



P.O. Box 697, Englewood, CO 80151  
www.reflexology-colorado.org

February 2013

# Associated Reflexologists of Colorado

The mission of ARC is to advance Reflexology as a profession and to assist Reflexologists in becoming more effective through continuing education and sharing in both Reflexology theory and practical techniques.

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### ARC BOARD

**President:** Diane Ahonen  
huntress@comcast.net

**Vice President:** (open)

**Treasurer:** Janice Sullivan  
720-334-9850  
healinghandscolorado@yahoo.com

**Recording Secretary:** Paula Carroll  
303-828-7667  
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**Membership:** Beth Schroeder  
720-530-5756  
[Schroeder90@msn.com](mailto:Schroeder90@msn.com)

**Webmaster:** Todd Richter  
webmaster@reflexology-colorado.org

**Newsletter Editor:** Marie T. Koepke  
970.531.3528  
mtnmarie@yahoo.com



## Winter Quarterly Membership Meeting

Tuesday, February 12, 2013

**5:30-6:30 PM:** Potluck Dinner & business meeting  
**6:30 - 8:30 PM:** 2 hour (ARCB) Workshop

### Workshop

### **Ortho-Bionomy of the Extremities:**

An Introduction to Ortho-Bionomy Principles for the Hands and Feet

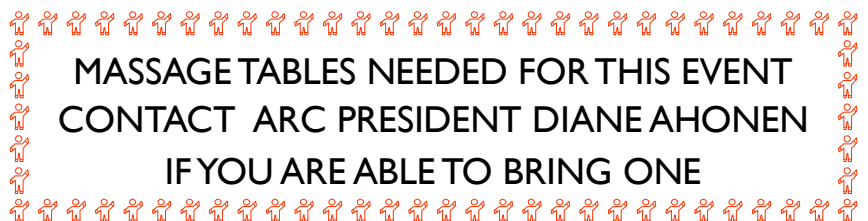
### Instructor

**Sheri Covey**

Sheri Covey is an Associate Advanced Instructor and an Advanced Practitioner of Ortho-Bionomy. She has studied OB since 1995 and her profound experiences in her practice motivates her teaching and her ongoing wonder of the power of this work.

**Location:** Old Hampden Holistic Center, 3501 S. Corona Street, Suite # 1  
303-341-4384 (SW corner of Old Hampden & Corona near Swedish Hospital.  
Old Hampden is one block north of 285 (Hampden).

**MESSAGE TABLES NEEDED FOR THIS EVENT**  
**CONTACT ARC PRESIDENT DIANE AHONEN**  
**IF YOU ARE ABLE TO BRING ONE**



## ARC President's Message by Diane Ahonen

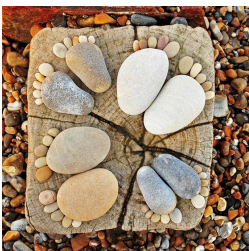
Happy New Year! I'm kind of excited to get things going in 2013, and I think I have some exhilarating news to share about the way things are taking shape for ARC in the New Year. Starting with our February meeting, we will be privileged to have a 2-hour presentation by Shari Covey. Shari Covey is an Associate Advanced Instructor and an Advanced Practitioner of Ortho-Bionomy. Shari will be in Denver to teach the OB classes at Just for Health and has agreed to share her time and expertise with us. For this class we will be adjusting our normal schedule to begin Shari's presentation promptly at 6:30pm. Our regular pot-luck social assembly will remain at 5:30 pm. Since we had an all business meeting on January 8, 2013, the few items of business that remain on our agenda will be addressed from 6:00 –6:30. If you have items of business that you would like to discuss, please contact me with your agenda items prior to the meeting.

Continuing with the exciting news about Shari's presentation, ARC has applied to receive 2 hours of ARCB continuing education units (CEUs) for the presentation. The paperwork is currently pending review by ARCB, and we should have approval or denial before the meeting. Since I don't have that confirmation in time for this newsletter article, I will let you know by email when we receive the determination from ARCB. The Board has made it a goal to provide ARCB approved CEUs at two of our quarterly meetings each year, with perhaps an additional mini seminar type event during the year. We are currently working on establishing the calendar for the year, and look forward to your participation. If you have ideas about possible topics of interest or if you have knowledge of unique education opportunities, and you would like to get involved, please contact Paula Carroll. CEUs will be provided to the ARC membership at the regular meetings as a benefit of membership. (no additional charge) Any seminars or additional meetings that we put together for purposes of continuing education will be provided to ARC members at a reasonable fee that will allow us to recover our expenses.

Another thing we discussed at our brainstorming session was focusing on increasing our membership. While we discussed making a concentrated effort in February, I think it might be appropriate to make membership a goal for the year. If you know individuals who might or should be interested in our group, invite them to a meeting.

So, with one of the Board's goals firmly underway, (reinstating ARC's status as an ARCB approved CEU provider), we stand before a bright horizon, and I look forward to reporting about additional successes along the way. See you at the meeting in February.

\*\*\*THIS JUST IN: ARC HAS BEEN APPROVED FOR ARCB CEU'S FOR THE FEBRUARY MEETING!!\*\*\*



**“Alone we can do little, together  
we can do so much.”**

**- Helen Keller.**

## **ARC Quarterly Meeting, November 13, 2012**

**Location: Old Hampden Holistic Center, 3501 S. Corona Street;  
303-341-4384**

**Attendees:** Diane Ahonen, Todd Richter, Janice Sullivan, Marcia Franks, Elena Patino, Amy Ito, Paula Carroll, Beth Schroeder, Cynthia Ford, Marie Koepke, Adrienne Fahey, Carol Mates, Rachel Lord, Mindy McKinney, Pam Moser, Dwight Weeks, Jennifer Reinbrecht

**Recording Secretary:** Paula Carroll

### **Agenda Items:**

#### **Opening Remarks:**

Diane Ahonen, ARC Vice-President announced the recent resignation of Elizabeth Heard as the ARC President. The ARC thanks Elizabeth for her tenure with ARC. Diane will step in as the ARC President for the remainder of the term. The ARC Board is currently accepting nominations for the ARC Vice-President position.

1. Diane solicited feedback on the following topics:

- ◆ How do we open up succession to the ARC Board
- ◆ Look at what other Reflexology associations are doing
- ◆ Back up for the ARC Editor
- ◆ Discussed the logistics for the Day of Giving, which will be held on Dec 5th

2. Todd Richter reported on his action items from the ARC last meeting such as:

- ◆ Changes to the ARC website: posted the August newsletter, email address updates as requested, updated passwords
- ◆ Researched Google Analytics, a service offered by Google that generates detailed statistics about the visits to a website and change keywords to improve the search.

To contact Todd with suggestions email: [webmaster@reflexology-colorado.org](mailto:webmaster@reflexology-colorado.org)

3. Discussed membership list and what information should be included on the website. All paid advertisements should also be added to the ARC calendar.
4. Marie Koepke, ARC Editor, presented the ARC Newsletter submission guidelines. (see page 5 of this newsletter)
5. The second part of the meeting was allocated to a Member Brainstorming session. The objective was to solicit ideas that will improve the ARC Organization in 2013 and beyond.
6. Action Items and Considerations
  - ◆ Business meeting on January 8, 2013 – prioritize ideas from the brainstorming and plan the calendar for 2013
  - ◆ How do we fund our ideas?
  - ◆ Membership drive in February
  - ◆ Keep ideas coming
  - ◆ Fill open board positions
  - ◆ Participate in next meeting
  - ◆ Email brainstorming ideas to all members
7. Member Life Changing Events:

Congratulations to Dwight Weeks who celebrated his 91 birthday in November 2012



## ARC TREASURY REPORT

ARC Financial Resources 2012	
Balance December 2012	
Balance forward 2011	<b>\$4,693.41</b>
Inflow 2012	
Membership	\$3,205.00
Refund Vista Print	\$ .30
<b>Total Inflow</b>	<b>\$3,205.30</b>
<b>Outflows</b>	
Bond	\$ 100.00
Reimbursable Expenses	\$ 463.64
Newsletter & Directory	\$ 312.92
Meeting Room	\$ 200.00
Speaker	\$ 150.00
RAA Dues Forwards	\$1,215.00
Western Group Inc	\$ 265.00
Network Solutions (exp. 2019)	\$ 595.47
Cynthia Ford EA (2011 Tax Return)	\$ 211.63
<b>Total Outflows</b>	<b>\$3,519.66</b>
<b>Net Outflow</b>	<b>\$ 314.36</b>
<b>Balance on Hand December 31, 2012</b>	<b>\$4472.54</b>



### ADVERTISING IN ARC'S NEWSLETTER

Advertising in the ARC Newsletter is encouraged for both members and non-members alike.

The **member fees** are:

\$10.00: Business card size      \$15.00: 1/4 page      \$20.00: 1/2 page      \$30.00: whole page.

The **non-member fees** are:

\$15.00: Business card size      \$20.00: 1/4 page      \$25.00: 1/2 page      \$35.00: whole page.

These ad spaces are for both business operations and reflexology related advertising.



## **ARC NEWSLETTER SUBMISSION GUIDELINES 2012-2013**

*The ARC Newsletter is for its members and about its members. It is a sharing and networking of information to assist ALL members to grow professionally and to provide education to expand the scope of Reflexology practice in Colorado.*

In order to ensure that our online and printed newsletter is valuable and timely, the following guidelines have been compiled for members making a contribution. The goal is for the ARC newsletter to be published and/or printed at least 2 weeks before the quarterly meeting.

- ◆ I (Editor) will solicit the content for the newsletter by the first of the month prior to the forthcoming meeting. Submissions can be emailed to me any time after the current newsletter has been published.
- ◆ If I (Editor) have not yet received submissions by the 20th of the month prior to publication it will not be printed. Note: It is important that I receive the content by the due date; otherwise, newsletter publication might be delayed. Please let me know as soon as possible if you will not be able to meet the assigned deadline so that any adjustment can be made in a timely fashion.
- ◆ All board related submissions: President's Letter, Meeting Minutes, Financials and guest speaker details are due to me via email ([mtnmarie@yahoo.com](mailto:mtnmarie@yahoo.com)) 3-7 days after the quarterly board meeting.
- ◆ When submitting an article please use MS office (Word, Excel, Publisher). If that is not possible, then paste the content in the body of the email. I will not accept any other formats, text boxes, tables, fonts etc... as it takes too much time to reformat. PDF files are acceptable especially for ads.
- ◆ In 2013, I would like to solicit more members for articles: the new idea I would like to implement is to spotlight members across Colorado (*Community Corner*). A 'regional' update on our members: I'll look for a 'representative' in that particular region and contact them for information on Reflexology in their area.
- ◆ Before the final publication one or more of the Board members needs to coordinate with me to do a 'final editing inspection' to verify spelling, grammar, content, dates etc. are correct and accurate.

Respectfully Submitted,  
Marie T. Koepke, Editor



## COMMUNITY CORNER

Highlighting ARC Members and the Community they Support

### Day of Caring for Latina Safehouse

Dec 5<sup>th</sup> Day of Caring ~ Day of Sharing by Diane, Jean, Janet and Beth

I felt like the experience on Dec. 5 was more than just providing reflexology for the day. It was sharing, and sharing from a place beyond talking, sharing from the heart. It didn't seem to matter that we had language barriers, or that our personal circumstances might differ at the moment, it seemed to be more about the delight of running into someone new along the path of life, and having the opportunity to give and take in the exchange of kindness. I was made to feel welcomed by everyone and I left with the feeling that I wanted to come back and do it again. Thank you so much to the practitioners and participants in the Dec. 5 experience. I hope we were able to make a difference to the women we served, because they certainly made a difference to me.

Although English may not be many of the women's first language, understanding each other was not an issue. Understanding and compassion came through the reflexology, through touch.

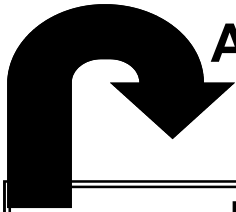
The event was so gratifying for me. I believe in setting the intention of always being in mutually benefiting energy. The event for the ladies through my eyes definitely fulfilled my set intention. It was a day filled with laughter, fun, appreciation and gratitude.

What a wonderful experience it was to share Reflexology with the women served by the organization, Latina Safe House! Each woman expressed their appreciation, yet it was I who felt so appreciative to spend a little bit of time with each of them. What a blessing, and a blessed way to start the holiday season!



Front row (L-R): Jean Starling & Beth Schroeder  
Back row: Diane Ahonen & Janice Sullivan

**If you have an organization you would like to share a “Day of Caring” with, please let any of your ARC Board members know and we will get it announced via email and through the ARC newsletter.**



## ARCB Approved CE Provider Classes in Colorado 2013

### **Just for Health School of Reflexology and Healing Arts**

3501 South Corona St., #1

Englewood, CO 80113

#### **CLASSES:**

- ♦ **Professional Foot, Hand and Ear Reflexology**

**March 15-October 6, 2013**

**CEs: 305**

- ♦ **Ear Reflexology**

**April 6-7, 2013**

**CE's: 16**

**Contact: Rachel Lord**

**303-320-4367**

[www.justforhealth.net](http://www.justforhealth.net)

[health.on.all.levels@gmail.com](mailto:health.on.all.levels@gmail.com)

### **Rocky Mountain Ortho-Bionomy**

- ♦ **Extremities Class**

**A structure based class that deals with all the Extremities that covers from the Shoulders to the fingers and the hips down to the toes. It is organized to help any practitioner to orient towards structure injuries and how assess the injuries of those areas in relationship to structure and pain.**

**February 11 & 12 9:30 to 5:30**

**Location: LaQuinta at Church Ranch Road which is 104th and Highway 36.**

**CE's: 16**

**Cost: \$300.00 if you sign up by 2/1/13.**

**Contact: Sheri Covey**

<http://rmobcenter.com/courses/denver-classes/>

## Shin Splints (Tibial Stress Syndrome)

<http://www.webmd.com/fitness-exercise/shin-splints>



© sportsmedinfo.net medical art

Many athletes get shin splints -- also called tibial stress syndrome -- at one time or another. Whether you jog daily or just had to sprint to catch a bus one day, you may have shin splints when you feel throbbing and aching in your shins. While they often heal on their own, severe shin splints can ruin your game.

Shin splints aren't really a single medical condition. Instead, they're just a symptom of an underlying problem. They might be caused by: Irritated and swollen muscles, often caused by overuse.

Stress fractures, which are tiny, hairline breaks in the lower leg bones. Overpronation or "flat feet" -- when the impact of a step causes the arch of your foot to collapse, stretching the muscles and tendons

Shin splints are very common. They're the cause of 13% of all running injuries. Runners might get them after ramping up their workout intensity, or changing the surface they run on -- like shifting from a dirt path to asphalt. Shin splints are also common in dancers.

### What Do Shin Splints Feel Like?

Shin splints cause dull, aching pain in the front of the lower leg. Some people feel it only during exercise; others, when they've stopped exercising. Sometimes, the pain is constant. Depending on the exact cause, the pain may be located along either side of the shinbone or in the muscles. The area may be painful to the touch. Swollen muscles can sometimes irritate the nerves in the feet, causing them to feel weak or numb. To diagnose shin splints, your doctor will give you a thorough physical exam. He or she may want to see you run to look for problems. You may also need X-rays or bone scans to look for fractures. Other tests are sometimes necessary.

### How Can I Prevent Shin Splints?

To prevent shin splints, you should:

- ◆ Always wear shoes with good support and padding. Custom orthotics can also help.
- ◆ Warm up before working out, making sure to stretch the muscles in your legs.
- ◆ Stop working out as soon as you feel pain in your shins.
- ◆ Don't run or play on hard surfaces like concrete.
- ◆ Reflexology

Reflexology can alleviate this 'syndrome' by strengthening the arches and decrease the inflammation caused by the 'overstretched muscles'.



## FOOT NOTES & TIPS FROM THE TOES by Marie T. Koepke RN, NBCR, FCCI



During the Winter Season in the high altitudes of Colorado, our feet are exposed to many harsh, cold weather environments. One reaction which frequently occurs is a condition called 'Chilblains'.

### What are chilblains (pernio; perniosis)?

Chilblains are a painful abnormal reaction of the small blood vessels in the skin when exposed to cold temperatures. Chilblains usually occur several hours after exposure to the cold in temperate humid climates. The cold causes constriction of the small blood vessels in the skin and if re-warming of the skin happens too rapidly, there is leakage of blood into the tissues as the blood vessels do not respond quickly enough to this re-warming. Chilblains are not very common in countries where the cold is more extreme as the air is drier. Chilblains are more likely to develop in those with poor circulation, but chilblains are still common in those with good circulation.

Chilblains start during the winter (when the weather gets colder) - the initial symptoms include burning and itching in the area of the developing chilblain. These symptoms are often intensified when going into a warm room. There is often some swelling and redness. In many cases, the skin over the chilblain can break down and becomes a sore (ulcer).

### Prevention and Self Treatments:

If your feet do get cold, allow them to warm up slowly - do not put them straight in front of a source of heat (this gives a chance for the circulation to respond to the warming skin). Do not let the feet become exposed to any source of direct heat (eg a heater), especially if the foot is very cold - this is a common factor causing chilblains.

### Once a chilblain develops:

- ◆ Do not rub or scratch chilblains
- ◆ Avoid direct heat (i.e. do not expose the feet to a heater), but keep the feet warm by the use of woollen socks and footwear
- ◆ If the skin is broken, use an antiseptic dressing to prevent the chilblains becoming infected
- ◆ Thermal or insulating insoles can help keep the foot warm to prevent chilblains
- ◆ When working on a client with Chilblains, work the feet from heel to toes thumb-walk gently towards the distal aspects of the toes
- ◆ Essential oils of: geranium, fennel, basil and lavender may help

The ARC Newsletter is published quarterly. This newsletter is for the education of its membership and dissemination of health related information and news. The material should not be construed as medical advice, treatment or recommendation for self treatment where professional, medical intervention is the standard of care, and is not intended to replace professional medical care.

**Membership meetings are the  
2nd Tuesday of  
February, May, August and November.**

Nominations and ballot for ARC Vice President and  
Recording/Membership Secretary

**VICE- PRESIDENT**

\_\_\_\_\_ Paula Carroll

Write in: \_\_\_\_\_

**RECORDING/MEMBERSHIP SECRETARY**

\_\_\_\_\_ Beth Schroeder

Write in: \_\_\_\_\_

**RECORDING SECRETARY**

Write in: \_\_\_\_\_

Voting will occur at the next ARC meeting , Feb 12, 2013.

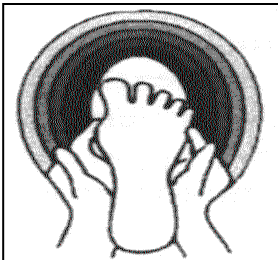
Please mail in your ballot (if not attending the meeting) to:

ARC

POB 697, Englewood, CO 80151

**FOOT NOTE**

Views expressed in articles and advertisements in this newsletter are not necessarily those of the ARC,  
its Board of Directors, membership or the editor.



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