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MASSAGE *Message*

Spotlight on Excellence:
Lone Sorensen

HALO Salt Therapy

Massage **Cupping**
during COVID-19

Interview with
Theresa Mueller

Maintaining Optimal Health



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MESSAGE MESSAGE MAGAZINE INFORMATION

Email: info@fsmta.org
Web: www.fsmta.org
Address: 222 Westmonte Drive, Suite 111
Altamonte Springs, FL 32714
Phone (407) 786-3307
877-FSMTA-4-U (877-376-8248)
Email: info@fsmta.org

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Editor: Lesli López, DHEd, MNM,
LMT, BA (CMLDT)
Production Manager / Design: FSMTA.ORG

PRESIDENT'S MESSAGE

Massage Therapist Health & Wellness



By Crystal A. Howard
LMT, BCTMB

We have all heard clients, friends and family ask, “When do you get a massage?” or “How often do you receive massage?” These questions are important because the answers clearly speak to the ability to focus on our own health and wellbeing. It has been said that massage therapists spend so much time helping others that they often neglect themselves. If we add a pandemic, social distancing, work limitations and economic concerns to the equation, how drastically does the ability to maintain balance and optimal health change?

Failing to put our health first is one of the main causes of burnout for LMTs. Making a commitment to address our personal wellbeing, body and mind, allows us to be at peak performance for those entrusting us with their health care needs. It also demonstrates dedication to maintaining optimal health through massage therapy and sets an example for clients. I strongly encourage every LMT to reach out to other massage therapists in your area. Questions to ask include “Is there a modality I am curious about? What modalities best serve my specific needs? What can I potentially learn from the therapist I choose?” Receiving massage therapy from other LMTs benefits our health and can be a great learning experience.

From self-care cupping to help alleviate carpal tunnel symptoms to the benefits of salt rooms and MLD, we have a multitude of treatments at our fingertips. Educating and caring for people and animals in need can give a sense of fulfillment and pride. Philanthropic endeavors and volunteering have the potential to increase feelings of social connectedness and strengthen our support system. In addition to physical wellbeing, optimal health is best achieved when we make time for personal development, maintain a fair amount of social activity, and work to sustain a strong sense of community.

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Facilitating Positive Change



By Ian Mcintosh
Director of
Legislative Affairs

In the next couple months the FSMTA will start our preparation to head to Tallahassee at the beginning of 2021 for Legislative Awareness Days (LAD). LAD is when we, as an organization, speak to our state legislators as advocates for Licensed Massage Therapists in Florida. Usually we are in our state capitol for two days prior to the start of that year's legislative session. During those two days we typically have meetings with our legislators and offer chair massage to their support staff; however we are not in typical times. Due to the pandemic we have to reevaluate what LAD will look like for the 2021 Legislative session.

In August we helped Palm Beach County LMTs get back to work. There was a misinterpretation regarding the Governor's Executive order pertaining to Massage Therapists returning to work. With the help of our Lobbyists we were able to educate the Palm Beach County Government as to our place as licensed health care providers. Once this was established we explained LMTs were permitted to return to work when the Governor allowed elective health care procedures to resume during phase one. In addition to this, the original verbiage referring to "Massage Parlors" was successfully corrected to the proper term Massage Establishment. Facilitating positive change on behalf of massage therapists is a big part of what our FSMTA Legislative team does and we ask that members help bring awareness to these issues. If you have any local municipal ordinances or restrictions regarding the practice of Massage Therapy, please inform your Chapter President and ask that they relay the information to us.

The Quarterly Board Meeting held by the Florida Board of Massage Therapy in July had several key points that will affect the massage profession in the upcoming year. It was decided to extend distance learning for massage schools for a couple of years. Distance learning was also approved for LMTs for the 2019-2021 renewal cycle. The BOMT is currently working on the details pertaining to this. Please check our Facebook page as well as our website for the most up to date information.

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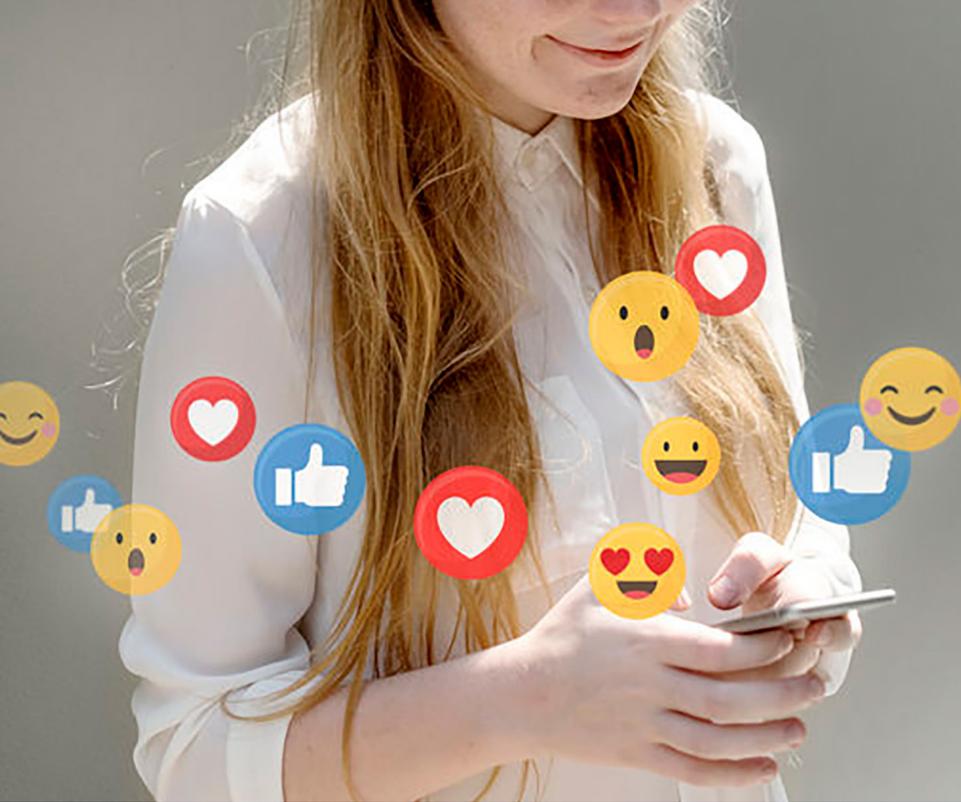
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2020 FSMTA VIRTUAL CONFERENCE

OCTOBER 24 - 25, 2020

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We are excited to present our first FSMTA Virtual Conference!

At a time when large in-person events are prohibited, FSMTA immediately recognized the opportunity to utilize online meeting/webinar capability. Beginning with the FSMTA Webinar Series that launched in May, we have seen attendee numbers grow. With the positive feedback members have provided and the continued interest in educational webinars, the FSMTA 2020 Virtual Conference was born.

This two day event offers pandemic relevant information, business building strategies, self-care guidance and Florida required education for both current and aspiring Massage Therapists. View demonstrations from vendors showcasing various products and services. With one day of sessions in English and one day of sessions in Spanish, not to mention the ability to attend the entire day or just a couple of classes, there is something for everyone. As always, FSMTA Members receive a discount.

Join us as we kick off Massage Therapy Awareness Week with this not to be missed event!

Visit <https://fsmta.memberclicks.net/2020-virtual-conference> to register.

Saturday, October 24, 2020 - English Sessions

Functional Self-Care for Pain-Free Massage Practice & Longevity with Lynn and Ann Teachworth

Vendor Demo presented by Covidas20

Touch of Empathy with Marelda Rodrigues

Vendor Demo presented by First Alternatives/Avazzia

Human Trafficking: Massage Therapist Certificate with Stephanie Costolo

Infection Control During COVID-19 Pandemic for Massage Therapists with Dr. Rosa Sanchez Enriquez

How to Rebuild After a Pandemic with Cary Bayer

Diversify Your Practice: Become a Holistic Coach with Dr. Wanda Bonet-Gascot

Closing Remarks including information about the FSMTA Endorsed Comprehensive Malpractice Insurance Coverage

Sunday, October 25, 2020 - Spanish Sessions

Autocuidado funcional para la práctica del masaje sin dolor y la longevidad

Speakers: Lynn and Ann Teachworth / Translator: Renee Scioville

Toque de empatía

Speaker: Marelda Rodrigues

Trata de personas: certificado de terapeuta de masaje

Speaker: Renee Scioville

Control de infecciones durante la pandemia de COVID-19 para terapeutas de masaje

Speaker: Dr. Rosa Sanchez Enriquez

Comercialice su práctica de masaje de vuelta a la vida

Speaker: Orueta Teba

Translator: Renee Scioville

Diversifique su práctica: conviértase en un entrenador holístico

Speaker: Dr. Wanda Bonet-Gascot

Closing Remarks

CELEBRATE

Massage Therapy Awareness Week October 25-31, 2020

Each year we work to promote Massage Therapy Awareness Week (MTAW) as a dedicated time frame to hold events and activities that increase awareness of the massage profession to the public. While this year poses limitations on public events to celebrate Massage Therapy Awareness Week (MTAW), we would like to encourage you to promote awareness with some of the following ideas:

- Create a new treatment or service and offer it exclusively during MTAW.
- Encourage clients to purchase a gift certificate or gift card for a friend and present it in an envelope that includes a card listing the benefits of massage therapy.
- Offer a discount or complimentary upgrade to massage services scheduled during Massage Therapy Awareness Week.
- Send a message to every client thanking them for their business and share a link to research that supports the benefits of massage they receive through you.
- Schedule social media posts that feature the benefits of massage therapy.
- Offer a drawing for clients that receive massage during the month of October and select the winner during MTAW.
- Host a Facebook Live Event discussing the benefits of massage therapy. Giveaway product and discounted gift cards. Offer discounts to new clients that attend and book an appointment within 24 hours. Market to clients and encourage them invite friends and family to attend.
- Ask clients to offer a story of how massage therapy has helped them and (with their permission) share anonymously, one for each of the 7 days during MTAW.
- Host a Zoom event for clients celebrating their love of massage therapy. Hold a drawing for a Grand Prize (of your choosing).



MLD & HALOTHERAPY

A Marriage of Two European Treatments Sweeping the Nation



By Elisa DiFalco
MS, OT, CMLDT, LMT

Have you ever shared in the joy of watching a wedding? The couple are wonderful independently, but together they are world changers. This is what is happening right now in America with the marriage of MLD and Halotherapy. In the 90's I was introduced to Halo Therapy through my then fiancé, a Romanian athlete. We would give therapists a peek at Poland's salt mine therapy in class. But the day we have waited for is here as Salt Rooms have grown in number in recent years offering more work to practitioners with salt elevated MLD. The synergistic effects of MLD, a manual therapy with Halotherapy in the salt environment is now on the menu and helping the masses with auto immune conditions from children to adults.

A TALE OF TWO EUROPEAN TREATMENTS

Halo Therapy and MLD are two treatments that developed in Europe around the turn of the century independent of each other. In their infancy each would experience times of development, refinement, and research sometimes name changing and epicenters of activity as they evolved.

About MLD:

Manual Lymph Drainage developed by Dr. Vodder was initially a treatment for sinus sufferers before it became better known as an edema management modality. While treating the head, neck and face it was noted that patients received the additional benefit of seeing their acne, rosacea, eczema improve— autoimmune conditions.

The gentle manual technique was designed to improve lymph flow for debris removal and lymphocyte distribution. Comparing MLD to our modern-day road system when a road is widened it relieves congestion. Without relief, the congestion remains and gets worse with time. This is what happens to lymph, a fluid that should flow through lymph pathways. But long-term congestion in the pathways can cause a backup. The fluid thickens and slows processes down contributing to infections and auto immune conditions. So, should not MLD take care of this? And is there anything that could break up the congestion and improve the viscosity? So glad you asked.

About Halotherapy:

Around the turn of the century it was observed that miners working in Eastern European salt mines had greater longevity than other miners. Typically, a dangerous profession, European physicians could not help but notice that miners in the salt mine reported fewer breathing problems, less general illness, lived longer and even looked younger. This would become the beginning to what is known today as Halotherapy.

What began as an underground treatment in the salt mines and caves in Eastern Europe today is available above ground in Salt Rooms that provide Halotherapy treatment. Nearly a century worth of years of research and refinement have helped to reproduce the conditions the Salt Miners experienced in what we call “Salt Rooms.” Most are familiar with salt lamps, but a salt room with a halo generator takes it the next level.

HALO THERAPY COMES TO AMERICA

One thing Floridians love about the state is its celebration of diversity. Every culture brings its unique food, music, and yes, therapies to share. Not surprising, Florida was one of the first states to give Halotherapy a home. And the rest is a “sand in your shoes” story as the news traveled to surrounding states. For the past decade, while on Lymph Tour USA, my classes have visited Salt Rooms in different states to meet and greet the pioneers and experience it firsthand—a new chapter in MLD therapy. What began slowly in 90’s has grown to salt rooms in most states and is now a movement much bigger than most realize.



WHEN MLD MET HALOTHERAPY

In one of only two Halotherapy facilities in Michigan, a dynamic shift happened. The owner shared their story of Halo Therapy in Eastern Europe that served as the inspiration for the facility. My daughter and I both suffer terrible allergies up north and wanted to experience halotherapy. With a one-hour treatment we noted how much better we were breathing, decongesting and even fallen asleep. With the owner’s permission,

we arranged a private halotherapy session combined with MLD of the face—and it was a marriage written in salt! And something I did not expect—an immediate job offers, which is what I wish for you.

HOW DOES HALOTHERAPY WORK WITH MLD?

Why not go to the ocean, isn’t all salt created equal? Not exactly, this is where the past decade of due diligence and research comes in. Time, pressure, temperature, grade, micro particle size, active/passive are variables, and a research-based recipe is necessary. Halotherapy utilizes specialized salt in measured doses that when air distributed are inhaled and permeate the skin helping to improve viscosity and flow needed for MLD. Combined MLD & Halo Therapy has been my family’s personal wellness program for years.



SHOW ME THE LYMPH FACTS:

But is Halotherapy & MLD for everyone? Like all modalities, one should consult with their physician before beginning a new program. However, the good news is that while most of the research had been performed in Eastern Europe, American physicians are leading the way with evidence-based research. And organizations have been formed to help raise the standard in Halo Therapy bringing facility owners, physicians, therapists, and researchers together. Therefore, you have seen physicians on Good Morning America and other talk shows weighing in on the benefits. MLD and Halo Therapy: The Talk of the Town Topic—Halo Lymphlift™ coming to a menu and CEU near you. For details: Lymphdoctors@gmail.com





By Debbie Roberts

Massage Cupping SELF-CARE DURING COVID-19

There are some scary statistics from the Bureau of Labor and Statistics and the National Institute for Occupational Safety and Health. Carpal Tunnel surgery is the second most common type of surgery, with back surgery being number one, there are now over 230,000 carpal tunnel release surgeries per year. There are many more crazy statistics on this subject, but simple bottom line is it is very simple these days not to be a statistic. Massage cupping is so effortless and easy to do on your-self that there are no excuses to not doing self-care. And now with Covid-19 your workload could be lighter, and you do have more time for self-care.

Before you read any further stop and ask yourself what the word self-care means to you. We see and take care of people almost every day that have repeated problems from not doing self-care. They come to us for help because they do not take care of themselves in some form or fashion and their body is breaking down. Rarely do we see, although there are a few, who use massage therapy as a preventative tool, and we think to ourselves how foolish they are. So why are we as a profession just as resistant to doing daily or weekly self-care?

As massage therapists we rarely stop to take care of ourselves. The nature and focus of the profession are constantly taking care of everyone else. By the end of the day our body parts are having a conversation saying hey you, can we stop I am tired. The loudest of the body parts are usually the ones we pay the closest attention to, our backs, necks, and shoulders. They talk first because of the long hours of positional bending over the client. The forearms and hands tend to be the last body parts in the conversation. Their voice is from all the repetitive movements and the accumulated hours causing fascial compression over time. Although by the time our hands and forearms start talking it tends to be too late. By then you may have to take days off from work to recover.

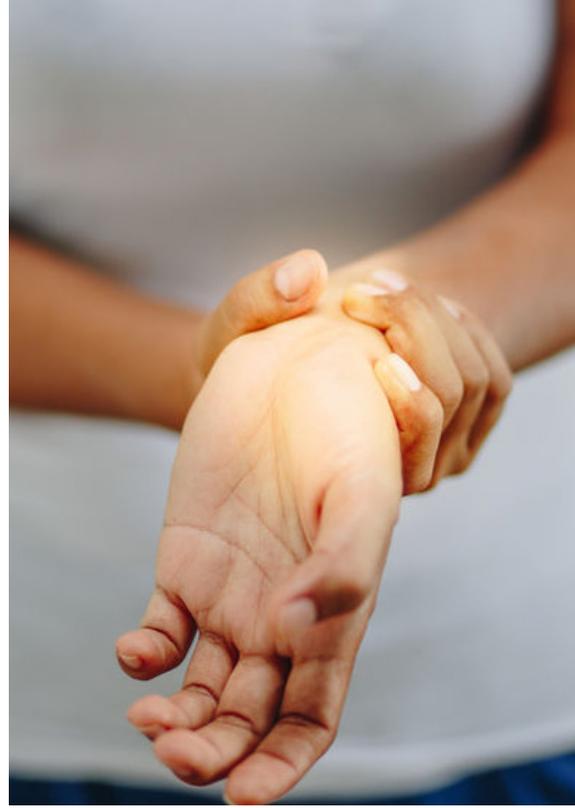
But just stopping for the day is not enough self-care for our hands and forearms to keep up with the daily and repetitive binding of the fascia. The underlying consequences of not doing self-care can be carpal tunnel syndrome and more. Carpal tunnel syndrome is a condition in which the median nerve is compressed as it passes through the carpal tunnel in the wrist, a narrow-confined space. As you increase your workload and your forearms thicken and strengthen so does the band of retinaculum at the wrist adding more restriction on this small, confined space. To put it in simple terms, the retinaculum acts like a rubber band that holds tendons in place, just as a rubber band gets tighter the less the circulation to the hand.

The median nerve provides sensory and motor functions to the thumb and 3 middle fingers. Your symptoms may include, pain or numbness in the hand(s), pins

and needles feeling in the fingers, trouble gripping objects with the hand(s), swollen feeling in the fingers, and burning or tingling in the fingers, especially the thumb and the index and middle fingers. Does any of this sound appealing to experience? Self-care of your hands and forearms are the most important thing you can do for the longevity of your professional career as a massage therapist and these days it is super easy to do.

Machine massage cupping where you can apply the cup to your own forearm and hand with controlled consistent suction is the easiest. I have done cupping since 2007 and waited many years because of pricing to buy my first electric set. Now the prices are half of what they used to be and the most affordable and useful tool in the massage therapy bag. It not only saves your hands when you perform the treatment on others, but you can immediately treat yourself because again of the controlled suction that will not lose the grip on the tissues. You can hold and glide easily along your own forearm. You can use manual cups as well; it is just more difficult to maintain the suction but not impossible.

How should you treat? Ideally, alternate ice (can be a Dixie cup frozen in the freezer) and heat (can be a wet towel you throw in the microwave) on your forearm first. Then apply lotion (I have even used an analgesic crème), turn on the machine, adjust the tension or suction to a minimal setting. Start with a larger cup first treating the entire fascia of both the flexors and extensors. Then switch to a smaller cup and treat from elbow to wrist one inch at a time covering the entire surface areas again. Lastly, treat with this smaller cup on the fascia of the hand out to the fingertips using several passes. You want to especially go over the palmar surface of the hand where it arches over the carpal bones of the hands, covering them and forming the carpal tunnel. You will need to adjust the suction when you are using a smaller cup in both the forearm and hand. Because of the denseness of the tissue in the hand you can use more suction than when treating the forearm tissues. Do not over treat, less is more. Treatment is like exercise the more often the treatment sessions such as 3-4



times per week the better the results in the long haul than longer timed sessions. This will depend on how often you are working as well. Follow each tendon of the fingers from the wrist out to the tips. Treat also in all directions. Take a break reapply ice and heat and then repeat. You will want to finish your treatment with doing forearm, hand, and finger stretching. The total session should only take you about 10 to 15 minutes. You might be thinking I cannot afford a cupping machine. I will ask you to please consider this piece of equipment as necessary as your table. I have maintained several dentists, nail techs, ball players, and other massage therapist over my 35-year career with this. I know for a fact if I had not gotten this machine and began treatment on myself, I would not have been able to maintain a massage therapy practice this long. I also would have had to give up on the other activities I love to do which are cooking, painting, and playing my guitar.

**“Be kinder to yourself
and then let your kindness
flood the world”**

~ Pema Chodron

AN INTERVIEW



with **Theresa Mueller,**
LMT and Founder of
Holistic Equine Lymphatic Academy (HEAL)

Editor: Can you provide our readers with your journey or chronology that has brought you to this labor of love that is HEAL?

Theresa: As with many of us, I have had numerous career experiences. Initially, I started out in education and transitioned to a corporate environment. Upon an early retirement, I pursued my career in the healing arts.

Editor: Can you give us a brief chronology of that journey?

Theresa: Sure. In 2004, I was certified as a licensed massage therapist and began working at a spa. I established my private practice in 2006 and began working part-time as an independent contractor for Atlantic Health System Integrative Medicine, performing massage in an inpatient capacity. I also received certification as a lymphedema therapist in complete decongestive therapy in 2006.

Editor: How did you come to MLD for equines?

Theresa: In 2008, I was introduced to a course in Hannover, Germany and became the first American to become certified as an equine lymphedema therapist. I believe my journey really began in 1995, however, when I was still in the corporate world. My fascination with the lymphatic system began with my husband's horse, Captain Crunch. He developed acute cellulitis which resulted in intermittent lymphangitis (inflammation of the lymph vessels, that caused swelling of his left leg). The vet told us just to walk him and nothing else could be done! I was perplexed! I said to myself "How can this be in this day and age?" The experience was sobering, to say the least.

Editor: So, you have worked with horses since 2008?

Theresa: Since 2008 and presently. I have counseled and instructed horse owners on how to manage their horses' lymphedema/chronic swelling. I made the decision in 2012 to close my practice to concentrate on expanding my equine lymphedema passion

but continue to work for Atlantic Health Systems part-time.

Editor: In reference to your comment about lymphangitis, how does that condition differ from lymphedema?

Theresa: When acute lymphangitis continues to reoccur, it can become chronic lymphedema. Over time the inflammation impairs and/or destroys the lymphatic highways (vessels) that transport the lymph fluid, resulting in fluid retention or edema.

Editor: If you closed your massage practice for humans, what have you done to get the word out about this inspiring use of MLD for equines?

Theresa: In 2014 I founded the Holistic Academy of Equine Lymphedema, HEAL, as a teaching institution (www.healequine.com). I maintain a newsletter blog online and have posted videos to YouTube (<https://youtu.be/Ej5fe5Vr20A>, <https://youtu.be/frPTvJy65SM>) to inform horse owners about lymphedema in horses and what to look for.

Editor: How did you determine that there was a market for this type of modality?

Theresa: I developed a survey entitled, Be Part of the Research, to determine the purpose and goals of HEAL. The results indicated, for example, that 95% of horse owners would opt to save and maintain a chronic condition rather than to euthanize the affected horse. You can access more information related to that survey on the HEAL website.

Editor: MLD therapists, regardless of their source of training, acknowledge Emil (and Estrid) Vodder, as the founder of this modality over 100 years ago (for over 40 conditions, including sinusitis and other immune system disorders). How does your training compare to those designed for humans?

Theresa: The HEAL management protocols for equine MLD are different in that they train the therapist to take the role of trainer/educator. Humans and equines have a genetic component which can cause lymphedema. Surgical removal of cancerous lymph nodes is also a cause of lymphedema in humans. Lymphedema manifests most commonly in swollen extremities but can also manifest in face, abdomen, and groin. Lymphedema is not contagious and cannot be transmitted from human to horse or horse to human. Humans and horses can acquire lymphedema due to the following:

- a) Genetic Congenital
- b) Infections such as cellulitis
- c) Surgery
- d) Trauma
- e) Parasites

Editor: Your system seems to align with the teachings of Elisa Difalco, OT, LMT and founder of Manual Lymph Drainage Institute International (MLDII), in that the lymph system is described in terms of an elaborate highway network that includes large interconnected Interstate highways down to small side roads or back roads. Why is it important for therapists and horse owners to understand this process?

Theresa: Horse owners are very hands on when it comes to caring for their horses. Raising awareness and educating the client is key to success. Clients need to know what they are doing and why they are doing it, which includes a basic understanding of how the lymphatic system functions.



If they understand the reason behind the process and therapy, they are more likely to follow through with it and obtain successful treatment outcomes.

Editor: It sounds like the role of the equine therapist is more as an educational and support resource who initially teaches the horse owner how to do the therapy themselves and then remains available on a consulting basis moving forward.

Theresa: Exactly! Certified equine lymphedema therapists train the horse owner on HEAL's management protocol for complete decongestive therapy. The training includes an explanation of basic anatomy and physiology, how to perform the grooming technique, the three manual lymph drainage massage sequences, proper wrapping protocol and proper application of the usage of the compression garments.

Editor: Can you speak to the concept that 'muscle movement MOVES lymph' related to how feral horses maintain healthy lymph system function?

Theresa: Feral horses allowed to roam free often cover 20 miles a day. This permits for healthy lymph flow for animals that do not have an efficient venous return system. Humans have better venous return but, like horses, require adequate movement to maintain healthy lymphatic system function. Horses living in stalls and not receiving adequate and proper exercise, are also prone to having complications with their lymphatic system function.

Editor: Many human doctors still do not fully understand the importance of the lymph system as it relates to one's

immune system response.

Do you feel that horse owners and veterinarians would benefit from such an educational program? And how can MLD therapists work with horse owners and veterinarians to provide best care practices?

Theresa: The easy answer is YES! The reason I founded HEAL is to develop the supporting relationship between therapists and horse owners. HEAL's mission is to raise awareness, educate, and empower the equine community about equine lymphedema.

Editor: Are some breeds more prone to lymph stagnation problems? If so, why?

Theresa: Draft horses are more susceptible to developing chronic progressive lymphedema (CPL). CPL will manifest with large nodules, redness, loss of hair and swollen extremities. In draft horses or horses that are cross bred (large horses used for pulling, pulling a cart or plow) such as Belgium's and Friesian, genetics plays a role in the probability of developing this condition.

Editor: How do human and equine lymphatic protocols compare?

Theresa: Therapists certified in manual lymph drainage (MLD) for human clients with lymphedema issues would need to educate themselves on protocols, strokes, and anatomy specific to equine physiology. I encourage your readers to go to our webpage for more detailed descriptions of our course offerings.

Editor: What is the most important aspect of MLD for equines to ensure successful outcomes?

Theresa: The aspect that best determines successful outcomes when working with equine patients is the education and training that the horse owners receive from the therapist certified in equine MLD and the access to continued consulting support that they provide. Horse owners must possess a strong financial and time commitment to ensure success.

Editor: Thank you for sharing your passion about Equine MLD with our readers. For more information about HEAL courses and to connect with Theresa further, go to www.healequine.com. And be sure to check out the YouTube videos referenced in this article.

SPOTLIGHT on

EXCELLENCE



LONE SORENSEN: “Leading By Example”



By Lesli R. M. López

I was first introduced to the extensive body of work of Lone Sorensen in 2016. She was one of many internationally known health care providers and presenters who were featured in the World Massage Conference, a totally virtual massage conference (<https://worldmassageconference.com/node/467>). Considering our new normal pandemic reality, the conference organizers’ vision was ahead of its time.



Lone Sorensen began her professional journey as a reflexologist in 1978 in Denmark. Since that time, she has developed her signature Facial Reflex Therapy, founded her International School of Facial Reflexology in 2001, and along the way helped countless numbers of individuals with myriad health conditions and needs. She has received many professional accolades for not only her business endeavors, but also for her many philanthropic global projects of volunteerism. Her vision is one of service to others, especially those individuals who do not have ready access to health care in their countries. She encourages the students in her courses to further her mission to help those most needy individuals around the globe.

Global learning is taken to a new level with Sorensen's Institute as she and her staff of 40 plus offer her courses globally live and via the internet in multiple languages, including English, Spanish, Danish, and German. Her business acumen has developed a myriad of course content from her pioneered facial reflex therapy and hand and foot reflexology, to cosmetic products and applications that developed organically as clients began to notice 'beauty' benefits of the facial reflex therapy they had received over time.

Sorensen's sense of community began with her passion for alleviating suffering of others and continued with her own children, whom, after years of living with their mother's facial reflex therapy modality, have become part of the expanding offerings of the Institute. Daughter, Line oversees the Cosmetic Department and son, Christian develops the Pet Reflex therapy courses, as well as the managing and production responsibilities for the online course catalog.

Compassion, integrity, leadership, sense of community, and entrepreneurial vision are descriptive of Lone Sorensen, professional reflexologist, and published author, our first Spotlight on Excellence honoree.

To learn more about Lone, her Institute, and its extensive course offerings you can go to www.internationalreflexology.com and www.facialreflexologyschool.com.





MEMBERS HELPING MEMBERS

As a community of professionals that strive to help each other, we feel the need, even more so now, during these difficult times. The question many of our members have asked is how can we assist other members that may be struggling right now? What positive changes can we implement to help others?

Many of our members that are experiencing financial difficulty want to maintain their connection with FSMTA and the value they receive from membership but are having to weigh the decision of renewing FSMTA membership against other obligations.

We know our members care about FSMTA and the connections they have made with other FSMTA members, so we are

pleased to introduce our Members Helping Members program.

For those FSMTA Members wanting to assist other members, this program provides an opportunity to donate a partial or full membership that can be offered to members that are struggling and unable to renew their membership, due to financial hardship. Donating members can choose to remain anonymous but will know that they have contributed to the benefit of another FSMTA member. Members experiencing financial hardship can apply to receive a partial or full membership so they do not have to miss any of their FSMTA benefits.

** Donations are not tax-deductible.*

IN MEMORIAM Terry Lowder

Please join us as we mourn the passing of James "Terry" Lowder, a valued member of FSMTA and the massage community as a whole. He will be greatly missed.

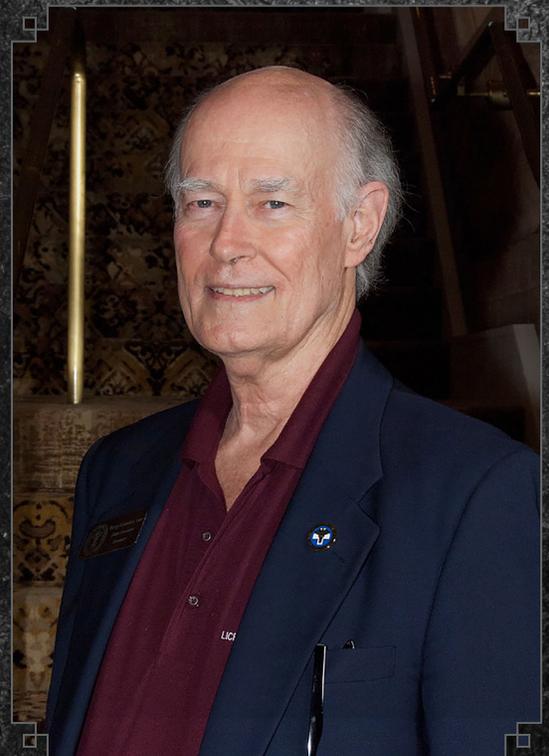
Terry was an all-around great guy who was always willing to lend a hand and offer assistance. He epitomized diligent work ethics and a great attitude. In his youth, he served in the United States Navy. "His motto was that in life it is better to give unconditionally than receive," his longtime friend and business partner, Ronnie George says of Terry.

When his wife Patti became ill, he decided to leave the hustle and bustle of his office overlooking the twin towers in New York, where he was well respected by his fellow financial officers, to embark on a life-altering career change as a massage therapist. Obtaining his license came easy for this certified genius, and it sparked him to do more.

He quickly moved forward and started teaching at a few of the local massage schools in Southwest Florida while also providing numerous continuing education classes. Terry often volunteered his time to raise money for the Southwest Florida FSMTA Chapter and the American Cancer Society. His generosity was never ending, a healer, teacher, mentor and friend to so many.

Every year, he gave back to FSMTA members in the Southwest Florida area by offering the mandatory continuing education classes for free. In addition, Terry filled in graciously as a presenter or instructor for the chapter meetings and events. Through the years Terry held most all positions on the Southwest FL Chapter Board, including Chapter President and Chapter Treasurer. From 2015-2018 he served as the FSMTA Executive Treasurer.

Terry was a good friend and colleague. He did a great service to his clients and the massage industry as a whole. Helping his lovely wife Patti was his first and foremost priority. She passed away three years ago and he will be laid to rest by her side in Ohio. Please keep Terry's family and friends in your thoughts and prayers.





CHAPTER MEETINGS

BIG BEND CHAPTER - President Karen Vilmenay, bbpresident@fsmta.org, (352) 246-6270
Meetings and events to be announced.

BREVARD CHAPTER - President Kha Taylor, brevardpresident@fsmta.org, (321) 591-1654
Meetings held the 2nd Tuesday of every month (except April, June, August and December) from 5:30-8:30pm alternating locations between Cocoa and Melbourne.

BROWARD CHAPTER - President Lygia Edghill, browardpresident@fsmta.org, (754) 224-8449 (text)
Meetings held the 1st Tuesday of every month (except June and December) from 7-10pm at Imperial Point Medical Center, 6401 N Federal Hwy, Fort Lauderdale, FL 33308.

CENTRAL FLORIDA CHAPTER - President Thomas Buck, cflpresident@fsmta.org, (619) 609-6271
Meetings held the 3rd Monday of every month (except June and December) from 5-8 pm at Marks Street Senior Recreation Complex, 99 East Marks Street, Orlando, 32803.

DADE CHAPTER - President Renee O. Scioville, dadepresident@fsmta.org, (786) 230-6313
Meetings held the 2nd Wednesday of every month (except June and December) from 6:30-9:30pm at Miami Dade College Medical Campus, 950 NW 20th St, Miami, FL 33127.

EMERALD COAST CHAPTER - President Jocelyn Daniel, ecpresident@fsmta.org, (850) 736-5280
Meetings held the 2nd Monday of every month (except June and December) from 5:30-8:30pm at the Baptist Hospital, 1000 W Moreno Street, Pensacola, FL 32501.

FIRST COAST CHAPTER - President Eric Dancy, fcpresident@fsmta.org, (904) 482-8542
Meetings held the 3rd Thursday of every month (except June and December) from 6:30-9pm at Unity Church of Jacksonville, 634 Lomax Street, Jacksonville, FL 32204.

FLAGLER/VOLUSIA CHAPTER - President Gina Burroughs, fvpresident@fsmta.org, (386) 748-5927
Meetings held the 2nd Wednesday of every month (except December) from 6-8:15pm at Keiser University Auditorium, 1800 Business Park Blvd, Daytona Beach, FL 32114.

GULF COAST CHAPTER - President Donna Smith, gcpresident@fsmta.org, (850) 896-4118
Meetings held the 2nd Wednesday of every month (except June, July and December) from 7-10pm in Panama City (specific location to be announced).

HEART OF FLORIDA CHAPTER - President Teresa (TJ) Jones, hofpresident@fsmta.org, (863) 797-6107
Meetings held the 3rd Tuesday of every month (except June and December) from 6:30-9pm alternating locations between Lakeland and Winter Haven.

KEYS CHAPTER - President Michael Abriola, keysresident@fsmta.org, (305) 509-2710
Meetings and events to be announced.

NORTH CENTRAL FLORIDA CHAPTER - President George Pugh, northcflpresident@fsmta.org, (708)267-7585
Meetings and events to be announced.

PALM BEACH CHAPTER - President Lesli López, pbpresident@fsmta.org, (561)319-1814
Meetings held the 3rd Thursday of every month (except June and December) from 6-9pm at Forest Hill Community High School, 6901 Parker Ave, West Palm Beach, FL 33405.

SARASOTA/MANATEE CHAPTER - President Nancy Avishar, smpresident@fsmta.org, (941) 228-7789
Meetings held the 3rd Monday of every month (except December) from 6:30-9:30pm at the Sarasota School of Massage Therapy, 5899 Whitfield Ave, Sarasota, FL 34243.

SOUTHWEST FLORIDA CHAPTER - President Emil Guido, swflpresident@fsmta.org, (239) 849-1486
Meetings held the 1st Tuesday of every month (except July and December) from 5-8pm at Bass Pro Shops, Gulf Coast Town Center, 10040 Gulf Center Drive, Fort Myers, FL 33913.

SUGAR DUNES CHAPTER - President Chester Cyrus, sdpresident@fsmta.org, (850) 225-0737
Meetings are held the 2nd Tuesday of every month (except June, November and December) from 6-9pm at Soothing Arts Healing Therapies School of Massage & Skincare, 12605 Emerald Coast Pkwy #2, Miramar Beach, FL 32560.

SUWANNEE VALLEY CHAPTER - President Laurie Taylor, svpresident@fsmta.org, (352) 317-4755
Meetings held the 2nd Wednesday of every month (except July and December) from 6:00pm at Florida School of Massage, 6421 SW 13th Street, Gainesville 32608.

TAMPA BAY CHAPTER - President Anna Allen, president-TPA@fsmta.org, (813) 215-5050
Meetings held the 3rd Thursday of every month (except June and December) from 6:00-8:45pm at Town 'N Country Public Library, Community Rooms A&B, 7606 Paula Drive #120, Tampa, FL 33615.

TREASURE COAST CHAPTER - President Ross Hoffman, tcpresident@fsmta.org, (772) 359-3608
Meetings held the 3rd Wednesday of every month (except June and December) from 6:30-9pm at Indian River State College Main Campus, Building R or W, 3209 Virginia Avenue, Fort Pierce, FL 34981.

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