

THE SOURCE

A VERO NEWSLETTER



THESE JOKES CRACK US UP

What's a chiropractor's favorite food?

Baby crack ribs.

What do chiropractors and comedians have in common?

They both crack people up.

Why was the chiropractor a good interrogator?

They always got the suspect to crack.

What do you call a sea creature that needs a chiropractor?

A locked neck monster.

Out with the old, in with the new!

With the New Year off to a brand new beginning, it's a great time to start over. Set new goals. Break bad habits. Resolve to become healthier.

If you're thinking about starting a fitness program, losing some weight, eating a better diet, or improving some other health behavior, remember your spine! A healthy spine and nervous system should be the starting point of any New Year's resolution to better health.

We thank you all for a busy and wonderful 2021. We introduced that we will be moving to a new location and added 23 members to our team this past year. Although 2021 will be a hard year to beat, we look forward to the opportunities to continuously grow and serve all of our practice members.

Cheers to health, happiness, and prosperity in 2022. Happy New Year, Vero family!

TIPS FOR WINTER WELLNESS

It's that time of the year again. More people are needing treatment for snow shoveling related injuries, one of the hazards of the season and state we live in. The clearing of one driveway can involve the lifting and tossing of several hundred pounds of snow. Fortunately, there are some solutions to avoid these injuries. Here are some tips to encourage safer shoveling.

1. *Wise Up.* Start shoveling after the first couple of inches. Snow is lighter when fresh. You won't have a heavy mound of ice to deal with later.
2. *Straighten Up.* Keep your back straight, use your legs to lift, and push the snow instead of lifting. Don't toss snow over your shoulders and don't twist your body.
3. *Lighten Up.* Work at a pace that is comfortable for you. Do not try to lift too much snow at once.
4. *Wind Down.* Do some gentle stretches and drink more water once you are finished. If your muscles are sore, enjoy a hot salt bath.



DMARC FOOD PANTRY

We're partnering with the Des Moines Area Religious Council to give food to those seeking assistance. There are 14 food pantry network sites around the Des Moines metro area. **You can take part by bringing in non-perishable items and non-food items through January 28th.** Some items that are needed right now are canned vegetables and fruit, beans, diapers, and baby wipes. Thank you for helping us bring joy to our community!



MEET LORI

I was born in Oskaloosa and raised out of Pella. I have worked in the healthcare field for almost 30 years. I always say that every job has led me to my next one. God has equipped me over the years to be the best that I can be serving others with love, compassion, and grace. When not at work, you will find me spending time with my husband Fred, my Cocker Spaniel Cash, walking, and gardening.

You can find Lori in one of our evaluation rooms. Be sure to say hello to her on your next visit!

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