

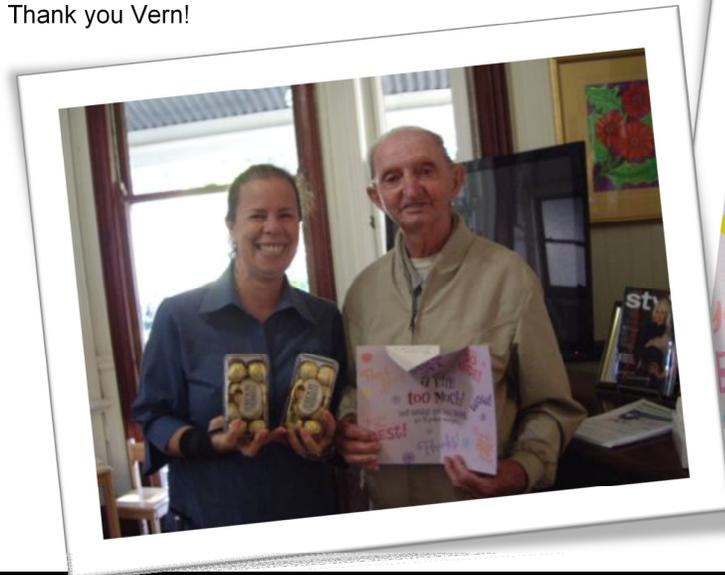
June 2012 Newsletter

Gratitude

This month we had a surprise visit from Vern. He started coming in to the office to see Dr Hart in December 1965. He brought his wife with him and they came every month for a "tune up" for more than 40 years. Sadly Vern's wife passed away a couple of years ago and Vern is now unable to drive in to town.

We were touched when Vern made a surprise visit to see us. He thanked us for the years of care and caring. He sincerely wished us peace! (and gave us some chocolates).

Thank you Vern!



May Roundup - Sit Right - Spinal Health Week



Spinal Health Week Round up by Kathryn

Spinal Health Week at Kennedy Chiropractic Centre was great fun. It started off with the decorating of the reception area. I may not win a prize for colour coordination, but it looked great! It was fantastic to walk in and experience the happiness in the room.

The theme 'Sit Right' has made me more conscious of my posture when sitting, the type of chair I am in, and also the time spent sitting. The office support chairs we had on display proved popular with our patients, especially the saddle chair. My demonstration on how to mount the saddle chair (because of my short legs) amused many.

We hope we were able to share the message that that good posture, a good chair and taking breaks while you work can have an amazing impact on your health.



Spinal Health Week Shirts!



“Over the Hill Department” By Dr Hart

This is for all of us in the over-50's age group. (Oh all right, if you are under 50, you can read it too, but only if you don't tell anyone!!)

Do you ever get an unusual little twinge, or crackle and pop? Do you think it is the first sign of some horrible catastrophe heading your way?

You don't? Wow, that's great! Keep up the good work.

But for those of us who do, here is a story for you:

Some months ago, I noticed an occasional clunk in my knee, whenever I straightened it. That was no problem really; no pain or cramping so I ignored it. Later, I noticed a little weakness in the same leg while descending stairs. Not really weakness, as such, more a loss of control at the very start of each step on that leg.

I have always had strong legs, probably as a result of thousands of hours riding a bicycle as a youngster and this problem was a new experience for me. Suddenly my brain panicked and I thought to myself, “Kennedy, do you remember that time about 10 years ago, when you had a big buster? Well this leg business is probably a consequence and you will end up with Lou Gehrig's disease or worse!” Yes, I had myself looking at funerals and everything!

Younger or more sensible people will think this ridiculous. And it is. But that is sometimes how older brains behave.

To continue the story; closer investigation uncovered a previously hidden problem in my lumbar spine and my knee. I got adjusted and everything is now fine. I was grateful that my panic was unfounded.

Moral: Appreciate the healthy parts of your body, live each day as it comes, be aware of changes but avoid jumping to worst-case-scenario conclusions and come in for an adjustment.

Office Update

Dr Hart

You may notice a change in attitude the next time you are in the office. Several weeks ago, Dr Hart went for a skid while wearing a pair of Crocs in the rain (as soon as they are worn smooth they become grip-less). Within several days he noticed some pain and aching in one of his hips. Real pain is something he is not used to. Was he ever looking forward to chiropractic care! He now understands how people who deal with pain feel. Please be easy on him though. No ribbing.

Dr Hart works every week Mondays & Thursdays.

Dr Tracy

It has been another busy month for Dr Tracy, and one to come. Dr Tracy had the pleasure of being a guest lecturer for the CQU Chiropractic class. She spoke about the history of chiropractic in QLD to give the students some perspective on how far we have come as a profession. June will be more meetings but there will be a week of

R&R as well. Glen will be going to the USA for their summer while we weather the cooler months here in Toowoomba. Dr Tracy is looking forward to the longer days again after the equinox on June 21st

Dr Tracy works Tuesday, Wednesday, Friday & Saturday. Every second Friday Drs Chantal and Tracy work later into the evening to provide more times for families to come for a checkup.

Dr Chan

Things are ramping up on the Patagonia scene. With only 3 months until the big trip, Dr Chan has stepped up the training, gearing up to be able to carry 35 kg on the 8 day Ice cap trek, which is the pinnacle (& hardest trek). Dr Chan is also back into study mode with her Advanced Clinical Nutrition course that has just arrived, and she is brushing up on some Spanish practice to be able to get around Chile & Argentina a little better!

Dr Chan works Friday and every other Saturday.

Dr Meghan

This month Dr Meghan is off to Brisbane to do another pediatric seminar. This seminar focuses on learning and behavioral challenges in children. Very interesting! Her own kiddies are doing really well. Arthur is sporting two teeth and chomping away. Claire is excited about starting ballet this term.

Dr Meghan is available Wednesday and Friday afternoons as well as every second Saturday.

Dr Sandie

May was a good family catch-up month for Dr Sandie, with her sister and brother-in-law in QLD for a while and a few family gatherings. She also enjoyed lots of tasty treats at the Greek Food Festival. June is the time for another family gathering at the Bunya Mountains, as well as a nice holiday in New Zealand to have a break, catch up with friends and have a go at skiing.

Dr Sandie is working Monday to Thursday every week.

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Do you want to save a tree?

We are sending our newsletter by email – if you specifically want us to mail one, please advise reception.

We only use emails at the office for newsletters and individual communication.

We do not share your address with anyone else because we know how annoying it is to get spam.

If you would like us to remove you from our newsletter list email us at newsletter@kennedychiro.com



We're on the Web!

www.kennedychiro.com

or follow us on facebook

<https://www.facebook.com/pages/Kennedy-Chiropractic-Centre/172743446105466>

Office Calendar June & July 2012

Monday 8am-12pm 2pm-4:30pm	Tuesday 9am-12pm 2pm-6pm	Wednesday 8am –12pm 2pm –5pm	Thursday 8am-12pm 2pm-4:30pm	Friday 8am-12pm 2pm-6pm (7:30pm)	Saturday 8am-11:30
June					
				1 Dr Tracy Dr Chantal Dr Meghan	2 Dr Chantal Dr Meghan
4 Dr Hart Dr Sandie	5 Dr Tracy Dr Sandie	6 Dr Tracy Dr Meghan Dr Sandie	7 Dr Hart Dr Sandie	8 Dr Tracy Dr Chantal Dr Meghan Until 7:30pm	9 Dr Chantal Dr Tracy
11 Queen's Birthday	12 Dr Tracy Dr Sandie	13 Dr Tracy Dr Meghan Dr Sandie	14 Dr Hart Dr Sandie	15 Dr Chan Dr Meghan Dr Sandie	16 Dr Chantal Dr Meghan
18 Dr Hart Dr Sandie	19 Dr Chantal Dr Sandie	20 Dr Chantal Dr Meghan Dr Sandie	21 Dr Hart Dr Sandie	22 Dr Tracy Dr Chantal Dr Meghan Dr Sandie Until 7:30pm	23 Dr Chantal Dr Tracy
25 Dr Hart Dr Tracy Dr Meghan	26 Dr Tracy Dr Meghan	27 Dr Tracy Dr Meghan	28 Dr Hart Dr Tracy	29 Dr Tracy Dr Chantal Dr Meghan	30 Dr Tracy Dr Meghan
July					
2 Dr Hart Dr Tracy	3 Dr Tracy Dr Sandie	4 Dr Tracy Dr Meghan Dr Sandie	5 Dr Hart Dr Sandie	6 Dr Tracy Dr Chantal Dr Meghan Until 7:30pm	7 Dr Tracy Dr Chan
9 Dr Hart Dr Sandie	10 Dr Tracy Dr Sandie	11 Dr Tracy Dr Meghan Dr Sandie	12 Dr Hart Dr Sandie	13 Dr Tracy Dr Chantal Dr Meghan	14 Dr Tracy Dr Meghan
16 Dr Hart Dr Sandie	17 Dr Tracy Dr Sandie	18 Dr Tracy Dr Meghan Dr Sandie	19 Dr Hart Dr Sandie	20 Dr Tracy Dr Chantal Dr Meghan Until 7:30pm	21 Dr Tracy Dr Chan
23 Dr Hart Dr Sandie	24 Dr Tracy Dr Sandie	25 Dr Tracy Dr Meghan Dr Sandie	26 Dr Hart Dr Sandie	27 Dr Tracy Dr Chantal Dr Meghan	28 Dr Tracy Dr Meghan
30 Dr Hart Dr Sandie	31 Dr Tracy Dr Sandie				

The office will be open later on alternate Fridays until 7:30pm.