



## About Our Office

A monthly newsletter from the office of Timothy E. Gillespie, DMD, FAGD  
www.drtingillespie.com

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**Introduction** Enjoy our newsletter! If you wish, you can download a copy from our website!

**Hot Topics** 'Tis the season to be jolly! The holiday season brings an increase in social events which means there are more opportunities to flash that beautiful smile. Here are some tips to help keep your smile its yuletide whitest (bright white looks better against the red and green color scheme!):

1. The Chewing Gum Claus, er, Clause—If you can't brush after a big meal, chew sugarless gum with a whitener for 20 minutes. Recent studies suggest chewing gum after meals may reduce plaque by up to 20%. The whitener helps with stain control.
2. The Morning-After Remedy—Whiten teeth for 30 minutes the morning after a party to help dissolve any fresh staining.

Do you know how to make someone smile? Give them one! As a gift idea, you may want to consider a gift certificate for one of our professional tooth-whitening options:

1. ZOOM! Weekender, a 3-day formulation of the **ZOOM!** gel;
2. Nite-White, an 8-day formulation of whitening gel for night use;
3. Day-White, an 8-day formulation of gel for day use.

Details are available at our front desk!

**Around the Office** Dr. Gillespie has received his Certificate of Completion from the Misch International Implant Institute and is converting one of our rooms into a surgical suite for implant placement. We are pleased to begin offering this treatment option to our patients as an in-office procedure starting in '07!.....In November, Darlene celebrates her 5<sup>th</sup> anniversary with us. We have certainly enjoyed her humor, smiling face and loyalty and will honor her with a diamond pendant. Time certainly flies when you are having fun! Congratulations and thanks, Darlene!

**Employee Spotlight** Yvette Manny, CDA, was born in NJ, but has spent most of her life in Fort Lauderdale, FL. Her bilingual status changed to trilingual after a year in Montreal. Yvette earned her degree at Kaiser College for Dental Assisting and has been assisting for 21 years; she has been with us since 1996. She has been very happily married to Marc for 22 years and has two children, Brentton and Krista. In addition to being a sports fan, Yvette enjoys dancing and singing (she seems to know every song ever written!). She has also been busy remodeling her home and watching their children grow up.

**Quote Unquote** If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get. —Thomas Fuller

**During this special time of year, let us say Thank You for allowing us to serve you. We hope you have a Happy Thanksgiving and a Merry Christmas!**