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## IN HONOR OF LIBRARIES AND MENTAL HEALTH

No matter where you or a loved one are in your mental health journey, books can provide new insights through someone else's experiences or the medical field's scientific understanding of mental health. So, in honor of National Library Week (April 4–10) and National Librarian Day (April 16), let's open up a few contemporary, definitive works on mental health to celebrate books and their availability through our public libraries.

### 'Lost Connections: Uncovering the Real Causes of Depression — and the Unexpected Solutions' by Johann Hari

This is one of the most recent mental health books that shocked the world. Featuring interviews with experts across the world, Hari shares his personal quest to understand depression and concrete reasons we experience it. He's found that certain lost connections with ourselves are often the reason we feel depressed — and, luckily, solutions exist. Even Elton John loves the book, saying, "If you have ever been down, or felt lost, this amazing book will change your life. Do yourself a favour — read it now."

### 'Cognitive Behavioral Therapy Made Simple: 10 Strategies for Managing Anxiety, Depression, Anger, Panic, and Worry' by Seth J. Gillihan, Ph.D.

Too anxious to go into therapy? Thankfully, you can practice cognitive behavioral therapy on yourself in a few ways. Start your healing process today with this easy-to-understand yet medically sophisticated workbook, which



contains 10 soothing strategies like setting goals, maintaining mindfulness, and more. You can also use this workbook in tandem with clinical cognitive behavioral therapy or post-therapy.

### 'This Is Depression: A Comprehensive, Compassionate Guide for Anyone Who Wants to Understand Depression' by Dr. Diane McIntosh

Are you completely lost on what depression is exactly? Is it a clinical or emotional issue, or both? Whether for a loved one's sake or your own, this book can give you a thorough understanding of depression that a simple Google search simply can't offer. You'll love Dr. Diane McIntosh's evidence-based approach to showing the causes, impact, and treatment of depression.

Even if your local library is still closed due to the pandemic, we hope you check one of these — or any book — out! And if you have a great book recommendation, we'd love to hear it. Have a wonderful, book-filled April, friends.

## SPRING INTO THE SEASON The Latest Look at What We're Up To

Spring is finally upon us! That means there are already many things to get excited about, a lot to reflect on, and new information to share with our wonderful patients.

This time of year, people tend to become more environmentally conscious than usual. Sometimes in the dental industry, it can be hard to keep the waste of our work from piling up, but at Newman Springs Dental Care, we do everything we can to combat that. In 2009, we installed solar panels on our building, and they've helped us operate using clean energy. Inside the building, we go through a lot of materials to clean teeth, but we use recycled materials as much as we possibly can and always follow guidelines for disposing materials properly to make as little environmental impact as possible. We even give out free travel mugs to our patients so they can cut down on single-use disposable cups. Be sure to ask for one!



Volunteer vaccinator  
Dr. Friedman

March is also National Nutrition Month, and it can be easy to forget that proper nutrition is important for your oral health too, so we want to share a few reminders about making healthy choices. You probably know that sugar causes cavities, but did you know that's because it's a type of carbohydrate? Carbohydrates are the real culprits behind tooth decay because when they combine with bacteria in your mouth, they create acid that eats away at your enamel. High-carb foods like pasta, bread, crackers, and cereal contribute to decay just as much as candy, cookies, and other sweet treats. The best strategy is to eat these things in moderation, read food labels

carefully, and prioritize fruits, veggies, whole grains, and lean meats.

Newman Springs Dental Care has been able to serve patients despite the adversities and challenges we all face. At the heart of this tenacity is our very determined staff members, and one of them celebrates an incredible milestone this March. Lead Dental Assistant (and Assistant Team Lead) Jennifer has now been with us for 17 years! Jennifer is a true pro, and she brings an artistic eye to her work, which is invaluable. We're so grateful to have her on board, and for all her work over the years training new team members and working on patients. She's an inspiration!



Jennifer DeMarco joined Newman Springs Dental Care in February of 2004 and celebrates her 17th anniversary.



Every year, Newman Springs Dental Care also makes sure to give back to the community as much as possible. Our patients are the ones who make what we do so meaningful, and that's why we're always looking for ways to pay it forward. We look forward to our annual Smiles for Life

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### You can now book your appointments online

via our website at [BestLincroftDentist.com](http://BestLincroftDentist.com) and on our Facebook page: [Facebook.com/NewmanSpringsDental](https://www.facebook.com/NewmanSpringsDental). It's easy and convenient. You can even check availabilities to choose the date and time that works with your schedule.



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charity event, where we help underprivileged children get the oral care they need. We're also looking forward to the day we bring back our annual Dentistry From The Heart event, when we can extend those services to adults as well.

Another thing we like to do is provide opportunities for students who are interested in working in the healthcare field. Every year, we partner with local high schools to create scholarship programs. Newman Springs Dental Care is offering three \$500 scholarships for Holmdel High School and Middletown High School North and South graduating seniors who are planning to pursue a career in healthcare. This includes medicine, nursing, dentistry, chiropractic, physical therapy, and other areas of healthcare. Scholarship applications have been sent to the high school guidance departments at these three

schools and are also available via email at [scholarship@DrFriedman.biz](mailto:scholarship@DrFriedman.biz). This is the twelfth year that the scholarships have been awarded. Applications must be received by April 16 to be considered. Winning applicants will be notified by mail or phone no later than May 2, 2021. Award certificates will be presented at a special ceremony at the dental office and at the school's senior awards ceremony. Award checks will be mailed directly to the institution of higher education upon verification of enrollment. Good luck to all applicants!

We also want to provide a chance for students interested in dentistry to gain a more in-depth understanding of the field. If there's a hopeful young dentist or future dentistry pro in your life, have them contact our office!

Finally, my work as a vaccine volunteer continues, and it will as long as there is a need. So far I have worked with Monmouth Medical Center, RWJ Barnabas Health, Monmouth County Health Department, Medical Reserve Corps, and Brookdale Community College. In the past, my office provided PPE to first-line responders and emergency responders, but right now vaccination is the most urgent need in our community. That's where you'll find me.

There's always something exciting going on at Newman Springs Dental Care, which is why it's a great place to work and a great place for your dental needs. We look forward to sharing that excitement with you!

*Dr. Mitchel Friedman*



Patient of the Week Winnie Hue with Roxanne

## IMPROVE PATIENCE AND REDUCE STRESS WITH THESE 4 TIPS



In this fast-paced world, it can be easy to grow impatient. Things as small as waiting for a slow website to load or waiting in a long line for coffee can sometimes leave people feeling frustrated and anxious. Practicing patience helps reduce stress and helps you realize it's okay if something takes a few extra minutes. If you find yourself feeling impatient, here are a few helpful tips.

### Breathe Deeply

When you feel stressed, your breathing gets shallow, which amplifies anxiety. Practicing deep breathing can help reduce stress and frustration by relaxing your body and mind. This is as simple as taking a few quiet moments to inhale through the nose, drawing your breath into the belly and lungs. Count to four to help you focus as you inhale. Then exhale slowly through your mouth. After a few repetitions, you will find that your mind and body feel calmer.

### Switch Focus

When agitated, it's common for our thoughts to center on the irritant. Though it may feel difficult to do when you're stressed out, switching your focus will help you calm down and be more patient. For instance, if you find yourself growing more and more frustrated by hitting red lights as you drive, try focusing on green instead. Looking for passing cars, signs, trees, or anything that is green will help break that hyper-focus and shift it from negative to positive. Soon, those red lights will be less bothersome.

### Meditate

A great way to increase your patience is by meditating, a combination of the first two tips — focus and breathing. Meditation helps people constructively manage thoughts by allowing them to practice observing their thoughts from a neutral perspective. Regular meditation can reduce stress and improve patience throughout the day. Even just 5–10 minutes of daily practice can have a tremendous impact over time.

### Practice Acceptance

While the above tips can help you improve your patience, sometimes you must simply accept that some things can't be rushed. There will be times when we cannot control the outcome: A red light will change to green when it changes and no sooner. Learning to accept that can help people let go of their frustration, become more understanding of their situation, and greatly improve their patience.

## NEWMAN SPRINGS DENTAL CARE JOINS 2021 SMILES FOR LIFE WHITEN YOUR SMILE, AND THE \$99 GOES TO CHARITY



Local dental patients can have their teeth whitened and help a child in need by visiting local Crown Council dentist Dr. Mitchel Friedman of Newman Springs Dental Care. March 1 marks the beginning of the 23rd annual Smiles for Life campaign.

The campaign runs from March 1–June 30, and 100% of the proceeds from teeth whitening procedures done at Newman Springs Dental Care are donated directly to the Smiles for Life Foundation. This foundation uses the donations to help fund worthy children's charities and humanitarian work, both locally and around the world.

The cost of the teeth whitening procedure is \$99.

Since its creation in 1998, the Crown Council's Smiles for Life campaign has raised more than \$44 million for seriously ill, disabled, and disadvantaged kids thanks to participation from local communities and dental practices.

Greg Anderson, director of the Crown Council, explains: "Smiles for Life allows a person to help children in need by doing something that benefits them as well. Drs. Mitchel Friedman and Aparna Menon and their team donate their time and expertise, while Ultradent generously provides

all Opalescence whitening products. Patients receive a brighter smile and help children get a brighter future."

Anyone interested in donating directly without the teeth whitening can do so by visiting [CrownCouncil.wufoo.com/forms/smiles-for-life-contribution-form/](https://www.crowncouncil.wufoo.com/forms/smiles-for-life-contribution-form/).

Participants can also refer friends to Newman Springs Dental Care by linking to the Smiles for Life site.

Half of the donations raised by Crown Council dentists are given to their preferred local children's charity. The Parker Family Health Center in Red Bank has been the local charity for the donations raised by Newman Springs Dental Care. The remainder goes to the Smiles for Life Foundation to support its national and international initiatives, including programs in the Dominican Republic, Bolivia, and Guatemala.

Patients who would like to get involved should reach out to Crown Council dentist Dr. Mitchel Friedman at [NewmanSpringsDentalCare.com](https://www.NewmanSpringsDentalCare.com). For more information on the campaign, please visit [SmilesForLife.org](https://www.SmilesForLife.org).

## NEWMAN SPRINGS DENTAL CARE VIP WINNER



CONGRATULATIONS TO **TARA LUCOSKY** FOR REFERRING THE MOST PATIENTS IN 2020! SHE WON A 43-INCH SMART TV!

CONGRATULATIONS TO JANUARY'S VIP **CATHY GONSALVES** AND FEBRUARY'S VIP **ROBERT SUSSMAN** FOR WINNING YOUR AMAZON & DOORDASH GIFT CARDS

## SCAN TO SCHEDULE AN APPOINTMENT



SCAN ME

