

VIENNA CHIROPRACTIC NEWS

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WINTER BEAUTY CAN BE SLIPPERY

As this newsletter is being written, winter weather has begun. This season treats us to the incomparable beauty of trees covered with snow or ice creating sculptures of sunlight and moonlight. However, this beauty can be quite slippery. Avoid slip-and-fall accidents that can ruin your enjoyment of the season by doing the following:

- Do you have shoes or boots with good traction? If so, wear them when appropriate for the weather. If not, consider purchasing them.
- At times when “black ice” may be lurking, don’t rush. Make your steps a bit shorter and a bit slower than usual.
- When going up or down outdoor stairs in winter weather, use handrails if available.
- When getting into or out of your car in slippery conditions, steady yourself on the car.

- Try to keep your hands free when walking on slippery surfaces. Freeing your hands will give you more options to steady yourself if your balance gets thrown off.
- A simple way to test your own balance is described in our article for *Stars and Stripes*: <https://guam.stripes.com/health/the-balancing-act-we-all-must-do.html>. If this test reveals your balance can use improvement, please get in touch. Chiropractic adjustments can help clear your nervous system of interference to your sense of balance. We can also teach you exercises you can do at home to further improve your balance.

And... FOR THE DRIVERS

Grew up in Michigan? You're probably laughing at NoVa snow panic. Learned to drive in SoCal? It will all melt and until then you can safely venture out of your warm, dry home in winter. For all of us, dreams of hot chocolate and cats on laps will have to wait while we drive to meetings and appointments that demand our attendance. We hope the following helps:

....It's really slippery out there? Go slower! That won't make it less icy but you'll have better, if not perfect, control of your vehicle.

....The fewer stops the better in soft, deep snow. Otherwise, by the time you can move again, your vehicle has sunk deeply enough that you'll need a push from a charitable and strong stranger to get you out of your self-inflicted hole and on your way. Traffic clogged ahead of you? Red light up ahead? Slow down so you're doing a slow crawl instead of an abrupt stop. You'll be moving, albeit slowly. By the time you reach the clog or the light you will have to stop but you won't have as much time to sink in,

....Reports of snow overnight? Lift your windshield wipers so they point up. You won't wake up to find them frozen in their well. If

it's also going to be windy, don't lift them quite as high. Wipers versus wind tends to end badly for the wipers.

....Get off the phone! Unless you're seriously stuck or have to explain (quickly) why you're already an hour late, don't call or answer anyone. Pay attention to what's happening around you. Maybe you've noticed, no matter how careful and rational you're being, your road mates may not be.

....Be a good road neighbor. Please get rid of the cake of ice on your roof. If you can't easily reach it with your gloved hands or a scraper, a broom will help. If we all (most?) do that, people won't have to worry about a flying wedge of ice and snow hitting their windshield and causing them to lose control.

Now then....SUPPLIES

....Try to keep your gas tank topped off. That definitely beats coming out to find your tank cover iced over or you suddenly need to get somewhere and don't have enough gas to make it. You may not be able to find an open gas station if it's snowing hard enough for people to be shutting down or out of supplies. Driving electric? Same deal. Unless you have a home charger, you may have trouble finding a public charger if you need to drive further than you'd planned.

....Keep a bathroom rug (rubber backed) or a container of non-clumping cat litter in the car. It'll give you extra traction if you need it.

.... Keep a pair or two of thick, warm socks in the car. This way, even if the shoes and socks you wore to shovel out or cross a snowy or puddle heavy parking lot have gotten drenched, you'll have something warm and dry to put on your cold feet.

.... Now, about that hot chocolate and furry friend....

Enjoy the season!

GOOD TO KNOW: CHIROPRACTIC INDEPENDENCE DAY

We've been holding Chiropractic Independence Day for almost 30 years. On that day, all care is delivered regardless of insurance or economic status or any other outside faction. It is strictly a matter of our patients wanting to be seen and our willingness to do so.

Q&A

...Why are you doing this?

Between the advent of managed care and the handing over of health care decision making to insurance companies and their accountants, the doctor/patient relationship, as well as the patient's health often suffered by being limited by decisions not made by the patient or doctor.

On Chiropractic Independence Day, the only things that count are your desire to be adjusted and the chiropractor's decision to deliver the care patients need and seek. Being out of work, dealing with a tight budget or wanting a wellness visit has nothing to do with anyone else.

...You have to live on something, so how does this work?

On Independence Day, there is a box on the front counter into which you can place an amount somewhere between what you can comfortably pay and what you decide your care here is worth. Sometimes people choose to pay it forward. At any rate, it's completely anonymous unless you choose to pay by check or credit card, either of which is available to you. We do acknowledge that the container of guacamole someone once left us didn't weather the experience well.

We regret we can't offer the Independence Day experience of completely self-initiated pricing to Medicare patients as those fees are federally mandated. Medicare patients do, however, always get a substantial discount.

Generally, Independence Day is held once a month and is indicated on our calendar at the end of this newsletter.

...Other than the fee schedule, what is different about this day?

Absolutely nothing. You get the same level of care you would get on any other day, at any other price point.

... Can a new patient begin care on Independence Day?

Yes, Chiropractic Independence Day is a great time to introduce that friend or family member who has been curious about the office and/or chiropractic care. They get to meet us and see if we're a good match for them.

... How do I schedule for an appointment on that day?

Call us! The earlier you schedule, the more likely you are to get an appointment at the time that works best for you. If you have made an appointment but find you have to change or postpone it, please give us as much notice as possible so that time can still be used effectively for someone.

AFFORDABLE CARE

In an effort to make chiropractic care affordable to everyone, we offer multipacks and Chiropractic Independence Days. Ask about these programs. Also, see "Good to Know" above.

COMMUNITY OUTREACH CLASSES

As part of our commitment to community education, we offer a series of courses on Tuesdays, 12:00-1:00 pm at the Vienna Community Center, 120 Cherry Street, Vienna. There is no charge. To register, visit the front desk at the Vienna Community Center. To register online, establish an account at <http://www.viennava.gov/webtrac>. For questions about the registration process, call the Vienna Community Center at 703-255-6360. Upcoming:

<i>Building a Better Neck</i>	Jan 20
<i>Tongue-Throat Exercises for Better Sleep</i>	Feb 17
<i>Breathing Exercises for Better Brain Function</i>	Mar 17
<i>Building Better Knees</i>	Apr 14

CALENDAR

<p>Jan 2 Office Re-Opens 19 Chiropractic Independence Day 3,17 Saturdays Open</p>	<p>Apr 1 Passover: Dr T Out in PM 11,25 Saturdays Open 20 Chiropractic Independence Day</p>
<p>Feb 7,21 Saturdays Open 16 Chiropractic Independence Day {2 Ground Hogs Day, FYI}</p>	<p>May 2,16 Saturdays Open 25 Memorial Day: Ofc Closed 18 Chiropr Independence Day</p>
<p>Mar 14,28 Saturdays Open 16 Chiropr Independence Day</p>	<p><u>STANDARD HOURS OF OPERATION</u> M-W-F: 10:00-1:00 & 3:00-6:00 Sat: 9:00-noon (selected Saturdays) Tue/Thu/Sun: Emergencies Only</p>