Johnnie's Journal

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Hello Springtime!

I so enjoy the beginning of this season. I love the colors, vibrancy, natural beat of life beginning the cycles all over again, birth, and the umami of it all. The fullness of the blessings of the season brings us that sixth sense.

Let's go there with the "ness" words. Fullness, gratefulness, humbleness, thankfulness and forgiveness. Pretty tough crowd, those words, by themselves representing life lessons learned, attitudes to strive for, anchors to park your soul to.

Listen people. The trick in fullness is to live like you are full, even when you aren't. It can be a mind set or attitude. Fullness is with the person who apparently never gets down, is always up. It is a choice.

Gratefulness is the most enabling of the words. It changes your life when embraced. Open your eyes in the morning and give it up. Yes that means being grateful for your challenges and struggles as well. Dealing with life gets a lot easier when you are grateful to have it.

Humbleness is the caretaker of receiving the gifts of life. I have found it reveals the soul of a person and butters the bread of our interactions with each other.

Thankfulness gives rhythm to our life's song. It is perspective changing, infectious and a gift to yourself and others. It also applies when things ain't going our way. Be thankful for those lessons as well.

Whew! Forgiveness is the stone in the road of life. It is the hardest lesson and the fruits are all empowering. I have always been fascinated with stone masons. They are artists, engineers and dreamers. They must look, arrange, and decide. Trust me on this one…roll the rock away from your path, embrace forgiveness.

I hope your gardens grow well, your hearts set free and you are blessed beyond your dreams.

Blessings, John

Please Remember…

Please remember to update us with your **current** phone numbers, address, dental insurance, medications and health history. With updated information we'll be able to serve you to the best of our abilities and with all safety precautions regarding your health.

We are also continuing to accept new patients. With your help we will be able to provide you with unparalleled care. Our goal is to stick to our beliefs, not participate with insurance, and to not be bought out by a big box dental corporation. Practices like ours are becoming few and far between and we all want to be the best we can be for you! Thanks for giving us a job and being part of our lives.

With Gratitude, John, Sara, Char, Jo, Meg, Mel, Katie, Tia and Jody

What's Happening With the Office Staff ?

Dr. John ~ John is hosting the PEAK dental program this spring in Lebanon. It's a four day learning experience for dentists with presentations and speakers scheduled on varied topics. John and his wife Becky will be hosting the Friday night event at their home and are looking forward to welcoming the members for an evening of fellowship. They'll also be heading to the OBX with Sara and Tia this fall.

Dr. Sara ~ Sara has been very busy attending continuing dental education courses over the past few months. She'll also be attending the PEAK program this spring working along side her dad to provide a great experience for all the attendees. She and Jason are looking forward to a relaxing week in the OBX in September.

Tia ~ Tia and Shawn will be taking another motorcycle trip this summer. This time they'll be heading to Maine with 4 other couples and exploring the beautiful north east of the US. The pool will be open for parties with family and friends and they'll take a weekend to treat their new fence. In September the OBX will be the destination for a relaxing week.

Char ~ Nick broke his wrist again and is sporting a red cast! This summer her family will be spending their vacation in Cape May. A big concert weekend with the hubby will take place in Ohio in May and other concerts will follow this summer. Nick will start sixth grade at Bonfield Elementary this fall and Char can't believe how grown up he is!

Megan ~ Grant turned one in March! Can you believe it? He loves his puppy, Willow and they are truly best friends. Meg and her family will be heading to the beach this summer for a vacation to relax and enjoy the summer. House projects are on the agenda this spring. Don't forget to ask to see pics of Grant, he's such a sweetie!

Jolene ~ The Glass family loves the outdoors and has been busy hiking and biking this spring. This summer they'll spend a week in Ocean City Maryland to enjoy the beach, time together and summer fun! Jo is still looking for good gluten free recipes so remember to share yours with her.

Melissa ~ So if Mel doesn't have enough to do with having two kids and working two jobs, she is now coaching LAX. She and her kids, Kaleb and Alyce will be heading to Michigan for their summer vacation. It is truly going home for them. Mel loves to walk and is out there in all kinds of weather. The family "zoo" is keeping her out of trouble!

Katie ~ Everleigh is turning one this month! She is such a good baby and is bringing a lot of joy to the family. Boon is the new puppy they adopted this winter. Boon and Brody have become best friends and Everleigh loves playing with the dog toys now that she can crawl and get them. A summer vacation to the beach with family is on the schedule for June.

Jody ~ Zach was home from Pittsburgh in April for a few days so I was loving having both my kids in town. In June I'll be heading to Spain, Portugal and Morocco with a bunch of friends on a trip hosted by our high school Spanish teacher, Señor Paul Murr. September vacation will be a week in the OBX with family.

Life is good! Jody

Mouth Guards

Have you been told you need a night guard or are required to have a mouth guard for sports? Do you play contact sports, do you grind your teeth, are you stressed and clenching your teeth on a daily basis? We can help!

Your first step will be to call the office and make an appointment with one of the doctors. If you are here for your regular hygiene visit you could talk to your hygienist about it too. We'll need about 30 minutes of your time to discuss treatment and take impressions. It's an easy appointment to take the impressions and you will not need anesthesia for treatment. After your models are made from the impressions we will fabricate a clear mouth guard made just for you! You'll return to the office approximately a week after your impressions to have the mouth guard delivered to you.

Custom mouth guards alleviate stress on your teeth, prevent you from grinding, and protect teeth from sports accidents. Please ask us how we can help you. We're looking forward to seeing you and providing you with dentistry customized to your needs. See you at the office!

Melissa and Katie

Righteous Recipes

Ahh spring has sprung! Back by popular demand is the recipe post. Here we go…

Potato & Veggie Salad with Mustard Ranch

-2lbs multicolored fingerling potatoes-skin on cut into bite sized pieces
-2 tsp kosher salt, divided
-1/4 cup buttermilk
-1/4 cup plain 2% Greek yogurt
-1 tbsp Dijon mustard
-1 tbsp fresh lemon juice
-3/4 tsp fresh ground pepper
-1/2 tsp honey
-1 garlic clove, minced
-1 cup chopped red bell pepper
-3/4 cup chopped celery
-1/2 cup finely chopped onion
-1/2 cup fresh flat leaf parsley
-1/4 cup chopped fresh chives
-2 tbsp chopped fresh dill

Boil potatoes with 1/2 of the salt until fork tender & holding their shape. Rinse with cold water. Combine remaining salt, yogurt and next 6 ingredients, stirring well. Add potatoes, bell peppers and other ingredients. Toss to coat. Refrigerate for 2-3 hrs before serving. Serves 8

Enjoy the recipe and have a wonderful summer! Tia

Volunteering At Our Local Schools

I don't know if any of your kids or grandkids has come home from school and talked about a crazy dentist teaching them about teeth…well, that was me!

I have had the greatest opportunity to go to Clay, Akron, and Fulton Elementary schools to teach the kids about taking care of their teeth, good food and drink options for their teeth, and most importantly made it fun to learn! Jody, Katie and I had a bunch of skits that made it a fun experience for all the kids. We made fun posters to help them absorb all the information and actually had some students pose as teeth for a brushing and flossing demonstration.

John Beck Elementary invited me to participate in their career day which was a bit different since I spoke mainly about my job. I spoke about the importance of education and experiences that have helped mold me in to the ins and outs of what I do every day. That was a really cool experience because the kids could ask me a lot of questions.

All of this has been such a rewarding and reflective experience for me. I am so fortunate to have a job I am so passionate about and enjoy so much. I am also blessed there are people out there who think of me and give me the opportunity to show others my enthusiasm. Thank you all for giving me the privilege to do what I love, serving you and the community.

Wishing you smiles,
Sara

XYLITOL—it's good for your teeth!

While getting your teeth cleaned you may hear one of us hygienists recommending products containing Xylitol. Xylitol is a sugar alcohol used as a sweetener with 33% fewer calories than table sugar. It is found naturally in the fibers of many fruits and vegetables and can be extracted from berries, oats, birch and many other natural plants. Xylitol is also a great alternative for diabetic patients as it will not spike your sugar levels. It's most exciting qualities for us are it's dental benefits. Xylitol helps reduce plaque formation, helps reduce cavities, and helps increase salivary flow. It's tooth-friendly!

We recommend you strive for 5 exposures or about 6-7 grams a day. Xylitol should be listed in the first 4 ingredients of the product you are consuming. Xylitol can easily be delivered to your teeth via toothpaste, oral rinses, chewing gum, candies or sugar substitute. This is great for patients with hard candy habits or those who suffer from dry mouth.

Next time you're in the office for a dental appointment don't forget to ask your hygienist for a Xylitol lollipop. They taste great and are good for your teeth!

See you at your next hygiene visit!
Char, Jo & Meg

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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

IT'S **MOVIE TIME**—
COME SEE THE **MINIONS** ON OPENING DAY**!**

It's time for our second summer movie morning with the doctors and staff. Friday **July 10th** at **Penn Cinema** we'll be showing the new **Minion Movie** and you'll be one of the first to see it! Doors will open at 9:00am and the movie with start at approximately 9:30am. We'll be serving a light breakfast again so come hungry. Please reserve your tickets by calling the office at 717-627-6980. There are 200 tickets available on a first come basis, so call early! If you dress up as a Minion your name will be entered to win a free dental checkup! You never know who you might see dressed as a Minion from the office. This event is for ALL ages. See you at the movies!!!!

Jody

