



# Summit Family Dental

8136 21 MILE ROAD, SHELBY TOWNSHIP, MICHIGAN, 48317  
(586) 726-0606

## AUGUST 2022 NEWSLETTER

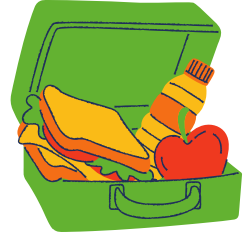


Hi! I hope you are all enjoying this beautiful summer! I am so very excited to say that we are bringing back our FREE DENTAL TREATMENT days, after a long break due to COVID. We chose this year to help our Veterans. Friday, September 16th from 8am-1pm, we are having a FREE DENTAL treatment to all Veterans. We would love if you know of any Veterans that could benefit from this! We hope for a big turnout!

*Dr. Krista Wortman*



## BACK TO SCHOOL LUNCH IDEAS



I know, no one wants to think about going back to school yet. We still have some summer left. But some schools do go back at the end of August and some mom's are already thinking about back to school ideas.

With multiple children, there's always someone with a picky eater. When all of my kids were in school it was pretty nerve racking trying to get all the lunches straight. One only liked peanut butter and jelly, one liked peanut butter and honey and one only liked peanut butter. Heaven forbid when it came to turkey sandwiches, only one liked mayo and the other only liked mustard and of course one liked it plain. When my 4th one born it was even trickier. Of course I was sleep deprived and mixed up lunches a few times so I understand how mom's dread making lunches. Dealing with a picky eater can be a frustrating challenge,

but sometimes all it takes is a little creativity and ingenuity to spark your culinary imagination! When you're feeling overwhelmed with a picky eater, it can be super helpful to look at a large list of options that might encourage and inspire you to break out of the rut of serving the same three foods all the time. Kids can be fussy eaters in many, many different ways (all four of my kids were very picky and there was only a few things that they would eat. Well I guess now its really only my 4th child that is extremely picky. I can't even order pizza with sauce on it! If she can eat chips and honey mustard everyday she would be happy!?! Different foods are going to appeal to different kids, so find the ones that your child responds favorably to and develop different variations that you can try out. Continue to offer your child new foods on a regular basis along with your good old standby options,

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and hopefully, you will be able to introduce some new alternatives into your lunchtime routine! There are so many choices: Turkey and cheese tortilla wrap, ham and cheese bagel, cream cheese and cucumber fingers, chicken nuggets and dipping sauce, hard-boiled eggs or egg salad sandwich, pasta salad, taquitos, pinwheel sandwiches, fruit and cheese kabobs, deli meat and cheese and crackers are a great choice too. Side dishes can include applesauce, pretzels, veggie sticks, raisins, even popcorn. Easy Lunchboxes are great because they fit perfectly into kid-sized lunch boxes, and the divided portion sections eliminate the need for a bunch of different plastic baggies (less mess, less waste-yay!)

The most important thing is to have fun with making lunches because this time goes by so fast. I know when you're in the moment of doing it it's not fun but in a blink it will be over.

# AND THE WINNER OF THE CEDAR POINT WEEKEND IS...JENNIFER N. CONGRATULATIONS!!

*Karyn Casey RDH*



## ULTIMATE CAMPING EXPERIENCE

While we ambitiously wait for the winner of the Cedar Point weekend, let's talk about our next spectacular giveaway!!! Who likes camping? Refer your friends and family and be entered to win a Solo Stove, a Yeti cooler, two luxury camping chairs with smore's/hotdog pokers! How awesome is that?! Compliments of Summit Family Dental. Drawing held on August 31, 2022





# WHAT OUR PATIENTS SAYING ABOUT US

I'VE HAD NOTHING BUT A GREAT EXPERIENCE WITH THIS DENTAL OFFICE. SUMMIT HAS BEEN CLEANING MY TEETH FOR 8 YEARS NOW, AND I'VE ALWAYS FELT WELCOMED AND THE STAFF IS ALWAYS NICE. THE DENTISTS ARE ALSO VERY PROFESSIONAL AND KNOWLEDGEABLE AND WON'T PROVIDE YOU WITH TOO LITTLE OR TOO MUCH CARE; JUST THE RIGHT AMOUNT. MACKENZIE M.

I'VE BEEN GOING HERE SINCE I WAS A KID, AND NEVER HAD A BAD EXPERIENCE! DR. MARK IS AWESOME. THE OTHER STAFF HERE ARE AMAZING AND MAKE SURE YOU'RE TAKEN CARE OF! THEY REALLY DO CARE! MELANIE G.

## Team Highlight: MEET MADELINE



A SMILE  
is the  
prettiest  
thing YOU  
can wear!



Let's welcome Maddie , one of our patient care coordinators who started this May. She is currently at Macomb Community College and is wanting to transfer to OCC for dental hygiene. She is excited working here and learning about the dental field to get ready to pursue her career. She enjoys spending time with family and friends and loves to binge watch her favorite T.V. shows and movies. Maddie will welcome you with a beautiful smile when you walk in our door. We're so happy to have you Madeline!

**AUGUST EMPLOYEE OF THE MONTH:  
CONGRATULATIONS KATIE!**





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## INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER

### CHEW ON THIS!

- Back to school lunch ideas
- Winner of the Cedar Point Extravaganza
- Ultimate Camping experience drawing on August 31st
- August Employee of the Month
- FREE DENTAL DAY FOR VETERANS

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