

25 Years of Giving & Health

One of Ottawa's Most Trusted Health & Wellness Doctors has been Helping Others to Help Others for the Past Quarter Century

For Ottawa Chiropractor and Health & Wellness Expert Dr. John Zielonka, Monday December 2, 2013 will start out just like any other day with just one exception – the vast majority of his patients and wellness clients he sees that day won't be paying for his services.

Monday December 2, 2013 will be this year's date for his "Annual Christmas Food & Toy Drive *with a Difference*", the difference being that as long as his patients and wellness clients come in with a new unwrapped toy or non-perishable food item, their chiropractic adjustment is on Dr. Zielonka. "It's one of the few true win-win-win situations"

says Dr. Zielonka. "Patients get healthy, they get to help others and they actually get a break for doing so". "I think it's great" says long time wellness client Sue Jones. I look forward to it every year".



Every year is the key phrase here. This year will mark the 25th year that Dr. Zielonka has been holding his Annual Christmas Food & Toy Drive with a Difference. In fact Dr. Zielonka says it is so near and dear to his heart that he actually began the event 2 years before he even graduated. The first year was pretty simple says Dr. Zielonka. "I was what was known as our class Grad Fund president, responsible for raising money and conducting graduation events, social events, charitable events and so much more. Many people don't realize that chiropractic colleges in Canada receive

absolutely no funding from the government – that's why tuition is typically 5 times as much as university. But even with that Dr. Zielonka took part of that grad fund money and he and 2 of his classmates went out and filled 3 shopping carts full of toys to donate to their local charity.

The second year the format changed where Dr. Zielonka organized "The Great Faculty Pie Auction" where Dr. Zielonka coerced the professors and clinicians to donate their faces to be hit with whip cream pies by the highest bidders. That year raised over \$1,500 again all going to charity.



Once Dr. Zielonka entered practice and from then on his Toy Drive has been in its current format. According to Dr. Zielonka while simply donating the proceeds from the day might raise more money, this format requires all participants to think about and actually make the effort to participate. This way also ensures that 100% of your donation goes right to where it is needed. Dr. Zielonka says that he and his children have actually been at some of the Christmas parties where he's seen the toy go right into the hands of the child receiving it. It works well for us says Brian Desjardins, president of Brighter Futures for Children, an Ottawa organization that helps single

parents and their children. They have been the main recipient of Dr. Zielonka's toys for more than the past decade now. "We and the children we help certainly do rely on Dr. Zielonka each year" says Mr. Desjardins. "We're not sure who we'll turn to if he ever stops doing this". Other local charities have included the Ottawa Mission, the Salvation Army, St. Patrick's Basilica and the United Way.

If you're looking to donate to Dr. Zielonka's 25th Annual Christmas Food & Toy Drive with a Difference he's more than willing to accept your donation but only current patients and wellness clients can get adjusted that day. He's so busy on that day that he can't see new patients during



the Toy Drive. If you call as a new client, however; he will donate your regular exam fee entirely to charity the rest of that week. By that time, what starts off as a single toy under the tree on the morning of December 2nd will see half of his reception area filled with toys and food just waiting to be picked up by local charities.

**25th Annual Christmas
Food & Toy Drive
Monday December 2, 2013**

You can find Dr. Zielonka at the Ottawa Chiropractic & Natural Health Centre in down-

town Ottawa on the ground floor of the World Exchange Plaza. He can be reached at www.excellenceinhealth.com or (613) 688-1036.