



Quick News

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MAKE RARI ROAR!

May 2020



Greetings From the President

We are living in unprecedented times learning and adapting to significant change while trying to keep as much of our normal lives as intact as possible. We have all temporarily closed our practices and as a result, lost income. Some are dealing with closed schools and children at home, which can create chaos and stress but also gives us time to get to know each other better and perhaps create new family traditions.

We are living in close quarters 24/7, standing in lines for basic needs, having to wear masks and trying to keep ourselves and our families safe and healthy. As a board we are concerned about each and every one of you and are here to assist you in any way we can, especially as you make decisions to reopen your practices. Please contact us and let us know how you are doing and if you have needs we can help you with. Our email addresses are in this newsletter.

At our recent ZOOM board meeting we discussed ways to stay in touch until we can meet in person again. We decided to do a mailing of this newsletter as well as provide website links to assist you with things like filing for unemployment, how to plan for reopening your practice, information on the CARES act, and more. Please see the links posted later in the newsletter.

Having to postpone Sam Belyea's workshop was disappointing, but we are planning to offer it next summer around the same time as this year. That will give ample time for planning since we will still probably have some restrictions on public gatherings. Also, the RAA Conference has been rescheduled for next April, in New Hampshire, and hopefully many of us will be attending.

For World Reflexology Week we are planning informational posters for the public that will be in libraries. The posters will be aimed at how individual members of the public can use some hand reflexology points to relieve stress. There will be pictures and details on how to reflex these few points. Also included will be information on how to find a qualified reflexologist. A win-win. We are also looking into having an article in September's Providence Monthly discussing reflexology and its benefits as well as giving information about RARI and again, how to find a qualified reflexologist.

If you have additional ideas, please email and let us know. We would love to hear from you.

Please visit our Facebook page <https://www.facebook.com/Reflexology-Association-of-Rhode-Island-992563614246333/> and let us know what you are doing.

Namaste,

Dawn

PS—Your 2021 **RARI Renewal Application** is Enclosed

RARI Elections

It's that time of year again. There will be 2 RARI Board positions open that need to be filled. Serving on the Board is a great experience as well as a responsibility. It's wonderful to work with like-minded individuals wanting what's best for our members and organization. If you are a professional member, you'll be receiving voting information soon.

Legislation—Kelly Urso

I don't know of any updates around the states. I think the virus has taken the focus. Most legislative sessions go through June or July and it's on hold right now. The issue in CT is that the definition of reflexology speaks of working on neuro pathways but that does not differentiate us enough from the massage law in CT.

The definition of massage in CT includes manipulation or applying pressure to soft tissue. One could argue that reflexology is also applying pressure to soft tissue (skin nerves etc) thereby needing a massage license to practice reflexology. Apparently over the past year a few reflexologists in CT have been told they can not practice without being a LMT. This situation points out the need to clarify what reflexology is and how it is different. The challenge is also to keep it scientifically valid and not make claims that are not proven. Furthermore, it is an alert to watch for legislation. Last year, a Bill was in the CT house to exempt reflexology, along with some other holistic therapies and it didn't go through. I don't think many of us if any attended the hearing. The bill died. We are looking in to having it reintroduced. It would at least separate us as a profession. The CT Association has been disbanded for a few years due to not having practitioners fill the board positions so there is not a lot of support. This also shows the need for strong associations and practitioners sticking together and being willing to sit on the board!

LET'S STAY STRONG RHODY!

New Newsletter Category—"Inquiring Minds Want to Know"

Is there something about Reflexology that you want to know, or clarify, etc. Email: Nancy—nbartlett2019@gmail.com - and we'll put the response in the next newsletter, and, or Facebook. Some ideas..... What is your favorite system to work? Would you like to share 'tips' and discuss various outcomes you've had with clients?

Sample: When time is limited, my favorite is the **Nervous System**; It is through the nervous system that we affect all the systems in the body, including the musculoskeletal system.

From RAA

Please know that the Reflexology Association of America Board is thinking of you and know that you have lost your source of income due to COVID-19 by maintaining safe practices and suspending your services. The RAA Board empathizes and we wanted to share information with you as quickly as possible. In lieu of recreating information, we compiled a list of resources for your reference. The CARES Act is very detailed and has some ambiguities regarding the expanded eligibility of self employed individuals, so it might be advisable to file your claim now so that it is on file and then the government can decide if you qualify.

CARES Act Unemployment Information:

<https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx?newsearch=true>

The Associated Bodywork & Massage Professionals sent members an email yesterday outlining information for "eligible" self employed individuals.

<https://www.abmp.com/updates/news/cares-act-information-and-analysis-massage-therapists-and-bodyworkers>

Foley and Lardner LLP, has a very detailed summary of the CARES ACT:

<https://www.foley.com/en/insights/publications/2020/03/coronavirus-cares-act-enacted-into-law>

A detailed resource for links to various state organizations. - <https://www.fsmtb.org/state-updates-on-covid-19/>

We are thinking about you and hope that you are finding time for self-care during this challenging period, and, just maybe you've been working on that "list" that you have not had time for.

RARI Renewal Application—Enclosed in this package

Reaffirm your membership in RARI! Our members are our strongest asset in RARI! What each member brings to our profession – from student to professional- needs to be honored especially during these difficult times. Please renew your membership, encourage a colleague or student to join too..

Pay what you **ARE ABLE TO PAY NOW FOR THE FULL YEAR OF MEMBERSHIP July1 2020 through June 30, 2021**. Welcome back for another year! \$10 __, \$20 __, \$30 __ \$40 __ other __

Rhode Island Unemployment Insurance Program

General Information about the Unemployment Insurance Program:<http://www.dlt.ri.gov/ui/>

To file a UI claim online:<http://www.dlt.ri.gov/ui/>

To file a claim by telephone number:<http://www.dlt.state.ri.us/ui/fileclaim2.htm>

Coronavirus update: Rhode Island is providing updates on Unemployment Insurance changes related to COVID-19 here: <http://www.dlt.ri.gov/pdfs/COVID-19%20Workplace%20Fact%20Sheet.pdf>

NEW Reflexology Definition (Approved by RAA, ARCB, NCRE)

Reflexology, an Integrative health practice, maps a reflection of the body predominately on the feet, hands, and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally.

Important Websites/Links for help and information

www.reflexologyri.com—Reflexology Association of R.I.

[Facebook](#)—Reflexology Association of Rhode Island

www.RIHHA.org - R.I. Holistic Healing Association

www.riwellnessguide.com—Free Listing of your business

www.reflexology-usa.org - Reflexology Association of America

www.arcb.net—American Reflexology Certification Board

ICR-reflexology.org—International Council of Reflexology

RARI Board Members

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