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A SUMMER SEND-OFF FOR YOUR GARDEN

3 WAYS TO PREPARE YOUR GARDEN FOR THE CHANGING SEASON

Late summer is the perfect time to clean up your garden and prepare it for the coming winter. In the next couple of months, the temperature will start to drop, but by putting in work now, you can ensure your garden is healthy and ready to flourish next spring. You can even turn garden cleanup into a fun activity for the whole family. Here are three ways to get your garden ready for the next season, while sharing some valuable outdoor time with your loved ones.

MORE MULCH, PLEASE

While most gardeners know the benefits of summer mulching, winter mulching can help lessen water loss, keep weeds out, and regulate soil temperatures during the colder months. It offers an added layer of protection for your plants' roots, which can be sensitive to continuous freezing and thawing, by keeping the soil temperature more consistent.

OUT WITH THE OLD

If any of your plants didn't fare so well, take some time to remove them and clear space for future plants. This removal should include any invasive plants or weeds

that found their way into the soil. Remember to use gloves, wear long pants and socks, and use caution around thorns or plants that can cause irritation.

For daffodils, tulips, crocuses, and any other bulbs that sprang up in the spring, you can now pull them up (if you haven't already) and divide any bulbets you find into separate plants. This will help cut down on crowding even more come spring.

TAKE COVER

Cover crops are plants that improve soil health, reduce erosion, and keep your garden healthy, and now is a great time to plant them! Hardy legumes, field peas, certain types of clovers, and warm-season grasses can all work as cover crops, so talk to your landscaper or local nursery to pick out the best choices for your region.

While you may not see the fruits of your labors until spring, you can still enjoy preparing your garden for a successful upcoming year and cherish the time you spend with your family outside.

A PRACTICE TO BE PROUD OF

How Community Outreach Drew Me to Newman Springs Dental Care

I vividly remember that despite it being a cold and foggy October morning, the street was lined with cars, and a crowd of people lined up around the building. I recall volunteers assisting with sign ups, calling patients in, and helping the elderly and those with physical handicaps find seating. The stage was set for Dentistry From The Heart.

At the time, I was a resident at Monmouth Medical Center and knew Dr. Friedman, who served as an attending during my residency. What I didn't know was how amazing his practice was and how awesome a team he had. One day, my program director had an assignment for me. He didn't give me too many details, only that it was a good opportunity.

"I need you to go to this practice," he said, handing me a slip of paper with a name and address on it.

"Okay, no problem," I replied. "What time?"

"7 a.m."

"7am !!!!! ?? wow.. thats early!" I replied.

So, I drove to Lincroft in the wee hours of the morning to arrive at a place called Newman Springs Dental Care. I saw Dr. Friedman, met his team, and learned about Dentistry From The Heart. I thought it was amazing that the practice took community outreach so seriously. Excited to be part of this awesome event, I jumped right in. Throughout the course of this extremely busy day, I began to realize that this was exactly the type of practice I wanted to work for. I wanted to help patients get the care they needed and get people out of pain. I loved being in that selfless environment where patient care was the top and only priority. The team was incredible; everyone worked together to contribute to a great cause. I guess I must have done an okay job because not long after that, I was a full-fledged member of the team.

I have to applaud Dr. Friedman for making charitable outreach such a major emphasis at Newman Springs Dental Care. When I speak to colleagues at different practices throughout the country, it's clear how rare this is. We do a lot of different initiatives, but it never feels like we do them out of a sense of obligation. It is a part of who we are. It is one of our core values. Our team believes in helping as many people as possible and Dr. Friedman's passion for charitable contributions is contagious.

This year, our team and patients were able to raise \$2,891 for the Smiles for Life Foundation. Over a three-month period, we donated all the proceeds from our Whitening for Life program to the charity, which helps provide dental

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DENTISTRY FROM THE HEART AT NEWMAN SPRINGS DENTAL CARE

WHEN: Thursday, Oct. 17

Registration begins at 7 a.m. on a first-come, first-served basis.

The first 120 adults to arrive are guaranteed to be seen.

Service includes a free exam and a choice of cleaning, filling, or extraction.

Call 732-741-6444 for more details.



Check out our website at BestLincroftDentist.com and our Facebook page, [@NewmanSpringsDental](https://www.facebook.com/NewmanSpringsDental), to schedule your appointments. You can even check availabilities to choose the date and time that works with your schedule. Give it a try today!

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services to underprivileged children worldwide. We also have a scholarship program with local high schools that encourages students to pursue a career in health care. These programs make me proud to say I'm a member of Newman Springs Dental Care.

And of course, there's Dentistry From The Heart, the event that brought me here in the first place. This October, we will host our 13th annual event, providing free dental treatment to members of our community who may otherwise not receive it. It's a tradition here, and one which I hope we celebrate for many years to come.

To further help our patients at Newman Springs Dental Care, we have started screening for sleep apnea. In the U.S. alone, over 22 million people suffer from sleep apnea. It is a serious condition that can cause long-lasting health issues. If you snore or find that your quality of sleep is poor and you wake up tired, ask for a screening at your next dental appointment.

Outside of my role in the practice, I have a second career as a member of the Dental Corps of the Army Reserve. I'm currently pursuing the Captains Career Course to further my ability to contribute to the armed forces. That

part of my life is a way for me to give back to a country that's given me so much, so it means a lot to work at a practice that shares the value of acting for the greater good.

Dr. Aparna Menon



SLEEP APNEA SCREENING

Sleep Apnea is a condition affecting millions of people. In USA alone, there are 22 million people suffering from sleep apnea. Many studies suggest sleep apnea is under diagnosed with around 80% going unreported. Newman Springs Dental Care now offers sleep apnea screening to all patients. We can help diagnose and treat obstructive sleep apnea. If you snore, find yourself tired even after a good night sleep, you may be suffering from some form of sleep apnea, Ask for a Sleep Apnea Screening at your next appointment.

STOP THE SPREAD

Prevent Colds and the Flu With Kid-Friendly Teaching Tools



School is back in session, but your child may be bringing home more than just random facts. Germs and bacteria that spread the common cold and flu are most prevalent in schools, but while these illnesses are strong, prevention is simple. Teach your kids how to prevent the spread of bacteria this season with these helpful tips.

BUT MOMMY DOESN'T COVER HER NOSE!

Kids learn more by watching what you do rather than listening to what you tell them to do. Get in the habit of covering your nose and mouth when you cough or sneeze, and then wash your hands. Make hand sanitizer and facial tissues readily available in your home and be sure to wash your hands before every meal. In addition, stick to healthy habits when you do feel sick. Drink fluids, get plenty of rest, and seek medical attention when it's warranted. If your children see you taking care of yourself, they will be more likely to do the same for themselves in the future.

AHH ... AHH ... ACHOO!

Hand washing and nose blowing are about as fun as ... well, just that. It's no wonder children don't want to take time out of their busy play schedules to combat nasty germs. Instead of making these important steps a chore, make basic hygiene fun. Use fun songs to teach the proper way to cover a sneeze, or do a science experiment to teach your children about the germs that are spread through just one sneeze. (According to research, sneezes can travel anywhere from 19-26 feet at 100 miles per hour!) For crafty kids, let them decorate tissue boxes or hand sanitizer containers to give hygiene some flair. Soon enough, you'll find them being smarter about their health.

As kids pack into classrooms this fall, germs will fly faster than this past summer did. Prevent the spread of the common cold and flu by learning more tips from the Centers for Disease Control and Prevention online at CDC.gov.

WHAT IS CAUSING YOUR TEETH TO STAIN?

AVOIDING DISCOLORATION AND KEEPING YOUR TEETH WHITE

Everyone enjoys having a bright, white smile, but it can be difficult to maintain. Foods and drinks can affect the color of your teeth, even with regular brushing and whitening. Knowing what stains your teeth will help you take steps to avoid or prevent future discoloration.

WHY FOODS STAIN TEETH

Three main substances alter the color of teeth: chromogens, tannins, and acids. Chromogens are strong pigments that cling to tooth enamel and often create more stubborn stains if they mix with other stain-enhancing factors like tannins, which are chemicals commonly found in black teas. Acidic foods or drinks, such as berries and soft drinks, soften and erode enamel, making it easier for the tooth to stain.

HOW TO AVOID STAINING YOUR TEETH

One of the easiest ways to prevent liquids from staining teeth is to drink from a straw. This ensures coffee, tea, soda, or alcohol will have less contact with teeth. Another good habit is to drink water or brush your teeth directly after a meal so staining substances aren't left on your teeth unchecked for the rest of the day. Biannual dental visits are also a great way to remove or prevent stains. When our Dental Hygienists Laura, Pauline and Lindsey polish the surface of teeth, they can fill in rough parts or fine cracks that make staining more likely.

SIMPLE METHODS TO KEEP TEETH BRIGHT

Using whitening products, such as toothpaste and mouthwash, are a great way to whiten your teeth at home. Both of these options not only remove surface stains on the enamel but also prevent cavities, fight off gum disease, and freshen breath.

Our Whitening for Life can help you enhance your smile, and have your teeth looking their very best. With our Whitening for Life Program you will receive: Customized upper and lower trays with a starter kit and enough gel to whiten your teeth 4-6 shades whiter. Then, you will receive a touch up kit of whitening gel at every recall examination appointment at no charge for as long as you remain a member. Call our office today to learn more!



NEWMAN SPRINGS DENTAL CARE
VIP WINNER

July:
Dr. Marc Lerner

August:
Anna-Kaye Driver

CONGRATULATIONS ON WINNING
YOUR \$100 RESTAURANT GIFT CARD

For referring the most patients in
July and August.

Spread the word among your
family, friends, neighbors,
and coworkers!

CACIO E PEPE

Ingredients

Inspired by Bon Appétit

- 6 oz pasta, ideally spaghetti or bucatini
- 3 tbsp unsalted butter, cubed and divided
- 1 tsp freshly ground black pepper
- 3/4 cup finely grated Parmesan cheese, ideally Parmigiano-Reggiano
- 1/3 cup finely grated pecorino
- Kosher salt, for pasta water and to taste

Directions

1. In a large pot, bring 3 quarts of salted water to a boil. Add pasta and cook, stopping 2 minutes short of desired doneness. Drain pasta, reserving 1/2 cup of pasta water.
2. In a large pan over medium heat, melt 2 tbsp butter. Add pepper and cook until toasted and aromatic, about 1 minute. Add reserved pasta water and bring to a simmer.
3. Transfer pasta and remaining butter to pan and reduce heat to low. Add Parmesan cheese and cook until melted, tossing pasta throughout. Remove pan from heat and add pecorino, continuing to toss until cheese is melted and sauce coats pasta.
4. Transfer to bowls and serve.

