

Summer Fire



President's Update

By Judy Lemieux

Mark your calendars! Our annual Fall Conference is shaping up. It will be held on September 15th & 16th at the Holiday Inn Denver West in Golden. Our topics will be on Functional and Integrative Medicine. On the 15th, Jake Fratkin along with Randy Bimestefer will be presenting *Understanding Adrenal Fatigue, Insulin Resistance and Hypothyroid, Combining Functional Medicine with TCM*. On the 16th, Daisy Dong will be presenting *TCM Treatment and Cancer Support*. Look for your conference registration brochure in the mail in the coming month.

We would like to welcome Amy Dickinson as the new Conference Committee Chairperson who is doing an outstanding job! Misun Oh has also stepped in to help with the conference and will be joining the AAC board. Presently, Diana Horowitz is also preparing Misun to assume her role as the new PR Committee Chairperson.

This fall we will have board position vacancies so if you'd like to serve on the Acupuncture Association of Colorado board, or would like to nominate someone, please let us know. The requirements are that you are a professional member of the AAC and that you attend quarterly board meetings to help make decisions on current affairs. We are also in need of volunteers for upcoming events such as AOM day so please call Diana if you can volunteer.

DORA has decided to put the formation of a state acupuncture advisory committee on hold. If you have questions concerning this issue, you may contact DORA's new Allied Health Section Director, Shelley Hitt via the DORA office at (303)894-7429 or email Shelley directly at Shelley.Hitt@dora.state.co.us.

Our participation in the 9Health Fair this year was the biggest yet! A big THANK YOU goes to all who volunteered their time and energy to educate the public about acupuncture and oriental medicine! The annual Dragon Boat Festival fast approaches. We will need volunteers to help us out with that as well.

On the legislative front, committee chairperson Nancy Bilello, lobbyist Leo Boyle and former AAC VP Valerie Hobbs, myself and others, continue to work on the dry needling/IMS issue. We have asked DORA to rescind the policy decision allowing it. Please see Nancy Bilello's report regarding this issue.

Our hard work benefits all acupuncturists in Colorado, therefore all acupuncturists in Colorado should help to support the work of association that supports them. Spread the word to your colleagues and students who are not yet members and encourage them to join. The best way to support and promote our form of healthcare is to help create and maintain a strong state association. Please feel free to call or email me if you have any input.

Judy Lemieux, L.Ac.
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The Acupuncture Association of Colorado

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The Acupuncture Association of Colorado, Inc., as a nonprofit association, is a professional organization of acupuncture and Oriental medicine throughout the state of Colorado. The Association will encourage and foster the healing art known as acupuncture and Oriental medicine, promote acceptance of a uniform standard recognition for the unique skills and abilities of acupuncture and Oriental medicine throughout the state of Colorado, work in association with the existing Colorado medical community, and foster, encourage and promote constant upgrading of the skills, abilities, qualifications and educational requirements of acupuncturists and practitioners of Oriental medicine.

The Colorado Acupuncturist is published quarterly by the AAC. Letters, articles, research papers, news, book reviews, artwork, and advertisements are welcome (Please contact Melinda at acupuncture4life@comcast.net). Materials in the journal are the opinions of the authors and do not necessarily represent those of the AAC.

Advertising rates per issue:

Full page	\$140
Half Page	\$85
Quarter Page/Classified Ad	\$50

Deadlines are as follows:

April issue - March 1st
July issue - June 1st
October issue - September 1st
January issue - December 1st

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Legislative Committee Report by Nancy Bilello

The biggest challenge we have had so far this year is the issue of Physical Therapists performing a treatment called dry needling or intramuscular stimulation. For those who are not familiar with this issue, I would like to give a brief history and explanation.

Dry needling is a treatment modality for alleviating pain at trigger points. It was pioneered by Linda Travell and a Dr. C.C. Gunn (MD in Canada). It is called dry needling because there is no medication injected into the body. The tender trigger point is needled until the muscle twitches and pain relief results. Dry needling was originally done with standard hypodermic needles and was often fairly painful. At some point, PT's started using acupuncture needles. If this sounds like what they're doing is actually acupuncture, well...

In July of 2005, a PT in Denver who is trained in dry needling, teaches the method to other PT's and also uses it in his own practice, made a presentation to the Department of Regulatory Agencies (DORA) and a Director's Policy was quickly written to allow dry needling in the PT scope of practice with adequate education. Unfortunately, acupuncturists were not notified of this event.

It first came to our attention several months ago when some acupuncturists expressed concern that their patients were stating they had received acupuncture from their physical therapist! The AAC went into high gear to research the matter. DORA was notified of our concern and we were invited to a special meeting of the PT Advisory Board on May 23rd to present our side of the issue. Past legislative chair, Valerie Hobbs, used a very well-organized Power Point presentation outlining our concerns very clearly and concisely. Some of these concerns are:

- Public confusion re: who is giving and receiving acupuncture
- Contradictions in both the PT and Acupuncture Acts
- Public safety
- Educational requirements for those doing dry needling

It was obvious that the members of DORA as well as the PT Advisory Board members were impressed by our presentation. Several questions were asked for clarification that Valerie answered quite well. The result is that DORA and the PT Advisory Committee

are going to review all the information and all the aspects of this matter. There is a follow up meeting scheduled for late July at which DORA will let us know what kind of measures they will enforce to safeguard the public and protect professional integrity.

Addressing this issue required a lot of research, careful studying of the facts and extensive discussions as to how to approach the subject. I would like to especially acknowledge and thank Judy Lemieux and Valerie Hobbs for their tireless efforts in helping us have a successful meeting.

If anyone would like further info or clarification of this matter, please feel free to contact me.

Nancy Bilello RN, L.Ac.
Legislative Chair
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9Health Fairs 2007

By Diana Horowitz

April 2007 marked the second year that the AAC has participated in the 9Health Fairs. As promised, we more than doubled our participation from four fairs in 2006 to nine fairs in 2007. We also extended our reach from the Boulder/Denver area to fairs in Pagosa Springs and Pueblo. Were our efforts effective and worthwhile? Read on to find out!

I sent an evaluation to the AAC volunteers who worked at the fairs and nine of the 18 volunteers responded to the survey. The survey asked –

Did the AAC do a good job with organizing our presence at the fairs?

The AAC's ability to fully participate in 9Health fairs is hampered by the fact that they are mostly scheduled during a one-week period throughout Denver and Boulder. Distributing our marketing supplies to three fair locations in

one day is very challenging. Add in shipping of banners, public education brochures, etc. to smaller towns throughout Colorado and you've got a logistical nightmare on your hands! As the AAC's secretary, Melinda Cobb, L.Ac. did a terrific job coordinating all of the shipping, picking up and dropping off of marketing materials to the AAC's volunteers. The volunteers rated our effectiveness an "8.5 out of 10".

Did the 9Health fair sites welcome the AAC, and place our informational table in a visible location to the public?

Doran Day, L.Ac., an AAC member who volunteered at the fair in Centennial wrote, "The fair itself was very organized, we were placed in a good location and welcomed. The main organizer said she had been wanting acupuncture to be part of the fair for years."

Cont'd on page 5

(Cont'd from page 4)

Jeanette Rockers, AAC Treasurer and I volunteered at the Schlessman YMCA 9Health Fair in SE Denver. The 9Health organizers purposefully placed us right next to the blood draw line, where hundreds of fair goers walked by our booth twice for various screenings. The majority of the fair sites also offered complimentary drinks and lunch to volunteers.

What was the public's perceived response to Acupuncture and Oriental Medicine?

Feedback from the volunteers on this subject was mixed. Braxton Ponder, L.Ac. who has a practice in the small town of Pagosa Springs, commented that the public's response was, "sadly underwhelming. In spite of great visibility, interest was low. Most people who stopped by to visit were already patients of mine, or already users of acupuncture. The people I really hoped to reach - curious, not-yet-acupuncture-users - were few and far between. This may be a reflection of the conservative community here. [AOM] is still something of an oddity... Still, I strongly believe that being part of such a popular and main-stream event is a great thing for Acupuncture and Oriental Medicine."

The main purpose of the AAC's participation in the 9Health Fairs is public education, particularly geared to the mainstream population. Doran Day, L.Ac., wrote, "a question that I got several times was, 'do you have one set of needles that you use only on me?' Apparently people are not aware that we use sterile, single-use needles!" Melinda Cobb, L.Ac. who volunteered at a 9Health fair in Lakewood, said, "many people stopped to ask us questions and many were happy that they did because they had misunderstood or had the wrong impression about acupuncture. Everyone was also very pleased to know that we are regulated and licensed and have gone to school for years to learn oriental medicine." These kinds of comments clearly indicate that we still have our work cut out for us to provide quality information about our profession to the public.



Jim McRitchie and Drew Henderson volunteering at the Channel 9 Health Fairs in Boulder.



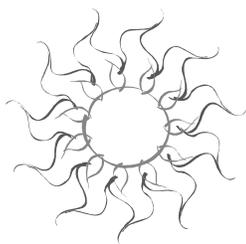
Drew Henderson "makes a point" about acupuncture at the Channel 9 Health fair.

Treasurer's Report By Jeanette Rockers

Our organization remains one we can be proud of financially. In the past year or so, we have spent funds to improve the overall look of our organization, from the website to how we look at festivals and health fairs. The foundations of this overhaul are now in place and hopefully you all appreciate our attempt to look professional and invitational to the public. We have also spent money to rent a small office space and procure a dedicated fax line for the convenience of our members. We budgeted for a new computer, a long overdue necessity, and this money was freed up when Joanne Neville donated her used Mac desktop that suits our needs perfectly. Thank you Joanne! All your board members stretch your dues further by volunteering not only their time, but their gas money to the cause. No small matter in these times.

We have also voted to increase the price of ad space in our newsletter. Our prices have not been raised for many years, but even at the current price of \$140 for a full page ad, it is still a bargain if you want to reach 300 Colorado Acupuncturists and our schools.

We now head in to our busy renewal season, when the majority of our operational funds come in. Our secretary Melinda Cobb and I will be busy during the upcoming months processing your memberships. We appreciate your continued involvement, and I invite you to call Melinda if you have questions regarding your membership renewal. Thank you for your continued support.



Secretary's Report by Melinda Cobb

Thanks again to Joanne Neville for donating her computer to the AAC! I can actually view graphics now and will be able to do much more with this new computer in updating our database.

Currently Jeanette and I am working on processing membership renewals. Approximately one-third of our members have already sent in dues for this year and I thank you! I am waiting to send out your official new identification card and welcome letter for the 2007 memberships. I have to have at least 200 items of mail before I can use bulk mail but we are closing in on it.

If you haven't already done so, please send in your application with a copy of your Colorado license, a check for dues and any changes you want to make. I am uploading to Acufinder.com for a free listing for all AAC members so you will want this info correct for the world wide web to see. I am also doing a recruitment of new members and have had some success!

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Member Benefits Committee By Linda Raford

Hello Members! I became the chair of the Membership Benefits Committee about two months ago at Judy Lemeiux's request. For those of you who are unaware of what we offer to you as members, please refer to the AAC website at:

<http://www.acucol.com>

Please follow the links to all the membership benefits.

(<http://www.acucol.com/Pro/Member/index.htm>)

In addition to those benefits Acufinder.com, currently the largest acupuncture practitioner, school and event directory in North America is offering our AAC members a 25% discount to list your practice with them but only during the month of October. This is part of their Members Appreciation Month and they would like to welcome all AAC members.

For more information you can contact them via their website www.acufinder.com. They will provide you with a promotional code for the listings after you call them.

Presently, Acufinder is also weighing the option to extend a permanent discount for all our members and will let us know soon regarding their final decision.

Acufinder.com is also providing a link to our website to provide "free" listings with our AAC logo to anyone looking for an acupuncturist within a radius of their zip code. This has been in effect since last February and has also been recently updated with the latest information. The paid ads are much bigger and features your picture and more information regarding your training and practice.

Please feel free to contact me with any ideas you may have for other benefits or discounts that the AAC can offer to you. I would be happy to follow up on them. I can be reached at 303-250-0684 or lindaraford@att.net.

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Report on the AAAOM Conference **By Drew Henderson and Jeanette Rockers**

The AAAOM conference was held in New Orleans this year May 9th to May 13th. Originally scheduled by the AOMA (the Alliance), it became the first conference held by the newly combined national organizations. Drew attended primarily to represent our state association, and keep us in touch with the work being done at the national level for our profession. Jeanette attended both representing the AAC, and as a board member of the newly formed American Association of Acupuncture and Oriental Medicine. The AAC's intention since our 5 year plan was formulated, was to have someone from our association on the board of both national associations. At this point, we have accomplished that goal since the reuniting of the two associations into one organization. This article will offer some impressions and a few noteworthy items.

Meeting of State Liaisons **(Originally called Council of Presidents)**

Martin Herbkersman, AAAOM board member from South Carolina, chaired this meeting. Those attending were not all presidents of state associations. Some were VP's, past presidents, secretaries, and newsletter editors. States represented were Florida, Maryland, Missouri, South Carolina, and Kansas. Leslie McGee who sits as the AAAOM president and AAAOM board member Christine Chang were also in attendance.

One topic discussed was the lack of continuity over the years as state representatives change when their terms end, resulting in loss of the contact with the national organization. A proposal was made to have a "liaison" from each state in a position to work with the sitting president and board of the state association. Their role would be to keep channels of communication open, and report to state organizations any relevant info from the national scene. They would also report to the AAAOM on state activities and concerns. This liaison would help get info to the specific committee chair on the state board who should be aware of a particular national issue, prepare before the conference by gathering information and requests, and report back to the state board after national meetings. If the liaison is unable to attend a conference, they could facilitate information exchange with another board member who attends.

Our association can think about improving our own continuity and institutional memory by keeping our president involved after their term ends. In the AAAOM, the past president, known as the President Emeritus, remains on the board for one more year while the new

president is serving. This has been done informally and inconsistently in Colorado, but potentially could help educate new incoming board members. And there is always a need for interested members to serve our organization! Consider this an invitation. Our work on help educate new incoming board members. And there is always a need for interested members to serve our organization! Consider this an invitation. Our work on behalf of professional acupuncturists in Colorado raises all our boats.

The IMS/dry needling issue:

We discussed this issue in the state liaison meeting, but Drew received more information from a separate discussion with David Paton, president of the Federation of Acupuncture and Oriental Medicine Regulatory Agencies (FAOMRA). He stated that the safety argument regarding physical therapists using acupuncture needles is weak, so we need a good "Plan B". Less training does not necessarily mean less safety, (since acupuncture is so safe to begin with!). The statutory argument is best: a regulating board cannot make a regulatory interpretation which directly conflicts with the statute. The board can't countermand a statute; it can only expand on the spirit of the original statute. Drew has communicated with our own board and will stay in touch with David and others on this issue. The AAC board is actively working on this issue with DORA.

In general, it was good to meet with representatives from other states. These connections between states can be very important for our own work. We can learn what is working elsewhere and strengthen our profession nationally. There are 3 schools in Colorado, and many of those graduates will go to other states to practice. Many of us may move elsewhere and the more states in which there are good laws for us to practice under, the better off we all are. When we read postings on the AAC email list, we realize how many of us have friends and family in other states that also need good access to Oriental Medicine. For all these reasons, it makes sense to support the work of acupuncture associations in other states and our profession at the national level.

General meeting

During the general meeting, the AAAOM board members were introduced and awards were presented. Holding the conference in New Orleans was symbolic and fortuitous because this is a city that is healing and rebuilding for its future. Healing and rebuilding for the future remains a common theme that is shared by the merging of our two national organizations. It also represents the importance of service to others in our profes-

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Suite location will depend on number of attendees.
Check in at Suite 115.

sion, since we helped to support the local economy by having the conference there. The decision to have the conference in New Orleans was also partly based on the Alliance connection with those who have been doing work with disaster relief and particularly with those who practice and teach the NADA protocol, and the work of Acupuncturists Without Borders, headed by Diana Fried. AWB formed after the Katrina disaster as a way to send help in the form of acupuncturists providing NADA treatments in Louisiana (LA) for all disaster relief workers and the victims of hurricane Katrina. Rachel Toomin, AAAOM board member and also former Alliance board member, was one of the first acupuncturists to come to New Orleans after the Katrina disaster. She and Diana Fried both gave very moving powerpoint presentations showing the work that was done. Awards were given to those who played important roles in the work, including a representative of the firefighters, a local realtor who helped set up housing for visiting acupuncturists, and some of those who did the acupuncture and who helped organize it.

One presentation celebrated the life of Mark O'Regan, a P.A., emergency worker, and acupuncturist, who passed away in March, 2007. He had also worked in Pakistan after the major earthquake there, and taught soldiers in the army there to do the NADA ear needling for the victims of that disaster.

By providing acupuncture with disaster relief, it is possible that the law in Louisiana regarding the practice of acupuncture could be changed from its current restrictive nature. This could allow the practice of acupuncture in LA to become more aligned with other states. For instance, in LA an acupuncturist must be supervised by an MD and must be within 30 miles of where they practice. Presently, the firefighters and many local and state officials are ready to support the effort to change the law, since the value of acupuncture has been made so obvious.

Drew also met with several of the LA acupuncturists who are in the process of forming the Acupuncture Association of Louisiana (AAL), including 2 acupuncturists originally from Colorado. Drew will support that effort, since he has a personal interest in seeing neighboring Mississippi and Alabama someday license acupuncturists.

Cont'd next column

Honoring J R Worsley

On Saturday night there was a social time sponsored by the Worsley Institute, one of the conference sponsors. In addition to abundant gumbo and other delicious and typical New Orleans food and drink, the Institute showed a video of a 1984 presentation that was given by JR Worsley. In the video JR Worsley stressed the importance of our own awareness and sensitivity to others in the practice of our medicine. He also talked about the need for understanding and unity among the different types of health care practitioners; this includes within our own profession. Our primary aim is to help others. We can accomplish this through our own authenticity as human beings, by feeling the spirit within ourselves and in others, and by expressing genuine love to all we contact. This is a fairly weak paraphrasing of what he actually said in the video. Many in the room were moved to tears, and diverse attendees testified to the power of this medicine in their lives. JR's message, given more than 20 years ago, is especially relevant today as the 2 different national organizations reunite and begin healing one of the major splits in our profession.

Research

One area of interest for Drew is the Research Committee of the AAAOM. The new organization has yet to add a research position to their board, but there is a possibility that they might do this in the future. There are a few members of the AAAOM board who stated that research is not in the AAAOM's focus at this time. However, Rebecca Christiansen, the executive director of the AAAOM, said that they often receive calls from members for research information. I think that having a research committee is necessary for keeping channels of information open and getting research information to the public and our members. This information should include how to interpret research, how to do scientific research and many more issues besides carrying out a research project.

We also learned about the Society for Acupuncture Research (SAR). Their website is: www.acupunctureresearch.org

The AAAOM is currently an institutional member of SAR. They also have individual memberships available for anyone interested in research.

The next election for AAAOM board members will be in October, 2007 in Portland, Oregon. We encourage any AAC members who would like to get involved nationally to contact Jeanette about their area of interest, and attend that meeting. By getting involved on a national level the AAC can keep our presence felt and we can certainly field a candidate for any open positions. If anyone wants to talk about the AAAOM or any national issues, feel free to contact Drew Henderson at (303) 449-2600, or Jeanette Rockers at (303) 756-4770.

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Welcome New Pro Members!

Sara Beckner	Grand Junction
Lisa Bullis	Denver
Stephen Corsale	Boulder
Yong Liu	Boulder
Marcus Rhoden	Lakewood
Timothy Santori	Westminster
Elizabeth Spetnagel	Eagle

Welcome New Student Members!

- Marcie Cohen (CSTCM)**
- Stuart Dimson (SWAC)**
- Lori Endres (SWAC)**
- Ann Johnson (CSTCM)**
- Katrina Nott (SWAC)**
- Katye Townsend (SWAC)**
- James Willhour (ITEA)**

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**Adding Options For School Listings:
By Melinda Cobb**

We would like to add a school activity listing in the newsletter. In the past, we have required that the school give a discount for other AAC members. This serves our members with an incentive to attend seminars at the schools and helps our members with obtaining the required CEU's.

CSTCM, SWAC and ITEA have all been invited to furnish any upcoming events that they would like to include in this quarterly newsletter. Hopefully, this will serve as a way of reaching out to other acupuncturist's with this information.

A school representative can contact me at (303) 572-8744 to make arrangements for this service. All three schools are invited to list upcoming events for free and we encourage a discount for our AAC members.

This listing should be brief and include date, location, time, cost, amount of CEU's, the topic and who is teaching it. We hope to build on our relationships for the future and to help make the acupuncture community stronger by including this service to others.

The kid on the bus just sneezed on you.

(Good thing you're prepared.)



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Calendar of Events

- July 1** **AAC yearly membership begins.** If you haven't already done so, please send in your membership renewal. So far we have received over 1/3rd of our total memberships dues. Thank you to all of those that have already sent checks in. I will be sending your 2007-2008 membership ID cards soon.
- July 28-29** **The Dragon Boat Festival.** Come visit us at the DBF where volunteers from the association promote acupuncture to the public. There is great food, great music and dance, lots of colors and of course viewing the Dragon Boats in competition. Don't miss the opening parade! If you are interested, please call Diana Horowitz, Vice President and Public Relations Committee Chairperson at (720) 404-9926 to see if she still needs volunteers. Sloan's Lake Park 10 am to 7 pm
- 
- July 29** **CSTCM** presents a martial arts seminar, Tai Ja Quan by Yun Chao Zhang and Joel Castillo 11:30am - 2:00pm, cost is FREE. Open to everyone. Located at the South West corner of City Park Or 18th Avenue and Esplanade.
- July 29th, Aug 12th** **CSTCM** presents Understanding the Personalities of the Chinese Organ Energy Systems by Erin Livers, ICNT. Two class workshop held at the CSTCM campus, room A from 9:00am - 5:00 pm. Cost \$200 for practitioner, \$100 for student. 14 CEU's
- Aug. 5** **CSTCM** presents TCM treatment of Common Trauma by Daisy Dong-Cedar, OMD, LAc, CSTCM campus room A Cost \$60 practitioner, \$50.00 student. 4 CEU's
- Aug. 26th**  Acupuncture Association of Colorado quarterly board meeting. Meeting will be held at the old Elitch's Garden Community House at 3:30 pm. Call Melinda at (303) 887-8942 if you would like to attend the meeting.
- Sept. 29th** Blue Poppy Enterprises presents "*Physical Exam Practicum*" with Bruce Robinson M.D. Approved for 7 CEU's through NCCAOM. This seminar will be taught at SWAC in the Dragon Room. From 9 am to 5:30pm. Cost: Early registration (before Thursday Aug 30, 2007) \$120 practitioners \$72 students. Registration after Aug. 30th is \$150 practitioners and \$90 students. AAC discount of 10% will be offered. Contact info: Blue Poppy Enterprises 303-447-8372 or 800-487-9296
- Oct 19– 21**  AAAOM International Conference and Exposition. Portland, Oregon
Website link: <http://www.aaaomonline.org/expo2007.asp>
- Nov. 18** Dave Teitler (aka Dr. Dave) presents "*Treating Cough and Sinusitis in the Dry Western Climate - Managing the complexities of year-round "Autumn Dryness"*". 9 am to 1 pm. Cost is \$60.00 with a 10% discount to AAC members. Contact Dave Teitler at (970) 704-1310

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