



Kennedy Chiropractic Centre

November Newsletter

It's a Family Affair

Our family has been involved in chiropractic for 4 generations, starting with Dr A.C Kennedy (Graduated 1918), then Dr Keith Kennedy (1943), Dr Hart Kennedy (1959), and Dr Tracy Kennedy-Shanks (1995).

At Kennedy Chiropractic Centre, we also have some amazing patient Dynasties.



Dell is one of our Golden Members and has been coming into the office for over 52 years, since 1963. Her daughter Linda was first seen by Dr Hart when she was 10 years old. Tash was only 5 days old when she had her first adjustment. The great grandbaby, Kaleb was 7 days old.

Dell and Ken (right and left bottom), Linda (top right), Tash (top left) and Kaleb (centre).

A funny thing happened recently, the family accidentally came in for a tune-up on the same day, at the same time! They live in different towns and had not planned it.



Dr Sandie and Sue's family have also been coming to our office for chiropractic care for many generations.

Left: Dr Hart with the Kelman crew. Dr Sandie & baby Hamish, Sue's sister Issy (centre), Emma & baby Hannah & Sue.



Sue's dad Keith (with Sue as a child).

Issy and Emma are both former employees of KCC. I wonder if the babies, Hamish and Hannah, will follow the family pattern and work at KCC when they get older?

We have a few more multi-generational families of patients. We hope to highlight them in future newsletters.

Chiro-for-Kids Colouring Competition Winners



Our wall was covered in carnival colouring this year and congratulations to the winners. It was hard to choose but here is a sample. Congratulations to Tracey, Abigail, Ruby, Josh, Lara, and Chloe for outstanding effort.

Thank you for the thoughtful gifts

Special mention to Mel and Mouldy for the eggs, to David for the special Tracy pen (no, Dr Tara has not taken it home yet), and to Chris and Rob for the Olives.



Halloween Fun



Recipe Box - Nat's Chicken Salad



Ingredients

- Chicken thighs
- Marinade: Sweet Chilli sauce and fresh coriander
- Bacon
- Penne Pasta
- Mixed lettuce
- Red onion
- Sun dried tomatoes
- Marinated Artichokes
- Pine Nuts
- Dressing: red wine vinegar and olive oil

Directions

Marinate chicken thighs in the chilli sauce and coriander. Cook bacon. Cook pasta. Toss lettuce, red onion, tomatoes, artichokes, and pine nuts in a salad bowl. Add meats and pasta. Whisk dressing ingredients, dress and toss together.

Option: marinate chicken in Tandoori sauce and yoghurt, with fresh basil.

Staff Update

Dr Hart



Dr Hart is always looking at research and has been following articles on diagnostic ultrasound and prosthetic hip replacements. He is relieved that "normal" fields of medicine cross-check the success of what they are doing. Sometimes the information dissemination is slow so the public is not always informed on the latest changes.

Dr Hart works Mondays and Thursdays.

Dr Tracy



Dr Tracy has retired from her official board position with the Chiropractic association. It has been eight long and interesting years. It is not likely that she will be sitting around, as she is still involved with CQUniversity Chiropractic program as well as the local QLD chiropractors. Dr Tracy received an award for her efforts at the dinner in Melbourne.

Dr Tracy works Mondays, Tuesdays, Wednesdays and Saturdays.

Dr Chan



Dr Chan enjoyed a family visit to Bali last month. They explored Ubud, and some long rice fields, monkey forests, she went on runs with her brother. They also rode motorbike through villages and nearby volcanos. Dr Chan also went diving off the coast. Dr Chan has one more marathon trip this month to meet with National Geographic editors in Washington DC. Other November highlights, will be watching the Noosa Triathlon and moving to a new place in Buderim, and ticking off more nutrition study as the year comes to a close.

Dr Chan works Fridays and Saturdays.

Dr Tara



Tara just celebrated her first Kennedy Chiropractic Centre anniversary. (congratulations ☺) She's still got 'buckleys' of being able to understand directions to anywhere in Toowoomba (and Murphy's creek!). She's been enjoying getting to know locals of the human and canine variety at the dog park with puppy, Lucca. Tara is keen to start picking up a tennis racquet again now the days are warmer and longer.

Dr Tara works Tuesday through Saturday every week.

Dr Sandie



Dr Sandie is getting first-hand experience seeing why it is so important to get babies and kids adjusted. As (baby) Hamish has learnt to sit and has started to crawl he has had many bonks on his head. Dr Sandie had a great trip to NSW to visit sister Emma and baby Hannah.

Dr Sandie works Wednesday morning, Friday afternoon and Saturday morning.

Sue



Sue has had a lovely month again, catching up with friends and family. One very memorable day was seeing her 92 year old aunt, visiting from W.A. She was telling Sue that when she had to go for her medical to renew her licence, the Dr asked her to touch her toes, no problem (she even gave Sue a demo, straight down and up again, like a 'spring chicken'). The Dr was amazed, and said he couldn't do it. Apart from still driving, this lady helps out in the local 'Op Shop', caters for many functions and is a keen gardener. Her secret; " A glass of red wine with her dinner, followed by coffee and a piece of dark chocolate".

Hard work and good healthy eating!

Natalie



Nat is spending lots of quality time at home, enjoying coming into Kennedy's to see the KCC patients a few days a week. Thank you to all of you that are so happy to hear from me, when I do my recalls. It is my goal to keep you all up to date, for your happier, healthy lives. Kind Regards :-))

Brooke



Brooke had a lovely month in October visiting the family farm regularly and helping to get lots of jobs done.. She was very happy to see so many kids involved in the colouring in competition and hopes we can decorate some of the centre with some more Christmas colouring pages in December... (Yes... it's nearly that time of year already!)

Kennedy Chiropractic Centre - Calendar and hours

Monday 8am-12pm 2pm-4:30pm	Tuesday 8am-11am 2pm-6:00pm	Wednesday 8am –12pm 2pm –6:00pm	Thursday 8am-12pm 2pm-4:30pm	Friday 7:30am-12pm 2pm-6:30pm	Saturday 8am-11.00am
November 2015					
2 Dr Hart Dr Tracy	3 Dr Tara Dr Tracy Melbourne Cup	4 Dr Tara Dr Tracy Dr Sandie	5 Dr Hart Dr Tara	6 Dr Tracy Dr Tara Dr Sandie	7 Dr Tracy Dr Tara Dr Sandie
9 Dr Hart Dr Tracy	10 Dr Tara Dr Tracy	11 Dr Tara Dr Tracy Dr Sandie	12 Dr Hart Dr Tara	13 Dr Chantal Dr Tara Dr Sandie	14 Dr Chantal Dr Tracy
16 Dr Hart Dr Tracy	17 Dr Tara Dr Tracy	18 Dr Tara Dr Tracy Dr Sandie	19 Dr Hart Dr Tara	20 Dr Chantal Dr Tara Dr Sandie	21 Dr Chantal Dr Tara Dr Sandie
23 Dr Hart Dr Tracy	24 Dr Tara Dr Tracy	25 Dr Tara Dr Tracy Dr Sandie	26 Dr Hart Dr Tara	27 Dr Chantal Dr Tara Dr Sandie	28 Dr Chantal Dr Tara Dr Sandie
December 2015					
Monday 8am-12pm 2pm-4:30pm	Tuesday 8am-11am 2pm-6:00pm	Wednesday 8am –12pm 2pm –6:00pm	Thursday 8am-12pm 2pm-4:30pm	Friday 7:30am-12pm 2pm-6:30pm	Saturday 8am-11.00am
30 Dr Hart Dr Tracy	1 Dr Tara Dr Tracy	2 Dr Tara Dr Tracy Dr Sandie	3 Dr Hart Dr Tara	4 Dr Chantal Dr Tara Dr Sandie	5 Dr Chantal Dr Sandie
7 Dr Hart Dr Tracy	8 Dr Tara Dr Tracy	9 Dr Tara Dr Tracy Dr Sandie	10 Dr Hart Dr Tara	11 Dr Chantal Dr Tara Dr Sandie	12 Dr Chantal Dr Tara Dr Sandie
14 Dr Hart Dr Tracy	15 Dr Tara Dr Tracy	16 Dr Tara Dr Tracy Dr Sandie	17 Dr Hart Dr Tara	18 Dr Chantal Dr Tara Dr Sandie	19 Dr Chantal Dr Tara Dr Sandie
21 Dr Hart Dr Tracy Dr Chan	22 Dr Tara Dr Tracy Dr Chan	23 Dr Tara Dr Tracy Dr Sandie	24 Morning only Dr Tara Dr Hart	25 Christmas Day	26 Boxing Day
28 Boxing Day Holiday	29 Dr Tracy	30 Dr Tracy Dr Sandie	31 Morning only Dr Tracy Dr Hart	1 New Years Day Holiday	2

Want an appointment?

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

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