



# Maryland Massage

AMTA Maryland Chapter Newsletter

Winter 2008

## Massage at the Mall Illegals in Our Midst

By Dawn Presley, CMT

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My name is Dawn Presley. I have been practicing for eight years. I love being a massage therapist, doing the work we were trained to do. I am happy that we therapists are certified as health care practitioners in Maryland and it is my desire to protect our status that led me to my present crusade. In this article, I will tell you how I came to get involved and what I have been doing to see that uncertified people are not providing massage therapy. My particular beef is with the massage stores that are cropping up in shopping malls around the Baltimore/Annapolis area.

About 3 years ago, I noticed a massage store in the Marley Station mall. Intrigued, I watched what was going on and picked up the materials that described the services. I was amazed to discover that the description included several things certified massage therapists were not allowed to do, for example, mentioning sexual arousal from massage plus making claims about helping with diseases (too many to mention).

Needless to say, I was outraged and felt I should report it to the Board of Chiropractic Examiners (BCE). I did this using the form provided by BCE. Subsequently, the investigator at the time contacted me and told me the story about these establishments. He said they were appearing everywhere and when he closes one down, they just re-open in another mall. Well, this proved to be true at Marley Station. The investigator went in with the police and closed down the massage store, which then opened in Arundel Mills Mall. Every time

I was at the mall, there it was. Watching them perform massage and advertise acupuncture or "Magic Back Rub." As far as I could see, there was no client intake or health history taken.

This started my mission to get these places closed for good. My first step was to meet with the mall management, accompanied by the BCE investigator. At this meeting, we were informed that two people had been injured by the "therapist" and were suing the mall. [The mall was not mentioned—I don't understand this sentence]. The malls and clients were not mentioned in the meeting to us. Just that they were severely injured.

Since then, I have had clients tell me that they had a massage from the kiosk at Arundel Mills Mall and were injured. A student from Baltimore School of Massage (BSM) also was injured after a session at Arundel Mills Mall, according to a teacher at BSM who told me this after learning about my crusade.)

### First Action Steps

I sent complaints to the BCE following the guidelines they set up. I was very persistent with my efforts, but now I feel like I am hitting brick walls with the big companies who, needless to say, are not listening when I talk about uncertified therapists practicing in Maryland. After all, these places are profitable for the owners and they want to stay in business.

(Continued on page 4)



# Synergy Healing Arts Center & Massage School

13593 Monterey Lane, Blue Ridge Summit, PA 17214

717-794-5778 or 800-286-1831, Fax 717-794-5528

E-Mail: [massage@synergymassage.edu](mailto:massage@synergymassage.edu) Web Site: [www.SynergyMassage.edu](http://www.SynergyMassage.edu)

Award winning nationally accredited massage therapy school needs part-time A&P, orthopedic conditions, kinesiology theory instructor who is a nationally certified massage therapist with a BA or BS in either Teaching or a Science related degree. Lectures are 1 ½ hour long either T, W, Th, 10-11:30 or W/F 4-6:30. Do not pay travel. Hourly wage depends on degree level of education Call Margie Schaeffer for information on position. 717-226-2762 or email [Margie@synergymassage.edu](mailto:Margie@synergymassage.edu)

Register by phone for classes (717) 794-5528 or 1-800-286-1831

Synergy Continuing Ed Classes Winter/Spring 2008

PA Dept. of Private Licensed School License #3901 NCBTMB approved #144968-00

## MARCH 1 AND 2 – GENTLE MASSAGE FOR CHILDREN

Shay Beider

Sat & Sun 9 am – 6 pm Investment - \$295 - \$245 if paid 4 weeks in advance

16 National CEU

For MT's, parents and healthcare professions. To learn more visit [www.massagesforchildren.com](http://www.massagesforchildren.com)

## MARCH 8 AND 9 – QUANTUM TOUCH BASIC WORKSHOP

Sananjaleen June Hughes

Sat & Sun 9 am – 6 pm Investment - \$345 - \$295 if paid 4 weeks in advance

12 National CEU

An easy yet profound method of hands-on healing based on the use of Life Force energy and body intelligence. To learn more visit

[www.quantumtouch.com](http://www.quantumtouch.com)

## MARCH 30 – HOLISTIC AROMA THERAPY 101

Kristine Southworth

Sun 9 am – 4 pm Investment - \$150

6 National CEU

Students will learn the basics and experience how essential oils can be used in our everyday lives

## APRIL 5 AND 6 – ACUTONICS CLINIC

Adona Bobbie Bay

Sat & Sun 9 am, 10:30 am, 12 noon, 2:30 pm, 4 pm

No Cost

Do not have to be a MT Volunteers needed for free clinic Appointments are necessary.

## APRIL 12 - GARDENING WITH FELDENKRAIS®

Bob Hunter

Sat 1 pm – 5 pm Investment - \$39

Certificate awarded

Learn the fundamentals for efficient, stress free body mechanics. Call HCC 301-790-2800 x 236 to register

## APRIL 13 – CHI GONG

Jeremy Harlow

Sun 9 am – 4 pm Investment - \$130

6 National CEU

Through awareness exercises we will practice remaining mindful of our body, breath and consciousness, developing a strong presence in everything we do.

## APRIL 18, 19 AND 20 – AYURVEDA FOR BODY WORKERS

Shoshanna DiBetta

Fri, 6 pm – 8 pm Sat and Sun 9 am – 6 pm Investment - \$350 + \$25 for supplies

18 National CEU

This workshop is designed for MT's as an introduction to Ayurvedic principle, guidelines, and bodywork.

## APRIL 26 AND 27 – REIKI I & II

Janice Currens

Sat and Sun 10 am – 4:30 pm Investment – Reiki I \$119 (includes book) Reiki II \$125

6 CEU each class

Class will include attunements, history, and how it affects your life. Open to all.

## MAY 17, 18 AND 19 – ACUTONICS

Adona Bobbie Bay

Sat and Sun 9 am – 6 pm Mon 8 am – 4 pm Investment = \$450

24 National CEU

This workshop introduces the Acutonics Healing System which draws from Oriental Medicine, sciences, music, cosmology, philosophy and metaphysics of both the east and the west.

## JUNE 8 – TRAGER

David Haines

Sun 10 am – 5 pm Investment - \$100 - \$90 if paid 4 weeks in advance

6 National CEU

Trager approach is a min-body approach to movement education. It is a system of gentle rhythmic movement and touch aimed at facilitating deep relaxation, increased physical mobility, and promoting the body's optimal performance

## JUNE 14 – MEDICAL MASSAGE FOR CERVICAL SPINE AND UPPER EXTREMITIES

Dr.. Larry Plotkin

Sat 9 am – 5 pm Investment - \$125 - \$100 if paid 4 weeks in advance

8 National CEU

This class will cover commonly seen conditions effecting the neck, shoulder, elbow and wrist.

## JUNE 22 – REIKI III

Janice Currens

Sun 10 am – 4:30 pm Investment - \$200

6 National CEU

Master level of Reiki training

## President's Message

HAPPY NEW YEAR! Well once again another year has gone by. With new bigger things on the horizon for all of us, 2007 is quickly becoming a faint memory. There are so many things to talk about, but first let me recap the last year. Since our last newsletter we held our fall meeting at Essex Community College, which was attended by 65 members. We had a very informative CE class on muscle testing. Thanks to all those who attended. I have to ask, though: where was everyone else; we have a membership over 1500 therapists? I think CE hours, a great lunch and wonderful company is reason enough to attend the fall meeting. The date for this year's fall meeting will Nov 15<sup>th</sup>. Watch for the location, CE instructor and other details to be announced this summer. In the meantime, I hope to see every Maryland member in Ocean City May 1-3 for the Mid Atlantic Conference. At the fall meeting, our state delegates for the AMTA House of Delegates were elected. These are the people the chapter sends to the National Conference to be the voice of our Maryland members to AMTA National on policies being proposed. If you would like to find out what goes on at the national level, being a delegate is a great way that you as a volunteer can find out what the national organization is all about. However, to be elected, you need to attend our fall meeting and submit your name for election. There is a calendar of our events for 2008 on page 11, but I will hit a couple of the highlights here.

Between now and March, we will have our usual massage days in Annapolis. You all know this is when we offer chair massage for our state legislators. It is our chance to rub elbows and bend ears (not literally but you get the idea) with the people who make the laws and policies that affect us as citizens and as massage therapists. The AMTA-MD county reps will be calling you. Hey maybe if we rub them the right way this year in Annapolis, this can be our year to achieve more say in our governance.

If you don't know who your county rep is, check the list on page 14-15 to find yours. Our next big event is the Mid Atlantic Conference which will held be May 1-3. I hope to see every Maryland member in Ocean City this year.

*Krista Young*  
President

### Chapter Executive Officers

President	Krista Young	410-661-9505 KristaYoung@verizon.net
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2 <sup>nd</sup> Vice President	Carol Lancaster	410-489-4147 aquietmoment1@yahoo.com
3 <sup>rd</sup> Vice President	Anita Benedictis	443-325-7777 anita7@comcast.net
Secretary	Colleen Renehan	410-876-7314 hapkidolady@yahoo.com
Treasurer	Harvey Heyman	410-655-2834 theharv@verizon.net

CALL THE CHAPTER OFFICE if your contact information has changed!

Chapter Telephone — 443-612-9119

Chapter Web Site — [www.amtamd.org](http://www.amtamd.org)

Office Hours Monday-Wednesday, 9 AM to 2 PM

### Chapter Committee Chairs

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AMTA National Office Toll-free — 877-905-2700

AMTA National Web Site — [www.amtamassage.org](http://www.amtamassage.org)

(Continued from page 1)

I started working with Chris Kelter from BCE about two years ago on this issue of illegal practitioners in the malls. We have been somewhat successful in closing a couple of them down but not with others that are not complying with the Maryland law. The people working as “massage therapists” in the malls have no certification in this state and have not even been to massage school.

In October 2006, I attended a meeting last year between representatives from BCE, MTAC, BSM, and the police department and representatives from several mall management companies. These managers were informed of the law and told that they need to abide by it. That was over a year ago and still nothing is happening with these mall massage stores.

## Continuing Steps

I have kept in constant contact by sending letters to the mall management companies asking them to have these illegal massage businesses closed once and for all. My first letter, dated Feb 10, 2007, asked them to comply with the law. Still no certifications are hanging on the walls. To be fair, BCE and its investigators have been trying to get these businesses closed but they have been working on the other issues like protection.

I asked the Arundel Mills Mall manager to send me a letter recognizing the fact that the massage company at this mall needed to comply with the law. This was also in 2006 and so far nothing has been done. I did get a phone call asking me what my beef was. I told him that the massage place was illegal under Maryland law and the people who provide massage needed to be trained to do this work by going to a recognized massage school, I also suggested he call Christopher Kelter of BCE who would back up what I was saying. The response: I was asked if I wanted a job. When I reiterated that the place needed to comply with the law, the comeback was that these “therapists” need to work too. Kelter says that he is constantly contacting the mall management and still nothing is happening.

## Getting the Message to the Public

I contacted Channel 11 and the programmers expressed interest in helping us to

educate the public. Apparently, Lisa Robinson wanted to do this investigative story but was not able to develop the idea the way she felt it needed to be done. So unfortunately, the story idea was dropped. Robinson even went into the massage ki-

osk at Towson Town Center and tried to talk to them. She found that they couldn't speak English to her. Also, Theresa the MTAC investigator, said that the “therapists” are working on passports, having just arrived in the U.S.

### Addresses:

#### Malls Management Offices

Arundel Mills Mall  
Attn: Mall Management & Ownership  
7000 Arundel Mills Circle, Hanover, MD 21076

White Marsh Mall  
8200 Perry Hall Blvd  
Baltimore, MD 21236  
Attn: Mall Management

Towson Town Center  
825 Dulaney Valley Road  
Towson, MD 21207  
Attn: Mall Management

This is the company that owns the places in the malls:

Sun Up Ltd.  
7412 Kelvin Place  
Springfield, Va 22151

### Television and Radio Stations:

Channel 11 News: Jayne Miller & Lisa Robinson  
<http://www.wbaltv.com/station/index.html>  
Channel 13 <http://wjz.com/contact>  
Channel 2 <http://www.abc2news.com/content/contactus/default.aspx>  
60 Minutes  
524 West 57th St.  
New York, NY 10019  
EMAIL: [60m@cbsnews.com](mailto:60m@cbsnews.com)  
PHONE: (212) 975-3247  
20/20 CBS e-mail John Stossal via 20/20 website at  
<http://abcnews.go.com/2020>  
Dateline NBC  
Story Suggestions  
30 Rockefeller Plaza  
New York, NY 10112

WYPR Marc Steiner [steiner@wypr.org](mailto:steiner@wypr.org)

Diane Rehm WAMU  
Sandra Pinkard, Managing Producer  
202-885-1200

Maryland State Government  
Christopher Kelter  
Board of Chiropractor Examiners  
4201 Patterson Avenue  
Baltimore, MD 21215-2299  
[www.mdmassage.org](http://www.mdmassage.org)

## The Biggest Danger

These “therapists” have caused injuries in numerous people who avail themselves of the convenient service (yes I admit it is convenient for many people) and the massage companies and the malls are being sued. Malls in Columbia and Montgomery County had people injured in these places and responded by closing the stores. It appears that many mall managers know the law, but are not doing anything about the stores. I can only figure it is a money issue with them.

One of the biggest dangers is for pregnant women especially women who are trying to get pregnant. A woman may get a massage when she may not know yet that she is pregnant. As we who are educated about massage know, some techniques can cause miscarriage. Imagine the heartbreak to a woman who has been trying to get pregnant and learns of the success only when she has a miscarriage after getting a massage from an untrained person.

## Raising Awareness

I know we all see clients who, when asked if they have had massage therapy before, tell us they get massage at the mall and it really upsets us because we know they are not getting massages from trained and knowledgeable therapists. We need to unite and stand as a cohesive unit so these places can be closed once and for all.

This is not just a problem here in Maryland; these places are in malls up and down the east coast. We need to have the public made aware of the dangers and of the illegality of these massage stores. We need both local and national publicity. I have contacted Dateline, but have received no response. A national expose would be a great way to educate the whole country at one time. Maybe if many therapists inundate TV shows such as Dateline and 20/20, we can get this message out there.

We all work hard for a living and we pay a lot for our certification and for liability insurance. The people who work at these mall massage places do not pay the fees, do not have liability insurance, are not graduates of recognized massage schools and do not take continuing education courses. In my opinion, this is wrong. But my biggest fear is what is going to happen to the people who frequent these places.

What of that woman who has been trying to get pregnant and they hit a critical trigger point? What if someone is having a heart attack? Will these untrained “therapists” know what they are doing in the first instance or what to do in the second? I think not.

## What Can You Do?

There is a form on the BCE website that you can use to submit a complaint to the board. Below you will find the addresses for several malls that still have illegal massage operations. In order for these mall managers to listen, we need to inundate them with letters letting them know we want them to help us in our efforts to protect the public. These managers will listen if they start receiving many complaints. I am only one person. I need everyone in Maryland to help. If we can get the media to hear what we are concerned about, then we can get somewhere in educating the public. Most of the general public does not know that massage therapy is governed by the state and do not know what the law is. In fact, many do not even know what to look for in the person who touches them during a massage. We need to let them know.

## Conclusion

I know this is scary for a lot of us, but if we can unite and fight this like we have fought for recognition as healthcare providers, I think we can win this battle. Please stand up and fight with me on this matter to educate the public and allow us to gain the trust and respect we deserve in the massage industry. It only takes a few minutes to write a letter to the mall managers. Pick one or two of the media contacts and write them too.

Chris. Kelter asks that we let him know what we are doing so send him a copy too. In 2008 we will be renewing our certification and registration. Let’s make this the year we rid the state of these uneducated, uncertified “therapists.”

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# Sports Massage for Everyone

by Samuel Blechman CMT

Sports massage is a combination of several massage techniques. Most common are firm relaxation, myofascial, neuromuscular, and fluid techniques.

## Relaxation Massage

Firm relaxation massage is a combination of firm strokes such as effleurage, petrissage, and compression with greater pressure and depth. The purpose of this massage is to eliminate emotional stress and to drain the metabolic waste products away from the muscles and restore proper chemical balance to them. Depending on the therapist’s intention and situation it creates lesser or deeper relaxation if it is applied slow or fast, or for long or short duration.

## Deep tissue and Myofascial Techniques

These techniques are known by a variety of names: myofascial release, kinesiology massage, stretching techniques, orthopedic massage, and deep tissue massage. These are all used for the same purpose to stretch, broaden, and soften connective tissue. As you know, the body is made up of multiple layers of tissue that slide against each other. Muscle tissue is formed by muscle fibers surrounded by connective tissue endomysium. In turn, a bundle of muscle fibers fascicles is surrounded by another layer of connective tissue perimysium. Groups of fascicles wrapped in connective tissue epimysium are covered with deep fascia, then with superficial fascia and, finally, all of this tissue is wrapped by skin. Resistance to tissue sliding is felt by a person as stiffness. Very often people do not recognize resistance until it is removed. Unrestricted sliding movement of tissue is a primary goal of myofascial massage. Good knowledge of anatomy and a variety of myofascial massage techniques can allow massage therapists to separate (without excessive pressure) tissue layers down to the level of single cells and thus create space for unrestricted movement.

(Continued on page 6)

## Neuromuscular Techniques

Neuromuscular techniques (NMT) include stimulation or depression of receptors of all kinds using specific compression, movement, and neuromuscular reeducation to restore normal muscle function through muscle engagement or relaxation. Precise palpatory skills and knowledge of physiological laws and neurological responses allow massage therapists to quickly relax or stimulate a muscle or muscle groups to affect the level of resting muscle tension. The result is to maintain physical and psycho-neurological balance of the body. Today NMT is widely used in the massage treatment rooms and sports event venues worldwide.

## Fluid Technique Massage

Fluid technique massage (FTM) is a unique style of massage designed to facilitate movement of blood, lymph, interstitial, synovial and other fluids. The multiple effects of FTM are faster fluid exchange, removal of metabolic byproducts, improved function of the immune system, and enhanced activity of the parasympathetic system. FTM also is used to maintain tissue chemical balance and prevent muscle spasm, decrease pain, lubricate joints or tissues, and reduce or remove edema, swelling and bruises.

## Conclusion

Whether you are performing massage for athletes or just for your average client, whether in your massage office or at sports events, you can achieve excellent results when you use a combination of these four techniques during a massage session. Whether your clientele is primarily athletes or anyone else you can greatly benefit from learning the sports massage techniques I have described. I believe using these four techniques in your everyday practice will greatly improve your skills and greatly benefit your clients. This is a way to enhance the practice of every massage therapist.

**Samuel Blechman**, CMT is a massage therapy instructor and course developer for the massage therapy degree program at The Community College of Baltimore County Essex.

See page 7 for CEU Registration Form

## 'Life Touch' Aviana (*Mindful*) Touch Therapy Training

A HANDS-ON, INFORMATIONAL SEMINAR

A Powerful Blend of Energy Bodywork,  
Mindful Meditation, Touch Therapy  
and Healing Concepts



Learn from the modality's creator, Nancy E. Schmitt

Support all individuals in every stage of wellness, dis-ease and disease, including cancer.

"This was by far the best continuing education course I have taken and I have taken several. The body of work is powerful and Nancy's delivery was inspiring." Marcia Wolfe (Bear, DE class, March 2007)

"Nancy is a wonderful, informative, energetic, and loving teacher (entertaining too)! Very powerful work - I love it." Marianne Gettman (Concord, NC class, 2006)

Contact Aviana: 866-4AVIANA or 866-428-4262 • info@AvianaBody.com  
Visit [www.AvianaBody.com](http://www.AvianaBody.com) to see a complete course list with locations

Approved for 25 Contact Hours by approved provider, NCBTMB.  
Approved for 25 contact hours of continuing nursing education by the American Holistic Nurse's Association, an accredited approved by the American Nurses Credentialing Center's Commission on Accreditation.

2008 Schedule:

Harrisburg, PA  
Feb 15-17

Clarkdale, AZ  
Mar 14-16

Bear, DE  
Mar 23-25

Sycamore, IL  
Apr 18-20

Chicago, IL  
May 30-Jun 1

McHenry, MD  
June 20-22

Albany, NY  
Aug 15-17

Champion, PA  
'Hour SE of  
Pittsburgh'  
Sept 5-7

Hartford, CT  
Sept 25-27

Louisville, KY  
Nov 7-9



Aviana  
Body

## Watch Your Mailbox

It's that time in the two-year renewal cycle. Many Continuing Education Providers spend \$100 to purchase a list of all CMT and RMP licensees from the State Board of Chiropractic Examiners. This list is then used to mail you advertisements for continuing education offerings

If you do not get these advertisements and offerings, it is probably because you are one of the nearly 50% that tell the BCE to NOT give out your information.

If you want to get advertisements in your mailbox that are related to massage therapy, then give the board permission to sell your name, and you will get the mail. See [www.mdmassage.org](http://www.mdmassage.org)

**CONTINUING EDUCATION  
COMMUNITY COLLEGE OF BALTIMORE COUNTY**

CCBC Essex. 7201 Rossville Boulevard.  
Baltimore, MD 21237

**THE FLUID TECHNIQUES (14 CE HOURS)**

February 16 -17, 2008

9.00 am – 6.00 PM

**These massage techniques facilitate flow and exchange blood, synovial, interstitial, lymph, and cerebrospinal fluids. It used effectively to eliminate or reduce edema, bruises, remove toxins, increase joint mobility, decrease arthritic pain, maintain cartilage regeneration, prevent arthritis, and restore energy.**

This technique will benefit everyone young athletes, elderly people, and clients with pathology. It will become part of every your massage session.

**Early registration \$280.00**

**Regular registration \$330.00**

**MASSAGE FOR ATHLETS AND EVEYONE ELSE (16 CE HOURS)**

April 5-6, 2008

Overview varieties of sport massage techniques.  
Neuromuscular techniques to stimulate, relax or balance muscle tonus  
Technique to eliminate spasms and cramps  
Use of heat and cold  
Event massage  
Business potential

**Early registration \$310.00 [date]**

**Regular registration \$360.00**

Early registrations must be paid three weeks prior to workshop date.

**REGISTRATION FORM**

Course Name \_\_\_\_\_

Registrant name \_\_\_\_\_ Date \_\_\_ / \_\_\_ / \_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Check # \_\_\_\_\_ Amount paid \_\_\_\_\_

Credit card # \_\_\_\_\_ Exp. Date \_\_\_ / \_\_\_

Mail your registration and payment to - Continuing Education Workshop

Towson Skin & Body Therapy. 31 W. Allegheny Ave. # 104. Towson, MD 21204

For questions E-mail: [samseminarinfo@gmail.com](mailto:samseminarinfo@gmail.com) or call at 410-961-5353

*For full refund cancellations must be presented a week prior to course date. \$25 processing fee will be charged after. Registration is on first come first serving basis. Space is limited. Confirmed registrants will receive additional details and directions. All participants must stay for the entire class to receive Certificate of Completion*

## AMTA Members Most Frequently Asked Questions

By: *Velina Glass*

Since beginning my job at AMTA I have noticed that members often have the same questions and concerns. It is my hope that this collection of questions and answers will help inform our members regarding issues that face Massage Therapist on a daily basis.

**Question: Where can I find information about upcoming CEU classes?**

Answer: The best place to look is on the AMTA Maryland Chapter web site located at [www.amtamd.org](http://www.amtamd.org) or in your quarterly newsletter. There you will find the class description, the location and the cost of CEU classes. We anticipate making available soon online registration for our members.

**Question: Is therapeutic massage eligible for health care insurance reimbursement?**

Answer: No

**Question: What happened to the governor's proposal to implement a sales tax for massage therapy?**

Answer: Through the efforts of AMTA MD Chapter's lobbyist and Board of Directors we were instrumental in squashing this proposal.

**Question: Whom do I contact for information regarding my membership registra-**

**tion and renewal?**

Answer: You may contact the AMTA National office by calling (877) 905-2700.

**Question: Is my association chapter membership determined by where I live or where I work?**

Answer: Your chapter membership is determined by where you live, however if you live and work in two different states you can call the chapter for the state that you do not reside in and request to be put on their mailing list. That way you can keep abreast of changes that impact that state.

**Question: What are the laws governing gift certificates?**

Answer: The Winter 2007 edition of the Maryland Chapter Newsletter (<http://amtamd.org/newsletters/Winter2006-07.pdf>) has a cover article that answers this question. The short answer is that they must be good for at least four years with no deductions or subtractions. Log on to the state government website to see the full text of Maryland Commercial Law Article § 14-1319 regarding gift certificates.

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## Worcester County Massage Regulation

By *Michelle Kilcer*

*Worcester and Wicomico  
County Rep*

*Vice-Chair, Law and  
Legislation Committee*



*Michelle Kilcer and daughter at the  
AMTA fall meeting.*

On December 7, 2007, an announcement was made in Worcester county local papers announcing that emergency regulation were being dis-

cussed by the county commissioners. The intent of the emergency regulation was to create a massage therapy establishment band. The eight page bill that omitted legal state massage therapists and practitioners in one sentence, and the other seven and one half pages roped the massage industry into the category of adult entertainment.

The commissioners meet with the intent to pass this emergency bill which was proposed by the DC firm Funk and Bolton. The AMTA - MD Chapter and ABMP presented their views to the commissioners via letters to the editor of Ocean City Today. In addition, AMTA - MD Chapter Lobbyist Dennis Rasmussen sent communications to the attorney for Worcester County and assured the commissioners that the proposed legislation for the 2008 legislative session would assist the county in keeping unwanted and illegal massage establishments out of Worcester County as well as the state.

## Current prices to advertise in the *Maryland Massage* newsletter:

1/8 page	\$25.00
1/4 page	\$40.00
1/2 page	\$70.00
1 page	\$100.00
1 page (double-sided)	\$150.00
Individually hand-stuffed inserts	+\$50.00 per issue
Classified advertisement	\$25.00 per 25 words

If you would like to advertise in this newsletter, please contact the Chapter Office, 443-512-9119. Please include sample ad copy (Microsoft Word format preferred), your name, company, address, city, state, ZIP code, daytime phone, evening phone, e-mail address.

### Upcoming 2008 Publication Deadlines:

- March 10th for late March publication (Mid-Atlantic Conference program brochure—not newsletter, but accepting ads)
- June 5th for July publication
- September 14th for October publication

## Your clinical success is our goal. Theory comes alive through practice.

### Over 2,000 students have attended Myofascial Release Massage Seminars.

75% of this seminar is hands-on practice. In *Part I, Upper Body*, you will learn 32 myofascial release strokes (some suitable for on-site application). The instructor and teaching assistants give each student individual attention for every stroke taught so that the work can be used immediately. It can be easily integrated into your existing routine, offered as a stand-alone myofascial massage, or used to relieve common complaints such as low back pain and repetitive use syndromes. *Derived from Hellerwork.*

*Part I, Upper Body*, is a pre-requisite to *Part II, Lower Body* and *Part III, Advanced Strokes/Evaluation and Treatment*. Certification is available after taking *Part II*.



The Myofascial Release Massage is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. The seminars are also approved for 20 hours of continuing education by the the State of Maryland, AMTA, ABMP, Board of Certification of the National Athletic Trainers Association, the American Medical Massage Association, and the International Massage Federation.

*"Great hands-on course, and fun to learn."*

*"Howard's extensive experience, attention to detail, and explanation of procedures are outstanding."*

### Schedule for Part I, Upper Body

*Includes a professionally prepared workbook with instruction and 150 photographs of specific strokes taught in the course.*

Holistic Massage Training Institute  
Baltimore, MD  
February 1-3, 2008  
(410) 243-4688 Cost: \$360

AKS Massage School  
February 29- March 2, 2008  
(703) 464-0333  
Cost: \$360



Myofascial Release Massage

*Easy to learn. Immediate results.*

HowardRental.com

## Law and Legislation

by *Wayne M. Parker, CMT*

Chair, Law and Legislative Committee  
AMTA - MD Chapter



### 2008 Maryland General Assembly

With this upcoming legislative session starting January 9<sup>th</sup>, it looks to be a very busy and productive one. We are looking forward to the passage of a bill that will grant greater autonomy to the massage field. As soon as the bill is made available, it will be posted on the Chapter's website.

We will be scheduling three (3) Massage Demonstration Days in Annapolis. Tentative dates are January 29<sup>th</sup> and March 4<sup>th</sup> for the House and a confirmed date of February 13<sup>th</sup> for the Senate. This is used to help educate legislatures that massage is part of health care.

With the State Legislature looking at repealing the sales and usage tax on computer services, you can rest assured that the House Ways and Means Committee will be considering at least one bill that will expand the sales tax and that bill will more than likely include massage. As soon as we hear something, information will be disseminated through County/District Representatives.

See you in Annapolis

Wayne M. Parker, CMT

### New Regs on Records

The Department of Health and Mental Hygiene will be implementing new regulations governing the retention and disposal of medical records and protected health information. The Regulation is the imple-

mentation of a legislative requirement.

In a nutshell, the Regulation (Title 10, Subtitle 01, Section 16):

- Applies to medical records and protected health information held by health care providers practicing in Maryland.
- It recognizes massage therapists as a health care provider (does not recognize spas, health clubs/fitness centers as a health care provider).
- Identifies medical records as the personal property of the entity providing health care and maintained for the patient, medical/treatment staff, and other treatment, payment, and health care operations.
- Requires medical records be retained in a storage option that ensures protection, security and access control.
- Protect the medical records from damage, loss, and deterioration.
- Health care providers that maintain medical records in electronic format shall: Maintain or have access to compatible electronic hardware and software that will enable the generation of a legible copy of the record and prepare and maintain a current back-up copy of the electronic medical record files.
- Requires that medical records be maintained for a minimum of five (5) years after the record is made (or for minors, five (5) years or until the patient is 21 years of age, whichever is longer).
- Health care provider shall ensure confidentiality of medical records throughout the disposal process.
- Paper records shall be incinerated, shredded, pulped, or other process which renders the records permanently unreadable.
- Electronic/media shall be completely sanitized by overwriting, degaussing, shredding, or burning the media.
- When a health care provider discontinues their practice, they may transfer the records to the health care provider who will be taking over the practice, give the records to the patient, transfer the records to a health care provider of the patient's direction, or destroy the records.
- Provides direction for the care of medical records when a health care provider dies, retires, surrenders their license,

or discontinues their practice/business.

- Provides prerequisites for early destruction of medical records.
- Provides for enforcement. And authorizes fines for violations.

When enacted, the regulation can be view by going to [http://www.dsd.state.md.us/comar/subtitle\\_chapters/10\\_Chapters.htm#Subtitle01](http://www.dsd.state.md.us/comar/subtitle_chapters/10_Chapters.htm#Subtitle01). The Statute text may be viewed by going to <http://michie.lexisnexis.com/maryland/lpext.dll?f=templates&fn=main-h.htm&cp=>, select Maryland Code, Health – General, Title 4, Subtitle 4-403. Destruction of medical records.

### After the Dust Has Settled

The Maryland State Legislature dropped the gavel and ended the special session in the wee hours of Monday, November 19<sup>th</sup>. Later that day, Governor O'Malley signed Senate Bill 2 which took effect January 1<sup>st</sup>.

The most publicized (and evident) effect of SB 2 is the increase of the state's sales tax to 6%. Thanks to your efforts and the testimony of AMTA - MD Chapter members and Board members, massage was removed from the bill as a taxable service. The Senate Finance Committee was in agreement of the testimony presented to them that massage is a health care modality and the tax base will not be expanded into that service industry.

Even though we have gained the Senate Finance Committee's support, more than likely massage will be included in a House Bill trying to expand the tax base to support the Governor's budget. We must stay vigilant and thwart off any attempt to tax massage by writing to our representatives in Annapolis and educating them that massage is a health care modality.

Again, thank you for your support and efforts,

Wayne M. Parker  
Chair, Law and Legislative Committee



## HOW LONG SHOULD I KEEP RECORDS? (Financial records, that is)

From <http://www.irs.gov/businesses/small/article/0,,id=98513,00.html>

The length of time you should keep a document depends on the action, expense, or event the document records. Generally, you must keep your records that support an item of income or deductions on a tax return until the period of limitations for that return runs out.

The period of limitations is the period of time in which you can amend your tax return to claim a credit or refund, or that the IRS can assess additional tax. The below information contains the periods of limitations that apply to income tax returns. Unless otherwise stated, the years refer to the period after the return was filed. Returns filed before the due date are treated as filed on the due date.

**Note:** Keep copies of your filed tax returns. They help in preparing future tax returns and making computations if you file an amended return.

You owe additional tax and situations (2), (3), and (4), below, do not apply to you; keep records for 3 years.

You do not report income that you should report, and it is more than 25% of the gross income shown on your return; keep records for 6 years.

You file a fraudulent return; keep records indefinitely.

You do not file a return; keep records indefinitely.

You file a claim for credit or refund\* after you file your return; keep records for 3 years from the date you filed your original return or 2 years from the date you paid the tax, whichever is later.

You file a claim for a loss from worthless securities or bad debt deduction; keep records for 7 years.

Keep all employment tax records for at least 4 years after the date that the tax becomes due or is paid, whichever is later.

The following questions should be applied to each record as you decide whether to keep a document or throw it away.

### **Are the records connected to assets?**

Keep records relating to property until the period of limitations expires for the year in which you dispose of the property in a taxable disposition. You must keep these records to figure any depreciation, amortization, or depletion deduction and to figure the gain or loss when you sell or otherwise dispose of the property.

Generally, if you received property in a nontaxable exchange, your basis in that property is the same as the bases of the property you gave up, increased by any money you paid. You must keep the records on the old property, as well as on the new property, until the period of limitations expires for the year in which you dispose of the new property in a taxable disposition.

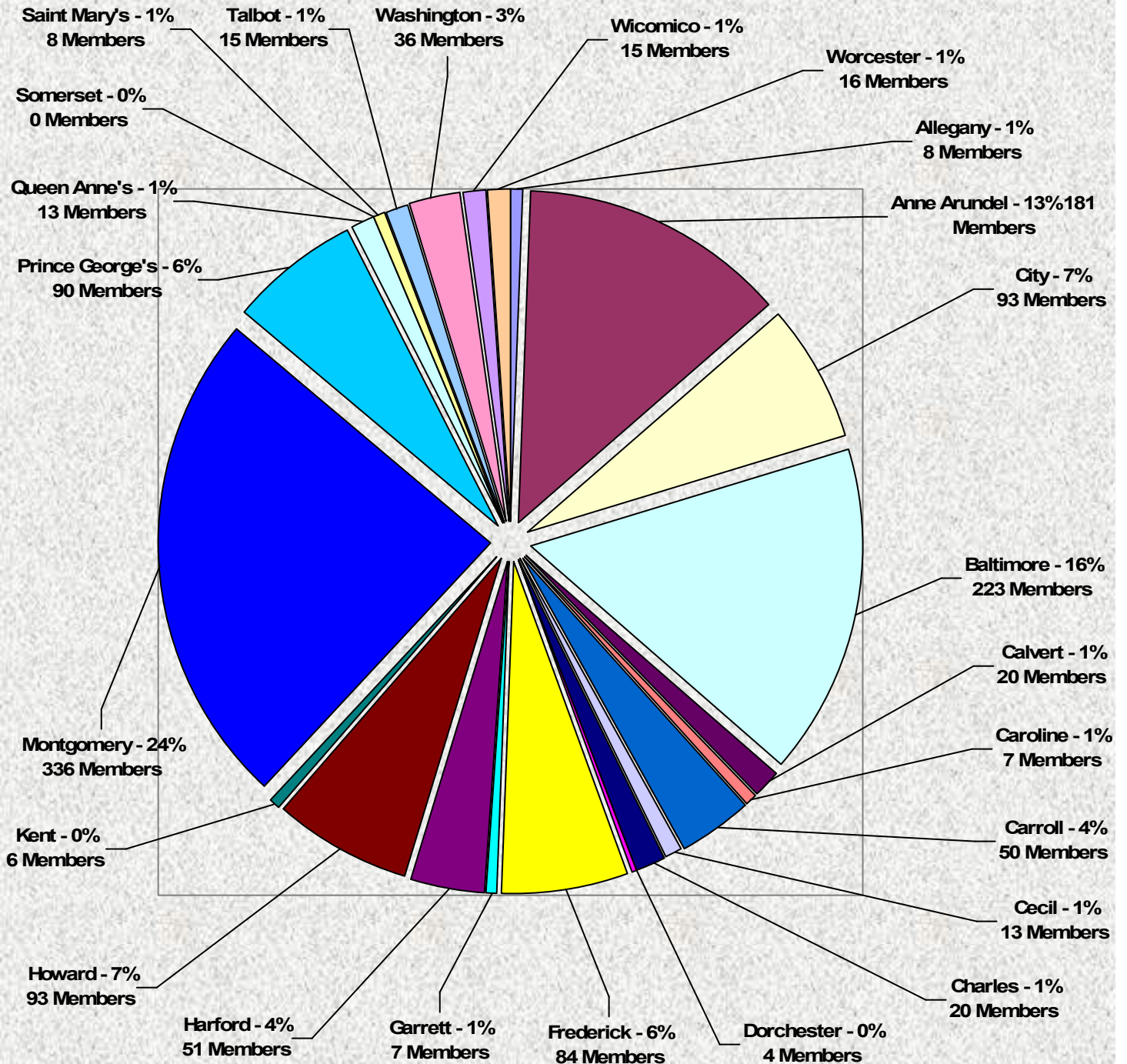
### **What should I do with my records for nontax purposes?**

When your records are no longer needed for tax purposes, do not discard them until you check to see if you have to keep them longer for other purposes. For example, your insurance company or creditors may require you to keep them longer than the IRS does.

### **References/Related Topics**

- Publication 535, [Business Expenses](#)
  - Publication 536, [Net Operating Losses](#)
  - Publication 547, [Casualties, Disasters, and Thefts](#) (Business and Non-Business)
  - Publication 594, [The IRS Collection Process](#) (PDF)
  - Publication 583, [Starting a Business and Keeping Records](#)
  - Publication 225, [Farmer's Tax Guide](#)
- [Recordkeeping](#)

# AMTA - MD Chapter County Breakdown December 2007



## AMTA – MD Chapter County Unit Representatives 4<sup>th</sup> Quarter, 2007

County	Ranking	Members	Changes Since Last Roster	County Unit Rep	Phone	e-mail
Allegany	18	8	0	Ola Jones	240-675-8162	<a href="mailto:ovjonescmt@yahoo.com">ovjonescmt@yahoo.com</a>
Anne Arundel	3	177	-4	No Representative Assigned		
Baltimore City	4	95	2	Jackie Adams	410-254-6437	<a href="mailto:jackieadms@aol.com">jackieadms@aol.com</a>
				Geri Bell	410-433-2751	<a href="mailto:jsigerib@verizon.net">jsigerib@verizon.net</a>
Baltimore	2	223	-8	Perry Evans	443-791-1823	<a href="mailto:Medicine_Hands@comcast.net">Medicine_Hands@comcast.net</a>
				Lisa McKenzie-Ruff	410-340-2191	<a href="mailto:ldluck@netscape.com">ldluck@netscape.com</a>
				Mary Cook	410-833-5330	<a href="mailto:piwmtc@aol.com">piwmtc@aol.com</a>
Calvert	11	21	1	No Representative Assigned		
Caroline	21	6	-1	No Representative Assigned		
Carroll	9	49	-1	Colleen Renehan	410-491-1500	<a href="mailto:hapkidolady@yahoo.com">hapkidolady@yahoo.com</a>
Cecil	16	12	-1	Wayne Parker	410-322-3260	<a href="mailto:wmpamtamd@hotmail.com">wmpamtamd@hotmail.com</a>
Charles	13	19	-1	No Representative Assigned		
Dorchester	23	4	0	No Representative Assigned		
Frederick	7	82	-2	Denise Ordonio	301-788-1233	<a href="mailto:denise.ordonio@hhamd.com">denise.ordonio@hhamd.com</a>
Garrett	22	6	-1	Ola Jones	240-675-8162	<a href="mailto:ovjonescmt@yahoo.com">ovjonescmt@yahoo.com</a>
Harford	8	51	0	Claire Heath	443-992-5250	<a href="mailto:cheath8446@aol.com">cheath8446@aol.com</a>
Howard	5	90	-3	Carol Lancaster	410-489-4147	<a href="mailto:aquietmoment1@yahoo.com">aquietmoment1@yahoo.com</a>
Kent	20	6	0	No Representative Assigned		
Montgomery	1	328	-8	Barbara Davenport	301-434-0682	<a href="mailto:cajunbarb@verizon.net">cajunbarb@verizon.net</a>

Prince George's	6	88	-2	Sue Fowler	301-523-4068	<a href="mailto:suefowler@covad.net">suefowler@covad.net</a>
				Laudie Baer	301-422-0877	<a href="mailto:laudie_baer@yahoo.com">laudie_baer@yahoo.com</a>
				Gwenda Harrison	301-509-7249	<a href="mailto:gwendakinc@comcast.net">gwendakinc@comcast.net</a>
				MJ Cloyd	301-499-3717	<a href="mailto:mj@thebodyspecialists.com">mj@thebodyspecialists.com</a>
Queen Anne's	17	12	-1	No Representative Assigned		
Somerset	24	0	0	No Representative Assigned		
Saint Mary's	19	7	-1	Chris Schmitthener	301-472-4279	<a href="mailto:chriswhf@yahoo.com">chriswhf@yahoo.com</a>
Talbot	12	15	0	No Representative Assigned		
Washington	10	35	-1	Ola Jones	240-675-8162	<a href="mailto:ovjonescmt@yahoo.com">ovjonescmt@yahoo.com</a>
Wicomico	15	15	0	Michelle Kilcer	443-880-7366	<a href="mailto:mak4amta@yahoo.com">mak4amta@yahoo.com</a>
Worcester	14	16	0	Michelle Kilcer	443-880-7366	<a href="mailto:mak4amta@yahoo.com">mak4amta@yahoo.com</a>
Out of State		8	0			
State Total:		1358	-32			

## Call for Candidates

At the AMTA-MD Annual Business meeting to be held on Saturday, May 3, 2008 in Ocean City, elections will be held for the following offices: president, 2<sup>nd</sup> vice president, and treasurer. Candidates must be professional members in good standing. Brief position descriptions are below. Complete job descriptions can be found at the AMTA website: <http://www.amtamassage.org/member/chapters/chapjobdescriptions.html>.

If you are interested in running for any of these positions, please call the chapter office to request an application form. Return the completed form along with your resume to the Chapter office. Be sure to specify which position you wish to run for.

If you would like to nominate any professional member for any office, please submit the person's name and resume. Remember to obtain the person's permission before nominating them for office.

We hope to have a lively election this year.

NOTE: Although the Annual Business Meeting will be held at the Mid-Atlantic Conference, you do not have to be registered for the conference to attend the meeting. Come spend a day in Ocean City and join us for this important chapter meeting. Before or after the meeting, you can visit the conference exhibits FREE.

AMTA Maryland Chapter  
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Catonsville MD 21228-4362

443-612-9119  
amtamd@yahoo.com

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### Shenandoah Valley School of Therapeutic Massage, LLC

*Neva Clayton, Director*

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Edinburg, VA 22824  
(888) 836-0400 - toll free  
(540) 984-9629 – local  
svstm@shentel.net  
www.svstm.com

**The Shenandoah Valley School of Therapeutic Massage, LLC** offers a 610-hour program in professional therapeutic massage as well as continuing education classes for recertification. For more information contact **Neva Clayton** at **888-836-0400** or visit our website at [www.svstm.com](http://www.svstm.com). *Our next massage classes will begin in January 2008.*

### Continuing Education Classes -- 2008:

**February 2:** Shiatsu for the Changing Seasons: Winter, 9am to 5pm 7 CE hours \$145 (\$125 if paid by January 4) presented by *Pat Meyer-Peterson, NCMT*.

**March 14-16:** Energy Medicine, presented by *Dr. Fernand Poulin (www.whitewinds.com)*.

**April 25-27:** Lymphatic Massage Level 1, presented by *Lynn Phillips, CMT., CLT (www.equilibriumtherapy.com)*.

**May 31 – June 1:** Shiatsu for the Changing Seasons: Spring & Summer, 9am to 5:30pm 15 CE hours \$275 (\$250 if paid by May 2) presented by *Pat Meyer-Peterson, NCMT*.

**October 10-12:** Lymphatic Massage Level 2, presented by *Lynn Phillips, CMT., CLT (www.equilibriumtherapy.com)*.

*Please call the school for details and directions to our school.*