Johnnie's Journal

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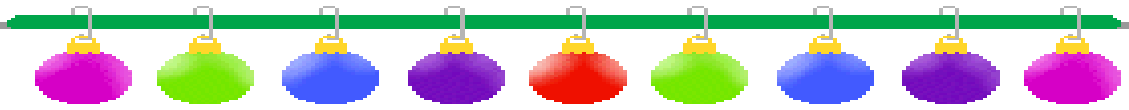
Hello friends,

I always wonder what is going to come out of my pen when I sit down to write. I want to share a short message I gathered from Ari Weinzweig that explains our group of people whom you all know. We work together, share our lives with each other, encourage and support and challenge each other too. We also care for all of you. Ari describes them perfectly and my recipe for their collective group.

"The best cook is a lot like leading a good organization. If you get great ingredients—i.e. people together, get to know them, honor them for who they are, and use effective basic processes that let their personalities shine through, good things are likely to happen. In business it can make for a healthy organization. In the kitchen, it may well just make for a delicious dinner!"

I might add, in the dental office it makes for what you guys share with us. This works anywhere in our lives and sadly not usually the story. Ari works in a business with hundreds and hundreds of employees. I would suspect he knows them all. Teams are built with that approach. Families get tight with that approach. The road to being known is fraught with the risks of vulnerability yet rewarded with security and growth. Granted if you are the employee, to affect change may not be in your job description and from what I hear it isn't in the boss's ability description either. Start at home. Know yourself first. Know your relationship next. Know your family and progeny. There are rules to this: Respect, courtesy, striving to know the other first before being positional are but a few.

The season of change is once again on our steps. Embrace your changes; your age, your lives and your purpose. As Red said, you have a choice. Get busy living or get busy dying. I lost a whole bunch of friends this year. Elwood, Ernie, Betty and Paul. They all exampled living to me. They would all challenge us to pass it on. Live for something! Live it right! Blessings, **John**



At Your Service

Our office location on the third floor makes for a great view, however, venturing here can be a difficult task for some patients. In turn, we would like to make you aware we have a wheelchair available in our office should you need one. Someone from our staff would be happy to bring the wheelchair downstairs for you and to assist you. Please notify us prior to your appointment if you would like to utilize this service for yourself or a family member. If you forget to notify us just give us a call from the parking lot and we'll be happy to help you.

Merry Christmas! **Mel and Katie**

Home for the Holidays

Where is home, is it the place where you were raised or the house you yourselves have created? Home. What a wonderful word. The place that you can't wait to get to, where you feel the safest, the place you would choose to be before anywhere else. What is it that makes the place you call home so special? Is it the location, the memories, the people that you share it with? For me, I am fortunate to have many places that I can call home for the very reasons above. My own home, my mom, my dad, my office. Sometimes, in the stress of the holiday season, we forget what a blessing it is to have a home. And not an actual structure, but a HOME. Take a moment this holiday season to reflect on your blessings and remember "there is no place like home!"

Happy Holidays from our home to yours,

Dr. Sara

Newsletter News

We are trying something new this time with the newsletter. We will not be mailing a copy to everyone but will be sending the newsletter by email , posting the newsletter on face book, continuing the practice of having the newsletter on our website and in our reception area. We hope you enjoy the newsletter and we would appreciate any feedback. Our next newsletter will be in late May, early June. Please watch for our summer movie day announcement and some new happenings at the office.

Thanks for your continued support of our office. We are doing everything we can to stay "small" and provide the best care possible to you, your family and friends. We are grateful for your choice in choosing us!

Jody

Look what's new!!

At the end of October we started using a new system to help us confirm appointments, send out reminders and any other mailers we need to get to you. You can also sign up for the Patient Connect portion of the software, so you can see your next appointments, see your account and even pay your balances online. So as many of you have noticed already, you're getting texts or emails from us confirming upcoming appointments and to update your information so we can facilitate this new system. However if you do not have texting on your cell phone please let us know and we can turn this feature off for you so you don't get charged for the texts. This new system will save myself & Jody time from calling to remind you of appointments and allow us to focus our energy into other things at the front desk. We want to thank you in advance for updating us with your correct cell phone numbers and email address'.

We look forward to serving you even better with this much more efficient service. If you have any questions regarding the new system please contact myself or Jody.

Happy Holidays to you all ~ **Tia**

Do I Really need to Floss?

As a hygienist, this is probably the question we get asked more often then any other question.

Flossing is an integral part of not only your oral but also your systemic health. The purpose of flossing is to remove harmful bacteria from below the gum line. These bacteria can cause cavities and gum disease but also have been linked to heart disease and low-birth weight babies.

Each tooth has 5 surfaces to clean; when you don't floss you leave 2 surfaces per tooth dirty! Floss is the only thing that can clean in between the teeth; your toothbrush just can't get in there and get rid of the bacteria. The bacteria left behind are what can cause decay, gum disease, and smelly breath.

Flossing steps:

1. Use a piece of floss that is about shoulder width long.
2. Wrap floss around the middle finger on each hand leaving an inch or two to work with.
3. Gently guide floss past the contact point of each tooth and wrap a "c" shape along each side and slide gently up and down between each tooth making sure to floss below the gum line.
4. Use a clean section of floss as you move from tooth to tooth by unwrapping floss from one hand to the other.
5. Don't forget to clean behind the back side of the last teeth on each arch.

Any questions please ask us! Keep flossing! **Char, Jo and Meg**

What's Happening With the Office Staff? - *Jody*

Dr. John—John hosted his annual Thanksgiving feast for family and friends once again this year. He and Becky got a new little kitty and named her Josey Wales and she's fitting in just fine. John's also enjoying trying new recipes and cooking this winter.

Dr. Sara— Sara has completed a lot of continuing education this fall and was awarded her Fellowship degree in dentistry in July. This winter she'll take a break and head to St Lucia with her husband Jason and friends.

Tia— Tia and Shawn will be spending holidays with family and their new niece. They'll be vacationing in St. Lucia this winter with Dr Sara and friends. The next motorcycle trip is in the works. Stay tuned for more details.

Char—Well Nick is finally taller than Char and Scott and she just can't believe how grown up he is. This Christmas will be spent with family. In the spring Char hopes to get some chickens! Yep you heard it here first!

Jolene— Jo is busy with the 2 middle school boys and a 4 year old daughter who keeps everyone on their toes. She's also taken in a stray kitty who gave birth to baby kittens in her garage. Anyone interested in a cute little kitty please let Jo know. Christmas will be spent at home with family this year.

Meg—Grant is going to be a big brother in March to Cooper. Meg will be spending the holidays in New Jersey with her family and here with Dustin's family. Meg will take a break to have baby Cooper this spring and she'll return to the office in June. We wish the Droege family best wishes on their growing family.

Melissa—Mel and kids will be spending their holidays here with family and friends. Kaleb is involved in ice hockey this winter and Alyce is giving Mel a run for her money. Don't forget to ask Mel about her little zoo!

Katie—Everleigh is very anxious for Santa to come this year and is singing around the house just like her mom. Katie and her family will be spending the holidays with friends and family.

Jody— I'm a happy mom this year as both my kids will be home for Christmas! Darryl and I are heading to Mexico in March to visit our exchange students and their families. In May I'll be traveling to Ireland with some friends allowing us to check another place off our bucket list!

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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

Gratitude turns what we have into enough.

Visit us on the web at—
www.drgotwalt.com

From *all* of us to *all* of you, we wish you happy holidays with your family and friends.
We look forward to serving you in the new year and years to come.

With gratitude,

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

