

News from Dr. Lenihan

Spring 2017

LET'S FLOSS! - Did you know the idea of flossing first originated in the early 1800's? A dentist in New Orleans began advising his patients to use a thin silk thread to clean in between their teeth. The idea of flossing finally caught on around 1880; Johnson & Johnson took out a patent for dental floss. Throughout time, we have made immense advancements in the dental field; including floss! We have a variety of floss and interdental cleaners that can help remove the food trapped between your teeth, before it becomes plaque. The American Dental Association recommends brushing twice a day and cleaning with floss or an interdental cleaner at least once a day. The bottom line is that the best time to floss is the time that fits well with your schedule; flossing is an essential part of taking care of your teeth and gums. If you are unsure of how to floss, consult with any of our team members at Elite Dental Care!



Welcome Tabitha!

Please join us in welcoming Tabitha to our practice. Some of you have already had the pleasure of meeting her. Tabitha joined our practice in February and is assisting Dr. Bill chairside in the clinic area as a Registered Dental Assistant. Tabitha enjoys hiking, traveling, cooking, and is currently planning her wedding! We are happy to have Tabs on board!

Sun Safety

As the weather warms up and we enjoy longer sunny days, don't forget to protect yourself and your family from dangerous UV rays. The best way to protect yourself is to seek shade as much as possible. A large umbrella or tree can provide a lot of protection. When possible wear loose long sleeves and pants to help reduce your exposure to the sun. It is also a good idea to wear a wide brimmed hat to protect your face, ears, and neck. Sunglasses will protect the eyes and delicate skin around the eyes from sun damage. When choosing a sunscreen, the CDC recommends using a broad-spectrum with at least SPF 15-30. It is important to reapply every two hours and to check the expiration date prior to application. Don't forget to protect your lips by using a lip balm with SPF 15. Have fun but stay protected while in the sun!!

Do you follow our Facebook page? If not, you should! Keep an eye on the page for discounts, specials, and contests in the upcoming months. We love it when you comment and share our posts with your friends! If you love us, please let the Google world know by posting a Google review! Positive posts and reviews help our placement in the digital world!



Appointment Cancellation Policy –

In order to have reserved appointments available when you might need one, please be considerate about our office time. We try very hard to stay on schedule for your convenience and proper treatment. If we have an emergency appointment in the office, we are most cognizant of the schedule, but many times, quick treatment to control the problem is important.

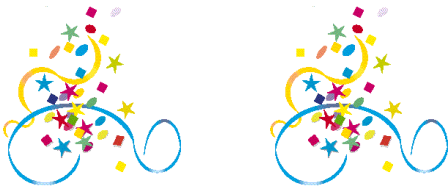
When you make an appointment, please remember that it is **RESERVED** time for you. Short notice cancellations cause lost time for you, other patients, Mandy, and Dr. Bill.

Our new communication system sends multiple texts and emails well ahead of your appointment. Confirming is easy. Cancellation needs to be done by phone.

We need to re-emphasize our cancellation policy: Please give **48 hours' NOTICE by PHONE** to be fair to all concerned. Our cancellation fee may be applied to a broken appointment or short-notice cancellation. – Thank you.



Visit our website
& like us on Facebook!



Congratulations! –

Congratulations to our recent monthly drawing winners! We have had great prizes over the past four months!

January's winner was Marcy Meldahl. Marcy won a gift card to Bone Fish Grill!

February was National Dental Health month. Denise Keirstead, was the lucky winner of an Oral B 5000 toothbrush! Karen Lampley won a gift basket filled with lavender scented goodies in March! And the winner in April was Lynn Housley. Lynn won a beautiful spring flower arrangement!

Be sure to sign up when you are in the office for your appointments!

Office Closings & Holidays

So that our team can participate in Continuing Education meetings, celebrate holidays and spend time with our families, the office will be closed on the following dates.

May 26 & 29 (Fri. & Mon.); June 23 & 26 (Fri. & Mon.); July 4 (Tues.), Sept. 4 (Mon.)

Thank you for your understanding when we are out of the office.



What's Cooking?

Old Fashioned Potato Cakes

Ingredients

- 2 cups mashed potatoes
- 1 cup all-purpose flour
- 1 onion, diced
- 1 egg
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1/2 cup vegetable oil, or as needed

Directions

1. Mix mashed potatoes, flour, onion, egg, black pepper, and salt together in a bowl until batter consistency.
2. Heat vegetable oil in a skillet over medium heat. Drop 4-inch circles of batter into hot oil. Cook until golden brown, about 5 minutes per side. Remove with a slotted spoon and drain on paper towels. Repeat with remaining batter.