



@NewmanSpringsDental



@NewmanSpringsDental



@DentistSedation



NewmanSpringsDental

PRSR STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE this issue



- p.1 Our Community Through COVID-19
- p.2 Dentists Weren't Always Doctors
- p.3 5 Ways to Increase Your Family's Fitness
- p.4 Turn the Page on Boring Books

TURN THE PAGE ON BORING BOOKS

3 Ways to Choose Your Next Read

It's almost beach-read season! But any time is a great time to read when you're immersed in a page-turner. While there is no shortage of books on the market — or ways to read them! — sometimes it's hard to know how to find your next favorite novel or series. Here are three great ways to get a customized recommendation.

1. **Use the web.** Sometimes you've gotta go digital to go analog. There are several great websites that will provide recommendations for readers based on their past favorites. Email the staff of Literary Hub at BookRecs@LitHub.com a list of three books you love, and they'll email you a personalized recommendation. Or you can check out NPR's Book Concierge online, which lets you filter by the type of book (e.g., memoir, historical fiction, etc.) you're looking for, as well as different categories (e.g., funny stuff, for sports lovers, etc.). WhichBook.net is similar to the NPR Book Concierge but is even more user-friendly.
2. **Ask the pros.** The internet is great, but there's no substitute for an old-fashioned conversation with a fellow word nerd. Librarians may be one of the world's most underutilized resources. They are often prolific readers and also have a keen sense of what's popular right now. If you're not a patron at your local library, support a local bookstore and check out the staff recommendations or ask for help in finding a book in your favorite genre.



3. **Join a book club.** This is a great way to introduce new authors and subjects into your literary world. Book clubs are usually free to join and come with the added benefit of getting to socialize with fellow readers. Search online for a local or virtual book club or follow along with celebrity book clubs online. If you like fun fiction, follow Reese Witherspoon's book club, Hello Sunshine, on [Instagram.com/hellosunshine](https://www.instagram.com/hellosunshine). Oprah's book club remains as popular as ever as well. Her monthly picks range from fiction that will entertain you while making you think to self-improvement books that could change your life. If you want to go deep on current issues and support authors of color, check out rapper Noname's book club at [NonameBooks.com](https://www.nonamebooks.com). Noname also sends her monthly book picks to incarcerated individuals through the Prison Program



WE'RE GETTING THROUGH THIS TOGETHER STILL FINDING WAYS TO HELP COMMUNITY THROUGH COVID-19

This time last year, we wrote that "times are tough for a lot of people," and despite great strides in vaccinations and other COVID-19-fighting measures, we know that is still true for many people. Due to safety precautions around COVID-19, we and many other dental practices were closed for about two months last year, but health and safety have always been our top priorities, so we did our best to be patient through these challenging times. But we have to admit that just as we were excited to start seeing patients again last summer, we're excited to see society ease back into a post-COVID world this year. In the meantime, we've been in communication with our patients to provide assistance where we can.

We're also doing our best to keep up with regular events outside our office. Our health care scholarship program accepted applications through mid-April, and recipients will be announced in our July 2021 edition of the newsletter! We're also participating in Smiles for Life, and we're excited for our 24th year of doing so. The proceeds of your teeth whitening during this event help children in underprivileged communities around the world get dental care they need. Smiles for Life runs through the last day of June!

And we're still finding ways to push for the help that the community needs, such as my work as a volunteer and vaccinator for our local health institutions. Last year, we realized that during the personal protective equipment shortage, first responders and frontline health care workers needed those masks and gloves more than we did, so we donated them. We're determined to continue to find more ways to serve our community, both during and after this pandemic.



Do you have questions about when and where you can receive the COVID-19 vaccine, contact tracing, traveling to or from the state of New Jersey, or even finding a new job? The state of New Jersey offers up-to-date information, resources, and guidance at our COVID-19 Information Hub is [COVID19.nj.gov](https://www.covid19.nj.gov)

Speaking of which, blood banks are still finding themselves in desperate need. Whether or not events are available in your area, you can still travel to blood centers directly to make your donation. These centers tightened their protocols to ensure their facilities are as safe and clean as possible, so be prepared for the process to take longer than usual. As a regular blood donor for over 40 years, I have made appointments and donated at NJ Blood Services at their location in Howell. In times of need, this is time well spent, so we urge anyone who can safely leave their home and donate blood to consider making an appointment online at [NYBC.org](https://www.nybc.org).

We've also made donations to local food banks that need extra supplies as they serve high numbers of people in need. Fulfill, a great nonprofit organization that I contribute to, is continuing to collect food to feed hungry families, and they still need our community's help to keep up with increased demand from the past year. Find out how you can donate money or supplies at [FulfillNJ.org](https://www.fulfillnj.org).

I also participate in a program called Backpack Buddies through my synagogue, Temple Shalom. Backpack Buddies provides food to children to take home from school on the weekends so they can eat even when they're not at school. When schools were closed, I delivered my food donations to St. Mark's Center for Community Renewal, and you can find out more about St. Mark's and the ways you can help by visiting [StMarksKeansburg.org](https://www.stmarkskeansburg.org). Lunch Break is another nonprofit organization that provides food, clothing, life skills training, and fellowship to those in need, and we've tried to help them out with money and item donations. You can, too, at [LunchBreak.org](https://www.lunchbreak.org).

Last but not least: Newman Springs Dental Care is looking for people to join our close-knit team. Right now we have three positions available — a customer service position, a dental receptionist position, and a spot for a dental assistant with their New Jersey X-ray license. More than anything, we're looking for people who can take care of our dedicated patients and are willing to put in the work and commit to continued training on their behalf. Learn more and apply at [BestLincroftDentist.com/about-us/careers](https://www.bestlincroftdentist.com/about-us/careers).

—Dr. Mitchel Friedman



You can now book your appointments online via our website at [BestLincroftDentist.com](https://www.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, time, and provider (Dr. Menon or Dr. Friedman) that works with your schedule. Returning patients may also choose their dental hygienist (Laura, Pauline, or Melissa).



SCAN ME



This is John, the newest member of our 'No Cavity Club'! Great job, John!



Patient of the week Rosane and Laura



Ray with Dr. Menon and Ashley

GET FIT WITH YOUR FAMILY

5 EASY WAYS TO GET EVERYONE MOVING



May is National Physical Fitness and Sports Month. As a parent, you probably know exercise is important for your children's physical development. It helps build healthy bones, muscles, and joints and reduces the risk of developing diabetes and other diseases later in life.

But did you know that physical activity also has many mental and behavioral health benefits? It's been shown to improve children's cognitive skills and concentration, boost their self-esteem, and reduce symptoms of stress, anxiety, and depression.

One of the best ways to encourage healthy behaviors in your children is by modeling them yourself. Studies have found that more than 80% of adolescents and adults are not getting enough aerobic activity, showing that children often follow in their parents' footsteps and that exercising together can benefit everyone.

You may be thinking it's hard enough just to get yourself to the gym, but Stephen Virgilio, author of "Active Start for Healthy Kids," encourages parents not to limit themselves to traditional forms of exercise. Instead, think of exercise more broadly as "leading an active lifestyle." And remember that exercise can be fun and a great way to get in more family time.

Here are five easy ways to incorporate more movement into your family's day.

- 1. Create a walking ritual.** Start walking around the neighborhood before or after dinner each night. Aim for a 20-minute stroll.
- 2. Have a dance party.** Clear some space in the living room, make a playlist with everyone's favorite tunes, and boogie down for as long as you have the energy.
- 3. Turn chores into games.** Dirt has invaded from outer space and must be eliminated. Set the scene with your kids, grab your tools, and get to work removing the enemy while having fun.
- 4. Incorporate simple exercises into screen time.** Start by making up fun names for exercises like situps or jumping jacks. Then, challenge each other to see who can do the most during your favorite show's commercial breaks.
- 5. Get fit in the great outdoors.** Cleaning up the yard, planting and maintaining a garden, or just running around outside are all great ways to get in more movement.

BEFORE DENTISTS WERE DOCTORS

TOOTH WORMS, BARBERS, AND THE ROCKY ROAD TO DENTAL SCIENCE

Today, being a dentist, hygienist, or assistant requires years of schooling, training, exams, licensing, and insurance. But while experts resembling today's dental teams have long practiced medicine, dentistry itself wasn't always that way. In fact, many "dentists" before the 1900s were self-taught, self-proclaimed, and dubiously qualified for their work!

In ancient times, dentistry was limited to a few basic procedures, the most advanced of which would have been fillings of silver and gold. While common, those procedures and the physicians who offered them were not usually available to the common people. For the everyday folk, extractions were the solution to dental problems, often after already drilling into a painful tooth to "let out the tooth worm." You see, they believed worms dug into teeth and caused pain — not realizing that the thin, wormlike tissue emerging from a drilled tooth was, in fact, a piece of the patient!

Things began to change when dental textbooks and manuals first emerged. Now, anybody who had a toolbox (and the ability to read) could claim to be a dentist — and many did, seeking a better life than farming or other trades. These traveling "barbers" were not usually educated at physicians' colleges (which still taught the most advanced dentistry of the time) and often traveled around to offer

their services. They also cut hair and performed minor surgeries like lancing boils and removing blemishes.

In the 1700s, Pierre Fauchard and others modernized dentistry with new tools and procedures, which was the beginning of a regulated dental profession based on science. The barber-dentists moved on to the New World, where their mobile business model allowed them to reach large sections of a spread-out population — and, for the charlatans, to get out of dodge when their victims caught on! By the 19th century, the age of the barber was over in Europe, but on the ever-moving American frontier, the profession stayed alive and well until modern regulations put them out of business.

It's hard to imagine, but until the modern era, most people could expect tooth loss starting at a young age; even rich people were affected, like George Washington with his famously horrible dentures. Decay and injury were common, and letting a "barber" work on you was better than enduring the debilitating pain of having an aggravated cavity. It makes us grateful for modern flossing and brushing — and that we have access to regulated, educated dental professionals who represent the long line of brilliant, caring visionaries like Pierre Fauchard and not the charlatans who had pliers and dental wagons!



NEWMAN SPRINGS DENTAL CARE
VIP WINNER

March:
Theresa Niemczck
April:
Simone Campanelli

CONGRATULATIONS ON WINNING
AMAZON & DOORDASH GIFT CARDS

For referring the most patients in
March and April.

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



SHAVED ASPARAGUS SALAD

Inspired by ACoupleCooks.com

Ingredients

- 1 lb asparagus spears
- 1/2 tsp kosher salt
- 1 tbsp lemon juice
- 1/8 tsp red pepper flakes
- 1 tsp Dijon mustard
- Freshly ground black pepper, to taste
- 3 tbsp extra-virgin olive oil
- 3/4 cup Parmesan cheese, grated

Directions

1. With a vegetable peeler, shave each asparagus spear from tip to base. This is easiest to do if the asparagus is on a flat surface.
2. Place shaved asparagus in a bowl and blot off excess moisture with a paper towel.
3. In a separate bowl, make a vinaigrette by whisking together lemon juice, Dijon mustard, and olive oil.
4. Pour vinaigrette over shaved asparagus and add Parmesan cheese, salt, red pepper flakes, and black pepper. Toss to combine. Taste and adjust seasonings.