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 jagarland@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.

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

Long & Associates, Inc.

Roe Long-Wagner, Executive Director
PO Box 232  West Milton, OH 45383
roelong@longmgt.com 1-800-262-4017

NANMT NEWS©
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® 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® 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® 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

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<thead>
<tr>
<th>Location</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Cedar Rapids, IA Meth-Wick Community</td>
<td>May 1-3</td>
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<tr>
<td>Chicago, IL (TBA)</td>
<td>May 16-18</td>
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<tr>
<td>Portland, OR Rose Villa</td>
<td>May 30,31 June 1</td>
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<tr>
<td>Orlando, FL Winter Park Towers</td>
<td>June 7-10</td>
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<tr>
<td>Springfield, MO The Gardens Assisted Living</td>
<td>June 20-22</td>
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<tr>
<td>Boca Raton, FL</td>
<td>July 3-6</td>
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<tr>
<td>Portland, OR (TBA)</td>
<td>August 7-10</td>
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<tr>
<td>Orlando, FL The Mayflower Retirement Community</td>
<td>August 22-24</td>
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<tr>
<td>Springfield, MO The Neighborhoods at Quail Creek</td>
<td>September 4-7</td>
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Please check her website for all details.
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 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 Risser - 515-232-7696
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.

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

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.
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, 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 for details.

NANMT NEWS©
USE YOUR NANMT DISCOUNT CARD
Hertz offers NANMT members special year-round discounts on daily, weekly, weekend, and monthly rentals for business or pleasure; traveling in the U.S. or worldwide. Call 800-654-2210 or visit the Hertz website at 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 MASSAGE THERAPISTS (NANMT)
800-262-4017  www.nanmt.org
P.O. Box 232, West Milton, OH 45383

ADDRESS CORRECTION REQUESTED

IN THIS ISSUE – SPRING 08 ISSUE 2
* Meet our new management company
* Time for Board Candidates 2009-2010
* Member Ann Catlin’s Training Program

TO: