



# MCA In Touch

Your monthly news and events update from  
the Minnesota Chiropractic Association

**JULY 2022**

## Association News



A group of our Minnesota Doctors of Chiropractic were invited to The World Games 2022 to help the athletes.

Dr. Sara Cuperus, MCA Education Chair and Dr. Adam Millsop, Metro East District Director shared a few photos.... What an amazing experience.

Thank you!



From left to right: Minnesota Drs. Liz Moos, Scott Mooring, Devin Eernisse, Sara Cuperus(in front), Deb Nook, Jamie Ayuso, Adam Millsop, Brian Nook.



NWHSU Graduates: Left to right Drs. Brian Nook, Liz Moos, Sara Cuperus, Scott Mooring and Adam Millsop.



Dr. Sara caught in action helping an athlete.



Left to Right: Drs. Chiara Tomassoni, Adam Millsop, Scott Mooring, Devin Eernisse, Bryan Henslin



Left to Right: Drs. Adam Millsop, Vulcan, Dean Hottum, Aouregan Loge, Vesta and Cam Gholampour.



Dr. Adam Millsop shares a photo helping Kelsey prepare for her race -

## DISTRICT NEWS



**Dr. Tiara Latz has joined Family Focus Chiropractic in Chanhassen.**

### Congratulations!

She completed her Doctor of Chiropractic at Northwestern Health Sciences University and is originally from north central Wisconsin.

She is currently completing her Pediatric Certificate with the ICPA and has completed training in Webster technique. She plans to expand her training in nutrition, as well. She continues to learn how to more effectively treat babies affected by tethered oral tissues such as tongue and lip ties.

Family Focus Chiropractic is lucky to have her to help more people, particularly pregnant women and kids!

## MEMBER SPOT LIGHT

MCA learned of Dr. Darren's huge undertaking. We thought sharing his story might help with decisions in moving, building, or remodeling. Dr. Darren is open to you reaching out to him to ask questions or just to chat. He has a wealth of experience.



Old building - 2010



Demo of old building

### **Dr. Darren Roemhildt (SE Dist. Director) – Bridges Chiropractic Owatonna MN**

Years in Practice: 27 years

It's a pleasure to be asked to highlight our clinic for the MCA. Most doctors who have been in the trenches over the years know that success is earned in this profession and not given easily. Starting out in a simple 1000 sq ft space with 4 chairs in the waiting room to buying a run-down building, tearing it down and renovating the entire lot with a new 5,000 sq ft building is not for everyone. Knowing my daughter (Dr. Justine Hartle) would want to return home and practice with me was one of many reasons we decided to make some changes. We now have a multi-holistic clinic with increased professional and support staff. Currently, our clinic is set up for 3 Chiropractors (currently looking for an associate), an Acupuncture space, up to 4 massage therapists, and we have a large functional medicine and occupational therapy focus. I don't think moving into a new clinic 4 months (June 1, 2020) into a pandemic would be considered perfect timing but we did it and





Temporary Office



OUR NEW LOCATION.

have been very blessed to have survived and thrived throughout the past 2 years with never a shutdown or let up. Many lessons have been learned along the way. I have a family background and personal experience in construction which helped me understand the hoops and issues that come with the territory when undertaking such a project. Cost and expenses can get out of hand quickly and holding a budget is difficult, especially at move-in time when little things can be forgotten. I was very fortunate to have a very understanding and patient wife ?, as well as children who all added to the project from landscaping to welding and making my office sign. Communication with your contractor and building inspector is vitally important. I'd recommend to anyone considering such an undertaking to talk to me and or other doc's who have gone through the process. I did not utilize a clinic architectural firm or clinic decorator as we had enough experience knowing how we practiced to plan space needs and layout accordingly which is very important and can be cost-saving. I can honestly say I would not have done anything differently looking back which I'm sure doesn't always happen. I'm happy to serve the SE District as Director this year after many years as District President, please reach out if I can be of service in any way and stop by my clinic and say Hi. - Darren



### Northwest Pheasant Hunt is coming!

Thursday, September 15th

McCollum's Hunting Preserve  
1486 170th Avenue  
Bejou, MN 56516

[Register Now](#)

### MCA AWARDS GALA IS BACK!



Registration is now open to attend this year's [MCA Awards GALA](#).

Enjoy an evening out with your significant other.

Support your profession.

Engage with the award recipients and our sponsors.

#### Evening Agenda:

5:00PM - Appetizers

6:00PM - Hear from our sponsors

6:25PM - Toast, followed by a plated Dinner Service

6:30PM - Awards Begin

Are you interested in setting up or sharing an event in your area? Reach out to your [district leader](#) or contact the MCA office 651-358-2200

[Register Or Learn More About The Gala](#)

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## Legislative

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### Elections Throughout Minnesota - Donations Needed

Thank you to many of you that have donated to the MCPAC fund. The profession appreciates you! We will need to disburse funds within the next 4-6 weeks to the appropriate channels. For those who have not donated yet, please consider donating now to help protect our profession. I am trying to figure the best ways with the money to make the biggest impact for the profession, feel free to email me with questions.

Cheers,  
Craig Couillard, D.C., CMT, CCSP, ISCS, CSCS, NASM-CPT, PES, CES, CNC  
[drCraig@lakemarionchiropractic.com](mailto:drCraig@lakemarionchiropractic.com)

### FIND MY CANDIDATES

Now, is the time to join MCA and donate to the MCPAC fund.  
**We are stronger together.**



Make your voice and the voice of your patients heard.  
**[Contribute to MCPAC now!](#)**

*Donations made to MCPAC can ONLY be made from personal accounts.*

### **Stand Up for the Chiropractic Profession in MN - Contribute to MCPAC**

*This historic turnover presents a great opportunity for individuals to engage with their legislators and help inform them of the issues impacting chiropractic medicine in the state.*

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## Professional Development - Upcoming August Classes

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*These upcoming August classes are sponsored by:*



- **August 4th:** [Audits are on the Rise 1CE \(Live Webinar\)](#)

Presented by: Kristi Hudson, CPCO

- August 16th: [ASPEN 1CE \(Live Webinar\)](#)  
Presented By: TBD

More Classes



Gather your family and friends to celebrate community and support natural and chiropractic healthcare.



## Classified Ads



**Practice Opportunities, Inc.**

Bridging the Gap Between Chiropractic Buyers and Sellers

### MINNESOTA PRACTICES FOR SALE

- **St. Louis Park.** Great opportunity in dynamic location. Cash practice. Tonal adjusting. 50 patient visits per week. \$60 pva. Steady growth! Asking only \$77,000. Terms negotiable.
- **Edina.** Excellent lease location. Div./Act. Fully equipped office. Priced to sell at \$65,000.
- **Coon Rapids.** Long established practice. Doctor retiring. Sale includes professional bldg., and seller assistance to assure smooth transition. Financing available.
- **Forest Lake area off I-35.** Well established practice. Doctor retiring. 3 days per week. Voluminous patient files.
- **Western MN.** Very profitable practice and attractively furnished brick building. Solid, secure income. Fully equipped office including x-ray. Wonderful community and lifestyle, with good schools and recreation.

**Contact: Loren Martin**  
**Practice Opportunities, Inc.**  
**Phone: (952) 953-9444**  
**[www.practiceop.com](http://www.practiceop.com)**  
**Email: [martin@practiceop.com](mailto:martin@practiceop.com)**



## Zenith HL 240 - FOR SALE

- Pelvic drop & powered front
- Completely refurbished with Heritage Premium upholstery
- New foam
- New hydronic cylinder
- White base

Call or Text Dr. David Geary  
(952) 393-7225

[drgeary@valleychiroassoc.com](mailto:drgeary@valleychiroassoc.com)



## Immediate Opening for a Full-Time Chiropractor

Immediate Opening for a Full-Time Chiropractor to join a busy, well-established clinic in Bismarck, ND.

- Join a dynamic wellness team of 2 chiropractors, 1 massage therapist, nutritionist, and great front desk crew.

- No need to advertise or sell; we have patients ready to see you! Positive attitude + Energy = Success.

[www.chirocc.com](http://www.chirocc.com)

[READ MORE...](#)

Submit your letter of intent  
to: [dr.derosier@chirocc.com](mailto:dr.derosier@chirocc.com)

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Are you looking to hire? Do you want to sell or buy? Let MCA help you. For more information click [HERE](#).

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## Practice Relief Doctor of Chiropractic (locum tenens)

Dedicated to treating a bridge of communication between the patient and the regular doctor taking a break, by applying chiropractic treatment in a like manner. I'm experienced with over 35 years in private practice so you can be confident that your practice routine and patients would be in good hands during a break. Michael R. Lamppa, DC, (612) 968-8132 or [lamppadc@yahoo.com](mailto:lamppadc@yahoo.com).

## Chiropractic Associate Wanted



### Central Lakes Chiropractic Clinic

is a busy diversified family practice located in Alexandria, MN with two full time doctors and excellent staff. We're excited to add an associate, who is interested in a planned thoughtful buy-in timeline.

#### [READ MORE...](#)

Please contact us at: [drdolezal@centrallakeschiro.com](mailto:drdolezal@centrallakeschiro.com) or 320-763-9711

## 22 YEAR OLD PRACTICE FOR SALE – OWATONNA



### [Dow Chiropractic](#)

is located down town Owatonna and offers prime space. Current offers two renters with space for additional renters. This 22 year old practice has great growth potential for the right doctor.

#### [READ MORE....](#)

Take advantage of this once-in-a-lifetime opportunity to step into an established, turn-key practice in a gorgeous location!

Call (507) 676-0602 or [click here to email us today.](#)

## Full Time Associate Doctor of Chiropractic

Work Location: 2 locations in Little Falls (one for Humans and one for Animals), as well as, mobile services by appointment and oftentimes for animal chiropractic.

Clinic Schedule: (9-6 or 10-7 w/ hour break) Monday, Tuesday, Thursday, Friday, Wednesdays 1-5, one Saturday a month (8am to noon). Note Wednesdays 1/2-day accounts for expectation to work Public Relations opportunities to grow Paradox via: Information Booths, Sport Events Chiropractic Treatment Tent, Community Benefits or Fund-raisers, as well as, to offset longer Animal Chiropractic Days for 8 months out of the year.

#### [READ MORE...](#)

## Are you a seasoned chiropractor looking to slow down a bit?

Or a chiropractor with a family looking for more balance in your life? Are you a chiropractor that is tired of worrying about insurance billing, staff and overhead?

#### [READ MORE...](#)

Please visit our website at [www.meierchiropractic.com](http://www.meierchiropractic.com) and send me a text if this looks like the right fit for you! (406)-697-6006. Dr Kim

## PRIME OFFICE SPACE AVAILABLE: Wayzata, MN practice location.

Current doctor only works Tuesday, Thursday and Saturday.

First floor location, lots of adjacent parking. Easy on and off 394.

#### [READ MORE....](#)

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## Member Benefit Spotlight

### Stay Up to Date with MCA

Be confident in knowing as an MCA member you'll stay up to date on what's happening throughout the profession, both in the state and nationally, with email updates and alerts designed to keep you informed and engaged. Never miss a thing with practice alerts, legislative notifications and district meeting announcements.

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### Not currently an MCA member?

Become a member [online](#) or by [mail](#) and join the MCA community today!

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## Let's Connect!



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