

# Fall Newsletter

## INSIDE THIS ISSUE:

Staff Highlight	2
Spirit Week	2
Past Events	3
Product Highlight	4

## *DID YOU KNOW?*

Our office offers multiple whitening packages, including a great in office whitening treatment! Ask your provider which package would be best for you!



## **Lasers: they aren't only seen in Star Wars!**

Lasers are becoming more commonly seen in medical settings, especially dentistry! Our hygienists went through extensive training to be able to provide services the laser offers to our patients.

Laser Bacterial Reduction helps to reduce harmful bacterial levels by up to 99.99% without the use of chemicals. Reducing the bacteria count helps the tissues and tooth structure come together to establish the best healing process possible. This treatment is painless and will not harm your teeth, fillings, crowns, or implants.

Are you one who experiences the unpleasantness of cold sores? Well, the laser can help with that too! When in the "tingling" stage, contact us so we can help prevent the sore from becoming painful and help shorten the lifespan. Continuous treatments may also help in lessening the frequency of appearance.

Call the office if you have any questions about the laser and what it can do for you!

## Staff Highlight: Dr. Ava O’Neill

Dr. O'Neill grew up in Wisconsin where she completed schooling through her undergraduate degree. It was then she decided to explore other areas and moved to Portland, Maine to attend the University of New England College of Dental Medicine where she was a member of the inaugural class. Her love for New England brought her to New Hampshire and she resides currently

in Peterborough with her husband, also a dentist, their baby Teddy and their two cats and two dogs. She is a member of the American Dental Association, the New Hampshire Dental Society, and pursues continuing education with multiple organizations. Beyond dentistry her passions lie in enjoying time with family and friends, reading, gardening, and hiking.

*Schedule a Friday appointment with Dr. O’Neill today!*



Congrats to our No Cavity Club winners of 2021!

Caroline L.  
and  
Zowie F.

Thank you for keeping your smiles healthy!

## Spirit Week

We will host our second annual Spirit Week starting Monday, October 24<sup>th</sup>!

We end this fun-filled week with a Halloween Parade for the kids at White Birch Center. We close our parking lot so they can show off their costumes while marching to some fun Halloween music.

For each patient and staff member that participate we will donate \$10 to White Birch Center. Listed below you will find out how to participate:

**Monday** – Funky Hat Day

**Tuesday** – Wear Pink Day

**Wednesday** – Tie Dye Shirt Day

**Thursday** – Pajama Day

**Friday** – Mustache on Mask Day

If you don't have an appointment this week but would still like to participate, pick a day or two, and post a picture to our Facebook Page. The link can be found on Page 4.



## 2021 Events

Not only do we love giving the best care to our patients, but we also love giving to our awesome patients and community! Despite dealing with a worldwide pandemic, we still found ways to show our patients and community how much we care and appreciate all they do.

We started off by hosting our third Veteran's Day Event in April! We donated \$25,000 of dental care to those who have served our country. This event is so much fun putting together and so rewarding. We look forward to hosting this again next year!

On May 18<sup>th</sup>, 2021, we celebrated our 1-year anniversary of re-opening after closing during the 2020 pandemic shutdown. We started the morning off with a dance party and confetti cannons, we even gave out special goodie bags to the patients who were in office that day! We wouldn't have made it through without our amazing patients and community members, so a big thanks to you all!

In June we presented our \$1000 Henniker Family Dentistry Scholarship to Alexandra H, a 2021 John Stark High School graduate. She wrote a beautiful essay on why she is choosing to build her career in the medical field.

This was our first year of Adopting a Senior, also from John Stark High School. We were able to purchase items from her Amazon Wishlist and UNH swag to start off her freshman year. We showed up to her graduation party in our fun tooth costumes to deliver her gifts.

In July our staff teamed up and competed in a weeklong Step Challenge. Our office walked a grand total of 1,343,582 steps! Each team was assigned a local charity to walk for. At the end of the week, we had our three winners, #1 Back in The Saddle where we donated \$500, #2 Wings of Dawn where we donated \$300, and #3 Southern NH Skating Club where we donated \$200.

Our last fun event of the year was attending and sponsoring the last Summer Concert Series Event on August 31<sup>st</sup>. The community enjoyed a great night of music performed by Nick's Other Band. Our office rented a cotton candy machine and twilled some cotton candy for the attendees.



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## Product Highlight: ACT Fluoride

You may have heard your dental provider recommend the use of a fluoride rinse at home, and if so, this is the one to get! The ACT Fluoride Mouthwash is great at protecting your teeth against cavities and strengthening any weak areas. Because the rinse is non-alcohol based, it won't leave your mouth dry, which could put you at risk for more cavities! It is best to use it at night, after brushing and flossing, right before going to bed. It will coat your teeth with the fluoride to help protect them during the overnight period when our mouth is most vulnerable to the bacteria that creates cavities. **REMEMBER**, no rinsing, drinking, or eating for 30 minutes after using this rinse so try to make it be the last thing you do before bed. The great thing about ACT is it has an accurate dosing cup, so all you do is squeeze the bottle to fill the cup to the fill line. This is a great addition to any homecare routine whether you have one cavity or ten, it will help keep your teeth healthy and strong. It will also help protect the work you have already had done on your teeth! ACT can be found at any local supermarket or drugstore in the oral health aisle.

