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### New Year's Resolutions for your Health

The New Year means a fresh start. A healthy mouth leads to a more healthy body and, as such, should be at the top of your New Year's resolution list. What does a "Tooth New Year's resolution" look like? It's actually very simple. 1. Replace that old toothbrush or brush head for those of you who use a power toothbrush. 2. Aim to brush for 2 minutes 3x every day. This leads to fewer cavities, fresher breath, and fewer tooth problems altogether. 3. FLOSS DAILY. (Nothing can clean between your teeth as well as good 'ol floss. This also leads to fresher breath and fewer cavities between the teeth). 4. Eating a healthy, well-balanced diet helps your teeth and overall health. 5. Drink plenty of fluoridated water... this helps fight the acid that can lead to cavities. 6. Visit your dentist regularly. We love to see your beautiful smile and like to play an active role in keeping it that way! Happy New Year!!

### Help Us Reload Oak Ridge Food Banks –

The Best Valentine you can give people...a good meal.

- ❖ We are collecting non-perishable food items until Friday Feb 9<sup>th</sup> to take to our Local Food Banks.
- ❖ We also accept cash for the Food Banks. They leverage and get more food for those serviced.



Thank you for your help!

### Office Drawing Winners!

Our monthly drawing winner for October was Charlie Morris! Charlie won a not-so-spooky Halloween basket.

The lucky winner in November was Angie Sheffler. Angie received a beautiful Thanksgiving centerpiece for her holiday table.

If you would like to win one of our awesome monthly drawings, be sure to enter your entry at your next appointment.

We have started a new contest! We have a new patient referral contest with quarterly prizes!

Congratulations go out to Maryann Zatkoff for winning our 1<sup>st</sup> patient referral contest held at the end of last year! Your referrals bring the best patients! We love it when you refer your friends and family...folks who want excellent dental care.

**Insurance Updates** - Many employers change insurance coverage at the beginning of the year. If you have NEW insurance (or ANY changes to your existing plan), it is very important to let us know **prior** to your appointment! If the old information has changed, your coverage may be different too.



**Winter Weather Policy** – With winter weather upon us, we'd like to remind you of our snow/ice policy. If we find snow/ice on the roadways, we will make every effort to be open. However, if we are unable to make it to the office, we will call, text, or email our scheduled patients as soon as possible. If you are unable to make it to your appointment, please contact us at your earliest possible opportunity.

### Office Breaks

Did you know we are open for appointments on Fridays? Also, in order to provide times and allow you to not impact your work schedules, we are open Martin Luther King, Jr. Day. We will be out of the office Monday Feb. 19<sup>th</sup> in recognition of President's Day and Friday March 30 for Good Friday. Thank you in advance for understanding and we look forward to taking care of your dental needs.



## What's Cooking?

### Easy Chicken Pot Pie

#### Crust

1 box Pillsbury™ refrigerated pie crusts, softened as directed on box

#### Filling

2 cups diced, cooked chicken  
¼ cup frozen mixed vegetables, thawed  
1 teaspoon dried thyme leaves

#### Steps

Heat oven to 400°F. Soften pie crust as directed on package. Remove 1 crust from pouch; unfold crust. Place crust in bottom and up sides of 1-quart casserole. Brown lightly.

In medium saucepan, combine all filling ingredients. Bring to a boil over medium-high heat, stirring frequently. Pour into crust-lined casserole.

Remove second crust from pouch; unfold crust. With small cookie cutter or sharp knife, cut holes in crust. Top casserole with crust; seal edges with fork or flute, trimming edges if necessary.

Bake at 400°F for 20 to 30 minutes or until filling is bubbly and crust is golden brown. If necessary, cover edge of crust with strips of foil after 15 to 20 minutes of baking to prevent excessive browning.

With so many different types of social media platforms, everything is virtually just a click away! Social media allows one to instantly access information and see what's going on in the world. Because Google reviews are important, we send a text or email to ease your review of your visit. Please respond! Your kind words are wonderful and we appreciate your thoughts for improvement! You can find us on Facebook or Instagram!

Our social media accounts can keep you "in the know" with office announcements. Make sure to give us a follow or like!



Our Facebook account is Elite Dental Care



Our Instagram account is @elitedentalcaretn