

# November 2013 Newsletter

## Kennedy Chiropractic Centre is turning 50 next year



We want you to celebrate with us!

Do you have any photos or stories that you would like to share about your experience with us?

Let us know at Reception or send to our email [healthy@kennedychiro.com](mailto:healthy@kennedychiro.com)

Watch this space for upcoming news on our celebration plans. We will have a different theme each month.

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### What happened in October? Dr Sandie got married!





This month we put some X-rays up on the window in the reception room. There are some interesting cases that vary from serious to simple. Can you guess what they are?

Dr Tracy put an X-Ray of her own neck to compare and prove that some x-rays can look 'normal'. We see all sorts of problems in our office. We often see fractures and injuries. We do an assessment, and take X-rays if necessary, then decide the best course of action. If you have any questions or concerns about your health, please ask.

### **“Why would a chiropractor need to check a child?” By Dr Tracy**

I am often asked this question, and I will share a story.

One day I was adjusting a mum, while her 10 year old daughter was in the room. I noticed the little girl turn her whole body when she turned her head to the left. I stopped and asked her to turn her head to the right – no problem. I asked the girl, “how long has your head been stuck?”. She said about 2 years!

I asked her what happened and she told me that she had dived into a swimming pool and hit her head on the bottom. She said it hurt but had not said anything to her mom. She had been told not to dive into the pool and did not want to get into trouble. Her mom was surprised and embarrassed.

Thinking back to your own childhood, how many crashes and injuries did you sustain? Did you tell your parents about them?

Just this week alone I have seen; a little boy that was trampolining and broke his arm and a girl who was riding a horse and fell off and hit her head. I also saw a few less serious falls, including learning to ride a bike, learning to walk, school sports and just “rough and tumble” with siblings.

We think it is important to follow up for kids with a chiropractic check-up so they are okay, even with all these crashes.



## **Wellness Oriented Workshops**

**Would you like an Adjustment Voucher?**

Then attend one of our MONTHLY workshops

BOOK IN NOW LIMITED SEATS AVAILABLE

**Wednesday November 13<sup>th</sup> at 6PM**



## Office Update

### Dr Hart

Dr Hart had a try at a world record at a recent old motorbike rally. Before he even left home, he had a punctured rear tyre to repair on his veteran Sunbeam. At Parkes, NSW, on the first day, after the first corner but before the second, another puncture to the rear tyre.

On the second day, after the third corner, but before the fourth; another one!

Dr Hart was hoping for another puncture the next day, which surely would have qualified for a new record! Unfortunately, for the record, the rest of the week was trouble free and the 1915 Sunbeam performed faultlessly, even though he covered about 700kms around Parkes over the 5 days.

There were almost 200 veteran motorcycles, all made before the end of 1918 and the oldest was made in 1905.

Dr Hart is available every Monday and Thursday.

### Dr Tracy

Dr Tracy had a trip to Sydney for the Chiropractic Association conference in October. It was a continuing professional development course and the topics covered: balance and nerves, adjusting babies and some general updates on research in the profession. There was a dinner at the Australian museum and Dr Tracy & Glen had a photo opportunity in the skeleton room.



Dr Tracy continues to do

Tuesday, Wednesday, Friday and Saturdays and other days when the chiropractors are away.

### Dr Chan

Dr Chan has had an exciting month with news that she can 'most likely' join a puma tracking team in Chilean Patagonia, that track and tag Puma for conservation. If it eventuates, it will be in May/June when it starts to snow. (Easier to find puma tracks in fresh snow). The only downfall that it will be on horseback 12-14 hours/day, so Dr Chan might need to toughen up and learn how to horse ride.

Dr Chan is looking forward to a hike with friends to Mt Ballow (Mt Barney N.P. 1300m), last week in October.

Dr Chan has almost finished one out of eight of her Nutritional Medicine subjects!

Dr Chan is available Friday and Saturday.

### Dr Meghan

Like all at KCC October was busy for Dr Meghan. She enjoyed the beautiful Dr Sandie's wedding and then celebrated Arthur's 2nd birthday with family and friends at the end of the month. She has also had a day off here and there to spend some time with her Dad who visited from Bateman's Bay for Arthur's birthday.

Dr Meghan is available on Wednesday and Friday.

### Dr Sandie

Dr Sandie has had the month of October away from work.

She moved house, got married, went overseas to the USA for a friend's wedding, and she went to visit her cousin in Canada. She might need a rest but NO, she is back in November and will be in the office an extra day (Tuesday).

Dr Sandie is available on Monday, Tuesday, and Thursday.

### Sue

Sue had a lovely time at Sandie and Tim's wedding. She thoroughly enjoyed having two of her daughter's home for it. One of them has made the long trip all the way from Perth.

### Kathryn

During October, Kathryn enjoyed having friends and relatives visit. Among her visitors was her 88 year old aunt, whom she had not seen for over 30 years.

### Kirstie

Kirstie enjoyed her 2 months at KCC as a student Chiropractor. She is grateful for the opportunity to work alongside the team at KCC, and to meet so many wonderful people. The biggest lesson learnt, things are different in the country, and not always textbook...

"In my time at KCC, I met 4 people who had hit a cow/bull in their car, that doesn't happen in Melbourne!" Kirstie is back in Melbourne finishing her studies. With only a few more exams to go, she is looking forward to a holiday at the beach, before heading back to Toowoomba in December as a qualified Chiropractor.



We said farewell to Kirstie in October so she could return to Melbourne for her last 6 weeks of University. She returns to Kennedy Chiropractic in December and we are looking forward to having her back. Well done Kirstie on a great effort.

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Do you want to save a tree?

We are sending our newsletter by email – if you specifically want us to mail one, please advise reception.

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.

If you would like us to remove you from our newsletter list email us at [newsletter@kennedychiro.com](mailto:newsletter@kennedychiro.com)

**We're on the Web!**

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

or follow us on facebook

<https://www.facebook.com/pages/Kennedy-Chiropractic-Centre/172743446105466>

## Office Calendar November and December 2013

<b>November</b>					
<b>Monday</b> 8am-12pm 2pm-5:30pm	<b>Tuesday</b> 7:30am-10:30am 3pm-6:30pm	<b>Wednesday</b> 9am –12pm 2pm –6pm	<b>Thursday</b> 8am-12pm 2pm-4:30pm	<b>Friday</b> 7:45am-12pm 2pm-5:45pm (7pm)	<b>Saturday</b> 8am-12pm
				<b>1</b> Dr Chan Dr Tracy	<b>2</b> Dr Tracy Dr Chan
<b>4</b> Dr Hart Dr Sandie	<b>5</b> Dr Tracy Dr Sandie	<b>6</b> Dr Tracy Dr Meghan	<b>7</b> Dr Hart Dr Sandie	<b>8</b> Dr Chan Dr Meghan Dr Tracy	<b>9</b> Dr Tracy Dr Chan
<b>11</b> Dr Hart Dr Sandie	<b>12</b> Dr Tracy Dr Sandie	<b>13</b> Dr Tracy Dr Meghan	<b>14</b> Dr Hart Dr Sandie	<b>15</b> Dr Chan Dr Meghan Dr Tracy	<b>16</b> Dr Tracy Dr Chan
<b>18</b> Dr Hart Dr Sandie Dr Tracy	<b>19</b> Dr Tracy Dr Sandie	<b>20</b> Dr Tracy Dr Meghan	<b>21</b> Dr Hart Dr Sandie	<b>22</b> Dr Chan Dr Meghan	<b>23</b> Dr Chan Dr Meghan Dr Sandie
<b>25</b> Dr Hart Dr Sandie	<b>26</b> Dr Tracy Dr Sandie	<b>27</b> Dr Tracy Dr Meghan	<b>28</b> Dr Hart Dr Sandie	<b>29</b> Dr Chan Dr Meghan Dr Tracy	<b>30</b> Dr Tracy Dr Chan
<b>December</b>					
<b>Monday</b> 8am-12pm 2pm-5:30pm	<b>Tuesday</b> 7:30am-10:30am 3pm-6:30pm	<b>Wednesday</b> 9am –12pm 2pm –6pm	<b>Thursday</b> 8am-12pm 2pm-4:30pm	<b>Friday</b> 7:45am-12pm 2pm-5:45pm (7pm)	<b>Saturday</b> 8am-12pm
<b>2</b> Dr Hart Dr Sandie	<b>3</b> Dr Tracy Dr Sandie	<b>4</b> Dr Tracy Dr Meghan	<b>5</b> Dr Hart Dr Sandie	<b>6</b> Dr Chan Dr Meghan Dr Tracy	<b>7</b> Dr Tracy Dr Chan
<b>9</b> Dr Hart Dr Sandie	<b>10</b> Dr Tracy Dr Sandie Dr Kirstie	<b>11</b> Dr Chan Dr Meghan Dr Kirstie	<b>12</b> Dr Hart Dr Sandie	<b>13</b> Dr Chan Dr Meghan Dr Kirstie	<b>14</b> Dr Tracy Dr Chan Dr Kirstie
<b>16</b> Dr Sandie Dr Kirstie	<b>17</b> Dr Tracy Dr Sandie	<b>18</b> Dr Tracy Dr Meghan	<b>19</b> Dr Sandie Dr Tracy	<b>20</b> Dr Chan Dr Meghan Dr Tracy	<b>21</b> Dr Tracy Dr Chan
<b>23</b> Dr Sandie Dr Kirstie	<b>24</b> <b>Open</b> Dr Sandie Dr Kirstie	<b>25</b> <b>Christmas Day</b> <b>Holiday</b>	<b>26</b> <b>Boxing Day</b> <b>Holiday</b>	<b>27</b> <b>Open</b> Dr Sandie Dr Kirstie	<b>28</b> <b>Open</b> Dr Sandie Dr Kirstie
<b>30</b> <b>Open</b> <b>Doctors</b> <b>available</b>	<b>31</b> <b>Open</b> <b>Doctors</b> <b>available</b>	<b>1 January</b> <b>New Year's Day</b> <b>Holiday</b>	<b>2 January</b> <b>Open</b> <b>Doctors</b> <b>available</b>	<b>3 January</b> <b>Open</b> <b>Doctors</b> <b>available</b>	<b>4 January</b> <b>Open</b> <b>Doctors</b> <b>available</b>

The office will be open late on Fridays until 7:00pm.