



OCTOBER 2011 NEWSLETTER

Electronic Health Records

CLC is leading the way into the digital age with the adoption of Certified Electronic Health Records (EHR) computer software. With EHR we are working to improve the quality of healthcare with easier secure access to your health records for both you and your healthcare team members. We continue to be committed to “green” earth wise practices, and paperless health records is just one more way we support sustainability. Furthermore, because of the increased efficiency of our staff, we are able to provide our patients with the best possible customer service. In the coming weeks many of you will be receiving emails from our office with information about accessing secure health records. You can open an account in the “Health Vault” and see this information as well as info from your other healthcare providers as they begin to use electronic records. You can decide if you want to view the records but we are required to send them to you. Thank you for your patience as we transition to this new system.

Dr. Meg enjoys sabbatical

Dr. Meg took a five week break from the office in Aug./Sept. in honor of 20 years as a chiropractor. She enjoyed unstructured time with family and friends and spent two weeks exploring the Oregon Coast while at her vacation home in Yachats. No clocks, no schedule...what an amazing experience! Thanks to all of you and our wonderful staff for your support of her time away. Her batteries are recharged and she’s excited to continue her service to our community’s health and well-being.

Pilates class

Sheli Potmesil continues to teach Pilates in our Movement Studio. The class meets on Tuesdays 6-7pm beginning Oct. 18th. (4 wk. session)

Pilates strengthens and tones muscles, improves posture and provides flexibility and balance. It is a non-impact workout. You will find that the techniques developed will help you in everyday life, as well as in other sports or activities you do. Register with Pam. This class is for everyone!

PulseFlex

We are excited to offer you a leading research-based spine and core rehab fitness approach that is easy to learn in the office and then continue at home in just 5-10 min/day. PulseFlex was designed by chiropractors and teaches you simple functional movement patterns using a weighted bar to address deep spinal muscle atrophy that results from pain, injury or neglect. If you don’t address the changes in your muscles and altered movements when pain resolves, you will likely have future problems including relapse, degeneration, inflammation and more pain. If you have wondered why your back “keeps going out,” PulseFlex may be your solution!

Get Techno Healthy!

The world is getting smaller thanks to modern technology; but unfortunately, aches and pains are growing as a result. This month, we will highlight ways to stay connected without pain during National Chiropractic Health Month. This year’s theme – “Get TechnoHealthy! – focuses on how you can remain healthy while toting the gadgets you love or working long hours in front of a computer. The excessive use of mobile devices and incorrect posture while sitting in front of a computer can lead to neck, back, wrist and even thumb pain, in addition to other musculoskeletal issues. Pick up a list of tips to help lessen the physical toll of technology.

Natural Pain Relief Sale - 15% off

Pain X	\$28.90
Bio-Inflammatory Plus	\$28.90
Kaprex	\$42.46
Ache-Less Rub 4 oz.	\$26.78
Arnica Oil 1 oz.	\$11.05

Ponder this... “How wonderful it is that nobody need wait a single moment before starting to improve the world.”
-Anne Frank