Johnnie's Journal

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A Note From John

Hello everyone and welcome to spring and the transition to summer. Today I write from Rothsville's hill as I watch the fog of a spring shower obliterate our normal view of our valley. I can only see so much, a few tree tops peeking above the mist. Makes me wonder what is going on that I cannot see and what is still there from memory that I can count on not changing.

Have you watched the blind persons white cane "look" while its operator trusted its input? Have you ever watched a blind person feel the elevator sign to see what floor they were on? Have you watched the bugs crawling up a log, their antennae looking and feeling their surroundings?

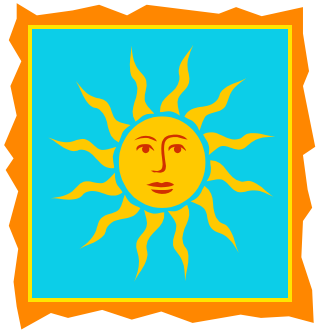
It is certainly true what they say about our senses. If we are without one the others compensate and become super charged in their abilities to help us see. I have always held in awe the one who has been changed with a loss and has regrouped to become more than one who has it all. They see better, hear better, walk better and live better.

What is it they have that we might learn from? I contend a lot of their abilities come from an attitude. The support groups for those without the abilities to see range from parents to friends. I have had countless conversations with my friend Artie who has recently retired from helping Martha see. His attitude was impeccable with helping her, albeit in our presence he was workin' it for a treat of some sort! He provided the sight, she provided the trust.

What's the point? You go to trust something and count on it, even when you cannot see it. You might consider being quiet to enjoy your senses more and learn to use them better. Listening better helps you see better. Gratefulness and joy are compounded when one sees better as well. Enjoy the rain, your quiet times and be happy people. It is a choice, choose it.

Best to you all,

John



Staff Favorite Eats in the Summer:

Dr John: The Miner's Club @ Iron Valley Golf Course
Dr Sara: Dockside Willie's in Wormleysburg
Jody: The Deck @ The Dutchmaid
Tia: The Black Horse patio
Char: Cabana's in Cape May
Jolene: Little Dickie Q's @ Foxchase Golf Course
Megan: Dockside Willie's in Wormleysburg
Melissa: Beverly Hill's Tavern
Katie: The Deck @ The Dutchmaid

Let us know where your favorite place is for the summer! We love trying new places and having summer fun. Happy Summer, Tia

What's Happening With the Office Staff ?

Dr. John ~ John and his wife Becky will be spending a week in Nantucket this summer and then head to the OBX in September for their yearly beach week. There's lots going on at the house after the big winter clean up and things are looking great for summer. Grilling on the big green egg is on the schedule as well as sitting by the new fire pit and enjoying the company of friends and family.

Dr. Sara ~ Sara will be heading to the OBX in September with her husband and family for a week at the beach. She is working full time at the office and enjoying meeting all of you.

Tia ~ It's time to be on the cycle again and enjoy riding with her husband Shawn. Tia will be exploring the West with Shawn and friends and then riding their cycle back to the East Coast in June. Lots of work around the pool and building a new fence are on the summer schedule too, then it's off to the OBX in September. Tia's also turning the big **40** this month so be sure to wish her a happy birthday.

Char ~ Nick will be heading to 5th grade in the fall and Shaggy and Scooby are continuing to entertain the family. Char will be spending a week in Cape May with her family this summer as well as hiking, biking and enjoying the outdoors.

Megan ~ Baby Grant arrived in March! Megan is adjusting to motherhood and will return to work this month. Meg's brother is getting married this fall and Meg is looking forward to spending time with her family and celebrating in New York.

Jolene ~ Jo is busy with work, Gavin, Ross, Mia and home life. They are all looking forward to a fun summer of picnics, biking and pool time.

Melissa ~ Mel is looking forward to summer fun with Kaleb and Alyce. They'll be enjoying their new horse, Beamer, and new guinea pig, Pika , and the dog, cat and duck, yes duck. Pool time and fun family activities are on the summer schedule.

Katie ~ Baby Everleigh arrived in May! Katie is enjoying motherhood and will be returning to work in July. A week at the beach is on the summer schedule with Mark and his family.

Jody ~ Zach is coming home in September and doing a comedy show to benefit the DJD foundation. Hannah moved into her new home in April and Cris, our exchange student from Mexico, will be returning home this month after spending the school year with us. I'll be spending girls week in Rehoboth in September with a bunch of friends.

Jody

PS—From all of us to all of you, thanks for giving us a job! We are grateful everyday for the choice you have made to be a part of our dental family.

Yep, the air conditioning is on!

Some days you'll find it's a bit cold in the office. Dr John likes to keep it cool and it's also important for us to keep the humidity out of the office. The humidity can affect the way our dental materials set up and also the way they are stored. Some of our patients dislike the chill in the office but are hesitant to say anything. Please let us know as we want you to be as comfortable as possible at your appointment. We'll be glad to give you a blanket to cover with or a scrub jacket to wear if you would prefer to have your arms covered. Remember, your comfort is our priority.

Have a great summer and stay cool!

Mel and Katie

Quinoa & Veggie Pilaf

1 3/4 cup reduced sodium chicken broth
1 cup quinoa, rinsed and drained twice
3 Tbsp olive oil 2 tsp minced garlic
1 cup diced red bell pepper
1 cup diced orange bell pepper
1 cup chopped asparagus
1 cup diced zucchini
1/2 tsp salt plus more to taste
1/2 tsp black pepper plus more to taste
1 Tbsp lemon juice, plus more to taste
1/2 cup crumbled feta
1 Tbsp chopped fresh flat leaf parsley

In saucepan, bring broth to a boil. Add quinoa, cover, and reduce heat to a simmer. Cook until quinoa is tender, about 15 mins. Remove from heat and fluff.

While quinoa cooks, heat oil in skillet over medium heat. Add garlic, bell peppers, asparagus and zucchini. Season with salt and pepper. Sauté until tender, 7-8mins. Add quinoa, lemon juice and feta. Spoon into a serving dish, top with parsley. Enjoy, Tia

Hygiene thoughts -

As hygienists, we often get asked "what are you scraping off my teeth"?

There are two different types of debris that builds up on our teeth. Plaque and Calculus (better known as tartar)

Plaque is the soft, sticky, colorless film that continually forms on our teeth. It is made up of bacteria that secretes acids that are responsible for decay and gingivitis. These bacteria, by the way, love sugar as much, if not more than we do! Anything we eat or drink breaks down into sugar, and that sugar fuels the bacteria causing even more damage. (Another reason to kick that soda and candy habit!) Removal of plaque is not difficult, but consistency is important. To remove the plaque all you have to do is brush thoroughly after each meal, floss once a day, and see your friendly hygienist regularly.

Calculus (tartar) is analogous to concrete. It is made up of millions of bacteria that harden on our teeth with calcium phosphates that are found in our saliva. This tartar traps stain and causes tooth discoloration. It hardens on the tooth, both above and below the gum line, and cannot be removed with your toothbrush.

If you have any questions about proper brushing or flossing techniques please ask us! We are always happy to help!

Char, Jo and Meg

Chemotherapy and Dental Treatment

So here we go again trying to make ourselves better! Over the past few months we have come across multiple occasions where a patient informed us they were undergoing chemotherapy. I had always known there is a guideline for when it is appropriate for patients undergoing chemotherapy to have dental treatment, two weeks after the last chemotherapy treatment and at least one week before the next treatment. I decided this was not an in-depth enough answer for me leading me to consult with a few oncologists. Here are our concrete guidelines and reasons behind them.

If a patient is undergoing chemotherapy they should not be scheduled for any dental treatment including prophylaxis until they have consulted with their oncologist to make sure their white blood cell count and platelet counts are adequate enough to support the natural cycle the immune system takes after dental treatment of any kind. More often than not this will usually occur after chemotherapy treatment is complete, but should be a decision made by the treating oncologist. The reasoning behind this is when dental treatment occurs, bleeding may occur. The mouth is full of bacteria which get introduced into the blood stream during dental treatment. If the immune system is severely compromised as in the case of someone undergoing chemotherapy, this could do more harm than good. We care about you and want to do the best we can for you. If you are undergoing or about to start chemotherapy please let us know so we may schedule you an appointment before you start chemotherapy or consult with your oncologist if you are currently undergoing chemotherapy treatment.

Thanks and many blessings,

Dr Sara

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Office Hours
Monday—9:00am to 5:30pm
Tuesday—9:00am to 7:00pm
Wednesday—9:00am to 5:30pm
Thursday—7:30am to 7:00pm

Always Accepting New Patients



LIGHTS, CAMERA, ACTION LETS GO TO THE MOVIES!



Dr John and Dr Sara Gotwalt will be hosting a **free** movie morning on Friday July 18th at Penn Cinema. We'll be showing one of our favorite movies, **FROZEN,** appropriate for all ages and serving a light breakfast. Doors open at 9:00am and the movie will start approximately 9:30am. It's a **free** fun movie morning! Please stop in the office to pick up your **free** tickets. There's only 200 tickets available and it's first come first served. Come on over and pick up those tickets! ALL children MUST be accompanied by an adult. Tickets are for patients of record only. See you at the movies! Jody

PLEASE REMEMBER TO UPDATE YOUR CONTACT INFORMATION, CHANGES IN YOUR HEALTH AND MEDICATIONS, AND INSURANCE INFORMATION AT EACH APPOINTMENT. WE APPRECIATE YOUR HELP!