

QUARTERS FOR A CAUSE



The first month of each quarter (January, April, July, October) MFC donates one quarter for every office visit to a local charitable organization. We invite you to contribute any spare change you have jingling in your pocket!

FOURTH QUARTER—After Dr. Matt is back from paternity leave, we will donate for one full month to the Snohomish County Christmas House. Our month will start sometime in October!



Christmas House is a 100% volunteer, non-profit organization

that provides an opportunity for qualifying, low-income, Snohomish County parents to select free holiday gifts for their children ages infant – 18 years old.

In 2017 they provided over 46,000 gifts to 7,500 children from 2,500 families.

Besides donating to our Quarters for a Cause, there are many ways to help them have a successful year.

You can donate money or new gifts; make gifts; volunteer your time, vehicles or storage space; donate store items such as tables and tarps; or provide lunch and beverages for volunteers.

See <http://www.christmas-house.org/donate/> for more information!



New Patient Special!

For all new chiropractic patient referrals for the donation month, we will donate an extra \$40 to the cause!

Sciatica in Winter: Does Cold Weather Make Back and Leg Symptoms Worse?

Written by Richard D. Guyer, MD

Excerpted from: <https://www.spineuniverse.com/conditions/sciatica/sciatica-winter-does-cold-weather-make-back-leg-symptoms-worse>

If you live anywhere there is winter, you know that the cold can feel like it is seeping into your bones. Most people with sciatica say firmly that winter makes it worse. But is that just anecdotal or are there solid reasons why your sciatica acts up when the mercury goes down?

Weather Changes and the Spine

Discomfort may increase because your muscles stiffen up in the cold. The spine's muscles may become tight and tense. Added tension can make the pain worse and may increase your risk of a muscle strain or a sprain.

Barometric Pressure Air pressure drops before a storm or when the temperature changes drastically. These changes affect the nerves of the lower back that may already be overly sensitive.

What can you do to reduce sciatic pain?

Tip #1. Keep Warm - Wear warm clothing and dress in layers. A few thin layers of clothes can keep you warmer than a single thick layer. Keep your lower back warm. Tuck your shirt into your pants to make sure that your back doesn't get a cold draft when you reach for something and then put a sweater on over that. At night, a couple of blankets or an electric blanket on

your bed can help keep your muscles from tightening. Run your car for a few minutes to preheat it before you drive.

Tip #2. Wear Good Shoes or Boots - Your winter footwear should have treads to help prevent slips and falls. You could buy a set of cleats that can fit over your shoes for surefooted walking in icy weather.

Tip #3. Shovel the Right Way - Stretch: Before you go out to shovel the walk, loosen your muscles and joints. Take a few minutes to stretch and to warm up inside before you go outside. **Do It the Right Way:** Go slowly and don't overload your shovel. Lift with your legs, not your back and move smaller shovelfuls of snow rather than one or two big heavy ones. Don't twist your back while lifting the shovel. Face the direction you are going to throw the snow. **Ask for Help:** If sciatica is bothering you, ask someone else to do the shoveling.

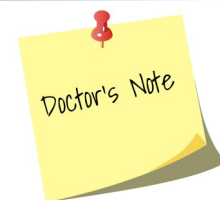
Tip #4. Keep Active - Winter is the time when you want to stay on the couch but keeping in shape is the best way to help your sciatica.

Learn more about sciatica at:

<https://www.mfcwellness.com/sciatic-nerve-pain.html>

MFC QUARTERLY

October 2018



The fall is such a beautiful time and I love watching the leaves change color. One of our favorite drives is heading East on Highway 2. The mountains could not be more beautiful when they are lit with the changing colors of autumn. Fall and winter holidays bring families and friends together and it can be a wonderful time!

As the days become shorter and weather becomes cooler, it is especially important to pay attention to our stress levels and mental health. Some people are very impacted by the change in seasons, and especially reduced daylight.

There are many ways we can stay healthy throughout the colder months. Vitamin D is a well known supplement to help mitigate the effects of reduced sunlight. There are also “happy lights” available to help those who may suffer from Seasonal Affective Disorder (SAD). I also believe it is important to pay attention to the seven aspects of wellness, these include:

- Intellectual Wellness
- Spiritual Wellness
- Emotional Wellness
- Environmental Wellness
- Social Wellness
- Occupational Wellness
- Physical Wellness

Learn more at our blog :

<https://www.mfcwellness.com/blog/archives/08-2018>

As always, let us know if I can help!

Dr. Matt

Check us out online!
www.mfcwellness.com



Staff Spotlight: Payten Eveland Exam Tech / CA



Payten joined McCann Family Chiropractic in October of 2016 as a Chiropractic Assistant (CA). Since then, she has become a certified X-Ray Technician and assists Dr. Matt with a variety of clinical applications including new patient exams and progress evaluations. She is invaluable to our team!



Payten is still a newlywed! She and her husband Garrett were married a year ago in September and enjoy their home in Conway, shared with their two cats Oliver and Penelope, and their one-year-old puppy, Mia.

Payten and Garrett enjoy fishing on the river near their home. They also love traveling, especially enjoying their last two trips to Hawaii. Payten also loves gardening, nurturing both flowers and a vegetable garden.



Have you been online to check out our website?

At www.mfcwellness.com you can check out our services, what to expect for new patients, and our blog!

We update our blog 1-2x per month. Our blog contains great information about wellness and community events... recent blog post titles are:

- [Integrating the Seven Dimensions of Wellness into Your Life](#)
- [Let's Go Blueberry Picking](#)
- [Healthy Hydration: Why Water Is Essential to Wellness](#)
- [Easy Stretching Exercises to Relieve Neck and Back Pain](#)
- [Meet Me at the Farmer's Market](#)

COMING UP

4th QUARTER

OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div>Welcome Baby Benny!</div> <div>September 22, 2018 6 lbs 1 oz, 19.75 inches</div> <div>Dr. Matt will be spending a bit of extra time with his growing family in the first two weeks of October!</div>					
	1	2	3	4	5	6
	9:00-12:00 2:30 - 6:30	CLOSED	8:30-12:00 2:30 - 6:30	CLOSED	9:00 - 2:30	
7	8	9	10	11	12	13
	9:00 - 12:00 2:30 - 6:30	CLOSED	8:30-12:00 2:30 - 6:30	CLOSED	9:00 - 2:30	
14	15	16	17	18	19	20
	9:00 - 12:00 2:30 - 6:30	1:30 - 5:30	8:30-12:00 2:30 - 6:30	2:30 - 6:30	9:00 - 2:30	9:00- 11:00
21	22	23	24	25	26	27
	9:00 - 12:00 2:30 - 6:30	1:30 - 5:30	8:30-12:00 2:30 - 6:30	9:00 - 2:30	CLOSED	
28	29	30	31			
	9:00- 12:00 2:30 - 6:30	1:30 - 6:30	8:30-12:00 2:30 - 5:30			

THOMAS FAMILY FARM

9010 Marsh Rd, Snohomish, WA 98296
<https://www.thomasfamilyfarm.com>
Daytime event hours: 10am-6pm, weekends
Nighttime event hours: varies, see website
Activities include: Pumpkin Patch * Corn Maze * Lil' Corn Maze * Thomas Gem Mining Company * Super Slide * Pro Karts * Monster Truck Rides * Kids Paintball & Apple Cannons * Kid Land * Zombie Paintball * Haunted House * Flashlight Treasure Hunt Corn Maze

THE FARM AT SWAN’S TRAIL

7301 Rivershore Rd, Snohomish, WA 98290
<https://www.thefarm1.com/>
HOURS: Weekdays 12-6, Weekends 10-6
Activities include: Pumpkin Patch * Washington State Corn Maze * Pick Your Own Apples * Pedal Carts * Jumping Pillow * Wagon Rides * Live Duck Races * Slides * Corn Box * Live Pig Races * Three-Story High Barn Maze with Slide Exit * Giant Hay Pyramid *Petting Farm

CRAVEN FARM

13817 Short School Road, Snohomish, WA 98290
<http://www.cravenfarm.com>
Hours: 9:30am-dusk
Activities include: Pumpkin Patch * Kids Adventure Maze * I-Spy * Mouseville Gift Shop * Farm Animals * Harvest Market * Miniature Golf * Corn Maze * Hayride * Apple Slinger * Face Painting * Espresso Shop * Craven Farm Cook Shack

SNOHOMISH CO. OCTOBER FUN

CARLETON FARM

630 Sunnyside Blvd SE, Lake Stevens, WA 98258
<https://www.carletonfarm.com>
Hours: 10am-6pm
Carleton Farms is your “Go-to” Farm for Fall Fun. Giant Pumpkin Jump Pad, Zip Lines, Corn Maze, Zombie Paintball, Kids Barn, Kids Korral, Fire-pits, Birthday tent space, School Tours and more.

STOCKER FARMS


8705 Marsh Rd, Snohomish, WA 98296
<https://www.stockerfarms.com>
Hours: 10am-6pm
Activities include: Pumpkin Patch * Corn Maze * Sunflower Maze * Barrel Train * Jumping Pillow * Human Hamster Wheels * Farmer Foosball * Sport Ball Arcade * Tire Swings * Rubber Duck Races * Corn Crib * Spookley Playhouse * Photo Ops Galore* Hay Rides * Pumpkin Cannon * Billy Bob’s Apple Blaster Alley.



The McCann boys love
The Farm at Swan’s Trail!

* Times and activities subject to change. Many farms have an entrance fee for some activities. Visit website or call for details.

NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 2:30-6:30	2 9:00 - 2:30	3
 4	5 9:00 - 12:00 2:30 - 6:30	6 1:30 - 5:30	7 8:30 - 12:00 2:30 - 6:30	8 2:30 - 6:30	9 9:00 - 2:30	10 9:00 - 11:00
11 9:00 12:00 2:30 - 6:30	12 9:00 12:00 2:30 - 6:30	13 1:30 - 5:30	14 8:30 - 12:00 2:30 - 6:30	15 2:30 - 6:30	16 9:00 - 2:30	17
18 9:00- 12:00 2:30 - 6:30	19 9:00- 12:00 2:30 - 6:30	20 1:30 - 6:30	21 8:30 - 12:00 1:00- 4:00	22 Happy Thanksgiving Closed	23 Closed	24
25 9:00- 12:00 2:30 - 6:30	26 9:00- 12:00 2:30 - 6:30	27 1:30 - 5:30	28 8:30 - 12:00 2:30 - 6:30	29 2:30-6:30	30 9:00 - 2:30	1 9:00 - 11:00
<div>Happy Thanksgiving</div> <div>Thanksgiving is a time of Togetherness and Gratitude</div>						

SATURDAYS

Miss an appointment? Saturdays are an easy way to make them up!

We are open from 9-11 AM on:

- October 20
- November 10
- December 1
- December 29

Last quarter, we raised **\$768.22** for Saint Joseph’s House as seen in the North County Outlook. Thank you for your generosity, visits, and referrals!



DECEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:00 - 11:00
<div>He who has not Christmas in his heart will never find it under a tree.</div> <div>~Roy L. Smith</div>						
2	3 9:00- 12:00 2:30 - 6:30	4 1:30 - 5:30	5 8:30-12:00 2:30 - 6:30	6 2:30 - 6:30	7 9:00 - 2:30	8
9	10 9:00-12:00 2:30 - 6:30	11 1:30 - 5:30	12 8:30 - 12:00 2:30 - 6:30	13 2:30 - 6:30	14 9:00 - 1:00	15
16 9:00-12:00 2:30 - 6:30	17 9:00-12:00 2:30 - 6:30	18 1:30 - 5:30	19 8:30 - 12:00 2:30 - 6:30	20 2:30 - 6:30	21 9:00 - 2:30	22
23	24 CLOSED Merry	25 CLOSED Christmas!	26 8:30 - 12:00 2:30 - 6:30	27 9:00 - 12:00 2:30- 6:30	28 9:00 - 2:30	29 9:00 - 11:00
30 9:00- 1:00	31					

HOLIDAY CLOSURES

Thanksgiving:
MFC will be closed on Thursday and Friday, November 22nd and 23rd in observance of Thanksgiving. (Have some turkey!)

Christmas:
We are closed both Christmas Eve and Christmas...and we want you to all spend time with those you love!

The New Year:
MFC will be open New Year’s Eve from 9am to 1pm, and will be closed New Year’s Day.

Call 360-657-7183
to schedule your
adjustment or
massage today!