

Kennedy Chiropractic Centre

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January 2011 Newsletter

Support your back as you jump into 2012

Now that the traditional indulgence over Christmas and New Year has come to an end, many of you may be considering jumping into a new fitness regime to get back in shape. But before taking up a new gym membership or getting on the running track just yet, it is important to remember the basics of good spinal health.

To help everyone start the year on the right foot, we have a new "Healthy Spine Checklist" that allows you to identify any possible problems areas. For example, if any of the following points sound like you, your spine may need a helping hand to guide it back into shape.

Are you . . .

- Having difficulty turning your head so that your chin turns all the way to your shoulder (both sides evenly).
- Struggling to bend down so your hands drop below your knees when your legs are straight (how long since you could touch your toes – or tired?).
- Experiencing stiffness in your body and joints when waking up in the morning.
- Feeling sore or stiff during walking.
- Having difficulty putting socks and/or shoes on whilst standing.

If you are suffering from any of the symptoms above, make sure to arrange an appointment with us at Kennedy Chiropractic Centre.

Healthy Spine Checklist

Start your year the healthy way!

YOUR HEALTH IS A CHOICE. BY UNDERSTANDING MORE ABOUT YOUR OWN HEALTH YOU CAN MAKE BETTER LIFESTYLE CHOICES THAT CAN LEAD TO GREATER HEALTH AND WELLNESS.

A Take stock of your own health by going through our quick Healthy Spine checklist...

| YES | NO | |
|---|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have difficulty turning your head so that your chin makes it to your shoulder? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you struggle to bend down so your hands drop below your knees when your legs are straight? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have someone look at you from the side—are your head and shoulders slumping forward? |
| <input type="checkbox"/> | <input type="checkbox"/> | Squeeze together your trapezius muscles (between your shoulder blades)—do they feel tight? |
| Take your shoes off and stand up straight: | | |
| <input type="checkbox"/> | <input type="checkbox"/> | Do your feet or knees roll in? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there more pressure on one foot or another? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is one knee more bent than the other? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your body or joints feel stiff when you wake up in the morning? |
| <input type="checkbox"/> | <input type="checkbox"/> | When you walk, do you feel sore or stiff? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have difficulty putting your socks and/or shoes on whilst standing? |

B If you answered "YES" to any of these checklist questions, it may be time to have a professional assessment of your posture.

To find your local CAA member chiropractor, visit:
www.LocateAChiropractor.com.au

C Some simple things you can do each day for a healthier spine and life:

1. Do the Straighten Up Australia exercises every morning: visit www.StraightenUpAustralia.com.au for more information
2. Walk at least half an hour each day: visit www.JustStartWalking.com.au for motivation
3. Keep up the recommended daily dose of water, fruit and vegetables: visit www.gofor2and5.com.au for more information

YOUR LOCAL CAA MEMBER CHIROPRACTOR IS:



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www.chiropractors.asn.au

Kennedy Chiropractic Centre Christmas Barefoot Bowls Party



January Recipe – Watermelon in Ginger Wine by Judy K.

Ingredients

- Half watermelon
- 1 Cup water
- 1/2 cup green ginger wine
- 2 tablespoons sugar
- 2 pieces preserved ginger

1. Ball melon and place in large dish.
2. Combine in pan sugar, water, ginger wine, stir over medium heat until sugar has dissolved. Remove from heat. Add finely shredded ginger. Cool. Pour over watermelon balls and refrigerate several hours or overnight before serving.
3. This lasts quite a while and it a beautiful mouth freshener.

Office Calendar January & February 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 | Saturday 8am-11:30 |
|--|--|---|---|--|------------------------------------|
| January | | | | | |
| 2 New Years Day Closed | 3 Dr Tracy Dr Sandie | 4 Dr Tracy Dr Sandie | 5 Dr Hart Dr Sandie | 6 Dr Tracy Dr Chan Dr Meghan Until 7:30pm | 7 Dr Tracy Dr Chan |
| 9 Dr Hart Dr Sandie | 10 Dr Tracy Dr Sandie | 11 Dr Tracy Dr Sandie | 12 Dr Hart Dr Sandie | 13 Dr Tracy Dr Chan Dr Meghan - Away | 14 Dr Tracy Dr Meghan |
| 16 Dr Hart Dr Sandie | 17 Dr Tracy Dr Sandie | 18 Dr Tracy Dr Sandie | 19 Dr Hart Dr Sandie | 20 Dr Tracy Dr Chan Dr Meghan Until 7:30pm | 21 Dr Tracy Dr Chan |
| 23 Dr Hart Dr Sandie | 24 Dr Tracy Dr Sandie | 25 Dr Tracy Dr Sandie | 26 Australia Day Closed | 27 Dr Tracy Dr Chan Dr Meghan | 28 Dr Tracy Dr Meghan |
| 30 Dr Hart Dr Sandie | 31 Dr Tracy Dr Sandie | | | | |
| February | | | | | |
| | | 1 Dr Tracy Dr Sandie | 2 Dr Hart Dr Sandie | 3 Dr Tracy Dr Chan Dr Meghan Until 7:30pm | 4 Dr Tracy Dr Chan |
| 6 Dr Hart Dr Sandie | 7 Dr Tracy Dr Sandie | 8 Dr Tracy Dr Sandie | 9 Dr Hart Dr Sandie | 10 Dr Tracy Dr Chan Dr Meghan | 11 Dr Tracy Dr Meghan |
| 13 Dr Hart Dr Sandie | 14 Valentine's day Dr Tracy Dr Sandie | 15 Dr Tracy Dr Sandie | 16 Dr Hart Dr Sandie | 17 Dr Tracy Dr Chan Dr Meghan Until 7:30pm | 18 Dr Tracy Dr Chan |
| 20 Dr Hart Dr Sandie | 21 Dr Tracy Dr Sandie | 22 Dr Tracy Dr Sandie | 23 Dr Hart Dr Sandie | 24 Dr Tracy - Away Dr Chan Dr Meghan | 25 Dr Tracy – Away Dr Meghan |
| 27 Dr Hart Dr Sandie | 28 Dr Tracy Dr Sandie | 29 Leap year Dr Tracy Dr Sandie | | | |

Dr Meghan will be returning to work in January.

Her office hours will be Friday 2-5pm, and alternate Saturday mornings 8am-12 noon.

Also - the office will be open later (until 7:30pm) on alternate Friday nights.

Do you want to save a tree?

We will be send our newsletter by email – if you specifically want us to mail one, please advise the reception – so we can update your details.

Chiropractor Update

TRUE STORY

Liz and Dr Hart were recently at a family gathering to celebrate the engagement of his nephew. The nephews future mother-in-law, recounted how she was at a previous gathering for the local jazz band and upon seeing my nephew, who was serving drinks, remarked "Be nice to me, I'm probably your future mother-in-law"!!

Well, it turned out to be true. He met his future wife a few days later and they have been named "The Inseparables" ever since. Talk about arranged marriages!

Dr Hart Kennedy

New grand-daughter Eva arrived for a visit at Christmas. Liz is still floating. Oh yes, Eva also brought her parents along for the trip.

Preparations proceed on making the engine for Dr Harts 1915 Sunbeam bulletproof. It is receiving a strengthened big end bearing new valve guides and seats and some new wheel bearings. The rider is also receiving regular tune-ups in readiness for the 4000 kilometre trip (Perth to Sydney). The journey will be fun if all goes well with no dramas. Progress will be posted on the bulletin board, starting in March.

Dr Hart works on Mondays and Thursdays.

Dr Tracy Kennedy-Shanks

Well 2011 was another busy year for all of us at KCC. We had a great "Bare (Bear) foot bowls day" for our Christmas gathering. - Check out the photos on the office notice board. For Christmas this year we had a "gratitude tree" in the office. Thank you for adding your thoughts and we would all like to give thanks for another year.

This year Glen and Dr Tracy had a relatively quiet Christmas with family on the farm. They had a visitor from Dallas, Texas and of course it was entertaining showing some Aussie Christmas traditions.

As always, we make plans for the future but remember to live in the present. Welcome to 2012 and all the challenges it will present.

Dr Tracy is still covering Dr Meghan's maternity leave and will be working Tuesday, Wednesday, Friday & Saturday.

Dr Chantal Henderson

Dr Chantal spent a quiet Christmas with family on the sunshine coast. She is looking forward to a great 2012. Dr Chantal works Fridays and alternate Saturdays.

Dr Meghan Keleher

Dr Meghan had a busy Christmas with her family visiting from Sydney. She would like to thank everyone for their warm wishes on Arthur's arrival. He is growing well and Dr Meghan will make sure she has some piccies for all to see when she returns for Friday afternoons and Saturday mornings on the 6th January. Dr Meghan works Friday and alternate Saturdays.

Dr Sandie McIntyre

Dr Sandie spent a busy Christmas with family in Toowoomba, Brisbane, Sunshine coast and NSW. We hope she had a good week off.

Dr Sandie works Monday, Tuesday, Wednesday, Thursdays.

Dr Maree Chilton

Dr Maree Chilton joined us for the KCC Christmas party this year. Thanks for making the trip up the range and for joining us for the fun and celebration to end the year. Dr Maree is practicing where she lives near Wallingbar (Byron bay).

Dr Helen Silkman

Dr Helen Silkman will be dropping in for a visit as she escapes the USA winter and snow. She is living and practising in Salmon Idaho but will be home in January to visit family in Brisbane.

Chiropractic Student Update

Kirstie

Kirstie came by for a short Christmas visit and we resisted putting her to work :). She starts the Masters program this year and is getting closer to becoming a chiropractor. Congratulations Kirstie on doing so well so far.

Luci

Congratulations on finishing out your first year of Chiropractic Studies in Melbourne

Ellen

Congratulations on finishing your first year of studies in Melbourne and for coming home for a holiday. We noticed you needed something to do - so well done for stepping in to the office and learning the business side of how things run in the reception. We look forward to having you back for holidays in future.

newsletter@kennedychiro.com

Like what you see but want to save paper? Let us have your email address at reception when you are in for your next appointment. 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.