

The Colorado Acupuncturist

A Publication of the Acupuncture Association of Colorado

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The mission of the AAC is to provide a unified voice to practitioners and students of AOM by involving and communicating with members, educating the public, and influencing legislation to promote and protect AOM in Colorado.



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**MEET YOUR
NEW BOARD!
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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 Charissa Haines at Editor@acucol.com. 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

Quarterly Issues:

Spring (April issue)
Summer (July issue)
Fall (October issue)
Winter (January issue)

If you have events to post on the calendar or products and services to advertise, please contact the editor, Charissa Haines: Editor@acucol.com

We encourage you to take advantage of the discounts and services that are offered by our advertisers. Their support helps us reduce our operating costs, so that we may better serve our members.

**Final Report – President’s Column: Greg Shim, L.Ac., M.Ed., MTCM
“Ramblings of a Mad Acupuncturist”**

Now that my time is up, I feel humbled and a little sad that I’ll be stepping down. The current board is fantastic and I feel deeply indebted to those who have served and those who will continue the multi-year trek. In case you didn’t read any of my past ramblings, it’s hugely important that at some point in time everyone - and I mean every licensed acupuncturist in CO - be involved in some way with our board.

As a reminder, the board is made up of volunteers. There are no perks to being a board member. You won’t get paid, and the membership doesn’t finance extravagant trips to far off exotic places. The board is a group of dedicated people who wish to work together without power plays and without animosity. The board is there to help move our profession forward, but can only do so with your help.

It’s a sad state when we have less than half of the L.Ac.s in CO as members. As I leave, I’d like to request some help from the membership for the future board:

- Don’t call them up and complain about your slow practice.
- Don’t call them up and tell them to make you more money.
- Don’t harass or put them down.
- Don’t complain about the lack of benefits - other professions have far greater percentages of their profession and their dues are 4 times (or more) as much.

- Do get involved.
- Do ask how you can help.
- Do pay attention to the dates and times of upcoming meetings (so you can offer your help).
- Do work with other L.Ac.s to get them to join (remind them of the, “Don’t”s).



If we can work together as a community, we will move our profession forward - and that means sometimes swallowing bitter medicine. There were many things that I didn’t like doing as president, and I learned that politics is not easy at all. You have to give in order to get, and if you go in with guns a blazin’, you’ll most likely get shot in the head. There are going to be some very difficult and unpalatable issues coming in the next few years, and the more you fight with other acupuncturists and with the board, the more likely the worst case scenario will occur.

We got a fairly decent new law - many thanks to the Sunset Review Committee - but there are some heavy issues left unresolved (id est, dry needling and NADA outside of our profession). No matter your stance on these issues, we must - must - work together to make sure we have a say in the development and implementation of said policies.

As leaving president, I have no more obligations to the membership. That said, if you sit on your backside and don’t contribute - even if it’s just monetarily - then you’re an idiot and you’ll get what you deserve - which is having acupuncture regulated to technicians and poorly trained non-L.Ac. healthcare professionals. The sad part is, people like those on the board (past and present) are contributing and are trying to make it better for everyone - including the idiots - and they don’t deserve having their rich traditions stripped away and relegated to people who have no clue of the powerful tools they are being given with only a few dozen hours of training.

Don’t be an idiot. Get involved, give, and most importantly, get others to put down their grievances and petty differences and re-up their membership!

And remember, some people would rather be offended than educated (my contribution to the bumper sticker world), so be patient and be firm and let’s see if we can get an 80% membership in Colorado!!!

yer (still paying my dues and will continue to pay as long as I’m in CO) pal,
greg

Vice President's Report 2013

Scott Richardson M.S., L.Ac.



This has been my first year working with the AAC. What an experience!!! With all the political battles we fought this year it was great to see everyone working together to support our profession. We really do have some amazing people on this board!

If you hold an acupuncture license in the state of Colorado, you owe it to the people who have served, past and present, on this board. There are representatives in the state that don't think we should be a licensed profession. There are other medical professionals that think they should be able to do what we do without the training. Many times we are making last minute trips to the capital building to testify or make sure our voice is heard. Members of this board sacrifice time that could be spent treating patients at their practice to ensure that we can practice our trade.

This past year we passed our sunset review. This means that we have another 9 years that we are a licensed provider. While that was a great hurdle passed, we are not out of the woods yet. There are still many issues that need to be addressed politically and legislatively. If you don't like other providers doing acupuncture with minimal training or poor reimbursement from insurance companies, the best way that you are going to make changes is by getting involved with the state association. It does no good to complain about an issue if you're not willing to help change it.

Get involved, get your friends involved. "Like us on Face Book!" Ask what you can do to help. The louder we can make our voice, the more likely it will be heard.

Again thank you to all who sacrificed their time and money to allow us to continue to practice, and I look forward to another interesting year!

**Not a member of AAC yet?
Become a member today!**

Go to www.acucol.com

See "Reasons to Join" under "Acupuncturists"

**Receive important legislative
updates regarding next year's Sunset Review!
Click on "Receive Legislative Alerts"
at www.acucol.com**

Secretary's Report 2013

By Terry Fox L.Ac, RMT



Howdy all! As we all know there's been big doings lately regarding the success of our Scope of Practice Act and other legislative items. However, from my end, it's been bit more about housekeeping.

We've renewed our contract with Charissa Haines, keeping her on as the AAC Office Manager. Charissa is a rock star! She keeps our office in fighting shape, answering phone calls and emails, and making sure things are organized and in working order. She processes all our membership applications. She's the one who maintains our website and sends out all those email blasts when something important comes up. She's a great support to the Board. I'm very glad that she's decided to stick with us for another year. Thanks for all you've done and continue to do for the AAC, Charissa. It is very much appreciated!

Also, we've ended our membership with the Colorado Non-Profit Association. Simply put, for the amount of dues we were paying out, the benefits were unfortunately not working to our advantage.

It is my hope that you all get to enjoy the warm weather this summer and continue providing relief for those that need it.

Treasurer's Report 2013

By Michelle Sauberzweig, L.Ac.

Greeting fellow acupuncturists! At this time I will be stepping down from my position as Treasurer. I have enjoyed serving for the Association and working with the other board members. I appreciate all the support I have received and look forward to helping the next Treasurer transition into the position.

Our accounts are less worrisome at this time which I am ecstatic about! We currently have \$9,000 in our general fund and are slowly rebuilding our political account (\$11,000). Lastly, the balance of our CD is \$55,000 which we are able to cash in this year. This puts our current balance at \$75,000 for our Association.

When compared to last year the revenue we have generated through our membership is very similar. At the present moment, we are down 2%. On the other hand, our donations are up 27%. Thank you for your generosity!

One of our goals each year is to increase our membership! It is essential that we grow in our profession! We ask that you support our profession by becoming a member or renewing your membership, donating money or volunteering your time. If you are a current member, talk to your colleagues, encourage them to join and stay current with the political issues at stake. When you give back to your profession, you will be rewarded in many ways! Thank you to all of those who do give back! You are appreciated and we are grateful to you!

I wish you all good health, healing and hope!



Reflections from the Public Relations Committee Chair Jacqui Strike, L.Ac.



'If you are not growing you are dying'. We have all heard this before, so what does this mean to us at the AAC? As I see it we need to become Bigger and Better. This last year we have been focused on staying alive and we made it -- yippee!!! Congratulations to the Legislation division who has worked tirelessly and effectively to keep our profession safe and secure. Well done to Charissa, our office manager, for keeping us on task and keeping the Website updated. Now unfortunately in other areas we have either stayed the same or shrunk and so there is room for improvement.

- The number of 9 News health fair locations we staffed this year was the same as last year.
- We have had fewer invitations to lecture or host booths and so less opportunity to promote the art and service of acupuncture to the public.
- Our annual conference has decreased from 2 days to 1 day
- Our membership is down and finally
- Our money in the bank has shrunk

Yes these are unprecedented times and we are not as spoiled as we were in years gone by. So we have to rise to the occasion and push harder and work smarter.

One year into my term on the board and I am more committed and motivated than ever. My vision for this coming year is to:

- Increase membership
- Hire a professional to raise funds and promote the AAC to the public
- Create a fully tax exempt non-profit division of the AAC to encourage tax deductible donations.
- Improve our services for members

This is your opportunity to get involved in your community and profession.

Call the AAC and become a committee member to ensure the growth and success of your profession.

May the force be with us! Wishing you enthusiasm and grace!

Community Committee Chair Report 2013

By Mark Ashmun, L.Ac

First of all I would like to say that my last three years with the AAC in the role of Community Committee Chair has been extremely wonderful. I have learned quite a bit about putting together a conference! Challenging and rewarding all wrapped up into one.

My main focus the past three years (outside of our collective board work) has been putting together our annual business meeting and conference. The annual business meeting of the Association is a requirement of our by-laws and the one opportunity each year that we have to learn what is happening legislatively for our profession, brainstorm and set goals. Our conference is our one fundraiser that, along with membership dues, keeps us going.

Three years ago we switched venues due to the closing of the hotel where we had previously met for our conference. The attendance increased and the AAC was able to realize some net funds from the event. While remaining in the same location we experienced a registration in low 40's last year and had 20 vendors. I have worked diligently to bring vendors to our conference. We have been very fortunate that they continue to support us with a 2:1 ratio.

This year we made the decision to make our event a one day meeting and conference to minimize both the members and the AAC expenses. We moved the venue again to help minimize expenditures and maximize the fundraising potential. Sadly, the registration numbers were in the 40's despite a very important Sunset update at our meeting and a stellar, national speaker in Michael Gaeta, L.Ac.

I would encourage all of us to look at our community and come forward with input and some level of volunteerism to enable us to move forward as a profession. Additionally, I will be involved with mentoring the new Community Committee Chair and support the AAC.



AAC 2013 Annual Conference

Thank You Vendors for Your Support!



MEET YOUR NEW BOARD — 2013



Scott Richardson, L.Ac.
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Carol Braverman, L.Ac.
Vice President



Terry Fox, L.Ac.
Secretary



Katie Robinette, L.Ac.
Treasurer



Anne Chew, L.Ac.
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Jacqui Strike, L.Ac.
Public Relations Chair



Stephanie Shober, L.Ac.
*Community Committee &
Conference Chair*



Susan West, L.Ac.
Fundraising Chair



Miranda Cacek
Student Representative

NON-BOARD MEMBER



Charissa Haines
*AAC Office Manager
Newsletter Editor*

Welcome New Board Members!

Get to Know Them!!

Carol Braverman - AAC Vice President

I am a Colorado state licensed acupuncturist and a Diplomate in Oriental Medicine from the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), have an M.S. and B.S. from Touro College's Graduate Program in Oriental Medicine, and a B.A. from Union College.

Touro's program emphasized giving back in some way. My belief is that we are practicing a living medicine and we have a responsibility to uphold the traditions in our own way, so I hope serving on the board this year to find ways that raise our profile in the public's perception of acupuncture. If any of you have ideas about making this happen, please email them to me.

Katie Robinette, L.Ac. - AAC Treasurer

I volunteered to serve on the AAC board because I know it's rewarding. After graduating from Pacific College of Oriental Medicine in Chicago, my husband and I moved to Alexandria, Virginia. I joined the Acupuncture Association of Virginia, and became the Treasurer on the board. I have to admit, I was a bit reluctant to join, but someone needed to step up and help out. I remember someone joked that organizing acupuncturists is like "herding cats," and I agree that we can be an independent bunch! Many of the people active in the association had already served multiple terms on the board, and some were on the original board that was created in the 80's. They shared their heroic stories of getting licensure for their state. Being active in our state association is extremely important, and after meeting some of the passionate people who have paved the path for us, I feel responsible for continuing their efforts.

Colorado has many more acupuncturists than Virginia, and it's been primed to set precedents and be leaders in the field for other, smaller states to follow. We must collaborate to protect and advance our position as licensed acupuncturists. When you serve on a board, you realize how much has been done for you, and how much there is still to do.

America's health care system is rapidly changing, and we need to direct the flow in a way that benefits us and our patients. We have an amazing opportunity **Right Now** to create abundance for ourselves, doing what we love. There are relatively few leaders doing most of this work, and I hope this board can find fun ways to bring acupuncturists together, and empower more people to take action. I look forward to meeting you along the way!

Stephanie Shober - AAC Community Committee and Conference Chairperson

Stephanie grew up in Northglenn, Colorado, attended the University of Colorado at Denver for her liberal arts bachelors degree, and then the Colorado School of Traditional Chinese Medicine for her Masters degree in Traditional Chinese Medicine. Stephanie practices acupuncture in Highlands Ranch. She lives in Castle Pines with her husband and best friend, Andy, and enjoys traveling, road biking, swimming, yoga and reading during her free time.

Stephanie joined the AAC Board to participate in our acupuncture community and help strengthen our presence in these exciting legislative times.

Miranda Cacek- AAC Student Rep

Hi, I'm Miranda. I'm the new student rep for the AAC. I'm enrolled at CSTCM and I'm in my second year of school and I love this path I'm on. I thought I'd tell you a little about myself because acupuncture students tend to have a diverse background and I think it's so interesting to learn about other people's paths to this medicine.

First and foremost, I am a mom of three awesome people who are 14, 11, and 10. They are the greatest kids I know and have interests that include singing, theater, swimming, reading, and of course, video games.

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I have also been a massage therapist for the last 9 years and I had my own practice as well as working at various wellness centers throughout the Denver area. My main focus in massage was pregnancy massage and it made up 90% of my practice along with postpartum massage and it combined nicely with my doula work. Through my doula work I've helped over 100 mamas and babies over the course of the 8 years that I was practicing. The last three years of being a doula I was also studying to be a home birth midwife, was a midwifery assistant for a few midwives in the Denver and Boulder area.

Massage, doula, and midwifery work can be quite draining, especially doing all three at once. I got burned out on all of it and I started to look for other career options. I looked into going back to school for art, but decided my best bet would be something that builds upon my healing talents. I had been getting acupuncture for various ailments for the previous year and if finally hit me that this medicine is the route I should take. It took me a good 6 months after that to think it

over, and after a late night walk in the cold December air I finally decided to take the plunge and within a week I was enrolled and ready to start school the week after that. For some reason it was the scariest decision I ever made, but a good friend told me that the scariest decisions are often the right ones.

So here I am in school. It kicks my butt and makes me cry and everyday I come back for more. Doula work, moms, and babies still speak to me on a heart level, but what my practice will look like when I'm done is still a mystery right now. Chinese Medicine is such a vast field and even though fertility and women's health seems like a logical fit, I'm unsure if that is where this path will lead me.

As your student rep I have a few ideas for getting to know you guys better as well as seeing how the AAC can add value to your schooling, and after you graduate, adding value to your growing practice. It's very easy to get caught up in the school bubble because of the amount of information we must learn and regurgitate, not to mention jobs and family responsibilities, but feel free to send me an email. I'd love to hear how your path led you to acupuncture and if there is anything that I or the AAC can do for you.

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From the PR Desk by Jacqui Strike:

Over the last 3 years the AAC has been focused on legislation, a tedious but rewarding mission, consequently out of necessity our Public Relationships have been neglected. Our new focus is community service and education. We would like every person to be able to name an acupuncturist in their community and be able to say how grateful they are to have them in their community for their service to health and wellness. Do you have your elevator speech ready as to why every person should see their acupuncturist before they see a Chiropractor or a P.T.? Find an AAC committee you can identify with and get involved to make this happen! Contact the AAC if you would like to be on the

- 9 News Health Fair Committee
- The Community Acupuncture Clinic Committee
- The Acupuncture and Oriental Medicine Day Committee

To start with, we are invited to 3 health Fairs in Aurora. Call to volunteer.

Beck Recreation Center Fair

800 Telluride St., Aurora, CO 80011

October 23, 2013

8:00 am –11:00 pm

Aurora Municipal Center Fair

15151 E Alameda Pkwy Aurora, CO 80012

October 29, 2013

3:00 pm –6:00 pm

Tallyn'sReach Library Fair

23911 E Arapahoe Road Aurora, CO 80016

November 5, 2013

3:00 pm -6:00 pm

Make it a Great Day!!



Calendar of Events—AAC Members receive a minimum 10% discount

Date	Title/Description	Contact
7/28/13	Accessing the Power of the Core	CSTCM: Rooms A/B 303-329-6355 x16 email: clinicdirector@cstcm.edu website: www.cstcm.edu
9/12-15 /13	Hypnotherapeutic Pain Relief	Doubletree Hotel - Grand Junction Lois @ 505-292-2237 email: poschg@aol.com website: www.Nexsteptrainings.com

To list your event in the FALL 2013 newsletter, contact Charissa Haines at info@acucol.com

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