



Budincich Chiropractic Clinic, Inc.

Spine-A-Line

Summer 2003 • For patients and friends of Budincich Chiropractic Clinic

Budincich Chiropractic Clinic Celebrates 18th Anniversary

August 2003 marked the month that the Budincich Chiropractic Clinic opened, 18 years ago in our building at 140 N. Hill Ave. Although Dr. Budincich practiced nearly five years on South Lake Avenue, before moving to the current clinic, this incorporated clinic actually started at this location. Many of our patients reading this newsletter have been with us for 18 years or longer, and we are very grateful for that. If it weren't for the wonderful referrals by all of you, we would not have been able to grow and maintain our practice in this competitive health care system.

For each milestone of our practice that we reach, we are grateful for those that have brought us as far as we have come. We have undergone many changes during these past years, seeing the beginning of the PPO, the proliferation of the HMO, and more importantly, the widespread recognition that chiropractic

has enjoyed. Many of your medical doctors, including orthopedic surgeons, neurosurgeons, neurologists, and general practitioners, are all referring patients to our office, thanks to your recommendation to them about us. We now enjoy a great working relationship with many physicians in the Pasadena community and surrounding areas. We have always tried to deliver the best health quality and the best health care possible. We make the appropriate referrals when necessary, whether we could help a patient with chiropractic care or not. You have come to trust us as "family doctors" and we take that responsibility very seriously. Chiropractic doctors are the general practitioner of the future, since we serve on the front line for most of your general aches and pains, and health care needs.

Thank you again for helping us grow to this landmark of 18 years. ■

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Community Health Fair October 4

As most of you know, at Budincich Chiropractic we are devoted to the health of our patients. We therefore want to have the opportunity to provide further health and safety information to our patients and their families. On Saturday October 4th, plan to attend our community health fair at the Pasadena clinic. We will be providing many different complimentary health screens and health information including blood pressure checks, heart and lung inspections, joint analysis, childrens' fire safety, cholesterol testing, body fat analysis, and much more. Many different health professionals in the community will be taking part in this health fair to better assist you, our patients, on health and wellness. We hope to see you all there!! ■

Helping Others

July Trips to Baja Bring Relief to Needy

Dr. Budincich made two back-to-back trips to Baja California this past July to serve the neediest of the Mexican people. From July 11–13, Dr. Bud, Dr. Kate and their two children made a flight to San Quintin, Baja – some 300 miles south of the border – to serve at a mission hospital called “La Esperanza” (The Hope). Dr. Bud treated some 80 or so migrant farm workers and locals along with members of

the mission team needing chiropractic adjustments. Dr. Catherine Budincich (“Dr. Kate”), Dr. Bud’s wife, was recruited to be the cook for the weekend and served 25-30 people home cooked meals for Friday and Saturday and did the kitchen clean up as well! She really enjoyed serving in this way so that other doctors and dentists could do their work on a full stomach.

Andja, Dr. Bud’s daughter, was a great cook’s assistant, and his son Nick helped with building projects. Dr. Bud’s highlight of the trip was Andja’s comment on how “very nice the smallest of El Monte homes were compared to those in Mexico” on the drive back home from the airport. It’s nice to know that children can really appreciate how much better the average citizen lives here compared to third world countries.

Mission to Ensenada

The second trip in July made by Dr. Bud was to Ensenada, Baja on July 18–20, where Dr. Bud served 60 or so chiropractic patients including the Mayor’s wife and her body-

guard. The Mayor’s wife was instrumental in securing our treatment buildings where our 110 volunteers from all over Southern California and beyond could set up their temporary treatment areas. Dr.

Ramon Vidauri was the local MD that made the clinic logistics really come together and made it possible for all of us to come and serve these people at the DIF (Desarrollo Integral de la Familia), and the local Calvary Chapel Church.

“Many of the older women in their 60s–80s have terrible knees and feet” Dr. Bud reported. He was able to fit several pairs of orthotics, knee braces, and heel lifts during his brief two-day stay. The clinic total for all patients served was estimated to be over 600.

Dr. Budincich is constantly recruiting dentists, MDs, chiropractors, nurses, handymen, and translators to attend these clinics with him and fly down in his Cessna 206. If you are interested in a future trip contact Dr. Bud by email at



The plaque presented to Dr. Bud and his team. Marisela Luna de Catalán, the wife of Ensenada’s mayor, is shown with Dr. Bud just above the text.

Next Casa de Dios House Building Trip Sept. 12-14

Many thanks to all of you who donated to the Casa De Dios building fund when we held our fundraiser in May and June of this year. Our clinic exchanged adjustments for your donations, and that money will be spent on building materials to build a complete home for a family in the Tijuana area just south of the border.

Dave Bower, a good friend of Dr. Bud and the vice-president of Sierra Chevrolet and Honda in Monrovia, will be the building superintendent on the trip set for Sept. 12–14 (dave@teamcasa.org). The group that Dave will be leading will build a total of 3 homes that weekend, all adjacent to each other. The Budincich Chiropractic-sponsored home will be one of those, but manpower is desperately needed to complete the three homes by Sunday afternoon the 14th.

We are recruiting all of you to help us build and drive down to Otay Mesa, then into Tijuana for the weekend of the 12th–14th. The cost for meals and lodging at the Rancho Solo bunkhouse dorm will be minimal at less than \$50/person for the weekend and extra for Mexican Liability Insurance and your fuel if you drive yourself. You will need two changes of clothes, a wide brim hat, sunscreen, water bottles, snacks, work boots, tools, nail bags, sleeping bag, towel, TP, and personals, along with some emergency cash just in case. Dr. Bud will be taking his two

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trucks down, a Suburban and a Chevy “Dually” for his generator, compressor, air hammers, framing tools, and those who want to join him. You need not have prior experience to help us, but some common-sense use of tools is helpful. Painters, framers, roofers, drywall, and other laborers are needed to complete the task of completing our house in 2 days. We are looking for 15 good servants who want to do something

important for a family that could never afford a simple 16x20 foot, 3-room home like this. We are short of our total needed for the house by about \$3,000. We raised about a third of what we needed. Those wishing to give an “in kind” gift to this project need to make a check out to “BCM/ Casa de Dios” and mail to us with “Attention Casa De Dios” on check and envelope.

Either way, we will make sure that

the funds are there to complete the house by the weekend we build; your extra support will be greatly appreciated. To view the profile of the family that we are building for, pull up the Team Casa website at www.teamcasa.org.

Those wishing to build with us contact Dr. Budincich at his email address at DRBUDIMAN@aol.com and mention in the subject box “Casa de Dios.” ■

Annual Union Station Food Drive Date Set

Our annual Union Station Food Drive has been set for Saturday, Nov. 15. As many of you know, Union Station is a homeless shelter in Pasadena, providing food, health care, spiritual support, transitional programs, and other services for homeless adults. Although our country has enjoyed affluence over the last several years, since we began this program over a decade ago, homelessness is still a major problem in the Pasadena area.

To do our small part in helping our indigent neighbors, we hold this annual food drive to give Union Station a hand prior to the holidays when giving is usually depressed. Most people think of the needy around the holidays, particularly if times are good. But, this year times have been a little rough for many people, having lost their jobs, particularly in technology and other businesses depressed since 2000.

During the week of Monday, Nov. 10 to Saturday, Nov. 15, any *new* patients from your family that you

refer, that have not yet been chiropractic patients of our clinic, will receive a complimentary examination, and up to two x-rays of the area of complaint, for simply donating a bag of food, valued at least \$25. This is roughly 1/6th to 1/10th of the value of this service normally.

Existing patients of ours may receive a chiropractic adjustment on Saturday, Nov. 11 only, for bringing in a bag or a case of canned food, or food that has a consistent shelf-life. Those not wanting to take the time to purchase the food, may also simply write a check to Union Station Foundation for \$25, and receive an adjustment in exchange for that gift. In past years, we have raised over 3,000 pounds of food at one time, but our average has been 1,500 to 2,000 pounds. Our patients have always been generous during this program, and we are encouraged that this year will not be any different than the others. Thank you for your anticipated help. ■

May Red Cross Blood Drive – Another Success

Just a quick mention about our May Blood Drive, where our office raised over 26 pints of blood through the generous contributions of our patients and staff. Dr. Bud reached the one gallon point with his last donation, and is about to receive his one gallon pin. We hope that all of you will take advantage of giving blood with our clinic in the future, and in return receive a complimentary adjustment on us, as we have given you in the past. Our next blood drive will be Oct. 23, so mark your calendars now! ■

 **American Red Cross**

Half of all workers feel immune to injuries

More than half of all working Americans feel they are immune to workplace injuries, according to a survey conducted by Missouri Employers Mutual (MEM) Insurance. But statistics prove them wrong. Nationally, workplace deaths are up 6 percent in 2001.

In 2001, 3.9 million people – more than the populations of North Dakota, Montana, Wyoming and Nebraska combined – experienced a disabling injury, according to the National Safety Council. These figures exclude injuries resulting from the Sept. 11 terrorist attacks. This number has remained relatively constant since 1999. Major contributors include overexertion, coming into contact with an object or piece of equipment, and falls.

These injuries aren't discriminatory, says MEM vice president of loss prevention Bob Gibson. In 2001, employees in finance, insurance and real estate experi-

enced an injury every 1.8 minutes. Workers in wholesale and retail trades were hurt every 1.4 minutes. Government workers were injured every 1.1 minutes

and construction workers were hurt every 8 minutes.

Workplace deaths nationally were on the rise in 2001. The National Safety Council reports 5,300 people died on the job in 2001, excluding Sept. 11. That's up 6 percent from 2000. The leading cause of workplace deaths includes transportation incidents,

assaults and violent acts, and contact with objects and equipment.

"Many people adopt the 'It won't happen to me' attitude when it comes to something negative," Gibson says. "The reality is workplace injuries do happen. And they won't stop until employers and employees adopt safe attitudes."

Source: Marketwire. ■

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