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Can You Handle the Truth???

According to the early Roman calendar, May was the third month. Later, the ancient Romans used January as the first month and therefore, became the fifth month and it always had 31 days. May was first named for Maia, the Roman goddess of spring and growth. In the North Temperate Zone, may is one of the most beautiful months of the year.

WHAT DO YOU GET WHEN YOU PUT THREE DUCKS IN A BOX?



A BOX OF QUACKERS.



April 2021



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4 essential tips for working from home

With remote work on the rise, it comes with unexpected challenges. Stop them from standing between you and your best work-self by following these simple tips:

1. Keep to a schedule. Try to keep your work day routine to the schedule it's used to — wake up at your regular time and keep to your morning rituals, starting work when you'd normally head out the door. But don't forget to also give yourself breaks you'd give yourself at the office, when you'd take them. The less your body realizes you're still home, the more comfortable and productive you'll be.

2. Keep up the dress code. Normally, you associate the clothes you wear at home with being at ease and relaxed. By fusing your work and leisure clothes, you'll be robbing your work-self of productivity and your home-self of relaxation. Don't go all-out, but wear something you could get away with at the office. This will help you get down to work with a professional mindset and set yourself up for a successful day.

3. Keep your strength up. Working from home can be surprisingly strength-sapping. Make sure you get up and walk around — take the same effort to move around at least once an hour, which you should be doing at the office anyway. It's also important to eat well. Your kitchen is right there, so use it. Make your lunch break an opportunity to stand up and try cooking something fast and fun before settling back down.

4. Keep the conversation going. Even if you're an introvert, going into the office provides some much-needed social interaction. At home, you may be shielded from its distracting aspects, but you're also cut off from that contact and support network. Make a point of having at least one phone call or Zoom meeting with a coworker every day. Avoid typed conversations, they offer less of a hard break from your work, and the two bleed together too easily.



Tips, Tricks & Trends

3 tips to improve your digital literacy skills

No matter what your age, enjoying all today's world has to offer involves going online and using technology. But if you don't feel comfortable or confident with all things digital, it can be hard to participate and feel connected. To start honing your skills, try these key tips:

Start with a small goal. Don't set yourself up for failure and frustration by wanting to do it all at once. If you're just starting out, set yourself a small achievable goal, like sending your kids or grandkids an email. If you're more advanced, aim to master a new software program or platform, like InDesign or WordPress. Depending on your goal and level of expertise, you can find resources online or among friends and family.

Understand the basics. Even if you think you're beyond the basics, it's important to make sure you have a solid foundation on which to build. Familiarize yourself with the general terminology of the digital world, including words like ISP, cookies and anti-virus software. You'll also want to learn best practices for staying safe online, such as never opening an email from an unknown sender and looking for secure "https" sites when entering personal or financial information.

Participate in a workshop. Sometimes face-to-face coaching is the best way to learn something new. Workshops can take place in all kinds of settings: learning and community centres, libraries, schools, youth centres and settlement or newcomers' organizations across the country.



Fun Facts

That'll Astound Your Friends

• **Don't confuse the act of using a blog** with the act of "blogging." Blogging is an act of "connective writing" where the intention is to share, exchange, and discuss information. If the interaction isn't there, you're not doing much to serve your own digital literacy.

• **Think of WordPress as a replacement** for the cursive writing we once required in schools. It's a way to formalize your writing and lend authority to your voice. And it demonstrates the basics of a rapidly growing medium.

• **Sharing is no longer just a method of personal identity or distribution**, but rather can create messages of its own. Who shares what to whom through what channels can not only determine the long-term success of the media, but can create organic ecosystems of sourcing, sharing, storing, and ultimately repackaging media.

VAPING AND ORAL HEALTH

Not as Safe an Alternative to Smoking as You May Think

Many people have turned to vaping because they believe that it's healthier than smoking. On the surface, e-cigarettes seem to have advantages over regular cigarettes: They are definitely less smelly and they don't present the same chemical dangers that come from burning tobacco. However, e-cigarettes come with their own set of problems. The more we learn about them, the more evidence we have that vaping may be just as damaging to your oral health as smoking.

For example, both regular cigarettes and e-cigarettes are mainly delivery systems for nicotine, which has long been associated with gum disease and tooth loss. Nicotine constricts blood vessels so there is less blood flow to the gums, it interferes with immune function, and it damages the connective tissues that hold teeth in place. All of this results in a much greater chance of gum disease and eventual tooth loss.

Although earlier e-cigarettes provided less nicotine than regular cigarettes, today's e-cigarettes deliver nicotine more efficiently. The nicotine in e-cigarette aerosols is absorbed mainly by the mucous membranes of the mouth rather than by the lungs as with smoking, potentially harming the oral cavity. In addition, one vaping cartridge can equal the nicotine of 20 cigarettes.

There is still much to learn about the long-term effects of e-cigarette use on oral and overall health. But based on what we know so far, vaping may be just as dangerous to oral health as smoking, and perhaps even more so. It can't be considered a healthier alternative to smoking, particularly if you have gum disease. However, many people have been able to successfully stop smoking, often with the help of online programs, local or online support groups, over-the-counter or prescription medications, or other smoking cessation aids. Breaking the tobacco habit in all forms is one of the best things you can do for your gums—and your general health.

What's the Big Deal?

E-cigarettes deliver a heated mixture of water, flavoring, nicotine and other chemicals. What makes them potentially dangerous is that they produce an aerosol, not just a vapor as the term "vaping" might imply. While vapor is simply a gaseous form of a substance, an aerosol means that particles are suspended in the vapor. E-cigarette aerosols contain particles of various chemical compounds, several of which pose a risk to your oral health as well as your general health.

Fun, Silly & Inspiring Quotes

"I bought some batteries, but they weren't included."

- Steven Wright

"Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you are a vegetarian."

- Dennis Wholey

"In order to carry a positive action we must develop here a positive vision."

- Dalai Lama

"If you smile when no one else is around, you really mean it."

- Andy Rooney

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

NEED A DRINK? WATER TRUMPS SUGARY BEVERAGES EVERY TIME

They grab them on the go, use them to quench their thirst, or sneak one between games, but sugary drinks have little or no health benefits for kids – just health risks.

Sugary drinks are the greatest contributor to sugar in our diets and a significant factor for overweight and obesity, as well as several chronic diseases like type 2 diabetes, heart disease, stroke, high blood pressure and cancer.

The recommended daily limit of calories from sugar is about 12 teaspoons, or 10 per cent of our calories from sugar in one day. But sugary drinks will quickly get you past that amount. One can of pop (355 millilitres) includes 10 teaspoons of sugar. Young people consume the most sugary drinks. The average youth drinks 578 millilitres of sugary drinks each day, which can contain up to 16 teaspoons or 64 grams of sugar.

Other examples of sugary drinks are energy and sports drinks, flavored water, flavored coffees and teas, flavored dairy products, fruits drinks and 100 per cent juice, which may include even more sugar than pop.

"The best beverage choice for any type of hydration is water," says Carol Dombrow, RD and nutrition consultant with Heart & Stroke.



15 MINUTE VEGGIE PITA PIZZAS

Ingredients:

- 6 whole wheat pita pockets
- 2 tablespoons fresh thyme
- 1 lemon juice and zest
- 12 ounces hummus
- 1 cup red onion, thinly sliced
- 1/4 cup feta cheese crumbles
- 2 cups kale
- 8 ounces baby bella mushrooms
- 1 cup cherry tomatoes, sliced in half
- 2 tablespoons paprika
- salt & pepper to taste
- olive oil
- optional: balsamic glaze

