Johnnie's Journal

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A Note From John
Autumn Festivus

Greetings from Rabbit Hill! Hopefully this finds you all gearing up for the upcoming row of food sit-downs, family joys and meltdowns, the hurry ups of trying to do too much in too short a time and all the while thinkin whether hallmark had anything to do with this.

I was cleaning up outside yesterday. I started the leaf blower and listened to that drone for over an hour and thought a lot of how my brother and I used to rake and talk while we did our chores. The great age of anti-social behavior started a long time ago. The din of machines wants to drown out our voices at times. We now have choices to put ear buds in, not listen to any stimulus we don't chose, comment to people we may or may not know and feel good that we are connected. Really?

There is something to be said about the slow movement. It may be the crockpot of living so to speak, slow down, simmer and take your time. There must be something to the line "simmer down" that rings to our penchant to hurry and get it done and lose the essence .
The autumn cycle cleans up the garden, plants some winter crops to give us hope, scrubs the flower pots, washes the patio furniture and stacks the wood. I hear a lot of moaning from some of you as this season arrives. Why don't we listen to what we can do as the seasons break for a rest as well? Read something, learn something, visit and actually look at and speak to someone, deliver joy, respond with thankfulness, create, sleep, listen, roast, love and give back.

You all bless us. We hope you feel the same for us as it gives us purpose. We are grateful for that.

A joyful thanksgiving and holidays to you all. Blessings,

John

CANDY, CANDY, CANDY

Our 2nd Candy Buyback was another success!!! We hosted our buyback program on November 3rd, 2014 and we collected 62 lbs. of candy! We work in combination with a non-profit organization called Operation Gratitude. We send all of the candy collected to California and in turn they send the care packages to our soldiers overseas where they will enjoy a little piece of Halloween. For every pound of candy we get, we also include 1 toothbrush and tooth paste for the troops to help keep those pearly whites clean. All of the kids that brought candy received $1 for every pound of candy. However, if you were an active patient you got to put your name in for a bonus prize. The winner this year was Miss Hannah Iddings!! We will be doing the candy buyback again next year so look for information on how to participate beginning October 2015. Thanks to all who participated.

Happy Holidays to all of you!

Tia

What's Happening With the Office Staff ?

Dr. John ~ John and his wife Becky hosted Thanksgiving dinner after a hiatus last year due to home renovations. They'll be spending Christmas with their families and in the new year heading south for a warm winter vacation. This fall Dr John attended a 4 day continuing education program with the PEAK group and another 2 day program in November.

Dr. Sara ~ Sara and her husband Jason celebrated 2 years of marriage this fall. Sara has been attending continuing education with her dad. This winter she will be heading south and joining her dad and Tia on vacation in St John.

Tia ~ Tia and Shawn had an awesome time on their motorcycle trip out west in June and are excited to be planning their next trip. Tia is hosting her families Christmas dinner this year and will be celebrating New Years with her friends. She and Shawn will be heading to St John with John and Sara for a warm winter vacation.

Char ~ Nick is having a great year in 5th grade and making his mom and dad proud. Nick will be playing basketball this winter and Char is really looking forward to watching Nick in action. Shaggy and Scooby can't wait for the Christmas tree to go up for the holidays. Family movie nights and dinners out are on the schedule for this winter.

Megan ~ Baby Grant arrived in March! Grant has been in two weddings and loves hanging out with the other kids in daycare. Meg is glad to be back at work and looks forward to seeing all of you at the office. She'll be more than happy to show you pics of Grant, you probably won't even have to ask!

Jolene ~ Gavin and Ross are in the fourth grade at Adamstown and are having a great school year. Mia turned 2 in June and is giving Jo and Dave a run for their money! Jo is looking forward to spending time with her family over the holidays.

Melissa ~ Mel and her kids are loving the cold weather. Time to get the ice rink set up soon! Kaleb is playing ice hockey and LAX and Alyce started cheerleading this fall. Mel never has a dull moment at home with two kids, a dog, a cat, a bunny, a guinea pig and a duck. Yep she's started her own zoo!

Katie ~ Baby Everleigh arrived in May! Katie is enjoying motherhood and Everleigh is such a good baby that it's been an easy transition for Katie to come back to work. There's always pics of Everleigh around so take a peek at this cutie when you're in the office.

Jody ~ We'll be heading to Pittsburgh early December to visit Zach and celebrate his 30th birthday. Hannah and I will then be heading to Mexico right after Christmas to visit our exchange students and their families. We'll also be attending a wedding while we are there and are excited to see how weddings are celebrated in Mexico.

Jody

Dental Insurance Maximums

We're heading towards the end of the year and many of our patients have questions about their maximum dental benefits remaining. It's a common question this time of year so we'd like to give you a little synopsis on dental coverage once again.

Your dental insurance is a contract between you and the dental insurance company. We do not have any part in the contract. There is a maximum amount of money allowable on your plan each year. This maximum varies widely depending on the dental plan you have. As a matter of fact, dental maximums have not been raised since the seventies when the maximum was $1,000.00 to $1,200.00 on average. As many of you know today, you have equal to or less of a benefit with your current plan. The insurance companies love to keep this fact very quiet. There are literally hundreds of dental plans, each with different maximums, percentages, covered procedures, and so on. For the most part, employers can get any kind of coverage they want for their employees. However, in recent years, employers are opting for the less costly packages, which in turn means less dental coverage for the employees.

Please feel free to contact your insurance company or human resource department with any questions you may have. Also, we'll be happy to help you determine your benefits available and coverage. We continue to file all your dental claims at no extra charge to you, go to bat for you if you need an insurance appeal, and help you get the most benefits due according to your plan. Most important, please remember, the insurance company's primary goal is to make money, not to benefit the insured. Jody

Blood Pressure at the Dentist

A lot of people ask us why we are taking their blood pressure at their appointments. We do this not only for our benefit but, for yours. We make sure to record your BP in your chart at each appointment so we know what is normal for you when you come in. If your BP is too high or too low we might decide not to follow through with your appointment. This is so we can avoid any medical emergencies that might arise. This also makes you aware of your BP so you may seek further medical attention if requested by one of the doctors. Please understand, we are concerned about your general health, not just your dental health. We want you to have the most pleasant experience here as possible.

Katie and Melissa

Hygiene thoughts -

Is it improper homecare that is the cause of my child's swollen tissue or is it actually over growth of tissue?

In some cases swollen tissue in children is due to improper homecare and the build up of plaque and bacteria that causes that swollen appearance. For the other half that does have great homecare and just can not seem to get rid of that swollen appearance that is called Gingival Hyperplasia, or the over growth of tissue.

For patients that present with issues like this we have now found that some medications can cause this to happen for a lack of vitamin B12. If there is a lack of vitamin B12, it can sometimes relate to the patients diet, such as being a vegetarian. In other circumstances we have found that using a Folic Acid oral rinse for patients can provide the amount of folic acid a person may need or is lacking to help reduce the gingival overgrowth. The patient would rinse twice daily for 2 minutes each time with 1 tbs (5ml). Over time this will help decrease the appearance and amount of tissue growth. Another note about this rinse is, it is not expensive, even without medical insurance to cover it.

If you have any questions about the rinse or about gingival hyperplasia please do not hesitate to ask, we will help you with whatever you may need!

Meg, Char, & Jo

Where did this camera come from??

Have any of you heard the term “comprehensive dentistry”? It is defined as: dental care which takes the entire oral system into account when diagnosing and rendering treatment. As a whole we think we do a pretty good job when it comes to taking our time and looking things over where the mouth is concerned, but there is always room for improvement. Some of you have already been subjected to our quest.

Our journey is taking us to not just a tooth by tooth diagnosis, but in trying to think down the road and what the long term goals may be for a patient. Our photographs help us in this thinking process. These photographs include 5 pictures taken with our large camera that let us see your smile, your teeth when you smile and individual shots of your upper teeth and lower teeth which include using a mouth mirror.

Our goal is to try to obtain photographic records on each and every one of you so don’t be surprised if we ask you randomly during your hygiene visit or any other scheduled visit if we may take photographs on you to update our records.

Thanks in advance for helping us get better for you!!

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

Joy to the world ~ Peace on earth

WINNER WINNER CHICKEN DINNER

As always we are welcoming new patients into our practice. Referrals are our #1 new patient source. Word of mouth is our favorite way of meeting those new patients. We would love to welcome more patients just like all of you into our practice!!

Dr. John loves what he does and is not going to retire in the near future so we need to continue building our practice for Dr. Sara. Please keep talking about us and spreading the word that we are accepting new patients. As an incentive we've decided to offer a bit of a contest to you.

We will be having a contest starting January 1st and ending January 31st, 2015. All you have to do is refer patients to the office. Whoever refers the most new patients to our office will win a gift card for a great dining experience. In order to be eligible for the dinner your new patient referrals must complete a new patient exam. Make sure to tell your referrals to mention your name when calling. Good luck everyone!!

Tia