Smiles by Sara

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December 2018

Volume 1, Issue 3

Waiting to Exhale…

Exhale—verb—breathe out in a deliberate manner

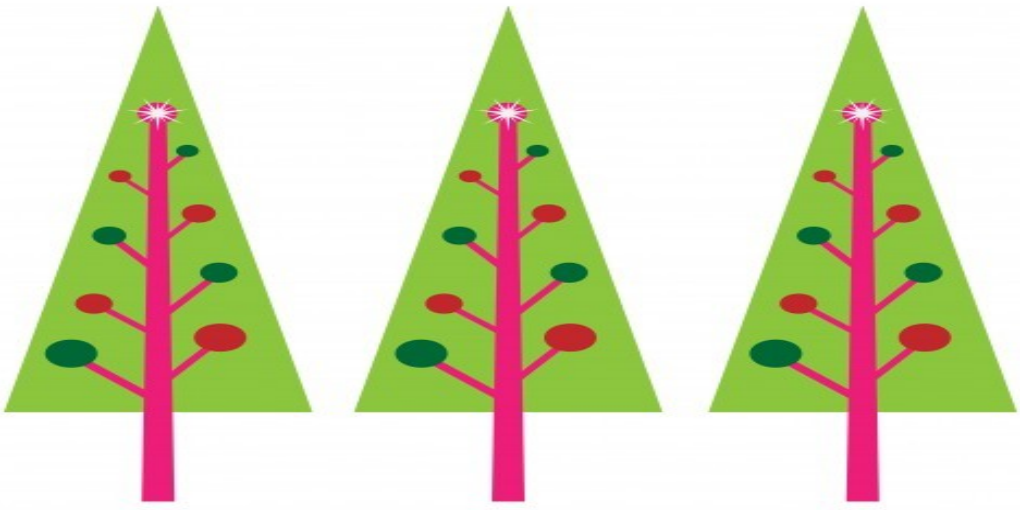
Yes please! I'm waiting to exhale.

The last few months have been extremely busy for me. As many of you know our new home will be ready to move into early 2019. I have learned so much about building and have been overwhelmed with all the choices needed to be made to complete a new home. I've been attending a lot of continuing education over the past few months including classes in Cincinnati and Virginia. I have also completed my first year of owning the practice. The year has been filled with many lessons in working with our staff in a different manner than when I was an employee of dad's. I have learned about the costs of running a dental practice and realize all the decisions that need to made on a daily basis when you are the owner. Our schedule has also been very busy which I am truly grateful for. It is my honor to take care of you, your family and your friends.

So that about sums up my busyness and I am sure you all are feeling the crunch of the season too! From our conversations we are all a little over stressed right now. I can't wait to have a little break to be with family and friends and to EXHALE. Please remember to take some time and exhale too. It is good for your soul and your family will thank you. Relax, snuggle up and read your favorite holiday books with your kids and family, take time to make memories. Remember, when you don't think you have any time, it's when you need to "exhale" the most!

Exhale! Let it go. Enjoy the moments.
Dr Sara

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



What's Happening With the Office Staff ?

Dr. Sara ~ It's soon time for Dr Sara to move to the Lititz area! She and Jason are excited to move to their new home in 2019. The building process has been a new adventure for Sara and she's ready to just enjoy their home with Jason and their 2 cats. Sara has been attending continuing education classes and is looking forward to earning her Masters degree. She has a vacation coming up in Costa Rica this winter which is a much deserved break away from the office.

Dr. John ~ Dr John had his shoulder replaced in November. John is healing well and has had very little pain. He'll be back in the office in the new year and we look forward to having him with us again. He's been cooking, keeping the wood stoves going and hunkering down for the winter season in his little place of paradise called home. He and Becky are looking forward to spending the holidays with family and friends.

Tia ~ Tia and Shawn are heading to Costa Rica this winter for a much needed vacation. Tia is busy being on the board of Jan's Circle of Friends and is gearing up for the gala in March. Tia and Shawn will be celebrating their 20th anniversary in March. Tia has been with the practice since May of 1996.

Char ~ Char and Nick took a road trip to Maine this past summer and had a fantastic time exploring. Nick is a freshman at Warwick and is an awesome student. Char is taking a staycation this winter and is looking forward to a week at home. Char has been with the practice since September 2007.

Jolene ~ Jo's kids are growing up! Mia is in first grade and the twins, Ross and Gavin, are in eighth grade. Ross is involved in the school play and Gavin is on the wrestling team. Jo is looking forward to the holidays with her family. Jo has been with the practice since March 2010.

Ali ~ Ali and her hubby Mike have been enjoying time at their cabin. Their son and his wife were married there this fall and everyone enjoyed the day despite the rain. Ali's son Wes has moved back to the area and Ellie will be starting a new adventure as a traveling nurse in Neuro/ICU. Ali has been with the practice since March 2017.

Katie ~ Katie and her husband Mark welcomed their third child, a daughter , Emery to their clan in October. Emery was born on Ellis's first birthday. They now have a 4 year old, Everleigh, a 1 year old and a new born. Needless to say Katie is one busy mom! After a fun filled holiday with her family she'll be returning to the office in January. Katie has been with the practice since August 2009.

Kate ~ Kate has been busy planning her wedding in May. She's in love with her Corgi pup, Ein. Kate has been with the practice since August 2017.

Jody ~ Can't wait to have both my kids home for Christmas and have some family time. I'm headed to California for a cruise this spring and to Pittsburgh to see my son make his first comedy album. Hannah is moving downtown Lancaster and I'm looking forward to spending more time in the city and enjoying all it has to offer. I've been with the practice since September 1995.

A note from the front desk ~

As many of you have noticed we have been extremely busy here at the office. Dr John is out of the office due to surgery and Katie is out of the office due to the birth of her new baby girl. Dr Sara has been running the back operatories and taking care of patients without having John here to share some of the workload. The hygienists have also been helping and taking care of their patients in the same professional and friendly manner as always. You may have also noticed Tia and I have been helping in the back and working the front desk.

The point of this is to THANK YOU all of you for your patience and understanding when we are all multitasking and doing our best to give each of you the attention you deserve. Without you we would not be here and we thank you for giving us a job and being part of our dental family.

We all wish you the very best of holiday seasons. We look forward to seeing everyone in 2019 and wish you all a year of love, family, friendship and healthy smiles!

Jody and Tia

Righteous Recipes

I hope this newsletter finds you well and gearing up for the holiday festivities!! My Aunt Ann made this one for Thanksgiving and it's way too good not to share. You must make it for your holiday event!!! Wishing all of you a happy holiday season and a very blessed & healthy new year!! Hugs, Tia

Chocolate Pecan Ooey Gooey Butter Cake

Bottom Layer:
1 box (18 oz) brownie mix
1 egg
½ cup unsalted butter – melted
Water if needed

Pecan Pie Filling:
3 eggs
1/3 cup light brown sugar
¼ cup sugar
1 cup light corn syrup
¼ cup salted butter - melted
2 tsp vanilla
2 cups pecans – coarsely chopped

Top Layer:
8 oz cream cheese
3 eggs
1 ½ tsp vanilla
½ cup unsalted butter – melted and slightly cooled
3 1/3 cups powdered sugar

Instructions:

Preheat oven to 325 degrees and grease a 9 x 13 baking dish

To make the bottom layer, stir together brownie mix, ½ cup melted butter and 1 egg. The mixture should be thick. If you're having a hard time mixing it together you may add 1 tablespoon of water at a time as needed until it's smooth but still thick. Pat the mixture on the bottom of the pan to make an even layer

To make the Pecan pie filling mix together 3 eggs, sugar, brown sugar, vanilla, melted butter and corn syrup until well blended. Fold in pecans and spread over the bottom layer.

To make the top layer use a mixer on low speed and mix together cream cheese, melted butter, eggs and vanilla. Gradually add powdered sugar. Spoon the mixture over the pecan filling.

Bake at 325 degrees for 55-75 minutes. It should be a little jiggly in the center when finished baking, but cheesecake part should be firm to the touch. If it starts browning too much tent the top with aluminum foil.

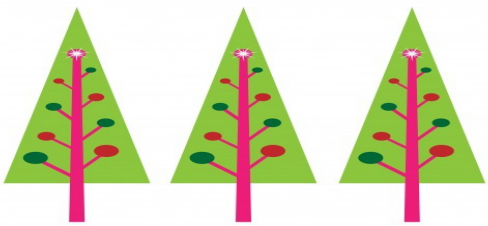
Hello friends,

Tis the season and all thru the house seems everything is stirring both here at the office and home at the haus. I've been off for three weeks now because I had my shoulder replaced. Recovery is proceeding very well and Charlaine let me practice my instruments this morning. I am so grateful to know I can come back to work. I am not cut out to be idle. The Thankful season has moved into the Grateful season and shortly the Blessed season's holiday will be here.

I am keenly aware of the grace of my path so far. Thank you all so very much. You collectively are the best every day present a person could hope for. I lack for nothing and it is the everyday smiles and love we all share. Thank you again.

I wish this jammed packed years end provides you all with joy, time to breathe, a dose of wisdom, a bucket of wonder, and the touch of someone to let you know your heart.

Blessings.
John



WHY DO WE TAKE YOUR BLOOD PRESSURE?

As licensed healthcare professionals, it is standard of care to access and record blood pressure on all of our patients. Patients typically go to the dentist office more often than they see their physician for routine exams. The dental staff has the perfect opportunity to screen for hypertension (high blood pressure).

Screening for hypertension during routine preventative dental appointments is important because elevated blood pressure often indicates high risk for serious medical condition such as Type II diabetes, stroke, heart attack, and kidney failure. We can identify undetected or uncontrolled hypertension and refer patients to their doctor if necessary.

Blood pressure readings are required in order to choose the appropriate local anesthetic for dental injections. Elevated blood pressure can increase the risk of an emergency in the dental office. If a blood pressure reading is too high, it may result in having to postpone dental cleaning or other dental work.

Some high blood pressure medications change normal saliva flow and cause dry mouth. Dry mouth can lead to bad breath, canker sores, gum disease and increased decay. We are able to recommend certain oral care products and routines that can help with these conditions.

We want to play an important role in improving the overall health of our patients. By screening for blood pressure and heart rate we can improve your safety and comfort at the dental office and at home. Here's to a healthy new year!

Happy Holidays from your hygiene team!
Char, Jo & 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



Patient Appreciation Day

When: Saturday April 13th, 2018
Time: doors open at 8:30am - movie at 9:30am
Where: Penn Cinema—IMAX theatre featuring DUMBO!
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. We will be able to host 400 people so get your tickets now! We've scheduled the movie on a Saturday to hopefully see more of your smiling faces at this fun event!

SEE YOU AT THE MOVIES!