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HOW MUCH SUNSHINE IS TOO MUCH? KEEP YOUR FAMILY SAFE

To many people, summer is all about heading outside to enjoy the weather. Especially in Chicago when we've been cooped up for the last 7 months! But getting too much sun can be dangerous. To have a fun-filled summer with your family this year, remember that it's essential to protect yourself from harmful UV rays.



COVER UP

Covering your skin is one of the best ways to avoid skin damage. Wide-brimmed hats, long-sleeved shirts, and long pants or skirts can protect your skin from direct exposure to UV rays. While this tactic protects you from the sun, it offers poor defense against the heat. So, if you opt for cooler attire, it's important to cover all exposed skin with a copious amount of sunscreen. Be sure to reapply every two hours for maximum skin protection.

SPEND LESS TIME IN THE SUN

If you're planning to spend a significant amount of time in the sun, consider your environment. Will there be plenty of shade? Will you have to bring your own? What's the best way to step out of the sun for a few minutes? Wearing sunscreen and protective clothing are great

ways to shield yourself from UV rays, but it's important to avoid being in direct sunlight for long periods. Taking a break from the sun gives your body the time it needs to recuperate and helps prevent sunburn and heatstroke. Remember that you can still get burned sitting in the shade.

COMMON MYTHS ABOUT SUN EXPOSURE

Many people think that a tan is better than a sunburn, but the result of tanning is still sun damage. When your skin tone changes due to the sun, regardless of whether it tans or turns red, it's a result of the epidermis reacting to damage caused by UV rays. Both are symptoms of harmed skin.

While vitamin D is important, the sun does not contribute to its creation as much as you might think. Doris Day, a New York City dermatologist, explains that if your skin were to constantly produce vitamin D from being in the sun, it would reach toxic levels. Vitamin D is the only vitamin that your body can produce on its own, through a common form of cholesterol or 7-dehydrocholesterol. Spending time in the sun does help vitamin D form, but you need far less exposure than you think (5-15 minutes a day is all you need).

Knowing how to protect yourself from UV rays is the first step to having a safe, fun-filled summer!



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A Time for Change



One of my dad's quotes I grew up on is, "Life is a zebra." In life, there are black and white stripes. We go through dark, hard, painful, obstacles I like to call growth. These are times that are challenging, and it seems like one thing after another and nothing seems to go right.

Then there are the white, happy, "on top of the mountain" feelings. And these are times when everything is falling right into place, everything and everyone in your life is amazing, flowers smell more wonderful than usual, and life is perfect.

Of course, there are the grey areas (many — actually a lot!). In between the black and white, there's a whole slew of emotions and many days that have become status quo.

In the last couple of months, life has been a zebra at Wrigleyville Dental. As our office grows, along with it come growing pains. In October, Kortni, our amazingly awesome dental assistant, left our team to have a baby and be a stay-at-home mom. Shortly

after, Maria, our patient coordinator, also had a baby, and due to medical complications has been out on extended maternity leave. In March, Jennifer, our office manager, decided to make a change and moved to Nashville. Lastly (hopefully), Dr. Silva has decided to take on a full-time position closer to her home so she can cut down on her one-hour-plus commute and spend more time with her two daughters.

That's a lot of change for one dental office. So, for the last few months, I've been busy to say the least. On the bright side, we've started to hire some great new additions. Patrick, our new office manager, comes with almost two decades of dental office experience. He helped manage a practice with multiple locations, doctors, and specialists and is highly skilled in everything dental.

Jen is our new patient coordinator. She's the one who responds to most emails and phone calls and is typically the first person you see at the front desk. She is always quick to help, quick to respond, and is a very good resource for helping our patients schedule appointments, deal with insurance and payments, and decipher treatment plans.

We have also hired a new doctor to join our team: Dr. Mita Jethwani. Dr. Mita, originally from India and no foreigner to natural remedies, was trained at UCLA. She graduated dental school in 2009 and was on staff at UCLA's Dental School for several years. She has worked in private practice and as faculty at the school. She has two boys, ages 3 1/2 and 1. Her husband was hired by Wrigley in Chicago, so the family decided to move from LA to Chicago. We are very excited to have such a highly trained dentist with the sweetest personality join our team.

To find the top caliber of staff takes some time. So please be patient while we continue to hire new faces and help them get acquainted with the high-end service that our patients expect and deserve. As our office grows and expands, we continue to focus on our primary goal — serving our patients' needs. Looking forward to seeing you soon.

-Dr. Teplitzky

The Key to Success: EMOTIONAL INTELLIGENCE

Feelings are a good thing. Companies want to hire (and people want to be friends with) people who have high emotional intelligence, and emotions are what differentiates you from an electronic device that can even mimic your voice. But what happens when your feelings overwhelm you? Anyone who's awoken in the middle of the night with a racing heart and panicked thoughts can relate to this. And it may be what's keeping you from achieving your goals.

Brianna Wiest, who writes about emotional intelligence, suggests that by organizing our emotions, we can use them to reach our goals. By using aspects of cognitive behavioral therapy and learning to organize your emotions to reach your goals, you can prevent them from controlling you. As Wiest says, you'll learn "where they come from, whether or not they serve you, and what they are trying to tell you."

TRACK YOUR FEELINGS Start by making this part of your morning routine: When you wake up, acknowledge how you are feeling. If it helps, write down a bulleted list of your feelings. Use "I feel" statements. You might write, "I feel anxious about everything I have to get done today," or, "I feel happy and excited that I get to work on the new project today."

IDENTIFY SOURCES Are there certain triggers — people, activities, habits — that always cause you to feel a certain way? Which of those

are propelling you to achieve your goals, and which are hampering that progress? Who are the energy drainers and the energy uppers in your life?

Make a list of everything that's causing you stress — going to your doctor's appointment, talking to your financial planner, calling back your mom — and mark a specific day and time that week to review your list. Chances are, when you come back to it, you'll find that most of the items on the list weren't really worth worrying about. For every item that's still a source of stress, make an action plan for how and when you'll resolve it. For those worries that can be dealt with immediately, note how much satisfaction you get from taking care of them.

LET YOUR SCHEDULE HONOR YOUR FEELINGS Wiest points out that people often have an all-or-nothing mentality. Many think, "I feel great today, so I'm going to get all my work done!" Or, "I'm tired today, so I'm going to put all my work off for tomorrow." The problem is that this mentality is not sustainable. If you track your emotions, you'll understand how they influence your behavior. For example, if you notice that you feel a certain emotion during afternoon meetings, see if you can shift them to the morning.

Implement these strategies today and allow your emotions to nurture rather than restrict your goals.

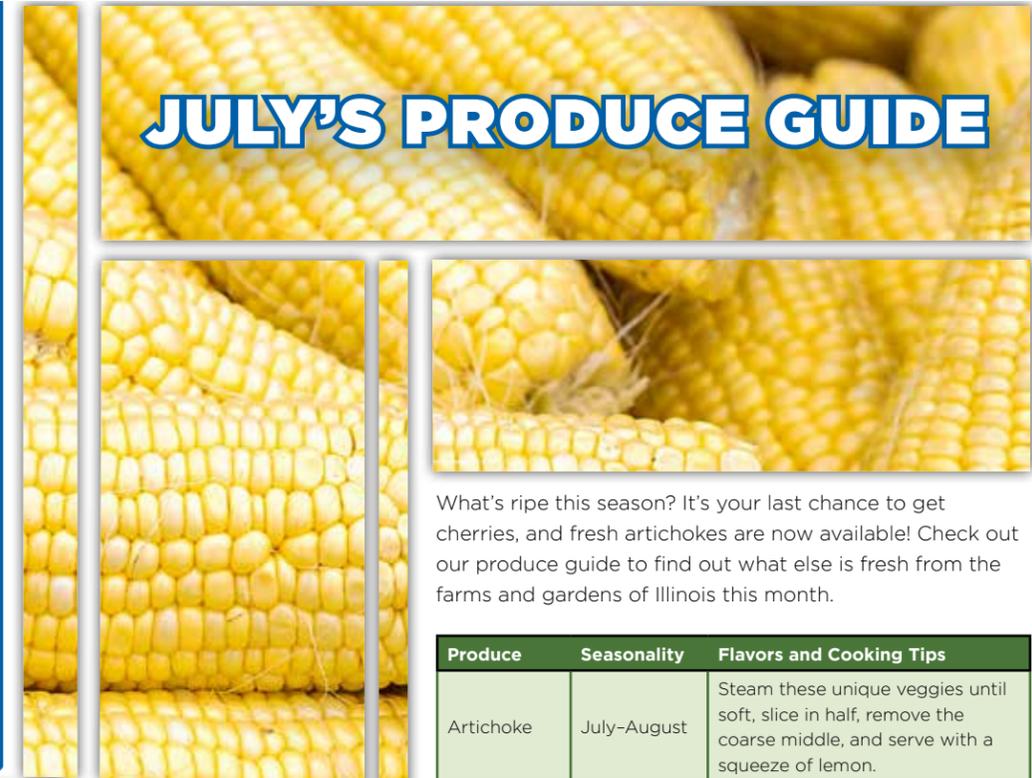
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JULY'S PRODUCE GUIDE



What's ripe this season? It's your last chance to get cherries, and fresh artichokes are now available! Check out our produce guide to find out what else is fresh from the farms and gardens of Illinois this month.

Produce	Seasonality	Flavors and Cooking Tips
Artichoke	July-August	Steam these unique veggies until soft, slice in half, remove the coarse middle, and serve with a squeeze of lemon.
Berries	June-September	Look for different varieties ripe throughout the summer!
Cabbage	May-July	For a lighter coleslaw, thinly slice cabbage and soak it in vinegar, orange juice, and seasoning for 30 minutes.
Cherries	May-July	Enjoy the juicy fruit fresh or cooked on the stovetop into a sauce. They make a tasty addition to yogurt or kefir.
Corn	July-October	Set on the grill for a few minutes; fresh corn takes little time to cook. Enjoy on the cob or as a salad topping.
Grapes	July-October	These sweet fruits are well-paired with a cheese platter.
Nectarines	June-September	Place on the grill for few minutes to bring out the most flavor. A great salad topping.
Peas	May-October	Enjoy fresh as a crunchy snack or add to a stir fry.
Plums	June-September	Best eaten when soft. Or, if tart, add them to a fruit tart or galette.
Tomatoes	June-September	Yep, tomatoes are in season for the next couple months, so eat and enjoy them at the height of their flavor.
Turnips	June-September	Try these root veggies roasted with oil or ghee, salt, and herbs.

JEN, A NEW FRIENDLY FACE

at Wrigleyville Dental



We'd like to introduce you to a new patient coordinator at Wrigleyville Dental. She's originally from Chicago, and after several years living in the Pacific Northwest, she moved back home to be closer

to her family. "It was time to come home," Jen says. "I'm really happy to be back in a big city and to be closer to my parents and siblings."

After meeting Dr. Teplitsky, Jen knew that Wrigleyville Dental was the environment she'd been looking for. "I was working in another dental office, and I began searching for a challenge." When interviewing, she loved the positivity of the staff and the meaning behind the dentistry. "I like how much the staff cared about their patients. It's nice to work for a company that stands behind its philosophy and values."

Since starting with us, Jen's discovered a deep appreciation for holistic dentistry, and she enjoys

learning every day. "I'm seeing so many new things here and learning all the time. It's interesting how different this practice is from a 'traditional' dental office. I find it crazy to learn how connected your whole body is, even things you didn't think were related. One example is learning how different materials in the mouth can affect the way you're feeling, like an amalgam or a root canal," says Jen.

Jen's tasks at the office can vary, but she's typically the one you see when you come in and out and the one you speak with over the phone. No matter what her task is, she prides herself in focusing on keeping our patients the top priority.

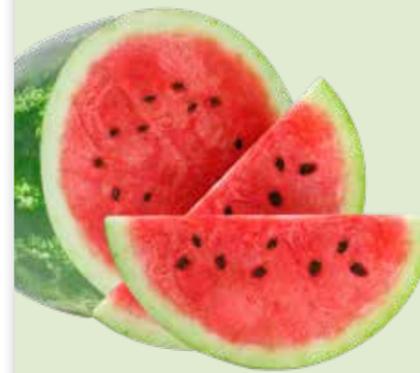
After a day at work, Jen enjoys riding bikes downtown with her husband. "I spend a lot of time outside. It's my happy place," Jen says. She and her husband also do quite a bit of gardening. They've planted flowers and plants of all kinds on the patio of their apartment. When she's not in the garden, you'll find Jen and her husband spending time with their family. "I was away for so long, so I spend as much time with my family as possible," Jen says.

We're so glad Jen's returned home to Chicago and that she's found a second home at Wrigleyville Dental. We're excited to have you meet her the next time you're at the office.

Watermelon Salad



This simple, delicious salad is the perfect summer refresher. In under 30 minutes, you'll have a dish that will inspire rave reviews at your next summer cookout.



INGREDIENTS

- 8 cups seedless watermelon, cut into 1-inch cubes
- 1/4 cup fresh lime juice
- 1 pinch of cayenne pepper
- 1/2 cup mint leaves, torn
- Salt to taste

DIRECTIONS

1. In a large mixing or salad bowl, toss watermelon with lime juice and cayenne pepper.
2. Gently fold in mint leaves.
3. Sprinkle with salt and serve.

Inspired by Food & Wine magazine