



1913 W South Blvd.
Troy, MI 48098



FOLLOW US!
www.drkeithkelley.com
(248) 457-5574

INSIDE THIS ISSUE

- Tips, Tricks and Trends
- Fun, Dumb & Inspiring Quotes
- Every Day Life Hacks
- page 02
- Advice to Keep Holiday Smiles Bright
- December Employee Spotlight
- Strawberry Shortcake Cookies
- page 03

Can You Handle the Truth???

Peoria, Illinois has the longest running Santa Claus Parade in the United States. The parade celebrated its 131st edition on November 23, 2018. The first parade in 1887 consisted of boats and derricks sailing down the river as part of the new bridge construction.

JOKE of the Month

Remember, children. The best way to get a puppy for Christmas is to beg for a baby brother.



December 2019



INSIDE THIS ISSUE

- Tips, Tricks and Trends
- Fun, Dumb & Inspiring Quotes
- Every Day Life Hacks
- page 02
- Advice to Keep Holiday Smiles Bright
- December Employee Spotlight
- Strawberry Shortcake Cookies
- page 03

What Happened to The Visits?

Now that the holiday season is upon us, I find myself thinking about the way things were when I was a kid. I remember vividly the two weeks around Christmas my family and I would start visiting family and extended family, and family friends. It was a marathon of visits almost every night. I know that many people remember that being the case with their families as well. That would be about 30 years ago now.

Fast forward to today...

Our families didn't get smaller, and our friends often are not fewer, however there is a great disconnect even in a world that is supposedly so 'connected'. What we are connected to is our 'smart' phones and social media.

And before you launch into a "kids these days" tirade, bear in mind that surprisingly, the majority of these compulsive social media checkers are adults, with the highest usage observed in those between the ages of 25 and 54. Comparatively speaking, teenagers and young adults (those between 15 and 24) were actually less prone to staying glued to their smartphones.



While the U.S. did not lead global markets in terms of amount of time spent on social media networks, it was far and away the highest consumer of monthly data, spending the most time per day on their phones with a staggering 4.7 hours.

So think for a second how a Facebook "Happy Birthday" wish to a friend is perceived. Facebook texts you to reply with one character to post a birthday wish for a friend. I think that's mindless.

How do you feel about getting a Facebook birthday wish, vs an email, vs a card in the mail, vs a phone call, or even... a personal visit.

I understand the attraction to social media and email, and there have been recent studies linking the getting of email and text messages to addiction like cocaine. Yikes.

Social interaction has long standing social and psychological benefits, and a long list of health benefits. It is consistently linked to biomarkers of health and correlated to decreased risk of many diseases and conditions like Alzheimer's and dementia, even high blood pressure and inflammatory conditions like arthritis.

Of course, it strengthens your relationships in a way that digital communication can't.

Thanks to a new report from Informat Mobile Intelligence, we know exactly how attached North Americans are to their smartphones and their social media networks. According to this latest research, people in the U.S. check their Facebook, Twitter, and other social media accounts a staggering 17 times a day, meaning at least once every waking hour, if not more.

So this holiday season, we wish you and your family (you can tell them when you visit them) the very best from Keith Kelley DDS!

Tips, Tricks, and Trends

It's the most wonderful time of the year—but can also be the most stressful! Make the season more enjoyable by stopping stress in its tracks with these expert tips.

Make friends with your freezer

It might seem early to think about Christmas dinner, but a surprising number of dishes can be made ahead of time. Potatoes, parsnips and stuffing can all be cooked and frozen, then defrosted and reheated in the oven on the day itself.

Keep your Christmas tree perky

Does your tree shed needles quicker than your father-in-law downs that first glass of port? Then move it somewhere cooler. Many of us unthinkingly put our tree by a radiator or fireplace, but all that heat will dry the tree out more quickly. A cool, draughty place, such as a hallway, will mean you don't spend the whole festive period glued to your vacuum.

Warm up plates in the dishwasher

When your oven is even more stuffed than your turkey, it's unlikely you'll be able to squeeze in the dinner plates to heat up. Instead, put your dinnerware in the dishwasher for a quick rinse beforehand, and they'll be the perfect temperature.

Chill a bottle of fizz quickly

Wrap the bottle tightly in a damp tea towel, then pop them into the freezer. Because heat travels more quickly through dense materials (the waterlogged towel) than air, your fizz will be ice-cold and ready to pour within 20 minutes.

Smell some lemons

Barreling through throngs of mall shoppers on the hunt for a last-minute gift? Step up to the department store perfume counter, peruse the testers and dab on a lemony fragrance. According to research, lemon scents instantly boost your mood.

Christmas gift exchanges

One easy way to save on Christmas gifts is to do a Secret Santa gift or to draw names and then shop for just one person. This really can help to save money on gifts, plus it allows people to purchase a nicer, more thoughtful gift for their person instead of several less meaningful ones.

Give a gift to someone in need

If you are struggling to get into the holiday spirit, this gift may be the one that makes the biggest difference in your season and theirs.

Fun Facts

That'll Astound Your Friends

- The image of Santa Claus flying his sleigh began in 1819 and was created by Washington Irving, the same author who dreamt up the Headless Horseman.

- America's first batch of eggnog was made in the Jamestown settlement in 1607.

- Tinsel was invented in 1610 in Germany and was once made of real silver.

- Brenda Lee recorded "Rockin' Around the Christmas Tree" when she was only 13 years old.

- The Statue of Liberty was gifted to the US by the French on Christmas day in 1886. It weighs 225 tons and thus you could consider it as the biggest Christmas gift in the world.



Advice to Keep Holiday Smiles Bright

Avoid tooth damage and decay caused by wine, sweets and stress by making oral health a priority.

The busy holiday season may disrupt many people's daily routines, but at this time of year it is especially important to remember to look after your teeth, an expert advises.

"Holiday get-togethers tend to lead people to consume sugary treats and drink alcoholic beverages more than usual," Dr. George Shepley, spokesperson for the Academy of General Dentistry, said in an academy news release.

"Additionally, with their busy schedules and increased stress levels, I've noticed that my patients' oral hygiene suffers. They forget the most basic of oral hygiene tasks that can counteract the effects of sugary snacks and drinks," he pointed out.

Shepley offers suggestions on a number of ways to protect your teeth during the holiday season.

To reduce the risk of damage from drinking red and white wines, which are highly acidic and can eat away at a tooth's enamel, refrain from swishing wine around in your mouth and drink water between glasses of wine to rinse acid from your teeth.

And, while holiday goodies such as cookies, chocolate and candy canes are tempting, the sugar in them promotes the growth of cavity-causing bacteria. If you can't brush or floss after eating sweet treats, drink water or chew a piece of sugarless gum, which will increase saliva flow and help wash away the bacteria.

Finally, Shepley pointed out, holiday stress can cause some people to grind or clench their teeth, potentially resulting in chipped teeth, jaw pain and headaches.

"Finding ways to alleviate your anxiety can help, but it's also important to see your dentist, who can recommend solutions like a custom night guard," Shepley said. "Wearing one at night will prevent you from taking out the holiday stress on your teeth while you sleep."



December Employee Spotlight

Tanika
HEAD DENTAL ASSISTANT



Tanika has been working for Dr. Kelley for over twenty years. She has a warm embrace and enjoys taking great care of her patients. Tanika and her husband love to travel the country as much as possible. Fun fact about Tanika – she likes to roller-skate whenever she gets the chance.

Fun, Dumb & Inspiring Quotes

"There are two great days in a person's life - the day we are born and the day we discover why."
- William Barclay

"The difference between stupidity and genius is that genius has its limits."
- Albert Einstein

"Try to be like the turtle – at ease in your own shell."
- Bill Copeland

"When life brings big winds of change that almost blow you over, close your eyes, hang on tight, and believe."
- Lisa Lieberman-Wang

Life Hacks: Better, Faster, Easier Solutions To Life's Little, Everyday Problems >>>

& New Years Resolution Hacks

Many of us spend January 1 making resolutions and the other 364 days trying to stay resolved to keeping them. In fact, only 8% of people successfully achieve their resolutions. So, here are the top 8 tips for making resolutions and more importantly, keeping them!

1 Make it about the journey, not the outcome.

There's a better guarantee of success if you stick to resolutions that you actually have control over. Want to lose 15 pounds? Well, sticking to a healthy diet and exercise routine is more important than the number on the scale.

2 Set short-term goals for long-term results

Say your goal is to save money. Rather than making a resolution to save \$5,000 this year, try to save \$100 a week. It's almost the same amount of money (a little more actually), yet the goal is easier to keep.

3 Get an app

There are apps that can help with every resolution. Noom (www.noom.com) not only tracks your diet, exercise and task completion, but coaches you through the process towards weight loss. Mint (<https://www.mint.com/canada>) will help with your personal finances by tracking spending by category and keeping you on budget.

4 Celebrate little victories

You deserve it! Just make sure the rewards you choose don't work against your goal (i.e. heading on a shopping spree because you managed to save \$100 this month). Think of a way you can treat yourself every week you reach your saving's goal. It's a positive reward that will actually help make a healthier, happier you.

5 Keep Records

Tracking your progress is a good way to stay accountable and keep the resolution fresh in your mind.

6 Reassess your resolutions

If something is not working, then it's OK to go back and modify your resolution. Resolutions are all about becoming a better version of yourself, not a perfect version of yourself.

7 Don't give up so easily

Too often people throw in the towel on resolutions because of one slip up. So what, you had a moment of weakness and ate a box of donuts. It happens! If weight loss were that easy, it wouldn't be the number one resolution, year after year. Often, we use small slip-ups as an excuse to give up on big goals. Forgive yourself, move on and keep trying.

8 Don't Beat Yourself Up

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.



Strawberry Shortcake Cookies

This strawberry shortcake cookie recipe is a tidy little neat version of the fruity classic. Strawberries and cream are baked right into the cookie, win!

Ingredients:

- 2 1/2 cups chopped strawberries
- 1 teaspoon fresh lemon juice
- 2/3 cup sugar
- 1 1/3 cup all-purpose flour
- 1 1/3 cup whole wheat pastry flour
- 3 teaspoons baking powder
- 1/4 teaspoon kosher salt
- 1 stick cold salted butter, cut into small pieces
- 1 cup heavy cream

Directions:

- Preheat oven to 375 °F.
- Combine chopped strawberries and lemon juice. Set aside for now.
- Whisk together the sugar, both flours, baking powder, and kosher salt. Make sure it's all mixed very well.
- Cut in the butter with a pastry cutter or with your fingers, until mixture resembles coarse crumbs.
- Gently stir in the cream until dough starts to come together. Carefully stir in strawberry mixture. The mixture will be crumbly.
- Using a 1 inch ice cream scoop or a tablespoon, drop dough onto baking sheets lined with parchment or a Silpat, spacing evenly apart.
- Bake until golden brown, about 20-22 minutes. Transfer to a wire rack, and let cool. Can be stored in an airtight container at room temperature for up to 1 day. Or they can be stored in the fridge for up to a week.

