



Larsen Family Chiropractic:
A Creating Wellness
Center



December 2007

Please feel free to forward this to anyone that may find it interesting and beneficial – we invite anyone who would like to sign-up for the Creating Wellness Bulletin to email info@docstacy.com and place 'subscribe CW newsletter' into the subject line.

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Focusing On...

Advanced Citizenry

You probably know of people in your community who stand out as Advanced Citizens. They are the people whom everyone knows. They are the people who are well respected and who are sought out for information and services in times of need. They are the people who through their involvement in your community, have built a reputation of trust, and stand out as valuable contributors to the well-being of those they serve.

They may be business leaders, politicians, teachers, coaches or leaders in local community groups. They may be involved with the ministry, do mission work, be involved with seniors or literacy. They may be the chief of police or the head of fire department, or they may be a mother or a father who cares about the neighborhood they live in. They are seen as the cornerstone of your community and they serve at a higher level than most and they come in all forms and ages.

With the New Year fast approaching it is a fantastic opportunity to re-visit our goals and what you would like to focus on in the upcoming year (and even longer!). If you currently aren't involved with your community now is a great time to start. If you are already involved it may be time to advance it to another level.

To become an Advanced Citizen in your community and achieve this status, you must develop the six characteristics that all Advanced Citizens have in common.

1. Responsibility—a need to help their community become better places to live and grow.
2. Courage—to tell the truth about the things that need to be discussed and addressed.
3. Respect—recognizing the privilege, honor, and responsibility that comes with the communities trust when placed in you.
4. Empathy—true empathy for the people in your community that are seeking a way to make their and their families lives better.
5. Integrity—asking nothing more of people in your community that what you are willing to work towards yourself.
6. Discipline—acting with consistency and persistency.

Are you ready to become involved? Are you willing to be an Advanced Citizen? Your community will thank you for it.

[Info for Everyday Life](#)

FlyLady

One of several definitions of the word 'chaos' is **a state of utter confusion**. If you think this statement applies to areas of your home or office life then maybe FlyLady can help you. Feeling overwhelmed, overextended, and/or overdrawn? Hopeless and you don't know where to start? Don't worry others have been there too.

Since 1999 Marla Cilley has been weaving her way through housecleaning and organizing tips with homespun humor, daily musings about life and love, the Sidetracked Home Executives ([SHE™](#)) system, and anything else that is on her mind.

When you join FlyLady, you will receive daily FLYmail. Your FLYing Lessons will guide you through baby steps to help you set up routines, get rid of your clutter, and put your home and life in order. She what she has to say at www.flylady.com.

Wind Chill

Living in Alberta we have to endure all types of weather. We are a hardy lot but we still need reminding of the implications of the extreme cold and the effects of wind chill. <http://www.cbc.ca/news/background/forcesofnature/windchill.html> explains more of why we should pay attention to this number when we are out and about doing our daily tasks and being active outside. Whether it is out skiing, snowmobiling, running or skating (to name only a few) we need to pay attention to the temperature, wind chill and make sure that we are dressed appropriately for the conditions.

[Interesting Things and Things That Interest](#)

As most of you can appreciate 2007 has been an 'interesting' year to say the least. All of us at Larsen Family Chiropractic are blessed to have you and your families in our lives and cannot express how much we have appreciated the support, kind words, cards and emails. Mostly we are grateful for your patience and understanding through this time of new faces, different faces and sometimes lack of normalcy.

We are currently in the process of trying to find a full time replacement until Dr. Stacy is able to re-join the office. If Santa grants us our wish (and we have been good girls and boys!) we will soon be able to provide regular consistent care at our regular office hours of Monday-Friday. As soon as we know the details we will be sending out an email.

We would also like to put out a **BIG** shout out of thanks to Dr. Mark Dyrholm who has been so gracious to help us out these last 4 months. If you're in Calgary and need a DC make sure to look him up.

We wish for you grace, peace and much love during this holiday season. Merry Christmas and a Happy 2008!

[The Hub](#)

We are a team of 4:

Dr. Stacy Larsen (Doctor of Chiropractic-on sabbatical) stacy@docstacy.com

Carol Simpson (Wellness Coach) carol@docstacy.com

Janice Doherty (Chiropractic Assistant-on leave of absence) jan@docstacy.com

Brad MacLeod (Registered Massage Therapist)

The core of all we do is located in downtown Red Deer AB at #102 4706 48 Ave. (2 blocks south of City Hall and across the street from the Associate Clinic). You can reach us at 340.0278 or via email. Office hours are Monday, Wednesday and Friday 8-12:30 and 2-5:30, Tuesday 8-12:30 and Thursday 1-7:30.

Dr. Mark Dryholm is helping us out temporarily and is available for chiropractic care during our regular hours on Tuesdays and Thursdays until December 20th. Call 340.0278 or email info@docstacy.com for information or an appointment.

NOTE: Carol will be away from the office December 24-Jan 1/08. Brad will be away from the office December 24 & 25th. If you require a 2007 statement for income tax purposes please contact the office and we would be happy to provide that for you.

[2008 The Year for Renewal](#)

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