
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. Nutrition is critical, as well. Avoid sweetened drinks; eat whole foods; and check out the new Food Pyramid.

Dental Assistant Recognition week March 1st- 7th

Dental assistants play a major role in every dental office by strengthening the entire practice and enhancing patient satisfaction. Dental assistants are committed to professional development and quality patient care. To show appreciation, they get a special week dedicated to them in March each year!

We celebrate by recognizing Deanna and Emily 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!

Tips for staying Healthy in the Winter Months

Focus on Good Nutrition

Eating a well-balanced diet full of veggies, fruit, and protein can help 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 and emotional well-being. 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.

Winter Weather Policy

With Winter 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.

Great Deals on Oral Care Products!

We have some great deals on Oral Care Products!

Our **Opalescence Home Advanced** teeth whitening kit is a favorite! Pick one up for \$68!

Patients love the **WaterPik Aquarius Water Flosser**! We can offer this terrific product to you for a below retail price of \$95!

The **Oral-B IO Electric Toothbrush** is the newest power brush from Oral-B. This kit includes the IO electric toothbrush with 2 brush heads, large size Crest Pro-Health toothpaste, Crest Pro-Health Advanced Multi-Protection mouthwash, and Super Floss! This kit is priced below retail at \$150!



What's Cooking?

Slow Cooker Beef Stew Ingredients:

- 3 pounds cubed beef stew meat
- ¼ cup all-purpose flour
- ½ teaspoon salt, or to taste
- 3 tablespoons olive oil
- 3 tablespoons butter
- 3 onions, sliced
- ¼ cup red wine
- 4 large potatoes, cubed
- 1 cup baby carrots
- 1 tablespoon dried parsley
- 1 teaspoon ground black pepper
- 2 cups boiling water
- 1 (1 ounce) package dry onion soup mix
- ¼ cup warm water
- 2 tablespoons all-purpose flour

Directions:

1. Place meat in a large plastic bag. Combine 1/4 cup flour with salt in a small bowl; pour into the bag and shake to coat meat.
2. Heat olive oil in a large skillet over medium-high heat. Add floured meat and cook in batches if necessary, until evenly browned on the outside. Transfer meat to a slow cooker.
3. Melt butter in the same skillet. Add onions and sauté until softened. Transfer to the slow cooker. Pour red wine into the skillet and stir to loosen any browned bits of food on the bottom. Remove from the heat and pour into the slow cooker.
4. Add potatoes, carrots, parsley, and pepper to the slow cooker. Stir 2 cups boiling water and dry soup mix together in a small bowl; pour into the slow cooker.
5. Cover and cook on High for 30 minutes. Reduce the heat to Low and cook for 6 hours, or until meat is fork tender. Mix 1/4 cup warm water and 2 tablespoons flour together in a small bowl; stir into stew and cook, uncovered, until thickened, about 15 minutes.

New Statement System!

We have been happy to file your insurance claims for you, and accept the payment from the insurance companies. Our front office team tries hard to estimate your portion due when you are in the office, and we appreciate your payment at that time.

However, insurance changes and fluctuations can sometimes cause a remaining balance and delay payments. These are your responsibilities. Due to the increasing costs of postage, **we are now emailing/texting statements instead of snail-mailing them.**

- The email and text contain a secure payment link. If you prefer, you can still send a check or call the office with your credit card payment over the phone when you receive the email/text.
- Another option will be to have you pay in full at the time of your appointment and have your insurance reimburse you directly.

OFFICE CLOSINGS

So that our team can attend Continuing Education meetings and observe holidays with our families, our office will be closed on the following dates:

February 16th, April 3rd, and March 16th

We may be adding future Continuing Education courses in the Winter. Keep an eye on our Facebook page for future closings. Thank you for understanding when we are out of the office!