Smiles by Sara

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It's a New Decade!

Well, I've turned 40 on May 4th. It's a new decade starting for me and I'm gong to embrace it with all I have!

The past 10 years have been incredible with lots of changes. I completed my dental residency at the VA hospital in Pittsburgh. Worked at a dental office in Downingtown and Mt Joy and joined my dads dental practice. I married Jason in 2012. I completed my Fellowship degree with the AGD and am working on my Masters degree (I'm almost there!). I am part of the PEAK continuing education program and participate fully with this organization attending classes and making presentations 2 times a year. I participate with Gold club where we fine tune our restorative skills with the age old technique of cast gold restorations. Jason and I are in the process of having our forever home built on the outskirts of Lititz and that is a huge project. And last but not least I purchased the dental practice from my dad and have become a business owner. Lots of new stuff to learn with being a business owner and managing a staff of 8. So what have I learned over the past decade?

I've learned you can't go it alone. It takes family and friends and staff to make everything happen. There is always going to be ups and downs and it's how you look at these events that determine how they affect your life. I learned that learning will always be a part of my life and that to be the best dentist I can be for all of you I will always need to attend continuing education and keep up on the latest techniques while not forgetting the basics. The basics are the foundation for everything! I've learned that no matter how much you plan things don't always work out the way you imagined. Keep planning anyway and set goals. One of the most important things I've learned is how important you all are to me and to the practice. I'll tell you we have the best patients! I love hearing about yourself and your families, your adventures, great moments and sad moments and I am blessed to be part of your families. And last but not least I have learned that laughter needs to be part of my life each and everyday. You can't laugh without smiling and smiling just makes the day better!

Here's to the next 10 years! And then to the next! Thanks for letting me learn and grow with you. We've got this guys!

With Gratitude, Dr Sara

Page 4 has our patient appreciation day information on it!!!

Finger-Licking Good Spicy Shrimp by Tia

This is one of our favorite dishes! It can be served as a meal or a great appetizer for a party. Don't forget to get a good baguette to serve with this dish, the sauce is perfect for dipping!

2-3 lbs large shrimp in shell/split and deveined
2 lemons, thinly sliced
1 lb butter
1/4 tsp dried rosemary and basil
1/2 cup Worcestershire sauce
2 tsp salt
3 tablespoons freshly ground black pepper
2/3 tsp Tabasco sauce
3 cloves garlic, peeled and lightly crushed

In large shallow glass baking dish place shrimp in a single layer. Cover with lemon slices. In saucepan, heat remaining ingredients to boiling. Pour over shrimp and lemons, cover and marinate over night in the fridge.

Bring shrimp to room temp before cooking. Bake shrimp in a preheated oven at 450 degrees for 20 mins.

Relax and enjoy the fun of peeling while you eat! The perfect meal after a game of golf, swim party or to serve at a backyard cookout! Your friends and family will love you for making this yummy treat!

What's Happening With the Office Staff ?

Dr. Sara ~ Sara will be coming up on a year of being the practice owner and she is doing a fabulous job! In February she and Jason spent some time in Hawaii and this September she'll be spending a week on the OBX with family and friends for the annual beach trip. She is continuing to work towards her Masters certification with the AGD and is continuing her implant education. Sara and Jason will be moving to the Lititz area in the near future. Stay tuned for more information on the move. Sara has been with the practice for 9 years.

Dr. John ~ John and Becky are enjoying a vacation in Italy with friends for two weeks. It's his first time across the pond and we can't wait to hear about this trip. In September he'll head to the OBX for his yearly beach vacation. He continues to attend continuing education and enjoy dentistry so you'll be seeing him here at the office for some time.

Tia ~ Tia and Shawn had an awesome vacation in Hawaii with friends for 2 weeks this winter. They are hoping for sunshine and warmer weather to start using their new outdoor living area soon. They will also be heading to the OBX in September for their annual beach vacation. Tia continues her work with Jan's Circle of Friends and was part of a fantastic night at Bent Creek in March raising over $30,000.00 for the foundation. Tia has been with the practice for 22 years.

Char ~ Nick will be going to Warwick High School this fall and Char is wondering where all the years went. She and her family will be spending a week in Maine this summer and taking a bunch of weekends to go camping locally. If you know of any fun camping sites Char would love to hear from you. Char has been with the practice for 10 years.

Jolene ~ Jo and her family will be heading to Myrtle Beach this summer for a fun beach vacation. Mia will be going to 1st grade this fall and Ross and Gavin will be heading to 8th grade. Jo and Dave are very busy with all the kids activities. They were all so happy to have the Eagles win the super bowl and headed into Philly for the parade. Jo has been with the practice for 8 years.

Ali ~ Ali and her hubby Mike spent 2 weeks in Hawaii with Tia and a bunch of friends this winter. They had an awesome time with their own personal guide. Mike lived in Hawaii and knew all the local spots to hit up. Ali's children Wes and Ellie are doing great with their careers in Philadelphia and Hershey. Ali has been with the practice for 1 year.

Katie ~ Everleigh turned 4 this month, baby Ellis, age 6 months, is one happy baby and there is another bun in the oven due in October. Guess we all know what Katie has been doing. She and her growing family will be taking a summer vacation in Wildwood NJ. With three kids, 2 dogs and a hubby she will be one busy mom. Katie has been with the practice for 8 years.

Kate ~ Kate has been enjoying the Pittsburgh Penguins and enjoyed a trip out to Pittsburgh to see the Penguins play. She and her boyfriend have a new member of their family, a little Corgi named Ein. He's a handful but gives them a lot of joy in their lives. Kate has been with the practice for 10 months.

Jody ~ I took that Viking River Cruise from Pasau to Budapest for my 60th birthday and fell in love with river cruising. It was an awesome adventure made even better by traveling with some awesome friends. My daughter Hannah had a surprise party for me and our one exchange student, Cris, came home from Mexico to help celebrate. In September we'll head to the OBX for our family vacation and then in October we'll head to Mexico when Cris's sister gets married. It's so much fun learning about other cultures and traditions. I've been with the practice for 23 years.

Notes

1. **We are accepting new patients at this time.** One of the best compliments you can give us is your kind referral of friends and family. Please pass the word if you love coming to the office and appreciate our personal care. Thank YOU!

2. Remember to update your med list and health history at all of your appointments. The littlest changes can make a difference in your dental health. We want to be part of keeping you healthy and the best way to do so is for us to be current on your meds and health conditions.

3. Please continue to update us with your cell phone number and email addresses. This is important so that we may keep in touch with you and your family regarding confirmation of appointments, change of appointment dates or times, weather cancellations and office closings. We will also continue to send the newsletter out by email and know how much many of you like to read this.

4. Follow us on facebook to keep current on what's happening at the office and to watch for a pop up contest where you can win a gift card. We appreciate all your comments and likes!

Good day friends,

Today we are blessed with a chilly, rainy morning. Sugar peas, lettuce and rhubarb are springing up in my garden. I started planting flowers yesterday, nasturtiums and zinnias, to add more color when summer shows up. I would like to share a few thoughts I have had. First a bit of business.

I am asked almost hourly why I am still here. I thought you retired. I don't see your name anywhere. Etc, etc. I AM NOT RETIRED. I have slowed down and am trying to learn what I have preached. That being our souls need a refueling stage. I have planned this for so long. I am blessed with my group of work mates. I am blessed having a friend in my daughter who has taken on the responsibility of ownership. We have always worked together without titles. It is no different now. You all are our reason and purpose. Be assured, I will let you know when I go poof and am gone.

The deeper thoughts this time center around a concept that involves listening behind and looking forward. I watch everyone and listen a lot. I hear so many times how we must make decision based on listening behind (experience) and choosing forward (what do I need or want). A lot of us want a guarantee these choices will work or bear fruit. A lot of us are frozen because we can't shoot the shot. Do you ever notice leaders are seemingly ok with asking for the ball, for the buzzer or draining the putt? Oh how I envied that apparent skill. Lately we watch some bluster their way to leadership positions. They have no guarantee either , other than history will judge them and us. It's ok to be led, to lead…. Best to be allowed to lead (that's team work).

Some of us talked about being able to ask for what you want. Communication begs to allow that to happen efficiently. The clutter of guessing is removed. Here's the clincher….. there are no guarantees! Pick the middle road, think it out, then shoot. Live with the results. Change if negative and don't repeat the same answers. Evaluate the positive outcomes and make sure they are true outcomes. Most of all keep living and making mistakes. If you aren't failing at something you are not living, trying, striving. Gosh I was so fearful of failure, making a move, and not being liked. I didn't start living until I accepted this as a positive. Embrace the difficult times, the I don't know why times as they are not weeds but blooms that become fertilizer.

Thanks for letting me in. I need you all and could not live fully without your help. Blessings, John

Is it Still Ok to See the Dentist When I'm Pregnant?

Your dental health is very important when you are pregnant. Keeping your regular checkups and cleanings in order to maintain healthy teeth and gums is of utmost importance. At your dental appointment, make sure to tell your hygienist right away if you are, or think you could be pregnant. Let them know any new medications you are taking, or if you are a high risk pregnancy. This ensures the dental professionals are able to take the proper precautions for you at your appointments.

During pregnancy your hormone levels change. This occurrence may cause your gums to become inflamed and bleed when brushing or flossing. There may also be an increased risk of developing tooth decay during pregnancy. A lot of moms deal with morning sickness ranging from slightly sick to very sick 24 hours a day. The stomach acid from this can cause erosion to your enamel and make teeth more susceptible to decay. You may tend to eat more carbohydrates when pregnant as well, which may also contribute to tooth decay. It's very important to maintain your daily dental hygiene routine which should include brushing at least 3 times a day and flossing 1 time a day.

Restorative and or emergency dental treatment during pregnancy is managed on a case to case basis. In the event you need treatment we will consult with your OBGYN and follow their specific protocol for your treatment.

Our goal before, during and after your pregnancy is to keep your oral health in optimal shape. With this goal in mind, it will be smooth sailing during your pregnancy.

If you have any questions or concerns, always feel free to ask and discuss them. Remember, it is important to let us know if you are pregnant at the beginning of your dental appointment.

Katie and Kate

TIPS TO MAKE YOUR CHILD'S FIRST DENTAL CLEANING GO SMOOTHLY

1. Bring your child along to your own cleaning appointments. This is a great way to introduce the staff, the sounds, smells and have he/she see what is done! Often we will invite them to sit in the chair and go for a "ride", and try to get the child to open so we can take a peek.

2. Read books explaining what your child can expect to have done when they visit. A few of our favorites are; Just Going to the Dentist (Little Critter) By: Mercer Mayer, The Tooth Book By: Dr. Seuss, and The Tooth Book: A Guide to Healthy Teeth and Gums By: Edward Miller.

3. Avoid using negative words that might create fear. Examples being; hurt, needles, gag or scary. Try to speak in terms of positivity; the hygienist will count & tickle your teeth, when you are finished your teeth will be so shiny or sparkly. Avoid going over the top in explanation, treat the appointment as something simple and routine.

4. Bring along a favorite stuffed animal or blanket for comfort.

5. Don't schedule an appointment during naptime.

6. Lead by example! Chances are if your son or daughter sees you brushing and flossing they will want to as well!

Our hygienists will often do what makes the appointment go easiest for your child. That may involve him or her sitting on a parents lap during the exam or not laying them back the whole way if that makes your child uncomfortable. We will not force your child to complete an exam that is not going well. Our intentions are to make the appointment go smoothly so they will want to come back again and again!

Char, Jo and Ali

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Office Hours
Monday—8:00am to 5:30pm
Tuesday—8:00am to 5:30pm
Wednesday—8:00am to 5:30pm
Thursday—11:00am to 7:00pm

Always Accepting New Patients

We have room for a few more new patients. If you know someone looking for a fantastic office please send them our way! Thank you!

Patient Appreciation Day



When: Saturday July 28th 2018
Time: doors open at 8:30am - movie at 9:30am
Where: Penn Cinema—IMAX theatre
Details: a light breakfast will be served the snack bar will be open for your purchases
What you'll need: a ticket to enter the theatre
Call the office at 717-627-6980 or shoot us an email to jody@drgotwalt.com to reserve your tickets—you may pick up your tickets at the office or we will mail them to you.

Note: This event is for active patients of the practice. If you have a ticket and know you can't use it please let us know so someone else within the practice may use the ticket. We have had a list of people waiting for tickets and we hope to avoid that this year by opening up the IMAX theatre. We will be able to host 400 people this year, double our count from previous years. We've also scheduled the movie on a Saturday to hopefully see more of your smiling faces at this fun event!

SEE YOU AT THE MOVIES!