

# September 2014 Newsletter

## September signifies “Spring” by Dr Tracy

I love it when the days get longer, the sun gets brighter and the temperatures warm up. Why does the environment have such an affect on us?

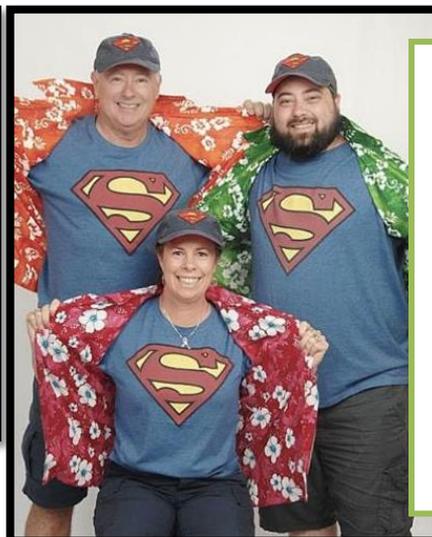
We get motivated, active and happier, and often revisit our lives. In the office we often see ‘spring cleaning’ injuries.

Have you decided to clean out the drawer, cupboard, closet or garage? What about mowing the lawn, digging out a few weeds, replacing a garden bed or maybe building a retaining wall?

It may sound odd, but I love hearing about weekend warrior injuries. Even though there may be a few sore muscles or a scrape or to, it means that people are feeling active and able and want to push himself or herself to change.

It does surprise me sometimes; the ways people get their injuries. I think we all need to be reminded that some jobs are better left to professionals. BUT, I would much rather adjust the overworked or injured areas and see everyone out and doing it again.

To me, keeping your body adjusted and aligned to assist in your desired activities is a much better thing than not being able to get active. My recommendation is to get regularly checked and adjusted so you can keep up to the life you want, not the other way around where you stop doing things because you ‘cant’ (a disclaimer about the limitations of matter should be here ☺). I (we) look forward to hearing about your spring plans! Come in and add your plan to our board.



### The Carnival loud shirt competition is on again.

The week of Carnival 20th to 27th of September is our annual "loud shirt competition" The competition is tight with Sue winning last year with a stunning effort but the "Super Shanks Flower Power" might be in with shot for this year. Join us by wearing or voting on the best loud shirt.

Every now and then Dr Hart is asked "What is his favourite part of being a chiropractor?"

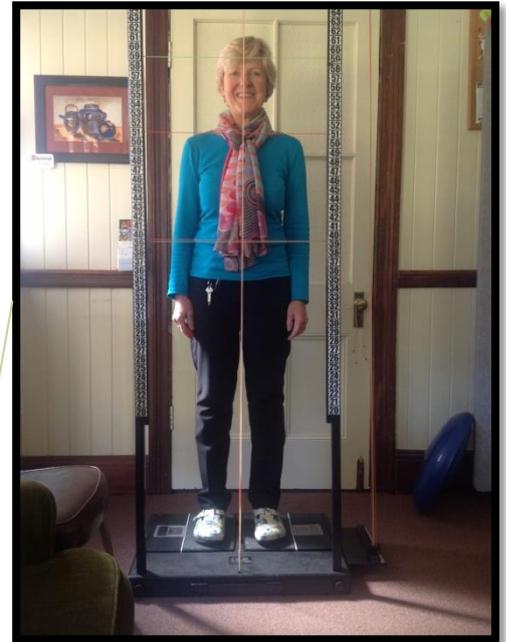
He replies, "That's easy to answer. When anyone is struggling to get back to health and is able to say 'That feels better already!'"

He follows up with, "But this is not all that Chiropractic is about. It is about keeping our body on track. It is about having a pleasant life. A long and pleasant life."

### What happened in August?



Dr Sandie got a new puppy



Sue saw how good her posture is.

Dr Tracy and Glen surprised her sister Ari (and Tia) for her birthday in Los Angeles, USA.

The bouncy castle Ari got for the party suffered some technical difficulties



We're on the Web!

[www.kennedychiro.com](http://www.kennedychiro.com)

or follow us on facebook

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



Congratulations to Ellen for speaking at the Melbourne dynamic growth conference in Melbourne.

She, and some other RMIT students competed in "Talk The Tic" where they are given five minutes to share what chiropractic means to them.

## Staff Update

**Dr Hart**

"When I was about 10 years old, I used to sometimes ride around the countryside in Canada with my grandfather while he did his house calls as a chiropractor. As an "essential service", he had a petrol ration that included extra fuel, whereas most of his patients who lived on a farm in the district, were limited to about 4 or 5 litres a week. Grandad and I had many conversations. He told me about a 12 year old girl he had seen with "St. Vitus Dance" now called "Sydenham's Chorea" which is a devastating neural disease and usually considered genetic and incurable. I met this woman 38 years later. She had been healthy ever since and was now a grandmother. To read more about this, the story is on page 5 of my father's book, which is available, free at our office."

Dr Hart works Mondays and Thursdays

**Dr Chan**

Dr Chan has been busy editing her Puma images for the last trip to Chile. She has been approached by the "Patagonia Company" (USA clothing company) to use one of her puma kitten images on the cover of their upcoming clothing catalogue in the USA. She is also entering them in the Australian Professional Photography Awards that are to be judged in October. Dr Chan was roped in to a crazy weekend event yet again, with her sunshine coast friends "Team Long Legs and Val", whereby the 5 of them walked the Great Hinterland Walk in one day (all 50 km's ). In addition to the gruelling 15 hour day, there were the following competitions throughout the day - silly hat, best animal tail, face paint, and best undies worn on the outside. The day ended in a BBQ up at Dr Chan's parents in Maleny."

Dr Chan works Tuesday, Friday and Saturday

**Dr Tracy**

Welcome home AGAIN Dr Tracy. Dr Tracy made a last minute decision to travel to Los Angeles to surprise Ari for 4 days to celebrate her big birthday party. Ari was SURPRISED and pleased that Glen could make it as well. Keeping balance was last months topic and I encourage everyone to think about what is important and do something regularly to check on that balance. Thank you everyone for letting me keep my family important when I am away from the office. Dr Tracy will be back at work like a crazy person after all the recent time off ☺

**Dr Meghan**

Dr Meghan was also sad to say goodbye to Dr Kirstie but knows we will all be seeing her and her new daughter soon. Dr Meghan has had a busy time in August. Racing to several sports carnivals to watch Claire, where she has done well. Also another lamb has arrived!

Dr Meghan works Friday

**Dr Sandie**

Dr Sandie was very sad to see Dr Kirstie leave at the beginning of August but is at the same time very happy for her. Dr Sandie had a trip to Melbourne for a seminar which she thoroughly enjoyed. She also had her first silver smithing class which was lots of fun. Dr Sandie went to see The Sound of Music with Sue and their family.

Dr Sandie works Monday, Tuesday, Wednesday and Thursday

**Dr Kirstie**

Dr Kirstie's baby is due in mid-September (babies set their own schedule). We are looking forward to her announcement and will pass it on asap.

Dr Tracy and Glen will visit Dr Kirstie, Dr Michael and baby in Adelaide mid-October and promise to bring back pictures of "Audry" to share.

Farewell Dr Kirstie

**Sue**

Sue has been thoroughly enjoying the slightly warmer weather and longer days lately, spending lots of time on her days off walking around the lakes and parks and soaking up some winter sun.

Spring is a great time to re-asses our health and kick out some bad habits.

**Natalie**

Nat had an interesting month. She has a new kitchen, with some obstacles along the way. Her Kennedy chiropractic work helps to keep a balance. She also had someone extremely close roll his car on the M1, & the car was engulfed with flames, Thank god (and I have many times since) he is fine. Yet I'm sure you would all agree an adjustment at KCC would be the answer for him next time he's in town. :-)))

**Vicki**

Vicki had a wonderful long weekend away at the sunshine coast. She explored Tin Can Bay. She spent her time enjoy the sea and sand. Shame the sun did not come out to play, but that's okay.

**Kaitlin**

Kaitlin has become our new office decorator and has added the colourful flowered look to the reception. We love to get into the theme of different events as well as the change of seasons.



## 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
<b>September 2014</b>					
<b>1</b> Dr Hart Dr Sandie	<b>2</b> Dr Chan Dr Sandie	<b>3</b> Dr Tracy Dr Sandie <b>HHH Evening</b>	<b>4</b> Dr Hart Dr Sandie	<b>5</b> Dr Chan Dr Meghan	<b>6</b> Dr Chan Dr Tracy
<b>8</b> Dr Hart Dr Sandie	<b>9</b> Dr Chan Dr Sandie	<b>10</b> Dr Tracy Dr Sandie	<b>11</b> Dr Hart Dr Sandie	<b>12</b> Dr Chan Dr Meghan	<b>13</b> Dr Chan Dr Tracy
<b>15</b> Dr Hart (PM only) Dr Sandie	<b>16</b> Dr Chan Dr Sandie	<b>17</b> Dr Tracy Dr Sandie	<b>18</b> Dr Hart Dr Sandie	<b>19</b> Dr Chan Dr Meghan	<b>20</b> Dr Sandie Dr Tracy
<b>Carnival Loud Shirt Competition</b>					
<b>22</b> Dr Hart Dr Sandie	<b>23</b> Dr Chan Dr Sandie	<b>24</b> Dr Tracy Dr Sandie	<b>25</b> Dr Hart Dr Sandie	<b>26</b> Dr Chan Dr Tracy	<b>27</b> Dr Chan Dr Tracy
<b>29</b> Dr Hart Dr Sandie	<b>30</b> Dr Chan Dr Sandie				
<b>October 2014</b>					
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
		<b>1</b> Dr Tracy Dr Sandie <b>HHH Evening</b>	<b>2</b> Dr Hart Dr Sandie	<b>3</b> Dr Chan Dr Meghan	<b>4</b> Dr Chan Dr Tracy
<b>6</b> <b>Labour Day</b>	<b>7</b> Dr Chan Dr Sandie	<b>8</b> Dr Tracy Dr Sandie	<b>9</b> Dr Hart Dr Sandie	<b>10</b> Dr Chan Dr Meghan	<b>11</b> Dr Tracy Dr Sandie
<b>13</b> Dr Hart Dr Tara	<b>14</b> Dr Tracy Dr Tara	<b>15</b> Dr Tracy Dr Tara	<b>16</b> Dr Hart Dr Tara	<b>17</b> Dr Chan Dr Meghan	<b>18</b> Dr Chan Dr Tara
<b>20</b> Dr Hart Dr Sandie	<b>21</b> Dr Chan Dr Sandie	<b>22</b> Dr Tracy Dr Sandie	<b>23</b> Dr Hart Dr Sandie	<b>24</b> Dr Chan Dr Meghan	<b>25</b> Dr Chan Dr Tracy
<b>27</b> Dr Hart Dr Sandie	<b>28</b> Dr Chan Dr Sandie	<b>29</b> Dr Tracy Dr Tara	<b>30</b> Dr Hart Dr Tara	<b>31</b> Dr Chan Dr Meghan	

**Want an appointment? Phone: 07 46391060 or email: [healthy@kennedychiro.com](mailto:healthy@kennedychiro.com)**