



Forest View Dental
1111 Valley Road
Appleton, WI 54915

The Forest View August 2009



August Monthly Newsletter

Inside:

- *Baby Boomers Back to School*
- *What are Dental Implants?*
- *Sudoku*
- *Monthly Fun*
- *Recipe*
- *What's New at the View...*

Forest View Dental
1111 Valley Road
Appleton, WI 54915

Phone:
(920) 733-1111

Fax:
(920) 380-4056

E-Mail:
forestdental@aol.com

Web Site:
www.forestviewdental.com

Special Interest:



Baby Boomers are Going Back-To-School

By Deb Peterson, About.com



Baby Boomers, those of us born between 1946 and 1964, are now 44 to 62 years old. According to the Census Bureau, boomers make up 28% of the population in the U.S. That's over a quarter of the population, giving them a significant degree of power, economically and culturally. They're changing the age, and the meaning, of retirement by going back to college and earning new degrees.

Scholarships: With the economy the way it is, how are these older Americans finding the money to go back to school? Some of them are winning scholarships.

Online Degrees: Boomers today are getting bachelor's, master's, even doctoral degrees online. Many schools now have accredited online programs, and according to Jennifer Wegerer in her article for AllOnlineSchools.com, boomers are signing up in record numbers. She calls it unretirement. Good term.

Online Resources: Resources abound on the Internet for finding schools for distance learning. DegreeFinders.com is one of them. They have found that boomers expect to change jobs multiple times in their career, and can't, or don't want to, uproot their families every time. With an online degree, they can stay where they are and attend school anywhere they want.

Campus Schools: Some boomers are going back to school the old-fashioned way. Brandie Jefferson writes for the Associated Press and the Nashua Telegraph about 50-year-old grandmother, Emma Ferguson, who has a dorm room at Mount Holyoke College in Massachusetts. Emma is going to school full-time, on campus, to earn her bachelor's degree in Social Work. Brandie writes that "older students are more likely to be driven by a desire to help others."

Internships: Baby Boomers are not only getting their degrees, they're also getting internships. James Krieger, a 53-year-old intern at NuWire, writes a guest blog about his experience at Common Census. James not only got a scholarship and a degree, he won an internship and is thrilled. "Starting a new endeavor at 50ish is completely possible," he says, "as far as getting a college degree anyway."

Advanced Degrees: At age 56, Susan Winters Finch, chief financial officer of The Winters Group in San Jose, California, is getting her MBA. Ysolt Usigan writes about her for aol.com in Baby Boomers in the Classroom. Susan says, "My dream is to formalize my on-the-job business experiences with an MBA." And that's exactly what she's doing!

List of August Special Observances

By popular request, here is a list of all of the special observances celebrated in August 2009.

Month Long Observances

- * Admit Your Happy Month
- * American Artist Appreciation Month
- * Family Fun Month
- * Foot Health Month
- * Home Business Month
- * National Catfish Month
- * National Golf Month
- * National Inventors Month
- * National Napping Month
- * National Peach Month
- * National Water Quality Month

Week Long Observances

- 1st Week -
 - National Clown Week
 - Simplify Your Life Week
- 2nd Week -
 - Elvis Week
 - National Smile Week
- 3rd Week -
 - Air Conditioning Appreciation Week
 - American Dance Week
- 4th Week -
 - National Veterinary Week
 - Be Kind to Humankind Week

What are Dental Implants?



Dental implants can be used to replace one or more missing teeth. The advantage for patients needing only a few teeth replaced is the possibility of avoiding having caps placed on the remaining teeth to support a bridge. Patients who wear removable dentures can expect much improvement in both comfort and function with dental implants.

How is the procedure performed?

A surgical procedure is required to place the implants in the jaw bone and a waiting period of 3 to 6 months is required before teeth can be connected to the implants. Patients are sedated or under general anesthesia for the surgical procedure.

How can I find out more information regarding Dental Implants?

If you are considering this type of treatment, a consultation appointment with an oral examination and x-rays is necessary to determine if implants can help you.

If you need more information or would like to schedule a consultation appointment, please call our office **(920) 733-1111**.

Strawberry Lemonade Ice Pops



Preparation Time: 10 min.

Ready In: 4 hours 10 min.

Servings: 12

Refreshingly fruity popsicles to help you chill out when the mercury starts to rise. The blend of tart lemonade and sweet strawberries makes a yummy smoothie, too. Simply pour the slushy mixture into glasses and serve.

Ingredients

- 3 Cups Cold Water
- 1 (12 ounce) can frozen lemonade concentrate
- 1 (16 ounce) can frozen sliced strawberries

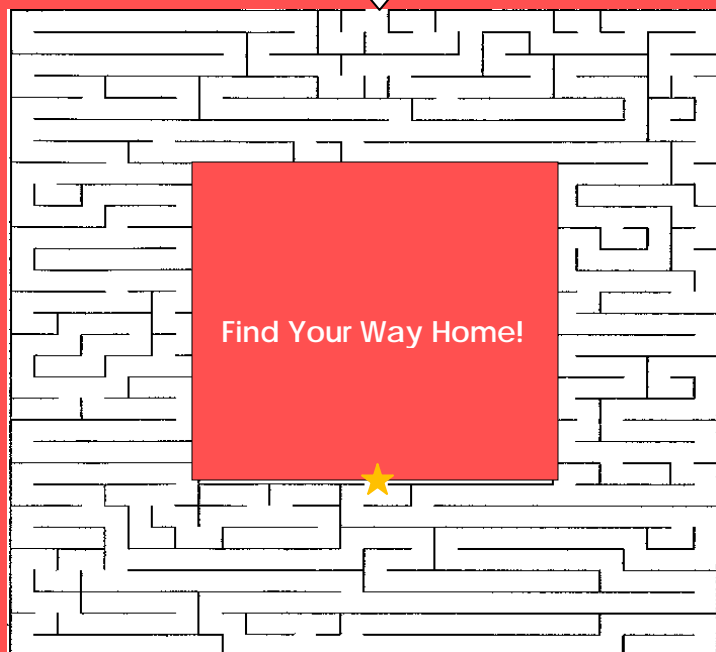
Cooking Instructions

In a large pitcher, stir together the water and lemonade concentrate. Place strawberries into the container of a blender, and puree until smooth. Pour in some of the lemonade if necessary to facilitate blending. Stir strawberry puree into the lemonade. Pour into molds, and freeze until firm, about 4 hours.

Nutrition Facts

- **calories:** 79cal
- **total fat:** 0.1g
- **cholesterol:** 0mg
- **sodium:** 4mg
- **carbohydrates:** 20.6g
- **fiber:** 0.9g

Monthly Fun



A Special Apology

We would like to apologize to anyone who did not receive a newsletter or received multiple newsletters last month. We hope that our mistake has not affected how you view Forest View Dental as we endeavor to provide you the best care possible!

Thank you for your understanding.

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.

Matt Digman is the **Winner of the \$50 New Patient Survey Drawing**. Matt became a valued member of our family this last month and we would like to welcome him publicly. We wish him and every other new member of the Forest View Family all the best!



Matt



Becca

Becca Daun is the **Winner of the \$50 Post-Treatment Survey Drawing** for taking the time to help us improve our service to everyone in the Forest View Family. Thank you for your time and your help! Also, **Thank You** to everyone who took the time to give us feedback on our service!

You are Awesome!

Erosion

What causes dental erosion? Erosion is caused both by acids from foods, drinks and some medicines, and also acids rising up from the stomach and digestive tract due to reflux or frequent vomiting. Unlike dental caries, erosion occurs even on plaque-free sites. The acids from the diet most frequently responsible for erosion are fruits and fruit juices (especially citrus juices), vinegary foods and carbonated soft drinks. Swishing or holding foods and drinks from the mouth also keep the acids from contact using the teeth for longer than normal and can promote erosion. Some people who work from acidic environments, e.g. using lead acid batteries, or wine tasters, may also develop erosion.

How can it be treated? It's important that erosion is treated early to prevent it getting worse, so regular dental check-ups are vital. Raise the issue using your dentist if you are concerned. The dentist will monitor the changes from the teeth, and discuss diet and other issues that may be causing the acidity. Changes from eating habits may be enough if the erosion is mild, but restorative treatment may be needed if it is severe.

Preventive measures to help protect against erosion:

- Soft or Medium type toothbrush
- Low abrasive fluoride containing toothpaste
- Do not brush your teeth immediately before or following drinking an acidic beverage
- Regular visits to the dentist
- Reduce frequency of consumption of acidic foods and beverages
- Finish a meal using a neutral food rather than an acidic food
- Drink acidic beverages quickly or through a straw, do not sip or swish around
- Rinse using water after acid consumption

What's New in the Office?

Forest View Dental Wounded Warriors Project fundraising update - As you know Dr LaSelle and Dr Grotenhuis challenged each other to participate in the Waupaca Area Triathlon on August 15th, 2009 in order to raise money for the Wounded Warriors Project (www.woundedwarriorproject.org) which helps disabled veterans. They plan to match up to \$1000 of donations and so far we have raised over \$900 in donations from EXTREMELY generous Forest View Family Members. We still have \$100 to raise to meet our match goal, so please feel welcome to donate any amount! We know they are going to have fun and we hope that you can help to cheer them on for a good cause.

We are also planning an Invisalign Open House in early October, so if you are interested in straightening your teeth without the look of "braces" ask us how Invisalign can help!

Lastly, we are very proud of one of our Forest View Dental Team Members, Kristin, who was accepted to hygiene school and will be starting in the fall. She will continue to work with us part-time throughout her school year. We will also be losing two of our interns for the school year, Alyssa and Kelsey. We would like to express our appreciation to them for all of their hard work and to the rest of our Team Members for all that they do!

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 and we will take care of **You**. Drs. Tom LaSelle, Tom Grotenhuis, and Stacey Reuss.

Wounded Warrior Project Fundraiser Offer!

Any donation to the Wounded Warrior Project Can be applied to the balance of new treatment!
(up to \$50)

Donate at any appointment with this offer!
Call Us Today!

(920) 733-1111

Donate to a great cause and save yourself money at the same time.

Offer ends 8-15-09

Sudoku Puzzle

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