



SANTIAGO CHIROPRACTIC ASSOCIATES

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Changing Faces for the Summer at SCA

Lake Hiawatha, NJ, June 2016—As summer approaches, we would like to take the opportunity to announce important changes to our staff at SCA. It is with mixed emotions that we share news with you of the official graduation of Chiropractic Assistant, Wendy Mendez. While we are extremely proud of her accomplishments, this will mean the end of her time with us at SCA as she heads to Miami, Florida to begin her studies toward becoming a Physical Therapist at the University of St. Augustine. Wendy writes, “I feel blessed to have been a part of the family here at SCA. Thank you especially to our patients who have allowed me to be a part of your journey to recovery...you have made every day a wonderful experience. I will miss everyone more than words could ever say.”



CA Wendy Mendez graduating with her Bachelor's degree in Biology from Mercy College

We will surely miss Wendy as well, but wish her the very best as she pursues her degree and hope that she will come back to visit us often. As we bid farewell to Wendy, we must also welcome bright new faces that you may expect to see this summer—Kelly Crawford and Kassy Holmberg.



Kelly Crawford, Intern

Kelly is a senior at Montclair High School and will be completing a month long "Career Internship Program" offered by her school with us. Kelly is a long time patient of SCA and is excited to learn more about chiropractic before she heads to Trinity College in the fall where she will join the school's soccer team. Look for Kelly's smiling face to greet you at your next morning appointment.



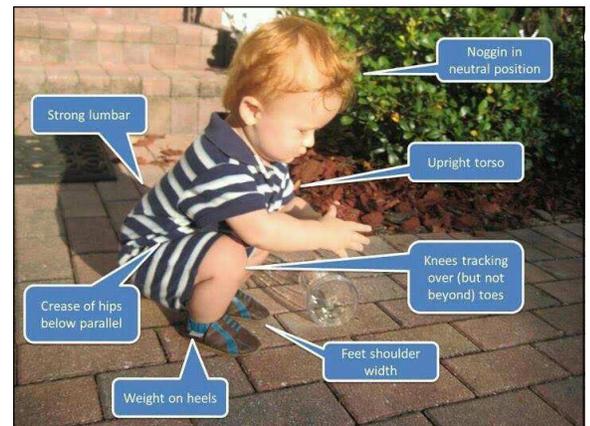
Kassy Holmberg, CA

Kassy, of Mountain Lakes, NJ, will be stepping in to the role of Chiropractic Assistant for the summer to take the place of Wendy. Kassy is a rising junior at the College of Holy Cross in Worcester, MA. Currently she is pursuing a Psychology Major with a minor in Studio Art. She plans to study abroad next year at the National University of Ireland, Galway. In the meantime, she is looking forward to assisting the doctors and getting to know our patients!

Tips from a Toddler

If you're looking for a simple, yet powerful way to boost your overall fitness requiring no equipment that can be done just about anywhere, squatting is your answer. Squatting is a functional movement we innately achieve as toddlers learning to walk. In fact, it is at this age when we often perform them best (*See Image*). Although squats have sometimes been criticized for being harmful to your knees, research shows that when done properly, squats can not only improve knee stability and strengthen connective tissue, but also help prevent injuries and falls, improve jumping ability, running speed and balance, promote waste removal, tone your backside and core, improve hip and ankle mobility and enhance day-to-day activities which becomes extremely valuable as we age.

Just getting started? After a warm-up, follow the cues in the photo to the right... slowly bend your knees lowering until you reach a 90 degree angle and then return to starting position. Repeat 15-20 times for 2-3 sets 3-4 times per week. Ready for something more? Ask Dr. Julie for suggestions during your next visit.





10 Changes that Require ZERO Talent

It's safe to say that a majority of us are looking for ways in which we can improve our lives and ourselves. Most commonly, these attempts at change come in the form of trying to lose weight, make more time for our family/friends, decrease the amount of time on our phones, make more money, work out more, etc. But how about a list of things that you can opt to change starting today with very little effort? Check out these ideas for starters!

1. BEING ON TIME
2. WORK ETHIC
3. BODY LANGUAGE
4. ENERGY
5. EFFORT
6. ATTITUDE
7. PASSION
8. BEING COACHABLE
9. DOING EXTRA
10. BEING PREPARED



Welcome, Baby Alex!!!

It is with great pleasure that we welcome the newest member of our family at Santiago Chiropractic, baby Alex. Our Office Manager, Hazel, gave birth to her second son on May 31, 2016 weighing 6lbs, 8oz and measuring 19.5 inches.

Both Mom and son are doing well and we wish them the very best!



Dr. Santiago MC's Memorial Day Parade

On Monday, May 30, 2016, Parsippany's Annual Memorial Day Parade was celebrated along Littleton Road. Serving as Master of Ceremonies was our very own, Dr. Santiago. The parade began at Sylvan Way and ended at Rita Drive. It was a great day to recognize the sacrifices made by our veterans who have passed on and their families with the community.



Sign-Up for Appointment Reminders



Along with our conversion to Electronic Health Records (EHR) at Santiago Chiropractic Associates we are now able to offer our patients the ability to receive appointment reminders via your preference—either text message or email at whatever time/frequency you prefer—ie. 1 week before, 1 day before, 1 hour before, etc. Please take advantage of this service by signing-up for these reminders with our front office staff as you schedule your next appointment! Thank you!



For more health tips and ways to eat well, move well and think well:

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