



1913 W South Blvd.
Troy, MI 48098

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www.drkeithkelley.com
(248) 457-5574

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Can You Handle the Truth???

In the northern hemisphere, August is considered to be the last month of summer.

In the southern hemisphere, it's the opposite of course, so it's the last of the winter months!

JOKE of the Month

What was the tooth called who went to Oxford University? The Wisdom Tooth



ZOOM!

Professional Whitening System

Summer Brighter, Whiter Sale

With summer right around the corner what better way to warm up than with a bright, white smile!

We are pleased to offer
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August 2022



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Make the most of your time with your pet

Now that many of us are back to in-person activities, we often spend less time with our pets. But that doesn't mean they have to be deprived or lose out on the fun parts of life. Here are some ideas on how you can make the most of every moment with your pet.

Schedule playtime

Although your dog most likely gets a walk every day, try to incorporate some play into your time together. From playing fetch or tug of war; playtime should be cathartic for both you and your furry friend. Even just 15 minutes of play with your pet can improve their quality of life and prevent behavioral issues.

Turn grooming into bonding

When you stop thinking about grooming as a chore and instead consider it a way to spend time with your pet, it will become easier. You may not get all their nails trimmed in one go, but you'll build a relationship and routine that makes this time together stress free and more enjoyable.

Snuggle up

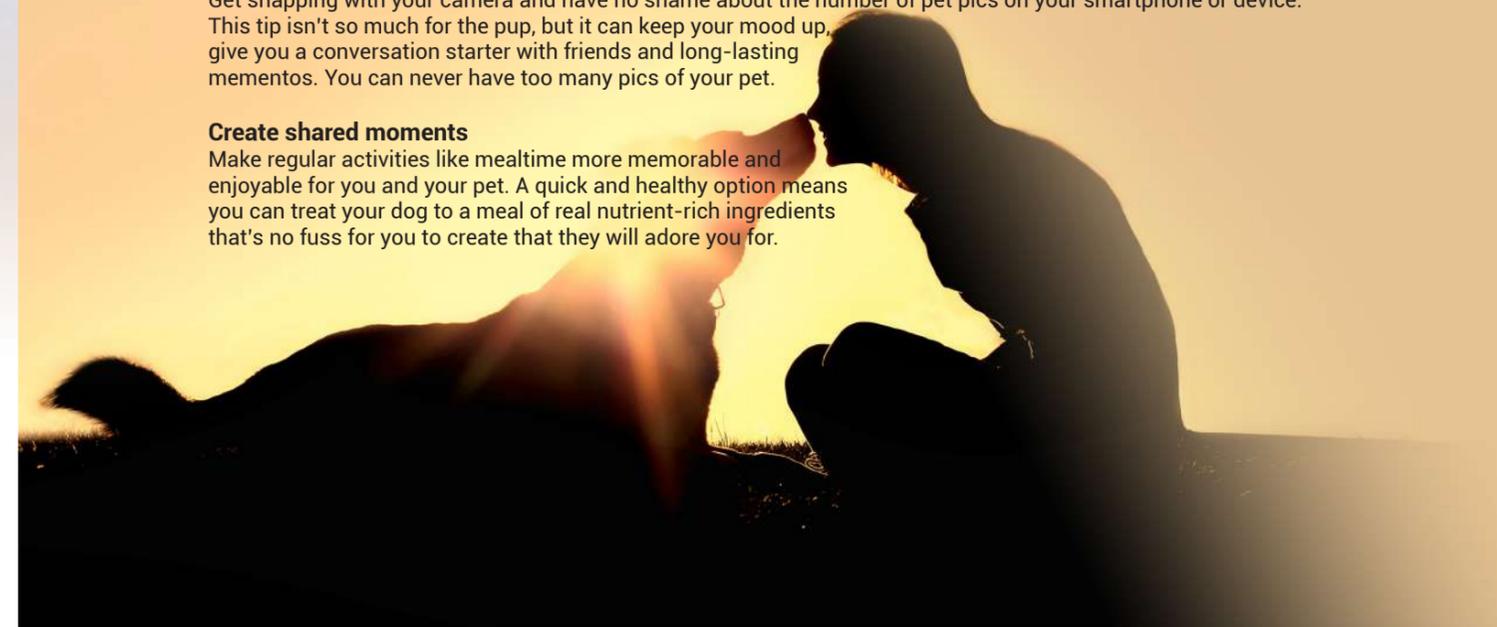
Who doesn't love getting cozy with their pet? Don't underestimate time on the couch with your furry BFF – even if you're watching television, you can still make it quality time. Next time you're binging a show, call your pet over and see if they'll stay. They'll benefit from the extra one-on-one time and feel like part of the family.

Hold on to memories

Get snapping with your camera and have no shame about the number of pet pics on your smartphone or device. This tip isn't so much for the pup, but it can keep your mood up, give you a conversation starter with friends and long-lasting mementos. You can never have too many pics of your pet.

Create shared moments

Make regular activities like mealtime more memorable and enjoyable for you and your pet. A quick and healthy option means you can treat your dog to a meal of real nutrient-rich ingredients that's no fuss for you to create that they will adore you for.



Tips, Tricks & Trends

How to identify burnout and recover

The mental, physical and emotional exhaustion that are hallmarks of burnout can start to creep up on you. Though often associated with work, burnout can happen in other situations too – the common factor is ongoing severe stress. We all want to avoid burnout if we can, but it's a common condition.

Left unchecked, burnout can also lead to other serious health issues like heart problems, digestion and mood disorders, so it's important to be on the lookout.

Signs to watch out for:

- Sleeping too much or too little
- Lack of motivation and feeling disengaged
- Cognitive problems like difficulty focusing
- Feeling isolated
- Feeling numb or a sense of dread
- Physical and/or mental exhaustion
- Tension headaches and stomach issues
- Cynicism, anger or irritability

What you can do:

- Do something big or small that you enjoy
- Reaffirm work-life boundaries
- Practice self-care strategies
- Get active and eat well
- Take time off and really relax – even if it seems impossible
- Develop a support network of trusted family, friends or a therapist



Fun Facts

That'll Astound Your Friends

- Vatican City is actually the smallest country in the world at only .2 miles wide.
- Crows can recognize human faces — and remember them for their entire lives. They've also been known to leave gifts for humans.
- The oldest living animal is reportedly a Seychelles giant tortoise named Jonathan. He is 190.
- Broccoli contains more protein than a lot of meats, including steak. Just another reason to add the green vegetable to your menu sometime soon.
- Dogs' sense of smell is 40 times more powerful than humans' - they have 300 million olfactory receptors.

GLOSSARY OF KID-FRIENDLY DENTAL TERMS

Dental anxieties often develop in children after negative experiences or inherited from equally anxious parents. If you have toddlers or young children, here are some alternative phrases you can use at home when talking about the dental office.

✓ Sleepy Juice or Magic Juice Instead of Anesthetic Injection

At the dental office, local anesthesia is used specifically at the treatment site to ensure patients are comfortable. Still, parents should avoid using terms like “shot” or “injection” when discussing anesthesia with children. Try using “magic juice” or “sleepy juice” and compare it to the way a hand or foot can sometimes fall asleep; you may not be able to feel your hand or foot for a short moment, but the feeling eventually goes away. The same can be said for the anesthetic dentist uses; your child won't be able to feel the treatment, but this effect wears off, and their smile is magically strong and healthy again.

✓ Whistle Instead of Drill

A dental drill creates an access point in a tooth, particularly in an area where

decay has occurred. After this, a crown or filling is usually placed. But “drill” can be too aggressive and may not encourage a child's feeling of safety and security at a dental office. Instead, we describe this tool by the sound it makes, which is a whistle. When talking to your child, you can compare it to other noises, like that of a train or party favor. When the dentist is using this whistle, tell your child to close their eyes and think of other things that make the same noise so you can compare lists after the appointment.

✓ Sugar Spots Instead of Cavities or Decay

Getting the news that you've developed a cavity isn't fun for anyone, but for a child, it can be particularly confusing. Adults have some understanding of what cavities are and what causes them, but describing this in detail can be alarming for children. Because the accumulation of acid-producing sugars causes cavities, you can refer to them as sugar spots. This gives kids a good idea of how the spot developed and what caused it, without sounding intimidating and clinical.



Fun, Silly & Inspiring Quotes

“The successful warrior is the average man, with laserlike focus.”
– Bruce Lee

“Someone asked me, if I were stranded on a desert island what book would I bring: ‘How to Build a Boat.’”
– Steven Wright

“You know what charm is: a way of getting the answer ‘yes’ without having asked any clear question.”
– Albert Camus

“Leaders must be close enough to relate to others, but far enough ahead to motivate them.”
– John C. Maxwell

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

Hacks for a fun Summer Celebration!

Whether it's a birthday, holiday or just because, summer is the ideal season for celebrations and family gatherings. Here are some ideas you can use to make your next occasion one to remember for the whole family.

Make the festivities fun for all ages
Fun and affordable family activities like pickleball, bocce or capture the flag keep you active, entertained and help everyone make room for your favorite summer meals. Keep the fun going by including a pinata for a kid's birthday party.

Include your pets in the fun
Get your pets involved in the fun for some healthy exercise before their mealtime too. Bring them along on your next picnic and pack them a meal to enjoy.

Host a sophisticated soiree
Go all out with an artfully plated meal for an adults-only dinner party that's a feast for the eyes as well as the taste buds. Delight the senses with décor that creates your desired mood. Add some music and low lighting like candles to create a sophisticated atmosphere.

Make those memories
Remember to enjoy yourself with every member of your group. Try friendly game-time competition or snap some goofy selfies together. Grab candid photos with an instant camera or have fun with settings on your devices. Just be sure to get your favorite photos printed after the event.

3-Bean Salad *Perfect*

Directions:

Drain the canned green and yellow beans in a colander; transfer them to a large serving bowl.

Drain the kidney beans in a colander; run cold water over them until it runs clear. Add the kidney beans to the bowl with the green and yellow beans.

Remove the stem and seeds from the bell pepper and chop it. Peel the red onion and slice it thinly. Add the bell pepper and onion to the beans.

In a small bowl, combine the vinegar, oil, sugar, salt, and pepper; whisk until smooth. Pour the dressing mixture over the vegetables and then toss gently to coat.

Toss the salad until the ingredients are thoroughly coated with the dressing. Cover and chill for at least 4 hours.

Toss again just before serving.

Ingredients:

- 1 (14 1/2 ounce) can cut green beans
- 1 (14 1/2 ounce) can cut yellow wax beans
- 1 (15 1/2-ounce) can red kidney beans, or white beans
- 1/2 cup chopped green bell pepper, or multiple colors
- 1/2 red onion, sliced, about 1 cup
- 1/2 cup apple cider vinegar
- 1/3 cup vegetable oil
- 1/2 cup granulated sugar
- 3/4 teaspoon salt
- 1 teaspoon freshly ground black pepper