

October 2014 Newsletter

Welcome to Dr Tara Gilhooley

Dr Tara joins us from Melbourne. She is looking for a change and the quieter life of the country after her time in the Big Smoke.

Dr Tracy and Dr Tara have had many conversations comparing a normal day at Kennedy Chiropractic Centre, with that of a city practice. The most significant thing is the genuine-ness of country folk. Life is more fun and less serious (intense) as we (Queenslanders) tend to have a grasp on balancing life to enjoy it. The other notable thing is the type of injuries we see here at Kennedy Chiropractic; car crashes, bike crashes, horse falls, tractor injuries and all things in between.

Dr Tara will be doing some relief days initially as she gets to know everyone and the uniqueness that is KCC. She has a strong foundation in low-force chiropractic techniques (gentle adjustments) and a great outlook on life. We will be organising a casual meet and greet for Dr Tara with perhaps a bit of wine and cheese (organic of course).



Changes are in the air!

As many of you have noticed “there must be something in the water” here at KCC.

Dr Kirstie had a beautiful baby girl ‘Audrey’ on Sunday 21st September. Both mum and bub are well, and Dad is still in shock ☺.



Dr Sandie and Tim are expecting their baby bundle in the New Year and we wish them all the best. Dr Sandie will be working through until Christmas, but she will be careful to keep a work/rest balance, and will be taking life a little easier. She will take as much home time (maternity leave) as she needs and we will welcome her back in 2015 (hopefully sooner rather than later for our sake).

Dr Chan will be embarking on a new adventure in 2015. Dr Chan is off on a significant life changing adventure. In early 2015, she is moving overseas to be based in Chile and Argentina to work for a world leading conservation organisation. She was asked to join *Tompkins Conservation* to work alongside American founders Douglas and Kristine Tompkins, prolific conservationists working and living in Chile and Argentina. The organisation primarily is involved in creation of National Parks, Ecological Agriculture, Restoration of Wildlife including Puma, Huemul (Andean deer), Jaguar and Giant Ant Eaters, Restoration of habitat, and Activism.

Dr Chan will be based in three different National Parks, two in Chile and one in Argentina to assist in an huge array of conservation projects from publishing photography books on National Parks, to helping with wildlife restoration (including Jaguar and Giant Ant-eater), and all the small jobs that are necessary to get a final project finished. It's a big decision for Dr Chan but she is passionate about Patagonia, conservation and photography and it seems that this opportunity has presented for a reason. So, *Carpe Diem*, Dr Chan leaves on December 30th. Check out Tompkins Conservation organisation display when you come in to the practice, or check it out on www.tompkinsconservation.org. Follow us on Facebook <https://www.facebook.com/KennedyChiropractic> to keep up with Dr Chan's movements for 2015.

Save the date, 21st November (Friday evening). We are having “another farewell” for Dr Chan, but just like John Farnham, we are sure she will be back. (Her last day at Kennedys, is just before Christmas)

What happened in September?



Chris wore this shirt in for an adjustment, just for our amusement.



Dr Hart had a birthday.



Carnival loud shirt WINNER Everyone!

Honourable mentions go to Meghan's pants, and Ellen (for pinching her fathers shirt) for Sue.

Date and Orange Muffins

- 1 1/2 cups of almond meal/flour
- 12 medjool dates, seeds removed, finely chopped
- zest of one orange
- juice of one orange
- 3 eggs
- 40 grams melted butter or coconut oil (optional)
- 1 teaspoon vanilla
- 1 teaspoon bicarb soda (baking soda)
- pinch of salt



Preheat your oven to 175 Degrees Celsius or 350 Degrees Fahrenheit.

Grease a 12 hole muffin tin.

In a mixing bowl combine the almond meal / flour and stir through the chopped dates, add the remaining ingredients, mixing to combine as you go. Spoon the mixture evenly into your muffin tin. Bake for 20 minutes or until golden and an inserted skewer comes out cleanly. Enjoy!

<https://www.wholefoodsimply.com/date-and-orange-muffins/>

We're on the Web!

www.kennedychiro.com

or follow us on facebook

<https://www.facebook.com/KennedyChiropractic>

Staff Update

Dr Hart

Dr Hart spent his birthday back in school in Sydney. A good friend of his teaches radiology (X-ray) interpretation at the University in Newcastle, and does an annual update for chiropractors. This years session included Q&A so the chiropractors were able to get answers to those 'sticky questions' concerning patients. There was also an orthopaedic surgeon lecturing there who had many suggestions on when to, and when not, to advise surgery. Dr Hart works Mondays and Thursdays.

Dr Tracy

Thank you to all the loud shirt competitors this year. Carnival is always a bright time and I am glad we contributed to it again this year. I have a friend that always comments on how many times we "dress up" and have fun in our office. It is always good to make your work place more fun, and as you can see we all love the enthusiasm.

Welcome Dr Tara Gilhooley to our happy team of fantastic chiropractors.

Dr Chan

Dr Chan has some big changes ahead of her. She is very excited about them but will miss everyone here at Kennedy Chiropractic Centre. We will have an early farewell (again) on Friday 21st November. But Dr Chan will continue to work through until the end of the year. Her last day will be just before Christmas. Be on the lookout, if Dr Chan starts speaking Spanish to you, as she is enthusiastically trying to learn the language.

Dr Chan works Tuesday, Friday and Saturday.

Dr Meghan

Dr Meghan has enjoyed the return of spring and the warm weather, with plenty of time at the park and even a trip to the drive-in with the family. In the September holidays a short break in Sydney was had, with Dr Meghan's sister and family. Claire has turned 9, and is growing up very fast, and Arthur turns 3 this month. He is adventurous little monkey telling Dr Meghan and peter to "watch me fly" on a regular basis.

Dr Meghan works Friday.

Dr Sandie

September was a very exciting month for Dr Sandie as she got a new sausage puppy called 'Jessie'. She has had lots of fun playing and snuggling with her but feels a little bad that sometimes when she cries. Dr Sandie enjoyed some time at the Food and Wine festival during Carnival, as well as looking at the beautiful gardens and parks. Dr Sandie is also having a relaxing holiday in Yamba this month.

Dr Sandie works Monday, Tuesday, Wednesday and Thursday.

Dr Tara

After living down south for 6 years, Tara has been busy ticking off items on her Melbourne bucket list before her journey back home to Queensland. She's getting excited about joining the team at Kennedy's, getting to know Toowoomba and catching up with Texas. We will be organising a couple of "meet and Greet" times with Dr Tara.

Dr Tara will be working from Monday the 13th October part time then will increase her days over the next few months.

Sue

Sue has had a couple of 'cultural' outings lately. A few weeks ago, she went to The Sound of Music, at the Empire Theatre. One of our patients played one of the Von Trapp family children and did an amazing job. Sue thought it was an excellent production. She also had a lovely time at the Flower, Food & Wine Festival in Queens Park and viewed some of the award winning gardens.

Natalie

Flowers glorious flowers! Natalie had the enjoyment of selling flowers with Maree, a past employee here at Kennedy's. Maree, runs the Toowoomba Flower Market...She loved the reactions of people when they were either buying flowers or receiving them. Queens Park festivities were so much fun and She got to see some familiar faces from the centre here. It made her truly feel like part of the community and how special Toowoomba is as "the Garden City".

Vicki

Another busy month for Vicki with all of her commitments. It is always good to find time to extract a nature-oriented experience at Garden time in Toowoomba. Just last week Vicki watched animals just down the hill from KCC at West Creek. She saw two ducks sunning themselves; one was restless not finding a suitable situation. Then there was a turtle clambering up to lever itself up onto the weir to be with the others – a message for us all?

Kaitlin

Kaitlin has been learning the importance of regular chiropractic care this month. She is very thankful for the time and effort of the chiropractors to make sure you function at your best.

We wish Kaitlin the best in her upcoming exams. (She says maths is easy but English not as fun)



Kennedy Chiropractic Centre Calendar and hours

Monday 8am-12pm 2pm-5:00pm	Tuesday 7:30am-11am 2pm-6:30pm	Wednesday 8am – 12pm 2pm – 6pm	Thursday 8am-12pm 2pm-5pm	Friday 7:30am-12pm 2pm-6:30pm	Saturday 8am-12pm
October 2014					
		1 Dr Tracy Dr Sandie HHH Evening	2 Dr Hart Dr Sandie	3 Dr Chan Dr Meghan	4 Dr Chan Dr Tracy
6 Labour Day	7 Dr Chan Dr Sandie	8 Dr Tracy Dr Sandie	9 Dr Hart Dr Sandie	10 Dr Chan Dr Meghan	11 Dr Tracy Dr Tara
13 Dr Hart Dr Tara	14 Dr Tracy Dr Tara	15 Dr Tracy Dr Tara	16 Dr Hart Dr Tara	17 Dr Chan Dr Meghan	18 Dr Chan Dr Tara
20 Dr Hart Dr Sandie	21 Dr Chan Dr Sandie	22 Dr Tracy Dr Sandie	23 Dr Hart Dr Sandie	24 Dr Chan Dr Meghan	25 Dr Chan Dr Tracy
27 Dr Hart Dr Sandie	28 Dr Chan Dr Sandie	29 Dr Tracy Dr Tara	30 Dr Hart Dr Tara	31 Dr Chan Dr Meghan	
November 2014					
					1 Dr Chan Dr Tracy
3 Dr Hart Dr Tara	4 Dr Chan Dr Sandie	5 Dr Tracy Dr Sandie HHH Evening	6 Dr Hart Dr Sandie	7 Dr Chan Dr Meghan	8 Dr Chan Dr Tracy
10 Dr Sandie Dr Tara	11 Dr Chan Dr Sandie	12 Dr Tracy Dr Sandie	13 Dr Sandie Dr Tara	14 Dr Chan Dr Meghan	15 Dr Chan Dr Tracy
17 Dr Sandie Dr Tara	18 Dr Chan Dr Sandie	19 Dr Tracy Dr Sandie	20 Dr Sandie Dr Tara	21 Dr Chan Dr Meghan Dr Chantal farewell evening	22 Dr Chan Dr Tracy
24 Dr Hart Dr Sandie	25 Dr Chan Dr Sandie	26 Dr Tracy Dr Sandie	27 Dr Hart Dr Sandie	28 Dr Chan Dr Meghan	29 Dr Chan Dr Tracy

Want an appointment?

Phone: 07 46391060 or email: healthy@kennedychiro.com