



# Summit Family Dental

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

## JANUARY 2022 NEWSLETTER CHEW ON THIS!

*Happy  
New  
Year*



Happy New Year! I hope that this start of 2022 finds you healthy and well rested after the holidays. I know that New Year's Resolutions are being put into action this month, and a common resolution is to get in shape and/or eat healthier. I will be active with my women's hockey team these next few months. I have been playing with a great group of women, that have become close friends for the past 10 years. It is a great way to get in shape and have fun, too! I hope that you have been able to find an activity that you enjoy, that helps you stay active. I admit, some days it can be hard to think about going out into the cold, to go to a cold ice rink, but the moment my skates hit the ice, I am so glad I came out. We are actually giving away a Peloton exercise bike as our next patient appreciation contest. It is more than just an exercise bike, as it has a large screen that can play many different floor workouts to follow, such as strength, boxing, yoga, and stretching. I know it would be a great addition to anyone's fitness routine. As always, I look forward to seeing you at

Summit Family Dental!

## NEW YEAR'S RESOLUTIONS FOR STRESS RELIEF

Around the first of the year, most of us begin turning our attention to ways we can improve our lives. While resolutions often center on developing new habits that will get us into better physical shape, reducing stress and getting mental and emotional shape can provide huge rewards. Eating right and getting exercise generally top most people's lists of goals for the new year. But this year, it might be wise to incorporate new habits that will reduce stress and increase happiness and overall life satisfaction. Here are some important steps you can take to be a happier, healthier and more relaxed you in the coming year:

**GET ENOUGH SLEEP**- Being sleep deprived can be both a cause and an effect of being stressed.

While stress can keep people up at night, operating on too few hours of sleep can make people less productive, more emotional, and more reactive to stressful events in their lives. This year, you can gain significant benefits by striving for better quality and greater quantity of sleep at night.

**INVEST IN YOUR SOCIAL CIRCLE**- We are, by nature social creatures, and the company we keep can have a huge impact on quality of life. Good friends and close family can celebrate with us during our best support times and support us through our worst. A social network of healthy relationships can be a buffer against stress and provide many other benefits. However, conflicted relationships can cause additional stress and frustration, and even our health. This year, you can strongly improve your quality of life by seeking out healthy new

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friendships, improving the relationships you already have and letting go of relationships that drain you.

**MORE MUSIC IN YOUR LIFE**- Playing music is a simple and easy way to elevate your mood and change your energy. This makes it a prime way to relieve stress. You can play music in your car during your commute to feel less stressed as you drive, or put music on as you exercise to infuse some additional energy into your workout. Adding more music to your life is an effective and attainable goal for the coming year.

**HAVE A LONG TERM STRESS RELIEF PRACTICE**- While quick stress relievers are important to have on-hand, it's also essential to have at least one regular stress relieving practice in your life. Having one regular activity that you do to relieve stress in your life can help you to keep your overall stress levels lower so that you're less likely to feel overwhelmed.



## Team Highlight: MEET JESSICA

Jessica is one of our new hygiene assistants and has been here for a month. She served in the marine corps as a Sergeant. After finishing her enlistment, she enrolled at Oakland University community college to pursue her Dental Hygiene career. She has two cats named Meeko and Button and in her free time she enjoys reading Thriller books and loves to cook too. Lets welcome Jessica to Summit's great hygiene team!!



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weekly!



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**JANUARY EMPLOYEE OF  
THE MONTH  
CONGRATS!**





# WHAT OUR PATIENTS ARE SAYING ABOUT US!

"Been going to Summit for years, and it always feels like visiting family (in the best way possible). They aren't just professional, they're friendly and really get to know you. Best yet, they're a really honest practice that isn't looking to push procedures on you. By far the best dentist's office I've ever been to."

- Brian G.

"Very happy to be their patient, they are very kind, genuine and knowledgeable. I've been going there for several years. And I'm so glad I chose Summit Family Dental. I will be recommending them to my friends and family!!" - Colleen K



## AND THE WINNER OF THE \$2500 GIFT CARD IS.....

**CONGRATULATION  
S**

**SOPHIE K. !!!  
CANT WAIT TO  
HEAR WHAT YOU  
WILL USE IT ON!!**



## PELOTON BIKE +

**WHO WANTS TO WIN THIS BEAUTY?**

All you have to do is refer your friends or family and you get 3 entries to win this amazing Peloton Bike +.

What a perfect way to start your New Year's resolution to get in shape! The drawing will be held on April 28th, 2022. No time to waste. Summit Family Dental loves new patients and this is the perfect way to thank you. Happy New Year!!





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## INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER



## CHEW ON THIS!

- New Year's Resolutions for relief of stress
- WINNER OF THE \$2500
- Refer a friend to be entered to win a Peloton! Drawing on April 28th
- January Employee of the Month
- Team highlight

.HAPPY.  
*New Year*

