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## GET IN BETTER SHAPE WITHIN 6 WEEKS THE POWER OF CROSSFIT

What do you hope to accomplish when you start a new exercise routine? Many of us aim to become stronger, lose weight, or improve our overall health. What if I told you there is a way to accomplish these goals in six weeks of training? That's what CrossFit does when properly performed.

For those unfamiliar, CrossFit is a form of high-intensity interval training that combines elements of weightlifting, gymnastics, and metabolic conditioning. It was designed in 2000 to help athletes improve their cardiovascular and respiratory endurance, stamina, strength, flexibility, coordination, and agility. Since then, many gyms have become fully dedicated to CrossFit programs and classes.

Walking into a CrossFit gym or class for the first time can be intimidating. For years, the thought was that CrossFit was intended for bodybuilders and athletes only, but anyone can benefit from these activities if they make a dedicated effort. When you initially begin CrossFit, the best results occur through two or three exercises per week. If you're already



in great shape, you can benefit by increasing your frequency, as long as you maintain a rest day between each workout day. If you fail to leave yourself enough recovery time, you'll overwork your body and become susceptible to injuries.

It doesn't take long to see results once you start a CrossFit program. Many CrossFit classes include some form of weightlifting and resistance training, which will help you build muscle and grow stronger. Since these exercises are often high-intensity, you'll burn even more calories than you would during a standard workout. Many of the activities will increase your heart rate, which improves cardiovascular health.

CrossFit has risks, but you can have a safe and enjoyable workout by taking proper precautions. Don't push yourself too hard; stop the activity if you notice pain. CrossFit training can be incredibly rewarding and beneficial when done right!

# LET'S TALK ENGAGEMENT

## (NO, NOT THAT TYPE OF ENGAGEMENT!)

As summer approaches, I know everyone is gearing up for a busy season of dental visits and six-month checkups and cleanings! Kids will be out of school and your office is about to get a bit crazy, but I'm here to remind you not to forget about keeping your patients and their families engaged throughout their summer vacations! Staying top of mind is always essential — even when your patients aren't even in the office.

Below, I've listed out just a few suggestions for your office to keep your patients active on your website and social media pages (you guys know by now that I love this stuff — because it works!).

### Caption That Photo

Throughout the day-to-day operations in your office, snap some fun photos of the staff. Then, post a photo every now and then and have your patients caption the photos with their most creative sayings to go along with the photos. The winner can receive free movie tickets or a gift card to an ice cream shop to stay cool in the summer!

### Throwback Thursdays

Thursdays are a great opportunity to post a "throwback" photo of one of the members of your staff. On Facebook, have your patients guess who is in the photo, then pick a winner from those who answered correctly. Prizes can include tickets to the zoo or a gift card for music.

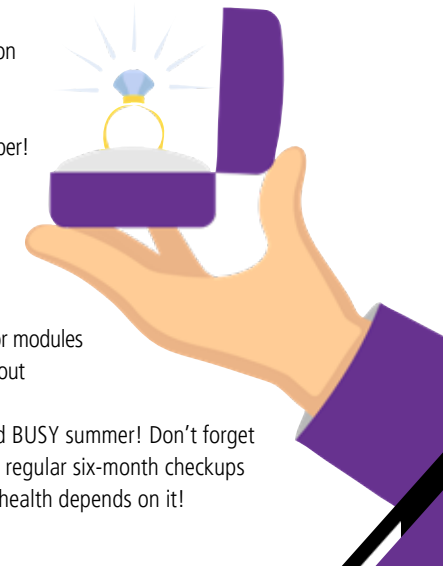
### Show Off Your Pet Contest

On your Facebook page, create a post asking your patients to post a photo of their pets in the comments below. Then, call on them to "vote" for their favorite photo by liking it. The person with the most "likes" will win a prize. Some prize ideas can include a free Waterpik or a gift certificate to a nearby pizza shop.

Along with keeping your office top of mind, it's important to help your patients and their parents to understand the importance of their six-month cleaning appointments. As you know, these routine checkup appointments are more than just a cleaning. On our website, in the member's section, you will find a document titled "It's not just a cleaning" that details what your patients (and parents) can expect at their child's dentist visit. You can print this information out on a flyer to hand out, post it on your social media, or send it out to new patients. On

our website, [www.thePDTA.org](http://www.thePDTA.org), you'll find it in the Members Area under Member Resources.

Lastly, I want to share my appreciation with all of you for taking the time to participate in my survey on the upcoming PDTA Conference in October! The conference topics are being put together, centered around your responses in an effort to ensure that you and your staff receive maximum value. Keep in mind that I'm always available to hear your suggestions for modules and topics year-round — just reach out



I wish you all a happy, healthy, and BUSY summer! Don't forget to spread the word and encourage regular six-month checkups among your patients — their oral health depends on it!

*Rhea*

Rhea M. Haugrath, D.M.D.

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## UPCOMING EVENTS:

**AAPD 2023**  
MAY 25-28, 2023

GAYLORD PALMS, ORLANDO, FL  
STOP BY AND VISIT US AT BOOTH 330!

**PDTA CONFERENCE 2023**  
OCTOBER 2023

**MORE DETAILS TO FOLLOW!**

# CUT THE FINANCIAL UMBILICAL CORD

## HOW TO RAISE FISCALLY RESPONSIBLE ADULTS

Adulting is all about doing your own laundry, cooking, and grocery shopping. It means making informed decisions about time management, organizational skills, and understanding how to be financially responsible.

But how do you teach your teenager financial responsibility? Let's explore five important lessons your child needs to gain financial independence!

### Help them find opportunities to earn money.

Before your teen can learn to properly manage their finances, they must first make their own money! If they don't have a job, encourage them to begin the hunt. If your teen is still too young to hold a job, consider paying them for chores around the house or yardwork. Once your teen has a cash flow, you can

then teach them how to separate it into spending money and cash to save.

### Open a bank account.

If your child doesn't have a bank account yet, it's time to set up a checking and savings account for them. It's a great way to provide them with financial independence while they still have access to your guidance. While credit cards can be scary to trust your learning teenager with, you should consider a prepaid credit card they can use to learn the ins and outs of how credit cards work while still having a safety net to protect their credit.

### Introduce them to the concept of interest.

Interest can be beneficial or a disastrous hindrance, so your teen needs to understand how it works.



While it can be beneficial for certain savings accounts, it can wreak havoc on credit card debt. Demonstrate interest with different real-life scenarios to show your teen how they can grow their money or rack up tons of debt.

Whether your teen has just started earning their own money or is preparing to handle finances on their own, these simple tips can help you start training a fiscally responsible adult.

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## WHY PEOPLE CAN'T GET ENOUGH OF PICKLEBALL AMERICA'S FASTEST-GROWING SPORT

If your friends and neighbors aren't talking about pickleball, they will be soon. In 2021, news outlets reported an explosion in the sport, with NPR estimating 4.8 million players. By 2022, that number had ballooned to 36.5 million players — an astonishing 14% of Americans. Even star athletes like LeBron James and Tom Brady are playing.

For the uninitiated, pickleball is often described as a combination of tennis, badminton, and pingpong. Three fathers invented the game in 1965 to entertain their bored children on vacation. They rounded up the limited equipment they had on hand, including a wiffle ball, pingpong paddles, and a badminton net they lowered to tennis height. As the game developed, they realized the ball bounced nicely on asphalt — even though legend says a family dog named Pickles kept running off with it.

Like in tennis, pickleball involves hitting a ball back and forth over a net. Usually played by four people in teams of two, a player can hit the ball back over the net from in the air (a volley) or after it bounces on the ground (a groundstroke). But the creators instituted a seven-foot no-volley zone, "or kitchen," next to the net. The extra space deters spiking and minimizes running.

Those are the basics. Learn a few rules about serving, scoring, and when different hits are allowed, and you're ready to play. But that still leaves a question: What's the big deal?

The ease of learning the sport is one of pickleball's greatest appeals, but the reasons people love playing it go far beyond that. One of pickleball's key advantages is that it rewards skill — not size, age, strength, or fitness. Thanks to the kitchen, young and old alike can fairly square off. Professional athletes can enjoy the sport, but so can children and seniors. Best of all, they can play together on mostly even footing.

With its low-impact nature, pickleball first found favor among adults 65 and older. But as its popularity grew, the sport began attracting younger and younger players. USA Pickleball reported in 2021 that most growth was in players under 55.

Pickleball courts are in high demand, and they're popping up everywhere. So, if you want to try the game, you shouldn't have to travel too far. Enthusiasts predict the sport has a future in the Olympics — not too bad for a game that began with a family trip and a rowdy dog.

## SITUATION OF THE MONTH

Dear PDTA Pro,

*You won't believe what happened here in the office (well, you probably will)! We had a parent bring their child in for their routine six-month visit and, while updating medical history, neglected to mention certain things — like the cast on her son's arm! It seems this is a common thing among our patients. How can we let parents know just how important it is that they are correctly and fully updating their child's medical history?*

*-Help Us Educate Them*

Dear Help Us Educate Them,

We certainly have seen this before! Let's be honest — nobody enjoys filling out tons of paperwork. Paperwork can be long and daunting. However, in pediatric dentistry, the more information we can get about our patients and their medical and health history, the better prepared we are to properly treat, diagnose, and discuss treatment plans. For example, it's paramount to be aware of any allergies a child may have to ensure that any medications we prescribe are safe and effective. Also, if the patient has received any trauma and maybe had

sutures in the ER, they can become very anxious during future dental visits.

If you ever receive pushback from a parent while trying to update the patient's medical history, there are a few steps that you can take. First and foremost, communicate the importance of updating the medical history and explain the reasons behind your request. Emphasize that the goal is to provide the best care for their child and that a lot changes over six months.

Next, look at your internal process for collecting medical history updates. Is it easy for the patients and parents to access? Consider allowing parents to complete records before they arrive for their appointment by printing the forms from your website and/or submitting them online. Having forms filled out before they arrive can eliminate the feeling that their appointment is being delayed while they wait to be seen.

Open communication and easy registration are essential to keep everyone on the same page without a hassle!

*-Pediatric Pro*

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## HAVE A LAUGH



## GOAT CHEESE AND THYME STUFFED CHICKEN

### INGREDIENTS

- 2 skinless, boneless chicken breasts
- 3.5 oz firm goat cheese
- 1 tsp fresh thyme leaves, plus 2–3 sprigs
- 4 pieces of thin-sliced bacon
- Olive oil
- 2 zucchinis, thinly sliced
- 1 large tomato, thinly sliced

### DIRECTIONS

1. Preheat oven to 375 F.
2. Split the chicken breasts almost in half along the long side, open them like a book, then flatten the sides out.
3. Put the goat cheese on the "open book" side of the chicken and sprinkle with thyme leaves. Fold the chicken over to enclose the cheese, then wrap each breast in 2 slices of bacon.
4. Lightly oil a shallow gratin or casserole dish, then arrange overlapping rows of zucchini and tomatoes on the bottom. Drizzle with olive oil, sprinkle with salt and pepper, then set chicken on top. Place thyme sprigs on chicken.
5. Bake for 40–45 minutes until the bacon is crisp and golden and the zucchini is tender.

Inspired by BBCGoodFood.com

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