

# NANMT



# NEWS

**Official News Publication ©**

**Volume 8, Issue 2**

**Spring 2008**

## **LETTER FROM YOUR PRESIDENT**

Happy Spring everyone! Your board members have all been busy as bees working behind the scenes. As you have all heard by now, NANMT's right hand person, Barb Nichols has decided to take her well-deserved retirement. For each and every one of us who have talked to her during the 5 years she has served NANMT, we will feel her loss individually. At our last conference in Orlando, so many members came up to me to relay a conversation that they had with Barb. They all felt that they were treated as a very special person and said that they felt that she was a dear friend. And, it is so true. She does care for each of us as individuals and for NANMT as a whole. She has provided excellent service to the various Boards during the past 5 years and to the members. That is why we will dearly miss her.

Our most important decision that we made this spring is to attempt to fill Barb's shoes. With confidence your Board of Directors has voted to contract with an association management company, Long & Associates, Inc., in West Milton, Ohio. Barb and I have worked closely with Long & Associates for the past few months in this transition.

### **BALLOT 2009-2010**

Yes, the time is near to begin nominations for new Board Members. If you have an interest in a Board position, or wish to nominate a member, please contact us as soon as possible. Again, our Founding Member, Andy Bernay-Roman will chair the Nominating Committee. Nominated candidate information will appear in the Summer 2008 newsletter and a formal voting ballot for Active members will appear in the Fall 2008 newsletter. Voting information and ballot will also be online; web address will be announced.

Joyce A. Garland, RN, LMBT  
President  
Phone: 704-752-8334  
E-mail [jarland@carolina.rr.com](mailto:jarland@carolina.rr.com)

## **GOOD BYE DEAR MEMBER FRIENDS**

The time has come for me to take down my shingle. My management days with NANMT have come to an end with my choice to fully retire. I am a homebound person and my health issues are deterring me from serving NANMT to the best extent. I have begun to transition with LONG & ASSOCIATES. who has been selected by your Board of Directors as the new management company for NANMT.

In my retirement, I plan to write more poems and someday publish those written. I will continue to put mounds of photos of family and friends into albums. I am of the old school when it comes to photos and am not into putting them into the computer scene. I just love thumbing through albums reminiscing about my travels from Europe to Glacier National Park and other various areas in the U.S.

Memories are what we have the most of as we begin to transition to later years and my memories of NANMT will be fond. My only regret is that I have never met some of the most wonderful people I have e-mailed with or spoken to on the telephone. I want you all to know that if for any reason you would be near Huber Heights(Dayton area) Ohio, I would love to get a call from you telling me you have a bit of time to stop in and visit with me. Call me at 937-233-3106 or e-mail me at [\*\*jazzlady45424@att.net\*\*](mailto:jazzlady45424@att.net).

I wish you all the best of health and happiness. Please keep providing the best kind of massage to everyone, heaven knows this world needs to release stress! Please do all you can to promote your organization to the medical community and the public. Farewell fine friends.

Be well,  
Barb Nichols

**WE ARE HERE TO SERVE YOU**



Roe Long-Wagner, Executive Director  
PO Box 232 West Milton, OH 45383  
[roelong@longmgt.com](mailto:roelong@longmgt.com) 1-800-262-4017

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## **Hands-on Care for Elders and Those at End of Life**

Ann Catlin, LMT, OTR

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. According to the Department of Health and Human Services, by 2030 there will be 71.5 million adults over age 65 in the United States. Many elders are affected by debilitating illness or injury and require the assistance of a care setting to help manage their everyday lives.

Long term care and hospice settings more widely acknowledge the value of massage in improving the quality of life of people living with the effects of aging, disease or disability. The use of massage therapy by adults over age 65 has tripled since 1997 according to a 2006 consumer survey by AMTA. Massage therapists across the nation are succeeding in expanding their practices to serve this special population.

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. In his book, Touching: the Human Significance of the Skin, Ashley Montagu states "The use of touch and physical closeness may be the most important way to communicate with ill and aged persons that they are still important as human beings."

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. Touch can be the link to healing in its truest form, a sense of wholeness. Compassionate Touch<sup>®</sup> is a therapeutic modality created specifically for this special population. It is an approach that combines one-on-one focused attention, intentional touch and sensitive massage with specialized communication skills to help enhance quality of life for this special population. The approach of Compassionate Touch<sup>®</sup> is unique in that it is more than a set of techniques. Therapists are empowered to affirm his/ her ability to be a healing presence to others—touch and massage are the medium for relating to the individual served. Compassionate Touch<sup>®</sup> places special emphasis on working with elders with dementia and how touch can support the dying person.

Massage therapists have a unique opportunity to reclaim the power of the human touch in caregiving. Working with frail elders or the dying requires unique qualities and skills including knowledge of conditions related to aging or life limiting illness, modified massage techniques, communication skills, adaptability and an openness to be face to face with very real and, at times, a very raw human condition. A hallmark of this form of work is that therapists must be open to the personal process of loss and grief as clients decline in function or make their transition. Developing self care rituals and connecting with others who do similar work are helpful in coping with this aspect of serving this population.

Linda Flack is a nurse 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 caring and compassionate 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 as a massage therapist and the realization that, in the process of reaching out, you, too have been touched.

**Related Resource:**

**DVD**

Sensitive Massage: Reclaiming the Human Touch in Caregiving, Ann Catlin 2007

Available at Amazon.com

Ann Catlin, LMT, OTR, a member of NANMT, has 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 is the director of the Center for Compassionate Touch LLC, an organization that provides Compassionate Touch® training for massage therapists and health professionals. Ann lives in Springfield, Missouri where she has a massage practice serving elders in facility care and is a hospice volunteer. Visit [www.compassionate-touch.org](http://www.compassionate-touch.org) or call 417-844-8514.

**Ann Catlin’s Workshop Schedule**

Cedar Rapids, IA Meth-Wick Community	May 1-3
Chicago, IL (TBA)	May 16-18
Portland, OR Rose Villa	May 30,31 June 1
Orlando, FL Winter Park Towers	June 7-10
Springfield, MO The Gardens Assisted Living	June 20-22
Boca Raton, FL	July 3-6
Portland, OR (TBA)	August 7-10
Orlando, FL The Mayflower Retirement Community	August 22-24
Springfield, MO The Neighborhoods at Quail Creek	September 4-7

Please check her website for all details.

**Share the gift of your touch with elders in your community**

Attend a Compassionate Touch® workshop and train with Ann Catlin, LMT, OTR



**UNIQUE SETTING!**  
Our training is held in an eldercare facility to deepen your hands-on experience.

Level 1 Compassionate Touch® workshop 20 Contact Hours

Level 2 Practitioner Training 35 Contact Hours

Compassionate Touch® is a hands-on complementary approach for those in eldercare, hospice and palliative care. It combines focused attention, intentional touch and sensitive massage with specialized communication skills to help enhance quality of life for those in later life stages.

*Remaining Level 1 Workshop Schedule*

May 1-3	Cedar Rapids IA
May 16-18	Chicago, IL
May 30-June 1	Portland, OR
June 20-22	Springfield, MO
August 22-24	Orlando, FL
October 3-5	North Carolina
October 17-19	Connecticut

Check our website for Level 2 Practitioner Training Schedule

**Visit our website and register today!**

Compassionate Touch®

NCBTMB and FL Approved CE Provider **417-844-8514**  
[www.compassionate-touch.org](http://www.compassionate-touch.org)

**CURRENT BOARD OF DIRECTORS  
2007-2008**

President – Joyce Garland  
Vice President – Deborah Shields  
Secretary – Christine Bailor  
Treasurer – Debra Vierling  
Founding Member, Andy Bernay-Roman

Appointed Positions

Patti McHenry - Education Director  
Patti would like a couple of Education  
Committee members to work with her.

Deborah Shields, Interim SE Regional Director

Every position on the Board is a voluntary  
position. State Member Rep, and Regional  
Directors positions are available.

We would like a couple of people to research  
articles for use in the newsletter.

If you have an interest in representing  
members in your state, or have an article to  
present in the newsletter, contact the office at  
800-262-4017, or send an e-mail to  
[info@longmgt.com](mailto:info@longmgt.com) or mail to: PO Box 232,  
West Milton OH 45383.

**MEMBER REPRESENTATIVES**

**AZ – Cindy Holt - 928-273-8576**  
**FL - Ann Moore – 352-379-8844**  
**IA - Diana Risse – 515-232-7696**  
**515-291-5778 cell**  
**IN - Mary Long – 317-996-6389**  
**MD - Deborah Myers – 301-714-0381**  
**MN - Karen Mader – 507-645-9309**  
**MO - Alice Rainbolt – 417-886-1568**  
**NJ - Vanita Balwalli – 732-297-4844**  
**PA - Jeff Budzek – 610-760-0488**

**SPREADING THE WORD ABOUT NANMT**

To all who serve in various NANMT positions,  
I want to say a huge THANK YOU for all you  
do. I recently attended the Comfort Touch  
workshop in the Twin Cities and found it a  
wonderful approach to massage at any age. I  
read about it in the quarterly NANMT news  
and told them that is how I heard about the  
program. I met a few retired nurses who now  
do massage and spoke about NANMT to them.  
I am always trying to "spread the word"  
about NANMT. Again, I thank you for your  
time and your dedication to our organization.

Karen Mader

**WELCOME NEW MEMBERS**

We welcome all new members and are  
grateful to our renewing members.

<b>Michelle Lisenbee</b>	<b>Savage MD</b>
<b>Gayle Reid</b>	<b>Portland OR</b>
<b>Joanne Frayne</b>	<b>Saluda NC</b>
<b>Matthew Donnelley</b>	<b>Warwick RI</b>
<b>Rhonda Peck</b>	<b>Sedona AZ</b>
<b>Rebecca Lupashunski</b>	<b>Huntington WVA</b>
<b>Patricia Dale</b>	<b>Rochester MN</b>
<b>Patty Newkirk</b>	<b>Deland FL</b>
<b>Margo Ward</b>	<b>Durham NC</b>

If you want to reach one of these new  
members, please visit the member public  
referral section or the online password  
protected member listing, or call us at  
800.262.4017 for the information. If you  
would like a separate listing snail mailed or e-  
mailed to you for those members in your  
state, just let us know.

**SOME INTERESTING WEBSITES**

*All begin with [www](http://www).*

**women-health-guide.com**  
**healbreastcancer.org**  
**2bwell.net**  
**nanmt.org** – click on LINKS for resources,  
organizations, etc. See photos and other news.

National Institutes of Health

The National Institutes of Health offers a  
searchable database of alternative treatments  
and modalities at [www.nccam.nih.gov](http://www.nccam.nih.gov),  
each organized by core practice and  
philosophy.

Several large studies suggest that people with an  
active religious life tend to stay healthier, live  
longer, and be happier. For example, a review  
article published in 2000 in the *Journal of the  
American Geriatrics Society* cited an international  
study of nearly 170,000 men and women from 14  
countries that found religious affiliation and  
attendance at services significantly increased the  
likelihood of happiness and satisfaction. Twelve  
years of data from 2,800 older adults enrolled in  
the Yale Health and Aging Study, reported in 1997  
in the *Journals of Gerontology*, showed members  
of religious congregations had a slower onset of  
physical disability. Other studies on how religion  
affects health have noted less hostility and anxiety,  
lower blood pressure, and better quality of life  
among people with strong beliefs. Excerpt: go to  
[www.everydayhealth.com](http://www.everydayhealth.com) for details.

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**Advertising Rates 2008**

	1X	2X	4X
Full Page	\$200	\$350	\$650
½ Page	\$100	\$150	\$250
¼ Page	\$50	\$125	\$200
Business Card	\$25	\$45	\$85

Newsletter is published quarterly Jan. 30, Apr. 30, July 31, and Oct. 30.

Ads, articles, etc for inclusion, must be submitted one month prior to publication depending on format of item. Call us at 800.262.4017 with questions.

Send advertising inserts with check payable to NANMT  
Mail NANMT-PO Box 232 West Milton OH 45383  
E-MAIL info@longmgt.com

Please go to the NANMT website to verify your listing in the Members Only section. If you forgot how to get into that section, call the office for the passwords. Also, check the public online referral listing. If you wish to be listed there, or taken off the list, please call 800-262-4017. Thank you.

**BEEN SHOPPING AT THE  
NANMT YET?  
WE HAVE OUR LOGO TOTE  
BAG, MONTAGU'S  
CONFERENCE CD AND THE  
CLIENT HEALTH RECORD.  
PLACE YOUR ORDERS NOW.**

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Call 800-654-2210 or visit the Hertz website at [www.hertz.com](http://www.hertz.com).

Mention your NANMT code when making your reservation. You must present your Hertz Member Discount Card at the time of rental. It's that easy!



**NATIONAL ASSOCIATION OF NURSE  
MESSAGE THERAPISTS (NANMT)**

800-262-4017 [www.nanmt.org](http://www.nanmt.org)

P.O. Box 232, West Milton, OH 45383

*DELIVER FIRST CLASS PLEASE*

POSTAGE

ADDRESS CORRECTION REQUESTED

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- \* Time for Board Candidates 2009-2010
- \* Member Ann Catlin's Training Program

**TO:**

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