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DONATE WITH CARE

THE RIGHT WAY TO DONATE AFTER SPRING CLEANING

Spring is in the air, and it's time to celebrate with another round of spring cleaning. Banish the clutter and make room in your life for something new! Many charities see a sharp increase in donations as spring cleaning season starts. Donating your used books, kids' toys, and gently worn clothing allows your old items to have a second life. However, when filling that donation box, make sure you're donating each item because it can do good and not just because you feel bad about throwing it away.

Charities have a big problem with well-meaning citizens dropping off items that are better left in the trash. There are many items charities simply cannot handle. Most charities will have lists of items they can and cannot accept on their websites. Some items that you should not donate include:

- Expired medications
- Old TVs
- Cribs
- Loose remote controls
- Personal care items, like soap, shampoo, or makeup
- Mattresses

- Carpets
- Any broken, damaged, or dirty items
- Tangled cords or phone chargers

These items may be unsafe to sell, costly to ship, or impossible to refurbish effectively. When a charity regularly receives items they cannot use, they have to spend hours of manpower sorting through things that end up in the trash anyway. This process can be expensive for organizations with already-strained resources. Some local charities spend over \$1,000 a year on dumpster and trash removal fees for unusable donations.

While charities will have no choice but to throw unusable donations in the trash, there are services you can use to make your spring cleaning eco-friendly, even for items you can't donate. For example, if you have torn or stained blue jeans, reach out to Blue Jeans Go Green. This program keeps denim out of landfills by turning it into insulation. And while Goodwill can't take your batteries or old flip phone, you can check out Call2Recycle.org to learn how to safely recycle your e-waste.

Your donations can be a big help to local charities. Just don't "donate" your garbage.

A DENTIST AT ATTENTION

Why I Serve in the Dental Corps



I came to this country about 10 years ago. At the time, I had just completed my undergraduate studies in India and moved to the United States to attend Rutgers School of Dental Medicine. In the decade since, America has become my home. This country has given me so much, and I feel it is my duty to give something back, which is why I've served in the Army Dental Corps as a Captain since 2017.

The most trying test, though, was spending three weeks in tents exposed to the elements. I'd never done anything like it before, and it was a huge change of pace. Setting up camp, eating, and working together created a bond among our group members. I know for certain that I never would've been able to do it without everyone's help and camaraderie. Not a single person at BOLC was there because it was a requirement. Each and every one of us made a conscious decision to use our medical skills to serve our nation. It's very inspiring to share a tent with folks like them.



The Army Dental Corps is one of the six corps of medical specialists that make up the U.S. Army Medical Department. Army Dental Corps has a proud history of service to our country and a commitment to improving oral health worldwide. As a commissioned officer for the U.S. Army Reserves, I recently attended the Basic Officer Leader Course (BOLC). It is a four-week training at Fort Sam Houston in San Antonio. There were 240 commissioned officers from various health care professions — including doctors, surgeons, nurses, dentists, and veterinarians — undergoing training in army missions, basic soldier skills, tactical medical doctrine, and learning principles behind becoming a resilient agile leader.

BOLC training is intense; there's just no other way to put it. There are so many portions of military training that daily life doesn't prepare you for. Performing land navigation at nighttime with no light source through rough terrains with a compass and map to find grid coordinates was not something my years in dental school had prepared me for. We also learned military theory, injury assessment, and tactics for dealing with a wounded or otherwise downed soldier. Oh, and we went through weapons training, which surprisingly I excelled in. I can shoot an M16, and I have a ranger card qualifying me as a marksman. The Level 1 Combative Training was intense. I thoroughly enjoyed taking down a few 6-foot-tall soldiers. Now when I think back, maybe they were letting me get a few kicks in.

When I heard about the Dental Corps during dental school, I signed up as a way to break out of the bubble of academia. It's become a huge part of my life and one of the most valuable experiences of my career. It's made me a better leader, stronger dentist, and more selfless person. I've grown so much as a result of my service in the Army Dental Corps, and I don't foresee that there will be a time when it won't be one of my passions.

Don't get me wrong: It felt amazing to get home to see my family and sleep in my own bed after the training. Strangely, though, I find myself pining for those nights under the stars every once in a while. I'm proud to serve this country and honored to have the opportunity to put my professional training to such good use.

-Dr. Aparna Menon



Employer Benefits Renew in the New Year! You can now book your appointments online

via our website at bestlincroftdentist.com and on our Facebook page @NewmanSpringsDental. It's easy and convenient. You can even check availabilities to choose the date and time that works with your schedule. Give it a try today!

NEWMAN SPRINGS DENTAL CARE JOINS 2019 SMILES FOR LIFE CAMPAIGN TO HELP CHILDREN IN NEED

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 22nd annual Smiles for Life Campaign.

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

Tooth whitening patients receive their smile-brightening procedure at a discounted rate. They can enhance their own smile while improving the lives of disadvantaged children.

Since its creation in 1998, the Crown Council's Smiles for Life Campaign has raised more than \$42 million for seriously ill, disabled, and disadvantaged kids thanks to participation from local communities and dental practices. Smiles for Life hopes to continue this tremendous pace for donations in 2019.

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, Amarpreet Suri, 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 teeth whitening can do so by visiting 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, making it easier than ever to give the gift of a whiter, brighter smile to friends and loved ones, while also giving hope to children in need.

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.

Smiles for Life also maintains a strong longtime partnership with the Garth Brooks Teammates for Kids Foundation, supporting Child Life Zones in Children's Hospitals across the United States. Stay tuned to see how much Smiles for Life raises this year.

Patients who would like to get involved should reach out to Crown Council dentist Dr. Mitchel Friedman at NewmanSpringsDentalCare.com.

For more information on the campaign, please visit Smilesforlife.org.

MANAGE YOUR JAW PAIN TIPS FOR EASING THE SYMPTOMS OF TMD

It's a strange feeling for anyone who's experienced it: waking up to find that your jaw is extremely sore, maybe even to the point where you can't fully open or close your mouth. Sufferers report various degrees of discomfort, but anyone who knows how it feels agrees that temporomandibular joint (TMJ) pain hurts. When it becomes chronic, it is referred to as temporomandibular joint disorder (TMD).

There are still no definitive answers as to what causes TMJ, though doctors believe stress, anxiety, bruxism (an unconscious grinding of the teeth), and joint imbalances may all contribute. Most cases last a few weeks, but if you suffer from TMJ for longer than that, you should consult your dentist or physician.

If you're waking up with jaw pain, there are a few things you can do to manage the symptoms at home. Here are some suggestions from the Temporomandibular Joint Association (TMJA) and the Mayo Clinic:

- Apply a moist heat compress to the jaw to reduce pain and increase function.
- Apply an ice pack to ease the pain and reduce inflammation (wrap it with a thin cloth to keep it from touching the skin).
- Try sleeping on your side.
- Relax the jaw with techniques, like consciously unclenching and taking deep breaths.
- Eat soft foods.

Most Dental and medical professionals recommend an oral splint to stabilize the jaw and reduce pain. Therapeutic jaw exercises help patients

recover faster from TMD symptoms. Customized oral splints help minimize the damage from clenching and grinding while sleeping. A dentist or physical therapist can show you similar exercises that will reduce your TMJ pain.

The effectiveness of surgical treatments to address TMJ disorders is still unclear, so talk to your dentist or medical provider to see what kinds of less invasive treatments are available. While there is such a thing as a TMJ specialist, there are many treatments that come from varying schools of thought and are not always based on scientific evidence. Working with your general dentist may be just as effective for you. Some patients have found relief through the TruDenta treatment program, which combines massage therapy, cold laser therapy, microcurrents, and ultrasound to treat the symptoms of TMD. Others have found acupuncture and other forms of alternative medicine to be effective.

If you're experiencing jaw pain, Newman Springs Dental Care can help! Call us today to schedule your appointment!



NEWMAN SPRINGS DENTAL CARE
VIP WINNER

January:
Aaron Levine

February:
Monica Kallop

CONGRATULATIONS ON WINNING
YOUR \$100 RESTAURANT GIFT CARDS

For referring the most patients in
January and February

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

NEWMAN SPRINGS DENTAL CARE HEALTHCARE SCHOLARSHIP

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.

This is the tenth 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, 2019. 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.

BEEF, MINT, AND RICOTTA HUMMUS

Ingredients

- 1 6-ounce beet (about the size of an adult fist), scrubbed
- 1 15 1/2-ounce can chickpeas, rinsed and drained
- 1/3 cup tahini, well mixed
- 1/4 cup fresh lemon juice
- 1/4 cup ricotta cheese
- 1 garlic clove, grated
- 1 teaspoon kosher salt, or more to taste
- 1/4 teaspoon fresh ground pepper
- 1/4 teaspoon ground coriander
- Mint leaves, poppy seeds, and olive oil, for garnish

Directions

1. Heat oven to 425 F.
2. Wrap beet tightly in foil. On a foil-lined baking sheet, roast wrapped beet until fork tender, about 60–70 minutes.
3. While beet is roasting, blend chickpeas, tahini, lemon juice, ricotta, garlic, salt, pepper, and coriander until smooth.
4. Once beet is cool enough to handle, use a paper towel to remove beet skin. Trim root end and cut into small pieces. Add to blender or food processor, and blend until entire mixture is smooth. Add additional salt if desired.
5. Transfer to a shallow bowl, top with garnishes, and serve.



CELEBRATING ST. PATRICK'S DAY FAMILY-FRIENDLY ACTIVITIES

Celebrating St. Patrick's Day doesn't have to mean heading to the local Irish bar and drinking a large green beverage. If you're not interested in going out this year and would prefer to do something at home with the family, here are a few ways everyone can celebrate.

IRISH-THEMED FOOD

What better way to get festive than by making some St. Patrick's Day-themed dishes? You can make rainbow cupcakes, green cookies, St. Patrick's Day popcorn, or — for a more traditional dish — Irish soda bread. You can also cook up an array of greens for dinner on March 17, which could include Brussels sprouts, spinach, cucumbers, green beans, peas, or asparagus.

A MISCHIEVOUS LEPRECHAUN

To treat your kids to a fun game, leave green footprints around the house and participate in impish tricks! Empty a tissue box, hide the remote, swap out regular light bulbs with green ones, or draw rainbows on the windows. You're only limited by your imagination.

EXPLORING IRISH CULTURE

Another way to celebrate St. Patrick's Day with your family is to sit down and read about Irish culture with your kids. Learn where the legend of the leprechaun came from or read other stories from Irish folklore. You can also watch videos of Irish dance performances and encourage the kids to make their own. There's also fascinating history on St. Patrick and why he became the patron of the holiday that your family members can research together. If you have Irish roots, tell your kids about your heritage.

WATCH IRISH MOVIES

For a relaxing activity, settle down in front of the TV for a movie night filled with films related to Irish culture. Try "The Magical Legend of the Leprechauns," "Song of the Sea," "The Luck of the Irish," or "The Secret of Kells."

MAKE AN IMPACT

Teach your kids how to be "greener" this month by doing more for the environment. Discuss ways to save energy and water in the home, and talk about the importance of taking a break from electronics and enjoying the outdoors.

This list is not exhaustive by any means, but it's a good start to get your family to create new ways to celebrate St. Patrick's Day. You might even create family traditions that will last for years to come.