
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” or treats you would like to donate, to our office. We will include them in the care packs!

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

Tips for a Cavity Free Halloween!

We often think about the ghosts and goblins on Halloween but we seldom think about the tricks that the candy can play on our teeth. The sugar from the candy joins with the bacteria in our mouth and creates an acid that leads to decay. This does not mean we should skip the festivities, however, we can make wiser choices. Make your candy selection based on an article by The American Dental Association. Believe it or not chocolate is actually the best candy option because it is easily washed off the teeth. While children love sticky and gummy candies, they are harder to remove from the teeth. The gummy goodness is left on the teeth longer giving the bacteria its own Halloween party. Hard candies are not only sugar filled they remain in the mouth for a longer period of time bathing the teeth in sugar. These candies are also known for the ability to break the teeth causing a two-fold problem. The scariest candy of all is the sour candies. They pose several threats with the sugary hardness mixed with the acid that creates the sour flavor. This acid makes the hard enamel weaker and more susceptible to decay. Don't skip the trick-or-treat candy extravaganza but choose wisely. It is ok to enjoy these treats on occasion as long as you continue a good home care regimen. Brush at least twice daily and flossing once daily to ward off the cavity monsters. Be sure to brush after eating candy!



Congratulations! –

We've had great prizes lately! Our monthly drawing winner for August was Elaine Brubaker! Elaine won a movie gift card and basket filled with movie theater goodies! The Vols may not be on fire, but Ross White is! He won our UT game day basket for September's drawing. If you would like to win one of our awesome monthly drawings, be sure to enter your entry at your next appointment.

Office Closings & Holidays

We will be out of the office on the afternoon of the 19th, 20th, and 27th of October for Continuing Education. The more you know, the better we can work with you. For the month of November, the office will be closed on the 10th. Then, on the 22nd – 24th to observe Thanksgiving. We will be closed the 22nd-26th of December to celebrate Christmas, and the 1st of January in honor of New Year's Day. Thank you for understanding while we spend time with our families and fulfill our continuing education requirements. Happy Holidays!



Maximize Your Insurance Benefits -

Insurance benefits seem to be changing all the time. Premiums continue to increase as the benefit decreases. Now is the time to start thinking about utilizing your remaining benefit for this year. 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!



What's Cooking?

Very Berry Streusel Coffee Cake

Cake:

1 ½ C flour
¾ C old-fashioned oats
¾ C packed light brown sugar
2 tsp baking powder
¼ tsp cinnamon
½ C butter (1 stick)
¾ C milk

1 egg

Topping:

6 oz. fresh blueberries
¼ C old-fashioned oats
¼ C flour
¼ C packed light brown sugar
¼ tsp cinnamon

2 Tbsp butter, melted

Glaze: ½ C powdered sugar

½ Tbsp milk (+ additional if needed)

Preheat oven to 375. Brush 8x8 pan with oil. For cake – combine flour, oats, brown sugar, baking powder, salt & cinnamon. Mix well. In a smaller bowl, microwave butter to melt. Add milk & egg; whisk until well blended. Add egg mixture to flour mixture; mix until dry ingredients are moistened.

Pour batter into 8 x 8 pan; top with blueberries. Combine topping ingredients in medium bowl; mix well. Sprinkle evenly over blueberries. Bake uncovered 40-45 minutes. Cool 30 minutes. Mix glaze ingredients & drizzle over cake; serve warm.

think  pink

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