

News from Dr. Lenihan

Fall 2016

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 our office. We will include them in the care packs!

We also send note cards shaped like pumpkins for you to write words of encouragement to our soldiers. We have had a great response to the Thank You note cards from the soldiers! We will be collecting items or cash through the 1st week of November. Many thanks in advance for your help!



Communication System - In order to make communications with our office easier for you, we are using new technology! You can receive text and/or email appointment reminders. To confirm your appointments, please follow the prompts in the message. Thank you for the survey responses that have been submitted! We review each response for areas that we can improve upon. If you are happy with the service you receive, please refer your friends! Please call the office if you are unable to keep your reserved appointment.

Maximize your Insurance Benefits - Insurance benefits seem to be changing all the time. Premiums continue to increase and the benefit decreases. In order for you to MAXIMIZE your remaining insurance benefits, we recommend that you schedule any necessary treatment before the end of the year.

When you don't use your benefits, you may never be able to recoup the lost benefit. Due to holidays and end-of-year benefits, our schedule tends to fill quickly in Nov. & Dec. so, call today for your appointment!



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PRESORTED STANDARD
U.S. POSTAGE PAID
OAK RIDGE, TN 37830
PERMIT NO. 172

RETURN SERVICE REQUESTED



**Check out our website
& like us on Facebook!**



Congratulations! –

We hope everyone has enjoyed their summer! We have had great prizes over the past few months! Thank you for participating! Our July winner, Cassie Franse, won a gift card for delicious ice cream from Baskin Robbins and a gift bag filled with ice cream related items. Brooks Tomb was our August winner! Brooks won a gift bag with lots of neat school items. He was so excited and couldn't wait to take his winnings to school! See our Facebook page for his reaction! Our September winner, was Mike Gann! Mike won tailgate party items to enjoy this football season!

Office Closings - We will be out of the office Friday October 7th and Friday November 4th for Continuing Education.

We will be closed November 23-27 to observe the Thanksgiving Holiday, and December 23-27 to celebrate Christmas.

Thank you in advance for understanding while we spend time with our families and fulfill our required continuing education requirements. We wish you a great Holiday season and we thank you for being great patients!



What's Cooking?

Pumpkin Cheesecake Squares

Ingredients

Base

1 cup all-purpose flour
3/4 cup packed brown sugar
1/2 cup butter or margarine
1 cup quick-cooking oats
1/2 cup finely chopped walnuts

Filling

1 package (8 oz) cream cheese, softened
3/4 cup sugar
1 can (15 oz) pumpkin (not pumpkin pie mix)
1 1/2 teaspoons ground cinnamon
1 teaspoon ground ginger
3 eggs

Topping

2 cups sour cream
1/3 cup sugar
1/2 teaspoon vanilla

Directions

1 Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In medium bowl, mix flour and brown sugar. Using pastry blender, cut in butter until mixture looks like coarse crumbs. Stir in oats and walnuts. Press in bottom of pan; bake 15 minutes.

2 In large bowl, beat filling ingredients with electric mixer on medium speed until well blended. Pour over hot base. Bake 20 to 25 minutes or until set and dry in center.

3 Meanwhile, in small bowl, mix topping ingredients. Drop mixture by spoonfuls over pumpkin layer; spread evenly over hot filling. Bake about 5 minutes or until topping is set. Cool completely, about 2 hours. Cut into 4 rows by 4 rows. Store covered in refrigerator.