



About Our Office

A monthly newsletter from the office of Drs. Gillespie and Martin, PA

Vol. VII, Issue I

January, 2004

Introduction We are excited to bring you our monthly in-house newsletter to help keep you abreast of current happenings in our office and the profession. Suggestions and comments are always appreciated!

Hot Topics Ah, the New Year! Time for change, improvements, resolutions! Here are a few ways to help you meet your oral health resolutions:

1. Leaving an extra toothbrush at work will increase the likelihood of brushing at work by 65%-- brush those choppers after lunch right before you get back to the grindstone;
2. For home, buy a Sonicare toothbrush—it's a great brush but, perhaps even more importantly, it tells you when you've brushed long enough!

Also, consider these Super-foods that help build Super-smiles:

1. Milk--your mom was right, this old faithful is still a great source of calcium;
2. Calcium-fortified Juice--many of these contain just as much calcium as a glass of milk; however, drink sparingly as the excessive sugar may promote tooth decay;
3. Fluoridated Bottled Water—Fluoridated water is widely considered the most efficient way to ingest the cavity-fighting fluoride;
4. Calcium-fortified Bread—New recipes claim 200% more calcium than regular bread.

Around the Office Our yearly office Xmas Party was almost marred by the discovery of a dead Grinch near the Xmas tree which had no gifts! Fortunately, the staff was able to use certain clues left at the crime scene to lead them on a wild goose chase to other clues and ultimately to their gifts. Observers at the scene aptly named the ruse "The DaGrinchi Code.".....Our office enjoyed an extended vacation due to the way the Holidays fell this year. We are all well-rested and wish to renew our commitment to give you the best in dental care in the coming year!.....Crystal was in Times Square with her hubby to watch the ball drop as well as Donna, who flew up to NYC with her boyfriend to engage in some New Year's revelry!

Employee Spotlight Michelle Baber is one of our scheduling coordinators and has been with our office since 1992. Born in Lake Charles LA, she graduated from West Henderson High School. Known to be a crafty person, she enjoys drawing, painting and crafts as well as spending time with her husband, Jack, two children, Brandon and Angela, three cats and her miniature dachshund, Tucker. Additionally, Michelle has become quite the expert on yoga and Pilates. Carolina fans beware: Michelle is a die-hard Clemson fan!

Quote Unquote There are two ways to live your life.

One is as though nothing is a miracle.

The other is as though everything is a miracle.

--Albert Einstein

Our goal is to fill the next year with great patients like yourself, so we kindly welcome all your referrals!