

INSIDE this issue

- p.1** Upgraded Safety Measures in Our Office
- p.2** How to Keep an Eye on Your Oral Health
- p.3** The Secret to Delicious Grilled Veggies
- p.3** 3 Fun Car Activities to Keep Your Kids Busy
- p.4** Are Your Thrift Store Donations Being Thrown Away?

ARE YOUR THRIFT STORE DONATIONS BEING THROWN AWAY?



Are you thinking about donating your kids' old clothes or that slow cooker you haven't used in months? Though donating your unwanted items is a great thing to do, amid the pandemic, many people have not considered the future of secondhand shopping and charity-based thrift stores like Goodwill. In 2018, Goodwill funded nearly \$5.3 billion in charitable services, like educational assistance, job training, and work placements. But now, Goodwill and similar organizations are facing a unique problem: They're receiving *too many* donations. To prevent your items from ending up in a landfill, consider the following before you donate.

Under the circumstances, this situation is understandable. Thanks to nationwide stay-at-home orders, many took advantage of their newfound spare time to spring-clean and subsequently donate unwanted items to charity. However, with the confusion about how long the COVID-19 virus can live on clothing, secondhand shoppers have been staying home, worried about the health risks of buying used goods.

Famously, thrift stores still keep unsold goods out of landfills. Up to 75% of Goodwill's merchandise, for example, isn't sold in their stores. Instead, it's sent to

discount outlets and then into global markets. However, Mexican traders, who account for 30% of business at thrift stores close to the U.S. southern border, and Kenya, the world's largest buyer of unsold secondhand clothes, have stopped buying during the economic shutdown.

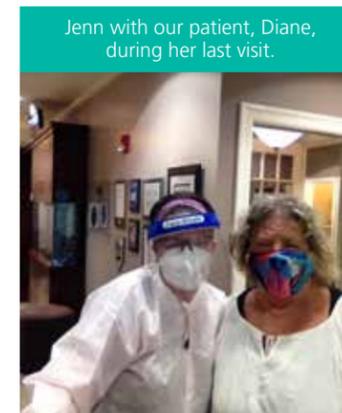
Meanwhile, some good-intentioned Americans are leaving their goods outside thrift stores' front doors, not realizing that without enough space to house the excess donations, many of these thrift stores will have to pay disposal fees, costing the business potential revenue and sending your items into local landfills.

However, Goodwill still wants your donations! You just might have to hold on to your items for a little bit. Check to see if your local thrift stores are open for donations. Many recommend waiting until the influx slows down, but others have expanded their inventory storage and are ready to keep up. Just make sure to follow their guidelines on acceptable items because any broken or worn items only add to their costs. Happy donating!

CHANGES YOU CAN SEE AND FEEL Creating the Safest Environment Possible

With our doors open once again, it's been wonderful to welcome back all our patients by appointment. We're entering a new world since COVID-19 took hold of our daily lives, but we want to assure you that we have gone above and beyond to make our community, team, and loved ones feel safer than ever. We've used these last few months to make a number of enhancements to our already high standards so you know you're being treated in a state-of-the-art office that uses all the available means to keep everyone safe. Some of our improvements include the following:

- An upgraded air purification system to hospital-grade filtration using Medify Air purifiers in treatment rooms as well as Reme Halo in our new HVAC systems.
- Upgraded HVAC filters to hospital-grade levels via MERV 16.
- Use of ultraviolet light technology to sanitize the air throughout our office.
- Enhancement of our already-thorough Occupational Health and Safety (OHS) and Center for Disease Control (CDC) disinfection and sterilization process utilizing Environmental Protection Agency (EPA) materials.



Jenn with our patient, Diane, during her last visit.

dentistry
from the heart

- Extra-ideal personal protective equipment (PPE) for our team members, including N95, KN95, and ASTM International Level-3 face masks, face shields, hand sanitizers, high-speed suction evacuator systems, and extra barriers.
- Custom plexiglass sneezeguards.
- Upgrades to patient bathroom, including motion-activated lights, fan, paper towel dispenser, hand soap dispenser, and hand sanitizer dispensers so you'll only have to touch the door handle and flusher.



Jenn, Ashley & Roxanne are prepared for your visit!

- Replaced carpeting in the business areas, hallways, and reception room with easy-to-clean vinyl flooring.
- Ultra-low volume misters and foggers to sanitize all surfaces with healthier, nontoxic alternatives.
- Thorough phone screening of all individuals before coming into the office, and no-contact temperature recording and rinses before treatment to reduce bacteria in the mouth.
- Radio communication between our staff to limit the number of people in rooms at one time.
- No-contact and social distancing measures upon appointment check-in by text notification and waiting in cars rather than our waiting room.
- Quick statement and payment options by phone while in-office rather than at the front desk.
- Separate entrance and exit for patients arriving and leaving.

We know it's a long list of changes, but they're already proving to be so useful for our staff and to provide great peace of mind for our patients. Every one of our team members is doing everything they can to make sure getting the dental care you need is as safe as possible, and we already see the benefits of keeping many of these upgrades and additions long term.

Life is not without its challenges. Every challenge is different, but there's always a way to work through it. We will treat these changes as a challenge to master until they become habit. We're so thankful to all our patients for continuing to come see us and for being willing participants when it comes to best safety measures for all. Our team is so happy to be back working together and to have smiling faces walking through our doors again. If we haven't seen you yet, we hope to see you soon!

Dr. Mitchel Friedman



We are now open for regular appointments!
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.

CONGRATULATIONS TO THE NEWMAN SPRINGS DENTAL CARE HEALTH CARE SCHOLARSHIP WINNERS!

This is the 11th year of the scholarship program, and Newman Springs Dental Care has awarded scholarships totaling \$16,500 to date!

Sara Deudicibus, graduating senior from Middletown High School North. Sara will enter the pre-med program at Stevens Institute of Technology this fall. (Not pictured)



Ashley Julian, graduating senior from Holmdel High School. Ashley will attend Rutgers University this fall to study to become a physician's assistant.



Casey O'Neil, graduating senior from Middletown High School South. Casey will attend Farleigh Dickenson University in the fall to study nursing.

CONGRATULATIONS TO DR. FRIEDMAN!

For the 12th year in a row, Dr. Friedman has been nominated in *New Jersey Monthly* magazine as a "Jersey Choice Top Dentist"! Thousands of dental professionals across our state were asked to tell *New Jersey Monthly* which of their fellow dentists they consider to be New Jersey's best practitioners, and every year since his first nomination in 2009, their opinion has been the same: Dr. Friedman and Newman Springs Dental Care is one of the best!

Congratulations to Dr. Friedman on another great year and well-deserved nomination.



3 ACTIVITIES TO KEEP YOUR KIDS BUSY IN THE CAR



Your family might not be taking many road trips this summer, but keeping your kiddos occupied even on short trips in the car can sometimes feel impossible. Few vehicles have built-in entertainment systems, and truth be told, using a smartphone or iPad to address your kids' boredom and antics might not be the best option, especially if you're trying to cut down on their screen time.

Fortunately, some of the activities that keep kids occupied on long road trips also work for quick trips around town. Before you reach for the nearest screen to keep your kids from picking on one another or finding unsafe ways of entertaining themselves, try some of these constructive car activities.

ROAD TRIP BINGO

This is a tried-and-true, classic car game that still entertains kids today. You can easily make your own bingo boards with squares to mark off for road signs, construction vehicles, and other roadside sights. Plus, this activity helps kids hone their observation skills. Having some treats ready as a prize for the first kid to get a bingo will ensure everyone wants to play along!

DRY-ERASE ART

Having art supplies in the car might keep your kids busy, but it can also mean dozens of crayons and colored pencils getting lost between the seat cushions. Instead, keep dry-erase boards and markers on hand for a safe art project without the clutter and mess. Plus, old plastic CD cases work as dry-erase boards!

TOY AND BOOK BOX

When the games and art projects don't work, a box of picture books, toy cars, dolls, and other toys might prove to be the best defense against your kids' boredom. While this fix might seem too easy, sometimes the simplest ideas work the best.

Instead of having your kids play the quiet game the next time they're acting up in the back, try some of these ideas to keep them entertained so you can keep your eyes safely on the road.

KNOW YOUR MOUTH

HOW TO THOROUGHLY CHECK YOUR ORAL HEALTH

While you should never attempt any type of dental procedure or oral cleaning with professional tools at home, it is important to be aware of the overall health of your mouth. Whether you're between visits to your dentist or haven't scheduled an appointment in a while, look for the following signs to help you decide if it's time for a trip to the dentist.

TEETH

Strong teeth are the first sign of a healthy mouth. Determine whether or not yours are strong by checking for loose teeth, pain, sensitivity, or discoloration other than the yellowing that occurs with age. It doesn't mean your teeth are unhealthy if they aren't perfectly straight, but make sure their alignment isn't causing issues with the way you bite, chew, or relax your jaw.

GUMS

For the most part, healthy gums are always pink. They should be firm around each tooth and not tender, swollen, red, or white. Where the gums naturally sit on the tooth varies from person to person, but if you start to notice your gums receding more than normal, this could be a cause for concern. If your gums bleed while brushing or flossing, it could mean you're not doing either often enough or are being too rough, or it may indicate other health issues.

TONGUE

Much like the gums, the tongue should always be pink. It should also be covered with small nodules called papillae. Discoloration of the tongue, like white spots, could be a sign of infection or a side effect of diabetes and asthma medications. A red tongue could be a sign of a vitamin deficiency or an indication that you have a fever. Sores and bumps on your tongue — or on your gums and the insides of your cheeks — may need to be treated with medication if they don't go away on their own.

BREATH

Bad breath can be embarrassing, but it can also be an indicator of an underlying issue that needs to be addressed. Healthy breath should be naturally neutral, meaning there shouldn't be much scent to it at all. Bacteria breed in the presence of food particles, and it's these bacteria that cause stinky breath. Eating pungent foods may cause bad breath temporarily, but if it continues even after brushing or using mouthwash, this could be a sign of other issues.

A thorough check of your or a family member's oral health may require a few extra steps, but it's well worth your time. No one knows your mouth better than you, but if you have an issue, then give Newman Springs Dental Care a call or go online to schedule an appointment!



NEWMAN SPRINGS DENTAL CARE
VIP WINNER

**May:
Victoria Loffredo**

**June:
Hannah Tatem**

**CONGRATULATIONS ON WINNING
YOUR \$100 RESTAURANT GIFT CARDS**

For referring the most patients in
May and June.

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

THE BEST GRILLED SUMMER VEGETABLES

Inspired by DinnerAtTheZoo.com

Ingredients

- 1 tsp salt
- 1/4 tsp pepper
- 1 1/2 tsp dried Italian seasoning
- 1 1/2 tsp garlic, minced
- 2 lbs assorted vegetables, trimmed and halved (asparagus, mushrooms, red onion, red bell peppers, baby carrots, and yellow squash are great on the grill)
- 5 tbsp olive oil
- 2 tbsp lemon juice
- 1/4 cup parsley leaves, chopped

Directions

1. In a small bowl, combine salt, pepper, Italian seasoning, and garlic.
2. Brush vegetables with olive oil and place in a large bowl. Top with lemon juice and seasoning mixture. Toss to coat evenly. Cover and refrigerate for at least 20 minutes but no longer than 2 hours.
3. Prepare the grill at medium-high heat.
4. Grill vegetables in batches, cooking 3–5 minutes on each side until browned and tender. (Carrots will cook longer, 6–9 minutes per side.)
5. Remove from the grill, sprinkle with parsley, and serve hot.

