

# Lotus Autumn Newsletter 2011

## It's time for Jo to move on...

After almost three wonderful years of working at Lotus the time has come for me to move on. My dream is to share my hands and heart to those not as fortunate as those in our community. Every day in practice our patients inspire me... last year I met a patient named Erin who told me her story and dream to set up a volunteer base in Africa and to provide ongoing projects that support the impoverished community. Like many others who hear stories similar to this I was excited for her and wished that I was in a position to do the same. My immediate thought was that it wasn't possible... I'm still paying off my student loan, haven't saved for such an adventure and I felt committed to the incredible team and patients at Lotus. After travelling through New Zealand at the end of last year I began to reflect on my life, my happiness and my fulfilment. Camping in New Zealand, living simply and enjoying being outdoors reminded me how wonderful it felt to feel the freedom of time and nature. Returning home made me realise that there was something missing in my life...that as much as I love working at Lotus I wanted to make a bigger difference in this world. The opportunity of going to Malawi to adjust women, children, families who would otherwise never be able to access such care was an adventure that I couldn't resist!



My plan is to join Erin and her friend Antoinette in May 2011 as they set up a Volunteer Base in Malawi. "Soul Connection" is a place where volunteers from all over the world can come and help on a number of ongoing projects that they will be setting up in the town called Lifuwu. The project I will be working on is to provide chiropractic and healthcare to the community.

I am setting up a website so I can share my adventures with you... it will provide you with more information about Soul Connection and the projects as well as letting you know how you can support me.. or better still... **JOIN ME!**

You can follow my blog to share in my adventure by going to [jojomalawi.com](http://jojomalawi.com)

For all of those who know me I am sure you can understand just how hard it is to say goodbye... There are many children in this practice who I have known since birth and who I now have little conversations with. I truly will miss all the hugs from all of the incredible kids that are part of our practice! Please just tell them I'm on a long holiday!!!

Thank you all for your love and support and for sharing the chiropractic journey with me! I'm sure the wonderful Lotus team will continue to provide you with excellent ongoing care.

With love, friendship and heartfelt thanks... Jo



## GOODBYE FOR NOW.....

It's been sixteen years since I first rang Kimberlie in the UK and she said 'Yes you can answer the phone at my new practice'. It was my first time overseas and I was so excited to be working with my sister in a new field, after many years working for the Commonwealth Bank. (I adjusted people's money rather than their spines)

I loved everything about England and once I understood what the Geordies and Northumbrian's were saying, we hit it off really well. I stayed as long as I could before my working visa ran out and I became really good at running a practice. Kim thought she was the boss, but we know who it really was!!!!

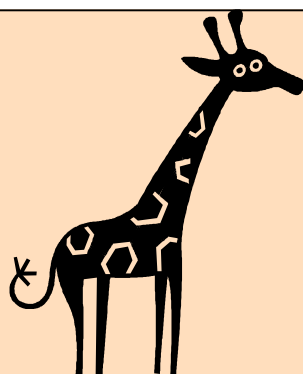
They say that healing starts the minute you walk into a healing centre and even though I actually never adjusted anyone, I felt like the process did start with me. Opening Lotus in 2003 was an amazing time. Michael had excelled himself and designed an incredible space. I felt that I really loved every client that walked through our door and I truly did care!!! It's also very fulfilling when you totally believe in the product you are selling, Kimberlie, Jo and Caroline are the best Chiropractors in the world so I never had any problem.

I am finally giving in and moving to Cervantes in the west. As most of you know, Kerry has been asking me for five years. But you also know how much I adore my big sister and my family so it's been a really tough decision.

Thankyou all my lotus friends, you have put up with me and my loudness for all these years and I will really really miss you. It's been such a pleasure getting to know you and seeing your lives improve and your children become healthier. Chiropractic really is magic....Kimberlie has all my details so please write to me at Post Office Box, Cervantes, WA

Love love love to you all

**Shannie xxx**



## Jo's Farewell Party

Join us at Lotus on **Saturday April 30th** for an afternoon tea party from 2—5pm to wish Jo all the best as she finishes at Lotus to begin her adventures in Malawi. Jo is requesting that you don't bring gifts as she won't be able to take anything with her. If you would like to support her you can sponsor her on her blog site [jojomalawi.com](http://jojomalawi.com)



## Caroline is glowing.....

Only one week to go until the due date of Caroline and Nick's baby, though Caroline is definitely not putting up her feet. She drove down last Saturday to see Kimberlie for an adjustment but couldn't stay for lunch as she was off to the football to watch Essendon vs Carlton. As it was a nail biter we were all concerned the excitement might bring on an early labour.

As most of you know Caroline and husband Nick are hoping for a home birth at their home in Kew. Caroline is as organised as ever and has booked her first shift back at Lotus on Saturday August 27th. We wish her and Nick all the best for an amazingly gentle and safe birth at home.

## Welcome Dr Troy Miles

Originally from Bendigo, Troy has been getting regular Chiropractic adjustments since he was only a few days old, so he fully understands the importance of Chiropractic from an early age.

Since graduating from RMIT in 2004, Troy has worked in family Chiropractic offices in Bendigo and Warrnambool. In 2010 he spent the year travelling as a Chiropractic locum across Australia, where he worked in a wide variety of practices using many different techniques. Troy has recently moved back to Melbourne with girlfriend Georgia, who is studying 4<sup>th</sup> year Chiropractic at RMIT. Currently he practices part time in Carlton North and now here at Lotus Chiropractic filling in for Caroline Risby while she is on maternity leave.

Since he graduated, Troy has completed further studies in low force adjusting techniques, paediatrics, pre and post natal care and managing sports related injuries. His main focus as a Chiropractor is to optimize the health of people of all ages so they can live vibrant, happy lives.



## National Chiropractic Care Week

May 23–29th 2011

The theme for Chiropractic Care week this year is “Just Start Walking” and encourages us all to put our best foot forward for a healthier spine and a healthier life.

Kimberlie and Troy are offering a limited number of complimentary new patient times for your friends and family members during Chiropractic Week so call reception to book in early on 9787 8288.

## New Lotus Hours from May 1st 2011

### Dr. Kimberlie Furness

**Monday** 8am -12pm  
**Tuesday** 8am -12pm  
 3 pm -7pm  
**Thursday** 8am- 12pm  
 3 pm -7pm  
**Friday** 8am -12pm  
**Saturday** 8am -12pm

### Dr Troy Miles

**Monday** 2:30pm-7pm  
**Wednesday** 8am -12pm  
 2:30pm -7pm



# Lotus Babies

**22<sup>th</sup> August 2010** Yolanda and Darren Deal were thrilled to announce the arrival of their twin boys Jackson and Logan. Their big brother Kobe can't wait for them to be big enough to play with. The twins were born at 32 weeks and are thriving and growing well.

**29<sup>th</sup> August 2010** Tracie and Daniel Avion welcomed their first child, a baby boy, they have named him Jarvis. Welcome to the world little man.

**1<sup>st</sup> Nov 2010** Tracey and David McAuliffe's beautiful baby girl Lyla Grace was born safely into the world. We are all looking forward to watching Lyla grow up to be big and strong! (Just like her Dad).

**5<sup>th</sup> Nov 2010** Jeanette Cadd and Matthew Wells' beautiful baby girl Jasmine was born on 05/11/10, welcome to Lotus little one, we look forward to adjusting you to help you grow up healthy and vital.

**9<sup>th</sup> Nov 2010** Kate and Adam O'Brien's first child a gorgeous little girl, weighing 6lb 8oz, Millye Louise, Kate is now back at work and Millye is often there with her Mum chatting to all the patients!

**11<sup>th</sup> Nov 2010** Jacinta Little and Michael Keene welcomed their 2nd son Max Ryder, a little brother for Zak.

**18<sup>th</sup> Nov 2010** Taj McDonald was born on 18/11/10 to Ben and Emily McDonald; he was born at home and weighed 7lb approx, a beautiful baby brother for Leuca.

**1<sup>st</sup> Jan 2011** Terry and Deanne Hipkins are thrilled at the arrival of their 2<sup>nd</sup> son Taye, a big brother for Corben; we wish him all the best for a happy healthy and well adjusted life.

**5<sup>th</sup> Jan 2011** Trish and John Carr and big brother Michael were excited to announce the arrival of their beautiful daughter and sister Penelope.

**9<sup>th</sup> Jan 2011** Stacey and Adam Bence were over the moon when their baby girl, Ella Louise arrived to this world. Ella weighed in at a healthy 8lb 2oz.

**9<sup>th</sup> Jan 2011** Aston Heath Allan - big sister Zara and Mum Jasmine and Dad Heath were excited at his arrival. Zara can't wait for her little brother to grow bigger to play with her.

**28<sup>th</sup> Feb 2011** Proud new parents Kara and Greg Proudfoot announced the safe arrival of their beautiful first baby girl, Mia.

**3<sup>rd</sup> Mar 2011** Karen Boyd and Chris Klek welcomed their first babies into the world at 3.30am; the twin girls surprised their Mum and Dad by coming a bit early!! Named Sylvia and Alice, they are thriving and we look forward to helping them grow up healthy and happy.

**16<sup>th</sup> Mar 2011** Valissa and Michael Burge are over the moon with the arrival of their little baby girl Haylee Kate. Big brother Thomas is excited also.

**15<sup>th</sup> Mar 2011** Aimee and Peter Davies along with their son Khy have pleasure in announcing the arrival of their daughter and sister Addison May born on 15/03/11

**26<sup>th</sup> Mar 2011** Lauren and Shayne Brabin welcomed their first born into the world 4 weeks earlier than expected, a beautiful baby boy. They have called him Ryder Ethan and he is a little star.

**8<sup>th</sup> Apr 2011** Wendy and John Potts' beautiful baby boy, Kaeden Elliot was born at 6am. We all look forward meeting this precious little man.

*Happy Easter to you all from the Lotus Team.....*

What an amazing time for change and renewal this autumn! After having a magical eighteen months watching my little girl grow and develop and reflecting on life and what I want for myself and for my family, I now feel it's the right time to be back in my practice.

I am so thankful to Jo and Caroline for allowing me that special time with Evie and her big brothers and taking such great care of our practice members. Jo will be missed by staff and patients alike as she follows her dreams in Africa. My bubbly sister Shannan is also missed each and every day, though I'm thrilled she is so happy and doing well in WA.

It's wonderful to have Troy with us until Caroline returns later this year and great to have a male Chiropractor at Lotus again. The reception staff Cara, Audrey and Andrea continue to be the wind beneath our wings and I am so grateful for their support and dedication.

We wish you all the best of health and happiness for a restful safe Easter break and thank you all for being part of our practice.

*Kimberlie x*