

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



Hand In Hand is a nonprofit organization serving Everett's foster care community. They provide protection for foster children, provision of essential services to families, and permanence of fostered home living environments.

Since 2010, Hand in Hand has served thousands of local children! Their programs are Safe Place 72-hour shelter for displaced children, assistance for foster families, and school outreach.

Currently, the organization is renovating their Safe Place shelter house. **During October, all campaign donations raised at McCann Family Chiropractic will go directly to Hand In Hand to assist in their mission!**



New Patient Special!
For all new patient referrals for the month of October, we will **donate an extra \$40 to the cause!**

School's Back In Session!

Here are some crucial Backpack Safety Tips

- 1) School Backpacks when full of all needed supplies should only weigh between 5-10% of the wearer's body weight!
- 2) The backpack should not hang lower than 4 inches below the waistline or be wider than the torso.
- 3) The more pockets the better!



- 4) Use wide adjustable shoulder straps to keep the backpack snug against the body.
- 5) Look for comfort features such as padding and chest buckles to relieve discomfort.
- 6) Wear both shoulder straps always.
- 7) Pack the heaviest items at the bottom.

Following these safety tips, endorsed by the American Chiropractic Association, will help protect your child from experiencing spinal displacement, posture problems, soreness, and muscle spasms! Maintaining wellness often requires being proactive when it comes to your safety.

Learn more at: <https://www.mfcwellness.com/blog/back-to-school-backpack-safety>

OCTOBER 2019

MFC QUARTERLY

*Happy Fall friends of
McCann Family Chiropractic!*

Fall has long been a favorite season. The beauty of the changing leaves is like no other. Our family has a tradition of enjoying one last camping trip in Eastern Washington in early October. We love driving over the pass and witnessing this glorious transformation, with breathtaking color all around.



This year has been challenging for our family. We have been through many significant changes. Welcoming our sweet Benjamin Bunny last year was such a blessing and joy! Learning to be a family of six proved to be harder than we thought. The changing dynamics brought tension and it was sometimes a struggle to be stretched so thin. Monica journeyed on, experiencing postpartum anxiety. We learned that beautiful blessings are not always easy.

Staff Spotlight: **Mia DePriest** *Chiropractic*



Mia has been with MFC since June 2019 and loves interacting with our patients at the front desk. She ensures all business runs smoothly at the front end. Mia is currently attending her second quarter at EVCC to earn her Business Technology certificate!

Fun Fact about Mia: growing up, she was a creative Halloween costume connoisseur! In the past she's dressed up as a Zombie Nerd, Audrey Hepburn's character Holly Golightly, and even did a clever take on what it meant to be a "thieving cat burglar!" (meow!)

Remember to take time to look and notice the beauty of the upcoming weeks. Our family is on a journey to find joy and ease in our day to day challenges.

May we face any circumstance with positivity and light. I wish the same for you!

Dr. Matt

Call us at 360-657-7183 or
Check us out online!



www.mfcwellness.com

COMING UP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
When black cats prowl and pumpkins gleam, May luck be yours on Halloween						
		1 1:00-5:30	2 8:30-12:15 2:15 - 6:30	3 1:30-6:30	4 9:00 - 2:30	5
6	7 9:00 - 12:15 2:15 - 6:30	8 1:00-5:30	9 8:30-12:30 2:15 - 6:30	10 9:00-1:00	11 CLOSED	12
13	14 9:00 - 11:45 2:15 - 6:30	15 1:00-5:30	16 8:30-12:30 2:15 - 6:30	17 1:00-6:30	18 9:00 - 2:30	19
20	21 9:00 - 11:45 2:15 - 6:30	22 1:00-5:30	23 9:00-12:30 2:15 - 6:30	24 1:00-6:30	25 9:00 - 2:30	26 9:00-11:00
27	28 9:00 - 11:45 2:15 - 6:30	29 1:00-5:30	30 9:00-12:30 2:15 - 6:30	31 11:00-5:00		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 - 2:30	2
3	4 9:00 - 11:45 2:15 - 6:30	5 1:00- 5:30	6 9:00 - 12:30 2:15 - 6:30	7 1:00-6:30	8 9:00 - 2:30	9
10	11 9:00 - 11:45 2:15 - 6:30	12 1:00- 5:30	13 9:00 - 12:30 2:15 - 6:30	14 1:00-6:30	15 9:00 - 2:30	16
17	18 9:00 - 11:45 2:15 - 6:30	19 1:00- 5:30	20 9:00 - 12:30 2:15- 6:30	21 1:00-6:30	22 9:00-2:30	23 9:00-11:00
24	25 9:00 - 11:45 2:15 - 6:30	26 1:00 - 5:30	27 9:00 - 1:00	28 <i>Happy Thanksgiving</i> CLOSED	29 CLOSED	30
<p style="text-align: center;">Thanksgiving is a time of Togetherness and Gratitude</p>						

OCTOBER

Are you looking for a fun and safe place to go Trick-or-Treating? Here are two:

- **Historic Downtown Snohomish**
From 3-5pm on Oct. 31st, spooky shop merchants will hand out candy to trick-or-treaters!
- **Howl & Growl: Marysville**
Bring your dogs! From 12pm-4pm on Oct.20th, costume contests, trick or treating, and games will be provided at the Strawberry Fields dog park (6100 152nd St NE, Marysville).

NOVEMBER

What are You Thankful For?

Last quarter, between new patient referrals, quarters donated for each visit, and your spare change...we raised **\$836** for The Noah Center!

We want to thank YOU for your generosity!

4th QUARTER

Frozen Winter Recipe: Gingerbread Milkshake

INGREDIENTS:

- 2 cups water
- 1/2 cups sugar
- 1 tablespoon ground ginger
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 cup milk
- 1 pint vanilla ice cream (softened)



DIRECTIONS:

1) Combine water, sugar, ginger, vanilla, and cinnamon in a medium saucepan. Bring to a boil, then reduce the heat to a simmer for 15 minutes. Transfer this ginger syrup to a covered container and let cool to room temperature.

2) Whisk together the milk and Ice cream. Add 1/2 cup of the ginger syrup, (more or less to personal taste) and blend well. Pour into glasses and serve with graham cracker crumbs (or whipped cream and gingersnaps)!

DECEMBER

Saturdays

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

**MFC is open on the following
Saturday mornings:**

- October 26
- November 23
- December 7, 28

Call us at
360-657-7183
to schedule
your next adjustment!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	2 CLOSED	3 CLOSED	4 CLOSED	5 9:00-12:15 2:15-6:30	6 9:00-12:15 1:15-5:00	7 9:00-2:00
8 9:00- 11:45 2:15-6:30	9 1:30 - 5:30	10 9:00 - 12:30 2:15 - 6:30	11 1:00-6:30	12 9:00 - 2:30	13	14
15 9:00- 11:45 2:15-6:30	16 1:30 - 5:30	17 9:00 - 12:30 2:15 - 6:30	18 1:00-6:30	19 9:00 - 2:30	20	21
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29 9:00- 11:45 2:15-6:30	30 9:00-1:00	31 CLOSED				

He who has not Christmas in his heart will never find it under a tree.

~Roy L

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