

# ELITE DENTAL CARE

Prosthetic & Family Dentistry

News from Dr. Lenihan

Fall 2015

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## Thank You Messages for Our Troops

Each year after Halloween we send care packages to our troops during the Thanksgiving season. We are asking for your help! Please bring your leftover Halloween candy and any other necessities you would like to donate to the troops. We will include them in the care packs! We also send note cards shaped like pumpkins. We have them in our reception area for you to use to write words of encouragement to our soldiers. We have had a great response to the note cards from the soldiers! We will be collecting items through the 1<sup>st</sup> week of November. Many thanks in advance for your help!



### We're In the Pink!

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Breast cancer is the second most common cancer in women. Family history is critical. Young women with relatives who have had breast cancer should have mammograms and/or ultrasounds before 40 years old. The good news is that you can survive breast cancer if it is found and treated early. Did you know breast cancer can occur in men? Over 2,000 men are diagnosed with breast cancer each year. Early detection is key! To recognize the month of October as National Breast Cancer Awareness month, we will be wearing pink jackets for the month! Spread the word about mammograms and early detection. Encourage communities, organizations,

### Insurance Changes –

Insurance seems to be changing a lot lately. It doesn't pay as much as it used to and some companies are switching to reimbursement plans or dropping coverage all together. Don't let your remaining benefits for this year go unused! If you have treatment not done, please call today to schedule your appointment before the end of the year!

### Welcome, Patricia and Deborah!

Please join us in welcoming two new team members to our practice. Patricia and Deborah both joined the practice in September. Patricia is a Registered Dental Assistant and has been in dentistry for 20+ years. She is married, has 4 sons & 1 daughter and enjoys singing at church. Patricia will be working chairside with Dr. Lenihan and is looking forward to getting to know our great patients! Deborah was born and raised in East TN! After spending time chairside as a Certified Dental Assistant, she graduated from the Dental Hygiene program at Roane State and has 12 years of dental hygiene experience. Deborah is very excited to meet each and every one of you!

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### **Congratulations! –**

We had 2 drawing winners in July! Autumn & Alexis Campbell won Baskin Robbins gift cards so they could enjoy a great end of summer treat! The August drawing winner was Danielle Gallardo. Danielle was able to enjoy a movie on us with her Tinseltown gift card! Hope you enjoyed some popcorn along with your movie! The month of September brings fall & football! Our September winner was Ginny Basseen! Ginny won a football theme dish with a gift card to purchase snack items to fill her dish! Our next lucky winner could be you – but only if you sign up at your appointment!

**Office Closings** - So that we may attend Continuing Education meetings and enjoy the holidays with our families, our office will be closed on the following dates: October 23 (Friday) and October 30 (Friday) – Continuing Education; Nov. 25-27 (Wed-Fri) – Thanksgiving holiday; Dec. 23-25 (Wed-Fri) – Christmas holiday; Dec. 31-Jan 1 (Thurs-Fri) – New Year's holiday. We appreciate your understanding when we must be out of the office!

### **Appointments**

Since your oral health and treatment care are very important, changing your scheduled appointments can be detrimental to your care! In order to offer available appointments to our patients that have been waiting, we ask that you call at least 48 hours in advance if you are unable to keep your reserved appointment. Last minute changes/cancellations can be difficult to accommodate. We reserve the right to charge a short-notice cancellation fee for appointments that are cancelled/changed with less than 48 hours notice. We understand that life happens at the last minute, and will take that into consideration. Thank you for your consideration of your fellow patients.



### **What's Cooking?**

#### **Sweet Potato Soufflé**

Potatoes: 3 Cups sweet potatoes (peeled, quartered,boiled)  
1 Cup sugar  
2 eggs  
1 teaspoon vanilla extract  
½ Cup butter

Topping: 1 Cup packed light brown  
1/3 Cup self-rising flour  
1 Cup pecans  
1/3 stick of butter; melted

Directions: Drain potatoes & put in mixing bowl; begin mixing; add sugar; add 2 eggs; add vanilla; add butter & mix thoroughly; coat baking dish with butter; pour potato mixture into dish; in a separate mixing bowl, combine all topping ingredients except melted butter; sprinkle topping over potatoes; add additional pecans if you want, pour melted butter over topping; bake at 350 for 30-45 minutes.