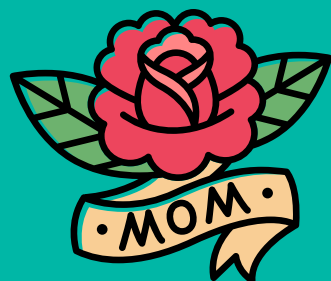


For Patients of Newman Springs Dental Care

INSIDE this issue

- p.1 A Trip to Remember
- p.2 Overcome Dental Anxiety Through Sedation
- p.3 Grilled Skirt Steak With Asparagus
- p.3 What Board Games Can Teach Your Kids
- p.4 3 of the Most Formidable Moms in History



MOTHERS SHAPE THE WORLD 3 OF HISTORY'S BRAVEST MOMS

Moms make the world go round. After running the gauntlet of childbirth, they raise and guide us throughout our lives, shouldering the tremendous burden and responsibility of motherhood. Mothers are in turn formidable, kind, powerful, gentle, wise, fierce, patient, supportive, empathetic, driven, and full of love. In honor of Mother's Day, here are three historic moms who never stopped fighting for what they believed in.

SOJOURNER TRUTH (1797-1883)

Before she escaped from New York slaveholder John Dumont, Sojourner Truth had at least three of her children sold away from her. When Dumont went back on his promise to emancipate Truth and her infant daughter in 1826, she took the girl and fled to an abolitionist Quaker family, but she was forced to leave her other daughter and her 5-year-old son, Peter, behind. Soon after, she learned that Peter had been illegally sold by Dumont to a slaveholder in Alabama, so she went to court and secured his safe return. It was the first successful case brought by a black woman against a white man in American history. Truth went on to become a prominent abolitionist and a speaker for women's rights, delivering her famous impromptu speech, "Ain't I a Woman?" in May of 1851.

IRENA SENDLER (1910-2008)

When the Nazis invaded Warsaw in September of 1939, Irena Sendler, a 29-year-old social worker and mother of two, hatched a scheme to rescue Jewish children from the brutal ghettos. Along with many friends and colleagues, she smuggled out nearly 2,500 Jewish orphans, hiding infants on trams and garbage wagons and guiding kids through a labyrinth of secret passageways beneath the city.

EMMELINE PANKHURST (1858-1928)

Despite being a wife and the mother of five children — two of whom died tragically young — Emmeline Pankhurst became one of the fiercest advocates for women's suffrage in the late 19th century. After founding the Women's Social and Political Union in 1903, she and her cohorts adopted an aggressive strategy to raise awareness for the issue; they began by buttonholing politicians and staging rallies, then progressed to vandalism, window smashing, and arson. She was instrumental in the movement. Pankhurst lived to see women gain the right to vote in 1928.

TEAM BUILDING IN THE BIG EASY

Our Trip to New Orleans

We recently returned from The Team Training Institute Annual Summit in New Orleans. It was an incredible experience, and we all came back energized and motivated. Dr. Friedman was generous enough to bring our entire team along to the event. In addition to having an all-around amazing time, we were able to learn many things that we'll bring back to Newman Spring Dental Care.

Before we discuss the summit itself, we'd like to share a little bit about The Team Training Institute (TTI). Founded by registered dental hygienist Wendy Briggs and Dr. John Meis, TTI focuses on helping dental practices improve their patient care, efficiency, and best practices. The TTI Annual Summit brings together dental offices from all over the country to receive training, exchange ideas, and discuss common issues. For three days in April, New Orleans was the center of the dentistry universe, and we were proud to be a part of it.



The team was awarded the "Big Idea" trophy for their Dignity Drive program



Lindsey, Laura, and Pauline with their "Emerald" awards for outstanding patient service awarded by the Team Training Institute at the annual Summit

The summit, dubbed the 2018 Champions of Dentistry event, featured guest speakers from both inside and outside the world of dentistry. We got to hear practice insights from Holly Mitchell, learn game-planning tips from NCAA football coach Tommy Bowden, and hear a moving story about overcoming adversity from Inky Johnson. These speakers, along with everyone else on the roster, inspired us to do our best every single day.

During the summit, TTI also acknowledges high-performing practices and individuals. We were honored to be included among the Emerald Award-winning practices, which is TTI's highest tier. Hygienists Laura, Pauline and Lindsey were also celebrated as providing the best in dental hygiene care to their patients!

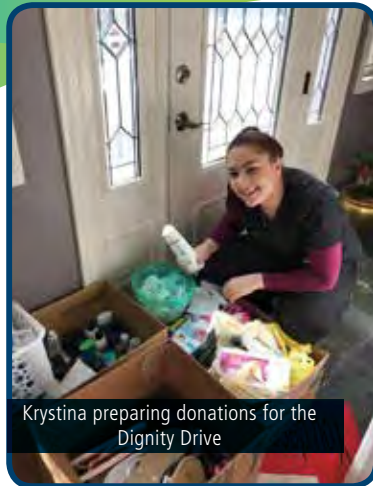
Continued on page 2 ...



Refer a friend, co-worker, or family member to be entered for a 2-night stay at the Oyster Point Hotel! Don't miss out, contest ends on May 20th!



Keari dropping off donations for the Dignity Drive



Krystina preparing donations for the Dignity Drive

Perhaps the greatest moment of the entire unforgettable event came during "The BIG IDEA Contest." During the contest, representatives spoke about ways in which their practices are making an impact in their communities. When our turn came, we talked about the work we've done with 180 Turning Lives Around, a charity focused on helping victims of domestic violence.

We were lucky enough to win the contest, but that's not the most amazing part of the experience. After telling the audience about the "Dignity Drive" we created with our local 180 Turning Lives Around chapter, the attendees decided to do some impromptu fundraising for this cause. We raised an additional \$5,000 at the event. The support of our peers and colleagues for this worthy organization was humbling in the extreme. We can't express how grateful we are.

In between all the education and inspiration, we managed to squeeze in plenty of fun. Marisa Capelli's birthday happened to coincide with the event, and we were in New Orleans. Needless to say, we had a blast.

As members of the office administrative team, we are always looking for new strategies to improve Newman Springs Dental Care. The 2018 Champions of Dentistry offered those in spades, along with plenty of laughter, moving speakers, and the chance to interact with practices from every corner of the nation. It's something we won't soon forget.

-Marisa Capelli & Marisa Puzo



The Newman Springs Dental Care team wishes a Happy Mother's Day to all the wonderful moms in our community!



GET MORE OUT OF GAME NIGHT USE BOARD GAMES AS A TEACHING TOOL

In this digital age, having a family board-game night every few weeks is a novelty. Putting away the electronics and having fun face-to-face with your kids is reason enough to make this a family tradition. But did you know that board games can also teach your kids valuable life skills? Here's the best way to facilitate this learning as a parent.

FIND THE RIGHT GAME FOR THE RIGHT AGE

It's important to find games that fit your children's abilities. Complex rules, small pieces, or mature content can make some games inappropriate for young kids. The first thing you should do is check the recommended age range on the packaging. This will help you find the best match for your kids.

CONSULT THE RULES

Whether you're new to a game or an old pro, it's worth spending some time going over how the game is played. Not only will this help you teach your kids how to play a new game, but these rules also provide valuable insight into the skills the game teaches. Even games of pure chance, like Chutes and Ladders, can teach young kids motor skills, a sense of fair play, and what good sportsmanship looks like for both winning and losing.

Does the game have rules for trading among players, like Monopoly or Settlers of Catan? These sorts of games are a great way to teach social skills. Does it offer multiple paths to victory, like Chess or Tokido? These games teach strategy and critical reasoning. Games like Pandemic require players to work together, teaching valuable teamwork and leadership skills.

TEACH BY EXAMPLE

While gameplay itself can be a great teacher, being a role model for your children during game night is the most important thing you can bring to the table. No matter their age, showing your kids how to lose gracefully, win magnanimously, and have fun no matter what are skills they will carry with them the rest of their lives.



GRILLED SKIRT STEAK WITH ASPARAGUS

Ingredients

- 1 1/2 pounds skirt steak
- 2 tablespoons canola oil
- 1 pound asparagus
- 2 teaspoons crushed red pepper
- Salt and pepper to taste
- Grated pecorino Romano cheese

Instructions

1. Heat grill to high. Season room-temperature steak with salt, pepper, and 1 tablespoon oil. Any oil with a high smoke point, such as canola, will work.
2. Trim bottom inch of asparagus. Season with salt, pepper, and remainder of oil.
3. Cut steak into four portions and grill for 3-5 minutes per side, depending on desired doneness. Skirt steak is thin and will cook quickly.
4. Let steak rest for 10 minutes. While it's resting, grill asparagus for 6 minutes, turning once.
5. Sprinkle cheese and crushed red pepper on asparagus. Serve alongside steak.

Inspired by Food Network

DENTAL ANXIETY IS REAL BUT SEDATION DENTISTRY IS A SOLUTION

At Newman Springs Dental Care, we understand that visiting the dentist isn't everybody's cup of tea. In fact, as many as one in five Americans suffer from dental anxiety. Our practice won't judge you for any dental anxiety, and we want to make your experience as comfortable as possible. To achieve this goal, we are proud to offer a number of sedation options to make your dental experience a little more comfortable.

We offer three types of sedation to meet the various needs of our patients and provide a stress-free experience.

- Inhaled sedation, the mildest option. Patients inhale a mix of gas and oxygen, which calms nerves and provides a mild euphoric feeling.
- Oral sedation is stronger and longer lasting. For this method, you will receive a prescription of an anxiety-reducing medication prior to arriving for your dental visit. Taking the medication prior to your appointment will ensure you arrive fully calm. We'll provide instructions on how and when to take your medication.
- IV sedation, the strongest form that we offer. It takes effect in moments and produces a state where you will still be conscious but likely won't even remember your visit.

Sedation options aren't just for patients with dental anxiety. They can be useful for those with a sensitive gag reflex or other conditions that make visiting the dentist physically uncomfortable. They are also excellent for folks looking to receive a large amount of treatment in one long session. Again, we are not here to judge you, and we don't believe dental anxiety can be resolved simply by "getting over it." Instead, our goal is to make sure you can receive essential oral care in an environment that doesn't cause you undue stress or anxiety.

Our dentists are extremely qualified to administer sedation. Dr. Mitchel Friedman has been licensed to practice sedation dentistry in New Jersey since 2001 and is one of the only general dentists in the state that is certified to perform IV sedation.

Regardless of the sedation method that's right for you, Newman Springs Dental Care will make sure it is a safe and effective option for making your trip to the dentist a pleasant experience.



NEWMAN SPRINGS
DENTAL CARE
VIP WINNER

**March:
Brian Blanche**

**April:
Jayne Mackintosh**

CONGRATULATIONS ON WINNING YOUR
\$100 RESTAURANT GIFT CARDS

For referring the most patients in
March and April

Spread the word among your family,
friends, neighbors, and co-workers!