
Did you know that February is National Dental health month?? Did you also know it is American Heart Month?
American Heart Association.



The Go Red for Women movement is nationally sponsored by CVS Health, with additional support from national cause supporters. For more information, please visit GoRedforWomen.org or call 1-800-AHA-USA1 (242-8721). The American Heart Association's Go Red for Women movement encourages people to take action through the month of February by:

- Wearing red on National Wear Red Day, Friday, Feb. 5, 2021, to raise awareness about cardiovascular disease. The iconic Red Dress pin and other apparel are available at ShopHeart.org.

While nearly 80 percent of cardiac events can be prevented, cardiovascular disease is the leading cause of death in women, claiming the lives of 1 in 3 women.

Good oral health is essential for a child's overall health and well-being. Tooth decay can begin as soon as a child's first tooth is developed. It is important to begin good oral hygiene habits at a young age. This includes teaching your child to brush 2-3 times daily for at least two minutes, flossing daily, and visiting Dr. Lenihan every 6 months!



Office Closings

So that our team can spend time with our families, our office will be closed Monday, February 15th and Friday, April 2nd for the holidays. Thank you for your understanding when we must be out of the office.



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Since 1976, every American president has designated February as Black History Month and endorsed a specific theme.

The Black History Month 2021 theme, “Black Family: Representation, Identity and Diversity” explores the African diaspora, and the spread of Black families across the United States.

DENTAL ASSISTANTS RECOGNITION WEEK MARCH 7TH – 13TH

Dental assistants are a key part of the dental practice year-round, but they get a special week dedicated to them each year for all the great work they do! Today's dental assistants strengthen the entire practice and enhance patient satisfaction around the world. Dental assistants are committed to professional development and quality dental care. This week we celebrate by recognizing Dee and Leah!



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.

Insurance Changes

Insurance benefits seem to be changing all the time. Premiums continue to increase as the benefit decreases.

Many of your plans renew at the beginning of the year. With the renewal, there may be changes to your plan that you are not aware of. While it is your responsibility to know the details of your plan, we are happy to look into it for you. By arriving at your appointment 15 minutes early, you can give our team the necessary time required to review your plan.



What's Cooking?

Crock Pot Chicken and Dumplings

Ingredients

- 1 large onion *diced*
- 1 can cream of celery soup (10.5 oz)
- 1 can cream of chicken soup (10.5 oz)
- 1 tablespoon fresh parsley
- 1 teaspoon poultry seasoning
- black pepper to taste
- 4 skinless boneless chicken breasts
- 2 cups low sodium chicken broth
- 2 cups frozen vegetables *or peas and carrots, defrosted*
- 1 can refrigerated biscuits (8 pieces) *Buttermilk, Country or Homestyle*

Instructions

1. Add onion to 6 qt crock pot and top with chicken breasts.
2. In a small bowl, combine cream of celery soup, cream of chicken soup, parsley, poultry seasoning and pepper. Spread over chicken breasts. Top with chicken broth and cook on high 5 hours.
3. Approximately 1 hour (I allow 60 - 90 minutes) before serving (after 4 hours of cooking time), roll each biscuit thin and flat. Cut into 4 strips. Add vegetables to the slow cooker and stir. Add biscuit strips on top. Replace lid as quickly as possible.

To Serve

1. Remove chicken breasts and slightly shred. Add back into slow cooker and stir (this will break up the dumplings somewhat which is ok). Let cook an additional 10 minutes and serve.