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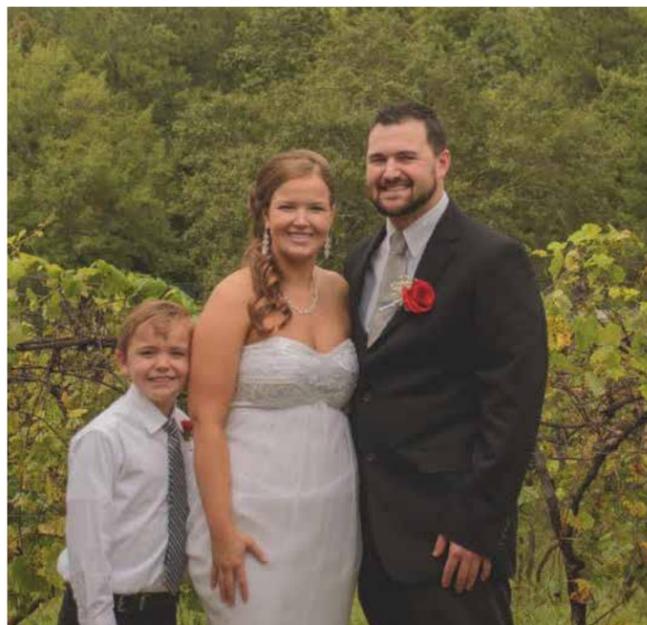
October 2015

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Employee Spotlight



Hi, I'm Christy, a dental hygienist, and I've been working with Dr. Perrigo for over seven years. I'm really happy to announce that I recently married a wonderful man, Matt Sajpel. We met on Match.com. God brings people together in amazing ways. We are now expecting a little one in February 2016. As excited as we are about starting our lives together as a family, I think my 8-year-old son, Eli, is the most excited about being a big brother. I can't put into words how much my son has changed my life. Being a mom is truly the greatest gift anyone can receive. I'm looking forward to all four of us being a family and sharing life together.

Happy Halloween!

KICKING OFF FALL FUN

Fall is here, and October started off with a bang! Now that the kids are back into school mode, we stay busy with sports practices, football games, and local festivals. Hopefully your family has started in on some fun fall plans, but it's not too late to join the fun! Here are some updates from my family and a peek into what's going on in the office this month!

This time of year, the big conversation topic in my home is football. Auburn got off to a good start this year, winning their first game against Louisville back in September. Since that first game, they haven't been playing as well as I would hope, but I think they will pull it together as the season goes on. I am really nervous about the big matchup against Alabama near the end of November.

This season has been especially fun for my son and me because we joined a father/son fantasy football league. We both collaborated to build our dream team, but unfortunately when we plugged our players in, the computer didn't have much faith in our selections. It rated our draft as a C-. Still, it's a ton of fun to watch our players and track their scores throughout the season. We are surprising a few people with our 3-1 start. I would love to win the league jackpot, but even if our team plays terribly, it's still a great experience to have with my son.

When we're not watching games or tallying our fantasy scores, Mason and I are out on the field. He's the quarterback and defensive end for The Little Rebels this year, so we spend a lot of weeknights at his practices. He's only 10 years old, but he's already showing a lot of potential on the field. The team won their first game of the season with a score of 32-13 and continue to improve as the season goes on.

Halloween is, of course, the big celebration of the month, and my whole family is looking forward to the festivities. While the kids are excited about the costumes and candy, my wife, Lani, and I have planned a very special night on the town. The night before Halloween, we are going to dress up and go out with some friends to watch the Black Jacket Symphony perform Michael Jackson's "Thriller" album. There are still tickets available, so if you've never seen the Black Jacket Symphony perform, you should definitely look them up!



Mason and me at Game 2 of the 2013 World Series against St. Louis.

Back in the office we have been enjoying a fantastically busy season. We are continuing to grow the practice, and we recently signed a contractor to start renovations on our building. We are so excited to see the changes come to fruition, so be sure to stop by and take a look once we get started!

Speaking of updates in the office, we want you to get involved this Halloween season! We're going to be hosting a costume contest on October 29, the Thursday before Halloween. We will be offering some fantastic prizes to everyone who comes into the office in costume, and we will be taking pictures to vote for the best costume. Whoever is voted best-dressed will

win our grand prize of a date night package including dinner at Seasons 52! We'll also be using the pictures for our social media and newsletter. Remember, you don't have to have an appointment to enter the contest, so be sure to don your best Halloween gear and come in to get your picture taken and be entered to win our grand prize.

After Halloween, we are encouraging everyone in our community to bring their candy into the office to help the troops. Excess sugar consumption after Halloween can put your children at risk for cavities and gum disease. Instead, we recommend that you trade your candy for cash here in the office, and we will send that candy in care packages to active military overseas. This is made possible by a program called Operation Gratitude that provides support for all of our American heroes stationed abroad. It's a good cause with great health benefits for you and your family, not to mention you can earn \$1 for every pound of candy you bring in! Remember, this isn't limited to our patients, so be sure to tell your family and friends to drop off their candy for cash and a great cause.

Last but not least, I want to let everyone know that Dr. Romano is not retiring, but plans to work a full days Mondays and half-days on Tuesdays, Wednesdays, and Thursdays starting in April.

I am so excited for all of these changes around the office, and for the time I get to spend with my family this month. Hopefully you have some fun fall plans with your family, as well. Have a happy Halloween!

-Dr. Luke Perrigo

A LESSON IN

Fun

It was a great summer, right? Well, family fun doesn't have to end just because the kids are back in school. There are so many ways to plan educational and entertaining evening and weekend activities that keep children's minds active as they ease back into the books.

Become Backyard Astronomers

Head to your local library and check out a book on astronomy, or print off some interesting facts from the Internet. Read a bit every night, and talk with your kids about the solar system and constellations. You can even make a model solar system using various-sized Styrofoam balls that you can let the kids paint, label, and hang from their ceiling with string.

Then, on a clear night, become backyard astronomers. Even if you don't own a telescope or aren't an expert in astronomy, your kids can learn a

lot just by gazing up at the night sky with some easy-to-use charts. A fun place to start is by downloading an astronomy app like Sky Chart, which is interactive and has a compass so you can view the constellations on the screen as you move it across the sky.

Teach Them Chess

Young children love to begin learning the basics of chess, and it's a great game to teach rules and strategy. First, explain what each of the six different pieces is and how each piece can move. Explain that the goal of chess is to catch the opponent's king, and that each player has an "army" of 16 pieces to start. Then set up all the pieces in their home positions and let each child practice different strategies for capturing their opponent's king and protecting their own.

Make Your Kitchen a Classroom

Teach your kids about measurements and fractions by baking a delicious batch of cookies or a cake, or find a recipe and let the kids be your "prep cooks" by measuring out the ingredients you need to make it. For small kids, use the open door of the dishwasher as a surface for them to mix and measure, where you won't have to worry



about a mess or asking them to stand on a chair to reach the countertop.

If you make cookies, brownies, or other small bites, you can teach division by asking the kids to count what the final batch yielded, and then have them split the number by counting and separating the cookies into individual bags.

Thank You for Your Referrals!

Clay N
Kristy M
Kevin L
Aravind B
Desiree W
Judy B

Michael B
Brittany L
Paula A
Andrew R
Kathleen B

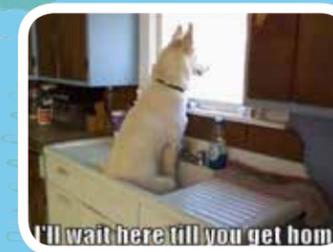
Do you want free movie tickets?

Just get to your appointment on time, and you'll be automatically entered into our monthly drawing for two free movie tickets! Congratulations to last month's winner, Teresa!



LAUGH OUT LOUD

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."
— John Wooden



I can do all things in Him who strengthens me.

~PHILIPPIANS 4:13
IGNATIUS BIBLE

The Dangers OF SKIPPING REGULAR DENTAL CHECKUPS



Has anyone ever really explained to you *why* regular dental checkups are so important? Primarily, it's to make sure everything is going well with your oral health. Here are a few things the dental checkup can help you avoid:

- 1. Periodontal Disease.** Your body naturally builds up plaque when you eat. Even with regular brushing and flossing, it's liable to accumulate and harden as tartar. If you don't remove it before it embeds itself underneath your gum tissues, it can silently start to dissolve away the bones.
- 2. Tooth Decay.** A little cavity is easy to fix, but a big cavity can become a big problem. In the most serious stage,

cavities can lead to the loss of a tooth, with a lot of suffering and swelling along the way. A lost tooth can start a domino effect and put dangerous pressure on the other teeth.

- 3. Gum Disease.** The bacteria you get from gum disease are linked to heart disease. All of the accumulated gunk on your teeth will produce billions of bacteria that can get into your bloodstream and ultimately lodge in the heart, clogging blood vessels and weakening your immune system.

Note that periodontal and gum disease work in silence. You won't usually see any obvious signs that damage is occurring, and you won't be aware of complications for years — but you can save yourself a lot of pain and expense by just making sure you get into the dental office twice per year.

In addition to periodontal disease, tooth decay, and gum disease, dentists also check for oral cancer, bite problems, and other issues to make sure everything looks good. If you can nip these problems in the bud and walk out with a beautiful clean smile twice per year, it makes good sense to do it!



Recipe:

Blueberry Muffins

Blueberry muffins are delicious, and besides being a great snack on the go or at the breakfast table, they're loaded with our favorite superfood: blueberries! Enjoy this quick and easy one-bowl recipe!

Ingredients

- 1 ½ cups flour
- ¾ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ½ cup canola oil
- 1 large egg
- ⅓ - ½ cup milk or milk alternative
- 1 ½ teaspoons vanilla extract
- 6-8 oz. fresh or frozen and thawed blueberries

Instructions

Heat oven to 400 degrees F. Line 12 standard muffin cups with paper liners. Whisk together dry ingredients, then add oil, egg, and milk. Mix, then add vanilla. Last, very gently fold in blueberries with a spatula, so as not to crush the fruit. Divide batter between cups. Bake 15-20 minutes until tops are dry and an inserted toothpick comes out clean. Muffins will keep for 2-3 days.