



# LBPA TODAY

October  
2000

Information Update for Lansdowne Business and Professional Association Members

## Member News To Peruse

### COMINGS AND GOINGS

The **Thrift Shoppe for DCMH** recently witnessed a changing of the guard at its managerial position. Nancy Spanier has retired from the position, and has been replaced by former LBPA member and Lansdowne resident Dolly Kilcullen. Dolly is a longtime local volunteer and is well-known throughout the community. Stop by the Thrift Shoppe to say hello.

### LANSDOWNE SYMPHONY OPENS SEASON OCTOBER 22

The Lansdowne Symphony Orchestra will open its 2000-2001 season Sunday, October 22 at Centennial Hall in Haverford. The performance will begin at 3 p.m. and will feature works by Mendelssohn, von Weber, Faure and Ravel. This year marks the Lansdowne Symphony's tenth season under the direction of Irving Ludwig. Single tickets are available at the door and are \$15 per person; \$12 for seniors; and \$5 for students with valid I.D. For more information about this event or to learn about becoming a member of the Lansdowne Symphony Orchestra Association, call 610-284-3719.

### SYCAMORE TREE PARK DEDICATION

The Greater Lansdowne Civic Association is hosting the dedication of the Sycamore Tree park at LaCrosse and Wycombe avenues on Saturday, October 21 at 1 p.m. All are invited to attend and light refreshments will be served. The Sycamore Tree Park is the culmination of many years of hard work and dedication on the part of the civic association. Congratulations to them on a job well done!

*"There are risks and costs to a program of action, but they are far less than the long range risks of comfortable inaction."*  
— John Fitzgerald Kennedy

## The Four P's of Success

**Purpose.** Set short-term and long-term goals. The most successful people in the world set goals and then establish and follow a game plan to meet those goals.

**Perseverance.** Never give up on yourself or your dreams. Resilience, flexibility and adaptivity will help you realize your dreams and reach your goals.

**Personal Power.** The truly powerful individuals are those who share their humanity and give part of themselves to others. Empathy, compassion and understanding are the keys to personal power and influence.

**Passion.** Passion gives meaning to life. Without passion, life is merely a series of experiences. Pursue your passion, and you will find success.

## October Breakfast Meeting

**What:** October LBPA Meeting

**Where:** Doyle's Deli and Grille  
27 North Lansdowne Avenue

**When:** Thursday, October 19, 2000

**Time:** 7:30 a.m.

**Cost:** \$ 10 per person

**Details:** For more information or to reserve your seat, call 610-623-2091.

### LBPA Online



[www.shoplansdowne.com](http://www.shoplansdowne.com)

## Your LBPA Officers

### PRESIDENT

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Lansdowne Business & Professional Association  
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## Member Spotlight: Dr. Jeri Epstein, Lansdowne Family Chiropractic Center

One might think that Dr. Jeri Epstein was born and raised in Lansdowne. After all, her community involvement goes far beyond just treating local patients who visit her at her office, Lansdowne Family Chiropractic Center. She's a former LBPA board member, a regular volunteer at charity and community events, and constantly tries to improve the lives of those around her. In fact, she's in the process of making a donation to the Lansdowne Public Library for a nutritional education section. She professes her love for Lansdowne dearly, explaining that "from the minute I first came here, I fell in love with the community."

However, Epstein's roots lie to the north. She's a native Long Islander, and once had her own chiropractic office there. A graduate of Logan Chiropractic College in Chesterfield, Missouri, Epstein had established her office in Plainview, New York, after completing a fellowship in chiropractic pediatrics. But while visiting a cousin in Drexel Hill several years ago, she saw the ideal place for her to relocate. It was Dr. Walter Engle's chiropractic office, and it just happened to be attached to what she calls her "dream house." So on September 25, 1995, Epstein came to Lansdowne. "It seemed to be the perfect community to live in, and the perfect place for me because it was ideal for where I wanted to focus my practice — pediatric and geriatric chiropractics," Epstein says.

It didn't take her long to get involved with her new community. During that first week here, Epstein attended an LBPA meeting, and quickly studied up on the issues and events going on in Lansdowne. Six months later, she became an LBPA board member. As she explains, Epstein really began to interact with the community in April 1996 during a Kids Day America event. The day gave Epstein the opportunity to personally meet with the people of Lansdowne, getting to know their concerns and interests, and educating them about the benefits of chiropractics.

Five years later, her relationship with the people of Lansdowne is the foundation of her business. Her patients are appreciative of her work with them, and as a chiropractor, Epstein makes sure her patients understand how her treatment contributes to their well-being. She works together with her patients' physicians and enjoys a good relationship with people in all medical fields. To accommodate the various lifestyles of her patients, she keeps office hours from 9 a.m. to noon and 4 to 8 p.m., and is very flexible with her schedule, even treating patients by appointment on a Saturday or Sunday. "I have set office hours, but I do have a home office," she says. "So I offer 24-hour emergency visits."

Even her own ailments haven't been able to hold back Epstein's dedication to her profession. She has suffered both a fractured elbow and a broken foot. In both cases, she continued to practice, even if it meant wheeling around on a chair just to see patients. "It's impossible not to do what I can to help my patients," Epstein says. "I still need to be there for my patients."

*Remember...*



Epstein's versatility and skill in treating patients of many ages, conditions and needs has enabled her to develop a very broad range of visitors to her office. However, her focus remains on the two areas she specializes in — pediatric and geriatric chiropractics. "Seniors don't benefit from being overmedicated," she explains. "If chiropractics can reduce their need for pills, the healthier they will be. The same applies to children. But I do adjustments on all patients. I can do a low-force adjustment on an infant or a geriatric patient, but I can also just as well adjust a football player or a truck driver."

For those who are unfamiliar with the basics of chiropractics, an "adjustment" is a broad term that applies to whatever technique the chiropractor decides will take the irritation off of the affected nerve. The point about chiropractics that Epstein stresses to her patients most is: patients must understand how their body works. "No doctor can be responsible for your health," she says. "The reality is that the body heals itself."

As she explains, any kind of pain and trauma that a person experiences is related to the body's nervous system. The role of the nervous system is why the spine is so important in pain management. "I use a sort of brain/body diagram," she says. "The nerves flow from the brain to the body, and from the body to the brain."

Epstein is celebrating her five-year anniversary in Lansdowne by offering a free consultation and examination to new patients through the end of the month. "The community has been very good to me," she says. "And I love to give back to the community."

For more information, call Lansdowne Family Chiropractic Center at 610-626-5661.