

# 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



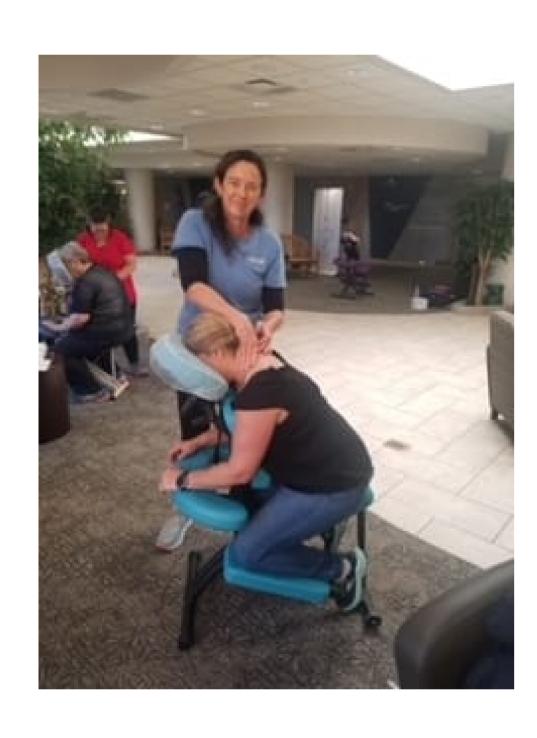
Keep checking our website and following our facebook page for updates on pricing and registration.



# 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

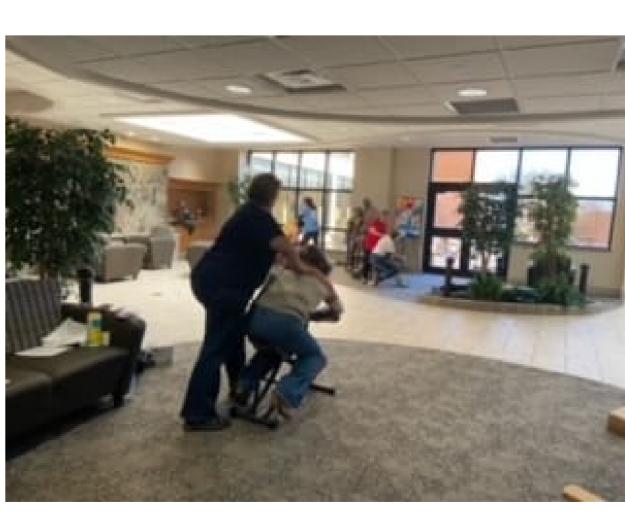




Our volunteers for this event included Bobbie Jo Brindle, Pamela Blazek, Ella Moch, and Desiree Bourgois van Oosting. They did 15 minute chair massages for CHI employees.

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





Keep following our website and facebook page for updates upcoming events and volunteer opportunities!



## A Note From Your AOD

National AMTA Convention in Cleveland was a great experience as always. There was a special eveing 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 assised 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 Sam Dahl 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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# 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.

# Check out our website and facebook page for upcoming events and volunteer opportunities!



# 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)
- 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."

## FLAVOR VARIATIONS

## Solution -

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

## 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

## Berry & Chia Seed

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

## 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

## 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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