
Covid-19 Update

We are all concerned about the Covid 19 Sars pandemic currently spreading across the country and the world. The CDC has been distilling their info that they have been distributing to the media. Some of this information is not being emphasized despite its impact.

Generally speaking, paraphrasing the CDC Guidelines, when a person develops symptoms, within 10 days they are not infectious to other people and isolation should be discontinued. The CDC also says that when a person is asymptomatic, if they are tested positive, and remain asymptomatic 10 days from the test, they are not infectious any longer. No one, to date, has been re-infected after initial resolution of their infection.

Persons with co-morbidities need to be extra careful because the morbidities reduce the body's ability to resist the virus onslaught. Unfortunately, age over 65 is one of the primary co-morbidities along with Lung problems, Cardiovascular diseases, Diabetes, Cancer, and Obesity. Other medical problems are also concerning.

Many persons in our country are going to get this disease prior to development of a vaccine. Unfortunately, this is how Herd Immunity develops. Many people will have been infected with no symptoms. Those of us who get symptoms, those who get really sick, we pray will all heal and have a great 2021.

Candy for Our Troops

Help us show support for our troops! Every year after Halloween we send care packages to our troops. We are joining efforts with the **Rotary Club of Oak Ridge** to gather, pack, and ship candy and essentials.

Please join us in thanking our military for their many sacrifices by bringing in your extra Halloween candy, treats or necessities that you would like to donate. If you would like to contribute with a monetary donation, we will do the shopping for you!

We have the Pumpkin notecards at our front desk to jot down your words of thanks and encouragement.

The soldiers love and look forward to this yearly tradition of ours. We will be collecting items through the first week of November and really appreciate your help!

Stop Brushing Harder, Start Brushing Smarter!

Introducing something new! The PRO SYS Vario Sonic power toothbrush is ADA approved and has more to offer than the popular Soni Care power toothbrush. The PRO SYS power brush has the power of 25 intensities to customize your brushing experience. Combining 5 different soft brush heads and 5 levels of intensity gives 25 possible settings. Every setting is equipped with a 2 minute timer and a battery life that lasts 1 month!

You will fall in love with this brush! Now available at our office! You may want to add this to your Christmas Wish list!

We continue to offer the Oral-B Genius System! With the addition of the PRO SYS Vario Sonic system, we hope to offer options that will please everyone!

Maximize Your Insurance

Insurance benefits seem to be changing all the time. Premiums continue to increase as the benefit decreases. Start thinking about utilizing your remaining benefit for this year. In order for you to MAXIMIZE your remaining insurance benefits, you can 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 value. Due to holidays and end-of-year benefits, our schedule tends to fill quickly in Oct., Nov. & Dec. so, call today for your appointment!

No insurance? No problem! Ask us about our Membership Program! Our **Elite Care Value Program** is designed so that patients without insurance can maintain their oral health by continuing to receive quality care.

Last month we announced on Facebook and Instagram a giveaway of a Pumpkin themed basket filled with Fall goodies! We enjoyed reading your responses of thoughts that remind you of Fall! A big congratulations to the winner of the random drawing, Deanna B! Be sure to stop by our office to get your prize.

If you missed this drawing be sure to 'Like' us and 'Follow Us' on Facebook and Instagram @ElitedentalcareTN so that you do not miss the next giveaway!

Welcome Jessica!

My passion for the dental field began long before I graduated from Tennessee College of Applied Technology in 2015 as a RDA.

As the granddaughter of a dentist, my passion for the dental industry was shaped early. When I am not at the office, I enjoy spending time with my husband, Abe and Golden doodle, Liesl. The absolute favorite part of my job, is working with an amazing Team and being able to form relationships with patients. I truly look forward to seeing you again.



What's Cooking?

It's finally football time in Tennessee! **Pull-Apart Garlic Bread Pizza Dip** is sure to be a hit at every tail gate party you attend.

INGREDIENTS

- 3 c. shredded mozzarella, divided
- 2 (8-oz.) blocks cream cheese, softened
- 1 c. ricotta
- 1/3 c. plus 2 tbsp. freshly grated Parmesan, divided
- 1 tbsp. Italian seasoning
- 1/2 tsp. crushed red pepper flakes, Kosher salt
- 3/4 c. pizza sauce
- 1 c. mini pepperoni
- 2 (16-oz.) cans refrigerated biscuits (such as Pillsbury Grands)
- 1/4 c. extra-virgin olive oil
- 3 cloves garlic, minced
- 1 tbsp. freshly chopped parsley

DIRECTIONS

1. Preheat oven to 350°. In a large bowl, mix together 2 cups mozzarella, cream cheese, ricotta, 1/3 cup Parmesan, Italian seasoning, and red pepper flakes. Season with salt. Transfer mixture to a 9"-x-13" baking dish then spread pizza sauce on top. Top with remaining 1 cup mozzarella and pepperoni.
2. Halve biscuits and roll into balls, then place on top of dip.
3. In a small bowl, whisk together oil, garlic, and parsley. Brush on biscuits and sprinkle with remaining 2 tablespoons Parmesan.
4. Bake until biscuits are golden and cheese is melty, about 45 minutes, then cover with aluminum foil and bake until biscuits are cooked through, another 15 to 20 minutes.
5. Let cool 10 minutes before serving.

Submit your recipes!

We enjoy submitting our recipes for our newsletter, but we would **love** to see your favorites! If you would like your recipe to be featured in our next newsletter, submit it to us via email at info@elitedentalcaretn.com for consideration! We will pick one of your recipes to share! Pictures are great!

Office Closings

So that our team can spend time with our families, our office will be closed November 25th- 27th for Thanksgiving. We will also be closed December 23rd-25th, and 31st and January 1st to celebrate the Christmas and New Year's holidays. We appreciate your understanding and hope you and your family have a happy and merry holiday season.