
New Year, New Decade, New You!

It's that time of year again! The time when resolutions are made and many have already been broken. An article in Good Housekeeping magazine discusses how to set feasible, small goals that can help simplify your life, get you in shape, and turn the most unorganized person into the chief of organization. The trick is to start small and make small tweaks daily. A new year begins as a clean slate and is full of many possibilities.

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called *Opportunity* and its first chapter is New Year's Day." - **Edith Lovejoy Pierce**



FEBRUARY = NATIONAL DENTAL HEALTH MONTH AND AMERICAN HEART HEALTH MONTH!

The dental industry recognizes the month of February as National Dental Health Month but did you know it is also American Heart Health Month? Did you know there is a connection between your oral health and your heart health? On February 12th, Deanna and Mandy are giving a presentation for Altrusa International of Oak Ridge on the oral health-heart health connection. Watch our FaceBook and Instagram pages for pics!

What is The Elite Care Value Program?

No insurance? No problem! Is your insurance expensive with poor payments? Is your insurance operating on a Usual and Customary Fee Schedule 10 or more years old?

In an effort to make our dental practice better for you, we are now offering the **Elite Care Value Program** - our own "in-office" dental membership program for patients that do not have dental insurance benefits or want to better control costs. Preventive dental services are included in the annual membership fee, as well as a 15% discount on most restorative treatment and a 10% discount on services that require outside lab work.

You will receive exceptional quality preventive and restorative care. The Program will enable YOU to control your costs and, maintain your oral health! Because this is **NOT INSURANCE**, members need not worry about plan maximums, waiting periods, or treatment limitations!

Call today or check in with one of our team members for information on joining our **Elite Care Value Program!** Great care for you and save money too!



Office Closings & Holidays

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So that our team may enjoy the holidays with our families and attend required Continuing Education courses, our office will be closed on the following days: Monday Feb 17, and Friday April 10. Thank you for your understanding when we must be out of the office.



What's Cooking?

Slow Cooker Beef Barley Soup (heart healthy barley!)

Ingredients:

- 1.5 lbs beef stew meat, cut into bite-sized pieces
- 4 large russet potatoes, diced into ½ " pieces
- 2 carrots, peeled and cut into ½ " pieces
- 1 medium onion, diced
- 2 ribs celery, cut into ½" pieces
- 4 cloves garlic, minced
- 2 Tbsp tomato paste
- ½ tsp salt
- ¼ tsp pepper
- 1 bay leaf
- 1 Tbsp dried thyme
- 6 Cups beef broth
- 2/3 cup uncooked pearl barley

Brown stew meat in large skillet with 1 Tbsp oil for 2-3 minutes per side.

Add beef and all other ingredients to slow cooker, stir to combine. Cover and cook on LOW for 7-8 hrs or on HIGH for 4-5 hrs.

Remove bay leaf before serving.



What is forensic odontology?

The study of teeth related to forensics. This can include bite mark identification, identification of bodies through dental records, bite mark analysis, and aging of an unidentified person. Forensic odontologists work alongside police officers, medical examiners and coroners. They use information gathered during an autopsy to write a report explaining their findings. They may have to testify in court to defend this report.

February Special!

Discover the smile that you love! Our "Opalescence Go" prefilled professional whitening trays will make your smile bright, white, and beautiful! During the month of February, the kit will be on sale for \$60.00! That's a great deal just in time for Valentine's Day! Stop in the office to purchase yours!

