



www.elitedentalcaretn.com

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News from Dr. Lenihan

Winter 2024

New Year! New Insurance?

Insurance benefits seem to be changing all the time. Premiums continue to increase as the benefit to you 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. If your insurance has changed, please arrive to your appointment a few minutes early so that we can change the insurance information in our system.

We have had questions regarding the new Medicare related dental programs. From what we understand, many of the plans will pay only if you see a Medicare provider, which we are not. For the plans that allow you to be seen outside of the Medicare provider network, the amount they do pay is quite minimal. Many of our patients have chosen to join our Membership Program instead of using the Medicare dental insurance.

No insurance? No problem! Ask us about our **Elite Care Value Program**. It is designed for people without insurance benefits. Check out the information on our website or ask any of our team members!

If you have treatment that you were putting off until the new insurance year, NOW is the time to get it done! Call today to schedule your treatment!

Tips for Staying Healthy During the Winter Months

Focus on Good Nutrition

Eating a well-balanced diet full of vitamins and minerals can help to support your immune system so it can be better prepared to fight off germs. Certain vitamins and minerals like vitamin C, vitamin D, and zinc are the most effective in helping ward off infections

Get Adequate Sleep

Sleep is essential to allow our bodies and minds to recharge every night. Practicing good sleep habits by going to bed at the same time each night and limiting technology use an hour or two before bed can help to ensure better sleep.

Exercise is a must – And Reduces Stress

At least 30 minutes of moderate cardio each day can help support your immune system. Exercise helps to increase white blood cell counts and ward off infections. If you are sick, it's best to rest and allow your body to recover before engaging in any strenuous activity.

Stay Hydrated

Drinking water is very important, even in the colder months. It's recommended to drink 8 cups of water a day to help with brain and body function.



Dental assistants play a major role in every dental office by strengthening the entire practice and enhancing patient satisfaction. To show appreciation, they get a special week dedicated to them each year in March! Dental Assistants are committed to professional development and quality patient care. This week we celebrate by recognizing Lindsey and Zoe for all the great work they do! We couldn't do this without them! Be sure to show them your appreciation when you are in the office!

Children's Dental Health Month

We celebrate National Children's Dental Health Month in February! 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 a dentist regularly.



What's Cooking? Sausage Balls

Ingredients

- 1 pound ground pork sausage, at room temperature
- 2 cups biscuit baking mix
- 1 pound sharp Cheddar cheese, shredded
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Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Combine room temperature sausage and biscuit mix in a large bowl; mix with your hands until well combined. Add shredded Cheddar cheese and mix until fully incorporated. Roll mixture into about 30 walnut-sized balls; transfer to a baking sheet.
3. Bake in the preheated oven until golden brown and sausage is cooked through, 20 to 25 minutes.



SNOW & ICE

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 CLOSINGS

So that our team can observe upcoming holidays, our office will be closed Monday, Feb. 19th, and Friday March 29th. We will be adding future dates so that our team can attend Continuing Education courses. Keep an eye on our Facebook page for future closings. Thank you for understanding when we are out of the office!