

## Inside This Issue

- p.1 Happy Holidays!
- p.2 A Healthy Way to Manage Intrusive Thoughts
- p.2 Situation of the Month
- p.3 Common Nutritional Myths
- p.3 Roasted Pork Loin With Apples
- p.4 America's 5 Best Ski Resorts

## EXPERIENCE FRESH POWDER AND GREAT VIEWS



### TOP 5 SKI RESORTS TO CROSS OFF YOUR BUCKET LIST

Temperatures are dropping and snow is falling in some parts of the country, so it's time for some winter fun! Whether you ski, snowboard, or just enjoy the snow, here are some of the best ski resorts to check out this ski season!

#### Steamboat Springs, Colorado

A little less glitzy than some of the other popular ski resorts and towns in Colorado, Steamboat Springs is extremely family-friendly with a Western vibe. Because Steamboat is tucked away in the northwest corner of Colorado, the area catches snow from both Utah and Wyoming, which means you can expect some of the best skiing powder.

#### Whitefish Mountain Resort, Montana

While Whitefish Mountain Resort was originally a sleepy, quiet, and remote ski resort, it has gained popularity over the past few years, but it still remains an under-the-radar ski destination with friendly locals and smaller crowds. For beautiful, lush Montana views and no ski lift lines, Whitefish is a must!

#### Mad River Glen, Vermont

For an authentic, deep-mountain experience, Mad River Glen is considered the best skiing mountain in the East. One of the best features of the resort is that it has single-chair chairlifts — and no snowboarders! The runs are long and the sights are gorgeous while providing an amazing ski run, throwback style!

#### Aspen, Colorado

Aspen just had to make this list! This incredibly popular ski resort has four different mountains, providing a wide range of terrains for all different skill levels. The ski resort town is fun, developed, and exciting as well.

#### Deer Valley Resort, Utah

A ski-only resort, Deer Valley is a quaint ski town with legendary customer service and unbelievable Utah powder. It should be noted that the chairlifts are speedy and efficient, and the trails are well-groomed. Lift lines are nonexistent, making for an exclusive and remote experience!

# AN ATTITUDE OF GRATITUDE

## GIVING THANKS TO YOU AND YOUR PATIENTS!

Temperatures are dropping, lights and decorations are beginning to illuminate the streets, and cheer is in the air — the holidays are here! The holiday season is one of such love and gratitude many of us look forward to all year. With delicious food, fun gatherings, festive events, and the exchange of gifts, it's a magical time.

Each year, as I reflect on all I am grateful for in life, my mind always turns to my family, friends, shelter, health, clean water, and the many blessings I've experienced. After all, the little things in life get us through those difficult days — a smile from a stranger, flowers waiting for you at home, or the pick-me-up piece of chocolate as a mid-afternoon snack.

However, most importantly, I'd like to say thank you to all of our PDTA members — it's been another fabulous year for our organization, and the number of children we have assisted is astronomical! We all share the same passion: helping children, a service often overlooked. Many kids are fearful or have negative apprehensions when it comes to visiting the dentist, and many parents see making each trip to our offices as a necessary evil, but every one of you makes it a point to do all you can to turn their experiences into positive and enjoyable visits!

Even when your jobs feel thankless, and you get the feeling you're running on empty, especially with the struggles the last few years have presented, it's

important to remember that you make a difference each day. You impact the lives of these children in more ways than you can count, and to me, you all are my greatest source of appreciation and gratitude this year! Thank you for all you do!

Speaking of gratitude, the question often comes up of how to let patients and their families know just how much your office appreciates them. Throughout the holiday season, cards are most numerous at Christmas. But what about Thanksgiving cards? After all, Thanksgiving is the holiday to give thanks! Not many people send out cards in November, so if you do, your thoughtfulness will stand out!

To personalize your Thanksgiving cards even more, I suggest handwriting them. You can either have each office member sign them in different color inks during downtime at the office, or you can create a master copy and make copies at a local print store around town! There are companies that can print these out for you also. This way, each family will receive a personalized card reminding them just how much they mean to your office and staff! It's a perfect way to stay top of mind and spread holiday cheer.

From my family to you and yours, I wish you each a happy and healthy holiday season!





# WHY DO I CONSTANTLY THINK ABOUT THIS?

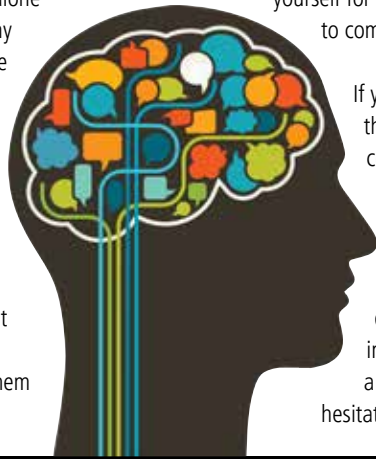
## HOW TO MANAGE INTRUSIVE THOUGHTS

"Like our content? Use the provided articles in your company blog or Facebook posts!"

Many people deal with unwelcome, intrusive thoughts every day. We've all experienced unwanted images or notions racing through our minds, and it can be difficult to concentrate on what we need to be doing. These thoughts can also trigger feelings of anxiety, worry, and shame. But know you're not alone — some estimate that 6 million Americans are affected, so many can empathize with what you're going through. Here is some good advice about intrusive thoughts and how to manage them in a healthy way.

### What are intrusive thoughts?

Intrusive thoughts are unwanted ideas that occur without warning at any time, often triggered by stress or anxiety, or even short-term biological factors, like hormone shifts. They can come in many forms, and people often worry about what they mean, so naturally, they try to control or stop the ideas altogether. But trying to prohibit these thoughts can make them more persistent.



### What can you do?

Instead of pushing these thoughts out of your mind, acknowledge that they are intrusive concepts and allow them to linger. Understand they will pass, but prepare yourself for other unwanted thoughts. Most importantly, push through and continue to complete your tasks and errands when the thoughts occur.

If you try to control, suppress, question, act, or engage with intrusive thoughts, you'll likely be even more fixated on them. You'll feel more in control if you allow them to pass through your brain instead of trying to avoid and ignore them.

Intrusive thoughts can feel distressing, but allowing them to freely enter and exit your mind will provide you with ease — even if it doesn't seem that way. However, if intrusive ideas persist and continually impair your ability to work or do things you enjoy, seek information from a mental health professional. You're never alone in your struggles, so don't hesitate to ask for help if you need it.

## SITUATION OF THE MONTH

Dear PDTA Pro,

The holidays have arrived and we'd love to get festive in the office and get our patients and their families involved! Being that it's the season of gratitude and giving, what are some ways we can celebrate and, at the same time, let our patients know we are grateful for them?

*-Expressing an Attitude of Gratitude*

Dear Expressing an Attitude of Gratitude,

Happy holidays! There is no better time than now to show your appreciation for your patients and their families, and you have countless fun ways to do so! First, I'd like to direct you to our PDTA Practice Pearl where we outline some fun things to do in the office to make your patients' experiences more enjoyable (and your work day, too!).

While patients get their mouths worked on, their gift of gab is temporarily out of commission! However, their eyes are sure to be wandering in the waiting room, in the dental chair, and through the office. During the holiday season (and the entire year), decorating the office is key!

Decorate the monitors with seasonal decorations, googly eyes, or fun photos. Decorate those in the clinical area with the focus on your patients and at the

checkout desk, focus on the families and adults. It's a great conversation starter and a nice way to allow your staff to express themselves.

As we mentioned in this edition's cover article, sending out personalized, hand-written Thanksgiving cards is an individualized way to express your gratitude and remind them just how important they are to your practice. Don't forget to utilize social media as well! Your office can host a coloring contest and take submissions on your practice's Facebook page or even host a favorite holiday recipe submission thread. It's all about engagement and having fun!

Speaking of engagement, one tip for those patients who haven't been into the office for a while, now is a great time of year to send them out a small gift certificate or coupon from a local business close to you as a "thinking of you" holiday gift!

No matter how you choose to engage and thank your patients this holiday season, we want you to remember we are grateful for you! Anyone who chooses to work with children has won over our hearts! Happy holidays!

*-Pediatric Pro*

## 4 NUTRITIONAL MYTHS DEBUNKED

With access to the internet, social media, and the news, we're constantly surrounded by information, and it's hard to tell what we should or shouldn't do. But when it comes to what we put in our bodies, it's not a good idea to experiment. Let's take a look at some of the most common nutritional myths buzzing around and what makes them dubious!

### You should avoid high-fat foods.

When you visit the supermarket, "fat-free" food options line the shelves. Many people follow a low-fat diet in hopes that it will help them lose weight and maintain optimal health. But, instead of avoiding fat altogether, aiming for a diet balanced with healthy fats is the way to go. In fact, fat provides many benefits, including protecting our organs, promoting proper growth and development, and maintaining cell membranes.

### Everyone should be gluten-free.

For those with celiac disease or a gluten intolerance, avoiding gluten — the protein present in wheat, rye, and barley — is necessary. However, for everyone else, whole-wheat products are beneficial to our diets. It's also important to note

that when gluten is removed, it's commonly substituted with refined starches, sugar, and salt.

### It's impossible to eat healthy on a budget.

With proper planning and a little extra time spent in the kitchen, nourishing your body doesn't have to break the bank. By planning meals around sales, shopping seasonally for produce, purchasing frozen fruits and veggies, and sticking to shopping lists, you'll be off to a good start!

### Eating after a certain time in the evening is bad.

Late-night snacking can surely lead to weight gain or can hinder weight loss efforts, but it's not because of the time of day. It's all about how many calories you've consumed in the day and why you're eating. In the evening, it's more common to get the munchies out of boredom, habit, or craving rather than actual hunger.

Don't let nutritional disinformation get the best of you. Before trying out a new dietary recommendation or altering your routine, always do your research and check with your doctor — you'll be glad you did!

## HAVE A LAUGH



## ROASTED PORK LOIN WITH APPLES

### INGREDIENTS

- 4 lbs pork loin
- 2 tsp garlic powder
- 2 tsp salt, divided
- 1 tsp black pepper
- 8 apples
- 2 red onions
- 3 garlic cloves
- 1 tbsp brown sugar
- 2 tbsp olive oil
- 2 tsp cinnamon
- 3 tbsp butter, softened

### DIRECTIONS

1. In a large bowl, season pork loin with garlic powder, 1 ½ tsp salt, and pepper, then cover and place in refrigerator for 30 minutes.
2. Preheat oven to 425 F.
3. Slice apples and onions, then chop garlic cloves. Season with brown sugar, olive oil, remaining salt, and cinnamon.
4. In a 9x13-inch baking dish, place a layer of apples and onions in the pan, put pork loin on top, then place remaining apples and onions around it.
5. Break butter into small pieces and place them on the pork loin and apples. Place dish in oven and let it bake for 15 minutes.
6. Reduce the heat to 350 F, then continue to bake for 60 minutes.
7. Remove dish and stir apples and onions.
8. Increase heat to 450 F, put dish in oven, and roast for an additional 8–10 minutes.

Inspired by MomFoodie.com