



Forest View Dental  
1111 Valley Road  
Appleton, WI 54915

# The Forest View

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## The Forest View

September



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# Life Is a Gift..



*By Ann Wells in the Los Angeles Times*

My brother-in-law opened the bottom drawer of my sister's bureau and lifted out a tissue-wrapped package. "This," he said, "is not a slip. This is lingerie." He discarded the tissue and handed me the slip. It was exquisite; silk, handmade and trimmed with a cobweb of lace. The price tag with an astronomical figure on it was still attached. "Jan bought this the first time we went to New York, at least 8 or 9 years ago. She never wore it. She was saving it for a special occasion. Well, I guess this is the occasion." He took the slip from me and put it on the bed with the other clothes we were taking to the mortician. His hands lingered on the soft material for a moment, then he slammed the drawer shut and turned to me. "Don't ever save anything for a special occasion. Every day you're alive is a special occasion."

I remembered those words through the funeral and the days that followed when I helped him and my niece attend to all the sad chores that follow an unexpected death. I thought about them on the plane returning to California from the Midwestern town where my sister's family lives. I thought about all the things that she hadn't seen or heard or done. I thought about the things that she had done without realizing that they were special. I'm still thinking about his words, and they've changed my life. I'm reading more and dusting less. I'm sitting on the deck and

admiring the view without fussing about the weeds in the garden.

I'm spending more time with my family and friends and less time in committee meetings. Whenever possible, life should be a pattern of experience to savor, not endure. I'm trying to recognize these moments now and cherish them.

I'm not "saving" anything; we use our good china and crystal for every special event-such as losing a pound, getting the sink unstopped, the first camellia blossom. I wear my good blazer to the market if I feel like it. My theory is if I look prosperous, I can shell out \$28.49 for one small bag of groceries without wincing.

I'm not saving my good perfume for special parties; clerks in hardware stores and tellers in banks have noses that function as well as my party-going friends'.

"Someday" and "one of these days" are losing their grip on my vocabulary. If it's worth seeing or hearing or doing, I want to see and hear and do it now. I'm not sure what my sister would have done had she known that she wouldn't be here for the tomorrow we all take for granted.

It's those little things left undone that would make me angry if I knew that my hours were limited. Angry because I put off seeing good friends whom I was going to get in touch with-someday. Angry because I hadn't written certain letters that I intended to write-one of these days. Angry and sorry that I didn't tell my husband and daughter often enough how much I truly love them.

I'm trying very hard not to put off, hold back, or save anything that would add laughter and luster to our lives. And every morning when I open my eyes, I tell myself that it is special.

**Every day, every minute,  
every breath truly is...  
a Gift!**



# Balancing Motherhood & Career...

## Is it Really Possible..and How?

Written By: Tracy Hart

Any female in the 21st century who has children, or is planning to have them, and is maintaining a career is looking for ways to balance these two very important things. The truth is there is no hard and fast rule as to how to do this successfully. Women can get advice from experts or other moms to help make raising children as healthy and peaceful as possible.

There are some things you can do to prepare yourself for parenthood that may make your transition into a “mommy” a little less shocking. First, try to remember that nothing can completely prepare you for the life changes of taking on motherhood, so don’t stress out by trying to learn it all before the baby comes. Make sure you see your doctor or midwife and get all your medical needs arranged.

Emotionally preparing yourself is a little more difficult. Try to remember that you may “lose yourself” a little when the baby comes and monopolizes all your time. It’s sometimes a good idea to keep a once a week commitment with yourself to do something just for you (after the first few weeks or so). If you used to take yoga classes before the baby came, then try not to quit going entirely.

If you are a working mother already, then you know how nerve wracking having a brand new baby and being a first time mommy can be. However, you also know that the real challenges begin when the child starts walking, talking, asking questions and learning about life. This is the time when the two most important qualities in a parent come in to play; that is, flexibility and patience.

Many mothers who have full time careers are on a tight schedule and they end up making parenting decisions based on their guilt about the lack of time they spend with their children. If that sounds familiar to you, here are a few things to remember that might help

take the pressure off:

- **Instead of feeling guilty** about your child being in daycare, just do your best to make sure they are at a place that reflects the values most important to you. If you have any reservations about the facility, then begin the process of looking elsewhere.

- **Don’t feel guilty about needing some time away from your children.** You have to take care of your own body, mind and spirit in order to be the best mom you can be. A stressed-out snappy mom is no good to any child!

- **Don’t be afraid to say “no”.** Children need limits that are set out of love and they need them to be consistent. Otherwise, the child gets confused and they won’t know that when you say no, you mean it.

- **Don’t set unrealistic expectations about what you and your children can accomplish in one day.** If there’s homework to do and hockey practice to attend, don’t think the laundry, vacuuming, and dishes will all fit on the schedule as well.

- **It’s imperative that you don’t compare your family to anyone else’s family.** What works for someone else, may not work for you. It is especially vital that you don’t compare your children to other children. They are yours and they are unique.

- **Don’t panic if you feel you’ve made a parenting error.** It is perfectly fine to try new approaches with your child to find what works with their personality and age group.

Being a working parent is no easy task. Just remember to listen, let the little things go, be compassionate and tell them and show them you love them.

# What's New At The View...

## Thank You For Your Referrals and Welcome New Patients!

Our business is built on word of mouth advertising and we'd like to thank everyone who was kind enough to recommend our services to their friends and family.

**Michelle Kulczewski** is the **Winner of the \$50 New Patient Survey Drawing** who became a valued member of our practice family this last month! We'd like to welcome her publicly, and wish her and all of the other new members of the Forest View Family all the best!



Michelle



Valerie

**Valerie Tobin** is the **Winner of the \$50 Post-Treatment Survey Drawing** for taking the time out her busy schedule to help us improve our service to everyone in the Forest View Family. Thank you for your time and your help!

## What is **invisalign** ?

Invisalign® is a method of straightening teeth using a series of clear, almost invisible, removable aligners. Invisalign® combines the doctor's clinical treatment plan with a 3-D, computer-generated model of your teeth showing exactly how Invisalign® aligners will move your teeth into your desired position.

Invisalign® is a great treatment solution for adults and teenagers with fully erupted adult teeth that want to resolve crowding, close unwanted spaces or for patients who have experienced relapse from previous orthodontic treatment.

Please check out our website : [www.ForestViewDental.com](http://www.ForestViewDental.com) to see actual results from our patients. Click on the **Our Services** section and look underneath the **Invisalign Logo** for the link. If you want to see if Invisalign is right for you, click on the invisalign Logo and try a Self Assessment!

## What's New in the Office?

**Whitening For Life** is still a big hit at the office and we are sending out a great big THANK YOU for your participation! If you haven't had a chance to participate in this exciting special, it is still only **\$99** to start the program.

Unfortunately summer has come to an end and school is back in session. With all of the business of the summer is behind us, we are planning an new project. We want to sponsor a reading program during February which is **Dental Health Month**. We know, a long and terribly cold time away. The reading program would entail reading 10 books throughout the month of February and filling out a toothbrush chart to receive a **Free Electric Toothbrush**. If you have a school that you feel would be interested in participating in this program, please call Karen at (920)380-4055 to let us know.

We are also very proud of how we treat our patients and we are hoping that you feel well treated. We are making a concerted effort to get the word out this year and we are asking you, our dental family, to support us in taking the time to help us win the **Post-Crescent's Best In The Valley – Dental Office**. Get out a big red marker and circle two dates on your calendar : **Sunday, September 14<sup>th</sup>** and **Tuesday, September 16<sup>th</sup>** for the voting ballots in your copy of the Post-Crescent. Thank you for your support and we look forward to seeing you at your next visit!

Please tell us what you think of our newsletter. If you would like to tell us you love it or ask us not to send you a copy please call Karen at 920-380-4055 or email us at [forestdental@aol.com](mailto:forestdental@aol.com) and we will take care of **You**.

*Drs. Tom LaSelle, Tom Grotenhuis and Brandon Roth*

## **invisalign** Open House! September 26<sup>th</sup>, 2008

FREE Invisalign® Consultation

FREE Invisalign® Records (a \$500 value)

\$125 off Invisalign® Express treatment\*

\$250 off standard Invisalign® treatment\*

FREE professional teeth whitening (a \$299 value)\*

An I-Pod Touch will be raffled off\*

\*\*\***Limited to First 20 Patients to call**\*\*\*

Call Dr. Grotenhuis

today at **(920) 733-1111**  
to schedule your appointment and get started on your beautiful smile!

\*To anyone who accepts and finances treatment on September 26<sup>th</sup> 2008

## Sudoku Puzzle

4		9	8	3	6		1	2
							6	3
2			9					8
					8	2		
		4	3	2	5	6		
		1	4					
9					2			7
5	4							
3	6		5	8	7	1		9