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The Donnelly Chronicle

SPRING EDITION

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SPECIAL POINTS OF INTEREST:

- Super Foods: You are what you eat.
- Email confirmations
- Office Reminders
- United Concordia update
- Calcium: Are you getting enough?
- New insurance plan
- Summer Promos
- 3 DAY walk for the cure
- May Day 2010



"WE SHALL NEVER
KNOW ALL THE
GOOD THAT A
SIMPLE SMILE
CAN DO."

-MOTHER TERESA
OF CALCUTTA

Super Foods: You are what you eat!

In a world of convenience foods, it is easy to forget that our bodies are machines that need fuel. We wonder why we are sick and tired so often. We are not getting the required vitamins, minerals and proteins that we need to thrive. With adult and childhood obesity on the rise, there are new studies showing that life expectancy is now on the decline. Is there any good news? YES. There is a new movement of health awareness that is sweeping the nation. People are making an effort to eat better. Eating well promotes a healthy immune system.

There are *super foods* that are loaded with essential vitamins to fuel the brain and fight cancers. Not only are they easy to

find at the grocery, but they are affordable too.

TEN SUPER FOODS:

1. Apples
2. Beans
5. Blueberries
4. Broccoli
5. Garlic
6. Low-fat yogurt
7. Oranges
8. Soy
9. Tomatoes
10. Salmon

These are just a few of the super foods to choose from and they can be easily incorporated into your diet. For a more extensive list online google super foods. You will be surprised at how easily you can add these in to your daily routine. Enjoy!



Please Note:

Our email confirmation system has been a huge success, but please be sure to double check your appt. times. There is some confusion when more than one family member is scheduled or when you have two appointments. We hope that this new system has been convenient for you.

MAY DAY 2010

Some of you saw us around Cuyahoga Falls on May 13th for our first annual May Day. This year Dr. D. sent us on an Amazing Race. She divided us into three teams and sent us all over town to find clues and deliver goodies. The winning team of Rhonda and Michelle took home the prize money. We all had a great time. Dr. Donnelly treated her staff to a fun-filled day of competition, lunch, and manicure/pedicures. We are so thankful for an employer who does special things for her staff, patients, and everyone around her. We hope all of you know how much we enjoy our jobs and being a part of this office.



APR 15 2010

Office Reminders:

Please eat before you come to your dental appointment. You will feel better!

CONGRATULATIONS

to all of our contest and promo winners this year. We hope you are enjoying your game tickets, gift cards, birdhouse, Sonicare toothbrush, and gift baskets. We do this because we LOVE to see you smile.



Be sure to look for our office promotions which run nearly all year round. This summer we are giving away a beautiful photograph taken by one of our super talented patients. Check it out! The drawing goes until July 29th.



If you are unhappy with the color of your teeth, please let us know. We can help you with the Day White and Nite White at-home bleaching system.

CALCIUM: How much do you really need? The facts.

Does anyone pay attention to how calcium their body needs on a daily basis? Most people just need to know the facts. According to the Institute of Medicine which sets nutritional quotas, you need at least 1000 mg of calcium daily. On the average, we take in half of that which leaves us vulnerable to osteoporosis, high blood pressure and various other conditions related to calcium deficiency. Calcium is essential for strong teeth and bones. It is also an important part of maintaining your ideal body weight as increased calcium helps reduce the production of fat cells. The best way to get your required dose is by eating foods rich in calcium such as cooked spinach (250mg per cup), broccoli (60mg per cup), almonds (190mg per 1/2 cup), soy milk (300mg per 8oz), edamame (baby soybeans), and fortified foods (orange juice). Have you ever tried almond milk? It is loaded with vitamins. You just might like it. These are just a few of the many calcium rich foods to work into your diet. For those of you who are lactose intolerant, there are supplements available which give you the required daily intake.

If your child is three and we have not yet seen him or her for that important first visit to the dentist, please call to schedule as soon as possible. We want to start good habits now.

*** Don't forget that we have a referral program and we recognize our patients who refer their friends and family.***

This summer, our hygienist, LJ, is walking in the Cleveland 3-DAY Walk for the Cure. It takes place July 30 - Aug. 1st. If you would like to donate to the cause please call the office and ask for LJ. You can also go online to The3Day.org and sponsor participant #5017748 in event #1464. GOOD LUCK, LJ!

Attention Please!
As of June 24th, 2010 we will no longer be a part of the United Concordia network. Please check with them regarding out of network fees.

INSURANCE UPDATES: We are going to be participating with a new insurance provider this quarter. It is the ASSURANT PPO network and we should be effective June 14th. Call the office with any questions at 330-929-2616.