

# *Kennedy Chiropractic Centre*

## January Newsletter

### **DON'T LET SCHOOL BE A PAIN IN THE BACK**

As parents begin preparations to send children back to school, we would like to remind them that heavy, poorly fitted and packed backpacks may lead to spinal health problems in children. We advise parents that spinal health problems can often go unnoticed. However, poor posture, back pain or “growing pains” need not become an accepted part of everyday life for your child. When choosing a backpack for your child, choose one that allows for even distribution of weight across the back. Otherwise the backpack can place unhealthy stress on a child’s spine. School can be a challenging time for any child, so ensuring they are as comfortable as possible is important for their physical and mental development. Despite the increased use of technology in schools, schoolchildren still overload their backpacks with textbooks, sports and other gear or simply do not wear them correctly.

Five simple tips for wearing a backpack:

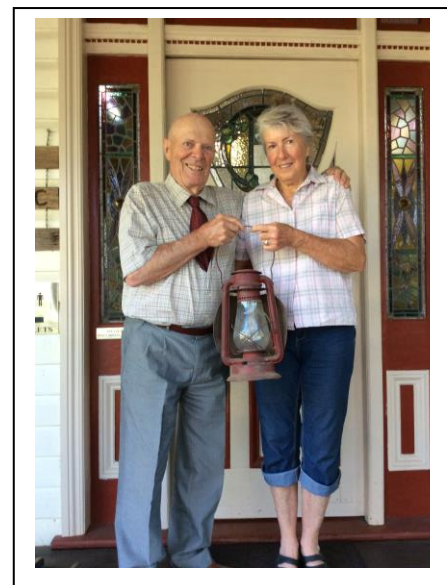
1. Pack the heaviest items closest to the spine
2. Make sure to do all the zips up
3. Secure the sternum, waist and compression straps
4. Always use both shoulder straps
5. Don't wear the backpack below the hollow of the lower back.



### **Musings by Dr Hart**



How would the average Queenslander like to trade places with Dr Hart? Bring your own shovel please!  
(A scene near where Dr Hart used to live)



This lantern was presented to Beth Krushka to go with her very special buggy, which although built in the early 1920's, still has the original varnish and paint. It had been stored until recently in a shed. Beth and her husband Greg have cleaned the buggy, but have not modernised anything.

The lantern's total history is not known, but would have belonged to Dr Hart's great grandfather. They farmed near Churchill, north of Toronto in the 1800's. The Owen's emigrated from Wales only after Mr Owen promised not to work in the coal mines. Although only working a normal sized block of farm land, they managed to put 2 children through university. This is quite remarkable, as the soil around Churchill is not particularly fertile. Details about the lantern are scarce, as neither the Krushka's nor Dr Hart have seen anything like it before. It consists of a normal hurricane lamp with a large reflector and a spring clip to attach it to the rear or front of a buggy perhaps. If anyone can shed any “light” it would be greatly appreciated.

## Product Review –

### Mobile Phone & Wi-Fi Radiation Harmonizer \$27.50

This is designed to neutralize the potentially harmful positive charged Electromagnetic Fields (EMR) from all types of mobile phones, cordless phones, laptops and tablets, iPads, portable Wi-Fi Hotspots and Wi-Fi modems.



## What Happened in December



Sue, Sandie and Tara went to Sue's daughter's wedding.



Sue, Chan, Tara and Luke went to Chelsea bar for a few drinks after work one Friday.



Gifts from some of Dr Tracy's favourite people.  
Many thanks to everyone who brought in Christmas presents.

# Staff Update

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**Dr Hart**



Dr Hart and Liz are presently on a train somewhere between Toronto and Vancouver. It has been record cold temperatures down to -28°C and there is plenty of snow. He did have an enjoyable mini family reunion for Christmas in Toronto many he hasn't seen for many years.

Dr Hart is at work on Monday and Thursday.

**Dr Sandie**



Sandie is very excited about coming back to work this month, although she will miss her boys. She had a wonderful time at her cousin's wedding at Maleny last month. Sandie enjoyed Christmas with her husband's family in Melbourne, travelling on trams and going to the Melbourne zoo. There was also some backyard blitzing happening at her house.

Dr Sandie will be working Monday and Thursday afternoons and every second Saturday.

**Dr Chan**



Chan had an early Christmas with family before flying to Chile on Christmas day. She spent New Years at Pumalin Park & Volcan Corcovado, Chile.

Chan will be back from her trip on 19<sup>th</sup> January.

**Dr Tara**



Tara had a busy festive season with a few trips to the Sunshine Coast. She shared Christmas with family and saw the New Year in a t Eumundi with friends. Tara would like to wish everyone a happy and healthy 2018.

Dr Tara works Tuesday, Wednesday, Thursday, Friday and every second Saturday.

**Dr Luke**



Luke had lots of fun over in WA with his family for Christmas. Despite the big journey there he was glad he didn't have to drive there and back.

Dr Luke works Tuesday, Wednesday, Thursday, Friday and Saturdays

**Dr Tracy**



Dr Tracy and Glen would like to thank everyone for the ongoing good wishes, especially as Glen was not expected to make 2018. He / they are doing well and they enjoyed a quiet Christmas and new year.

**Sue**



Sue had a wonderful time at her daughter Andrea's wedding. It exceeded her wildest expectations. She danced her feet off to the fantastic band. Sue also had a great Christmas with all her daughters home.

**Leiza**



Leiza had a lovely Christmas with extended family in Hervey Bay, lots of swimming, Bocce, cricket and fun. Followed by a big New Years Eve on the Gold Coast with family – first time in years she's seen in the New Year than promptly went to bed.

# Kennedy Chiropractic Centre - Calendar and hours

January 2018					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Jan</b> Closed	<b>2</b> Dr Tara Dr Tracy AM	<b>3</b> Dr Tara Dr Tracy AM	<b>4</b> Dr Tara AM Dr Tracy AM Dr Sandie PM	<b>5</b> Dr Tara Dr Tracy AM	<b>6</b> Dr Sandie Dr Tracy
<b>8</b> Dr Sandie	<b>9</b> Dr Tara Dr Luke	<b>10</b> Dr Tara Dr Luke	<b>11</b> Dr Tara - AM Dr Sandie PM	<b>12</b> Dr Tara Dr Luke	<b>13</b> Dr Tara Dr Luke Dr Sandie
<b>15</b> Dr Tracy AM Dr Sandie PM	<b>16</b> Dr Tara Dr Luke	<b>17</b> Dr Tara Dr Luke	<b>18</b> Dr Tara AM Dr Tracy AM Dr Sandie PM	<b>19</b> Dr Tara Dr Chantal Dr Luke - PM Dr Tracy AM	<b>20</b> Dr Chantal Dr Luke Dr Tracy
<b>22</b> Dr Hart Dr Tracy AM Dr Sandie PM	<b>23</b> Dr Tara Dr Luke	<b>24</b> Dr Tara Dr Luke	<b>25</b> Dr Tara - AM Dr Hart Dr Sandie PM	<b>26</b> Closed Australia Day	<b>27</b> Dr Tara Dr Luke
<b>29</b> Dr Hart Dr Tracy AM	<b>30</b> Dr Tara Dr Luke	<b>31</b> Dr Tara Dr Luke			
February 2018					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 Feb</b> Dr Tara - AM Dr Hart Dr Sandie PM Dr Tracy AM	<b>2</b> Dr Tara Dr Luke PM Dr Chantal	<b>3</b> Dr Luke Dr Chantal Dr Tracy
<b>5</b> Dr Hart Dr Sandie PM Dr Tracy AM	<b>6</b> Dr Tara Dr Luke	<b>7</b> Dr Tara Dr Luke	<b>8</b> Dr Tara - AM Dr Hart Dr Sandie PM Dr Tracy AM	<b>9</b> Dr Tara Dr Luke Dr Tracy AM	<b>10</b> Dr Tara Dr Luke Dr Sandie
<b>12</b> Dr Hart Dr Sandie PM Dr Tracy AM	<b>13</b> Dr Tara Dr Luke	<b>14</b> Dr Tara Dr Luke	<b>15</b> Dr Tara - AM Dr Hart Dr Sandie PM Dr Tracy AM	<b>16</b> Dr Tara Dr Luke Dr Chantal	<b>17</b> Dr Luke Dr Chantal Dr Tracy
<b>19</b> Dr Hart Dr Tracy AM	<b>20</b> Dr Tara Dr Luke	<b>21</b> Dr Tara Dr Luke	<b>22</b> Dr Tara - AM Dr Hart Dr Sandie PM Dr Tracy AM	<b>23</b> Dr Tara Dr Luke Dr Tracy AM	<b>24</b> Dr Tara Dr Luke Dr Sandie
<b>26</b> Dr Hart Dr Tracy AM Dr Sandie PM	<b>27</b> Dr Tara Dr Luke	<b>28</b> Dr Tara Dr Luke			

**Want an appointment?**

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We're on the Web! [www.kennedychiro.com](http://www.kennedychiro.com)

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