

The Road Less Traveled: A Newsletter for Walking New Ground



REFLEXOLOGY ASSOCIATION OF IOWA

INSIDE THIS ISSUE:

A Message from the RAA President	2
Practitioner Review Corner	2
Bunions & Out and About	3
Membership dues, Board Meeting Minutes	4
Story, Anyone?	4
Educational Opportunities Corner	4
2009 RAA Membership Drive	5
Onychomycosis, AKA Nail Fungus!	5
Meet & Treat in Iowa	6
Reflexology Plus	7

FALL 2008 MEETING MINUTES

Reflexology Association of Iowa

The Fall RAAIA meeting of the whole was called to order at 1:10p.m. by President Jan Mitchell. 11 members were present.

Introductions:

Two new members: Sherry Westercamp Julie Bushman. One guest: Cindy McCarville.

Minutes of the previous meeting were read and approved.

Treasurer's report was read and approved. We have \$1513.45 in savings and \$294.06 in checking. One bill was submitted for the cost of the meeting room.

The following old business was discussed and approved:

- Board ratification of RAAIA non-profit status as a 501(c)(6).
- Board ratification of RAAIA affiliation with the national RAA.
- Board ratification of RAAIA by-laws.
- Board ratification of RAAIA official logo.

The RAAIA articles of incorporation need to be filed with the State of IA. Jan will discuss this with the attorney. Also Jan will talk with the attorney about the process and cost of registering our logo trademark or copyright.

Now that the by-laws have been adopted all member dues will be reported to June 2009. From then all annual dues will be payable in June of each year.

We still need two delegates to RAA for our application for RAA affiliation to be submitted and approved.. These two delegates will need to attend the RAA national meeting in Colorado in 2010 and be willing to serve on an RAA national committee.

Progress on the website was discussed. Pat will be in touch with our webmaster with questions about our website links to RAA's sites, links to individual member information and sites, and a link to our RAAIA newsletter. Our homepage can be viewed at <http://www.seffera.net/raia/index/html>.

New business: There was discussion concerning CEU information and offerings through RAAIA. The question was raised as to whether or not members must submit CEU's to RAA for certification or if they only need to be available for verification when requested. There was also discussion about CEU offerings through RAAIA and the process by which CEU's will be approved through RAAIA. This discussion will be taken up at the next meeting. Diane Constantine is willing to certify our CEU's.

Our next meeting will be in Waterloo, IA, on April 4, 2009. Rhonda Spence will find the meeting site for us.

Respectfully submitted, Amy Petersen, Secretary

Addendum: The next meeting is in Waterloo, Ia at Junie's Restaurant, 100 Plaza Drive, Elk Run Heights, Waterloo, IA. Their phone number is 319-833-8021. They are located just off Hwy 20, Exit 68, by a Road Ranger Service Station.

LETTER FROM THE PRESIDENT

Greetings, Fellow Reflexologists!

It is time for an update on recent activities. First, and most exciting:

AFFILIATION

The application for affiliation with the national organization, Reflexology Association of America (RAA), was unanimously approved by their Board on February 12, 2009. Our official letter will be coming soon!

DELEGATES

Our membership voted for Rhonda Spence and Pat Barrance to serve as our delegates to the next convention in Colorado, spring 2010. A few weeks ago, Pat Barrance was elected to the Reflexology Association of America Board of Directors. She is on the committees for Education and Research. Big congratulations to Pat, and to RAA for such a wise choice. We found out that she is not allowed to also serve as our delegate. So, to move the application forward, our Board selected Jan Mitchell

to stand in as our delegate until we vote for a professional member of both RAIA and RAA to take her place.

NONPROFIT STATUS

The RAIA attorney, Jessica Doro, is assisting us in gaining nonprofit status. We filed articles of incorporation on June 10, 2008. Our nonprofit application information is being reviewed. You will be informed when there is progress to report!

WEBSITE

Our web master has worked our logo into the home page. A mock up is available for you to see at <http://www.seffera.net/raia/index.html>. Either Pat Barrance or I will funnel information to our designer, so if you have ideas or comments please go through Pat or me. When finalized, our web address will be <http://www.reflexologyiowa.org>

DUES

All memberships will be due by June 30 each year to comply with our bylaws and Reflexology Association of America

MEETING

We have issues to discuss at the **membership meeting on Saturday, April 4th, 2009. We are meeting at Junie's Restaurant, 100 Plaza Drive, Elk Run Heights, Waterloo, IA. Their phone number is 319-833-8021. They are located just off Hwy 20, Exit 68, by a Road Ranger Service Station. Our board meets at noon, followed by the membership meeting at 1 pm.** We have their permission to bring our chairs for our Reflexology Exchange after the business meeting, which we try to keep to an hour. For those graduates of Reflexology-Plus, attendance will earn you 2 CEU credit hours. If you have issues you want brought up, please contact one of the board members so we can get your idea on the agenda.

I look forward to seeing you there!

Jan Mitchell, RAIA President

PRACTITIONER REVIEW CORNER

Ever wondered if a new product is any good, but don't want to buy it unless you know? Have you read a great book or developed a technique that improved your practice that you would share? E-mail and let me know what you've discovered! We can review products, books, techniques, resources, or whatever else you can think up. Remember, this is YOUR newsletter! Let's put it to good use, so that it benefits us all. E-mail to dconstant170@msn.com with a review of what you've tried, and we will get the word out!



BUNIONS



Picture of a bunion. Obtained from askamericapodiatrist.files.wordpress.com and may be subject to copyright.

The most common disorder of the foot, bunions are a painful malformation that may be caused by genetics, congenital malformations, injury and/or poor foot wear. Bunions are more common in women than men, most likely due to the high, narrow heels women often wear. Arthritis can also play a part in causing bunions.

A bunion is formed when the great toe is pushed or deviated toward the other toes at the metatarsophalangeal joint (MTP joint). The bursa of the joint then swells (termed "bursitis"). This condition can effect the other toes as well, and may cause the toenails to grow off to the side of the toe.

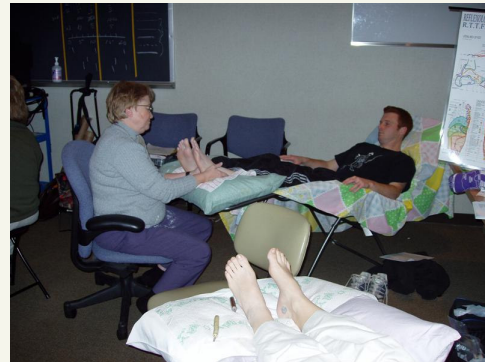
Symptoms include a bump on the inner aspect of the foot at the base of the big toe, redness, swelling, pain, restricted movement of the big toe, and thickening of the skin at the base of the big toe.

Treatment often includes wearing open-toed shoes and/or soft, comfortable shoes with a wide box in the front. Analgesics, such as ibuprofen to reduce inflammation, are often recommended. Cushions placed on the bunion can be used for comfort and to help prevent pain. When severe, surgical management is necessary. This includes removing some of the swollen tissue from around the joint and shaving or removing some of the bone so that the large toe can be re-aligned. Occasionally the bones are fused together.

If your client has bunions, before performing Reflexology discuss with them how painful the site is. You may not be able to work the area. Consider other homeopathic ways to assist in pain management, such as crystal use, aromatherapy, Reiki, etc. Make sure to work the hands in the areas you missed!

OUT AND ABOUT

Amy Petersen & Mary Thompson



Isabel Zvorak

Comic Relief to warm the heart: A child's visual interpretation of Reflexology. We think she did a pretty good job!



A brand new Reflexologist has arrived, ready to conquer the world by creating a relaxing environment for all! Um, maybe we better ask his parents how



relaxing he *really* is in a month or so....

MEMBERSHIP DUES

As you know, our membership dues are what keeps our organization running. The dues help pay for this newsletter, our legal fees as we strive to become a non-profit organization, and many other things. If you have fallen behind on your dues (it's easy to forget...I know!), please contact Jana Crane at cjcrane@imonmail.com or mail your dues to: 193 19th Avenue SW, Cedar Rapids, Iowa 52404. We look forward to having you as a member for another year!

STORY, ANYONE?



Do you have a story to tell regarding Reflexology? Do you have a problem you need help solving, or have found a wonderful solution to a problem? Feel free to share it with the rest of the group. Via our newly revamped newsletter, we will work together to make not only our own practices better, but support and enhance everyone else's too. Submit story or story ideas to

Respectfully submitted,
Amy Petersen

dconstant170@msn.com.



EDUCATIONAL OPPORTUNITIES

International Conference of Reflexologists: ICR Conference, is set for Anaheim, California, September 11-13, 2009. Such notable presenters as Inge Dougans will speak on various topics. Ms. Dougans will discuss the "Vacuflex concepts". Other topics include Thai Reflexology, Pet Reflexology, and Reflexology Study with Breast

Cancer. For more information go to http://www.icr-reflexology.org/conference_2009.htm

treat your mind, body and soul to the **MAGiC** of Chris Stormer's SRN. SCM. HV. Dip R dynamic & insightful presentations **Saturday & Sunday**, September 26 & 27,

2009, from 9:30 am to 4:30pm at the Illinois seminar **AND** again at the 10th year of the RAI Convention on August 1st, 2009 in Willowbrook, Ill. Holiday Inn. For more information, contact Naomi Green, RAI Event Coordinator at imoanloof@verizon.net or go to <http://www.reflexillinois.org>

2009 RAA Membership Drive

2009 Membership Drive

Join your fellow Reflexologists and support the associations that support YOU ! Thirteen states have affiliated with Reflexology Association of America (RAA), with more soon to follow. We can accomplish so much more working together! Is your state: Arizona, California, Colorado, Connecticut, Georgia, Maine, Maryland, Massachusetts, Missouri, North Carolina, New York, Ohio or Rhode Island? If so, you'll find your State/RAA specific forms on the RAA website. If your state isn't yet affiliated, a general form to join RAA is there for you.

Download and print the form you need at
www.Reflexology-USA.org

Why should I join my state and national association?

- Receive certificates to display in your practice. Further professionalism is demonstrated to your clients when they know you are affiliated with organizations dedicated to maintaining professional and ethical standards. It lets them know you are concerned about the field of reflexology and actively support its growth and development as well as your own continuing education.

- Be included on the state and national web sites. You can even have your own webpage.
- Enjoy the newsletters from your state and the RAA magazine
- Get discounts offered when attending workshops and conferences in your state or nationally.
 - As a member of these associations, you are kept informed of the latest developments in the field through continuing education opportunities, conferences and newsletters.
- Get combined resources when seeking governmental recognition. Legislation work done by RAA on the national level, in conjunction with many states, has ensured that Reflexologists have the right to practice as a separate modality in those states. Work is ongoing to provide that benefit for ALL. The number of reflexologists represented on the local, national, and international levels in associations is important.
- Get support locally from your state association, nationally and internationally from RAA.

If you have any question, please contact Nancy Bartlett, Membership Chair at nancy-raa@cox.net. Join today and become part of the future!

Onychomycosis, AKA Nail Fungus!



Picture taken from www.prostrakan.com/Onychomycosis.html and may be subject to copyright.

Onychomycosis is a fungal infection of the finger or toenails caused by a dermatophyte. It is contracted by coming into contact with the fungus, but you must have an opening for the fungus to get under your nail. The infection is chronic and hard to get rid of. It causes the nail to separate from the nail bed and become flaky, discolored, thick and brittle, and is often a source of embarrassment for the person with the infection. Most infections occur in toenails because the fungus enjoys warm, moist environments. It can be passed via a wet locker room floor,

and finds a good home on the foot, which resides in socks and shoes; a great, warm, moist environment!

People at highest risk for contracting the infection are people over 60, persons with circulatory disorders or diabetes, and those who do not practice good nail care. Going to a salon for manicures or using artificial nails is a high-risk activity, as not all salons clean instruments thoroughly and artificial nails hold in moisture.

Getting rid of the infection is difficult, at best. The most effective method is an oral medication prescribed by your physician, but it can be very toxic to the liver. You may be required to have frequent liver function tests via blood draws to ensure damage is not caused. If you have a client with a fungal infection, you may want to avoid the site, wear gloves or latex finger coverings (similar to gloves, but only for the finger) to avoid contracting the fungus yourself.



**I O W A R E F L E X O L O G Y
A S S O C I A T I O N**

Deadline for Submissions:

Please have all submissions for the next newsletter by August. 15th, 2009.

The NEXT MEMBERSHIP MEETING is on Saturday, April 4th, 2009. We are meeting at Junie's Restaurant, 100 Plaza Drive, Elk Run Heights, Waterloo, IA. Their phone number is 319-833-8021. They are located just off Hwy 20, Exit 68, by a Road Ranger Service Station. Our board meets at noon, followed by the membership meeting at 1 pm.

MISSION:

- 1) To protect and preserve the skills of Reflexology
- 2) To encourage communication and education for Reflexology Practitioners and the Clients they serve in Iowa.

M E E T & T R E A T F A C I L I T A T O R S O F I O W A

"Meet & Treat" Facilitators of Iowa

Roberta Rowland was concerned that there was a lack of communication between Reflexologists across the State. Not everyone could get to the Reflexology Association of Iowa Meetings – which are on the first Saturday of April & October. These meetings have been in Marshalltown. Now we have a new committee the location might change, but that will be announced in good time before the October meeting.

So Roberta suggested we have smaller groups get together for a Meet & Treat session at a time & location that is convenient to that particular group. We would like one person to do a short write up of the meeting, possibly with a photo, & send it in to our Newsletter Editors, Diane Constantine – dconstant170@msn.com & Cinda Stifel – jcstifel@aol.com

If you need their mailing address, please phone me for the information. 319-373-0345

We hope this will keep everyone in touch, & not feel isolated. Please include any suggestions for improving our Association. This is your profession & Association, everyone is important.

Roberta Rowland - Ankeny (Central IA) 515-965-9600
rowland@ankeny.k12.ia.us

Rhonda Morton – Bloomfield (SE IA) 641-208-5775
rkmorton@netins.net

Mary Benedict – Dubuque (SE / IL Border) 563-584-8936
cybilred@yahoo.com

Sharon Hoppenjan – Dubuque 563-690-0506

Jacque Deaton – Solon (North of Iowa City) 319-331-1434
jcd_ia@msn.com

Cinda Stifel – Cedar Rapids 319-389-3340
jcstifel@aol.com

Annette Garbes – Waterloo 319-833-0561
Garbes5@aol.com

We are now looking for facilitators in the NW, & SW regions of Iowa. If you would be able to help please contact Patricia Barrance 319-373-0345 pbarrance@juno.com

Thank you, Facilitators for offering to help. This is an exciting development for our Association.



REFLEXOLOGY-PLUS



PATRICIA BARRANCE.

A.R.C.B. Certified Reflexologist, A.C.A.R.E.T. Accredited Instructor



REFLEXOLOGY-PLUS IS A 450 HOUR CERTIFICATION PROGRAM

A series of five, three-day workshops, (Friday, Saturday & Sunday) over a period of 16 months. Levels One through Five. The course includes:-

- Instruction and hands-on practice of Foot and Hand Reflexology; Anatomy & Physiology,
- The Meridian Connection to Reflexology; Energy - Chakra's, Stones, Essence, Colors & Meditation,
- Diseases & Disorders; Business & Sales Tax Information.

C.E.U.s for Massage Therapy approved by the Iowa Department of Public Health

Location – Conference Room - Baymont Inn & Suites,
1220 Park Place, NE, Cedar Rapids, IA. 52402. 319-378-8000

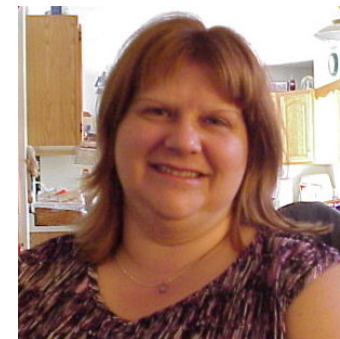
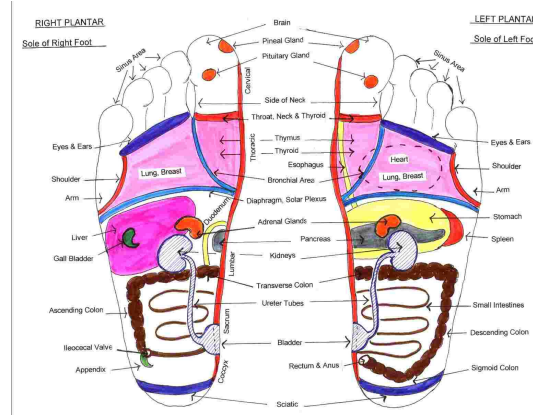
NEW DATE FOR LEVEL ONE 2009 – September 18th, 19th, & 20th

- Level One: September - Friday 18, Saturday 19, Sunday 20, **2009**
- Level Two: November - Friday 20, Saturday 21, Sunday 22
- Level Three: March - Friday 19, Saturday 20, Sunday 21, **2010**
- Level Four: June - Friday 18, Saturday 19, Sunday 20
- Level Five: November - Friday 5, Saturday 6, Sunday 7



Cost - \$370 for each workshop. A \$50 deposit is required for each workshop. The balance of \$320 to be paid at the registration of each workshop, this includes a Materials Fee of \$20. Total cost of the entire program: \$1,850.

Reflexology has profound health benefits.. It creates a deep relaxation, is pain relieving and revitalizes the client in body, mind and spirit.



Cindi Minehart – Business Tips

Please contact Patricia Barrance for information. 319-373-0345 pbarrance@juno.com www.reflexology-plus.org