

TOOTH TALKS



Newsletter March 26th, 2020

Greetings!

TO ALL ALLEN FAMILY DENTISTRY PATIENTS & COMMUNITY MEMBERS

Looking back towards the end of 2019 there was definitely an undeniable energy leading up to the beginning of a new decade. The vision for 2020 was full of promise, change and curiosity for what the new year held for us all. There was a movement with the general population looking for a repeat of the roaring 20's a century earlier; the exciting and jazzy culture was brewing among millennials and baby boomers a like. And here we are in March of 2020 and it has already been a record year. Three months into the year 2020 and it certainly has shared similar themes the Roaring 20's had, just not the ones people were anticipating. The year started off with horrifying bush fires that wreaked havoc on the wild life and economy of Australia followed by a scare of World War III when major political powers were feuding. And now we are all under quarantine to prevent the spread of a highly contagious virus plaguing the world causing a global pandemic! Many businesses have been forced to shut their doors and Allen Family Dentistry has had to adopt special procedures during this time as well. We know that this is a stressful time for all and we send our thoughts and our prayers to each and everyone one of you. We look forward to seeing you all out and about in the community once the dangers of the pandemic have passed. Until then keep your loved ones close and stay safe and healthy.

WHAT'S HAPPENING AT YOUR LOCAL ALLEN FAMILY DENTISTRY

ATHENS

All Events Cancelled due to Quarantine mandates set by CDC until further notice.

BULLARD

All Events Cancelled due to Quarantine mandates set by CDC until further notice.

PALESTINE

All Events Cancelled due to Quarantine mandates set by CDC until further notice.

Events:

What's New?

Updating technical systems and computers to keep providing the best service possible during this time!

Updating hygiene instruments for better care and efficiency!

Remodeling location and getting organized for the arrival for the newest edition to the AFD family, Dr. Gonzalez!



Special Hours for Emergency Procedures
M, W, F 8am-12pm

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If you or anyone you know has a dental emergency please call one of our locations. We are here to help and safer than an ER Visit!

AFD Pinterest Pin Picks

<https://www.pinterest.com/allenfamilydentistry>

RECIPES WE LOVE

3 INGREDIENT CHOCOLATE BANANA COOKIES SERVINGS: APPROXIMATELY 15 COOKIES INGREDIENTS: 2 very ripe large bananas 1 cup of quick oats. 2 small tbsp of unsweetened cacao (Optional mix-ins of your choice : chocolate chips, cacao nibs, chopped nuts, raisins, coconut flakes, flax seed, vanilla, diced raspberries, dried cranberries, etc.) Preheat your oven to 350 degrees. Mash 2 ripe bananas in a bowl, mix in up to 2 tbsp of unsweetened cacao powder and 1 cup of quick oats until a cookie dough-like batter is formed. Fold in any mix-ins you plan on adding to the batter. Place about 15 clumps of your cookie dough mixture evenly on your baking sheet. Flatten and mold them with your hands to form "cookie" shapes. Bake at 350 degrees for 10-15 minutes.

A personal note from Dr. Allen

Wow, these are some crazy times we are all living in! I don't know if I ever thought there would be a time that we would be forced to close the offices and I would not be allowed to practice dentistry! I don't really know what to do with myself if I'm not working on a tooth, but I'm slowly trying to figure it out. I am trying to keep busy around the house and tackle all the projects I never seemed to have time for before. As life slows down, I am also reminded how much I appreciate my family, our fabulous staff that I work with every day and our wonderful patients that trust us with their care. I hope that we all can soon get back to work, come together and enjoy each other's company. In the meantime, I pray everyone stays safe and healthy! We continue to take it a day at a time and place our trust in Him and know that He is in control. God Bless! -Dr. Allen

INSPIRED DIY IDEAS

EASY GLOW IN THE DARK EASTER EGGS for indoor hunts!
How to Make Glow In the Dark Easter Eggs
Supplies 12 plastic Easter Eggs 12 Glow Stick Bracelets a wee bit of candy Directions Open plastic eggs, snap bracelets to activate and stuff the bracelets in to the Easter Eggs along with a treat.

HEALTH TRENDS

WHAT IS ELDERBERRY? First things first... what in the world is elderberry and why is everyone so obsessed about it? It is a plant that contains properties that potentially boost your immune system naturally. Elderberry has dated back all the way to prehistoric times and been used by ancient Egyptians so it's nothing new... it's just been getting a lot of attention lately. Some people find Elderberry helps their immune system similar to Vitamin C, plus the gummies taste really good!