

# 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!



**SECOND QUARTER**—During April 2018, we are donating to the Marysville Food Bank.

The Marysville Community Food Bank had its beginnings in the rectory of St. Mary's Catholic Church in 1974 when a handful of volunteers got together to distribute food to

30-40 families each week. Today, the food bank is a "partnership" supported by 18 community churches, service clubs, schools, businesses, volunteers, and individuals. Food bank volunteers are always needed so contact the Food Bank if interested.

We aren't only collecting quarters during April! We will be accepting other donations for the food bank throughout April. Feel free to drop off donated items to the barrel in the lobby.

## Items accepted for donation are:

- |                                   |                           |
|-----------------------------------|---------------------------|
| * Tuna (#1 need)                  | * Peanut butter / jam     |
| * Pasta                           | * Canned fruits / veggies |
| * Canned soups / sauces           | * Low Sugar fruit         |
| * Glucerna                        | * Cereal                  |
| * Macaroni & cheese               | * Rice-a-Roni             |
| * Boxed dinners                   | * Top Ramen               |
| * Jell-O                          | * Gravy Mixes             |
| * Pet food                        | * Baby wipes              |
| * Diapers (Size 4 and 5)          | * Baby Food               |
| * Garden grown fruits and veggies |                           |



## New Patient Special!

For all patient referrals during April, we will donate an extra \$40 to the cause!

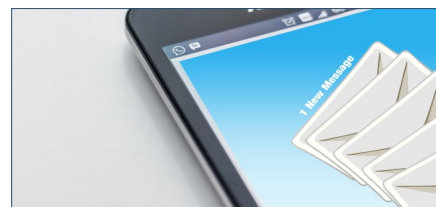
Last quarter, between new patient referrals, quarters given at each visit, and additional money donated by our patients, we raised **\$813** for the Arlington Boys & Girls Club Capital Campaign. Thank you for your generosity!



## Technology changes

If you have signed the text/email consent, we have some news for you!

**First**, we will be transitioning from our current reminder system which has sometimes been inconsistent to a simpler system. This reminder system will allow you, as the patient, to tell us when you'd like the reminder sent—day before, two hours, before, etc. Once the move to this system begins, we'll be asking you for your cell phone



carrier information and you'll be all set! Check with the front desk if you're not sure if you have opted in for reminders or would like to begin.

**Second**, we have a new two way text phone for basic appointment questions. In addition to calling, you can text us at our new MFC number 425-931-6025 if you need to cancel or switch your appointment. Please do not share sensitive information when texting. We will only be able to reply if you have a signed text/email consent on file and only during normal office hours. Of course, feel free to continue to call us to talk or to leave a voicemail at 360-657-7183!

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

APRIL 2018

# MFC QUARTERLY



During February 2018, I was happy to be able to attend a refresher course on the Webster (pregnancy) technique. It couldn't have come at a better time, as since then, it has been raining new pregnant patients! We adore helping new families, this has been a welcome addition to the practice!

From personal experience, Monica and I are very grateful for this technique. We know how much of a difference it made in our three pregnancy and childbirth experiences... and soon to be fourth!

According to Dr. Jeanie Ohm (ICPA Chief Executive Officer) and decades of research, chiropractic care during pregnancy helps to:

- Reduce interference to the mother's vital nerve system which controls and coordinates all of her systems and functions.
- Prepare the pelvis for an easier pregnancy and birth by creating a state of balance in pelvic bony structures, muscles and ligaments.
- Remove tension in the ligaments that support the uterus thus potentially reducing aberrant tension to the woman's uterus.
- Improve maternal function and therefore decrease the potential for unnecessary intervention.

We also keep a copy of an awesome resource in our office, "Pathways to Family Wellness." Feel free to peruse a copy while you are in our office.

*Dr. Matt*

**Check us out online!**  
**www.mfcwellness.com**

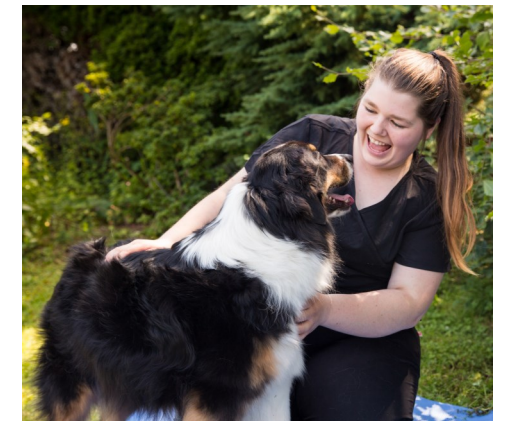


## Staff Spotlight: Malee Powell Massage Therapist

Malee grew up in the Pacific Northwest and loves the active lifestyle the area enables. She lives in Skagit County with her three dogs and two goats. When she's not working as an LMT, she trains and competes in various dog sports and goes on daily walks and hikes with her dogs.

She is also a licensed canine massage therapist.

Malee strives to massage with a thoughtful and treatment-oriented approach, utilizing deep tissue techniques along with others to soothe the body. She loves working as a team with the client and other providers to ensure each client is receiving an individualized and effective session.



## Look who's barefoot and who's pregnant!

Dr. Matt and Monica shared this great news on social media:

"This family of SIX is super excited that Daddy will finally have a birthday buddy (the rest of us do)!"

"Due-date" is around early October. Be ready for a "guess the date" at MFC!





COMING UP

2nd QUARTER

APRIL 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	9:00 - 12:30 2:30 - 6:30	1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	2:30 - 6:30	9:00 - 12:30	
8	9	10	11	12	13	14
	9:00 - 12:30 2:30 - 6:30	1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	2:30 - 6:30	9:00 - 12:30	
15	16	17	18	19	20	21
	9:00 - 12:30 2:30 - 6:30	1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	2:30 - 6:30	9:00 - 2:30	9:00-11:00
22	23	24	25	26	27	28
	9:00 - 12:30 2:30 - 6:30	1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	2:30 - 6:30	9:00 - 2:30	
29	30	No Winter lasts forever; No Spring skips its turn. ~Hal Borland				
	9:00 - 12:30 2:30 - 6:30					

APRIL

April is Stress Awareness Month! Ask Dr. Matt how supplements can help your body relieve stress.

MAY

Mother's Day is on May 13th. Treat Mom to a special massage and share the gift with her in a beautiful mug filled with chocolates. Ask the front desk for more details.

MFC will be closed on Monday, May 28th in observance of Memorial Day. Traditionally, Memorial Day also kicks off the camping season!

JUNE

Don't forget to remember your Dad on June 17th for Father's Day.

Farmer's markets are starting to open for the season! Check them out for amazing local produce and to support local businesses.

Roots of Mother's Day

The roots of the modern Mother's Day predate the Civil War. Ann Reeves Jarvis began "Mothers' Day Work Clubs" to teach local women how to properly care for their children. Jarvis later organized "Mothers' Friendship Day," a peaceful movement where mothers convened with former Union and Confederate soldiers.

After the death of Ann Reeves Jarvis in 1905, her daughter Anna Jarvis sought to host a celebration to honor her mother. She held the first Mother's Day celebration in a Methodist Church in Grafton, West Virginia with financial backing from Philadelphia retail owner John Wanamaker. Thousands also congregated in Philadelphia at Wanamaker's retail store for a Mother's Day celebration of their own.

After Jarvis successfully held her first Mother's Day, she sought to make it a national celebration. After years of lobbying, she finally got the attention of President Woodrow Wilson in 1914. He proclaimed that the second Sunday in May, no matter what the date, would belong to mothers across the nation.

Jarvis also started the tradition of using carnations to honor mothers. It was a special tribute to her mom, a flower she had a special fondness for.

\* Facts excerpted from: <https://www.thedailymeal.com/holidays/10-things-you-didn-t-know-about-mother-s-day/slide-2>

MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	9:00-12:00	CLOSED	
6	7	8	9	10	11	12
	9:00 - 12:30 2:30 - 6:30	1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	2:30 - 6:30	9:00 - 2:30	9:00 - 11:00
13	14	15	16	17	18	19
	9:00 - 12:30 2:30 - 6:30	1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	2:30 - 6:30	9:00 - 2:30	
20	21	22	23	24	25	26
	9:00 - 12:30 2:30 - 6:30	1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	2:30 - 6:30	9:00 - 12:00	
27	28 Memorial Day CLOSED	29	30	31		
	 1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	2:30 - 6:30			

Stress Relief: 10 Tips to Help You De-Stress

- Exercise.** Exercise is a way to manage stress that doesn't have to add to your financial woes. For example, a 20-minute walk or jog around your block can yield up to 12 hours of improved mood. The main thing is to find a physical activity that you enjoy, whether it's dancing or fly fishing.
- Socialize.** Spending time with friends and family who give you a sense of belonging, purpose, and fun may provide all the stress relief you need.
- Write.** Dedicating a period of time every day to write about a situation that is bothering you may reduce tension and give you stress relief for the rest of the day. Keeping a journal can also help you solve problems or find positive angles amongst the stressors.
- Laugh.** Laughter really is the best medicine. It is proven to lower tension, and at the same time, improves blood flow and the health of your heart. Rent a funny movie or hang out with that wannabe-comedian pal, and forget about your worries for a while.
- Take care of yourself.** When tension spikes, it can be tempting to put yourself last — but prioritizing healthy eating, physical activity, relationships, and sleep is necessary if you want to avoid making your stress worse.
- Get some fresh air.** If you are cooped up inside all day, take a few minutes to get outside and see the sun. A little time in the great outdoors can improve your mood and help you relax.
- Be kind to yourself.** Think about positive affirmations daily. Thinking negative thoughts only makes you feel bad and will increase stress. Tell yourself you are doing a good job, and believe it!
- Meditate.** Practice deep breathing and meditation exercises daily, and when you feel tension rising.
- Be thankful.** Showing thanks for your family, friends, and loved ones and being thankful for the positive aspects of your life has a calming effect. Not only does it give you perspective, it makes other people feel good, too.
- Make a change.** Sometimes the best way to obtain stress relief is to remove your source of tension.

\* Excerpt from <https://www.everydayhealth.com/emotional-health/strategies-for-de-stressing.aspx>

JUNE 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					9:00 - 2:30	9:00 - 11:00
3	4	5	6	7	8	9
	9:00 - 12:00 2:30 - 6:30	1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	9:00 - 2:30	CLOSED	
10	11	12	13	14	15	16
	9:00 - 12:00 2:30 - 6:30	1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	2:30 - 6:30	9:00 - 1:00	
17	18	19	20	21	22	23
	9:00 - 12:00 2:30 - 6:30	1:30 - 5:30	8:30 - 12:30 2:30 - 6:30	2:30 - 6:30	9:00 - 2:30	9:00 - 11:00
24	25	26	27	28	29	30
	9:00 - 12:00 2:30 - 6:30	1:30 - 5:30	8:30 - 1:00	2:30 - 6:30	9:00 - 1:00	

Local Farmer's Markets

The Marysville Farmer's Market

Saturdays 10am - 2pm  
Starts June 23rd, 2018  
1035 State Ave. Marysville, WA  
[www.marysvillefarmersmarket.org](http://www.marysvillefarmersmarket.org)

The Arlington Farmer's Market

Saturdays 10am - 3pm  
July to September  
Legion Park  
[www.afmwa.org](http://www.afmwa.org)

The Snohomish Farmer's Market

Thursdays 3pm - 7pm  
May through September  
Intersection of Cedar Avenue & Pearl Street  
[www.snohomishfarmersmarket.org](http://www.snohomishfarmersmarket.org)

The Port Susan Farmer's Market (Stanwood)

Fridays 2pm - 6pm  
June through mid-October  
8727 271st NW, Stanwood, WA  
[www.portsusan.org](http://www.portsusan.org)