



Montana Osteopathic Medical Association
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montanaosteopaths.com

Greetings from the Montana Osteopathic Medical Association (MOMA). We are writing to keep you informed of the activities MOMA has been involved in this past year, and our continuing efforts to promote the distinctiveness of the osteopathic approach to patient care.

1. CME: I hope you have received correspondence about MOMA's involvement in a virtual CME event (VOCCME) again, for the second year, in 2026. If you go to our website: mtosteopaths.com, you will find info and a link to registration for this program. We are collaborating with 10 other DO state affiliates to provide this CME. Personally, I found it to be of high quality, both in content and delivery in 2025, and know this will continue in the 2026 program. And if you become a dues paying member of MOMA, the registration discount you receive will pay for all or a portion of your MOMA dues, depending on how many credits you sign up for. We continue to look for ways to provide live, on-site CME, knowing it is the best platform for education. But we are aware of the challenges of this platform-we all have been thrust into the virtual world, for better or for worse, knowing we have to be involved in virtual CME to remain relevant. Please take a look at the info on our website, and consider it a possibility for some of your continuing education.

2. MOMA membership: See #1 :) MOMA's mission for the last 35 years and into the future is to promote the distinctiveness of the osteopathic approach to patient care. I know you have heard this from us repeatedly, but we have no problem repeating this, doing our best to provide information that explains this in a detailed way. If you go to our website, mtosteopaths.com and link on the homepage at the top to presentations, there is a presentation there that explains in great detail what this really means to us. I am the speaker, but I am certainly not the only one in MOMA's leadership that promotes this, including at the national level (AOA House of delegates-resolutions) and other efforts of being involved in what our profession has to offer the practice of medicine. For further clarification, please see the Speaker Instructions on the reverse of this page that we send to all of our speakers. With a successful CME program, MOMA can then continue to be involved in other venues in Montana and elsewhere. Enclosed with this newsletter is a form for paying your 2026 dues, or if you'd like to pay your dues online, you can go to our website and link the membership site to pay your dues through PayPal.

3. Montana's two colleges of osteopathic medicine, Rocky Vista University in Billings and Touro College of Osteopathic Medicine in Great Falls, have now matriculated their 3rd class of students! (My how time flies). MOMA has been involved with both schools, both directly and some of us as adjunct/full time faculty, and look forward to more involvement with them long into the future. Take a look at what they have to offer, and I'm sure they would appreciate any involvement you would consider with their programs.

4. Northwest Osteopathic Foundation (NWOF): This foundation has supported the five northwest states of Alaska, Washington, Oregon, Idaho and Montana for 35+ years. These states, in turn, have supported the NWOF as members/officers of their boards, involvement in their student scholarship program, and other activities. If you go to our website, there is a link to this foundation, but also a link to a description of the Shirley Carpenter endowed scholarship, which MOMA planted the seed for, helped develop and was/is the major contributor to, starting 20+ years ago. This scholarship is awarded to a DO student from Montana at any DO school. Please consider a donation to this scholarship to support a Montana grown DO student.

We thank you again for all you are doing for the health of Montana's residents, and support of MOMA's efforts. Please let us know how we can help, or any way you can contribute to your state association. And happy holidays!

Sincerely,
Donald Grewell, DO, FAAFP
Executive Director of MOMA

Speaker Instructions

Principles of Osteopathic Medicine

- The body is a unit; the person is a unit of body, mind, and spirit.
- The body is capable of self-regulation, self-healing, and health maintenance.
- Structure and function are reciprocally interrelated.
- Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of structure and function.

The Tenets of Osteopathic Medicine express the underlying philosophy of osteopathic medicine and were approved by the AOA House of Delegates as policy.

Thank you for your time adding to our educational experience at the Montana Osteopathic Medical Association's (MOMA's) annual continuing medical education (CME) program. This note is intended to explain why we are sending you the above tenets of Osteopathic medicine. As you can see, these tenets are just good patient care, and all physicians, DO or MD (or other providers) strive to find the least invasive, most effective care that involves the patient themselves, and does not overwhelm the *body's* ability to heal itself. When the Osteopathic profession's CME was targeted to an audience that not only were taught this in medical school but also in Osteopathic graduate medical education (GME programs) and osteopathic CME programs required at least 50% DO speakers, this structured emphasis was easily apparent as part of the educational experience. But now that there is a GME single accreditation program (ACGME) for both DO's and MD's, this distinctive educational focus can no longer be taken for granted and should continue to be a structured part of any medical education, or it tends to be lost. We are asking that you simply keep this in mind when creating and presenting your lecture. If you are not a primary care provider, this may mean only providing examples/cases that you have encountered where someone in primary care or another specialty did too much unnecessary work-up and care that overwhelmed the body's own ability to take care of itself; and with the greater knowledge base you have in your discipline you were able to simplify care and not over treat. As we all know, there are countless examples of this, particularly in the care provided in this country. In addition, the terms value-based care, high value care, and choosing wisely all recognize the need for this focus. The AOA has recognized in policy (AOA Policy Resolution H-426-A/2023) how osteopathic principles and practice are a shining example of this value-based care approach. The more we can structure this into our education, the more this focus **will** continue to influence the practice of medicine in a positive way. We thank you for considering this and for all your time contributing to our education.

Don Grewell, DO
Program Director



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VOCCME Virtual Osteopathic Education Program

February 13, 2026, will mark the launch of the 6th rendition of the VOCCME virtual osteopathic education program! First presented in 2021, the VOCCME has now grown to include ten partnering osteopathic associations. This year MOMA has again joined to offer our members the opportunity to experience the VOCCME's excellent CME and take advantage of your MOMA member discount.

What makes VOCCME different from other virtual programs? Quality and Flexibility.

Quality: Year after year, over 98% of the VOC attendees said they would recommend it to a colleague! That's quality!

Flexibility: The VOCCME is all about flexibility! You have the flexibility to choose:

- **When to Attend**
 - It's available from February 13 through the end of June.
- **Where to Attend**
 - You can view from anywhere you have internet access – at your home, at the lake, at a ski resort, at your office – or all of the above.
- **What to Attend**
 - You can pick and choose from any of the 48 presentations to customize the program for what you need.
- **How Much to Attend**
 - Select in 8-credit increments all the way up to the entire 48-credit program. The 48-credit option is the most popular and the best deal.
- **Type of Credit**
 - The VOC presentations are accredited for both AOA and AMA PRA Category 1 credit. It will work for you no matter your board certification.

MOMA encourages enrollment in this program to provide CME with dual accreditation and help MOMA continue our efforts to promote Osteopathic Distinctiveness. VOCCME has had over 3,000 satisfied physicians from every state participate during the past five years! Having personally enrolled in this program in 2025, I found it to be of high quality education and very user friendly.

"I found it a very easy to access and convenient program, I could do lectures at my own pace and easily go back to clarify any subjects I didn't quite fully grasp. I appreciated that we had access to the presenter's for any questions that may arise. The quality of the presentations was excellent across the board and the subject material was very relevant to a family medicine doctor seeing a wide range of patients. Short of being at a live conference I felt it was the best CME I've ever done, and certainly head and shoulders above any other online CME I've done. My only regret is that I didn't sign up for more hours. I recommend VOCCME to any Family Medicine physician or general medicine practitioners, in fact I've even recommended it to several of my MD and NP colleagues." - Doug Woerner, DO, President of Montana Osteopathic Medical Association

Give the VOCCME a try this year, earn quality CME in a flexible format, and support MOMA's efforts as well! Visit our website for more details.

Don Grewell, DO, FAAFP
Executive Director, MOMA

Montana Osteopathic Medical Association (MOMA)

Dues Statement - January 1, December 31, 2026



Name: _____

Address: _____

Email: _____

Phone: _____ AOA# _____

THANK YOU FOR SUPPORTING MOMA AND IT'S EFFORTS TO PROMOTE OSTEOPATHIC MEDICINE!

Visit our website www.mtosteopaths.com for our current newsletter, CME and other information.

Our dues year is January 1 - December 31. Our 2026 yearly dues are: \$250 Full Membership, \$75 Resident Membership, Free Student Membership

Mail statement with payment to: MOMA, 5860 Autumnwood Dr., Billings, MT 59106

Read about our 2026 events on our website.

For CME registration information visit mtosteopaths.com/events-cme