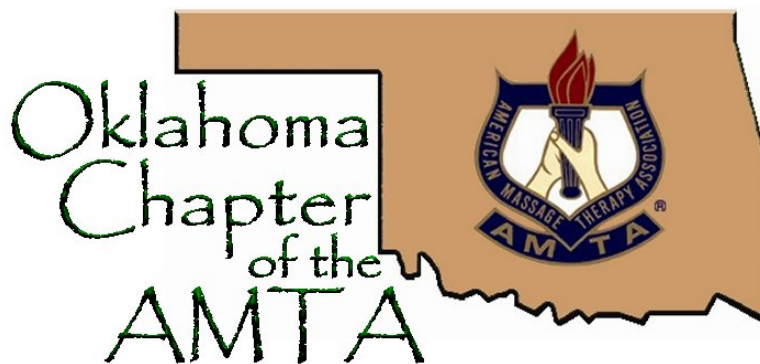


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*A thing is right when it tends to preserve the integrity, stability, and beauty of the biotic community. It is wrong when it tends otherwise.*

Aldo Leopold -  
Forester & Conservationist

## President's Message June 2007

Members and friends, I hope this finds you happy and well. The summer is almost upon us as is our 2007 Four State Conference in Tulsa! This is an incredible occasion, with all star education and events. We will also be having our state chapter meeting, and electing chapter officers on Saturday, June 23<sup>rd</sup>. I hope I can count on seeing you there!

I wanted to let you know a couple of things about the preparations for this conference. In the state of Oklahoma, education for massage therapists is overseen by the Oklahoma Board of Private Vocational Schools (OBPVS), who places fees on educational providers. As a non-profit, the Oklahoma Chapter of the AMTA is exempt, as long as we are only providing education to our members. This past winter and spring, the AMTAOK's Government Relations Chair, AMTAOK Education Chair, as well as the Chair of the Oklahoma Massage Coalition and myself met with the OBPVS and requested that our 2007 Four State Conference be exempted from the regulations, so that all massage therapists could attend, regardless of their association affiliation.

It would have been easy to simply let things stay the way they are, which would have only allowed AMTA members to attend. It would have been just as easy to stay where we were, and let the image remain that we are an

“exclusive member's only club”. But that goes against the mission statement of the AMTA – and would directly counter the image of the members of the AMTA being the ambassadors of massage therapy. We are currently a small chapter – no one would blame us if we decided not to have a conference. Given the current financial situation of many of our members, no one would be surprised if we just sat out. But that is not who we are, and that is not whom we want to become.

I am looking forward to;

- Quality education
- A Large trade show
- Opportunities to meet new people and see old friends
- Building a stronger community
- The opportunity for all us to be Ambassadors
- Opportunity to gather together with massage therapists from our neighboring states of Arkansas, Missouri, and Kansas

Our educational presenters are from all different disciplines – Massage Therapy, Physical Therapy, Athletic Training, and Professional Counseling. This interweaving knowledge, respect and professional regard is where we want to be – not letting Massage Therapy be the unknown “alternative”, but being a strong, recognized compliment to other health care disciplines.

Massage Therapists with over twenty years of experience, as well as some who still are in school will be there. We are having for first time ever, Anatomy Spelling Bee, Friday night. Breakfast and lunches are being provided, with great food, and real vegetarian selections. There is a water park in the hotel, as well as an outdoor pool at no extra charge for guests, so family members can be included. So go ahead and bring the spouse and children! This is an inclusive, family friendly event. I look forward to seeing you there. Let's all get together and celebrate – for Oklahoma's Centennial, for our association, and for the future of our community!

**Christopher Deery, NCTMB**

**President, AMTA-OK**

# Compassionate Hands-On Care for Elders

*"The use of touch and physical closeness may be the most important way to communicate to ill and aged persons that they are important as human beings. --Ashley Montagu*

The need for compassionate care of our elders is growing. In the United States, people 85 years and older make up the fastest growing segment of our population. Many elders are affected by debilitating illness or injury and require a care setting to help manage their everyday lives.

Long term care and hospice settings now acknowledge the value of massage in improving the quality of life of people living with the effects of aging, disease or disability.

Touch is essential to being human and the need for touch may actually increase in old age or when faced with a life limiting illness. However, in our society, these individuals are often deprived of the kind of touch that is essential to quality of life.

Massage and focused touch that is offered with mindful presence promotes relaxation and reduces stress, as well as offers comfort and reassurance easing physical, emotional and spiritual pain and suffering. Touch can be the link to healing in its truest form, a sense of wholeness.

Massage therapists have a unique opportunity to reclaim the power of the human touch in caregiving.

Working with elders in facility care requires unique qualities and skills including: knowledge of age related changes, modified massage techniques, adaptability and an openness to be face to face with very real and, at times, very raw human experiences. Massage therapists who feel drawn to work with this population have a unique opportunity not only to be of service to individuals, but also to help change the culture of how we care for our elders.

Linda Flack is a nurse and a massage therapist living in Ackley, Iowa and she provides massage to patients of Hospice of North Iowa (Mason City). She quickly learned that massage training did not fully prepare her for working with someone who is dying. Linda has many stories of how massage has been a powerful way of caring.

- "I saw an elderly man who was hesitant at first to receive a massage. He was so frail and fearful. I began by providing gentle attentive touch and with ongoing visits; he wanted to move to his hospital bed and would close his eyes, quietly relaxing. His family also found the quiet peace very healing."
- "When my own father was dying of bone cancer, he initially rejected massage. But when I used Compassionate Touch® techniques, he found it relaxing and comforting. He started asking me to give him "that gentle touch massage. I saw a gentle smile when he barely had the strength to speak."

The use of touch gives you the opportunity to contribute to another human being in a way that is both simple... and profound. And you, too, will experience rewards— an increased belief that you can make a real difference, a deeper sense of meaning in your work and the realization that, in the process of reaching out, you, too have been touched.

Ann Catlin, LMT, OTR is the director of Compassionate Touch®. She has over 25 years experience working with elders in facility care, persons with disabilities and the dying using both her skills as a massage therapist and as an occupational therapist. She trains massage therapists, health professionals and caregivers across the nation in Compassionate Touch® a therapeutic modality for elders and the ill or dying person. . Ann lives in Springfield, Missouri where she has a massage practice serving elders in facility care and is a hospice volunteer. Ann will be presenting at the upcoming Four State Conference. To learn more about Compassionate Touch®, please visit [www.compassionate-touch.org](http://www.compassionate-touch.org)

## AMTA-OK Board of Directors

President: Christopher Deery 918-810-8798 Chris.Deery@yahoo.com  
Immediate Past President: Jeff Smoot 580-225-5225 DSmoot@sbcglobal.net  
1st Vice President: Xerlan Geiser 918-810-8186 Xerlan@sbcglobal.net  
2nd Vice President: Scott Rayburn 405-528-4840 waterock1@cox.net  
3rd Vice Pres: Christine Patton 405-208-2779 Christinetpatton@yahoo.com  
Treasurer: Gayla Henderson 918-527-5900 Gaylammt@hotmail.com  
Secretary: Lynne Kincaid 918-809-2105 L2pin2@sbcglobal.net



**Please email us or  
give us a call!**

# Please Join Us!

Friday Evening June 22nd

5pm Trade Show Opens

7pm Erik Dalton, Ph.D.

Keynote Speaker

8pm Anatomy Spelling Bee

No Charge! Come Celebrate!



June 22—24, 2007

Hosted by

AMTA Oklahoma Chapter

Radisson Hotel Tulsa, OK

10918 East 41st Street

(918) 627-5000

**Class Sizes May Be Limited. Full Details Available @ [www.AMTAOK.org](http://www.AMTAOK.org)**

### Saturday Morning:

1st Choice    Alternate

Whitney Lowe, NCTMB "Evaluation and Treatment of Nerve Injuries" **All Day Class** 7CEUs

Ruth Werner, LMP, NCTMB "Fibromyalgia and the "Invisible" Diseases" 4 CEUs

Patricia Truchon-Weyers, MS, LPC "Boundaries in Crisis" 2 CEUs

### Saturday Afternoon:

1st Choice    Alternate

Ruth Werner, LMP, NCTMB "Cardiovascular Conditions" 4 CEUs

R.Todd Petty, RPT "Measurements and Measurable Outcomes for Massage Therapy" 4 CEUs

### Sunday Morning

1st Choice    Alternate

Ann Catlin, LMT, OTR "Compassionate Touch" **All Day Class** 7CEUs

Ruth Werner, LMP, NCTMB "The Ethics of Client Communication" 4 CEUs

Whitney Lowe, NCTMB "Are you sure you have identified the right condition?" 4 CEUs

### Sunday Afternoon

1st Choice    Alternate

Whitney Lowe, NCTMB "Introduction to Orthopedic Assessment Skills" 3CEUs

Ron Walker, ATC "Ethics of Athletics" 2 CEUs

### Type of Registration:

Student Registration - \$199.00

Member Registration - \$249.00

Non-Member Registration - \$299.00

Name: \_\_\_\_\_ AMTA Member # \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Daily Breakfast and Lunch Buffet with Vegetarian Options included with each registration.

Checks or Money Orders must be made out to AMTA OK Four State Conference & mail with this form to: **Xerlan Geiser**

**Or you can sign up online and use Pay Pal at [www.amtaok.org](http://www.amtaok.org)**

*The AMTA OK is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider.*

**4 State Chair AMTA OK**

**7008 S. Utica**

**Tulsa, OK 74136**



## No Charge for the Trade Show!

### Come Visit These Exhibitors

Massage Therapy Research Foundation  
Kansas School of Chinese Medicine  
Lippincott, Williams & Wilkins  
Charlotte's Affordable Purses  
Physiomed Ionic Cleanser  
JW Body & Sole Massage  
The Quantum Alliance  
Ivie Massage Supplies  
Take My Registration!  
Mother Earth Pillows  
Helsys Technology  
Earth Angel Oils  
Fahlen's Fancies  
Relax the Back  
Apple a Day  
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Mannatech  
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Books of Discovery  
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Clary Sage College

### Prizes! Thank You for Tons of Prizes!

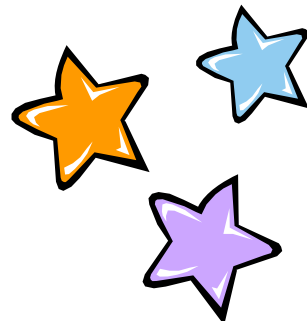
One Full Anterior & Posterior Cervical Home Study Program  
[www.DavidKent.com](http://www.DavidKent.com)  
One Full Volume II Advanced Myoskeletal Alignment  
[www.ErikDalton.com](http://www.ErikDalton.com)  
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[www.Upledger.com](http://www.Upledger.com)  
One Rest-a-Head Universal Massage Table Headrest  
<http://www.synapseadaptive.com/restahead/default.htm>  
Appointment Books [www.massageminder.com](http://www.massageminder.com)  
Gift Certificates [www.Watercolorscards.com](http://www.Watercolorscards.com)  
Huge Gift Package [www.Lush.com](http://www.Lush.com)  
Gift Packages [www.heliosforhealth.com](http://www.heliosforhealth.com) and lots more!!!!

Catch a Star at the Oklahoma  
AMTA Four State Conference!

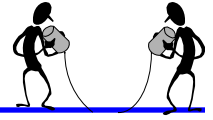


How cool is it that the Four State Conference has a line up that looks more like the table of contents for Massage Therapy Journal? Huge Thanks to all of these wonderful educators that will be with us.

Erik Dalton, Ph.D [www.ErikDalton.com](http://www.ErikDalton.com)  
Whitney Lowe, NCTMB [www.OMERI.com](http://www.OMERI.com)  
Ruth Werner, NCTMB [www.RuthWerner.com](http://www.RuthWerner.com)  
Ann Catlin, LMT , OTR [www.compassionate-touch.com](http://www.compassionate-touch.com)  
Patricia Truchon-Weyers, MS, LPC, LADC, NCC, CDSVRP, CBHCMA  
R.Todd Petty, RPT [www.UticaTherapy.com](http://www.UticaTherapy.com)  
Ron Walker, ATC



# CALL FOR CANDIDATES!



The offices of 1st Vice President, 3rd Vice President and Secretary are up for election at the annual meeting in Tulsa June 23, 2007. The meeting will be at 1pm at the Radisson Hotel at 10918 East 41st Street. We will have written ballots for all elections at this meeting. If you are interested in any of these positions please contact Jeff Smoot at 580-225-5225 DSmoot@sbcglobal.net for more information. We want to make sure that everyone that meets the qualifications has an opportunity to run for office.

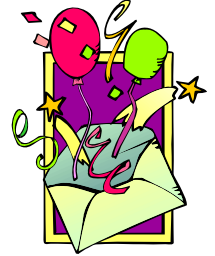
## Qualifications

Our chapter standing rules state;

First Vice President must have held a prior elected office or appointed Chair position and be a professional member in good standing.

Third Vice President must be a professional member in good standing.

Secretary must be a professional member in good standing.



## Position of Vice President:

1. Serve as a member of the Board.
2. Accept responsibilities delegated by the Chapter President.
3. Attend Chapter board meetings as well as regional and national meetings whenever possible.
4. Chair a committee.
5. Make recommendations to the Chapter President for committee appointments.
6. Ensure Chapter operations are consistent with AMTA strategic plan.
7. Maintain orderly records of issues/action taken during term.

## Position of Secretary

1. Serve as a member of the Board.
2. Accept responsibilities of delegated by the President.
3. With President, conduct the business of the Chapter.
4. Record proceedings of Chapter Board meetings and Chapter meetings.
5. Distribute minutes of Chapter Board meetings to board members and Chapter meetings to the chapter.



## CHEROKEE CASINO

**A bus will be provided at no charge to conference attendees that would like to visit Cherokee Casino Saturday Evening. They'll also be kicking in \$5 coupons for those of you that may want to gamble but not spend your own money. Sign Up sheets and times will be located at the hospitality booth.**



## LET'S HAVE A SUCCESSFUL FOUR STATE CONFERENCE!

You can help us all have a memorable and successful Four State Conference. Here are the easy ideas. Every member can do at least one of these. We hope most of you will do two or more.

- Register and Attend the Four State Conference.
- Show up and bring a friend to the Keynote Speech.
- Enjoy the amazing educational opportunities.
- Show up to the Annual Chapter Meeting and Vote.
- Tell other therapists about the Four State Conference.
- Come to the Tradeshow.
- Tell friends and clients to come to the Trade show.
- Actually buy stuff at the Trade show!

# What's Going On!

To improve the golden moment of opportunity,  
and catch the good that is within our reach,  
is the great art of life.

William James - US Philosopher & Psychologist

## OK Coalition Popular at Owasso Trail Days

The OK Coalition had a information booth and provided Chair Massage as a fundraiser at the Owasso Trail Days May 5th. The booth was popular and funds were raised.

We appreciate all the therapists representing AMTA, ABMP, IMA & Independents who worked together to make it a successful event.

## Athletic Trainers and Massage Therapists Team Up!

The annual Senators vs. Representatives Baseball game had a new interesting twist this year. Athletic Trainers and Massage Therapists teamed up to provide their services to the Senators Team at the ballpark and after the game. The Senators were very appreciative, and we appreciate those who volunteered their time and expertise to demonstrate the value of both of our professions the legislators.

## Big Shout Out to Oklahoma Health Academy Moore Campus!

Instructors and students provided On-Site Chair Massage on the last day of the legislative session May 24th. They did a great job and expressed support for Massage Legislation in the upcoming 2008 session. This unselfish random act of kindness and consciousness did not go unnoticed. The OK Massage Coalition and the ATMA Chapter, as well as therapists across the state of Oklahoma appreciate you all and look forward to working closely with you in the future.

## OATA Clinical Symposium

We had a booth and be provided On-Site Massage at the OATA Clinical Symposium, May 19 - 20, 2007 in Stillwater, OK. We were very proud that AMTA OK member Joyce Sheildnight presented an incredible educational segment on Kinesio Taping. Her schedule did not allow her to present at our Four State Conference however, we are hoping that we can include her in a future Chapter Meeting. For more information about Joyce and Kinesio Taping please see her ad on page 7.

## OK Coalition at Bailey Golf Ranch

June 2, 2007 the OK Coalition provided Chair Massage at Bailey Golf Ranch for a Charity Tournament. We also got the opportunity to do some fundraising for the Coalition at the same time. We appreciate the members of the OK Coalition - their dedication and commitment is incredible and amazing.

## Oklahoma Academy of Family Practice Physicians

OAFP will be having their Annual Scientific Conference in Tulsa, June 14 - 15, 2007. We will have a booth and be doing On-Site Massage for the Physicians and their families during the conference. Xerlan Geiser will be the luncheon speaker on Saturday. If you would like to join us please contact Xerlan Geiser at 918-810-8186 or Xerlan@sbcglobal.net

These are terrific events with professionals that support our practices by their utilization of Massage Therapy and referrals. What a wonderful opportunity to connect with them, meet other massage therapists and have fun.

If you have an event you want listed please just send me a few lines, pics if you have them and I will do my best to get them in. ThanX! Xerlan  
918-810-8186 Xerlan@sbcglobal.net

**In every community,  
there is work to be done.  
In every nation,  
there are wounds to heal.  
In every heart,  
there is the power to do it.**

**Marianne Williamson ~  
Lecturer & Author**

# Government Relations Report

Ah well, the 2007 Legislative Session has come to an end. Not without us getting our final touch, getting to know our legislators better and have more input prior to the 2008 Legislative Session, however. Thanks to our wonderful lobbyist, we were able to have a group of AMTA members volunteer to do massage for the Senators after their annual Baseball game against the Representatives. Thanks to Oklahoma Health Academy Moore Campus for providing On-Site Chair Massages on what became the last day of session.

This however does not mean that it is over or even on hold. We are hoping that we can include more AMTA members in the Government Relations Committee and have more events and things for this committee to be doing. The Coalition will be adding a couple members to maintain the balance for AMTA, ABMP, IMA & Independents as well as balancing it out throughout the state.

We will have sign up sheets at the AMTA OK hospitality booth at the Four State Conference so that you can sign up there, or show up to the Chapter meeting on Saturday and volunteer, or just contact me. We will not leave anyone out of the GR Committee that are willing to participate.

The OK Coalition will also be doing a survey during the Four State Conference.

Another Chapter Member and myself recently had an opportunity to attend a wonderful conference. Some of the classes were presented by Social Workers, Psychologists and The League of Women Voters. We will be presenting this information in future Committee and Coalition Meetings. The intriguing topics covered in classes were;

- Therapeutic Communication
- Getting Beyond Us Vs. Them
- Components of Legislative Advocacy
- How to Influence Your Legislator
- Planning Memos and Letters
- The fundamental do's and don'ts to writing letters
- Talking to the media

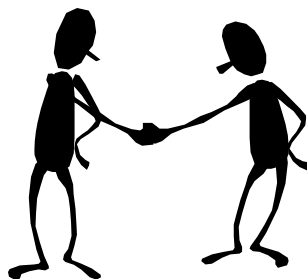
Do not hesitate to send us a message through the website [www.amtaok.org](http://www.amtaok.org) or contact me directly if you have questions, concerns or suggestions. Thank You!

Xerlan Geiser, NCTMB

GR Chair AMTA OK 918-810-8186

**It is impossible to go through life without trust: that is to be imprisoned in the worst cell of all, oneself.**

**Graham Henry Greene ~  
English Novelist**



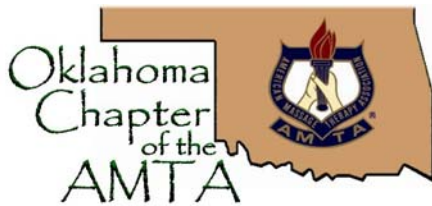
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***AMTA-OK.ORG***  
***We've got your back!***

**Published March, June,  
September and December  
Deadline for article submissions  
and ads is the 15th of the  
immediately preceding month.**

## *Calendar of Events*

### **Oklahoma Chapter Board Meeting**

1pm June 23, 2007  
Radisson Hotel  
10918 East 41st Street  
Tulsa, Oklahoma  
All Members Welcome!

### **AMTA Oklahoma Chapter Four State Conference**

June 22nd—24th, 2007  
Radisson Hotel  
10918 East 41st Street  
Tulsa, Oklahoma  
Everyone Welcome!

### **Chapter Volunteer Orientation Program (CVOP)**

July 12-15, 2007  
Hilton Garden Inn  
Evanston, IL

### **Upledger CranioSacral Therapy I**

Aug 23 - Aug 26, 2007  
Tulsa, OK  
www.Upledger.com  
561-622-4334

### **AMTA Board of Directors Meeting**

September 2007  
Hilton Cincinnati  
Cincinnati, Ohio

### **AMTA National Convention**

September 26-29, 2007  
Host Hotel: Hilton Cincinnati  
Duke Energy Center  
Cincinnati, Ohio

### **First International Fascia Research Congress**

October 4-5, 2007  
Conference Center at Harvard Medical  
School  
Boston, MA  
www.fascia2007.com

**I've found that luck is quite predictable.  
If you want more luck, take more chances.  
Be more active. Show up more often.**

**Brian Tracy ~ US Author & Motivational Speaker**