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The Donnelly Chronicle

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Have a Holly Jolly Christmas!

We wish you all a very Merry Christmas and a Happy New Year.

- Dr. Amanda and staff

Quotes for the Season

“Christmas is doing a little extra for someone.”
 Charles Schulz

“Christmas is not a time or a season but a state of mind. To cherish peace and good will, to be plenteous in mercy is to have the real spirit of Christmas.”
 Calvin Coolidge

“I will honor Christmas in my heart, and try to keep it all the year.”
 Charles Dickens

“Cheers to a new year and another chance for us to get it right.”

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NEW PPO PLANS

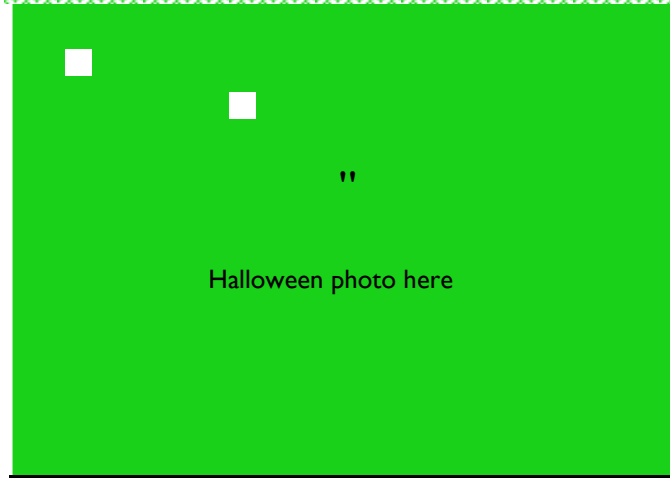
We have two new PPO plans for the new year.

ANTHEM COMPLETE
 and
CIGNA RADIUS

Please feel free to call us with any questions regarding these new plans. You may also get information by calling the number on your card.

Common Cents

It is important for you to keep your 6 month recare visits. Waiting too long between your appointments can lead to the development of decay and bigger issues. Routine care is the smartest way to keep your costs down.



Halloween photo here

As a Courtesy: Please call the office if you need to change or cancel your appointment. Please DO NOT TEXT us. There is a delay in receiving messages and this can present a problem in communication. We appreciate the phone call. Thanks for your attention.

Toys for Tots 5th Annual Drive

This is our 5th year collecting for TOYS FOR TOTS of the greater Akron area. In case you do not know, they distribute toys and games to local children who are without any toys this Christmas season. Our collection will take place through December 15th. The Marine Corps will come to pick up the boxes we have filled. Let's go for FOUR full boxes this year!!! Thank you for partnering with us in this great charity.

A GREAT GIFT IDEA FOR ANYONE!



We sell SONICARE toothbrushes, Night White, and Tres White Bleaching kits in the office. We keep them in stock all year.

These make great gifts for anyone on your shopping gift list.

www.dramandadonnelly.com

News You Can Really Use....Stress Relief

HO HO HO HO HO!



Track Santa's VOYAGE this Christmas Eve at noradsanta.org



"THE FIRST FILLING

The best way to prepare a child for their first filling is to answer any questions and explain what the dentist will do in terms that kids will

understand. Gzr rckp j qy

his o qwj 'y kmhggn strange. Going through steps of the process will take away the mystery.

Share your own experiences and keep it positive. It is comforting for them to know that you have been there.

Never make them feel guilty about the cavity. Be sure to stay calm even if YOU are nervous. Also, plan something fun to do afterward. It always helps to have a reward following good work.

The **stress** of the holidays can be a bit overwhelming, but there are many ways to relieve stress in your life. Take a few of these pointers for inexpensive and quick ways to relieve stress. Try any of these at home.

1. Listen to music- whatever music makes you happy or relaxed.
2. Take a walk- even if it is cold outside, the fresh air and scenery are a good change of pace.
3. Yoga - it incorporates breathing, meditation, and exercise into stress relief.
4. PMR -progressive muscle relaxation is a technique that allows you to relax all of your muscles group by group"
5. Laughter -truly a wonderful medicine.....best enjoyed with friends and loved ones"
6. Journaling -write down thought and feelings to clear your head -you will feel free!
7. Playing games -allows your creative side to be exercised and also can provide laughter "
8. Pick up a hobby -whether you choCge crafting, woodworking, doing puzzles, or traveling all hobbies provide an outlet for stress.

Best wishes for a fun-filled and stress free new year!

All On 4 Implants

With the All-on-4 procedure, qualified patients can receive four dental implants and a full set of replacement teeth in one visit—without bone grafting! The appeal is how quickly patients can have fixed, non-removable replacement teeth. To learn more, give us a call and we can schedule an appointment consult for you.

Holiday Recipes

Mozzarella & Tomato Salad

This cold salad is a beautiful and festive for the holidays.

8 tomatoes chopped

1/2 cup olive oil or Italian dressing

16 oz of shredded mozzarella cheese

1 cup fresh basil (torn)

Combine all ingredients in a large serving bowl and toss. Makes 8 servings -can also be served as appetizer on crackers.

ORA-VERSE

We have something new for you to try at your next visit. Ora-Verse is a proven way to speed up the return of sensation following anesthesia. The Ora-Verse injection reverses unwanted numbness following dental procedures. Patients are now able to regain sensation TWICE AS FAST! Please inquire about Ora-Verse at your next appointment.

KIDS HOLIDAY CRAFT CORNER

Pinecone Owls

What you will need:

- 1 cinnamon pinecone
- 2 large google eyes
- Small orange felt triangle
- brown feathers
- Craft glue

Attach google eyes, triangle and feathers to pinecone with glue. Makes a cute gift idea for teachers or friends. Looks adorable and smells good too!