

December 2022



2023 Spring Conference

Date: April 20-21, 2023 and again on April 22-23, 2023

Location: Baymont by Wyndham, Mandan, ND

Classes/Educators:

OPTION 1: Manual Therapy to Eliminate Multiple Nerve Compression Patterns of the Upper & Lower Body - James Waslaski

OPTION 2: Myofascial Structure Framework - Andrea Grigsby



2023 Fall Workshop

Date: October 2023

Location: Fargo, ND

Class/Educator: TBD



upcoming events

Keep checking our website and following our facebook page for updates on pricing and registration.

www.amtanorthdakota.org

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National Massage Therapy Awareness Week Recap

Our 2022 NMTAW event at CHI was a success. We raised funds for the Massage Therapy Foundation & the CHI Survivorship Program



Our volunteers for this event included Bobbie Jo Brindle, Pamela Blazek, Ella Moch, and Desiree Bourgois van Oosting. They did 15 minute chair massages for CHI employees.



NMTAW is a great way to spread the word about our profession! Consider volunteering in 2023!!



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A Note From Your AOD

National AMTA Convention in Cleveland was a great experience as always. There was a special evening for those of us celebrating 25 years or more of service. I was happy to be there to celebrate my 25 years!

As AOD for the ND Chapter, I attended the annual AOD meeting in person! As a group, we were all happy to see one another face to face.

The newly formed VEC (Volunteer Engagement Committee), facilitated or assisted in the AOD meeting. This newly formed committee was picked by a National Committee. The VEC was formed as a result from discussions in the 2021 AOD meeting. AMTA President, Steve Albertson, sent out a letter this spring explaining the value of the AOD position and how the VEC was formed as a result of AOD discussions.

VEC members helped tables discuss the directions of the AOD, training, and support leadership. This was a gentle discussion with ideas collected for VEC to better help our volunteers and the directions of the AOD.

I just want to thank the new volunteers on our board. It was a joy to get to know each of you at the National Convention. Our Chapter has great energy and talent moving us forward! Truly a joy to see!

Desiree Bourgois van Oosting
Chapter AOD and Outreach

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Member Appreciation

Celebrating 25+ Years of AMTA
Membership!

Pamela Gall
Since 12/1/1997

Eileen SamDahl Hahn
Since 6/1/1995

Shannon Hoffman
Since 5/1/1997

Dralin Koenig
Since 8/1/1994

Laurie Meidinger
Since 4/1/1997

Elizabeth Eckert
Since 10/3/1989

Desiree VanOosting
Since 8/1/1997

Nancy Paur
Since 12/14/1989

Carla Anderson
Since 6/1/1996

Martin Boyer
Since 11/14/1988

Patrick Emerson
Since 4/1/1996

Steven Olson
Since 3/13/1986

Angie Howe
Since 7/1/1996

Daniel Hennessy
Since 9/14/1984

**THANK YOU TO ALL OF
OUR MEMBERS FOR
YOUR SUPPORT AND
LOYALTY**

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and registration.**

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Let's Get Organized!!!
-- Amanda Reimer, Secretary

Tips to start your organization:

1) Plan it Out:

Measure your space out. Find inspirations on pinterest & other sites to make your space all that you dreamed.

2) Make a Budget:

It's important to stay within your means and start small! Take time to research and find the best items at the best price for your project.

3) Shop for Deals:

My favorite go-to is Amazon, but after following "The Humble Warrior", I have found that many sites carry the same products. It's just knowing where to look. It is a blog type social media platform. Check it out at humblewarrior.com

4) WahLa!:

This might not be for everyone, but it might just help someone. It is ok to be picky on your organizational products!

5) Keep it Clean:

Spaces continually become cluttered after daily use. Remember to mark your calendars & add a tidy up note for each space. This will help you purge or minimize unused items.

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amta

american **massage therapy** association*

— NORTH DAKOTA CHAPTER —

Time Saving Recipe

OVERNIGHT OATS (5 WAYS)

BASE INGREDIENTS:

- 1/2 cup oats of your choice
- 1/2 cup unsweetened milk of your choice
- 1/4 cup plain Greek yogurt (or dairy free option)
- 1 pinch sea salt
- 1-3 tbsp honey or maple syrup (to taste)

Instructions

1. Add oats, milk, yogurt, salt & sweetener to a 16 oz jar or bowl.
- 1a. (Optional: Add mix-in variation of choice)
2. Stir, cover & refrigerate overnight.
3. Take out of refrigerator. Thin with milk until desired consistency.
4. Add toppings & ENJOY!

Little Tip -Leslie Patterson

"Remember, if you have your business logo on your shirt or jacket, you must keep a smile on your face when you go to the grocery store after work."

Solution -

"Don't have your business logo on your clothes, then you can be as grumpy as you want in the check out line!"

FLAVOR VARIATIONS

Pumpkin

- 1/3 cup pumpkin
- 1 tsp pumpkin pie spice
- 1/8 tsp vanilla extract
- 1 tbsp dried cranberries, on top
- 1 tbsp pumpkin seeds, on top

Chocolate

- 2-3 tsp cocoa powder, to taste
- 1 tbsp creamy nut butter of choice
- 1/2 very ripe banana, mashed
- 1/4 tbsp mini chocolate chips, on top
- 1 tbsp shredded toasted coconut, on top

Berry & Chia Seed

- 1/2 mixed fresh berries of choice
- 1/4 tsp vanilla extract
- 1 1/2 tsp chia seeds

Apple Autumn Spice

- 1/2 cup chopped crisp, sweet apples
- 1/4 tsp ground cinnamon
- 1 pinch ground nutmeg
- 1 tbsp chopped pecans, on top

Banana Almond Flax

- 1 small ripe banana, mashed
- 1 tbsp creamy almond butter
- 1 tbsp ground flax seeds

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