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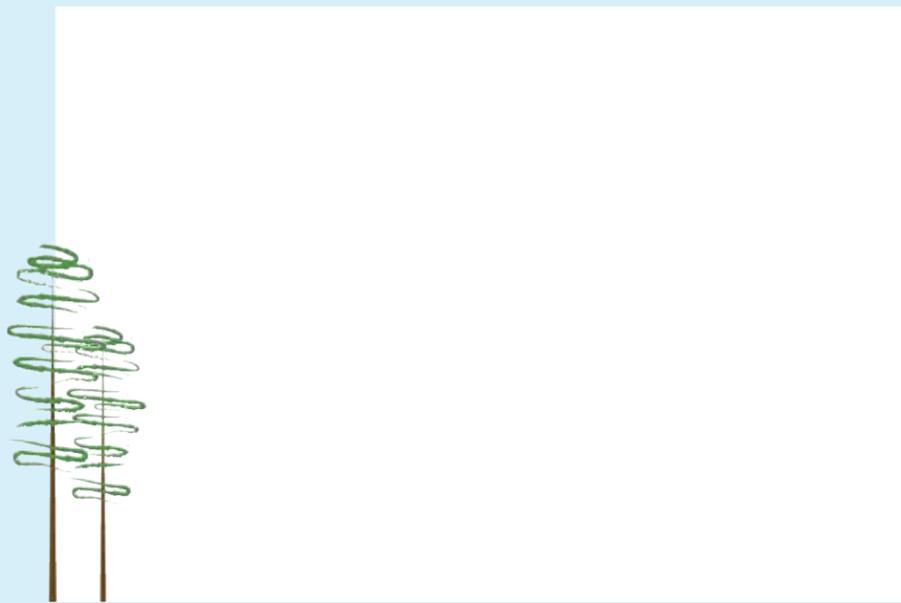
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Hogeway "Dementia Village"

Hogeway, in Weesp, the Netherlands, is a village unlike any other. On first glance, it looks like any other neighborhood in the area. There are homes surrounding a town square, there is a local supermarket, restaurants, a hair salon, pub, and even a movie theater. But what sets this small community apart are its residents. The members of the Hogeway village all have one thing in common: They've all been diagnosed with severe dementia.

Hogeway is an alternative and innovative living arrangement for individuals with dementia. Residents have the opportunity to go outdoors, shop at the supermarket, and otherwise enjoy themselves, without being confined to one room.

Hogeway village was a dream of nursing home manager Yvonne van Amerongen in 1992. After watching her father pass away without ever living in a nursing home facility, Amerongen was relieved that he hadn't needed to go through that experience. When she realized the implications of her relief — that she wouldn't wish on her own father the experience of living in the nursing home

she managed — she set out to change the way people thought about elderly care and assisted living. Hogeway was officially opened in 2009.

Hogeway's model is based on giving residents a lifestyle, rather than just a place to stay. A pioneer in the assisted living field, Hogeway provides something more than care. In daily life, residents are given privacy, independence, and the opportunity to be members of their small society. They are encouraged to create relationships through social approaches to remaining active.

The concept and design at Hogeway has gained global attention, and it has served as a model for the future of dementia care.



November is here already, and with it comes a cornucopia of reasons to spend time with family and friends. This has been weighing on my mind more than usual this year because of my recent trip to a marriage conference at the beginning of last month. For this two-day event, my wife, Lani, and I flew out to Phoenix and prepared ourselves for a weekend filled with workshops, activities, and advice. While we planned and packed for the trip, we were skeptical to say the least. We are happily married and wondered what we would do together for nine hours a day.

Within hours of arriving at the conference, it became clear that our doubts could be laid to rest. We actually worked separately for most of the workshops, and the speakers assured us that simply being willing to work on our marriage meant that we were likely to succeed. It was an amazing weekend, and I took away many life lessons that I would like to pass on to you, whether you are single or married.

My favorite part about the conference was its practicality. The speakers gave us simple, reasonable instructions; you just have to be intentional about your marriage and the person that you're with. At first it sounds too good to be true: "Well sure," you might think. "I intend to be happy with this person forever, but they have all these annoying habits." One thing we learned is there has to be a sense of responsibility for your own happiness before you can work for someone else's. The best way to be intentional about

your marriage is to not simply hope it goes well. Just like you have to work out in order to make a muscle stronger, you have to practice love if you want to strengthen your marriage. Love is a choice. One way to do this is to set goals and actually write down the ways that you are going to ensure your success.



This is also an exercise in teamwork, because you can work with your partner to communicate which goals are most important to you and what you can do to make each other truly happy. For example, if your spouse loves surprises, then you can plan out four or five surprises throughout the year. That way, you have ample time to plan the surprises to ensure they actually happen. When we don't write down our plans and goals, they somehow get lost in the commotion of life. We get busy, we get distracted, and eventually we take our spouse for granted.

The first step is to realize your role in the interaction. Oftentimes if someone is

irritating us, our natural reaction is to point the finger at them instead of accepting that we are responsible for how we feel. Our pride gets in the way, and as a result, the relationship suffers. Once you acknowledge your responsibility for your own happiness, you can engage in open communication. One of the best ways to start is by writing down the things you appreciate about your partner, then share those feelings as a sign of love and appreciation.

Another tip we learned was that you, as a couple, need have at least one "wow experience" per year. Memories are so much more important than tangible things, and when you've spent the better part of two decades together, you're more likely to reminisce about the fun times than to recall all of the stuff you bought. You can do this by making a list of things that you want to do together (like riding in a hot air balloon, climbing Mt. Kilimanjaro, etc.) and can remember together at a later date.

Whatever stage you're at (single, married, whatever) all relationships require an investment, and you get out of them what you put in. Nothing grows without care and attention, such as it is with relationships. Many people don't take the time to work on their marriage, but they're surprised when they wind up unhappy. Being intentional is taking time to sit down and really think about what you want and what's on your mind, then using those goals to come closer together.

-Dr. Luke Perrigo

PUT A PAUSE ON

Morning Fatigue

You get up in the morning and reach for your first cup of coffee. Before you know it, you're on your fourth cup. With each cup you hope for a burst of energy so you can *get things done*. Sometimes you find the energy, sometimes you don't. If you're looking for surefire ways to boost your energy in the morning and throughout the day, try a few of these tricks!

Watch a cat video When you start to feel the urge to take a nap, jump on YouTube and search for a few cat videos. You might be asking, "How will cat videos keep me awake?"

It all comes down to how the brain works. Cute animal videos are practically impossible to resist, and there's a good reason why. When we watch them, our brain releases oxytocin, a "feel-good" hormone. When oxytocin is released in the brain, levels of cortisol (a stress hormone) are reduced. Cat videos (and puppy videos, too!) boost our mood and our energy.

Groove it When your jam comes on the radio or your favorite music app, get up and dance! A quick dance can jumpstart your energy to defeat the morning lull. You can also sprint around the block or office for the same effect — leaving you with a burst of energy. Plus, listening to your favorite tunes releases dopamine, oxytocin, and serotonin in the brain, helping you get a feel-good start to your day.

Shine on When you're stuck inside all day, the answer to your low energy may be sitting 93 million miles away. Natural light increases alertness and wakefulness. Bright light triggers the release of orexin, a neuropeptide, which helps control the feeling of being awake. All you have to do is take a brief walk in the sun, and you'll be left feeling refreshed and energized!

Water yourself One of the best things you can do for your body and your energy level *right this second* is to drink a glass of water. When we're dehydrated, our bodies become stressed. Stress



leads to fatigue and confusion. Even minor dehydration can have a profound impact on our ability to focus. When you start to feel your attention drifting and have a hard time keeping your eyes open, reach for the water.

Thank You for Your Referrals!

Holly G
Allison R
Sarah L
Michael P
Sandy B

Dave S.
Addie C.
JeanPaul S
Sandra D
Sarah W

Congratulations to our Yeti Cooler winner, Paula A!

Paula was our quarterly Patient VIP program winner!



The 3 Most Common Dental Myths We Set the Record Straight

People will believe anything these days, so it's time to set the record straight. Rumors abound when it comes to oral health. Take it from us, and don't be fooled by the most common dental myths.

Aspirin in Contact With a Tooth will Alleviate Pain

For best results, aspirin must make contact with the source of pain through the bloodstream. When aspirin enters the digestive tract, it blocks pain messages from the injured body part to the brain, which decreases the amount of pain you feel. Placing an aspirin on your teeth and gums would be as ineffective as placing it on your head to relieve a headache. Plus, direct contact of aspirin on gums can leave acidic chemical burns.

Stop Brushing Bleeding Gums

Often, people take bloody gums as a sign to stop brushing altogether. Not true! Ongoing gum bleeding is usually the result of plaque and dental debris stuck along the gum line. When it sits too long, gums become inflamed and irritated. The best course of action to alleviate gum bleeding is to brush! Brush gently and floss regularly, and the bleeding should subside.

Bleaching is Bad for Teeth

When used correctly by a trained professional, bleaching is an acceptably safe way to whiten teeth. Years ago, bleaching required acidic materials

that could wear down enamel, but technology has come a long way. Bleaching only affects the shade of a tooth and not the structure, and only causes harm when done either incorrectly or in excess.

It's important to know the facts before you engage in behavior that can hurt your teeth. However, if problems or pain for any reason persists, call us to make an appointment as soon as possible. We're here to ensure your smile is the best it can be!



MAPLE PUMPKIN BRÛLÉE PIE

Ingredients

- Flour, for dusting
- ½ recipe of pie crust (*homemade or store bought*)
- ¼ cup dark brown sugar
- ¼ cup granulated sugar
- 2 eggs
- 1 (15-oz.) can pumpkin purée
- 1 cup heavy cream
- ¼ cup maple syrup
- 2½ tbsp. potato starch
- 2½ tsp. ground cinnamon
- 1½ tsp. ground ginger
- 1 tsp. freshly grated nutmeg
- ½ tsp. ground cloves
- ½ tsp. Kosher salt
- ¼ cup Demerara sugar

Instructions

1. Heat oven to 375°. On a lightly floured surface, roll dough into a 12" round. Fit into a 9" pie plate. Trim edges and crimp; chill 30 minutes.
2. Whisk sugars and eggs in a bowl until pale and fluffy. Add pumpkin, cream, syrup, potato starch, cinnamon, ginger, nutmeg, cloves, and salt; whisk until smooth. Pour filling over dough; using a spatula, spread into an even layer. Bake until just set in the center, 45–50 minutes. Transfer pie to a rack; let cool to room temperature, then refrigerate until cold, about 1 hour.
3. Sprinkle Demerara sugar evenly over surface of pie. Guide the flame of a blowtorch back and forth over surface until sugar caramelizes. Serve immediately.

LAUGH OUT LOUD



Offer to God a sacrifice of thanksgiving, and pay your vows to the Most High;

~PSALM 50:14

IGNATIUS BIBLE