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JOKE of the Month

3 kinds of people: those
who can count and those
who can't.

March 2021



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What does your desk space say about you?

We all have that coworker with the pristine desk, full of neat folders where every stray scrap of paper is organized and tidy. We also know those with the messy desks, more creative types with pens and notebooks everywhere.

While you may catch some flack for being the messy type, the truth is that productivity isn't about the neatness of your desk – it's about office design.

"North Americans overwhelmingly highlight design and physical environment challenges to productivity, like nomad seating

arrangements, noise and distracting open-concept design," explains Kane Willmott, founder and CEO of iQ Offices, a coworking company featuring workspaces designed for productivity. "This is ahead of other workload-related challenges, such as excessive email or unexpected extra work."

Instead of focusing on organizing your workspace, Willmott suggests making it more relaxing and connected to your well-being. For example, adding some potted plants, using an exercise ball instead of a chair or switching to a desk with more natural light can all boost your performance and productivity.

Beyond individual workspace changes, Willmott says companies can have a positive impact with the overall design of the office. His top recommendations are elements that focus on health, noise reduction, privacy, connecting with nature, and beautiful design. It's all about an open approach that is more sensitive to younger generations and employee priorities while building closer workplace ties.

"I find wellness features like sit-stand desks and nap rooms are a much better investment than a noisy recreation area when trying to improve productivity of teams and business performance. A mix of closed and open areas is optimal. The reality is people generally prefer this to open-concept workplaces."



Tips, Tricks & Trends

Daily Dose of Reading Helps Boosts Brain Power

If, like many people, you are concerned about how much screen time you or your kids are getting, there's an easy remedy which can also help boost your brain power: Reading a book – in print.

According to the American Library Association, students who are independent readers score higher on achievement tests in all subject areas and have a greater knowledge of content than those who rarely read. Need ideas and inspiration? Check out the Read 15 Pages a Day program from the Paper & Packaging – How Life Unfolds campaign, funded by manufacturers and importers of paper and paper-based packaging. The program is designed to encourage reading in print at all ages and reading levels while promoting the benefits reading in print provides.

By reading books and other print materials each day, children and adults could improve their brain power in two ways: Improve memory and information recall. Research suggests that the physical sensation of holding a book helps readers retain more information and absorb more details than when they read e-books or material online. Reading on paper promotes concentration on what you read, so you are better able to remember it.

Other studies suggest that taking notes on paper in classes or meetings and re-reading them improves recall and retention of information. Improved language and mental development. The 15 Pages a Day Program encourages parents to read just 15 pages with their children each day. Regular reading of print books can

help improve children's language development and inspire them to become independent readers, a gift that will last a lifetime.

Even when children can read their own 15 pages of a print book, reading aloud will increase their understanding of how knowledge is acquired and shared and encourages active listening. In addition, studies of older adults show that those who read and write regularly experience significantly slower declines in memory compared with those who are not regular readers.

A print book needs no charger, and you can read in a cabin in the woods, on a plane without WiFi, on a sailboat, on a bus, or on a beach, so the 15 pages can fit in anywhere, anytime.

Fun Facts

That'll Astound Your Friends

- The three most read books in the world are... The Holy Bible, Quotations from Chairman Mao Tse-Tung, and Harry Potter.
- The longest sentence ever printed is 823 words. We have a feeling it's probably a run-on, but it's a legit sentence that exists in Victor Hugo's Les Misérables, according to Barnes and Noble.
- The most expensive book ever purchased was sold for \$30.8 million. It was Codex Leicester by Leonardo Da Vinci, and it was purchased by Bill Gates, according to Business Insider. Don't worry though, he probably made the money back within the hour.
- There are over 130 million books in existence.

Fun, Silly & Inspiring Quotes

"The best way to cheer yourself up is to try to cheer somebody else up."
- Mark Twain

"Strive not to be a success, but rather to be of value."
- Albert Einstein

"You can't have everything. Where would you put it?"
- Elbert Hubbard

"He who knows that enough is enough will always have enough."
- Lao Tzu

"Build your own dreams, or someone else will hire you to build theirs."
- Farrah Gray

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

Commuter Gadgets

North Americans are considered road warriors when it comes to getting to work. Whether it's in a car, on a train or on a bus, most people are no stranger to a long commute.

In fact, according to the U.S. Census Bureau, the average commute for Americans is 25 minutes. However, other studies peg higher profile cities such as Los Angeles, Washington, D.C., Atlanta and San Francisco at almost 60 hours per year.

If you're not one of the lucky few who work from home in your pajamas, but instead log considerable hours getting from home to work, the following accessories may help make your commute more, dare we say, enjoyable.

The Portable Brewing Mug

The coffee industry is buzzing about companies coming out with battery-powered portable brewing systems. One current system holds 14 ounces of java and is temperature controlled by pushing a button on the cup. Coffee is brewed in three minutes and can also be charged in your car by USB.

A Handbag AND Charger

As often as you use your electronics, chargers are a necessity to have, but taking a chunky block isn't always convenient. Enter a portable battery pack. For women, there are now purses and handbags that come equipped with a place to store a small charger that will keep your phone, tablet or e-reader juiced all the day long.

Screen Glasses

According to a recent report by Kleiner Perkins analyst Mary Meeker, Americans spend 444 minutes each day staring at screens. This means that 95 percent of Americans are at risk for digital eye strain that can cause dryness, itchiness and fuzzy vision, according to a recent report released by The Vision Council. To combat this, commuters who use their electronics while in transit might want to consider purchasing protective glasses engineered to block out the damaging high-energy, UV and artificial blue light that screens emit. These high-tech glasses can also be outfitted with your current prescription lens.

Aging and Dental Health

As you age, it becomes even more important to take good care of your teeth and dental health. One common misconception is that losing your teeth is inevitable. This is not true. If cared for properly, your teeth can last a lifetime. Your mouth changes as you age. The nerves in your teeth can become smaller, making your teeth less sensitive to cavities or other problems. If you don't get regular dental exams, this in turn can lead to these problems not being diagnosed until it is too late.

Tips for Maintaining & Improving Your Oral Health

- Brush twice a day with a toothbrush with soft bristles. You may also benefit from using an electric toothbrush.
- Clean between your teeth once a day with floss or another flossing tool.
- If you wear full or partial dentures, remember to clean them on a daily basis. Take your dentures out of your mouth for at least four hours every day. It's best to remove them at night.
- Drink tap water. Since most contains fluoride, it helps prevent tooth decay no matter how old you are.
- Quit smoking. Besides putting you at greater risk for lung and other cancers, smoking increases problems with gum disease, tooth decay and tooth loss.
- Visit your dentist. Visit your dentist regularly for a complete dental check-up.

By adopting healthy oral habits at home, making smart choices about diet and lifestyle, and seeking regular dental care, you can help your teeth last a lifetime—whether you have your natural teeth, implants or wear dentures.

Caregiving for a Disabled or Elderly Loved One

You may have a parent, spouse or friend who has difficulty maintaining a healthy mouth on their own. How can you help? **Two things are critical:**

- Help them keep their mouth clean with reminders to brush and floss daily.
- Make sure they get to a dentist regularly.

These steps can prevent many problems, but tasks that once seemed so simple can become very challenging. If your loved one is having difficulty with brushing and flossing, talk to a dentist or hygienist who can provide helpful tips or a different approach. There are dentists who specialize in caring for the elderly and disabled. You can locate a specialist through the Special Care Dentistry Association's referral directory.

For those who wear dentures, pay close attention to their eating habits. If they're having difficulty eating or are not eating as much as usual, denture problems could be the cause. When you're caring for someone who is confined to bed, they may have so many health problems that it's easy to forget about oral health. However, it's still very important because bacteria from the mouth can be inhaled into the lungs and cause pneumonia.



Chicken Quesadillas

You might be wondering, "do I even NEED a recipe for quesadillas?" We think once you try this one, you'll be convinced that you only need one. It's got the perfect blend of cheeses, flavorful sautéed veggies, and lots of hearty fillings that take the quesadilla from dorm food to a healthy, rounded meal.

INGREDIENTS:

- 1 tbsp. extra-virgin olive oil
- 2 bell peppers, thinly sliced
- 1/2 onion, thinly sliced
- Kosher salt
- Freshly ground black pepper
- 1 lb. boneless skinless chicken breasts, sliced into strips
- 1/2 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. dried oregano
- 4 medium flour tortillas
- 2 c. shredded Monterey jack
- 2 c. shredded cheddar
- 1 avocado, sliced
- 1 tbsp. vegetable oil
- 2 green onions, thinly sliced

DIRECTIONS:

1. In a large skillet over medium-high heat, heat olive oil. Add peppers and onion and season with salt and pepper. Cook until soft, 5 minutes. Transfer to a plate.
2. Heat remaining tablespoon vegetable oil over medium-high heat. Season chicken with spices, salt, and pepper and cook, stirring occasionally, until golden and cooked through, 8 minutes. Transfer to a plate.
3. Add 1 flour tortilla to skillet and top half of the tortilla with a heavy sprinkling of both cheeses, cooked chicken mixture, pepper-onion mixture, a few slices of avocado, and green onions. Fold the other half of the tortilla over and cook, flipping once, until golden, 3 minutes per side. Repeat to make 4 quesadillas.
4. Slice into wedges and serve with sour cream.

