



New York State Society of Medical Massage Therapists, Inc.
1-877-NYS-SMMT (697-7668) www.NYSmassage.org



Elisabeth "Nicka" Post Massage Therapist Scholarship Fund

Nicka Post was a longtime member of the NYSSMMT. She served as membership secretary and newsletter editor and was on the sports massage team in its infancy. She advocated for changing the name of the society from Masseurs to Massage Therapists. A strong believer in recognizing the health benefits of massage and the need for professionalism, she practiced what she preached.

She trained in The Netherlands as a physiotherapist, a mix of physical therapy and massage. After emigrating to the United States in 1948 with her husband, Henk, and infant daughter, Penelope, she found that in order to continue her profession, she needed an American diploma and began night school at the Swedish Institute in New York City. Raising four kids, including a set of twins (born when she was 41), she began her practice in the early 1960s.

Wearing a crisp white pinafore, she carried her table and "goo" in and out of large estate homes on the North Shore of Long Island. Her Dutch training in physical therapy was apparent in the stick figure diagrams she would provide to her clients to reinforce the exercises she taught them in front of a large wall-sized mirror in her "practice room" at the house.

As massage therapy became more recognized by the mainstream for its benefits and the types of techniques used by therapists broadened, Nicka became more active in "exchanging" with other society members. She wanted to make sure that she was current and that others could learn from her. Networking was in her vocabulary long before it was a cliché.

She felt that membership in the society was important for fledgling therapists and she anonymously sponsored memberships for a number of new therapists. It provided credibility and the opportunity to learn and gain experience not only as therapists, but also as small business owners.

In the early 1990s, Nicka contracted Lyme Disease. Not diagnosed until the later stages when the neurological symptoms appear, the numbness and pain limited her ability to practice and she retired in 1992 at age 72. She continued to maintain close contact with society members through letters, phone calls and later emails, even as her Lyme Disease progressed into Parkinson's – up until just days before her death in October 2006. Publication of her views in the newsletter gave her satisfaction that someone was still listening to her valuable insights.

Nicka Post loved sharing her resources, her expertise and her views. In that spirit, and to continue on Nicka's tradition of selfless giving a scholarship fund has been established to provide a means for therapists that may need monetary help in pursuing their careers as massage therapists and to promote professionalism and continuing education for medical massage therapists.

If you would like to contribute to the Nicka Post Fund please send your check or money order payable to:

*NYSSMMT, Inc.
Attn: Nicka Post Fund
PO Box 442
Bellmore, NY 11710*

If you know of an aspiring Massage Therapist, or an already Licensed Massage Therapist that could benefit from this fund please feel free to contact NYSSMMT Treasurer, Barbara Lorenzen at 516-987-9245 or babooleo@optonline.net.