

**Massage Therapy Foundation  
Community Service Grant Recipients  
2009 to 1993**

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The Massage Therapy Foundation Community Service Grants are awarded to organizations that seek to provide massage therapy to communities or groups who currently have little or no access to such services. Listed below are brief summaries of community service projects the Foundation has funded.

**“Massage Does a Body Good,” Susan Ann Raszewski, West Central Texas Council of Governments, Abilene, TX; \$4,998.55, 2009**

***Sponsored in part by a grant to the Foundation from Biotone***

The benefits of massage therapy for reducing stress, lowering blood pressure, enhancing sleep, and easing chronic pain are proven. The professionals implementing this initiative will take massage to rural Texas by holding 10 massage therapy events over a one-year period. Targeted clients will be adults aged 60 and older, with priority given to those who have disabilities or are living in rural areas with limited access to services. Also included will be family caregivers of any age who are caring for adults over age 60, as well as individuals aged 55 and above who are the relatives and family caregivers of children aged 18 or younger. Chair, hand, or foot massages provided at local senior centers will allow these individuals to experience the healing benefits of massage. Individuals may receive more than one massage, but only one per event.

The West Central Texas Area Agency on Aging is home to more than 47,000 seniors, many of whom are living in remote areas. The local prevailing mindset is that massage is a luxury available only to the wealthy and to city dwellers. The goal of this outreach project is to help educate an estimated 50 to 100 people about the wellness benefits of massage therapy. From the elderly who are often starved for touch to the caregivers who have so many burdens to bear, the healing effects of massage therapy will offer welcome respite.

**“Healing Hands for HIV/AIDS”, Amy Eusebio, Congreso de Latinos Unidos, Philadelphia, PA; \$5,000, 2009**

***Sponsored in part by a grant to the Foundation from Biotone***

This organization has served the needs of Latinos in Eastern North Philadelphia for more than 30 years. This project—coordinated by the congress’s Esfuerzo program—will bring massage therapy and its immune-boosting elements to those living with HIV/AIDS. As of April 2009, Esfuerzo was serving 171 clients (primarily Puerto Rican) with an annual goal of 300 clients by 2010.

This community has the lowest median income of any ethnic group in the city and is deeply affected by the HIV/AIDS epidemic. Although massage is recognized as extremely beneficial for individuals living with HIV/AIDS, the therapy was previously absent from the array of services offered at Esfuerzo.

Thanks to this grant, a massage therapist will provide onsite chair or table massage every Thursday for four hours beginning September 2009 and continuing for a year. Clients can book two appointments monthly for 20-minute sessions. If someone breaks an appointment, another client may have an extra session. On any given Thursday there are 15 to 40 individuals attending support groups at the center, ensuring a steady flow for the therapist. Up to 12 clients a day equates to the possibility of 624 total annual sessions.

Project leaders anticipate that the program will benefit 50 to 100 clients during the grant period. Although it is impossible to include all active clients because of their fragile health and travel restrictions, the care and compassion of a professional massage therapist has the potential to enormously affect the health and quality of life of the clients who do receive the work.

**“Helping Hands Community Massage”, Shane Convery, Immune Enhancement Project, San Francisco, CA; \$5,000, 2009**

The Immune Enhancement Project (IEP) will provide massage therapy to underserved people living with HIV/AIDS and other chronic, potentially life-threatening diseases. Over a one-year period, practitioners will provide regular monthly massages for at-risk, low-income clients who live with disabling and chronic illness, particularly HIV/AIDS, cancer, and mental illness. IEP plans to build on its success by demonstrating the effectiveness of massage therapy in a community setting and improving the quality of life of clients as well as reducing the need for more costly and invasive modalities.

Approximately six massage sessions will be given to each individual – ranging from 2 to 10 sessions depending upon client wishes and needs. An estimated 336 massage sessions will be provided, free of charge, in at least four local health clinics. The corresponding evaluation process will consist of self-reporting, comparison of pre- and post-program baselines and practitioner assessment.

In its 25-year history, IEP has established relationships with the San Francisco Health Department and San Francisco's community health centers, along with the San Francisco AIDS Foundation and the Grace Jones Richardson Trust. IEP leaders are working to garner additional support from other private donors and foundations. Their well-established relationships with other service providers and healthcare organizations offer a unique access to clients and collaborations.

**"Bonding with Baby Program", Jennifer Greene, Kaleida Health/Women and Children's Hospital of Buffalo, "Buffalo, NY; \$4,992, 2009**  
***Sponsored in part by a grant to the Foundation from Biotone***

Since 2007 massage therapist Jennifer Greene has brought massage to clients of this urban-based clinic that serves as a safety net of care for many low-income women and children from the surrounding neighborhoods. Recently she became a Certified Infant Massage Instructor and started bringing the work to the at-risk families served by the Women and Children's Hospital of Buffalo (WCHOB).

The Bonding with Baby program gives parents safe space to focus on themselves and their baby while learning infant massage techniques. Greene will provide outreach services to target all new mothers who delivered babies at WCHOB as well as fathers and caregivers with

enhanced outreach to encourage participation of moms from high-risk environments. An estimated 60 parents and their infants will attend four weekly 1.5-hour classes the first month of the program and follow-up refresher classes three months later and six months later. An estimated five parents and their babies will participate in each session, ongoing over a one-year period. Each parent will provide six massages to each infant or one massage at each of the six training sessions. This grant augments approved funds from WCHOB and enables marketing and outreach for the project.

Parents will also learn the warning signs for postpartum depression and reap the benefits of infant massage as a powerful element in human bonding. Many of Greene's initial clients were thrilled to report that their babies slept better through the night and experienced less colic thanks to their massages. Many of these new moms (and dads) are teenagers who come from a cycle of abuse and neglect. Although they were likely raised without nurturing touch, this program can give them the skills to bring healthy touch to their newborns and enrich the family bonding experience.

**“Care for Caregivers,” Debbie Charleston, Hospice at Home, St. Joseph, MI; \$5,000, 2008**

Nationally more than 50 million individuals take care of a family member or friend during any given year. Professionals working with the Hospice at Home program in St. Joseph, Michigan, attend to the needs of more than 850 patients a year and know that caregivers are integral to their patients' comfort. This \$5,000 grant will bring an average of six free massages a week (approximately 336 sessions over the year) to an estimated 90 caregivers. This program services caregivers in four Michigan counties, the majority of whom are age 65 or older. These complimentary massages will help soothe the extreme stress, fatigue, muscle tension, and anxiety commonly experienced by caregivers. These factors can reduce a caregiver's lifespan by a decade. Massage therapists coordinating this program have backgrounds in hospice care and psychiatric work, so they're able to provide massage while understanding their clients' emotional needs.

**“Healing Touch Massage Therapy for the Homeless,” Juana Leandry, Praxis Housing Initiatives Inc., New York, NY; \$4,500, 2008**  
***Sponsored in part by a grant to the Foundation from BIOTONE***

This project is a Praxis Housing outreach program serving an estimated 340 adults daily in four housing facilities in New York City. All clients are homeless adults with HIV/AIDS, physical and mental illness, histories of substance abuse and incarceration. All are destitute; 78 percent are male; 78 percent black; 20 percent Hispanic; 2 percent Caucasian. They're trying to work their way back to health and recover financially. The \$5,000 grant will bring massage to an estimated 225 clients, based on serving five clients a week for 45 weeks. Clients in all four facilities will have the opportunity to benefit from massage once a month. Massage therapy will help them relax, alleviate their stress, lift their spirits, and instill hope and faith for a brighter future.

**“Uzbekistan Orphanage Massage Therapy Training,” Alisher Sharipov, Medical Teams International, Bellevue, WA; \$5,000, 2008**

In 2007, Medical Teams International's volunteer medical teams served 3.2 million individuals in 51 countries. This project focuses on Uzbekistan's Tashkent orphanage, home to 320 disabled children ages 4 to 18—190 are boys, 130 are girls. They suffer from abnormalities in the central nervous system, congenital physical abnormalities, cerebral palsy, hydrocephaly and a number of other hereditary diseases. Of the 320 children, 204 can walk, 36 can crawl, and 80 are

bedridden. According to UNICEF, many of these children are orphaned because of parental poverty and unemployment, not death. Due to the stigma of disability in this country, these children face a life of isolation and exclusion. This \$5,000 grant will allow two American massage therapists to travel to Uzbekistan for three weeks, deliver massage to each of the 320 children, and teach caregivers the basics and benefits of massage therapy. This training will plant the seeds for lasting behavior changes in the orphanage's youngsters and staff and serve as a wonderful cross-cultural experience for participants.

**“Healthcare Is a Human Right: Free Bodywork and Holistic Clinic for Homeless Individuals,” Susan Weeks, The Family of Woodstock Inc., Kingston, NY; \$4,480, 2008**

This grant funds a collaboration of The Family of Woodstock Inc., and Health Care, a Human Right (HCHR) to service four clinics in the Kingston, New York, area for a 12-month period, providing forms of massage, bodywork and holistic health care modalities to more than 200 individuals. The clients include individuals who have recently been homeless or runaways, domestic violence victims and others who would not generally have access to these services. This project will be staffed with 11 therapists and two administrators. The ongoing project includes educating the clients on how to improve and maintain wellness through lifestyle changes and exercises and to inform the community of these programs and promote personal well-being.

**“Hands to Promote Health,” Lorene Reano, Santo Domingo Tribe, Santo Domingo Pueblo, NM; \$4,999, 2008**

The Santo Domingo Pueblo (SDP) community includes about 4,800 members who live on ancestral tribal land in Central New Mexico. This project focuses on giving massages to 50 members of the community who are diabetic or have other chronic diseases. American Indians experience diabetes at three times the rate of the general population. Massage therapists will incorporate Western and traditional Native medicine to promote health and healing, providing massage, reflexology, relaxation techniques, and other alternative therapies not provided by Indian Health Services. Massage therapists will visit schools and youth programs to conduct presentations on massage and will initiate alliances with other health care providers. The program's objective is to develop a campaign to educate community members about massage and its benefits and to raise the awareness of massage therapy as a career choice among young people.

**“Massage as a Mental Wellness Tool: A Collaboration to Return to Balance through Touch,” Lori Ruth Kalvert, Project PAEAN/The Breathing Project, New York, NY; \$5,000, 2008**

The audience for this program is mental health consumers who will be trained in self-empowerment, relaxation and stress relief by emphasizing the mind, body, spirit connection. The core program offers weekly classes that educate participants on the importance of touch, self-massage and self-acupressure to calm the mind and promote stress reduction. Individuals diagnosed with mental health challenges will receive chair or table massages over a 10-month period.

A related outreach program for 12 participants is based on a continuum of stages that includes 1) learning self-nurturing strategies and techniques from multiple bodywork modalities and keeping a healing journal in which participants note their emotional and physical state before and after class; 2) training on partner stretches and massage techniques, and continued journaling, and 3) empowering participants to travel to a local yoga and wellness studio. Midway

in the program, participants will be offered two private 45-minute massage sessions plus 15 minutes of processing time. This project also includes two experiential presentations for caregivers, parents, nurses, therapists and other interested participants, presence at two *National Alliance on Mental Illness* annual events, and training massage therapists in the principles of touch and massage as a mental wellness empowerment tool and service of compassion.

**“Increasing Mother-Infant Interaction, Decreasing Depression: Teaching Infant Massage to Mothers with Symptoms of Postpartum Depression,” Heather O’Leary, Swedish Covenant Hospital, Chicago, IL; \$2,283, 2008**

The goal of this project is to teach infant massage to mothers suffering from symptoms of postpartum depression (PPD) by expanding the current infant massage program at Swedish Covenant Hospital. The objective is to use infant massage to strengthen mother-infant interactions and bonding, to decrease the mother’s symptoms of PPD, and support the health development of the infant through improved sleep habits, less colic, more attachment to their mothers, and less anxiety. The program will serve 24 to 36 mothers over the course of a year. Each mother will receive around five one-on-one infant massage instruction classes.

**“Gentle Touch and Complimentary Massage Therapy,” Betsy Queen, Mount Carmel Health System, Columbus, OH; \$5,000, 2008**

This program will train adult and teenage volunteers in providing gentle-touch hand massage to hospice patients. Training for volunteers will be given by a licensed massage professional and will include hand massage techniques along with the education and emotional support needed to work with patients who are dying. For hospice patients, pain management is an overriding goal of providing quality end-of-life care. The objective is to increase relaxation, reduce anxiety, and therefore improve quality of life among hospice patients. Approximately 50 terminally ill patients will be served by this program.

**“Rub It! Simple Massage Techniques to Alleviate Common Ailments in Seniors,” Alicia Recore, St. Peter’s Hospital, Albany, NY; \$2,200, 2008**

The goal of this program is to train caregivers of the elderly to provide massage techniques that can alleviate some common health problems, including muscle pain, insomnia, abdominal discomfort, depression, and anxiety. Training will be provided by St. Peter’s Hospital, a multifacility health system. Approximately 10 training workshops will be held at area community-based senior organizations for family members and professional caregivers throughout the year. An estimated total of 200 caregivers will be trained.

**"Massage Therapy for Torture Survivors," Mary Fabri, PsyD, Marjorie Kovler Center for Treatment of Survivors of Torture, Chicago; \$4,620, 2007**

With this grant, the *Marjorie Kovler Center for Treatment of Survivors of Torture* expanded its therapeutic massage program. This Chicago program provided massage therapy for 20 torture survivors. Each participant received thirty-five 1-hour massage sessions during the 12-month grant period. Some of the benefits of massage for the survivors of torture include: empowering the individual, alleviating pain from musculoskeletal injuries, and decreasing psychological stressors.

This nonprofit organization, operated mainly by volunteerism, provides medical, psychological, and social services to over 300 torture survivors from 50 different countries.

With the grant, collaboration time between massage therapists and the direct health care professionals was promoted, the pool of massage therapy volunteers increased, and updated training materials were developed and provided to new massage therapy volunteers.

**“Bodywork for the Homeless”, Cynthia Price, PhD, LMP, Alternative Healthcare Access Campaign, Seattle, WA; \$5000, 2007**

An estimated 6,000 homeless individuals live in Seattle and this program sought to build and strengthen massage and bodywork accessibility for this population. *Alternative Healthcare Access Campaign (AHAC)* volunteers have provided more than 5,000 treatments to more than 2,300 people since it started in 1999. By forging relationships with schools and area practitioners, their four-practitioner task force aims to inspire bodyworkers to become involved in assisting the homeless.

With this grant, AHAC offered trainings focused on how to work with vulnerable populations and the necessary skills/sensitivities to include in practice. Not only did the program aim to build an infrastructure to establish AHAC within the massage/bodywork community in Seattle through outreach to the massage schools and bodywork practitioner base in the area, it also provided a much needed continuing education focus for bodywork practitioners that would not be otherwise available in Seattle.

Through increased visibility of the services offered and used—as well as the benefits experienced by the homeless—the project leaders intend to effectively lobby for state funding to provide future alternative health services to the homeless population.

**\*In the News\***: read the article ["Bodywork For The Homeless"](#) by Cynthia Price published in the Spring 2008 issue of the Washington Massage Journal.

**“Massage Therapy for Post-Operative Gynecology and Gynecology-Oncology Patients”, Ann Charles-Craft, D-Min, Virginia Commonwealth University, Richmond, VA; \$5,000, 2007**

***Sponsored in part by a grant to the Foundation from BIOTONE***

Contemporary research underscores the ability of massage to reduce patient pain and anxiety. The goal of this project was to provide massage therapy services to 100 percent of post-operative gynecology and gynecology-oncology patients on the women’s surgical care wing at the *Virginia Commonwealth University Health System (VCUHS)*.

This system has a diverse socio-economical, educational, and ethnic population, and nearly half of its patients are uninsured and under or unemployed. This project provided fifteen-minute massages for all interested patients beginning the first day after surgery, many who would not otherwise have access to bodywork. Massage therapists partnered with patients to determine their needs, comfort levels with massage, and appropriate therapy goals.

This patient demographic is likely to experience a difficult and painful recovery from their surgery. It was anticipated that patients who are better able to deal with their pain will experience shorter hospital stays and alternative therapies are useful options for patients in addition to pharmacology.

The five-person team of massage therapists reflected a synergistic blend of skills including education, massage therapy, nursing, spiritual, and patient counseling expertise. Massage

therapists were part of patients' multidisciplinary healthcare teams and assisted in evaluating the program's progress. Resulting documentation was used to help justify hospital funding for a full-time, certified massage therapist.

**“Mino-Ayaan: Be Well Community Health Project”, Leah Prussia, White Earth Recovery Project, Calloway, MN; \$5,000, 2007**

*The White Earth Land Recovery Project (WELRP)* used this grant to incorporate weekly massage into their holistic health program under the Mino-Ayaan: Be Well Community Health Project. Massage therapy was a new component of the project's educational exploration of broader holistic and traditional healing programs for the White Earth reservation. The focus of this program is to address the wellness of the peoples, and to create a healthy generation of Anishinaabe. It was estimated that 260 people were served by this grant.

WELRP is a multi-issue, non-profit Native American organization based on the White Earth Indian Reservation in northern Minnesota. They provide facilities and support for community food systems, traditional food restoration, support of indigenous spiritual and cultural traditions, and exploration of traditional healing projects. The White Earth reservation (Ojibwe/Anishinaabe) has a resident tribal population of around 11,000 residents, the vast majority of which are below the poverty level and in need of a broad array of healing services.

**“Ventures in Therapeutic Massage for Developmentally Disabled Adults”, Kathryn Greschner, Cornerstone Ministries, Inc., \$4,890, 2007**  
***Sponsored in part by a grant to the Foundation from BIOTONE***

*Cornerstone Ministries* has been working with developmentally disabled adults for 25 years. With the support of a grant from the Massage Therapy Foundation, they have expanded their care options to include massage therapy treatments for these individuals, their caretakers and staff. With these funds, two 20-minute massages were provided weekly to 30 people, free of charge. The massages were part of a relaxation regimen that includes aromatherapy, dimmed lighting and calming music.

In addition to providing massage services, Cornerstone Ministries gave three free training sessions to area practitioners in technique, contraindications and the unique situations of this target population. They also provided “guest speakers” to area massage therapy schools to demonstrate viable techniques and methods of introduction of massage to those with cognition impairments and sensory disabilities.

**“Massage Outreach Program for Single Parent Students of Salt Lake City Community College”, Jason Gillman, Salt Lake Community College, \$5,000, 2007**

Single parents often experience a great deal of stress as they work to meet the needs of their families. When they are also students, the challenge is that much greater. Anxiety, insomnia, and musculoskeletal pain are common symptoms that these student-parents carry with them as they carry out their responsibilities. Salt Lake City Community College's Health and Wellness Services worked to relieve these symptoms through massage therapy while also building awareness about the value of wellness care. With these funds, 240 massage vouchers were given out to this ethnically-diverse group of student-parents of limited means. By encouraging student efforts in self-care and providing them the therapeutic benefits of massage therapy, the program helped single parents complete their studies while giving quality care to their families.

**“Therapeutic Massage for Cancer Patients at Boston Medical Center,” Robert Saper, Project Leader, Boston Medical Center, Boston, MA; \$5,000, 2006**

*The Boston Medical Center (BMC)*, provider of “exceptional care without exception” was awarded a grant to offer the benefits of massage therapy to cancer patients free of charge. With these funds, an estimated 360 patients in chemotherapy received approximately 140 hours of massage to help alleviate symptoms such as pain, fatigue, stress, musculoskeletal side effects, nausea, and depression.

BMC is the largest private non-profit safety net hospital in the country. They provide over \$350 million in free care annually. One of the secondary intentions for this pilot program was to increase awareness among their medical staff (and patients) about the value of massage therapy, and build institutional knowledge and operational capacity.

BMC is committed to continue this massage therapy program for cancer patients. This population faces considerable social and economic challenges in addition to the extraordinary physical and mental strains of cancer treatment. Massage treatments help with symptom alleviation and may increase compliance and tolerance of their conventional cancer therapy.

**“The Broader Benefits of Tactile Therapies beyond Managing Pain and Disability,” Dein Vindigni, RMT, Project Leader, RMIT University, Melbourne, Australia; \$5,000, 2006**

This project was carried out by *Hands on Health Australia (HOHA)*. HOHA is a not-for-profit group of volunteer health workers that promotes the health of marginalized communities through hands-on treatments. The Massage Therapy Foundation grant monies were used to train six Aboriginal health workers to staff a clinic in the Hopevale Community. The training was designed to be sensitive to this distinctive cultural framework, both in the instruction and in the delivery of service to the community. The health workers learned how to run a complimentary and allied health clinic by working in a practice setting using a team approach with volunteer practitioners including: chiropractors, dentists, nurses, naturopaths, medical doctors, dermatologists, nutritionists and massage therapists. The clinic engaged elders & community leaders to serve a cross-section of community members seeking treatment for a variety of musculoskeletal conditions. Health workers also trained community members in self-massage treatments.

HOHA seeks to promote self-esteem & restore human dignity by engaging people to discover solutions to their own health care needs.

**[In the News – Article published in the 2008 Winter issue of the Journal of the Australian Association of Massage Therapists](#)**

**"Therapeutic Massage for Pediatric Burn Survivors: Camp Amigo Pilot Project 2006," Nancy Smith, Project Leader, Southeast Burn Foundation and Florida School of Massage, Gainesville, FL; \$4,998, 2006**  
***Sponsored in part by a grant to the Foundation from BIOTONE***

The *Southeast Burn Foundation (SBF)* provides education and support to burn survivors across Florida, Georgia, and Alabama. Their Camp Amigo Project was for children 8-15 years old who are burn survivors. These children struggled with scar contracture, impaired range of motion, and compromised body image. The camp serves between 30 and 40 participants each summer. The funds helped to provide massage therapy to children on-site at Camp Amigo,

integrating massage therapy with traditional treatments for burn survivors with matured scarring. After the camp, funds were used to provide extended term therapeutic massage to up to four children, tracking their progress. Parents and caregivers were given two 2-hour training classes on the benefits of massage therapy, including techniques they may use at home with their children.

This pilot program included an extensive evaluation protocol with standardized measurements and evaluation response forms. The data collected enabled an analysis of the impact of massage therapy on impaired range of motion, scar size, and the pain associated with matured scarring. The data also measured functional levels, client well-being, and the degree of satisfaction with the program.

**[In the news - An article was published on this project in the 2007 Spring issue of Massage Therapy Journal titled, "Camp Hope".](#)**

Results from a feasibility study on the research conducted at Camp Amigo were published in the January 2008 issue of Journal of Bodywork and Movement Therapies (JBMT) in an article titled, "[Range of Motion Improves after Massage in Children with Burns: a pilot study.](#)"

**"Win-Win Hands On," Elizabeth Sommers, Project Leader, Pathways to Wellness, Inc., Boston, MA; \$4,860, 2006**

The "Win-Win Hands On" program provided massage therapy intervention to low-income Latina clients at the *South End Community Health Center* (SECHC) in Boston, MA. For 35 years SECHC has served the Latino community. Forty-percent of this population demographic is overweight or "clinically at risk" for obesity. This project focused on the needs of overweight Latina girls, ages 8-13, with a body mass index over 85%.

Each girl in the program was given eight half-hour massage therapy treatments on a bi-weekly basis, complementing existing nutrition and exercise programs. The goal was that through touch therapy, these girls would experience increased body awareness, self-empowerment, and enhanced body image along with increased circulation, relief of muscle soreness and stress reduction. By providing this intervention at a point early in their lives these girls are more likely to enjoy a more promising and healthful future.

**"Heart Touch Outreach Program" Shawnee Isaac Smith, Project Leader, The Heart Touch Project, Santa Monica, CA; \$5,000, 2006**

Founded in 1995, *Heart Touch Project* has been a leader in a movement to bring the therapeutic and curative benefits of professional massage therapy and bodywork to vulnerable populations. Heart Touch Project's core service model consists of: (1) providing free specialized training to qualified massage and bodywork practitioners in exchange for their commitment to volunteer their skills for at least one year, and (2) matching each Training Workshop graduate on a one-on-one basis with an ill and isolated client to whom he/she delivers weekly customized therapy sessions at no cost.

The grant from the Massage Therapy Foundation funded two volunteer trainings over a twelve-month period. This resulted in at least 40 new qualified and committed massage and bodywork practitioners who could provide more than 2,000 massages to non-ambulatory clients. Volunteers will work in facilities for the elderly, hospices, hospitals, and private homes throughout Los Angeles.

The Heart Touch Training Program educates massage and bodywork practitioners in the “sensitive touch skills” required to work with the seriously ill. The curriculum covers basic requirements such as universal precautions, hygiene, equipment, technique and appointment protocol, and trains practitioners to: (1) understand the necessity of creating a healing atmosphere with the client, (2) individualize each massage session to meet the particular needs of the client, (3) define boundaries and establish the limits of the relationship, and (4) process their own feelings resulting from the impact of this work.

**“Sanctuary,” Cynthia Patterson, Project Leader, John XXIII AIDS Ministry, Monterey, CA; \$3,439.50, 2005**

The “Sanctuary” program is a volunteer-based massage therapy program for people living with HIV/AIDS. The project goal was to increase the health of individuals living with HIV/AIDS by enhancing the immune system through stress relief and relaxation, and to promote psychological well-being. Volunteer massage therapists trained in the specifics of providing massage to HIV+ individuals applied a variety of modalities including Swedish, Deep Tissue, Reflexology, Shiatzu, Reiki, Cranial Sacral, Myofascial, and Polarity based upon several factors including client age, level of health, and current medications. The program provided twenty, one hour long massages per week, with the goal of reaching a total population of 250 individuals throughout the duration of the project.

**“Returning Maya Abdominal Massage to the Latino Population,” Jessica Holte, Project Leader, Adiago Holistic Therapies, Minneapolis, MN; \$3,995, 2005**

The objectives of this program were to return a culturally recognized treatment to its people of origin, and improve the health and wellness of the Latino population of South Minneapolis. *Adiago Holistic Therapies* aimed to increase awareness that a culturally sensitive massage is available, and financially accessible, to this underserved community. On a larger scale, Adiago aspired to facilitate a trend toward offering culturally appropriate healthcare for the entire community. Maya Abdominal Massage is performed over clothing to the back and abdomen and works to soften musculature, align the pelvic bones, adjust the uterus to its proper position, release muscular armoring in the trunk, and enhance circulation of blood and lymphatic fluids. The program took place at Centro, a well-established service agency for the Latino Population in Minneapolis.

**“Self-Care Techniques for People Impacted by Cancer,” Katie Binda, Project Leader, Massachusetts General Hospital Cancer Center, Boston, MA; \$2,902, 2005**

This program offered free educational workshops that use demonstrations to teach self-care massage techniques to patients with cancer, their families and friends, and cancer center staff members. Workshops for cancer patients and their families were offered twice monthly and workshops for cancer center staff members were offered once a month. These self-care workshops aimed to teach the proper use of techniques to alleviate and manage stress so the patients can more easily maintain a level of relaxation between massage therapy sessions, increase quality of life, and provide a sense of empowerment in their experience of dealing with stress and anxiety.

**“Outpatient Oncology Chair Massage Therapy,” Tara Ballard, Project Leader, Presbyterian Hospital, Charlotte, NC; \$2,570, 2005**

This project provided chair and table massage to cancer patients in an outpatient setting at *Presbyterian Cancer Center*. Cancer patients were offered a 15-minute massage either before or after their cancer treatments in the Gynecologic Oncology and Radiation Oncology waiting rooms behind a privacy screen. By offering the program in locations that were convenient for the patient, a more successful outcome of promotion and the use of complementary therapies were feasible. The primary goal was to decrease anxiety, fatigue, pain, and other cancer related symptoms the patient may have experienced. The population served included six to twelve patients per day for an average of 36 patients per month during the granting year.

**“Massage for a Better World,” Catarina Andrade, Project Leader, Lar da Crianca, Brazil; \$4,925, 2005**

The goal of this project was to increase the sense of safety and overall well-being of the children and staff at *Lar da Crianca* orphanage through massage therapy. The over-arching goal was that by creating a more nurturing environment that benefits children and caregivers, a new model of sustainable orphanages in Brazil could be proposed. Staff members were also trained in massage therapy so that the project could be sustained in the future. A total of 100 massage sessions took place for the staff and children. In addition to creating a safer environment, massage was administered to help raise awareness for the staff of the children’s bodies and their emotional needs, which allowed them to provide the children with even better care.

**“Special Care for the Childbearing Year: Perinatal Massage,” Paula Termini, Project Leader, Transitions Massage, LLC, Holmes Beach, FL; \$4,058.50, 2005**

The intention of this program was to design, implement, and evaluate a program to provide 65 perinatal and 15 infant massages to high risk pregnant women and new mothers of Manatee County, Florida. Their goal was to reduce stress, provide emotional support and physical nurturance, enhance body awareness, and the ability to relax deeply to help during labor and delivery. The majority of expectant mothers served were uninsured Hispanic/Latina and African American women who were unable to afford the cost of massage therapy. Infant massage sessions provided new mothers with safe and gentle techniques to share with their infant. Infant massage has shown to strengthen the mother-infant bond and increase confidence in parenting abilities.

**“Caring for the Caregiver,” Teresa Polley, Project Leader, San Diego Research Institute and Cancer Center, Vista, CA; \$5000.00, 2004**

The objective of this program was to improve the overall well-being of caregivers of patients undergoing cancer treatment. The staff at the *San Diego Cancer Research Institute* (SDCRI) recognized that care-giving may cause a burden on family and friends. The goal in providing massage therapy to caregivers was to help alleviate some of their distress and promote a sense of well being by creating an environment where healing can occur. In “Caring for the Caregiver”, caregivers received chair massage while accompanying the patient for treatment. The overall aim of the project was to decrease the subjective burden, depression, and anxiety experienced by caregivers of patients with cancer by providing massage therapy services in a healing and supportive environment. The program was also intended to help the caregivers identify how their body responds to additional stress and tension, discover where they store

tension in their body, and teach them ways to incorporate massage therapy into their lives in order to help reduce the side effects of stress and tension.

**“Hands On,” Adrienne Winiecki, Project Leader, Porter-Starke Counseling Centers, Valparaiso, IN; \$3777.00, 2004**

The “Hands On” project was a woman-centered service provision plan focusing on integrating mind and body wellness with addictions treatment programming. Women that struggle with recovery are typically marginalized by society, viewed as “less than” due to their losses, and have multifaceted “bottoms” resulting in emotional, cognitive, spiritual, and physical consequences that must be worked through in order to find and support the concept of “sobriety”. The “Hands On” project provided therapeutic massage on-site at the women’s recovery home associated with *Porter-Starke Counseling Centers*. The overall objective of the project was to provide massage to female clients during their involvement in the addiction treatment program in order to assist with maintaining recovery and a chemical-free lifestyle.

**“Caregiver Respite Retreats,” Edith Seyl, Project Leader, Weaver’s Tale Retreat Center, Inc., Portland, OR; \$4920.00, 2004**

*Weaver’s Tale Retreat Center* (WTRC) has traditionally offered daylong nature programs specifically designed to increase an elder’s well being. The Massage Therapy Foundation has been instrumental since the inception of this program by previously granting funds for two consecutive years.

WTRC continues to offer the Caregivers Respite Retreats. Using the natural resources that Oregon has to offer, participants share in physically and mentally stimulating activities that improve their physical, mental, psychosocial, and spiritual well being. Program activities include seated massage, Pilates or yoga instruction, guided meditation, and journaling. WTRC anticipated an increased awareness of the benefits of massage for the caregiver population and among the client service coordinators of participating senior centers. They sought an increased number of participants and massage therapists at the programs as well as an increased number of massages for caregivers in the community at large. Results of the study demonstrated that caregivers have an integrated sense of control and responsibility regarding their health care and that massage promotes mental and physical health among caregivers.

**“Improving the Quality of Life for HIV+ People Through Massage,” Martha Tormey, Vermont Committee for AIDS Resources, Education and Services (Vermont CARES), Burlington, VT; \$2,000, 2003**

*Vermont CARES* Wellness Program provides HIV+ people with access to complementary and alternative therapies at a reduced rate. A survey conducted with HIV+ clients of *Vermont CARES* showed that 44% wanted to access massage therapy sessions but did not follow through due to the cost of massage services.

While *Vermont CARES* currently offers a wide variety of complementary and alternative therapies to HIV+ people, all Massage Therapy Foundation grant money was used specifically to provide massage therapy to people living with HIV/AIDS. These funds also enabled *Vermont CARES* Program Specialists to distribute vouchers to clients, which were good for one hour-long massage therapy session with the therapist of their choice.

For many HIV+ clients it was their first massage experience. With regular use of massage, they

began to notice benefits including alleviation of chronic and temporary pain, anxiety, stress, and depression. In addition, a goal was for clients to see a boost in their immune systems, decrease in fatigue, and increased energy levels. These benefits contributed to better adherence to complex HIV treatment and a general improvement in quality of life.

**“The Body-Mind-Health Program”, Charita Graham, Lester and Rosalie Anixter Center of Chicago, Illinois, \$3,493, 2003**

The Body-Mind-Health project instituted a program to introduce massage therapy and self massage instruction that targeted persons with mental illness who participated in the "Chatterbox" and "Connect" clubs of the Community Resources and Support program of the *Anixter Center, Chicago*. Goals of the project included: (a) teaching self-massage to decrease stress and anxiety, (b) teaching body-mind connection, and (c) providing massage services for clients who would otherwise be unable to afford them.

Twenty five percent of clients (15 out of 62) participated in this project. The clients received 10-minute chair massages three times per month throughout the duration of the project. Results of the program were measured using satisfaction surveys; clients were happy to alleviate muscular tension and stress, and they expressed sincere gratitude for their massage.

**“Pediatric Massage Therapy Program,” Rhonda Winner-Dodzweit, Massage Therapy Coordinator; Handicapped Children’s Association of Southern New York, Johnson City, NY; \$4,540, 2003**

*The Handicapped Children’s Association (HCA)* provides supportive services for children with disabilities as well as their families. Prior to funding from the Massage Therapy Foundation, the HCA did not provide massage therapy to their clients. This grant allowed twelve children with various disabilities—such as cerebral palsy, Down syndrome, and spina bifida—to receive the benefits of massage therapy.

During two fifteen-week periods, Ms. Winner-Dodzweit worked with children ages 3-5, providing one massage per week to each child. Family members and HCA staff attended at least one session per month, in order to acquire a basic understanding of massage therapy techniques. After the sessions were over, caregivers were able to provide massage services to the children themselves. The HCA hoped that evidence of the benefits of massage would encourage families to seek a continuation of professional massage services for their children.

**“Massage for Mental Health,” Roberta P. Wentworth, Counseling Services Inc., Saco, ME; \$4,425, 2003**

*Counseling Services Inc. (CSI)* provides mental health services to members of its community. CSI has received numerous grants from other organizations in order to support its use of massage therapy to improve mental health. Massage Therapy Foundation resources allowed for the expansion of these important efforts.

A team of mental health clinicians and massage therapists determined who would make the best candidates to receive massage therapy to improve mental health. Massage therapists provided 10 sessions of massage therapy to six clients of CSI, who are grappling with such stresses as depression, anxiety, and trauma. In addition to providing massage, therapists instructed the clients about self-massage techniques. The final component of the project was specialized training for CSI's mental health staff about the benefits of massage therapy for

mental health clients. Goals for the project were to promote emotional healing and mind/body integration for the client, and to strengthen the collaboration between clients, mental health clinicians, and massage therapists.

**“A Healing Touch,” Linda Eisele, Children Unlimited, Inc., Columbia, South Carolina, \$2,380, 2002**

*Children Unlimited, Inc.* serves special needs adoptive families in South Carolina. Many of these families have adopted children who entered the child welfare system as a result of abuse and neglect. Many of the children have mental disabilities, medical conditions, and physical handicaps. Because of the abuse and neglect suffered when they were young, these children generally have problems forming attachments and meaningful relationships with others.

For the massage therapists, touch is one of the primary natural tools of attachment. This project offered massage therapy to further the process of attachment for the children and their new families. A massage therapist taught the children and their adoptive parents' awareness of their own body's signs of tension or turmoil and, as a result, both the children and parents learned safe and acceptable touch techniques.

**“SOS Wellness Project,” Karin Westyk, Strengthen Our Sisters, Inc., Hewitt, New Jersey, \$4,230, 2002**

*Strengthen our Sisters (SOS)* provides safe shelter for women and children fleeing domestic violence and develops model programs to assist victims in building essential life skills that will help them to break the cycles of poverty, abuse, and dependence that have dominated their lives.

The SOS Wellness Project was designed to provide “good touch” by offering massage therapy for women at the shelter. The massage therapist coordinator of the project also participated in case management meetings with referring counselors and conducted monthly workshops at the battered women's support group to educate women on the benefits of massage therapy.

The overall goal of this project was to help clients learn about the connection between body, mind, and spirit and to move toward positive and productive choices in life. Information gathered during the project was used to demonstrate the effectiveness of massage therapy for victims of domestic violence and abuse to clients of SOS.

**“V.I. Healing Hands,” Carolyn Forno, Virgin Islands Community AIDS Resource and Education (VICARE), Virgin Islands, \$4,350, 2002**

*V.I.CARE* provides care and support for people living with HIV/AIDS in the Virgin Islands, which, at the time of this project had the fifth highest rate of new AIDS cases in the nation. While some low income people have access to basic services through public health clinics, most have no access to alternative healing services including massage therapy.

“V.I. Healing Hands” provided massage therapy for low-income men and women living with HIV/AIDS. Each participant received at least four massages during a one-year period. In addition, instructional workshops in basic massage techniques were held for partners and caregivers of people living with HIV/AIDS, enabling them to provide massages to the participants in their care.

This project also promoted awareness of the benefits of massage therapy among local health professionals through the publication and distribution of two newsletters documenting the project.

**"Victim Healing Program," Teresa Descilo, Victim Services Center, Miami, Florida, \$4400, 2002**

*Victim Services Center (VSC)* serves victims of crime residing in Miami-Dade County. With the Massage Therapy Foundation Community Service grant, the Victim Healing Program assisted clients with their healing processes through massage therapy administered by licensed massage therapists.

Massage therapy is just one component of the VSC's services. The overall goal of the VSC is to achieve a 95% success rate in eliminating manifestations of posttraumatic stress disorder (PTSD) in clients who were victims of crimes including, but not limited to, domestic violence, childhood sexual assault, aggravated assault, murder, and shooting survivors. The grant money allowed VSC to treat clients who suffered extreme victimization with massage therapy. Massage helped lessen the stress that leads to PTSD by loosening muscle tension and aiding in the healing process by breaking down physical and emotional defense mechanisms, leading to freedom from repressed emotion and memories.

In total, 42 clients received massages, 20 of which received two or more. Feedback from the clients included feeling a deeper sense of relaxation, that a chronic ache had gone away, and an improvement in their overall well-being. An article about this study, entitled "Resolving Crime's Impact," was published in *Massage Magazine*, July/August 2003.

**"RENEW in Touch," Angelita Siojo, Rehabilitation Enterprises of North Eastern Wyoming (RENEW), Sheridan, Wyoming, \$4,650, 2001**

RENEW provides residential and day rehabilitation services to adults with developmental disabilities. This grant from the Massage Therapy Foundation allowed RENEW to provide massage services to a wide variety of clients; the certified massage therapists took detailed notes about how their clients responded to massage.

Over a 10 week period, two therapists were responsible for massaging five clients a piece one time per week. Many clients were mentally disabled, and some were also non-ambulatory and/or visually impaired. By the close of the ten weeks, all clients had experienced positive physical changes and four of them had also demonstrated a decrease in maladaptive behaviors. RENEW staff members expressed an interest in learning about massage so they could offer basic services to their clients after the end of the service projects. The director of the local massage program offered three workshops for staff, all of which were well attended. As Ms. Siojo stated, "Massage therapy has been a positive addition to the quality of life of this developmentally disabled population."

**"Langlade Memorial Hospital Therapeutic Massage Project," Laura Waldvogel, Langlade Memorial Hospital, Antigo, Wisconsin, \$5,000, 2001**

Through the recently established Center for Health and Well Being, Langlade Memorial Hospital is able to offer massage services to elderly oncology and daycare patients. The hospital is located in a small, conservative community where doctors were initially hesitant to refer patients

to a massage therapist. In the course of several months, the situation changed dramatically: many doctors started a formal referral program. Much of this success is attributable to the strong relationship between the Center's massage therapists and the hospital's oncology physician and nursing staff.

The elderly patients became much more knowledgeable about massage therapy. Due to discomfort with the prospect of disrobing, therapists offered all patients the option of a seated chair massage instead. Also, therapists spent whatever amount of time was necessary to make each patient feel comfortable. These steps considerably increased the patients' willingness to receive a massage.

**"Learning-Disabled Adults Learn Through Massage," Susan Singer, On Our Own and Associates, St. Paul, Minnesota, \$5,000, 2001**

*On Our Own and Associates* provides supportive housing for 60 adults with a variety of learning disabilities. These individuals have IQs that are just above the cut-off point for receiving many social services. Due to low incomes and transportation barriers, they normally have no access to massage therapy.

With the Massage Therapy Foundation's Community Service grant, *On Our Own* was able to offer individual massage sessions, as well as basic instruction in massage to caregivers and residents of the program. They also developed an instructional videotape for use after the program concluded. The final goal was for the residents of *On Our Own* to lead a workshop for their neighbors about the benefits of massage.

The response from residents and staff was extremely positive. *On Our Own* also hosted a successful open house in which 40 participants learned a variety of massage techniques. In addition, residents have stated that their therapists "have wonderful hands," and "Massage makes your body feel like it is supposed to feel".

**"Massage Therapy for Dementia and Non-communicative Hospice Patients," Barbara Head, Hospice and Palliative Care of Louisville, Louisville, Kentucky, \$5,000, 2001**

The grant from the Massage Therapy Foundation allowed therapists at *Hospice and Palliative Care of Louisville* to work with non-communicative patients, patients suffering from dementia, and other patients that were unable to request a massage. The directors of the hospice documented the positive changes experienced by these patients, with the hope of serving as a model for other hospices around the nation.

This hospice provided training for three therapists in the art of working with non-communicative patients. In addition, the hospice hosted meetings in which the therapists could share stories about the challenges and triumphs of working with this population. Caregivers for the patients were very appreciative of the massage therapists' efforts, and staff members of the hospice also noticed the benefits of massage.

**"Seniors in Touch at Weaver's Tale Retreat Center," Edith Seyl, Weaver's Tale Retreat Center, Portland, Oregon, \$2,500, 2001 and \$4,640, 2000**

Weaver's Tale offers day-long nature retreats for seniors in natural settings in the greater Portland area. Many of the seniors live in nursing homes, assisted living facilities, and

retirement or foster homes. The retreats offer a chance to reconnect with the natural world and form friendships with other seniors.

Through the Foundation's Community Service grant, Weaver's Tale was able to include massage therapy as a program at the retreats. Therapists offered massages at selected times throughout the day, and also taught self-massage to interested seniors.

As a byproduct of this project, many administrators of nursing homes and assisted living facilities have become aware of how massage therapy can have a positive influence on seniors' quality of life. Weaver's Tale directors have led numerous presentations about their work, and reports about the retreats have appeared in local television and newspapers.

**"Wellness Center Massage Program," Dixcy Bosley-Smith, N Street Village Wellness Center, Washington, D.C., \$4,800, 2000**

*N Street Village* (NSV) is a comprehensive social service agency in Washington, D.C., which serves more than 700 homeless women each year. NSV's services include providing shelter, medical care, and treatment for drug addiction and mental illness. The massage program at NSV is offered through the Wellness Center which provides free dental and optometric, as well as holistic services. The massage program began only with volunteer therapists offering massage to the women of N Street. The Massage Therapy Foundation's grant allowed the program to add two paid therapists who worked with the women for six months.

Each week, the massage practitioners gave both seated and full body massages to women at the clinic. The seated massages were a way to introduce massage in a non-threatening way to the women, many of whom were survivors of sexual abuse and trauma. By the end of the program, over 60 women received massages, 40 of which for the first time in their lives. The women who were able to receive the healing benefits of massage include recovering drug addicts, long and short term residents at NSV who sought shelter from the streets, women with mental illness who live onsite, and women with histories of sexual trauma.

The objectives of the massage therapy services followed those of the overall mission of N Street Village: to provide services that empower, promote, and assist disadvantaged women to reclaim their lives. Massages specifically were used for stress reduction, disease treatment intervention, and to increase general well-being.

**"Nice Touching Please: Preventing Child Abuse Through Massage," Marnelle E. Flowers, Fascinate-U Children's Museum, Fayetteville, NC, \$5,000, 2000**

Fascinate-U Children's Museum's mission is to stimulate children's curiosity about the world. It is located in Cumberland County, NC, which has the highest documented level of child abuse in the state of North Carolina.

With this funding Fascinate-U utilized its unique connection to families in order to reduce the incidence of child abuse. Studies at the Touch Research Institute have shown that providing infant massage creates a bond that reduces the risk of child abuse. With the assistance of the Massage Therapy Foundation, Fascinate-U provided training for 50 social workers in the Fayetteville area. These professionals in turn traveled throughout the county to teach parents how to provide infant massage with the goal of reducing the rate of child abuse in Cumberland County.

The *Fayetteville Observer* newspaper published an article about this project in 2000 titled "Babies Benefit from Massage".

**"L.I.F.E. (Low Income Families Enrichment Program)," Cindy Grant, Southampton Hospital, Southampton, NY, \$2,420, 2000**

*The Center for Prenatal Care at Greenport*, a satellite clinic of Southampton Hospital in New York, offers prenatal care to women with limited or no health insurance or access to care. The Massage Therapy Center provided classes on infant massage to low-income mothers of infants from birth to 10 months. The goal of these classes was to facilitate mother-child bonding, teach the importance of eye-to-eye and skin-to-skin contact, and increase body awareness and confidence in their parenting.

During the three, hour-long sessions, mothers learned about infant development and how to massage their babies appropriately. Each mother received a copy of [Infant Massage: a Handbook for Loving Parents](#), by Vimala Schneider, and a bottle of oil to allow them to continue practicing massage at home with their infants.

By the end of the program, the mothers understood the benefits and techniques of infant massage. The mothers gained confidence not only in their massage abilities, but also their overall parenting skills. The one-on-one interactions helped build trust and taught nurturing, body awareness, self respect, and created feelings of empowerment in the mothers.

**"Hands Across Generations: Linking Seniors and Single Parents Through Infant & Pediatric Massage Instruction", Reverend Christopher L. Martin, St. Anthony of Padua/Most Precious Blood Church, Baltimore, Maryland, \$5,000, 1999**

*Hands Across Generations* trained seniors vulnerable to isolation to become instructors in infant and pediatric massage. Upon completion of the training, the seniors taught single parents how to massage their children.

The project undertook several goals. One was to ensure that the children—who are all growing up in a low-income environment—received the benefits of therapeutic massage. Another was to encourage intergenerational dialogue, which was needed in the neighborhoods of Northeast Baltimore due to poverty and the need for a stronger sense of community.

Hands Across Generations provided at least four training sessions to 60 seniors. All of these seniors were living alone and at least 55 years of age. These seniors then worked with at least 60 parents.

**"Community Access Massage Program", Elyse Graham, Immune Enhancement Project, San Francisco, California, \$3,000, 1997 and \$5,000, 1999**

The *Community Access Massage Program (CAMP)* was a two-part service project comprised of direct and educational services. The primary goal was to increase access to massage services for low-income individuals with HIV and AIDS. As the *CAMP* project indicates, there are many benefits of massage for individuals facing a life-threatening illness. These include stress reduction, symptom relief, an improved quality of life, and improved immune function.

This grant expanded IEP's current massage program by providing subsidized massages to low-income HIV+ individuals residing in the residential hotels in the Tenderloin area of San Francisco. The educational component of this project consisted of placing prominent articles in multiple newsletters along with a series of presentations on the role of massage in the treatment of HIV.

The ongoing objectives for this program were to increase access to massage therapy for these patients, to determine which HIV related symptoms are most effectively treated with massage, and to promote the understanding and awareness of massage therapy's benefits among health care providers.

In 1999, *CAMP* provided 72 massages to 48 people. Upon receiving the massages, all participants experienced improvements in stress reduction and symptom relief, as well as in their mood and outlook. The 1999 experience replicated *CAMP's* findings in 1998, when 40 individuals received 78 massages. During this effort, all 40 people experienced physical and emotional improvement.

**"Bringing Massage to Rural Honduras: A Component of the National Health Care System," Auristela Vazquez, Christian Commission for Development (C.C.D.), Tegucigalpa, Honduras, \$5,000, 1999**

This project brought the benefits of massage therapy to rural Honduras. This area was particularly devastated by an earthquake in 1998, and at the time of the grant, was in the process of rebuilding its health care infrastructure.

It was an important opportunity for the US massage therapy community to work with and assist a national health service that was seeking to include massage as a basic component of care. The project included massage training conducted by Nikki Nichols, LMP. It also included massage training and distribution of massage training materials, including a manual and fliers.

The primary goal was to teach basic massage skills to ten *Christian Commission for Development* (C.C.D.) technicians and 300 health workers, who would in turn teach massage to their colleagues. Within a year volunteers distributed 1,000 Spanish language massage manuals to various health centers for health worker training and 4,000 pamphlets, which were abbreviated versions of the manuals.

**"AIDS Alternative Health Project," Dion A. Richetti, AAHP Satellite Services, Chicago, Illinois, \$5,000, 1999**

This is the *AIDS Alternative Health Project's* (AAHP) first grant from the Massage Therapy Foundation. Prior support has come from the AIDS Foundation of Chicago. The *Health Project* provides health services to low-income Chicagoans who are HIV positive.

The AAHP has satellite clinics around Chicago which provide a wide range of medical services. The Massage Therapy Foundation's grant allowed the AAHP to provide massage therapy at three of these satellite sites, which mostly serve a minority population.

With the Foundation grant, the AAHP was able to steadily increase the number of people who utilize its services. For three consecutive months, it averaged 15 new clients per month. These clients kept their massage appointments 70-80% of the time, which is well above the average

for keeping medical appointments. The *AAHP* also located two massage therapists who were extraordinarily sensitive to the needs of participants in the program.

Finally, the *AAHP* encouraged their clients to share their experiences with the program and continues to serve their mission of serving the maximum number of people it can, in the most effective way possible.

**"Service with Massage to Vietnamese Immigrants with Chronic Pain", Lucy Candib, MD, Family Health and Social Service Center, Worcester, Massachusetts, \$3,500, 1998**

This ongoing project provides massage to Vietnamese men and women who suffer from chronic pain. Many of these immigrants have experienced great trauma, which has resulted in high degrees of anxiety, depression, headaches, and back, limb and abdominal pains.

The original goal was to evaluate the effect of eight hour-long massage treatments on 12 Vietnamese immigrants with chronic pain problems. Massage offers relief of the participants' chronic pain symptoms, as well as the opportunity to sever the connection between past traumatic events and chronic pain symptoms.

Several difficulties emerged during the course of this project, which the Family Health Center worked diligently to resolve. The first was that many participants did not wish to be tape recorded which was part of the original design. Therefore, Dr. Candib reallocated the taping money to the massage fund; this provided resources for three more people to receive massages. Another problem is that many participants worked several jobs, which made it difficult to commit to a massage program. This problem decreased as Vietnamese members of the staff became more confident in the approach. As word of their confidence spread, more people in the Vietnamese community made massage a higher priority.

An ongoing challenge was developing ways to measure whether massage therapy decreased the participants' pain, depression, and anxiety. Dr. Candib evaluated these issues after all sessions were completed; there is anecdotal proof of success: many people expressed deep appreciation for their massages.

**"Take my Hand: Massage for Seniors with Dementia", Barbara Goldschmidt, LMT, Cobble Hill Health Center, Brooklyn, New York, \$3,000, 1998**

This project developed the skills of caregivers for a diverse range of people with Alzheimer's. The goal was to teach useful hand massage techniques to family members of patients, as well as to the staff, of the Cobble Hill Health Center. Once a month for nine months, Barbara Goldschmidt, and co-therapist Megan Haungs demonstrated a hand massage technique to family members and staff. They then supervised these students as they applied the technique to the seniors. The time between the introductions of various techniques allowed the seniors and caregivers to become comfortable with the latest approach.

Results of this intervention were quite positive. A statistically significant number of the seniors were more relaxed, and almost all the practitioners of the massage techniques felt they had learned something meaningful. Furthermore, the *Take My Hand* project led to a related effort called "Sweet Dreams," which utilizes massage therapy to help seniors who have trouble sleeping. Cobble Hill Health Center administrators have set up an "externship" program that allows students of the Swedish Institute of Massage and Acupuncture to learn about hand

massage from Cobble Hill residents and staff. Furthermore, Cobble Hill plans to sponsor a forum—which will highlight the success of this endeavor—among leaders in the field of nursing home care.

**"T.E.A.C.H.: Touch for Early Language, Attending, Communication and Healthier At Risk Children," Peggy Jones Farlow, M.Ed., C.M.T., Athens City Schools, Athens, Alabama, \$5,000, 1998 and \$5,000, 1997**

The Massage Therapy Foundation awarded a continuation grant to the very successful 1997 Community Service project *Touch to T.E.A.C.H.*, which serves special needs children from birth to three years. The primary goal of both of these grants was to train professionals and foster parents about how to use pediatric massage to promote attachment, bonding, communication, and cognitive development for these children.

The first grant funded several massage workshops for social workers in Limestone and Lauderdale counties (Alabama.) One participant in these workshops was so inspired that she began looking into receiving International Infant Massage certification. Another positive development was the production of a video called "Simple Talking/Safe Touching," which features Ms. Farlow talking with and massaging one of the children. All of these efforts resulted in a short blurb about the program in a *Newsweek* article entitled, "The Magic of Touch" (April 6, 1998). On September 10, 1997, the newspaper *The News-Courier* published an article entitled, "Touch to Teach."

By the end of the second year, Ms. Farlow was receiving offers to lead workshops in southern Alabama, Iowa, and California. These workshops are tailored for several audiences: social workers; foster parents; massage therapists; and other health professionals. Ms. Farlow's efforts also led to a new program at Limestone Hospital in Athens, Alabama. This program provided massages to parents of at-risk children during the last trimester of pregnancy, thus providing them with a very early introduction to the benefits of massage.

Ms. Farlow's program continues to receive attention today. In the November/December 2000 issue of *Massage Magazine*, Ms. Farlow tracks the development of her program over time. The piece, "Touch to Teach: Massage Helps Special-Needs Children" includes success stories and details about Ms. Farlow's workshops.

**"Touchworks: Massage Therapy in a Rural Hospital Community - Part I and II", Marianna Herpel, Garrett County Memorial Hospital, Oakland, Maryland, \$5,000, 1995 and \$5,000, 1997**

*Touchworks* was a collaborative effort by a team of caregivers to benefit patients and families in a rural community. Because of this project, massage became a means of complementary patient care in a small, rural hospital. The chief aim of *Touchworks* was for licensed massage therapists to provide massages to hospital inpatients and/or outpatients. The outpatient component is especially important; due to the constraints of managed care, patients are often sent home from the hospital early in their healing process.

The project contained many objectives. Foremost among these were educating healthcare providers about the efficacy of complementary treatment, along with demonstrating methods of complementary treatment to families and caregivers. It also sought to provide families and

caregivers with opportunities for positive involvement in patient care, and to promote a feeling of health among patients.

During Part I of this project, *Touchworks* provided massage therapy treatments in approximately 300 patient encounters. The services were provided through 1) a physician visiting the client in the hospital setting and then providing follow-up visits at the client's point of care, or 2) therapeutic backrubs to hospital patients requesting such services. Feedback in follow-up survey was very positive, as patients indicated pain reduction, improved circulation, alleviated arthritis, and increased feelings of relaxation.

Part II replicated the earlier success, in another 243 patient encounters. By the end of this phase, administrators at Garrett County Memorial Hospital were working with their counterparts at Garrett Community College to develop a rotation for licensed massage therapists. This would serve as a continuing education course for the therapists, and ensure that the benefits of massage therapy remained an integral part of life at the hospital.

**"Nice to Be Kneaded: White Crane Brings Massage to Community Seniors - Part I and II", Elizabeth Cagan, White Crane Wellness Center, Chicago, Illinois, \$5,000, 1993 and \$5,000, 1996**

*Nice to Be Kneaded: White Crane Brings Massage to Community Seniors* brought the benefits of massage therapy to an ethnically diverse senior population. Seniors at four community sites attended a series of classes led by graduate massage therapists and assisted by senior massage ambassadors (senior citizens trained in massage therapy.)

This project operated on several levels. Most importantly, it provided direct service to seniors at the four sites, and trained them to take on leadership roles in spreading the benefits of massage. It also educated a cadre of massage therapists about gerontology and community education, including making recommendations for further research.

The initial goal of this project was for at least 80 seniors, from various ethnic backgrounds, to enjoy and benefit from massage therapy. Seniors were also expected to learn practical massage techniques, as well as resources for further education and affordable treatments.

During Part I (1993), White Crane provided massages to over 100 seniors. (This exceeded the target goal of 80.) This success was due to the persistent efforts of 5 dedicated massage therapists, and 20 senior Ambassadors. Both of these groups were racially and ethnically diverse.

Part II of *Nice to be Kneaded* (1996) stemmed from the success of Part I. This time, more than 200 seniors enjoyed the benefits of massage therapy and learned how to make it a regular part of their lives. During the course of the project, White Crane formed a partnership with the Buehler Center on Aging at Northwestern University's McGaw Medical Center, as well as the Public Health Nursing Division of the University of Illinois. This partnership seeks to evaluate the impact of massage upon the health of seniors.

**"Senior Massage", Edward Richards, Prospect Hill Senior Center, Brooklyn, New York, \$5,000, 1996**

This service program also introduced seniors to massage. The two-part program consisted of ten minute chair massages and self-massage workshops for senior citizens.

The main objectives for introducing chair massage were to decrease seniors' aches and pains, and to increase their sense of well-being and ability to heal. The self-massage workshops promoted a sense of self-reliance and empowerment by showing seniors that they have some power to reduce their discomfort. The centers that participated in this grant serviced both healthy seniors and those with special needs. The people who attended these centers averaged 75 years of age, and they came from multi-ethnic communities.

The grant assisted six senior centers in Brooklyn, New York, and its umbrella organization was the Prospect Hill Senior Center. Over the course of a year, it provided over 135 hours of massage and workshops. 179 seniors participated in the program; 144 people elected to receive massages, and 35 learned about self-massage. Of this group, 85 people elected to make massage a regular part of their lives.

**"Santa Cruz AIDS Project's Massage Therapy Program", Wendy Baxter, Santa Cruz, California, \$5,000, 1995**

The goal of the project was to improve the lives of those living with HIV, by providing them relief from the physical and emotional pain brought on by HIV/AIDS, and through helping manage stress and reduce tension. The chief priority for the grant was to expand the level of staffing for the Massage Therapy Program. With an increased number of therapists, the Santa Cruz AIDS Project was able to meet the needs of more people than ever before.

By the end of the funding period, 41 volunteers provided massages to 52 clients. Approximately 20 more clients had received a "one time" massage, and many of these people were about to begin a regular massage program. In order for this to occur, the AIDS Project developed a training program for new volunteers. This training occurred after the Massage Therapy Foundation's funding money ran out; because the AIDS Project was so impressed with the benefits of massage, it decided to continue the program on its own.

**"Massage Therapy in a Rural Farming Community", Christine Schmitthenner, Tri-County Community Health Center, Newton Grove, North Carolina, \$5,000, 1994**

Massage therapy was offered to migrant farm workers through a biweekly recreational program. This program operated in conjunction with a substance abuse program, and as part of a women's wellness program at the Tri-County Community Health Center.

The primary objective was to provide massage therapy to seasonal and migrant farm workers, as well as to low-income community members. The participants were manual laborers who often had musculoskeletal problems. Massage provided relief for specific muscular problems, as well as caring touch and relaxation for people who live under harsh physical and social conditions.

212 people received seated massages, and many women received table massages as part of several women's wellness workshops. The majority of these women only spoke Spanish, and so

these workshops were bilingual. According to post-massage surveys, most recipients of the massages felt significantly better afterwards. The most common benefits were increased relaxation and pain relief.

Ms. Schmitthenner produced a videotape ("From Field to Table") that demonstrated the benefits of massage therapy among this population. She presented this video to other migrant and community health leaders at an annual migrant health conference. (The Massage Therapy Foundation currently has several copies of "From Field to Table" available on loan.) She also produced an educational video ("Acupressure for Headaches") about self-massage techniques to alleviate headaches and lower back pain. This video was shown in the clinic waiting room as part of a weekly health education program, and there were question and answer sessions after each screening.

**"Massage Respite for Hospice Caregivers", Gayle MacDonald, Oregon Hospice Association, Portland, Oregon, \$5,000, 1994**

The goal of this project was to use massage therapy to reduce the stress and fatigue of caregivers for dying loved ones. Caregiver burnout is a major reason for the institutionalization of individuals who are in the final phases of a terminal illness. Low-income people, especially the elderly or those without extended families, find the caregiver role especially difficult.

Twelve to fourteen low income caregivers of hospice patients received massages in their homes, from licensed massage therapists. Five hospices in the Portland area identified people who qualified for participation. Post-massage surveys revealed that massage is an effective intervention that should be considered by hospice agencies. 11 of the 13 caregivers reported an improvement in emotional stress, dropping from a 4.3 to a 2.5 on a 5.0 scale (5=high stress and 1=low stress.) The group's physical stress dropped from 3.6 to 2.15, while physical pain dropped from 3.3 to 1.8.

Ms. MacDonald published an article about this project in the journal *Alternative Therapies in Clinical Practice*. "Massage as an alternative respite intervention for primary caregivers of the terminally ill" appeared in the May/June 1997 issue.

**"Safe Touch", Sami Ross, Brewster Center, Tucson, Arizona, \$5,000, 1993**

*Safe Touch* aimed to help battered women access their emotions through the efforts of a licensed massage therapist and a trained psychotherapist. The target population was women who were homeless due to domestic violence.

*Safe Touch* served fifteen battered women, who received one hundred and fifty hours of massage therapy. Its primary objectives were to increase physical awareness, and to help women access their memories and emotions. To evaluate the effectiveness of the project, clients provided reports about their experience. The response from clients was positive. Women reported increased body awareness and feeling, and a greater ability to relax and trust in a vulnerable situation. They were surprised to learn how touch deprived they were, and gained an understanding of how important it was to rectify this situation.

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