



ACUPUNCTURE ASSOCIATION  
*of* COLORADO

**The Colorado Acupuncturist - October 15, 2019**

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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Greetings to all the wonderful AAC Members!

Fall is a beautiful time of year, especially so after the remarkably scorching summer we recently enjoyed. It is a season to gather up the fruits of our labours, put our gardens to bed in a way that will make them more productive come spring, and remember the importance of letting go.

First and foremost I want to thank Dr. Sheila Liewald for her service to the AAC Board. Among other achievements, Dr. Liewald was critical in the process of making our new logo happen last year. Dr. Liewald resigned for personal reasons over the summer. I also want to welcome Fung Fung Lim to the board and thank her for stepping into the vacancy.

Continuing with the attitude of gratitude, I really must thank the AAC Vice President, Stephanie Shoher. Stephanie is currently serving her seventh year on the board. As Treasurer, she worked with then president, Kimberley Benjamin, to ensure the AAC hired a bookkeeper and an accountant. As Conference Chair, she levelled up the Annual Conference and Meeting to a well attended and well organized event that has become an important fundraiser for our organization. As Vice President she has been excelling at the task of assisting the President in this year that included a death in my family.

Your all volunteer board has been busy this summer. We have hosted stakeholder meetings throughout the state in the Vail Valley, Ft. Collins, Westminster, Gunnison and Littleton. [We have one more on Saturday, November 2 at 2:00 at the Castle Rock Library in Douglas County.](#) These meetings have been fantastic opportunities for area acupuncturists to network, meet AAC Board members, our lobbyist, and legislators when possible. These initial stakeholder meetings have not only been designed to share information about our upcoming [Practice Act](#) renewal process, but most importantly to find out from you what may be of concern and how we as the AAC can help our members succeed in their practices.

Haven't made it to or ZOOMed into a meeting? There will be additional opportunities for stakeholder meetings next year as well as a number of surveys that will be sent out to find out what is important to you! Board member Kacey Wardle is putting in a tremendous number of hours helping to make sure we do the best job possible in reaching out to Colorado acupuncturists. Importantly, she has the ability to crunch that data into actionable information.



Kacey Wardle, Director at Large addressing a stakeholder meeting.



Lara Lee Hullinghorst, AAC Lobbyist addressing a stakeholder meeting.

In addition to these internal stakeholder meetings, our lobbyist, Lara Lee Hullinghorst has facilitated meetings with important external stakeholders, the Colorado Medical Society (CMS) and the Department of Regulatory Agencies (DORA). She has been accompanied in these meetings by our Legislative Chair, Dr. Mark VanOtterloo as well as various members of our Legislative Committee.

Also noteworthy is the work Ms. Hullinghorst and board member Dr. Tuesday Wasserman have accomplished with the Interim Committee on Opioid and Other Addictive Substances to include our profession in upcoming legislation.

Another important project that your AAC Board completed at the end of September was our 3rd Annual Board Planning Session. As we have board members outside of the Front Range, this is the one time that we are sure to have in-person meeting time for the entire board. Eleven of the fifteen members were able to make it for the session. We logged over twelve hours of work from Friday evening to Sunday morning. Everything from conference planning with Conference Co-Chairs Erika Schultz and Fung Fung Lim for what is going to be a spectacular event next April 18 - 19, and discussion of our next Day at the Capitol, to continuing work on our board policies and procedures with discussion led by Dr. Timoni Slusher, Governance Chair. As is always the case, notes from our meetings are available for your review. Thank you, Stephanie Ann, AAC Board Secretary!



AAC Board Members at the 3rd Annual Board Planning Session

This has been a busy year with AAC Board Meetings every month since our April conference. [These meetings dates are posted on our website, are accessible via ZOOM for those out of the area, and are open to all.](#) The AAC has been working hard to include everyone in conversations around our profession. We have invested in equipment to make virtually attending board meetings easier. This allows for board members from outside the Denver/Boulder area to easily serve on the board, as well as allowing anyone to attend the meetings.

We are fortunate to have board members with specialized skill sets like Adam Wasserman, who is updating and rebuilding our website so that we can facilitate conversations among AAC members via bulletin boards, share upcoming legislative information and basically have a more complete, easier to navigate and more useful site.

We will also be working towards some FAQs on the website to answer practical and procedural questions like: What is our Practice Act? How can I affect this process? What is a Request for Proposal (RFP) and how is it used in the hiring of individuals for a non-profit organization like the AAC?

Jessica Sylvanson and Dr. Tuesday Wasserman have been keeping us updated on national topics around acupuncture as the Colorado representatives to the [American Society of Acupuncture](#) (ASA). Did you know that the White Paper that James Yardley prepared for the AAC for our first Day at the Capitol was recently published in [JASA](#)?

Closer to home are upcoming meetings at the local acupuncture schools with a number of board members scheduled to lead discussions at ITEA, SWAC and CSTCM. AAC Student Representative, Lisa Rundell is helping us increase interaction with our soon-to-be practitioner population.

I am continually grateful for the talent and drive of our board members. This year I am particularly pleased that we have a full fifteen member board. We have been able to accomplish much and continue to create clear goals. One goal is increasing membership. Membership is the cornerstone of our financial security as an organization. As we move through the three year process of our Sunset Practice Act Renewal, we will have an increased demand on our finances. Board Treasurer, Andrea Fowler, is leading the budget proposal for this important legislative process. In the next month we will have an outline of the AAC's financial needs regarding lobbying and legal consultations. As always, maintaining your membership and encouraging your professional colleagues to do the same is critical.

It is difficult to know when to end a back-and-forth that ultimately is non-productive in terms of putting a topic to rest. There have been recent posts on social media by one individual disparaging the AAC board and how specific business has been handled. Board members that have been named in these posts have responded in person at a long (recorded) open meeting in June, as well as on the social media platforms. In order to put an end to the back and forth which is ultimately only serving to impede our primary interest in moving forward, growing our membership, profession and practices, we are working on a FAQ for the website on this topic. As we are all volunteers, this feature is still underway but we hope to have it completed within the month.

Thank you for taking the time to read this rather lengthy update. It is important that we stay focused on the future of our profession. We welcome all who are interested in helping achieve the goals of expanding and growing our profession in Colorado and nationally. Looking forward to seeing you at a future AAC Board meeting or stakeholder meeting.

Liz Spetnagel, DAOM, LAc  
President of the Acupuncture Association of Colorado

### **Help support the AAC passively!**

**See the flyer below for ways to help support moving our profession forward with minimal time and financial investment.**



ACUPUNCTURE  
ASSOCIATION *of*  
COLORADO

Here is an easy way to help the AAC so we can help **You** and **Acupuncture** in Colorado!

### Strength In Numbers!

### Support the AAC Financially for free!

As we work towards our Sunset Review, it is crucial that the AAC has a strong financial position to ensure we have legal and lobbying support to achieve our practice act goals. There are ways You can create donations to the AAC without spending additional money.

### Banctek- Every Swipe Matters Program

Banctek, the AAC's preferred credit card processor, is giving back to their community.

The program's goal is to assist businesses in reducing credit card processing fees and giving back to the community.

For businesses that transition to Banctek, they will:

- Make an up front donation of \$50 to the Acupuncture Association of Colorado on behalf of your business.
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Contact Christopher Denny 303.623.3290 x2014  
or email [cdenny@banctek.com](mailto:cdenny@banctek.com)

**If Banctek cannot match your current rates, they will make a one time donation to the AAC for simply inquiring about their service.**

**We earned \$346.94 for our 1st quarter of participation with King Soopers! Yay!**



For any questions contact the AAC at 303.572.8744 or email [info@acucol.com](mailto:info@acucol.com)

You, your family and friends can help raise money for the AAC just by doing the shopping you already do. Register your rewards card from King Soopers or City Market to the AAC Non-Profit Organization (NPO, number AP717), and the AAC will earn cash for purchases.

Here is how to do it:

- Sign into your Kings Soopers/City Market account. New users please create an account.
- Look for King Soopers Community Rewards (or City Market) selection under the "Save" button.
- Search for the Acupuncture Association of Colorado either by name or AP717 and click enroll. The AAC thanks you!

## AAC Conference - April, 2020

The AAC is excited to announce the 2020 Annual Conference. We welcome **Michael Taromina, Esq. & Katherine Taromina, LAc**, who will be speaking on Professional Ethics, Safety & Liability and Supportive Care for Cancer Patients and Survivors. [Click here](#) to learn more about these dynamic speakers. The event will offer 14 CEU's and will be a great way to get those ethics units crossed off the list. We hope to see you there!

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# Tsuyoshi Shimamura

New Mexico 2019

## Physical and Emotional Injury: Qi, Blood, and Water

November 9 - 10, 2019- 9:00 am – 6:00 pm-Saturday

8:00 am - 5:00 pm-Sunday

Golden Flower Chinese Herbs, 2724 Vassar PL NE, Albuquerque, NM

### In this workshop you will learn:

- Pulse diagnosis
- Te A Te- How to place your hands: Intention and feeling the Qi
- Gentle manual techniques to adjust structural imbalances
- treatment of Stomach Qi - postnatal Qi
- treatment of prenatal Qi
- Emotional issues and methods to treat Kid and Ht not communicating.
- treatment strategies for heat rising- emotional and menopausal.
- treatment strategies for sports injuries and trauma involving back and neck pain

Tsuyoshi Shimamura's acupuncture style will change the way you view your practice. In this class he will introduce his unique method of diagnosis and treatment. He was the last apprentice to Master Nagano, a highly accomplished acupuncturist from Japan who was famous for his ingenious clinical approach. He incorporated concepts from the Chinese classical literature (Su Wen and Ling Shu), traditional Japanese acupuncture, and insights from western anatomy and physiology. This approach makes Nagano style relevant to us, the modern practitioner, and for our patients. From this foundation Shimamura Sensei has developed Nagano's ideas along with influences from one of his original teachers, Kiiko Matsumoto. He will generously teach an overview of his acupuncture techniques including Master Nagano's diagnostic methods of pulse and channel/ hara palpation diagnosis and the order of treatment to build a simple, powerful treatment. He will teach constitutional treatments to nourish postnatal Qi and support prenatal Qi, treating a wide range of emotional and physical issues due to injury and trauma. His method includes elegant manual techniques allowing you to use less needles and to even more powerfully assist in rehabilitating structural imbalances, visceral tension, and visceral stagnation.



Tsuyoshi Shimamura

Golden Flower Chinese Herbs,

2724 Vassar PL NE, Albuquerque, NM

16 PDAs NCCAOM(approved), CA (pending)  
cost: -\$385.00-(practitioners)- \$325.00  
(students) (Not refundable after Oct. 20,  
2019. Cancellations accepted minus \$50.00  
before Oct. 20, 2019)

to register or to learn more

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## Acupuncture and Oriental Medicine Day

Golden Flower Chinese Herbs is dedicated to the promotion of acupuncture and Oriental Medicine. AOMDAY is a wonderful opportunity to talk about our medicine with the general public. Visit <http://www.aomday.org> for free marketing materials to assist you in promoting your practice. You can also request our free pamphlet "Why Use Chinese Herbs" with your next order! (available in packs of 25)



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