



NEWSLETTER

DECEMBER 2021

WHAT'S INSIDE

STAFF SPOTLIGHT:

An Interview With Jared
& Brenda Erie

GNOME IN OUR HOME

Find The Gnome In Our
Home For A Chance To
Win!

SHARE YOUR SUCCESS STORY!

We Make It Easy To Leave
A Review!



FOCUS ON YOUR
Health & Wellness
THIS NEW YEAR

FOCUS ON YOUR Health & Wellness THIS NEW YEAR



CALL US TODAY! 701.483.1000

► We bet if you're reading this, you've been focused on setting goals to improve your life over the next 12 months. While there's never a bad time to prioritize your health and well-being, the beginning of a brand new year certainly feels like a great time to make major changes!

Therapy Solutions finds that many of our patients have one goal in common: maintaining a healthy weight. We put together a little bit of information about healthy dieting and nutrition tips for you!

IS MAINTAINING A HEALTHY WEIGHT PART OF YOUR NEW YEAR'S RESOLUTION?

Many diseases and illnesses are far less common in individuals who eat well. That's why improving the nutritional value of a poor diet can help to reverse the symptoms of many painful conditions significantly.

It can be challenging during this part of the year to kickstart a diet. However, there are ways to choose better foods to nourish your body and boost your energy levels!

Here are some of our staff's favorite healthy recipes to help you start your new year right.

HEALTHY CHEX MIX *(Recipe provided by Lexi Hauck, PT)*

- 3 cups wheat Chex
- 3 cups rice Chex
- 3 cups corn Chex
- 3 cups multi grain Cheerios
- 1 cup peanuts
- 1.5 cups pretzel sticks
- 1/3 cup olive oil
- 4 teaspoons Worcestershire sauce
- 1 teaspoon seasoned salt
- 1 teaspoon garlic powder

Directions: Combine cereals, peanuts and pretzels. In small bowl combine oil, Worcestershire, and spices. Mix all to combine. Spray 2 15x10x1 pans and pour mix into each. Bake at 250 degrees for 1 hour, mixing every 15 minutes

STAFF SPOTLIGHT: AN INTERVIEW WITH **JARED & BRENDA ERIE**

Jared and Brenda Erie were interviewed by Real Presence Radio on November 11th by their very own, Doug Jilek who not only works at Therapy Solutions but also co-hosts for Real Presence Radio along with host Mike Keiderowski. Real Presence Radio is a station dedicated to drawing all people to the knowledge and love of Jesus and His Church through radio.

Jared and Brenda were interviewed about how their faith influences the way they manage their business and they discussed what faith based counseling was. Some of the highlights of the interview were as follows:

HOW DID YOUR FAITH HELP YOU FORM YOUR BUSINESS?

Jared and Brenda were both working for other companies. Both companies were good companies but they were missing the component basing decisions on God's ideals. So Jared and Brenda decided to open their own business; One in which you could pray together when making decisions, get involved in the community and give back (imitating Christ's service to others), and commit to following God's ways in a business setting.

HOW DOES IT AFFECT HOW YOU TREAT PATIENTS/ CLIENTS?

Jared and Brenda desire to model God's view by treating every person with dignity and respect. Respecting not only the mind (counseling), and body (PT, OT, Speech, Athletic training), but also the soul. The goal is to value the whole person whether this is an employee or a client/patient. They are not just as a number. Not just as a case.

In the 2nd segment Jared and Brenda discussed Faith Based counseling.



WHAT IS FAITH BASED COUNSELING (FBC)? HOW IS IT DIFFERENT FROM REGULAR COUNSELING?

FBC is a journey of healing that involves the client, counselor and God. Ultimately seeing your client thru God's eyes and working with them with this in mind. It is different from "regular" counseling because the secular world views and God's ways are so different. Every therapist at TS comes from a view of the person in God's eyes, not the secular ideas.

Some sessions may include an opening prayer but this is only done upon the request of the client/patient. Nothing is pushed. Client's right to choose to include prayer in their session or talk about how their faith could assist them in their sessions is up to the client/patient.

Therapy Solutions 
TAKE YOUR LIFE BACK.

For more information about how Therapy Solutions can help you, visit our website at therapy-solutions.net.

FINDING THE GNOME IN OUR HOME!



**THERAPY
SOLUTIONS**



MEET
TRIXIE
THE
GNOME!

INVITES YOU TO

**FIND THE GNOME
IN OUR HOME**

BE ON THE LOOKOUT FOR
TRIXIE TO WIN A PRIZE!



HELP US FIND THE GNOME IN OUR HOME!

STARTING MONDAY, DECEMBER 6TH, BE ON THE LOOKOUT FOR TRIXIE HIDING THROUGHOUT THERAPY SOLUTIONS. AFTER WE CLOSE AT NIGHT, TRIXIE THE GNOME HAS BEEN STIRRING UP A RUCKUS! KEEP YOUR EYES PEELED FOR SOME OF HER TRICKS!



DECEMBER 6TH | DECEMBER 27TH

WHEN YOU STOP BY OUR MAIN CLINIC LOCATION AND SEE HER HIDING, KEEP QUIET OR SHE WILL RUN AWAY! WHEN YOU SPOT HER HEAD TO THE FRONT DESK AND WRITE DOWN WHERE YOU SAW HER! COME SEE US TO HAVE YOUR CHANCE AT A PRIZE FOR HELPING US SPOT TRIXIE!

TRIXIE HAS TO HEAD BACK TO THE NORTH POLE AFTER CHRISTMAS! PRIZE WILL BE DRAWN ON MONDAY, DECEMBER 27TH.

ALSO, STAY TUNED FOR THE
WINNER OF OUR

*Door/Space
Decorating
Contest*

and photos from our
ugly sweater day!



Therapy Solutions

TAKE YOUR LIFE BACK.



HEALTHY RECIPE: GLUTEN-FREE MINI PUMPKIN PIES

(Recipe provided by Tori Nelson, Athletic Trainer)

For the crust

- 2 cups raw pecans
- 1/2 cup unsweetened shredded coconut
- 1/4 cup real maple syrup
- 2 tablespoons coconut oil
- 1/4 teaspoon kosher sea salt

For the filling

- 1 15 ounce can pumpkin puree (2 cups)
- 1/2 cup coconut milk cream scoop the cream from the top of the can
- 1/2 cup real maple syrup
- 2 eggs + 1 egg yolk
- 1 teaspoon ground cinnamon
- 1.5 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 1/2 teaspoon kosher sea salt

Directions: Pre-heat oven to 350 degrees F. Line a 12-cup muffin pan with cupcake liners (you can use paper or silicone liners) + 4 cups of a second pan (or work in batches since the recipe makes 16 mini pies in total).

In a food processor combine; pecans and coconut and pulse back and forth until they have broken down. You want to have a consistency similar to sand that sticks together when pinched between your fingers. Be careful not to over mix or you will end up with nut butter.

Recipe courtesy of: <https://cleannanddelicious.com/mini-pumpkin-pies-gluten-free-dairy-free-recipe/>

**WANT TO SHARE A
SUCCESS STORY?**

*We Make It Easy To Leave
A Review!*

Scan the code with you camera app,
and post your success story on our
Google reviews page!

