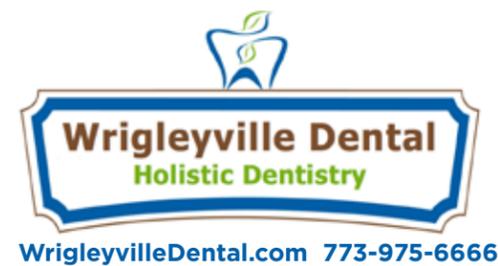




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September 2020

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### DON'T SKIP YOUR DENTAL APPOINTMENT!

#### Why Dental Care Should Be a Priority During COVID-19

In March 2020, our lives changed in the most unprecedented way. As COVID-19 swept across the U.S., many of us sheltered in our homes and didn't venture outside for more than a walk with our families or trips to the grocery store.

Like many dental practices, Wrigleyville Dental had to close this spring as the nation fought to lessen the spread of COVID-19, and we came to a greater understanding of how we could protect patients. As the world has slowly started to open back up — and we opened the practice — we know there may be some apprehension about returning to the dental office.

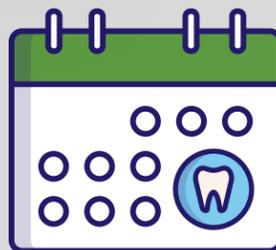
But skipping your dental appointments for fear of COVID-19 could be detrimental to your health. The American Dental Association (ADA) strongly disagrees with sentiments that patients should postpone their dental appointments during this pandemic. When you neglect your oral health, you leave your body vulnerable.

Think of your mouth as the gateway to the rest of your body. For example, gum disease has been linked to heart disease, diabetes, arthritis, and many other systemic illnesses. A chronic foul odor wafting from your mouth could be a sign of acid reflux, while periodontitis can lead to premature births or pregnancy complications. In a time when our well-being is the crux of many of our worries and fears, this is not the time to avoid preventative and proactive appointments, like dental visits.

A July 2020 Washington Post article also urged the public to maintain their dental appointments throughout the pandemic. Dental appointments were one of the top five wellness activities suggested by experts, including Dr. Chad Gehani, the president of the ADA. As Gehani explained, regular dental appointments can catch budding issues as they start to appear, lessening the overall chance for pain and decreasing costs by avoiding more time-consuming fixes and further complications. One such example of this is cavities which can start small and be painless before growing into large, painful, and costly problems.

Our office adheres to strict cleaning and safety protocols - higher standards than those sent by the ADA and the CDC to keep our patients, staff, and families safe during this pandemic. Our protocols help stop the spread of COVID-19 and other diseases. For more information, give us a call.

We've made it even easier to schedule an appointment. You can call, email a request and now you can go online and schedule from there! No more waiting for office hours to schedule. It's our newest feature to make going to the dentist easier! See you soon.



### SOMETHING TO APPRECIATE IN TIMES OF CHANGE

## The Speed at Which Society Adapts

September is here! It has been about half of a year spent living in a disorienting state of being due to COVID-19. While I grew up with the age of computer exploration, I still do not consider myself to be a technologically savvy individual. This year has really changed our reliance on technology in so many ways. First of all, I finally saw the acclaimed Broadway production of "Hamilton" from the comfort of my own home. Now I get the hype because it was excellent. I have had reunions on Zoom with people who live here in Chicago but also with friends and family who live all over the country. Virtually, I have been both witness to the joyful introduction of new babies, and I also mourned with loved ones who lost a family member. While I prefer to meet face to face, it has been comforting to have a backup plan. During our quarantine, my husband and I decided to streamline our meal prepping by creating one Excel spreadsheet with the most common recipes we use — it has made our food brainstorming much more efficient.

This fall, I do not envy those who are forced to return to school remotely, but I am impressed by the speed at which our society has adapted to make these options widely available. I spent much of our mandated shelter-in-place time taking miscellaneous continuing education courses on topics that I felt would make me a better dentist when we could all return to work. Now, with work schedules having mostly normalized, I am enrolled in a virtual conference that is held in Paris every year. Without leaving Chicago or missing a day of work, I can follow a variety of speakers who were geographically inaccessible before all of this. Plus, the content from the seminar remains available online for the entire month versus only having one weekend to cram as much learning as possible. While this can at times lead me to feel like I now have too many virtual commitments, it has still been interesting to stop and appreciate what has become available to us.

I know that you must be wondering how my dog, Alfred, has been coping with all of the changes this year. While he enjoys having his parents at home more, he still has some of his own health issues that we are working through. Even my dog has benefited from knowledge gained through online courses on topics like pet nutrition and cooking. (See adorable photo for reference.) For the record, we watched the webinar without him, but he looked awfully cute sitting there in anticipation for it to begin.

I'm normally not one to prematurely wish away the summer months, especially here in Chicago, but this year I am ready to embrace the seasonal transition earlier than usual. What a year it has been!

I appreciate the stories that many of you have shared with me about how your year has looked a little different than expected. I hope you are able to adapt and find something to appreciate in these times of change.

Until next time,

-Dr. Julia



# 11 DAYS DELETED FROM HISTORY

## How the British Changed Their Calendar System and Caused Chaos

For centuries, Europeans used the Julian calendar, created by Julius Caesar in 46 B.C. It was based on the solar calendar, so most of Europe thought it was the most accurate calendar. However, over the centuries, dates had “drifted,” and many important days, like Easter and the spring equinox, were no longer falling on the dates they were supposed to.

To compensate, the new Gregorian calendar was developed and put to use by Pope Gregory XIII in 1582. It helped put things back in order and eliminated an extra day every 128 years.

However, not everyone adopted the Gregorian calendar right away, such as the British. That meant that Europeans were using two diverging calendars for over 200 years. Talk about confusing! People realized that as the world started to expand and as countries became more connected, having a single calendar system was critical.



Finally, the British chose the year 1752 to make the change. But, in order to make it work, they had to “jump” forward. For instance, 1751 could only be 10 months long — starting with March and ending with Dec. 31, 1751. But even that adjustment didn’t quite bring the English up to speed in time to make the shift. They also had to cut 11 days from 1752. The unlucky dates that were cut were Sept. 2-14, 1752.

The people were not happy. English historians found research that British citizens chanted “Give us our 11 days!” in the streets. The phrase became so popular that some politicians even campaigned with that as their slogan. Several other historical accounts state that many people were worried that by cutting the calendar, their own lives would be cut 11 days shorter. There was a lot of confusion and chaos, but over time, dates fell where they were supposed to, and everyone lived their full lives, those 11 days included.

# SUDOKU

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# STUDENT TECH SUCCESS

Educational Tools to Improve Digital Learning

Kids these days face so many more distractions from academics than their parents did. It’s not as easy to focus on homework when TikTok, YouTube, and all sorts of video games beckon. Instead of trying to prevent screen time, why not allow students to engage with technology that will help promote their learning rather than distract from it? Here are three tools to help students at different age levels get the most from online learning.

### BEANSTALK

While Beanstalk is an online learning tool, the beauty of it is that the classes and videos aim to pull kids “out of the screen to do real-world physical activities.” These include science experiments, building projects, and more. Experienced teachers provide engaging lessons and learning tools, and many of them are free.

### EDUHAM

What better way to learn about the history of our nation than through one of the nation’s most popular musicals? “Hamilton” creator Lin-Manuel Miranda launched this learning platform in 2016 along with the show’s director and in partnership with The Gilder Lehrman Institute of American History. EduHam is a free digital program for students and their families that provides history lessons on the Founding Era of the United States. It also brings art into the mix — Miranda shows students how to create their own performance pieces based on primary source documents, which they can then share in the app. The program is geared toward students in sixth through 12th grade, though everyone is welcome to participate.

### FIVEABLE

For high school students, the most looming challenges include the SAT and Advanced Placement (AP) exams that are so important for college. Enter Fiveable, the amazing free resource that houses thousands of livestreams, study guides, trivia games, and other resources for 15 AP subjects. Started by a former teacher, Fiveable is passionate about giving students the resources they’ll need to be successful now and into the future.

With so many resources out there, students can use technology in plenty of ways to help them be successful. Here’s to a fall season full of learning!

# IS STRESS HARMING YOUR MEMORY?

## HOW TO COPE WITH DAILY TRIGGERS

Stress can cause more than just a bad mood and low energy. Over time, mental exhaustion from stress can lead to forgetfulness and reduced cognition. This can hamper your ability to do your job and enjoy life. Though stress is unavoidable, there are steps you can take to mitigate some of the negative effects of mental exhaustion, including forgetfulness.

First, consider the source of your stress. These days, a common stressor is social media. If your feeds are full of bad news and negativity, shut them down. Many researchers suggest that spending less time on the internet leads to better health. Several studies have found that constant internet use, including time spent on social media, is negatively impacting our memories. Research from Harvard, Oxford, King’s College London, and Western Sydney University all confirm this: Too much internet use is a bad thing.

Of course, it can be easier to delete a social media app than it is to eliminate other types of stressors. Coping with a stressful coworker, for example, can be difficult. You have to figure out why they’re causing you stress and how the situation can be remedied. Dealing with a work-related confrontation can be hard, but having that difficult conversation and resolving the problem can ultimately lead to less long-term stress and improve your mental health.

Another thing you can do to reduce stress is avoid multitasking. Taking on multiple projects or doing too much in too little time can leave you feeling overworked. Plus, studies have found that multitasking is not effective. You cannot deliver the same results when your attention is scattered as you can when you are focused on one thing. To make matters worse, multitasking takes a major toll on memory and cognition, according to a study from Proceedings of the National Academy of Sciences.

When there is a lot of stress, understanding where it is coming from is key. Some people can be stressed but won’t know exactly the source. Spending as little as 5 minutes a day meditating can do wonders to your stress level and overall mood. Don’t have 5 minutes? Try 2 then work up. See what changes you can see with a minimal daily meditation practice.

If stress is impairing your memory, judgment, or cognition, take the above steps to reduce it. If you find your memory and cognition aren’t improving, consider speaking with a mental health professional to discuss your best next steps. Mental health and stress management are important, and the more we do to improve these areas of our lives, the healthier and happier we will be.

## Minty Carrot Top Pesto

### INGREDIENTS

- 1 large bunch carrot tops
- 1 clove garlic, chopped
- 1/4 cup fresh mint
- 4 chives, chopped
- 2 tbsp red wine vinegar
- Salt and pepper to taste
- 3 tbsp olive oil

### DIRECTIONS

1. To blanch the carrot tops, bring a pot of salted water to a boil. Meanwhile, prepare a large bowl of ice water. Remove the stems from the carrot tops and add the greens to the water. Boil for 3 minutes, then drain the water and dunk the tops in ice water. When they’re cool, wring out the extra liquid.
2. Use a food processor to blend the carrot tops and all other ingredients except olive oil. Add 1 tbsp of olive oil at a time to the food processor and blend until the pesto is smooth. Taste and serve!

Pesto may sound like a fancy ingredient on restaurant menus, but you can make it at home in minutes! This vegan recipe is a great way to use spare carrots tops, and it tastes delicious as a pasta sauce (thinned with water) or a cracker spread.

Inspired by [YupItsVegan.com](http://YupItsVegan.com)