



*Uncommon Interest, Training, Compassion*

AUTUMN 2009

## Peek @ the 2010 Summit

*Plan to attend, reenergize your passion for this work, take home new information and techniques to fuel your practice, meet great people, share knowledge and stories.*

**Location:**

Northwestern Health Sciences University  
2501 W. 84th St  
Bloomington, MN 55431  
Approx 8 miles from Minneapolis/St. Paul International airport

**Date:**

April 30 – May 1, 2010

**Optional Post-Conference:**

Sunday, May 2  
Post conference presenters include Jamie Elswick and Cheryl Chapman.

**Hours:**

8 am – 5 pm daily

**Accommodations:**

Hilton Minneapolis/Bloomington  
3900 American Blvd West, Bloomington  
(952) 893-9500  
Free Shuttle to and from airport and campus  
(Preferred rate reservation – mention Northwestern)

**Conference Tuition:** \$329

**CE Hours:** 12 NCB hrs #450464, AMTA approved

**Registration form:** nwhealth.edu

**Program Description:**

A presentation of *Jonna's Body*, a one-woman performance starring actress Jonna Tamases. Jonna is a three-time cancer survivor who describes the physical challenges of cancer treatment through the personification of her various body parts who must unite to fight for her life. This one-hour show is inspiring, funny, and profoundly moving. Stella Adler once said that "Life beats you down and crushes your soul and art reminds you that you have one." an apt description of Jonna Tomases' work. Nominated for two Los Angeles Ovation Awards.

Check the website for current information on Summit presentations, speakers and other events. See you there!

*more about Peek at the Summit continues on page 3*

## Holiday Greetings

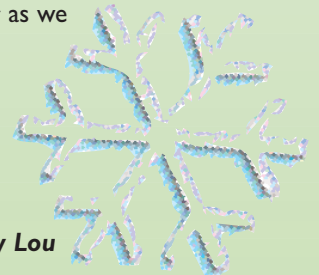
A crisp fresh cool air permeates around us, the landscape takes on a perceptible interlude, signs that another season has come bringing change to our daily routine. In this season when nature takes a rest and slows down, you too should stop and take a moment to reflect, appreciate that you are someone who is special, has special gifts to offer the world and has the ability to share those gifts. The gifts and graces that we, as oncology therapists, can share are not the kind of present that comes in a beautifully wrapped box with a bow (even if you do offer gift certificates). Our gifts should not be placed on a wall or shelf and admired. While transparent to some measure, it is a gift of palpable substance to an ailing body or spirit and is a treasured respite.

During this time of year, nature reminds us to take time for ourselves too. To slow down, reflect, hibernate a little and breathe. Taking time for YOU renews the spirit and replenishes the soul. Our gifts and graces, like most things that work hard, need respite too. Consider this your authorization to give yourself the treasured gift of a personal interlude. Doing so will allow you come into the New Year with vivid vision, stamina, clarity and a renewed enthusiasm to continue sharing your gifts and graces.

The Newsletter group sends good wishes, prayers and healing energy out to all S4OM members and their clients. We look forward to the holidays and New Year as we join with our families and friends in celebration during this most blessed season.

Warmly,

**The S4OM Newsletter Group**  
**Anita, Lauren, Ann, Harriet & Mary Lou**



## WHAT'S INSIDE

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# Expressions from the Board

Lauren M. Cates, CMT, NCTMB

*As the board liaison to the newsletter committee I want to thank all of you who have reached out to us in response to the last two newsletters. Your continued feedback and questions are key to our success in meeting your needs and keeping you connected with S4OM. Here are answers to some of your questions.*

– Lauren

## How many members do we have?

The Society began accepting members in April 2008. As of October 2009 we have 120 professional members, 7 associate members, 3 supporting members and one organizational member. We are currently receiving approximately 8 applications per month. You can track professional membership by accessing the locator at [s4om.org](http://s4om.org). As new members are accepted, their information is added to the locator. Website traffic has increased from virtually nothing in 2007 to 6800 individual users and 17,000 page views in September 2009.

## What are S4OM's committees and who serves on them?

The Membership committee, co-chaired by Meg Robsahm (WA), Lauren Cates (VA) and George Lee (NC), reviews and processes all applications. This Committee has just welcomed four new members. These new committee members will be up to full speed in 2010, having been mentored for several months in their new roles. In addition to application review, they will also collaborate on developing our membership base. Welcome Mia Harper (MD), Stacy Barden (IL), Cindy Wright (NC) and Debbie Wickenheiser (VA).

The Education committee, chaired by Nicki Hansen-Dix (CA), works with CEU instructors to keep them connected to S4OM and to be sure that our "recognized" instructors' courses continue to meet the needs of our members and prospective members. Cheryl Alderdice (MD) and Mary Aguilera-Titus (MD) round out the education committee team.

The Newsletter committee, chaired by Anita Bakke (AZ), manages the content and layout of the quarterly S4OM newsletter. Anita is supported by committee members Ann Simmons (CO), Harriet Jahr-Phillips (PA), Mary Lou Ross (GA) and Lauren Cates.

The Oncology Massage Healing Summit Scholarship Committee, chaired by Lauren Cates, has developed the parameters by which scholarships will be awarded to provide financial support for registration fees to attend the 2010 Healing Summit. Lauren is supported by Johnette DuRand (CA), Cheryl Alderdice (MD) and Mary Aguilera-Titus (MD). The scholarship committee will begin accepting applications later this winter. Check the website for updates!

All committee members are volunteers who are also members of S4OM. Some committee members are able to devote as much as 10 hours a week to S4OM business. Others are able to share 5 or so hours a month. Every committee is currently in need of additional interested, energetic and committed members. We are

also on the lookout for an Assistant Treasurer to support the work of our Treasurer, Linda Dwyer (NY).

## How can I be more involved in how S4OM works?

The most direct and influential way to contribute to S4OM is to share your ideas and talents with us as a committee member. In addition to the committees mentioned above additional committees may emerge as we consider accomplishing some of the goals you'll see listed below.

## What does S4OM hope to do in the next 1-5 years?

The work necessary to grow S4OM far exceeds the current volunteers on board. The following list of need-to-dos, want-to-dos & hope to do's will be guided and prioritized by our vision and mission as an organization (check the website for a complete list). Further suggestions are always welcome; especially when accompanied by an offer to volunteer! If something on this list sparks your interest, send us an email and we'll get you connected to a committee where you can put that spark to work.

- Develop our membership platform, including international applicants
- Provide supportive communication among oncology massage educators, the S4OM education committee and our professional community
- Increase our online support for member communication; including providing opportunities for social media contact
- Develop our internal organizational database infrastructure to sustain our future growth
- In collaboration with a host site, take a leadership role in the next Oncology Massage Summit
- Grow our PR/media/outreach efforts to connect the public with S4OM's members and mission
- Support and promote useful research in oncology and massage
- Develop additional member benefits such as a mentorship program; useful practical tools for practicing oncology massage and other resources
- Establish a professional advisory board including doctors and other clinicians
- Cultivate relationships with like minded groups and organizations
- Increase communication and collaboration with CEU instructors

This is an exciting and challenging roadmap and we need a lot of help to get there. Current committees, including S4OM's Board of Directors, are stretched to the limit. S4OM's vision and mission can only be realized through collaboration and sharing of the rich experience and skill sets of our members. As our leadership and invested membership grows, so will S4OM. If you have an interest and/or a skill that you'd like to share with us, please send an email to [info@s4om.org](mailto:info@s4om.org). We are looking forward to working with you more closely!

*SUMMIT* continued from front page

### Tentatively scheduled topics:

#### Keynote Speaker:

**Cathleen Fenslow-Brunjes, MA, RN**  
Internationally acclaimed expert in the fields of death, dying, grief, nursing and hospice care. Cathy created the Hospice program for New York's Visiting Nurse Service. She worked at the first certified hospice on Long Island and created the first freestanding hospice in Switzerland. She was director of nursing at Calvary Hospital in NY, the specialized hospital for advanced cancer patients. Cathy has published several articles over the last thirty-five years including her most recent book, *The Power of Hope to Cope with Dying: The Four Stages of Hope*.

#### Presentations:

- Eastern Bodywork Techniques to Support Digestion – **Sandy Canzone, DOM**
- Strengthening Immunity with Bodywork: A Blend of East and West – **Isabel Adkins, BA, CMT**
- Massage for Children with Cancer – **Tina Allen, CMT, CPMPT, CPMT, CIMT**
- Safely Massaging the Client at Risk for Lymphedema – **Rene Janeice, LMT, NCTMB, CLT**
- Mastectomy Massage – **Cheryl Chapman, RN, HNC, NCTMB**
- Scar Massage – **Jamie Elswick, LMT, NCTMB**

Other presenters and sessions are being finalized this fall. Additional information will be posted at [www.s4om.org](http://www.s4om.org) as it becomes available and you can expect more information in the upcoming newsletters so stay tuned!

### List Your Website on Ours

Send your website address to [webmaster@s4om.org](mailto:webmaster@s4om.org) to have your site listed in the For Consumers section of [s4om.org](http://s4om.org)

## Peek at the Summit 2010

**Ann Simmons, CMT, NCTMB**

Six months and counting until we meet in Bloomington, MN for the 2nd Oncology Massage Healing Summit at Northwestern Health Sciences University April 30 – May 2, 2010. The organizers for the Summit have scheduled a very impressive line up of educators who will share with you their knowledge and expertise in the field of Oncology Massage. I assure you that you will leave MN with invaluable information for your practice and a renewed spirit of dedication to this great work you've chosen. In the next two issues of the S4OM Newsletter, we will highlight a few of the presenters with whom you will have an opportunity to learn and work at the summit. In this issue, we will introduce you to Jamie Elswick and Rene Janiece.



**Jamie Elswick, CMT**

*"Gentle Techniques for Scar Tissue Mobilization"*

Jamie Elswick has been working as a massage therapist since 1992. Jamie holds certification as a practitioner and instructor from the Institute of Integral Health in Berkeley, CA (The Lauren Berry Method of Corrective Massage). Her training includes structural work, scar tissue mobilization, lymphatic drainage and visceral manipulation. She is also certified in oncology massage as a practitioner and instructor through Perrigrine Institute of Oncology Massage under the instruction of Gayle MacDonald MS, LMT and Dr Sandy Canzone, DOM, both pioneers in the field of oncology massage. Currently, Jamie has a private practice at Providence Alaska Cancer Center, where she works with clients in all stages of cancer treatment and post treatment. She also teaches in the Biology Department of the University of Alaska Anchorage.

"One of my favorite sayings about working with scars is that 'the visible scar is just the

tip of the iceberg.'" Jamie will demonstrate what years of clinical experience have taught her is the most effective way to work with the physical scarring which occurs from surgery or radiotherapy as well as muscle and fascia that have become adhered due directly to treatment or post treatment compensation. She will discuss the emotional and physical components of scar work and discuss lymphatic physiology and its importance in treating clients who are at risk for lymphedema.



**Rene' Janiece, LMT, NCTMB, CLT**

*"Safely Massaging the Client at Risk for Lymphedema"*

Rene' Janiece has worked in the massage and bodywork field since 1987. She has studied energetic and clinical techniques including reiki and therapeutic touch, myofascial release, specific injury massage, manual lymph drainage and lymphedema therapy. After working extensively in hospice and palliative care, she began her formal oncology massage training in 2002 at what has now become the Peregrine Institute for Oncology Massage. Rene' has worked in private and family practice, outreach, hospital and cancer center settings. Through Klose Training and Consulting, LLC, she conducts Manual Lymph Drainage Certification courses throughout the United States. "Safely Massaging the Client at Risk for Lymphedema" will offer attendees a basic understanding of the lymphatic system and how it can be compromised by cancer and/or cancer treatment. The special considerations required to work safely with these clients will be discussed. In addition, simple, practical guidelines will be demonstrated that will allow therapists to adapt their existing massage techniques and safely integrate an area affected by or at risk for lymphedema into their treatment session.

# Practical Issues

by Stacy Barden, LMT, NCTMB

**Intake forms are an important method in collecting information about a client. However, to the client, these forms can be overwhelming and tedious. As massage therapists we must find a way to respect the client with all of his or her unique needs or requirements and gather critical information that sets parameters for every treatment plan. A complete and thorough intake is one way to insure success, regardless of whether or not a client is identified for wellness, medical or oncology specific therapy.**

Daily, as massage therapists, we ask new clients to fill out intake forms. Periodically we request our existing clients to update their files so we might learn of any changes or occurrences, that haven't been discussed or documented. Intake forms are composed of many different components of information: personal, general health, medical history, informed consent waiver and policy agreement.

The basic components of an intake form include client's personal information such as name, address, phone numbers, sex, e-mail address, date of birth, age, occupation, exercise program and date of service. Additional information may include an emergency contact name and phone number, reason for appointment, areas of pain or discomfort and previous massage experience.

Typically a general health information section is present on an intake form. This component may include but is not limited to: primary health care provider's name, phone number, address, and permission to consult. Depending on the setting of your practice you may gather information about a client's insurance provider, the policy and group number, phone number and address. A question requesting a list of any medications and supplements that the client may be taking should also be part of the general health information section on an intake form.

The medical history component is where the most influential information regarding a treatment plan is collected. A chart or table may be presented is an opportunity to check off existing medical conditions. Everything from skin conditions, headaches, allergies, heart conditions, diabetes, accidents or surgeries, and varicose veins to high blood pressure can be identified. Here a massage therapist can present a series of questions that will shed enormous light on the best treatment plan for the client.

Specifically asking, "Have you ever had any lymph nodes radiated or removed? Where on your body? When and why?" also, "Have you or anyone in your family ever been diagnosed with cancer?" These questions provide an opportunity for further discussion with the client regarding their past and present health conditions. Including these simple questions on an intake form will allow the massage therapist to determine if a client will need a specific protocol treatment plan that is within the therapist's education and scope of practice or if the client should be referred out to a massage therapist who specializes in manual lymphatic drainage (MLD) or oncology massage.

Often a client will dismiss various facts from medical history information because it is not considered as relevant, it was forgotten, or withheld from discussion. Evaluating this information can prevent harm and open an opportunity for education where appropriate. For example when lymph nodes are radiated or removed due to breast cancer, a client is at increased risk for developing Lymphedema. "Seventy-seven percent of the women with swelling noted it within three years of their surgery, while the remaining developed swelling at a rate of 1 percent a year." 1—"For massage therapists without specialized training, local and regional massage with pressure are contraindicated for lymphedema." 2— Asking these questions or similar questions affords the massage therapist an opportunity to provide the best care possible to his/her clients.

Finding a massage therapist who specializes in oncology massage and /or MLD can be done through the S4OM therapist locator, AMTA or ABMP locator services, and the National Lymphedema Network. Ask questions about the therapist's education, training, and years of experience in massage therapy, oncology massage, and MLD. As the massage therapist referring your client to a massage therapist colleague, offer to do the research for your client until both of you are comfortable knowing you have selected an appropriately trained colleague. Take the time to get to know the massage therapists in your vicinity. Are there therapists who specialize in oncology massage, MLD, geriatric, hospice, zero balancing, or cranial sacral therapy in your backyard?

In the same manner, as a massage therapist who specializes in oncology massage and /or MLD, have you taken the time to introduce yourself to massage therapy colleagues in your vicinity so that they are aware of your specialized training and experience? Take time once a month to talk with a therapist in your surrounding area so they become familiar with your specialization. With this simple act you can help educate your peers while providing continued quality care for your clients.

Include on the intake form a section for informed consent to receive massage therapy, cancellation and payment policy explanation for the client to sign in agreement. Review your present intake form and revise it, if necessary. Set a goal to update the intake form every 3 to 5 years. Also have your clients update their records at that time. Consider having color-coded forms to distinguish female from male clients since some names are unisex in nature such as Tony, Chris, Alex, and many others. For example try purple, yellow, or pink for female clients and blue, green or white for males. The final component of an intake form is your company name, address, phone, website and year of the form's creation or revision.

Proper use and maintenance of an intake form is critical for a successful massage therapy treatment. Consistently reviewing and updating our intake forms provides opportunity to dialogue with doctors and massage therapists with specialties in Lymphedema and oncology. Educating massage therapy colleagues regarding the benefits of complete and thorough intake forms is an exciting prospect when we realize that the inclusion of a few simple questions could prevent possible harm to a client and build new relationships within the massage therapy industry in our communities.

**You've been introduced to the board members of S4OM. Now we would like to introduce ourselves, your newsletter team.**



**Anita Bakke:**

I am Anita Bakke, LMT, CLT, charter member of S4OM and Editor of the newsletter. I reside in Carefree, AZ where I have lived

for 10 years coming from the Chicago area originally where I worked at Argonne National Laboratory for 23 yrs. My family and friends are priorities in my life. I care for my sister who is a 5 yr. two time cancer survivor and my elderly mother along with my family, and help with care for my best friend who has ALS. I also work for a hospice visiting care homes. My days are often overwhelming handling the balancing act that is my life. Believing in the possibilities that are S4OM, I look forward to being a part of it's growth. I live by my personal mantra: Be present in your life, pay attention to what has heart and meaning, be open to wisdom and objectivity and most of all be thankful for your blessings.



**Ann Simmons**

Ann Simmons, CMT, a charter member of S4OM and avid supporter of our society and its mission to bring us all together

for the exchange of ideas. I live in Colorado, have a private practice in Denver and I am very involved in hospice work in my area. My Oncology training came from Peregrine Institute of Oncology Massage under the instruction of Gayle MacDonald, MS, LMT and Sandra Canzone, DOM; through this program I gained the knowledge and inspiration for the work I do with oncology patients' pre and post treatment. I think the most important thing we can do as therapists is to stay current in our training and continue to promote education in this field to assure all people living with cancer safe and effective treatment. I look

## S4OM RECOGNIZED TRAINING



### "Knowledge exists to be imparted"

— Ralph Waldo Emerson


The classes listed below are valuable resources provided by S4OM "recognized" instructors. S4OM does not currently have criteria in place to "recognize" these courses that are designed to supplement the practice and experience of established oncology massage therapists. The courses listed below are taught by instructors who teach broader, "foundation courses" and who have shown a commitment to supporting the standards and goals of S4OM. For class schedules and locations please go to websites listed.

#### INSTRUCTOR

#### COURSE TITLE/ WEB SITE

 **Isabel Adkins, BA, CMT**

Massage for People living with Cancer  
Blending East and West  
Integrating Complementary Therapies, Working with Cancer  
[www.oncologymassagematters.com](http://www.oncologymassagematters.com)

 **Jamie Elswick, LMT,**  
(Oncology Massage Education Associates)


Gentle Scar Tissue Mobilization Techniques  
[www.northernraventherapeutics.com](http://www.northernraventherapeutics.com)

 **Tina Ferner, LMT, RD**  
(Oncology Massage Education Associates)

Hospital Massage Curriculum  
Tina\_Ferner@mhsnr.org

 **Johnnette du Rand, LMT, NCTMB**

Oncology Massage(16 hrs)  
+ Oncology Massage Practicum (8hrs)  
[www.greettheday.org](http://www.greettheday.org)

 **Gayle MacDonald, MS, LMT**  
(Oncology Massage Education Associates)

Massage in the Oncology Setting: 5 day Hospital Intensive  
[www.medhands.com](http://www.medhands.com)

#### 2010 ONCOLOGY MESSAGE HEALING SUMMIT

April 30 – May 2, 2010

Northwestern Health Sciences University • Bloomington, MN

forward to the 2010 Healing Summit and the opportunity to meet with all of you, hear your stories and learn from your experiences.



**Harriet Jahr-Philips**

Harriet Jahr-Philips, LMT, NCTMB, charter member of S4OM. I spent several formative years as a graphics services

director in public relations for the American Cancer Society, Pennsylvania Division. I left ACS in order to spend more time with my young children. In 2005, I trained to be a massage therapist with the deliberate intention of entering integrative medicine. Upon finding the organization S4OM, I wanted to contribute my skills in graphic design, writing and editing to help further the growth, immersion and acceptance of oncology massage within modern medicine.

I have two practices on-site at oncology offices in Lawrenceville and Westampton, New Jersey. I also work part-time for a local hospice. My husband, daughter, son and extended family are my world and first priority. Being able to give and make a difference in some small way is probably what I believe is most important in life, then I try to balance my inner self with the outer world thru exercise, rest, contemplation and being a homebody. My mottos/favorite quotes are...

- 1) Take time out to wait for a better perspective in any situation when you feel uncertain.
- 2) "Work as if it all depends on you; pray as if it all depends on God."

—Anonymous

- 3) "If you ever get a second chance in life for something, you've got to go all the way."

—Lance Armstrong

*continued next page*

**Newsletter Team** *continued from pg. 5***Mary Lou Ross:**

I am Mary Lou Ross, LMT NCTMB, CNMT, CLT, Charter member of S4OM. I have resided in Douglasville Georgia

for 18 years. I have been in the Navy, a stay at home mom, 14 years, a Head Start Teacher and most thankfully, a massage therapist. I've done massage, in one form or another, all my life. I run a small private practice with a wide range of patients. My family, as a whole, is my main priority. Balancing daily life can be difficult for me, so my quiet time is precious to me. S4OM affords me networking opportunities I would otherwise not have. The best compliment I ever received I try to live by; "You accept me for who I am with all my faults and failings and put no demands upon me. You just let me be me." Also by following this I am never disappointed in an outcome.

**Intake Form** *continued from pg. 4*

For find more information visit these websites:

www.s4om.org  
www.amtamassage.org  
www.lymphnet.org  
www.massagetherapy.com

**Bibliography**

Love's, M.D., Susan (2005). *Dr. Susan Love's Breast Book*. Cambridge, MA: Da Capo Press.

MacDonald, MS., L.M.T., Gayle (2007). *Medicine Hands Massage Therapy for People with Cancer*. Scotland: Findhorn Press.

Walton, Tracy (2000). *Clinical Thinking And Cancer*. AMTA Massage Therapy Journal, Fall 2000 Vol.39, No. 3, pages 66-79.

**Enlighten Us**

Send your thoughts, comments and questions via email to: [newsletter@S4OM.org](mailto:newsletter@S4OM.org),  
ATTN: Enlighten Us.  
Include your name and contact information.

Zuther, Joachim (2005). *Lymphedema Management, The Comprehensive Guide for Practitioners*. New York: Thieme Medical Publishers, Inc.

**Footnotes**

1) Love's, Dr. Susan. *Dr. Susan Love's Breast Book* page 456.

2) Walton, Tracy. *AMTA Massage Therapy Journal* Fall 2000, *Clinical Thinking and Cancer*. Page 69 inset table 1.

*More about Johnette du Rand and Greet the Day Spa will appear in the next newsletter.*

*We apologize that the article was not continued as indicated in this current issue.*

**We Need You!**

*The newsletter is in need of articles, topics you want addressed and opinions.*

*If you are interested please contact Anita Bakke at [newsletter@s4om.org](mailto:newsletter@s4om.org).*

**Mission Statement**

*S4OM is grounded in a philosophy of compassion and service. We are focused on connecting cancer patients, their families and their caregivers with skilled oncology massage therapists.*

*An oncology massage therapist is a massage therapist who, following comprehensive training in general massage therapy, has completed additional "post-graduate" training addressing the full spectrum of cancer-related issues: the physical consequences of cancer, the side effects of various treatments, the psycho-social and emotional consequences. Therapists learn to adapt the extensive repertoire of standard massage therapy techniques to work safely and effectively with people living with cancer.*

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*S4OM is an all volunteer organization.*