

Happy New Year from Casey Family Chiropractic!!

Why I am a Doctor of Chiropractic...

SPINE ANATOMY 5

Because I honor the inborn potential of everyone to be truly healthy.

Because I desire to help the newborn, the aged and those without hope.

Because I choose to care for the patient with the disease, not the disease.

Because I wish to assist rather than intrude, to free rather than control.

Because I seek to correct the cause, not it's effect.

Because I know that doctors do not heal, only the body can heal itself.

Because I have been called to serve others.

Because I want to make a difference.

Because I get to witness miracles every single day.

Because I know it's right.

As we begin this New Year of 2026, we will always continue to focus on the positive and uplifting aspects of life!

We at Casey Family Chiropractic want you to know how seriously we take your health and that we are honored to assist everyone to greater health through regular chiropractic care!!

New Year, New Insurance?

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As we begin this new year of 2026, we ask that you confirm any changes to your health insurance information. This includes: new insurance, change of present insurance, new insurance cards, loss of insurance or any other circumstances that affect charges and payments in the office. We greatly appreciate your assistance, thank

you!

Notes for Winter 2026

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Office Closings - For January, there are no scheduled days off, but in case of inclement weather, please check the office Facebook page at "Casey Family Chiropractic" or the office website at caseyfamilychiro.com for updated information about any closings. You may also call the office for any weather-related messages. With the winter, we can sometimes lose parking spaces due to accumulating snow so we will do our best to accommodate everyone coming into the office. If you come into the lot and find no spaces available, you may park alternately on either Arrow Point Lane (just around the corner) or at the Chase Bank parking lot. We also would like to ask those with larger vehicles such as service trucks to please park on Arrow Point or at the bank. This will make for much less maneuvering around other cars. Don't forget also to back into your spot whenever possible to make exiting easier and less likely to cause neck strain just after getting adjusted! Thanks for your help!

Help bring comfort to those in need!

In conjunction with the Country Thrift Store, we are happy to announce our participation in an underwear drive to help students in need in the Washingtonville School District (see flyer). Thank you for your support!

NE PPO GENERIC FRONT

Special Notice for Orange-Ulster Members

For our patients who have their health insurance through the school districts in the area, please note the changes to your medical coverage. Empire Blue Cross/Blue Shield is now Anthem Blue Cross/Blue Shield. New cards have been issued to all members so please check to confirm that you have received them for all family

members. While the ID#'s haven't changed, it is important that we have a copy of the new card on file for all family members who are patients here.

Please also note the following:

- Trustmark, which had replaced Indecs as the benefits administrator, has now been re-named Luminere.
- Member ID will still have the prefix "OSD" and the same ID#.
- Each family member receives a card with their name on it, the member ID is the same for

all
family
members.

- Light blue border top and bottom of the card with the OU Health logo in the top right corner.
- This also applies to retirees where OU Health is secondary to Medicare. Please bring in your card on your next visit to ensure proper billing for secondary coverage.

Please bring these cards as soon as possible or scan and email a copy to caseyfamilychiro91@gmail.com

Thank you for for your prompt assistance with this matter.

Subluxations? What is that?

"Subluxations" are misalignments of vertebra (spinal bones) that puts pressure on the delicate nerves carrying impulses to and from the brain and body. Chiropractors are specifically trained to correct these misalignments to allow the body it's greatest health potential!! Have your spine checked today!!

H.O.P.E. is on the way!

by4rANV

H.O.P.E. (Helping Other People Eat) Day is coming! Watch for information on our yearly food drive around Valentine's Day in February. We are pleased to continue this yearly tradition since 1994 to help those in need in our community. Stayed tuned!

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Words of the Founders

Dr. D.D. Palmer, Founder of Chiropractic

D.D. Palmer

"Life is the expression of tone. In that sentence is the basic principle of

Chiropractic. Tone is the normal degree of nerve tension. Tone is expressed in functions by the normal elasticity, activity, strength and excitability of the various organs, as observed in a state of health. Consequently, the cause of disease is any variation of tone — nerves too tense or too slack." excerpt from "Textbook of the Science, Art and Philosophy of Chiropractic for Students and Practitioners" 1910 by D.D. Palmer

**Kind regards,
Your Team at Casey Family Chiropractic, PLLC**

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