



ASPH Newsletter

March 2024

Next Meeting: Tuesday April 2, 2024, 7:00 p.m. (AZ time)

Live and Zoom Meeting

Tempe Events Center (Knights of Pythias Hall)

1606 E Apache Blvd, Tempe, AZ 85281

You will receive an email reminder and a Zoom invite a few days before the meeting and on the day of the meeting.

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A Message from ASPH President



Alan Handelsman 2023-2024 ASPH President

This month, I'd like to thank my fellow officers Lindsay Brady and Debra LeBouton. I tested positive for Covid the Sunday before last month's meeting. First time for me. As you may or may not know, it has been my responsibility to open and close our meeting space each month.

There was no way that I could do that, or give the keys to someone else, without exposing others to the virus. That was when Lindsay came to the rescue and suggested that we have the meeting on Zoom. In the early days, I was a cheerleader for Zoom meetings. And now, I had forgotten that we had that option!

Then, Debra come to the rescue as our Vice-president by leading the meeting. She did a wonderful job, and everyone got something valuable from the meeting. I'd say that everyone went home happy, but we were already home!

The only thing we couldn't do was in-person demonstrations. We will do pain relief, part two at our April meeting. Together again in one place, we can enjoy the in-person demonstrations we missed in March.

I hope you can join us.

Alan



Next ASPH General Meeting **Tuesday April 2, 2024**

Agenda

1. Meeting called to order (Alan Handelsman, President.)
2. Attendees' self-introduction and brief comments about why they chose to attend this meeting
3. Officer's Report.
4. 5 to 10-minute meditation by a volunteer (Or a volunteer that President Alan picks!)
5. Discussion: Hypnotherapy techniques for pain relief (Part II with demonstrations)
6. Next meeting details
7. Motion to adjourn.

Minutes of Last Meeting

March 5th, 2024: 7:05 PM MST

Attendees:

Alan Handelsman, Lesa Fisk, Lindsay Brady, Debra LeBouton, Carol Becker, Thomas Wheeler, Patrick Powers, Mary Powell

ASPH Business Matters

ASPH Vice-president Debra LeBouton call the meeting to order at 7:05 PM

ASPH President Alan Handelsman had a positive covid test a few days before we were supposed to meet in person. He was the only member who could get into the Tempe Event Center (where we planned to meet) so we decided to have the meeting on zoom only. Vice President Debra LeBouton took charge of running the meeting.

Strategies for increasing ASPH membership were discussed but no definitive action was taken. It was determined that it would be best to address the issue during an in-person meeting rather than via Zoom.

To create a positive relaxed atmosphere for the rest of the meeting, Carol Becker guided the attendees through a relaxing meditation presentation... It worked!

Discussion

In addition to discussing hypnotherapy techniques for reducing or eliminating physical pain, several members shared personal experiences as to the effectiveness of the process on themselves.

The meeting adjourned at 8:45 PM.

For the full content of this meeting, watch and listen to the Zoom recording at:

<https://us06web.zoom.us/rec/share/AYZGYU84porOhp4sHaqC5Z2SN-rtzyV20HloRGX3yX70C4AgT0iMcpO4JOTCclXp.mcX17fPjLd063YM4>

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The meeting adjourned at 8:49 PM MST