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THE FINAL FRONTIER

NASA TAKES YOU ON A (VIRTUAL) SPACE ADVENTURE

Commercial space travel might still be the stuff of science fiction stories, but thanks to computer programs and augmented reality, your family can still experience what it's like to explore space. NASA and other organizations provide a wealth of free resources that make space exploration come to life for stargazers and future astronauts alike. Take some time to explore a few of our favorites today.

TOURING THE INTERNATIONAL SPACE STATION

First launched in 1998, the International Space Station is a multinational space research laboratory. Nineteen different nations have sent astronauts, cosmonauts, and space tourists to the space station to conduct scientific experiments. It's truly the stuff science fiction dreams are made of! In 2012, Expedition 33 Commander Sunita Williams filmed a full tour of this amazing floating lab and even included a quick lesson on how to work out in zero gravity. "Visit" the space station for yourself at Bit.ly/ISSTour.

EXPLORING DEEP SPACE VIA VIRTUAL REALITY

On Jan. 30, 2020, NASA's Spitzer Space Telescope concluded its 16-year mission researching exoplanets, which are planets outside our solar system. This data was used to create Exoplanet Excursions, an immersive virtual reality experience that lets your family experience the Spitzer's discoveries and control the telescope yourself. These incredible excursions are available on Oculus or Steam, so visit Spitzer.Caltech.edu/vr to start your adventure and explore deep space today!

PLANET-HOPPING WITH NASA

Have you ever wondered would it be like to stand on another world? Then "book" your next vacation with the Exoplanet Travel Bureau! This program takes you on digital tours of real exoplanets NASA has discovered. Though we don't know what the surfaces of these worlds look like, artists have used scientific data to create 3D landscapes to explore. See them all, from Kepler-16b to TRAPPIST-1e, at Exoplanets.NASA.gov/alien-worlds/exoplanet-travel-bureau.



WE'LL GET THROUGH THIS TOGETHER

Let's Find Ways to Help Our Community



recipients should be announced soon. We'll also still be participating in Smiles for Life when we return to normal work schedules, and we're excited to participate in our 23rd 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.

We also still plan to move forward with our Dentistry From The Heart event on Thursday, Oct. 22. Newman Springs Dental Care will be back up and running in plenty of time to host our 14th annual charity event and help people in our community get dental work they need that they might otherwise be unable to afford. Keep an eye out for future updates in our newsletter and on social media so you can mark your calendars.

Because our Dentistry From The Heart event isn't until October, we decided to donate our stockpile of personal protective equipment, like masks and gloves that are usually reserved for serving the patients we see every day, to local police, hospitals, and emergency medical services in need. While it's important to take proper safety precautions with our patients, right now, health care and police service professionals around the globe are suffering a shortage of personal protective equipment. It only felt right to donate what we're not currently using and give it to those who are on the front lines and facing COVID-19 risks every day.

Newman Springs Dental Care has been determined to continue finding more ways to serve our community during this time of crisis. Charitable donations and events have always been a large part of who we are, and just because we're not currently working normal business hours doesn't mean we can't help others in need.

Blood donation events in our area have been canceled, but these events are often where blood banks get a majority of their donations. Without them, blood banks are finding themselves in desperate need. Even though events are canceled, you can still travel to blood centers directly to make your donation. These centers have shifted their protocols to ensure they're keeping their facilities as safe and clean as

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Times are tough for a lot of people. Due to safety precautions around COVID-19, we and many other dental practices were closed for about two months. Newman Springs Dental Care was able to open for emergency services in late April, and we've been given the go-ahead to resume hygiene services starting on June 1. 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 we're excited to start seeing patients again!

In the meantime, we've been in communication with our patients to provide assistance where we can. As recommendations change rapidly regarding social distancing, if you have any questions about your dental care or urgent concerns, you can still give us a call at 732-741-6444, send us a direct message on Facebook, chat with us on BestLincroftDentist.com, text us at 732-702-3737, or email DrMitchelFriedman@gmail.com.

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



We are open for emergencies and will resume regular appointments beginning June 1st, 2020. You can now book your appointments online via our website at BestLincroftDentist.com and on our Facebook page [@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.

... CONTINUED FROM COVER

possible, so be prepared for the process to take longer than usual. As a regular blood donor for over 40 years, I was able to make an appointment and donate 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.

We've also continued to make donations to local food banks that need extra supplies as they serve higher 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 need our community's help to keep up with increased demand. They're putting together crisis relief boxes and have a collection drive for hygiene products. Find out how you can donate money or supplies at FulfillNJ.org.

I also participate in a program called Backpack Buddies through my synagogue, Temple Shalom. The program caters to those children who receive sponsored lunches while at school during the week. 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. Because schools are closed, I delivered my food donations to St. Mark's Center for Community Renewal, which serves almost 3,500 warm meals monthly and over 4,000 individuals a year from their food pantry. Those numbers have increased dramatically as of

late, so they need extra support. Find out more about St. Mark's and the ways you can help by visiting StMarksKeansburg.org.

Lunch Break is another nonprofit organization that provides food, clothing, life skills training, and fellowship to those in need. They're working hard to support the increased number of people who need support in our community, and welcome any donations that can be spared. I brought them some of Newman Springs Dental Care's oral health care items, as well as donating money on their website at LunchBreak.org.

The current state of the world might have many of us paralyzed with fear over doing anything but focusing on our own wellness. While it's important to take care of yourself and follow necessary safety protocols, it's also important to remember that others have been terribly affected by the ripples of COVID-19. Let's come together, find strength as a community to combat the hardships we're all facing, and help each other how we can. Although we may be physically separated during these unusual times, there are so many ways we can still stand together in the face of adversity. We are posting every day on Facebook and Instagram, so please "follow" us for updates and fun posts.

From all of us at Newman Springs Dental Care, we hope you stay safe, keep your heart open, and remember that we're here if you need us for anything.

-Dr. Mitchel Friedman

DENTAL SANITATION AND COVID-19 HOW DENTISTS KEEP PATIENTS SAFE

Even before the outbreak of COVID-19, infection control was a huge priority for dental offices. Every piece of equipment you see at the office, from the chair you sit in to the sickle probe used to remove plaque from your teeth, is thoroughly sanitized after every use. However, this wasn't always the case.

Archaeological evidence shows that humans have been operating on each other's teeth since 7000 B.C. However, dentistry didn't become its own profession until the 18th century. It would take another 200 years before dentists recognized the possibility of cross-infection between patients and dental practitioners. The first dental cabinets equipped with "sterilizers" weren't available until the early 1900s. These early attempts at sanitization were far below today's standards. The process of sterilizing equipment was slightly more rigorous in the 1970s, but regulation was still lacking. By the 1980s, only 30% of dentists wore gloves, masks, or gowns.

It wasn't until the AIDS epidemic that infection control in dentistry was reformed. Panic over infectious diseases in general prompted the Centers for Disease Control and Prevention to publish their first set of comprehensive dental infection

control guidelines. This included adopting "universal precautions" based on the idea that blood and all bodily fluids that could contain blood might be contaminated and must be treated as infectious.

New regulatory guidelines emphasized infection control protocols, which have been updated over the years as both our technology and medical understanding improved. The most recent guidelines from 2016 are the gold standard for infection control. These guidelines include the use of personal protective equipment for dental personnel, the requirement that practices must have an individual trained in infection prevention on staff, and the mandate that all equipment must be approved by the Food and Drug Administration and cleaned with chemical germicides registered with the Environmental Protection Agency as "hospital disinfectant."

You may be concerned right now, but rest assured that when you come in for your appointment, our team has taken every measure to protect your health. This includes taking extra time to thoroughly sanitize all the equipment in the office. It may also include closing the office and rescheduling appointments, if such a thing is deemed necessary.



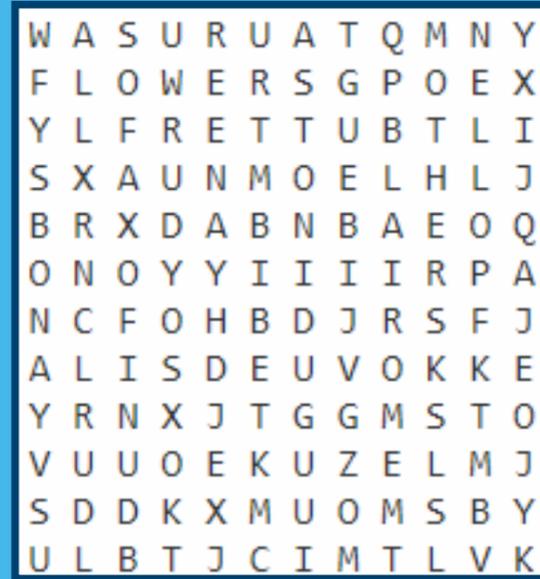
NEWMAN SPRINGS DENTAL CARE
VIP WINNER

March
Gail Stockley
April:
Janice Pattwell

CONGRATULATIONS ON WINNING
YOUR \$100 RESTAURANT GIFT CARD

For referring the most patients in
March and April.

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



BUTTERFLY LADYBUG MEXICO POLLEN
FLOWERS MAYFLY MOTHERS SUNSHINE
JEDI MEMORIAL OUTDOORS TAURUS

WATERMELON AND TOMATO SALAD WITH TURMERIC OIL

Ingredients

Inspired by BonAppetit.com

- 1/4 cup virgin coconut oil
- 1 tsp peppercorns, coarsely crushed
- 1 tsp coriander seeds, coarsely crushed
- 1/2 tsp cumin seeds
- 1/2 tsp ground turmeric
- 4 cups seedless watermelon, diced into 1/2-inch pieces
- 2 medium heirloom tomatoes, diced into 1/2-inch pieces
- 8 oz mild feta, diced into 1/2-inch pieces
- Flaked sea salt

Directions

1. In a small saucepan, heat coconut oil, peppercorns, coriander seeds, cumin seeds, and turmeric for about 3 minutes or until fragrant. Let cool slightly but do not let coconut oil solidify.
2. In a large bowl, place diced watermelon, tomatoes, and feta. Drizzle with oil mixture and finish with a dash or two of salt.



FEED THE FRONTLINES

AN INITIATIVE TO SUPPORT MEDICAL PROFESSIONALS AND LOCAL RESTAURANTS

In March, New York became the epicenter of the COVID-19 pandemic in the United States. Despite lacking access to necessary personal protective equipment, health care workers in New York have continued to work on the front lines to care for patients, putting their own lives at risk to help others. In an effort to support these brave individuals, Luca Di Pietro, founder of Taralucci e Vino restaurant group, launched Feed the Frontlines NYC.

After Mayor Bill de Blasio mandated that all New York City bars and restaurants close except for takeout and delivery to curb the spread of COVID-19, Di Pietro was forced to close four of his five restaurant locations and lay off 90 employees. Shortly after, a friend from Toronto, Canada, Adair Roberts, reached out to Di Pietro and ordered 40 dinners to be delivered to the emergency room staff at New York University Langone Health. This inspired Di Pietro to begin the Feed the Frontlines NYC initiative and invite folks to donate meals to medical professionals around the city.

The donations came pouring in. As of March 31, Feed the Frontlines NYC had donated 6,750 free meals to health care workers around NYC. Taralucci e Vino was able to hire back 30 employees, and other local restaurants quickly joined the cause. Donations go to feeding health care workers and supporting local businesses and their employees.

"When all this started, I was just trying to keep the lights on, and I was thinking hard about what to do in this time of crisis," Di Pietro wrote on the Feed the Frontlines NYC website. "The easiest thing to do would have been to give up and shut down, but we didn't give up. We started Feed the Frontlines NYC and are committed to nourishing health care professionals on the front lines of the pandemic while providing New York City restaurant workers jobs."

A few days after Di Pietro started Feed the Frontlines NYC, Roberts began Feed the Frontlines TO in Toronto. Similar movements have begun from coast to coast as people ban together to support their local restaurants and the health care workers fighting to protect us all.

