



Summit Family Dental

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

JUNE 2021 NEWSLETTER

CHEW ON THIS!



My first child's graduation was last night. I really can't believe he is done with high school. Time really does move so fast! I was actually more proud than sad. Sad that he is done with this time in his life, but so very proud of all he has accomplished and the future things he has to look forward to. I had a patient tell me, during one of our talks at his visits, that to not long for the times past of your child's youth, but to enjoy and cherish each phase as they grow up, and experience life. That talk has always stuck with me and I really appreciate the relationships I have with our patients here at Summit.

I am excited to say that Brandon will be going to University of Michigan in the fall to study computer science!

SUMMER IS HERE!

How to keep yourself hydrated and healthy this summer

Yes! Summer is here, the sun is shining and temperatures are rising. But a lot of patients ask which drinks are healthiest for their teeth. So how do you stay hydrated and healthy, but still enjoy your favorite summer drink? Kids of course love Kool-Aid and love having lemonade stands. Just remember, most drinks are acidic and can damage your teeth, but here are some tips about how to still enjoy your favorite drinks over the summer.

- Don't use them as your primary hydration--enjoy your drinks a couple times a week to reduce exposing your teeth to acid!
- Minimize the time you drink--the faster you enjoy your favorite drink, the less time it has to damage your teeth!
- Drink it with a meal or snack--when you are eating, you stimulate your salivary glands which helps neutralize the acidic drink faster!
- Don't SWISH IT--don't hold your favorite drink in your mouth or swish it around, it just exposes more teeth to its acidic effects than are necessary!



AND DON'T FORGET, WATER IS ALWAYS BEST!





Team Highlight: MEET KATIE

Meet Katie, one of our dental assistants. She has worked with us at Summit Family Dental for nearly 2 years. In Katie's free time she enjoys going up north and riding dirt bikes with her brothers and cousins.

This past year she has taken up snowboarding as well and says it's one of her favorite winter hobbies.

Katie also really loves spending time with her adorable dog Ajax and of course her boyfriend too!



WHAT OUR PATIENTS ARE SAYING:

"So happy to have found this dentist. Friendly office staff, the hygienist was very knowledgeable and the doctor was friendly, took time with my exam and to discuss my options. Also, very up front about pricing, which I appreciate."

- Jocelyn B.

"All the dentists there are so professional and I never would leave them! Karyn the dental hygienist is so thorough and explains everything to me on how to improve my oral care. Caroline is great as well. The entire staff is welcoming and friendly!"--Giuseppina P.



Excellent Dentists, outstanding staff, very accommodating. Always feel comfortable at this office They treat you like family. Never a bad experience in the 11 or so years Dr. Krista and staff has cared for me.....James A (customer since 2002)



Dad's sayings

favorite

- 10) When I was your age...
- 9) A little bit of dirt never hurt anyone.
- 8) Go ask your mother.
- 7) Were you raised in barn?
- 6) You don't know what hardwork is.
- 5) It builds character.
- 4) Don't make me stop this car!
- 3) You're grounded till you're thirty.
- 2) Money doesn't grow on trees.
- 1) Because I said so.

Shout out to Dr. Mark! Happy Fathers Day to our only dad in our office!!

LAST MONTH FOR A CHANCE TO WIN OUR OONI PIZZA OVEN!!



Refer a friend and
receive 3 entries to win
an Ooni Pizza Oven Ask
someone for details
Drawing June 30th, 2021

EMPLOYEE OF THE MONTH
Congratulations Savannah



June

Far up in the deep blue sky,
Great white clouds are floating by;
All the world is dressed in green;
Many happy birds are seen,
Roses bright and sunshine clear
Show that lovely June is here.

- F. G. Sanders



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INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER



CHEW ON THIS!

- Keeping yourself hydrated and healthy for the summer months
 - Team Highlight and Reviews
 - Refer a friend to be entered to win an OONI outdoor pizza oven
- Drawing June 30th 2021

