

News from Dr. Lenihan

Winter 2017

Note from Dr. Lenihan – I recently attended a Continuing Education course in Atlanta about “Care of Elderly/Aging People”. While much information was transmitted, there were several major takeaways. It is critical that everyone gives us updates about their medical history. Several stories were told of medical and dental treatment being incorrectly given due to poor communication between patients and doctor/staff.

Please be sure to give us accurate updates on your surgeries, new meds, etc.

All people need to keep an eye on their health – blood pressure, weight, exercise regimen are critical. Many things Mom used to tell you.

Many people need topically applied Fluoride to prevent big problems on roots or around crowns/bridges they might have.

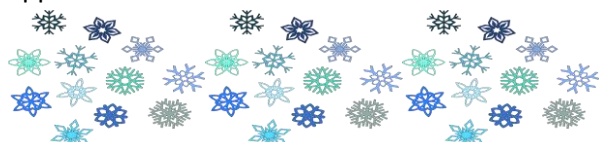
Help us Reload Our Food Banks:

- We are collecting non-perishable food items until the end of January to take to our Local Food Banks.
- We also accept cash for the Food Banks which they leverage and get more food for those serviced.

Thanks for your help!

Winter Snow Policy –

With the Winter Solstice behind us and 2017 in full swing, we’d like to remind you of our snow policy. The weather in our area can be unpredictable during the winter months. If we find snow and ice on the roadways, we will make every effort to be open. However, if we are unable to make it into the office, we will call our scheduled patients as soon as possible. If you are unable to make your appointment, please call us at your earliest possible opportunity before your appointment.



Care Packs Update: A huge Thank you goes out to our patients and friends that contributed items and money to purchase items for the care packs that went out in November. We were able to fill 4 HUGE boxes with Halloween candy, personal care items, your NOTES of Encouragement, and of course toothbrushes, toothpaste, and floss! The soldiers appreciate everything we send!

Change can be a Good Thing! –

1. In the last newsletter, we introduced you to our new communications system. To make communications easier for you, we can now send text/email appointment reminders! We have received feedback with varying degrees of approval – some of you LOVE IT and some of you – not so much. We ask that you give it a try! To confirm your appointments, please follow the prompts in the text/email message so that it will then show up on our end.
2. Thank you for your survey responses! We review each response for areas that we can improve upon. If you are happy with the service you receive, please refer your friends!
3. Our friendly hygienist, Mandy, is rejoining our practice! Many of you loved her great treatment and humor. We are excited to welcome Mandy back with us! She’s back beginning 1/30/17. Yeah!

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Congratulations! –

We hope everyone has enjoyed their Holiday's!
We have had great prizes over the past two months! Thank you for participating! Our October winner, Huck Sheffler, won a Trick or Treat bag filled with goodies; Sigrid Ludemann was our November winner! Sigrid won a Beautiful Thanksgiving center piece for her holiday table! Be sure to enter when you are in for your appointment!

Office Closings & Holidays

We will be out of the office Fri., January 20th, Fri., February 17th, and Mon. Feb 20th. We will be closed in observance of Good Friday on Friday April 14th.

We thank you in advance for understanding and look forward to taking care of all your dental needs.



What's Cooking?

Zuppa Toscana

- 1 lb Italian sausage (I like mild sausage)
 - 6 large russet baking potatoes, sliced in half, and then in 1/4 inch slices
 - 1 large onion, chopped
 - 1 cup bacon bits
 - 2 T. minced garlic
 - 2 cups kale or 2 cups Swiss chard, chopped
 - 2 (8 ounce) cans chicken broth
 - 1 quart water
 - 1 cup heavy whipping cream
1. Chop or slice uncooked sausage into small pieces.
 2. Brown sausage in your soup pot.
 3. Add chicken broth and water to pot and stir.
 4. Place onions, potatoes, and garlic in the pot.
 5. Cook on medium heat until potatoes are done.
 6. Add bacon.
 7. Salt and pepper to taste.
 8. Simmer for another 10 minutes.
 9. Turn to low heat.
 10. Add kale and cream.
 11. Heat through and serve