

Inside This Issue

- p.1 Craft Audacious Goals for the Year Ahead
- p.2 Celeb-Approved Photo Hacks You Need to Try
- p.2 Situation of the Month
- p.3 Meet Kupata, Georgia's Street-Roaming Pup Hero
- p.3 Baked Salmon With Garlic and Lemon
- p.4 Transform Your Home With 5 Cleaning Hacks

SIMPLE HACKS FOR A WELL-ORGANIZED, CLEAN, AND CLUTTER-FREE HOME



Now that we've entered 2024, it's the perfect time to refresh and rejuvenate your living space. Decluttering, cleaning, and reorganizing can give your home a fresh start and contribute to a sense of mental clarity and productivity. Here are five cleaning and organizational hacks to kick-start your new year.

Use the 15-minute rule.

One of the simplest and most effective organizational hacks is to spend just 15 minutes every day decluttering a different area of your home. Whether it's a drawer, shelf, or closet, the consistent effort will add up and help you maintain a clutter-free space throughout the year.

Create a cleaning schedule.

Establish a weekly or monthly cleaning schedule to ensure all areas of your home are consistently

maintained. Having a plan in place will make it easier to stay on top of chores and prevent them from piling up.

Follow the 'one in, one out' rule.

For every new item you bring into your home, consider getting rid of one item. This rule helps you avoid having too much "stuff" and is a terrific system if you have the discipline to keep up with it (that second part can be tricky!)

Utilize deep-cleaning hacks.

Did you know that baking soda and vinegar are a dynamic duo when it comes to cleaning various surfaces in your home? Baking soda is a gentle abrasive cleaner, while vinegar is a natural disinfectant. Mixing them is a great way to clean ovens, sinks and drains, and even grout.

Another often-neglected area is the inside of your microwave, but it can be easy to clean — with

steam! Simply fill a microwave-safe bowl with water and a few slices of lemon and microwave it for a few minutes. The steam will help loosen grime and make it easier to wipe away with a cloth.

Invest in storage solutions.

Efficient storage solutions, such as bins, shelves, and drawer dividers, can help you maximize your space and keep everything organized. Under-bed storage containers are great for organizing seasonal items, and wall-mounted shelves are ideal for displaying keepsakes and collectibles.

By implementing these cleaning and organizational hacks, you can create a more peaceful and efficient living space that sets a positive tone for the entire year. The keys are to start small and stay consistent to enjoy the benefits of a well-organized and clutter-free home.

WELCOMING 2024
A Year of Audacious Goals and New Beginnings

Recently, as the clock struck midnight, we bid farewell to the memories of 2023. The past year was undoubtedly a fabulous 12 months, filled with successes, achievements, and shared moments of joy. Now, as we stand on the threshold of a new chapter, let's enter 2024 with enthusiasm and a commitment to making this year our best yet!

Celebrating Success at the PDTA Conference

The 2023 PDTA conference was a significant highlight of last year. It was a resounding success, bringing together teams committed to excellence in dental care. I want to commend each of you for contributing to the success of this conference and for your dedication to making a positive impact on your patients. Your commitment to delivering the best possible dental care and excellent customer service has made a difference for the patients and families you serve.

I look forward to seeing even more of you at the 2024 PDTA conference!

Setting the Stage for a Fresh Start

We often kick off a new year with resolutions—those promises we make to ourselves to improve, grow, and overcome certain habits. Whether it's the desire to quit procrastinating, smoking, or reducing screen

time, the start of a fresh year encourages us to set personal goals. However, if you're anything like me, you may find that these goals can become distant memories within a few weeks or months. In fact, the second Friday in January has earned the nickname "Quitters Day" as many individuals

abandon their New Year resolutions around this time.

Going Beyond Resolutions

This year, I encourage you to think beyond the traditional New Year resolutions. Instead of setting common goals that might fade away, consider embracing **AUDACIOUS** aspirations for 2024. Rather

than focusing on the usual improvements, ask yourself: What is the most ambitious goal you wish to accomplish this year? Perhaps it's learning a new language, embarking on a trip of a lifetime with that new language, checking off a bucket list item, making a significant life change, or exploring a new hobby like glass blowing, woodworking, or culinary arts. Let this be the year you commit to making it happen!

Guarding Against Quitters Day

To avoid falling into the trap of Quitters Day, set your sights on ambitious goals that ignite your passion and keep you motivated throughout the

year. Break down these goals into manageable steps, create a timeline, and surround yourself with support and encouragement. Remember, the audacity of your dreams should match the determination of your actions!

Wishing You a Successful, Happy, and Healthy New Year

I wish all of you a year filled with success, happiness, and good health. May this be the year you pursue and achieve big, lofty, and **audacious** goals. Here's to a fantastic year ahead — Cheers to 2024!

Rhea

ADA C-E-R-P® Continuing Education Recognition Program

For ideas and suggestions for setting goals for your office and team members, be sure to check out our Situation of the Month on Page 2!

INSIDER TIPS TO CAPTURE A-LISTER-WORTHY SHOTS

A Celeb's Guide to Elevating Your Instagram Feed

How is it that the average selfie photo quality never compares to a celebrity's latest Instagram post? These stars aren't even using high-tech or pricey cameras. They're using iPhones just like the rest of us! So, what are they doing differently? Luckily, some celebrities have leaked a few of the photo tricks they use to make their photos stand out.



Bring out the LED.

Kim Kardashian has a lighting trick when taking her family's Instagram home shoots, and it's much easier than you think. The viral celeb uses a small LED light panel instead of standard, natural lighting for the phone's flash setting. Any mini LED panel can balance your skin tone, add depth, and give your photos a high-quality glow.

Follow the rule of thirds.

This rule has long been a photography essential because it works. Whether using a high-end camera or your smartphone, you should take photos using a 3-by-3 grid. When you have the grid on, align your points of interest on those grid points and lines to elevate your photo quality. If you put a 3-by-3 grid on your celebrity's latest social media posts, you'll see they follow the rule of thirds.

Know your angles.

This red carpet secret is a must for the next time you're taking a full-body picture. The trick is to turn your body about 45 degrees to the side, keep your shoulders facing the camera, place one foot in front of the other, and put your weight on your back leg. The go-to celebrity pose elongates your body, making you look taller, your legs longer, and your waist slimmer.

With these new photo hacks in your arsenal, your Instagram feed will start looking like an A-listers in no time!

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

KUPATA'S ROAD TO FAME

The Stray Dog Who Captured the World's Heart

We often think dogs live the good life, as they seem to do nothing but play, eat, and sleep. Yet, some dogs are busy at work, some without being asked to do so! Take Kupata, the stray dog in Georgia, for example. This street-roaming pup takes it upon himself to guard a crosswalk **all day, every day.**

In the town of Batumi, this stray stays by a single crosswalk and forces traffic to stop to allow pedestrians to cross the street. He's especially protective of children! If Kupata sees a car isn't slowing down, he'll bark at the driver as they drive away and run to protect the person crossing

the street. One local even shared that Kupata will cross the road with children and stay at the park to protect the youngsters.

Kupata, which in English means "sausage," has become a staple in the community due to his hard work, and locals all pitch in to care for and feed the stray dog. His consistently round belly shows just how loved he is. You'll even see a massive painting of the beloved animal on a nearby building.

Now, after tireless days of guarding his street, Kupata has his own doghouse provided by the city with an accompanying star on the road with his

name on it. Kupata's dedication made him go viral on social media, and now travelers from all over the world come to see Kupata. Don't distract him, though. He's busy at work!

Sadly, even though Kupata remains cherished by his community, thousands of stray dogs in the country need shelter, food, and companionship. According to activists, around 500,000 stray dogs and cats roam the streets of Georgia. While stray animals may get a bad reputation for being dangerous or unfriendly, Kupata proves that even these furry friends deserve love and recognition.

SITUATION OF THE MONTH

Dear PDTA Pro,

Whew — what a year it was! We were busy in our office and accomplished a lot. We are looking for ways to enhance our team bonding and come together to support goals and aspirations for the new year. With busy schedules in the office, what tips can you recommend to help our staff rally each other as we set out to accomplish our goals for 2024?

- Big Goal Setters

Dear Big Goal Setters,

It's hard to believe it's that time of year again, but here we are — it's time to set your plans or DREAMS, and this year, as you said, let's go BIG! To help support other team members in the office, I suggest gathering with your team at the beginning of the year and sharing your individual goals/dreams with the entire team. Post them on a board or write them down on slips of paper, have a staff meeting and draw them out of a hat, and

let each person discuss their **Audacious Dream/Goal** and how they plan on achieving it. Then the entire team can cheer each other on!

In every office, we are a team, and being each other's cheerleaders is important. Despite being busy, you can hold quarterly check-in meetings to touch base with each other, and those who would like to share and report back on their progress can do so! It's a great team-building exercise and a nice way to break away from the daily routine and grind at the office!

An excellent suggestion is to have your team members come up with a group, team, or office goal too! What is something that everyone can tackle together to improve the office for the team or your patients? Maybe encourage your entire team to take a language course together in the office? How about Spanish or even sign language? Is there a course or workshop that may help to steer that group goal to the finish line, such as attending the **PDTA annual conference** in the fall?!

Have a fabulous 2024, and help each other achieve those AUDACIOUS DREAMS!

- Pediatric Pro

HAVE A LAUGH

I KNEW I SHOULD HAVE GOTTEN COFFEE...



BAKED SALMON WITH GARLIC AND LEMON

INGREDIENTS

- 2 lbs salmon fillets
- 4 cloves garlic, minced
- Juice of 2 lemons
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375 F.
2. Line a baking dish with parchment paper. Place the salmon fillets on the baking dish.
3. In a small bowl, mix together the garlic, lemon juice, olive oil, oregano, thyme, salt, and pepper. Pour the mixture over the salmon.
4. Bake for 15-20 minutes or until the salmon is cooked through. Serve and enjoy!