

"All About You" Dental

We'll go the Extra Mile for You!



ALL ABOUT YOU DENTAL • JANUARY / FEBRUARY, 2013
NEWSLETTER

Total Team Training! Our Journey to Sandy, Utah

At our office, it truly is **All About You!** We are always striving to provide you, our valued guests, with the very best dentistry has to offer along with the very best customer service possible.

Our goal is to always deliver more in service value than we ever receive in the form of payment.

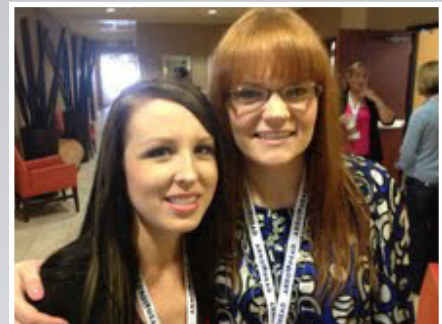
We hope you always feel that is the case. In November, our office team traveled to Sandy, Utah, together for an excellent cutting edge 2 day team training course. Without a doubt we all learned many ways we can serve you better. We hope you notice! As always, we would love to hear from you regarding any way that we can improve your experience at All About You Dental.



Shuttle to Arrowhead Institute and Laboratory.
Who knew learning could be so much fun?



We lingered longer with our own team
study group following the course.



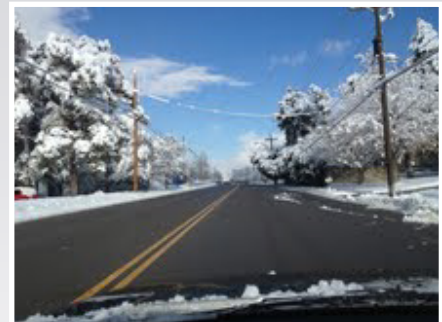
Amber and Tina taking a break.



Bailey, Tana and Nikki revved up for
day #2 of powerful learning.



Enjoying dinner together following a
packed day of learning.



Utah dumped over 12 inches of snow during our stay!
Beautiful view from the windshield as we left.

New Years Offer

Like us on Facebook and get \$25 off any one filling or crown completed
between January 15th and February 15th, 2013.

WHAT PATIENTS ARE SAYING...

"I have nothing but good things to say about this dental office. One of the best offices and staffs I have been associated with in over 60 years of seeing dentists. I have never seen dentists take more pride in their work."

– Elby J.

"I love and appreciate the friendliness and attentiveness!! The hygienist is the best-very caring and careful not to cause any discomfort, is friendly and kind!! I would trust him to anybody and your children too!!"

– Theresa P.

"I really hate going to the dentist and generally experience significant anxiety during any procedure. The staff did a great job of helping me relax, and with the addition of movie & earphones I was able to 'tune out' much of the procedure - something novel I hadn't experienced before (and I liked it!). Thank you!"

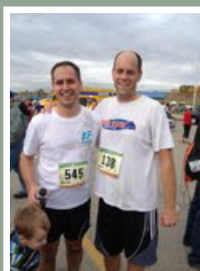
– Brent R.

"I appreciate the professionalism and the attitude of client first. Not many people enjoy going to the dentist in the first place, but to walk away glad you went is rare. I have been to many practices over the years and this Office ranks #1"

– Donald C.

1/2 MARATHON CRAZINESS!

ONE OF OUR FAVORITE PATIENTS, MARK PASKETT, CHALLENGED DR. CLARK TO RUN THE ZEITGIEST 1/2 MARATHON WITH HIM IN NOVEMBER. DR. CLARK DID GREAT IN THE GRUELING 13.2 MILE RACE BUT NEVER COULD CATCH THE SPEEDSTER. WAY TO GO MARK!



Mark Paskett & Dr. Clark

GRANDMA CLARK'S RECIPE OF THE MONTH

We have decided to share a special recipe with you every week on our website. Simply visit www.allaboutyoudental.com each week for a brand new recipe.

My Grandma Clark was a gourmet cook. Back in 1999 just prior to her passing, my wife Jannie and I visited her. My Grandpa slipped us an old shoe box, packed full of her treasured recipes collected over her lifetime. Jannie and I spent the next three years creating a huge 357 page recipe book in her honor. There are now 535 books in print! I decided to share some recipes with you each month as "Grandma's Recipe of the Month".

Enjoy, - Dr. Clark

YELLOW SPLIT PEA SOUP

1 lb. ham hocks	1 medium carrot
7 c. hot water	1 t. dried thyme leaves
1 pkg (1 lb.) dried yellow split peas	1 t. salt
1 medium red potato	1 medium bay leaf

In a casserole dish, cover ham hocks with the water. Cover with plastic wrap, turning back one corner to vent. Microwave on high for 20 minutes. Add split peas; microwave on high until boiling. Set aside 1 hour, covered. Meanwhile, cut the unpeeled potato and the carrot into cubes. Add the potato, carrots, thyme, salt and bay leaf to the soaked peas in casserole. Cover with plastic wrap, turning back one corner to vent. Microwave on medium for 30 minutes. Let stand, covered, for 10 minutes. Remove bay leaf before serving. Makes 6 servings.

PATIENT OF THE MONTH

JANUARY

Neil Mast was voted patient of the month for January. Something unique about Neil is that he has been a stay-at-home dad for the past 13 1/2 yrs. He enjoys working on Old Volkswagens and farming. Something that Neil likes about his smile is when he smiles his eyes squint almost closed. He loves the friendliness of our office and how he is treated like a friend from day one. He also likes how comfortable he feels when he is in our office. Everyone at All About You Dental would like to thank him for being a great patient!



TRIVIA CONTEST!

The first 5 people to call the office with the right answer will get a free \$5 cup of U-Swirl Frozen Yogurt or a free All About You Dental T-Shirt

Question: How long has All About You Dental been in practice?

Question and Answer for Last Newsletter: Which of our three doctors played championship college baseball on scholarship in Nebraska? Dr. Bryan Dille!

WELCOME NEW PATIENTS

We'd like to welcome you publicly and wish you all the best!

James A., Krista B., Cara M., Mark S., Michael G., Courtney M., David E., Gene C., Meagan M., Brittne N., Kari E., William C., Diona C., Teura K., Angelo S., Drew W., Karen B., Rebecca S., Sherry A., Kyle W., Bobbie N., Shain B., Mignon J., Robert M., Hillery P., Sloan C., Kelli U., Taryn U., Ann Y., Pam K., Brittany B., Angela S., Neil H., Noah B., Scott J., Justin B., Don D., Megan B., Jessica K., David H., Anastasia G., Natasha G., Vionette C., Shane L., Arlene G., Jim B., Julie W., Kimberly M., Jamin S., Shelly H., Robert S., Joseph C., Chelsea P., Kimberly K., Stanley W., Russell G., Erick M., Amy E., Dwanye E., Jenna A., Joel A., Everett A., Austin L., Peter B., Rocio R., Corbin J., Dax R., William M., Bonnie O., Sean T., Mary Jane T., Lana N., Dan R., Katy H., Kellie H., Patricia T., Patricia S., Susan S., Simon S., Catherine N., Regina P., Jennifer R., Adam F., Merlyn S., Logan S., Tracy W., Grace W., Jonathan T., Chad D., Robert R., Hallie R., Gwen R., Karla W., Michelle M., Tami Y., Kyle M., Luanne H.

With Heartfelt Thanks For Your Referrals

Our business is built on word of mouth advertising and we'd like to thank the following people who were kind enough to recommend our office!

Reva A., Rod S., Gloria S., Linda M., Sunshine E., Kim P., Krista B., Kevin Y., Jennifer B., Dorothy F., Alyssa H., Jerrolyn W., Robin D., Annette S., Patty P., Ricky P., Adam R., Nancy A., Ashley L., Jennifer R., Lynn M., Tina F., Erica D., Doug H.

Making a Christmas Come True

Everyone at All About You Dental came together as a team and sponsored four adolescents to make Christmas possible for them. These young adults live at Hope House Home for Children in Marsing, ID. Hope House Home for Children began with a promise made by a little girl — herself abandoned and a victim of abuse, neglect and family dysfunction — who vowed that someday she would make a home where children like herself could be loved and cared for. If you would like to make a donation to this non-profit organization, go to their website at www.ahome2come2.com!



Hope House... is a home to come to!

Top Referrer of the Month Award!

The top 2 referrers for the months of January / February will win A dinner gift card and two movie tickets!



The top two New Patient Grand Prize winners for October / November were Dorothy F. and Krista B. We would like to thank them for their referrals!

Friendly Reminder

Each time you refer a friend, neighbor or co-worker you will also receive a cool gift card of your choice!

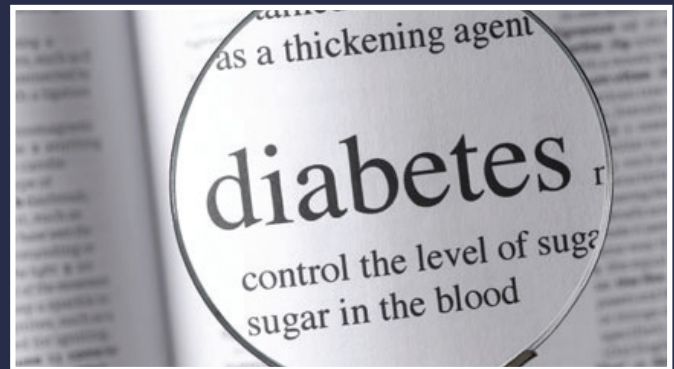
How can YOU win a 43" Flatscreen Television?

For every person you refer that becomes a patient, you will receive one entry to win this prize, along with \$50 of FREE Dentistry for you and the referred patient!

There is no limit to how many entries you can have, so keep referring and increase your chance!

The next monthly contest will end on April 30th and the drawing will be held on the same day.

Call Today! Refer, Save and Win!



Special Care for Diabetes Patients

If you have diabetes, the number one thing you can do for your oral health is keep your blood glucose levels as normal as possible. Here's why: when your blood glucose levels are poorly controlled, you're more likely to develop gum disease and lose teeth than people who don't have diabetes. In turn, gum disease could cause your blood sugar to rise, making your diabetes harder to control. So it's imperative that you keep your teeth and gums clean by brushing twice a day and flossing daily. And if you wear dentures, remove and clean them every day. Keeping up with twice yearly dental visits is also crucial for patients with diabetes. A professional cleaning is the only way to remove the plaque and tartar that lead to gum disease. Also be sure to discuss your diabetes status and current medications with your dentist at each dental visit.

Warning Signs: Gum Disease

Because diabetes makes you more prone to developing gum disease, it's important to be able to identify the warning signs. These are the most common:

- Bleeding gums when you brush or floss
- Red, swollen or tender gums—receding gums
- Pus between the teeth and gums
- Persistent bad breath
- Loose permanent teeth
- Changes in the way your teeth fit together when you bite
- Changes in the fit of partial dentures or a dental bridge

Also keep an eye on other symptoms that might develop, including white patches on your tongue, which could indicate oral thrush, an infection caused by fungus that grows in the mouth, and soreness and ulcers in the mouth, which could be a sign of dry mouth. If you notice any of these symptoms, see your dentist.

Congratulations to Lauralee...

for winning the autographed posters of the Boise State Football team e-mail give away. We encourage all of our patients to provide us with their e-mail address so they don't miss out on future communications!

"All About You" Dental

We'll go the Extra Mile for You!

ADDRESS SERVICE REQUESTED

PRSR STD
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. . TEAM NEWS . . TEAM NEWS . . TEAM NEWS . .



Dr. Clark – He enjoyed spending time with his 94 year old Grandpa Clark.



Dr. Dille – He enjoyed the holidays with his family and worked very hard at keeping the twins away from the Christmas tree!



Dr Jayson – He is hoping for some good snow this year so he can teach his kids how to ski.



Brian – Once again this year, Brian and his family enjoyed doing his White Christmas Theme.
(based off of the Bing Crosby Classic Film)



Alicia – She enjoyed going on a Holiday Light Tour in East Boise with her son.



Nikki A. – She spent the holidays with family in Oregon and is looking forward to going to New York in February with her husband.



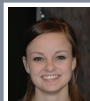
Bailey – She enjoyed the holidays with her family that came in from Minnesota.



Tana – She has been enjoying watching her daughter, Shaylee, do her competitive cheer competitions. She is a flyer and does an amazing job!



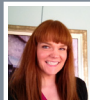
Jerica – She spent the holidays with her family and is looking forward to some snowboarding time.



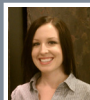
Macey – She was able to spend a week in Washington D.C. for her birthday in December, and spent the holidays with family and friends.



Celeste – She is excited to welcome baby #2 at the end of February!



Tina – She enjoyed the holidays with friends and family from far away. She is looking forward to Spring Break with her two daughters.



Amber – She enjoyed the holidays with family and friends and is looking forward to an awesome 2013!