Johnnie's Journal

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A Note from Doc ~ My Front Porch

I have found myself sitting and watching our world pass through a bit more the past few months. I drove through my old home town a few days ago and remembered all the years spent there. We were raised by the generation which bought our freedom and the worlds', and then returned home to live and rear families. I remembered the countless times we walked to school, passing the street corners protected by the crossing guards. Oh how we looked at them with peer respect as they guided us to the other side. I passed all the homes where mothers watched their charges march by and the older ladies acknowledged our behavior, good or bad. People were talking, exchanging gossip and pleasantries and the local news. The police chief was always there. I drove past the playground where we always met in the pavilion which is no longer there. Summers provided activities from crafts and hikes to organized athletics . Laughter was predominate and tears but on few occasions. We grew up there and were indirectly and directly mentored in social skills. I also passed the porch of Bob and Esta. We could always stop in the kitchen for safety or a cookie. Many gatherings were held there, with the elders and kids. All day events with multiple servings of food made the day fly by. I drove past where one of our homes no longer stands and could still see our streets' resident grandparents. They always walked holding hands. He taught me how to plant and harvest potatoes.

I wonder today where the porch and community have gone? Is facebook the new porch? Do all those little devices teach how to look into another's eyes and read emotions? Do those devices teach fairness and how to make a gimp lanyard or teamwork? Can those kids hear the world or even the wind in the trees for that matter much less the tone of conversations? Or is this the next generations old person coming of age and wondering where the good old days went? There is something in the depths of my soul that says there is something wrong with the use of our new directions. Today's news tells us the science is now recognizing we might need to detox from digital input…..duh! Reason, reaction, common sense, and more cannot be digitized.

Clearly I am spending a bit of time thinking about us, and answers not always in front of me. I would submit that you can find me on our porch. Turn off your devices, look at me and lets talk. You are always welcome.

Blessings, John

Heading into the future with Social Media

As a reminder to those that already know and for those of you who have no idea, you can find us on facebook @ Dr. John T. Gotwalt D.D. S. We are using this to keep everyone up to speed on daily happenings here at the office including any change in hours, emergency closings, and anything happening with Dr. John, Dr. Sara and staff members. We are also using this for Dental related articles and Dental fun facts. So please be sure to "Like" us on Facebook, we sure would like to hear from you.

Also for those of you who don't know we now have a new website, our address is www.drgotwalt.com. You can access our newsletter here, find our phone number, see what our hours of operation are and check out the doctors & staff. We are also in the process of beginning a blog that you will be able to access on our website as well, look for that coming soon. Please remember to tell your friends and family to check us out too. We are always accepting new patients and love to meet new people!

Thanks, Tia

What's Happening With the Office Staff ? ~ Jody

Dr. John ~ John and his wife Becky hosted Sara's wedding in October. Holidays were spent with family and as usual John was cooking up a storm. This winter John, Becky and friends will take a warm weather vacation. Spring will be time to get in the garden again and enjoy working outside.

Dr. Sara ~ Wedding bells were in the air in October when Sara wed Jason Shultz. They had a very relaxing honeymoon in Turks and Caicos. Beginning 2013 Dr. Sara has added Tuesday's to her schedule in the office and is here with us three full days. She'll be taking a warm weather vacation this winter with friends.

Tia ~ Uncle Kirk and Aunt Ruthie came in for the holidays with their two golden retriever puppies who gave Hank a run for his money. Tia and Shawn hosted one of the family holiday celebrations at their home cooking up a great meal in their new kitchen. Tia will also be heading to warm weather for a *much* needed winter break.

Char ~ Nick is in third grade at John Bonfield Elementary and doing great in school. Scooby and Shaggy continue to bring them lots of fun at home. Char likes making new and healthy recipes so feel free to share any you may have with her.

Megan ~ Holidays were very busy with time split between family in Pa and NJ. New Years Eve was fun in New York City with Meg's brother and girlfriend. Piper her cat and Squirt her turtle make her home complete. Meg and her husband are looking forward to a trip to Alaska this summer.

Jolene ~ Keeping busy with her family including twins Gavin and Ross, who are in second grade at Adamstown Elementary, and baby Mia who is 7 months old, keeps Jo out of trouble. When Jo is not in the office she can be found hanging out with the kids, going to wrestling matches and enjoying her time with friends.

Melissa ~ The kids, Alyce and Caleb, are growing so fast! Alyce is in kindergarten and Caleb is in third grade, both at Adamstown Elementary. Mel and her family have an ice skating rink in their back yard providing lots of outside fun to the family and neighbors. A weekend jaunt to Michigan is coming up soon.

Katlin ~ Katie loves being a wife to Mark. When she's not assisting Dr. Sara she works at Sharp Shopper in Ephrata. She enjoys spending time with her friends, shopping and dining out. If you hear someone singing or humming a tune at the office, most likely it's Katie.

Jody ~ We spent Thanksgiving in Pittsburgh visiting my son Zach. I returned again in December with Hannah and some friends to see Zach do his stand up comedy shows. In January Hannah and I will spend a weekend in NYC with friends from Hawaii and in February I'll be taking a road trip with 6 friends to Charleston, Savannah, and Tybee Island. Seven girls, a conversion van, 9 days on the road and fun fun fun!

Ultimate Green Bean Casserole with Crispy Fried Shallots—Tia

Unsalted butter for baking dish + 2 TBSP	Canola oil for frying + 1 TSBP	3/4 cup all purpose flour
Kosher salt /freshly ground pepper to taste	Cayenne pepper to taste	6 large shallots, peeled and sliced into rings
1 lb cremini mushrooms, sliced	1/4 cup chopped shallots	1 cup chicken stock
1 cup heavy cream	2 lbs green beans, trimmed, halved and blanched	

1. Preheat oven to 375. Butter a 13x9 baking dish.
2. In a 4 qt saucepan over medium-high heat, pour in oil to depth of 1" to fry shallots—line a baking sheet with paper towels
3. Put 1/2 cup flour in small bowl, season with salt, black pepper & cayenne—add sliced shallots, toss to coat evenly—fry shallots in batches until golden brown & lightly crisped, 5-6 minutes—transfer to baking sheet and lightly salt
4. In large saute pan over medium heat warm 1 TBS oil and melt 2 TBS butter—add mushrooms, cook, stirring occasionally until softened 2-3 minutes—add 1/4 cup flour, cook stirring constantly until fragrant, about 1 minute. While stirring constantly, slowly add chicken stock and then add the cream. Bring to a simmer, cook, stirring occasionally, until thickened, 3-4 minutes—Add green beans, season with salt and pepper—Transfer to prepared baking dish, sprinkle with fried shallot rings on top.
5. Bake until edges are bubbling and top is browned, about 30 minutes. Let rest 5-10 minutes before serving.
6. Serves approximately 8 as a side dish ENJOY!

Fun Dental Facts For Kids (and adults too!):

1. One in every 2,000 babies is born with a tooth.
2. Kids through age 6 years have 20 primary (baby teeth), grown ups have 32 permanent teeth.
3. Cats have 30 teeth and dogs have 42!
4. The Statue of Liberty's mouth is 3 feet wide!
5. An elephant's tooth can weigh more than 6 pounds!
6. George Washington did not have wooden teeth. His dentures were made of elephant and hippopotamus ivory!
7. Your mouth makes an average of 1-2 quarts of spit each day. Over a lifetime this would be enough to fill 2 swimming pools!
8. 100 years ago people used ground up chalk, lemon juice, ashes (from the fireplace) and honey mixed with tobacco as toothpaste. Yuk! Boy, have we come a long way!

We'll see you at the office soon. See what kind of fun facts you can find and tell us at your next appointment!

Char, Jolene, and Megan

ALWAYS ACCEPTING NEW PATIENTS WITH GRATITUDE

Why NOT Participating With Dental Insurance Is A Good Idea!

In the past year we have had a few inquiries about "signing up" to be a participating provider with dental insurance. Each time we are asked we rehash the benefits of being a participating provider. And each time we come to the same conclusion; we are not going to be a participating provider.

One of the reasons to consider joining are the new patients numbers would rise exponentially. Wow you would think this alone would make any dentist sign up, especially with two dentists in the practice now. If we increase patient numbers and begin to accept insurance payments as payment in full we need to decrease our patient time in half for most if not all of our procedures. Fill the chairs, empty them out, fill the chairs, and empty them out again. This would be our new mantra and one we do not want to participate with.

We are here to provide a service to you. You provide a job and income for all of us and for that we believe you deserve our time and attention. You are not a number here. You are not your insurance. You are not dollars signs. You are not managed care. You are not a contract. You're treatment is not dictated by the insurance company but by what you personally need.

So after discussing just this one reason we always seem to return to the same conclusion as the time we discussed it before – we are not going to participate with insurance. When you are here we want you to feel welcomed for all the right reasons. You are important. You have a name and it's your name alone and we should know it. You work hard for your money and may spend it any way you choose. We are honored you choose to spend some of it here and value your hard work to earn it. Your life is important to us. Your family is important to us. Your time is important to us. Your values, your interests and your health are important to us.

We understand we are not the office for everyone. But for all of you who choose to be here because you want to, not because your insurance tells you to, we thank you. Please be assured we will continue to file your dental claims for you, provide the insurance company with any requested information they may need, do follow up calls, resubmit your insurance when there is a problem, and go to bat for you with your insurance company in order for you to receive the benefit owed you by your insurance plan. Many dental insurance plans pay the same benefit if you go to a participating provider or non-participating provider. As always, we'll do all of this without any extra filing charges to you. We promise to be the best we can each day, providing distinguished family dentistry to all of you!

Jody

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

A smile is worth a thousand words.

Goodness, the past 6 months have been a whirlwind for me! I am now a Mrs. as of October 13th and Dad is so glad to finally have me married off! It was a perfect day made possible by Tia, Jody and Dad! If anyone needs event planners, I highly recommend them! My new husband's name is Jason and we have been together for 12 years, so, it was time I'd say. He works for the Hershey Company and has for the past 11 years; he is the district manager for the Philadelphia district. We like to say that he and I are in cahoots together because he makes cavities with his chocolate and I fill them!

It has been a year full of change, learning, and joy. I am thankful everyday for the opportunity to work in a place where I can learn, practice, and be myself all while surrounded by people who love me and our practice and make it possible to create the kind of dentistry that puts you all first. Without you all, I would not be here, so, a heartfelt thank you! Please keep talking about us and referring us to your family and friends so that I can keep practicing. Starting this month, I will be here 3 days a week which is quite an accomplishment for us and me! If we can keep growing, maybe I can graduate to 4 days!

Thank you all and a wonderful new year too!

Dr. Sara

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