



Quick News

Issue 1

MAKE RARI ROAR!

January 2022

Wishing all our members a safe and Happy New Year filled with hope for 2022!

From: Tami, Pat, Stephanie, Geri, Dana, Paivi, Claudia and Barbara

Please see our four major highlights in this Newsletter:

- **Timely, practical internet security advice from Pat Salzillo**
- **Cadaver Study from Tami Goulet, scheduled February 12, 2022.**
- **Foot Reflexology classes with Elysia Bates, NBCR**
- **Hand Reflexology classes with Kelly Urso, NBCR.**

Protect Yourself Online

by Patricia Salzillo

It seems like every day presents new opportunities to engage online with family, friends, businesses, personal interests, and entertainment. Never has so much information been so readily available, via so many different platforms. There is no denying the incredible benefits of all the online tools we have at our fingertips. How different the last 18 months would have been without FaceTime and Zoom!

But, like anything else, this online smorgasbord comes with some caveats. Most people know that **there are scammers and other bad actors out there in cyberspace** just waiting to steal your personal information, your money, or even your identity. And they get more sophisticated and devious all the time.

Learning to recognize some important clues can help you navigate the online sphere safely and confidently.

Here are some **tips to guide your online safety:**

- **Never open an attachment or click a link in an email from an address you don't recognize.** They can harbor viruses and other malware that can damage your computer or give the perpetrators control of your data. Likewise, never insert a flash drive into your computer if you don't know its origin. These are a common method for hackers to cause harm.

- **Be wary of social media “quizzes”** that ask you things like what street you lived on as a child or what is the name of your favorite teacher. Scammers harvest this kind of information, which is often used as security questions for online banking or other sites.
- **Accept friend requests with caution.** If you don’t know the person or at least have some mutual friends, it’s probably a good idea to ignore the request.
- Some general recommendations:
 - **If an offer looks too good to be true, it probably is.** Always err on the side of caution and **verify the validity of any online offer** you find interesting. **Be proactive rather than reactive;** for example, instead of clicking a link in an email, use your search engine to look up the company or site and navigate directly to it.
 - If someone you don’t know sends you a message **“urgently requiring your action,” think before you act.**
 - If an unexpected message appears to be coming from your bank or your credit card company, **call customer support and verify** that it is legitimate.
 - **Install an antivirus program on** your computer and keep it up to date and running on an automatic schedule.
 - **Enable multi-factor authentication whenever possible.** This is where you must enter a secondary code or click an approval button on your mobile or other device after logging into a site, such as online banking. A few extra seconds of verification are worth it!

The link below offers some additional helpful tips, and there are many online resources to help keep you protected: **[Online Scams \(norton.com\)](https://www.norton.com)**

EDUCATION: Cadaver Study Tami Goulet

Date: Saturday, February 12, 2022

Place: URI Physical Therapy Laboratory
25 West Independence Way, Kingston, RI
We will meet at the back door of the cadaver lab near the tennis courts.

Time: 9AM to 11:30AM

Cost: \$35 for RARI members and \$40 for non-members. Space is limited to 20 attendees.

Please send registration request/questions to tamigoulet@yahoo.com.

Attendance is restricted to those 18 years old and older, unless special arrangements are made, and to reflexologists, medical personnel, alternative modalities caretakers, anatomists, artists, students, etc.

It’s an unusual opportunity for a unique experience in education. Gloves and protective eyewear will be provided. Vicks vapor rub can help if you are scent sensitive. There will be pre- and post-Q and A discussions. Come with your own agenda, objectives, etc. Usually 6 cadavers are available in various degrees of dissection. There may be possibilities of observing implants, pacemakers, etc. Photography prohibited for privacy.

We will apply for CEU's.

Looking forward to a great educational experience!

Thanks to Dalia Pucci for coordinating with Dr. John McLinden at URI!

Highlighting and thanking our two Rhode Island Educators
Elysia Bates and Kelly Urso.

We are very proud to have two Reflexology educators who are members of RARI and have been educating Reflexologists for more than twenty years. Students have come from surrounding states to take classes from our experienced and dedicated teachers. Both Elysia and Kelly are Board Certified by the American Reflexology Certification Board. They have also served as past Presidents of RARI. Kelly has also served as the President of the National Council for Reflexology Educators (NCRE).

Foot Reflexology Classes
Elysia Bates, NBCR

All That Matters, Wakefield, RI
See website: allthatmatters.com for complete information

Integrative Reflexology Certification Program

ONLINE OPTIONAL

Sat, Feb 12, 2022 at 9:00 am - 5:00 pm

This 300-hour professional certification in the art, history, science, philosophy, and methodology of reflexology is based on a 11-week training, with anatomy and physiology in the morning session and hands-on training in the afternoon session

TRAINING SCHEDULE

Certification program runs February 12 – June 26, 2022, for a total of 11 required weekends. Complete attendance at all weekend modules is mandatory, and all requirements must be fulfilled for certification.

TO COMPLETE YOUR REGISTRATION

1. Fill out and submit application by February 1, 2022.
2. Call All That Matters Front Desk at 401.782.2126 to pay in full or make a deposit.

Hand and Foot Reflexology Classes

Kelly Urso, NBCR

Hand Reflexology

AT: Footprints Reflexology, Westerly, RI 02891
Footprintsreflexologyri@gmail.com 401-742-3625

40 ARCB CE's (pending) Westerly RI

5 Alternating Tuesdays 9-5:30

April 5th, 19th May 3, 17th, 31st

In person / Can switch to Zoom option if needed

The tuition for this course is \$750 includes materials. Any questions pm me or reach out 401-742-3625.

Kelly also offers:

Advanced Study groups for Reflexologists taking the ARCB Certification Exam
Foot Reflexology Certification Program

RARI Challenge

We would appreciate a 3-5 word response to our newsletter!

Best creative response decided by RARI Board Members in February will receive \$25 off your next reflexology class with any teacher! Reply to sender of Newsletter. Thank you!

We have activated our **Committees!** Your ideas and participation are very important. Please consider contacting one of our Board members for more information.

Education: Tami at tamigoulet@yahoo.com. We want to hear from you! What topics most interest you?

Website www.reflexologyri.com Pat Salzillo and Stephanie Mills have worked very hard to activate our website to make it user friendly, informative and secure. We now have a fillable Membership form and notice of Education opportunities.

RARI Facebook Page has been updated by Tami Goulet. Thank you Tami!

Newsletter: Anyone interested?

2021-2022 Board Members

- Barbara Heavey- Hodson, President, Legislation Committee
- Tami Goulet, Vice President Chair: Education Committee
- Patricia Salzillo, Secretary Chair: Website Committee
- Stephanie Mills, Treasurer Chair: Membership Committee
- Geri Marandola, Director Chair: Social Committee
- Dana Moriarty, Delegate to RAA, Legislation Committee
- Paivi Murphy, Director in Training
- Claudia Wojcik, Director in Training