



1913 W South Blvd.  
Troy, MI 48098

FOLLOW US!



www.drkeithkelley.com  
(248) 457-5574

### INSIDE THIS ISSUE

- Tips, Tricks & Trends
- Fun, Silly & Inspiring Quotes
- Every Day Life Hacks

- page 02

- Dental Myths, Debunked
- Easy Irish Stew

- page 03

### Can You Handle the Truth???

Saint Patrick didn't wear green. His color was "Saint Patrick's blue." The color green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the late 18th century.

### JOKE of the Month

Q: What do you call a dentist that does not like tea?

A: Denis



# ZOOM!

Professional Whitening System

## winter white sale

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

We are pleased to offer  
**\$50 Off Zoom Whitening!**  
Tell your friends and family!

Please contact our office  
at **(248) 457-5574**  
to schedule your appointment.

March 2022



### INSIDE THIS ISSUE

- Tips, Tricks & Trends
- Fun, Silly & Inspiring Quotes
- Every Day Life Hacks - page 02
- Dental Myths, Debunked
- Easy Irish Stew - page 03

## How to keep up with the kids online - and learn from them

Sometimes it seems like the world is moving at a faster and faster pace. Between news cycles and constantly changing digital trends, it can be hard to keep track of it all, including your kids' behavior online. Here are some tips on how you can expedite that process for yourself:

### Ask where they're hanging

While all the social media attention over the last decade has been on Facebook and Instagram, over the last couple of years kids have shifted to TikTok and SnapChat. Talk to your kids about what makes these particular apps special to them, and maybe consider joining them yourself.

### Open up Conversations

A lot of kids and teens treat popular social media content creators and influencers — and their communities of fans — as extensions of their personal friendships. Ask your children what kind of social media influencers they enjoy following and why to gain insights into what piques their interest.

For example, if they're following lots of

makeup gurus, sports creators or comedians, this can give you a better idea of what topics are of interest to them. Influencers that focus on mental health, family issues or social justice can also help you to have some harder personal conversations with your kids and learn what they value.

### Ask your kids to share favorites

Don't be afraid to ask your kids what they are watching and inquire about where they're getting their information and entertainment. Do they have a funny viral video of the week that they can't stop laughing about? As "uncool" as it may sound, ask them to show you what's funny, and open up the conversation to things going on in their lives. Who knows, you may end up learning a lot more about your kid this way.

### Learn to speak their language

Is it time to brush up on your digital skills? If you're finding it hard to connect, try boosting your skills through free programs like ABC Life Literacy Youth Teaching Adults. The program helps bridge the technology gap to let adults thrive in the digital world. From computer basics to tablet apps to social media, there are many unique resources to choose from that can help you to speak digital media more fluently.



# Tips, Tricks & Trends

## 5 Tips for Gardening with Kids

After months of cool weather, the first hint of spring will likely have the whole family eager to dive into outdoor activities. This year, as you begin tackling the garden, find ways to get the youngest family members in on the action, too.

Not only is gardening an activity you can enjoy together, there are numerous ways to incorporate age-appropriate, teachable moments from counting and colors to responsible care of living things.

Creating a positive first experience with gardening can start with this simple advice:

✔ **Dedicate a spot for a junior garden**, which allows you to instill a sense of pride and ownership in the little gardener while protecting your own garden areas from ambitious young hands.

✔ **Provide appropriate tools in**

**child sizes.** Just as you would teach a child the finer points of baseball using a bat and glove, demonstrate the joys of gardening with tools such as a rake, hoe and trowel, all of which can be found in sizes more manageable for little helpers.

✔ **Let the kids choose what to plant.** Whether flowers or food plants, allow children to make their own decisions (within reason) about what they would like to grow. This can help them engage in the magic of watching items they selected emerge from the ground and grow into their finished forms.

✔ **Encourage exposure to unfamiliar plants that entice the senses with appealing smells and flavors.** Herbs such as chives, mint and basil are good choices, or consider edible flowers such as pansies or violets.

✔ **Set an example for your child to imitate** by giving regular and proper care to your own garden.

Remember to bring the lesson full circle by enjoying the bounty of your garden together, whether it's a small hand-cut bouquet or a meal featuring your child's fresh-grown produce.

## Fun Facts

### That'll Astound Your Friends

• A sunflower is not just one flower. Both the fuzzy brown center and the classic yellow petals are actually 1,000 – 2,000 individual flowers, held together on a single stalk.

• What is the fastest growing woody plant in the world? Bamboo! It can grow 35 inches in a single day.

• What fruit has seeds on the outside? The average strawberry has 200 seeds. It's the only fruit that bears its seeds on the outside.

• Why do we cry when cutting onions? Sulfuric compounds are to blame for cut onions bringing tears to your eyes. According to the National Onion Association, chilling the onion and cutting the root end last reduces the problem.

# Dental Myths, Debunked

There are many misconceptions about what it takes to keep your teeth healthy. Separate fact from fiction. When it comes to taking care of your smile, there are plenty of misconceptions out there. But while good oral health can be achieved in just minutes a day, the wrong practices can cause irreversible damage. Here's what you need to know.

### Myth: The harder you brush, the cleaner you'll get your teeth.

The real deal: Brushing too hard or with too abrasive of a toothbrush (medium or firm) can actually harm your teeth by eroding some of the hard enamel that protects the inside of the tooth from cavities and decay. "I see it so much where people feel like they're getting them more clean, but actually it wears away enamel and even the gums," says Ana Paula Ferraz-Dougherty, DMD, a dentist in San Antonio, Texas, and a spokesperson for the American Dental Association. "I always recommend a soft-bristled brush."

### Myth: Flossing isn't really necessary anymore.

The real deal: The recommendation to floss regularly was recently removed from the government's Dietary Guidelines for Americans based on a lack of strong evidence for the practice. However, a lack of strong evidence doesn't necessarily mean that flossing is not effective. In fact, many dentists — including Dr. Ferraz-Dougherty — haven't changed their ways or their recommendations. "I totally believe in flossing," she says. "Intuitively, it makes sense that there is buildup you can only remove by flossing, and I see the difference every day." It's important to still follow your dentist's recommendation on brushing and flossing.

### Myth: Chewing sugar-free gum is just as good as brushing.

The real deal: If only this were true, kids everywhere would jump for joy. Chewing sugar-free gum, especially gum with xylitol, can have a protective effect on the teeth. Gum encourages saliva production, which helps to wash away enamel-eroding acids from foods, drinks, and even stomach acid in the case of issues like acid reflux. And xylitol helps to redouble the effects of saliva.

But chewing gum still doesn't replace brushing and flossing when it comes to removing plaque from all the surfaces of your teeth. You should brush at least twice a day for about two minutes, says Ferraz-Dougherty.

### Myth: If your gums bleed when you floss, it's best to leave them alone.

The real deal: "The reason our gums bleed is due to inflammation," explains Ferraz-Dougherty. Often it happens when bacteria and plaque get stuck in between our teeth where toothbrush bristles don't reach properly. Over time the bacteria builds up and causes the gums to become inflamed. Bleeding is part of that process.

If you floss once a month (or just before going to the dentist), it's likely you'll notice your gums bleeding. "That's a sign telling you something is going on there," says Ferraz-Dougherty. Make flossing a daily habit and the inflammation — and the bleeding — will go away with time.

### Myth: You've been slacking on brushing and flossing and have a dentist appointment coming up. As long as you brush well before going in, no one will know, right?

The real deal: Sorry to break it to you, but you're not getting away with anything. "We can tell," says Ferraz-Dougherty. Without regular brushing and flossing, hard tartar forms around your teeth and at a certain point you can't get it off with brushing alone. Plus, you can't undo the inflammation in your gums that occurs when plaque and tartar have accumulated over six months with just a few days of flossing. "Bleeding gums and the amount and location of tartar are the giveaways," says Ferraz-Dougherty.

# Easy Irish Stew

This old-fashioned favorite can be made with lamb, which is making it a more traditional Irish stew recipe, or with beef. Like most slowly cooked dishes, the flavor of this stew mellows over time. Serve it with a green salad and crusty bread for a satisfying meal.

## Ingredients

- 3 pounds lean lamb or beef stew meat, cut into 2-inch cubes
- Salt and ground black pepper
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 1 large clove garlic, finely chopped
- 3 tablespoons all-purpose flour
- 3 tablespoons Beef broth concentrate
- 4 cups hot water
- 3 tablespoons tomato paste
- 2 large sprigs rosemary
- 1 bay leaf
- 2 cups diced carrots
- 2 cups diced turnips
- 2 cups diced potatoes
- 1 cup frozen petite peas

## Directions

Season the meat with salt and pepper. Heat the oil in a large, heavy pan over medium-high heat. Add the meat in batches, and brown the pieces on all sides. Transfer the browned meat to a platter and cover it loosely with aluminum foil.

Add the onion and cook until it is softened and lightly browned, stirring frequently. Add the garlic and cook for 30 seconds. Return the meat to the pan, and sprinkle the flour evenly over the meat, turning to cook until it is golden brown.

Stir in the Beef broth concentrate, water, tomato paste, rosemary and bay leaf, stirring to scrape all browned cooking bits from the pan. Cover the pan, reduce the heat, and simmer the stew for 1 hour. Add the carrots, turnips and potatoes to the stew and cook until they are tender, about 25 minutes.

Add the peas, and cook for 5 minutes more. Season the stew to taste with salt and pepper and serve.



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

# KEEP YOUR KIDNEYS HEALTHY

Did you know that kidneys are very important to your health? They're just as important as your heart or lungs, working hard to remove waste from the blood, regulate water, help balance the body's minerals and produce important hormones. Taking care of your kidneys is part of maintaining overall body health. Follow these simple tips from The Kidney Foundation to help yours stay in top shape:

### Be physically active.

One of the most powerful things you can do for your health is move your body. Exercising for 30 minutes three to five times a week is recommended, but even small amounts have health benefits. Start slow, find activities that you enjoy and consider buddying up to stay motivated.

### Follow a healthy diet.

What you eat affects your kidneys, so limit foods that can cause them extra strain. Try cutting back on salt. Most of our sodium comes from prepared foods such as canned soup, frozen entrées, processed meats and snack foods. Replace these products with fresh and homemade foods instead. When you cook, flavour your food with seasonings that suit your specific kidney diet such as pepper, onions, garlic, lime, lemon or vinegar.

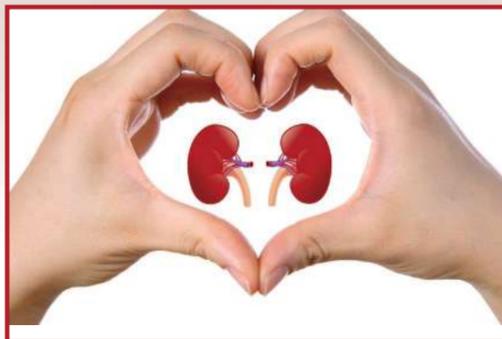
### Drink alcohol in moderation.

Canada's low-risk alcohol drinking guidelines recommend no more than two drinks a day, 10 per week, for women, and no more than three drinks a day, 15 per week, for men. Try not drinking on some days each week and switch to fruit-infused tea or water to quench your thirst.

### Reduce your stress.

Stress can wreak havoc on your mind and body. Staying active can help you manage stress, while also lifting your mood and helping you sleep better at night. Other ways to boost feelings of calm include meditating, keeping in touch with friends and family and limiting screen time.

If you're concerned, talk with your doctor about your risk factors and how often you should have your kidneys checked.



### Fun, Silly & Inspiring Quotes

"It takes less time to do a thing right, than it does to explain why you did it wrong."  
- Henry Wadsworth Longfellow

"If people are doubting how far you can go, go so far that you can't hear them anymore."  
- Michele Ruiz

"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep."  
- Scott Adams

"We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes – understanding that failure is not the opposite of success, it's part of success."  
- Arianna Huffington