with an extensive background in education, program evaluation, program development, program implementation and facilitation. As a new board member of NYSSMMT, Carla is excited to meet members at workshops and network. "I think having a place to connect with other massage therapists is essential to having a great long career. It can be an isolated profession for many." She looks forward to working with the Society to bring more great workshops that members look for and expanding the massage network.

When it's warm out, Carla loves going to the various street festivals and parades in the City. Carla loves music from many genres and dance. Exploring new dog parks with their furry friend and family is one of Carla's favorite things. We excitedly welcome Carla!



Carla Nathan, LMT

Welcome 2016-2017 NYSSMMT Board

President (Officer)
Vice President (Officer)
Membership Secretary (Officer)
Medical Massage Director (Officer)
Recording Secretary (Officer)
Bulletin & Newsletter Editor (Officer)
Treasurer (Officer)
Website Administrator (Board Member)
Logistics Coordinator (Board Member)
Membership Secretary Assistant (Board Member)
Team Leader /Event Coordinator (Board Member)
Event Coordinator (Board Member)

Lou Mazzella LMT Ed.M.
Kristina Hinckson, LMT
John Morse, LMT
Open
Open
Maria Nguyen, LMT (Interim)
Open
Ellen Neiman, LMT
Carla Nathan, LMT, Sue Gelbman, LMT
Open
Maria Nguyen, LMT
Natella Calliste, LMT

Interested in a position? Contact Lou Mazzella, president@nysmassage.org.

Upcoming Workshops

Saturday, March 19, 2016

Differential Assessment & Treatment of Lower Back Pain

Dr. Gene Desepoli, DC, LMT, RRT, CSCS, CMTPT

Time: 10:30 AM - 3:00 PM

Location: TRS Professional Suites, 40 Exchange Pl. 3rd Fl.

New York, New York 10005

CE: 3 NY Hours

Tuition: \$75 Members; \$110 Non-members



In this workshop, participants will learn and perform assessment techniques used to identify various common causes of lower back pain, including the differentiation of piriformis syndrome and symptoms associated with disc herniation. Discussion will also include lesser-known causes of lower back pain encountered in clinical practice.

Saturday, May 15, 2016

Dr. Gene Desepoli, DC, LMT, RRT, CSCS, CMTPT

VFW, 20 Queens St, Syosset, New York 11791

September 2016

Barbara Joël, LMT

Location TBD

For workshop information & registration, visit nysmassage.org > Events.



\$30 off workshop registration for new members