

Dedicated to Professional Standards

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NEXT MEETING

January 9, 2010

Saturday 9:30am-4pm

Patten Free Library
Bath, Maine

2nd floor conference room
Snow date Jan. 16th

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A letter from MCR's President: Alina Blakesley

Take a moment to reflect over this past year on your accomplishments. You may think of impressive items such as being promoted, improving business skills that bring in more money or clients, or affording a new car. What about the little things you may not think of as grand but nevertheless make a huge difference in people's lives. For example:

A client taking a deep breath as they relax to your touch.

Tightness from stress fading from a client's face and is replaced by a glow

A client falls asleep finding a safe place to let go

Experiencing a deep connection with your client allowing healing to take place as you both grow in wholeness.

Continue the list as I am sure you will find many more small wonders which make us remark "I love being a Reflexologist." Don't you think we belong to an awesome profession that rewards us with simple gifts?

As we reflect on our organization we can see areas that need improvement. One area is organizing the Common Ground Fair education event which this year proved to be very stressful. Most of the distress came from trying to find ten reflexologists for each of the three days. Almost 80 phone calls were made to the membership. In our fall meeting members made some suggestion (see pages 2&3) on how to streamline our outreach efforts keeping in mind that our goal is to educate the public about reflexology and not just to give free sessions to people who return year after year for their annual foot rub.

We need to keep abreast of any changes in our profession. On (pages 3&4) you will find a report on our licensing reflexology discussion which we will continue in our next meeting. It is important for members to become informed about this process so we can respond with informed decisions to the changing landscape of healthcare.

Take a look at the questions and concerns and add yours to the list. Our next task is to gather information from states that have regulations. For our next meeting, I plan to invite Liz Malone, president of New Hampshire Reflexology Association to give us an overview on how they achieved passing a licensing reflexology law in their state which came into effect August 2009.

Come join us to learn more about this process and share your ideas.

Alina Blakesley,



Report on Common Ground Fair

The Maine Council of Reflexology Bylaws states in Article 1 – Purposes and Principles, section 1.a to make the public aware of competent practitioners and their training and 1.b. to make public aware of reflexology and its principles. All our educational outreach programs would do well keeping our bylaws in mind. Are we meeting our educational goals? How can we make improvements?

Organizers report on areas that need improvement from 2009 Common Ground Fair event:

- 1) difficulty in finding help for three chairs in a double booth
- 2) time consuming, expensive, and frustrating making calls to membership to fill 30 slots, especially when calls were not returned.
- 3) members' chairs and other equipment that was loaned were not returned in timely fashion
- 4) sign up sheets did not work as people did not show up for their slot
- 5) confusion about which chair was vacant
- 6) in some instances the same people return each year for their free annual session
- 7) at the end of the event, members had to wait 2 hours to retrieve equipment as cars are not allowed until fairgoers leave the area.
- 8) not every MCR member for one reason or another can contribute to outreach events creating a disparity among volunteers who dedicate their time and energy.

In our last meeting members shared their ideas on how to reduce frustration for organizers and reach our educational goals per MCR Bylaws. In our January meeting we will discuss and vote on purchases to be made and changes to current practices.

Streamline Options to Address Issues

1) Loan of Equipment

Members suggested purchasing the following items: **Shopping List for MCR Outreach Program**

2 Lafuma Hybrid Recliner with no end bars

1 small folding table

3 lightweight folding chairs

2 Reflexology charts - one for hands and one for feet

2 white sheets or terry cloth sheets

2 blankets

2 pillows

2 pillowcases



CONTINUED on page 3

A BIG
THANK YOU
to all members that
participated in this years
Common Ground Fair.
It wasn't easy, BUT
delightful
despite the weather.

Continued Report on Common Ground Fair *Plus* Discussion on Licensing/Registration

2 brochure stands

1 flyer stand

1 heavy duty garden cart

2) Finding Adequate Help

Return to one booth with two people giving sessions and one person giving out brochures, directing people to chairs and keeping time.

3) Free Foot Rubs vs. Educating the General Public

Initiate a charge of \$1 per minute with each reflexologist having their own jar for fee collection. A reflexologist may opt to waive a fee, for example, giving a free session to a fair volunteer. Practitioners need to be clear when minute starts.

4) Flow of Clients

Initiate first come first served alternative. Arrange breaks of 15 minutes during shifts and 30 minutes for lunch. Shifts are to last for not more than 3 hours. The three Reflexologists may alternate manning the booth to rest their hands.

5) Packing up equipment at the end of fair

Use a heavy duty garden cart to carry equipment off the fair grounds so that reflexologists can get home instead of waiting around.

6) Handouts and other educational materials

Include information on MCR, RAA, ACARET, ARCB and Reflexology schools in the state. Create handouts on current research projects on Reflexology or produce a special information sheet/newsletter on Reflexology that people can take home and read. Show the new RAA PowerPoint presentation on a big screen. Create our own PowerPoint presentation featuring our website and the work of MCR in the state.

7) Creating an educational outreach fund

Members discussed creating an Educational Outreach Fund so that members who cannot contribute their time and energy to outreach efforts can participate financially by donating \$5 per member at meetings. The purpose of the fund is to have an equal contribution from MCR membership.

Report on the Discussion on Licensing/Registration of the Reflexology Profession

Pros	Cons
Reflexologists would be recognized as professionals	Add costs to practicing reflexology with town and state fees
Licensure would set educational standards for reflexologists	Tie into ineffective bureaucracy
Insurance coverage for reflexology sessions performed by licensed reflexologists and prescribed by a physician for certain conditions.	Impractical to license reflexologist because government agencies do not know enough about the profession.

Continued Discussion on Licensing/Registration

Pros	Cons
Enables the medical community and the general public to identify professional reflexologists with set standards of training.	Financially prohibitive for some reflexologists who would have to pay for training, exam and licensure fees.
Without a state licensing law we have no control over who practices reflexology. With a state licensing law we have no control over how the profession is regulated.	

Accountability and Credibility

Why do we need regulation at all? MCR can oversee standards of practice. MCR has set an educational standard to be a certified reflexologist. We can police ourselves. It's not up to the state to regulate reflexology because agencies tend to be bureaucratic and lack the necessary knowledge.

As it stands now in the State of Maine, anyone can advertise reflexology services even with a 2 hour course as is often the case in many spas. Massage therapists who have not focused on reflexology in their practice and have received only minimal training can claim they give professional reflexology treatments. Without a license or registration which has the backing of state law we cannot prevent anyone from practicing reflexology even if they do not meet our standards. The unregulated practice could give the wrong impression about reflexology especially if they receive sessions from untrained reflexologists. The public need to ask about credentials of the reflexology practitioner. But generally the public does not understand the difference between foot massage and reflexology.

More Information Needed

Most of the members needed more information to understand what is involved in licensing or registration of reflexology.

The following questions were raised:

- What is the procedure for granting a license for reflexologists who have been practicing for many years?
- Is there a grandfather clause?
- How many reflexologists do you need to activate legislation?
- Who makes up the wording of the bill?
- How did states with laws that regulate reflexology come up with the standards?
- What is regulated?
- What was the reason for licensure/registration?
- How is it reinforced?
- How does licensure solve the public concern that clients are harmed by untrained or unlicensed reflexologist?
- Why did New Hampshire, Tennessee, and North Dakota pursue regulating Reflexology in their state?
- Why is New York Reflexology Association perusing licensing Reflexology in their state?
- How do state agencies know how to regulate reflexology?
- Which state agencies are assigned to regulating reflexology?
- What is the cost of license fees?

As background reading for next meeting's discussion please visit. PLEASE WAIT FOR WENDY TO CREATE A LINK WHICH WILL LOOK SOMETHING LIKE:

<http://www.reflexologyofmaine.org/licensure.htm>

Member-in-the-spotlight



Alison M. Gingras studied Reflexology with Janet Stetser in 1996 at Footloose, Inc. in Alna, Maine. She became ARCB certified in 2000.

Alison is an active member of the Maine Council of Reflexologists and has held various positions in our organization including Corresponding Secretary and Recording Secretary. She recently served on the RAA Interim Board as Recording Secretary and is Chair of the Nomination/Election Committee and the Public Relations committee.

"I wholeheartedly believe in the Reflexology Association of America's mission to promote the scientific and professional advancement of reflexology. I believe that if we put our heads, our hearts and our hands together, there is no limit to what we can accomplish.."

What is it like being RAA Vice President? *What is different about volunteering for RAA, is that I have more of a big picture of how things are in the Reflexology world. What is happening overall and what is best overall are more of a focus. It takes a lot of time, more than I expected.*

How much time do you spend with your RAA duties? *I spend about 5-10 hrs a week in this position.*

What are your duties? *As PR chair person, if a state approaches RAA, I tell them what things they can do to form a state association. I help them in the process of organizing. We suggest affiliating with RAA as they form their new association because it is easier to write in the By-laws then as opposed to later.*

I field questions from the public, a lot.

I attend phone conference calls for Board meetings once per month. We talk more often when there are special factors going on. There are a lot of emailing communications back and forth more frequently.

I helped organize the elections and nominations by calling people, for example. On the interim Board there was a lot of work and more phone calls due to the situation. Nothing had been done when things were falling apart and so everything had to be done.

How did you happen to get elected on the Board and then in this VP position? *I was nominated and declined. Then, someone called me again who didn't know that I had declined and talked me into it. I was told that "you put into it what you can." I also felt so bad about what had happened to the RAA Board. What a waste. So many people had worked so hard for this association. I didn't see myself as being the person to help save RAA, but wanted to help and so I stepped up to the interim position. I had worked hard to help our state association affiliate with RAA. I believed so strongly about having a national organization. We need to have a strong voice! What would happen to Reflexology if RAA went away? A scary thought!*

I was initially recording secretary in the 6 month interim Board position. I had done this job in MCR, too. So, when I chose to run for the Board position after the 6 months were up, I let it be known that I wanted a different position. After I was elected to the Board of Directors, I was asked if I would like the VP position. I agreed and was voted in by the Board of Directors.

What do you do to take care of yourself to prevent burnout in this position and in the past positions? *That is what I need to do more of. I trade for reflexology sessions, take regular exercise, and have a really impeccable eating plan. I have been off sugar since 2006! But, I do need more R & R time.*

Is there anything else you would like to add? *I am really excited about the RAA Conference in Englewood, Colorado in 2010! There is going to be a really terrific lineup of speakers. There will be time allowed for swaps. There will be a talk on building your business. Englewood is just outside of Denver.*

Alison teaches Ed Tech at Jay High School and has a home office in Jay.

**Respectfully submitted
by Wendy Decker**

Educational Opportunities

CALENDAR OF EVENTS:

Next MCR meeting date: *Attend these meetings and earn CEU's*

January 9, 2010 in Bath, Patten Free Library (**Snow date Jan. 16th**) Afternoon Dr. MacArthur, Chiropractor

Treat Your Feet~School of Reflexology Refresher Class: Sat. March 20th 9-4 \$25. non-students of TYF \$35.

For more info, call Myra at 623-4552. Class limited to 8 "Lets talk REFLEXOLOGY & HANDS ON"

Next RAA conference will be in Englewood, Colorado (near Denver) May 14-16, 2010

"Stepping Up To New Heights."

Practitioners are welcome to donate their time at the **Maine Boats, Homes and Harbors show** in Rockland in **August**, and at the **Common Ground Fair** in Unity in **Sept.**

More information in the next newsletter on these events.

New Members:

Total MCR 2009 ~ 2010 Members 66



Denise R. Johnson - 61 South St., Rockport, ME. 04856 ~ 701-1028

Lynn Poor - 76 Spring St., Lewiston, ME. 04240 ~ 330-0326

Jodi B. Elder - 57 River Road, Windham, ME. 04062 ~ 892-8299



Denise, Jodi & Lynn

This fall, the Maine Council of Reflexologists invited Val Voner to Portland for a two-day workshop addressing '**Reflexology and Weight Management**'. Fourteen professional members traveled from all over our "big" state to hear Val present research and techniques. Sharing her expertise from over thirty years of professional practice and teaching, Val has developed a reflexology protocol to support clients. This technique can be incorporated into the session to aid clients that express a desire and willingness to manage any of their personal weight issues.

Topics of dysfunctional eating such as obesity, bingeing, anorexia, and bulimia nervosa were explored. The quality of nutritional balance and food choices were also outlined as we worked with a healthy life-style chart. Participants were encouraged to explore their own emotional conditions that surround eating habits. As the workshop progressed, we brought focus to the endocrine system reflex points as a source of support in the client's healing process. By the end of the 14 hour program, we all agreed that we can both personally and professionally benefit from this powerful dynamic protocol that Val has crafted.

By Kate Winant

*Program Chair for the
Maine Council of Reflexologists*

Directions to the Patten Free Library (Bath public library), 33 Summer St. Bath; in the community room. Library phone # 443-5141.

The community room is to your left (from main entrance), then up stairs and to your right.

Directions: From Brunswick and points south:

Take Rt. 1 to Bath. Take Historic exit in right hand lane going straight down ramp. At lights, turn left onto Washington St. After going straight at the next set of lights (The Chocolate Church will be on your left), take your second right (you will see the library park and the library on your left after you turn).

From Wiscasset and points north:

On Rt. 1, come across the Woolwich/Bath bridge. Take the first exit (just stay in right lane and it turns into an exit). Go straight at exit. Bear right at first lights, onto Washington St. Go straight at next set of lights (Chocolate Church on your left). Take your second right (you will see the library park and library on you left after you turn).

There is parking at the library in parking lot or on Summer St., Washington St. and Front St. **The lot getting really full during meetings makes it difficult for library patrons to find parking, SO we recommend that you try the alternate parking, if possible. If you have items to unload, you could drop them off first and then find parking. Thank You**

If you need more information, call Wendy at 443-2572

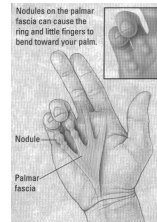
What Is Dupuytren's Contracture?

Dupuytren's contracture is a disease that can lead to limited use of your hand. This may happen when certain tissue in the palm thickens. While it often doesn't cause pain, it can make it hard to straighten your fingers.

Dupuytren's can make simple tasks like shaking hands awkward.

Dupuytren's signs and symptoms start slowly. They can steadily progress. But they also may stop before they limit hand use. Signs and symptoms include:

- A hard lump forming on your palm
- Inability to place your palm flat on a surface
- Scarlike bands forming across your palm
- Fingers bent toward your palm
- Hand pain (less common)



Myra sprained
her left foot
Dec. 1st.

Picture taken 1/2
hour after injury
ouch

"I feel it's a partial
tear. There was
pain and swelling;
bruising appearing
soon after the
injury, but I still
have some use of
the joint. With a
complete tear you
usually are unable
to move the joint."

UNDERSTANDING SPRAINS

A sprain is a soft-tissue (nonbone) injury to the ligaments surrounding the joints. It can involve any joint, but the ankle and wrist are the most common. A sprain happens when a sharp, sudden twisting or wrenching movement; such as turning your ankle, forces a joint beyond its natural limits. As a result, the ligament may be stretched so much that it tears. After your doctor helps set the stage, your body goes through three phases of healing. Most sprains heal in four to sixteen weeks, but this varies depending on your age and injury.

Your body heals best if it has help. The doctor set the stage for healing by first using ice, then elastic bandage, splint, or cast to immobilize the joint in the proper position so the ends of the injured ligaments can heal together. During immobilization, your body is hard at work. Special cells fill the gap in the ligament fibers left by the injury. Your body then replaces the torn, damaged tissue with strong, healthy tissue.

Phase 1

Multipurpose cells enter the injured area. They quickly and randomly fill the gap and clean up the wound by removing injured tissue.

Phase 2

These cells become **fibroblasts** (cells that build soft tissue). They line up along the direction of the ligament fibers, forming a bridge and filling the gap temporarily. They begin to produce **collagen**, the framework for a new ligament.

Phase 3

Eventually, the new collagen fibers become interwoven with the old collagen in the ligament. Fibroblasts disappear. Over time, the structure may be strengthened and refined through rehabilitation exercises.



Partial Tear



Complete Tear

- R** Rest enable your body to devote more energy to recuperation and repair.
- I** Ice is a natural anesthetic that helps control pain, swelling and bruising.
- C** Compression provides the immobilization your injury needs.
- E** Elevation is raising the injured part above heart level uses gravity to help drain excess fluid, reducing swelling and pain.