

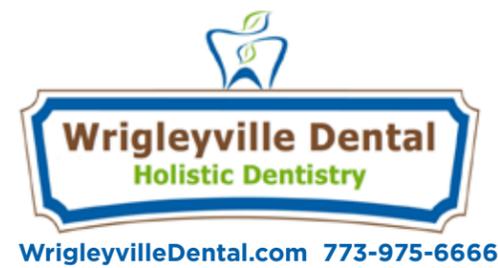


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Inside

- Seeing Time Through Nature's Eyes pg. 1
- How Coping Strategies Help With Stress pg. 2
- World's Best Vegan Chimichurri pg. 3
- Our COVID-19 Procedures and Protocols to Keep You Safe pg. 3
- DIY: Fresh Produce Meals pg. 4

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Seeing the World Through Mother Nature's Eyes

AND FINDING PLENTY OF WAYS TO STAY BUSY

When we take the time to notice, nature gives us so many metaphors for life. With the good weather, we've been spending almost every day in our garden, and I've been in awe of the beautiful cycle of life that takes place each day just outside my door. We've been thoughtfully observing the days in blooming flowers, fruit, and vegetables, and it's quite a wonderful way to experience the passage of time.

Earlier in the year, we planted all sorts of herbs, vegetables, and berries, including strawberries, blackberries, and raspberries, and now we're beginning to enjoy the fruits of our labors. My daughter, Sonya, loves running out to see how the tomatoes and berries are doing. She discovered a patch of wild strawberries that is growing in our front yard, and there are various flowers that keep blooming all summer long.

We moved into our new home when everything was frozen and bare a little over a year ago, and we didn't really have an idea of what was beneath the dirt. We've gotten to watch everything come to life since we've lived here. One of our trees has pink flowers that last for a couple weeks before turning green. It's so amazing to catch this time of pink-hued trees in our yard. It's such a sweet time, and you have to catch it before it's gone. You have to be in love with this moment because you don't know how long it will be there. Last year it lasted almost a month. This year, it bloomed and was replaced by green leaves within a week. It's a beautiful metaphor for life, to enjoy what's given to you in the moment.

Our beautiful peonies, with their big, gorgeous, aromatic flowers, took about two months to bloom. On a morning walk, we noticed that a few of the flowers were starting to open up. After nap time, Sonya wanted to see the flowers again and in the late afternoon, we noticed that they all opened up! I never knew mother nature could work that fast! Within the next few days, we had some heavy rainstorms, and all the flowers were gone. Last year, they lasted much longer. Like the peonies or our Eastern Redbud tree with pink flowers, we don't know how long anything in life is going to last, and it's not really up to us.

With the time we've had at home, I've been thinking a lot about this tie to nature and how we can use this time to plant seeds for the future. Maintaining and updating our home has been our undertaking throughout this time, as it's just getting old enough to where a lot



of the appliances need to be replaced. We've power washed our patio, sanded everything down, repaired pavers, and replaced appliances, among a dozen other projects. Of course the kiddos have been "helping" as well.

It's so wonderful seeing Sonya love nature. Every morning, she can't wait to go outside to see what's ready to be picked. And when she's done, she busies herself by picking various flowers, weeds, leaves, dirt, stones, and any other treasures she deems interesting that day. She puts them all in a cup of water when she comes home, and

we have these arrangements around the house. Her younger sister, Maya, is still too young to join in. But now, at 11 months, she's working on her own milestones. She was a speedy army crawler who's now crawling on all fours. She's also pulling herself up on anything she can get ahold of and has a big grin when she stands on her own and cruises. It's only a matter of time until she starts walking and following Sonya everywhere.

The other big project I've tackled, which started as a Father's Day gift but has continued because of the big undertaking, is to convert all of the home videos that my dad took during our childhood into digital format. My dad is the type of person who always had a camcorder on his shoulder, so there are hundreds of videos that I'm going through. The earliest tape is from 1985, and some of them are starting to degrade. It's amazing how quickly the years fly by. My dad took videos of almost all of our birthdays, sporting events, trips, and most events we had, so there are many memories stored in them and so many hours of footage. It'll also be nice watching these at family get-togethers.

Continued on Page 2 ...

YOUR GUIDE TO EATING WHAT'S FRESH *Eat Locally and Seasonally for Your Health*

This time of year, there is nothing better than going out to your backyard and picking some of the bounty that's waiting for you in the garden. Peas, tomatoes, lettuce, raspberries, blueberries, blackberries — it's a delicious and nutritious way to feed your body and soul.

If you didn't have a chance to plant a garden this year, you can still find locally grown produce at farmers markets, smaller grocery stores, or by purchasing a share in a local Community Supported Agriculture (CSA) program. Here are some of the fruits and veggies to look out for this time of year. Enjoy them while you can!

VEGETABLES

TOMATOES (UNTIL THE FIRST FROST)

Packed with lycopene to build up our bodies' natural defenses against the sun, tomatoes should be bursting with flavor this month. Enjoy them fresh with a dash of salt and pepper, grilled, or roasted. For more lycopenes, try heating up your tomatoes on the grill or the oven.

SALAD GREENS

Tossed with vinegar, olive oil, nuts or seeds, and maybe some goat cheese, salad greens are the perfect starting point for a delicious meal.

PARSNIPS

Roast parsnips with salt, pepper, and herbs for a delicious side or salad topping. Containing fiber, vitamins, minerals, and antioxidants, parsnips are tasty and nutritious.

SUMMER SQUASH

These veggies, including zucchini, are nutritious and delicious both raw and cooked. Dip them in hummus or grill with the protein of your choice for a satisfying meal.

FRUITS

BLUEBERRIES (USUALLY UNTIL MID-AUGUST)

With minimal sugar and plenty of antioxidants, this is one *berry* healthy fruit.

BLACKBERRIES (THROUGH MID-AUGUST)

Freeze up some of these tasty berries now to enjoy all winter long.

RASPBERRIES (LATE AUGUST UNTIL THE FIRST FROST)

You really can't beat a bowl of fresh raspberries all on their own. Of course, a little yogurt or coconut milk ice cream is a great accompaniment.

Eating locally and seasonally is the best way to get the most out of your food. Visit your garden, sign up for a community support program, or head to your nearest farmers market to find some of these tasty fruits and vegetables!





At the office, during our shelter-at-home order, our awesome team at Wrigleyville Dental stayed connected over weekly video meetings, where we catch up with one another and discuss new protocols to be implemented in the office to make sure we're following guidelines and doing all we can to

keep ourselves and our patients safe. At the beginning of the stay-at-home order, we had a staff meeting to let everyone know we would not be doing any elective treatments. We had to temporarily lay off our staff, but we've been able to rehire everyone, and I'm grateful to be able to do that. We have such an amazing staff, and I wanted to make sure not only to keep the business afloat but to also keep all of our team members.

It's been nice to have time to sit back and assess what's needed for our office and for my team. I've spent a lot of my time creating an online platform that staff can log into and take courses related to protocols we're implementing for the office and valuable information in the health and holistic wellness arena. Instead of handing out employee manuals and fact sheets, I wanted to have all the information accessible to them in a digital format. Realizing that most people don't like to read these days, I've used videos, audio,

quizzes, and other formats to engage the staff to learn important information. The materials also dive into holistic dentistry and look at how we can approach each procedure in a holistic way. Every few weeks, we release new lectures so the team can learn about various aspects of our practices and we can better serve our patients, as well as apply this information to our own daily lives. It's been a huge undertaking that will most likely last the remainder of the year, but it's something I've been wanting to do for a while, so I'm excited that it's finally come to fruition.

Something I told my team at the beginning of the "Stay at Home" order was that my goal was to become bored. Unfortunately, it didn't happen. There are all sorts of projects I still would love to do — but I continue to learn to pace myself and remind myself that life is a marathon, not a sprint.

Still, I've made sure to find time each day to observe the cues nature is giving me in the plants that are flowering, the berries that are ripening, and the ongoing cycle of life. Enjoy the current moment and the beauty around. We don't know how long it will last.

I hope you find time to do the same. I am looking forward to seeing you back at our office.

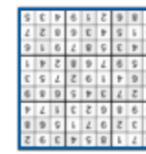
Stay healthy and safe.

— Dr. Teplitzky

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OUR COVID-19 PROCEDURES AND PROTOCOLS TO KEEP YOU SAFE:

We care about your safety and have made the necessary adjustments, added additional protocols and equipment, and are totally prepared to treat you safely!

Here are some protocols and procedures we have in place to keep you safe:

Patients are to first call our office before entering so a staff member can greet you, take your temperature and have a treatment room available for you.

Everyone entering must wear a face covering until told it can be removed.

We have hand sanitizer for everyone to use upon entering, and all patients are asked to rinse with a hydrogen peroxide solution prior to any procedure.

Currently, the only individuals who can enter the building are those being treated during the time of the appointment. Children can have one parent accompany them since our waiting area is closed until further notice.

Team members have their temperatures taken and are screened daily in the same manner that patients are.

We have six HEPA (high-efficiency particulate air) purifiers — one in every treatment room and in the front office.

Every treatment room has a state-of-the-art oral aerosol vacuum system that is used during treatments, making it so there are 4-5 ways to reduce aerosol in each operatory.

We have installed hands-free soap dispensers and hand sanitizer dispensers.

We frequently sanitize door handles, pens, counters, and other public areas.

Staff members are wearing masks — at all times — and wearing face shields when in the operatory with patients. Additionally, extra barriers are used to prevent contamination of equipment.

And as always, if you have any concerns or questions, please call us as we'd be happy to help!

DEAL WITH YOUR EMOTIONS IN A HEALTHIER WAY

What do you do when you feel anxious, sad, or stressed? Do you reach for your phone to scroll through Instagram? Do you turn to a Snickers bar for comfort? Maybe an episode of "Parks and Recreation" is your go-to form of relief. If you use any of these methods, you're not alone.

When humans face difficult situations, they often turn to coping mechanisms to numb emotions and help themselves feel better in the moment. Emotional development expert Alyssa Blask Campbell identifies many common coping mechanisms, including engaging in screen time, making to-do lists, seeking information, indulging in alcohol, drugs, cigarettes or food (especially with sugar) and asserting control where possible. Coping mechanisms make you feel better in the moment, but they don't always help process and deal with emotions in the long run.

COPING STRATEGIES VS. MECHANISMS

Turning to coping mechanisms is a habit you may have learned as a kid. It's understandable, and it's okay. But instead, you want to focus on coping strategies that help you work through challenging emotions and find calm again.

Coping strategies are things like breathing exercises, talk therapy, journaling, reading, and physical movement like dancing. While these may take more time to yield results than a TV program or candy bar,

tapping into these strategies helps you feel better and process what you're going through, which allows you to release whatever is causing you strife.

Because the way you react when your emotions overwhelm you has an impact on the way you feel during and after that experience, it's all the more important to understand the different coping tools at your disposal.

When you are very angry, cortisol runs through your body for 8 hours after an angry episode! It takes hours for your body to come down to normal. Before you get to that point, try doing this simple breathing exercise. Take a 4 second breath in, and 4 seconds to let it out. Concentrate on the breath only (not the situation that got you there). Feel your belly rising, the air hitting your nostrils or the air going inside your lungs. Do this 4 times. And after these 32 seconds, you'll be better prepared to deal with the situation at hand.

As you learn to incorporate coping strategies into your life and call on them when you're dealing with hard emotions, give yourself grace. You can still turn to healthy coping mechanisms when you need them. The key is to also incorporate some of these strategies to help you better process whatever comes your way.

World's Best Vegan Chimichurri



INGREDIENTS

- 1/2 cup oil (extra-virgin olive oil recommended)
- 1/4 cup vinegar (apple cider vinegar recommended)
- 2 cloves garlic, minced
- 4 tbsp fresh parsley, finely chopped
- 2 tbsp dried oregano
- 1/2 tsp salt (Himalayan pink salt recommended)
- 1/4 tsp ground black pepper
- Cayenne pepper, to taste

DIRECTIONS

1. In a bowl, add all ingredients except cayenne and whisk until well mixed. If desired, add cayenne pepper a little at a time until you reach your preferred level of spiciness.
2. Serve immediately or, for an even better taste and texture, refrigerate for 1-2 days.
3. You may increase the batch size, but keep the ratio of oil and vinegar the same — 2-to-1. Store in an airtight container in the fridge for up to 3 months.

Summertime is the best time to use these homegrown ingredients from your backyard, balcony, or windowsill! And it's not just for Vegans — it goes great on a steak, too!

Inspired by Simple Vegan