Smiles by Sara

Sara J. Gotwalt, DMD, FAGD - John T. Gotwalt, DDS, MAGD

2320 Rothsville Rd., Suite 300, Lititz, PA 17543
717-627-6980

August 2019

Volume 1, issue 4

Moving Lessons by Dr Sara Gotwalt

As many of you know, my husband and I built a house and finally moved to the area. We moved from Downingtown to Lititz on a cold day in January when the "snowmageddon" was supposed to dump 18-24 inches of snow on the ground. Luckily, we got everything moved out of our old house and into our new house before the dusting hit us. We couldn't have done it without the help of my parents and four of the best friends on the planet. I'm pretty sure they would say that it was not the best day of their lives, but they sure muscled through it. As I look back on this process (or any for that matter), I always like to think about what it taught me.

First it taught me that organization is so important, especially when you have a full time job that doesn't allow you any free time during the day to field questions. We thought out process after process and tried to anticipate the next steps. This part was ALMOST second nature as this is what we do day in and day out at work. You have to think on your feet, but we discuss and plan and plan and discuss prior to making big decisions. Secondly, and I think most importantly, there is no such thing as too much communication. If no one knows what you want, then you have no one to blame but yourself. Talk it out, talk it over, just talk. For a person who talks and laughs all day with you, this was an extremely hard thing for me to do. I am learning that the only one who is accountable for the outcome of a situation is me, therefore stand up and tell people what you want. If they love you and want to see you succeed they will listen. Thank you all for listening to me.

Happy summer folks!! I can't even believe we're in August already, my how time just keeps flying right on by. Hopefully everyone is having a blast, enjoying time with family & friends and making lots of great food for all of those gatherings. Here is another great recipe to add to your arsenal, it's a non-mayonnaise based broccoli salad so you don't have to worry about it spoiling in the hot weather. Its super tasty!! Enjoy the rest of your summer! xoxo.....tia

Israel Couscous Salad with Broccoli, Chickpeas, and Pesto

Serves 4

- 1 bunch broccoli (1 1/2 pounds), cut into small florets (about 4 cups)
- 1 15.5 oz can chickpeas, drained and rinsed
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 cup dry Israeli couscous
- 1/3 cup walnuts, toasted
- 1 tablespoon capers
- 1/4 teaspoon red pepper flakes
- 1/4 cup grated Pecorino cheese

For pesto

- 1/2 cup fresh basil
- 1/4 cup walnuts, toasted
- 1 small garlic clove
- 2 tablespoons extra-virgin olive oil
- juice and zest from one lemon
- kosher salt and freshly-ground black pepper

Preheat oven to 400°F.

Place the broccoli and chickpeas side-by-side on a large rimmed baking sheet. Drizzle with oil and season with salt and pepper. Roast until the broccoli is tender and lightly browned, tossing once, about 20 minutes.

Cook the couscous according to package instructions (we like to cook it in veggie stock, but salted water is also fine).

To make the pesto: Finely chop the basil, walnuts, and garlic; transfer to a small bowl. Stir in the olive oil, lemon juice and zest, and season with salt and pepper.

Toss the couscous with the broccoli, chickpeas, walnuts, capers, and red pepper flakes. Stir in half the pesto. Taste and season with more pesto, salt, and/or pepper if necessary. Top with pecorino.

What's Happening With the Office Staff ?

Dr. Sara ~ Sara and Jason moved in to their new home in the Lititz area and are getting settled in. Not having to make the drive from Downingtown each day has been a real bonus for Sara. She'll be continuing her education this fall by attending an implant course in Boston that runs from October to June. She'll be out of the office one day a month and her dad John will be here to cover for her. OBX in September will be her next vacation with family and friends.

Dr. John ~ John has recovered from his shoulder surgery and is not missing a beat. He continues to love the art of cooking and is grilling up a storm. Tia's husband Shawn is giving him a run for his money though with grilling and smoking this summer. John will be heading to the OBX in September to catch up on reading, relaxing and cooking for family and friends.

Tia ~ Tia and Shawn are the proud parents of Walter! He was welcomed into their home in April and the house has not been the same since. He's keeping them on their toes doing all things puppy. He's soooooooo cute and loved by many! OBX in September and then Key West in October are the vacation spots for the fall. Stay tuned for where winter will take them.

Char ~ Char and her family have been going camping this summer and are loving the outdoors. They also spent a week at Deep Creek and had a great vacation with family. Nick started his first job at Oregon Dairy and will be heading to 10th grade at Warwick this fall.

Jolene ~ Jo and her family are having a fun summer! Bike riding and swimming are always on the list for her family. They spent a week at Deep Creek with four other families and had a blast boating and doing all kinds of water sports. This fall Mia will be in 2nd grade and twins Gavin and Ross will be heading to 9th grade at Cocalico. Jo can't believe the boys will be in high school!

Meg ~ Meg's back! After some time being a stay at home mom Meg will be back in the office 2 days a week. Grant is 5 and starting kindergarten this fall and Cooper is 3. They are enjoying family time on the boat this summer and the boys just love the water. Welcome back Meg. We missed you.

Ali ~ Ali and her hubby Mike have been enjoying time at their cabin. They just spent some time there with all of their family including the California kids who flew in for time with the family. OBX will be their next vacation this fall with the Gotwalt and Stauffer crew.

Katie ~ Katie is one busy mom with a 3 kiddos age 5 and under! Katie and her family had a staycation this summer, checking out some local attractions including Sesame Place. Everyone had a great time and loved seeing all the characters in action. Everleigh will be starting kindergarten this fall, Ellis is 21 months and Emery is 9 months old. How do you do it Katie??

Mandi ~ Welcome to the practice Mandi! Mandi joined us in January and it's been a very smooth transition. You can read more about Mandi in her article about the role of an EFDA in the dental practice. Please welcome Mandi when you see her here in the office.

Jody ~ Zach still lives in Pittsburgh and had a very successful production of his first digital comedy album. It was a great show attended by many family members and friends at Mr Smalls Funhouse in Pittsburgh. Hannah is just loving living in downtown Lancaster and taking in all it has to offer. We are heading to the OBX for our 29th year and I can't wait to return to my happy place in September.

News from the front desk……..

As you may have noticed the front office is starting to look a bit different. We are going chartless and are in the process of having all of our charts scanned. We will then be able to locate your information electronically rather than pulling out a paper chart to read. We have been using electronic charts, digital imaging and scanning of correspondence for many years now and it was time to finalize this change.

Another change in the office is the return of Meg to the hygiene team. Beginning this fall Char and Jo will be working Monday through Wednesday and working every other Thursday. Ali will be working Monday, Wednesday and Thursday and Meg will be working Tuesday and Thursday. If you have a preference in hygienists please make sure to let us know when you are scheduling your appointment.

We'd also like to thank you for your patience when we need to take phone calls or answer other questions while we are checking you out after your appointment. It's a busy place and we are doing our best to keep things running smoothly.

Tia and Jody

Hello friends,

It is good to talk with you again. My topics just fall into my lap at times. I was traveling this past week and kinda drifting off into the I know this route, done it a thousand times before, familiarity. In the middle of the road ahead the signs became clear enough to re-focus my attention. Detour !!!

How many times have we gone down our roads, confident in the end point, knowing where the curves in the road led us? Oh, we know the route and the mailboxes, where the dogs tend to run up to the edges of their yards, well enough to work on auto-pilot. But then, quickly we must take control again and sometimes venture into the unfamiliar. Sound like we've done this before ??

In my younger days this might have caused a fluster, a rise in heartbeat rate. I followed the detour signs and arrows. I discovered new areas, right in my backyard I never saw before. I found myself actually relaxing instead of stressing.

So what's to learn? The lessons are right there in front of us as usual. Lighten your grip, trust yourself, trust your abilities, you're not failing its ok; the list of lessons goes on and on. These lessons are the same ones for taking tests, learning a new skill set, competing, loving, and more.

Why do all these things make so much more sense as we get older? Listen people, learn people, look around, and enjoy the scenery. Take a deep breath. Calm wins, gratefulness wins, and humbleness wins……..don't play to lose; play to gain everyone's rightful reward of peace.

Best to all,
John



Periodontal Screening

I know you have heard at one of your hygiene appointments your hygienist say we're going to take some measurements or do numbers today. But what does this actually mean?

It actually means your hygienist is going to perform a periodontal examination which is done to assess the health of the gums, attachment levels, and the underlying bone support. A periodontal screening is done with a blunt probe (similar to a mouth ruler) that has increments from 1mm to 10mm. Your hygienist gently walks the ruler around the circumference of the tooth recording the numbers at six different sites. The results of the numbers help determine health and categorize the levels of periodontal disease. Healthy pocket numbers range from 1-3mm, 4-5 mm refers to gum disease, and 5-10 differentiates levels of periodontal disease or bone loss. Results of the numbers can also help your hygienist choose the best treatment options for you. You may need a regular routine cleaning, localized deep scaling, full mouth deep scaling, or referral to a periodontist. So those numbers may seem annoying but they are important to maintaining your oral health.

Jo, Char, Ali and Meg

You may ask "what's an EFDA?"

Hi! My name is Mandi and I am the newest member to the Gotwalt team. For those of you I haven't met at the office here is a little bit about me!

I grew up in Schoeneck and graduated from Cocalico High school. My senior year I attended the Lancaster Career and Technology Center for Dental Assisting. After high school, I started my dental career and gained experience as a dental assistant. In 2007, I decided to go back to school and enroll in the Expanded Function Dental Assistant program at Harcum College. Many people ask, what the heck is an EFDA? Expanded Function Dental Assistant is a specialized degree that allows me to place restorations, amalgam or composite. Over the last 15 years I have been very fortunate to work with wonderful doctors who sent me to many continuing education classes so I could continue to learn and give patients the best care possible.

My husband Steve and I got married in Jamaica and have a son, Paetyn. We currently live in Manheim and have a mini goldendoodle named Dakoda. My son is very active with swim team all year and we love exploring new places. Over the summer when we are not at swim meets we spend time at our cabin in the mountains.

I've felt so welcomed by all the wonderful patients and team. Thanks everyone!

Mandi

Sara J. Gotwalt, DMD, FAGD and John T. Gotwalt, DDS, MAGD

2320 Rothsville Rd.
Suite 300
Lititz, PA

Phone: 717-627-6980
Fax: 717-627-3038
E-mail: jody@drgotwalt.com
www.drgotwalt.com

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

Dr. Gotwalt
Distinguished Family Care

PLEASE MAKE SURE TO READ OUR WINTER NEWSLETTER COMING EARLY DECEMBER!

WE'LL BE ANNOUNCING OUR NEXT PATIENT APPRECIATION DAY SPRING 2020. WHICH MOVIE WILL IT BE???

