

LiveWire

An Informational
Newsletter From the
Office and Staff of
Mori Orthodontics

Richard J. Mori, DMD, MS
Orthodontics for
Adults and Children

A Note from Dr. Mori



Educating Our Children

As we enter into the year 2012 my attention turns again to the month of February. This is a busy time for me as each year I visit as many schools as possible to spread the word about National Children's Dental Health Month. Dentists across the country also participate in this activity to promote good dental health. This year I will visit six schools and meet with about 700 children, usually first graders.

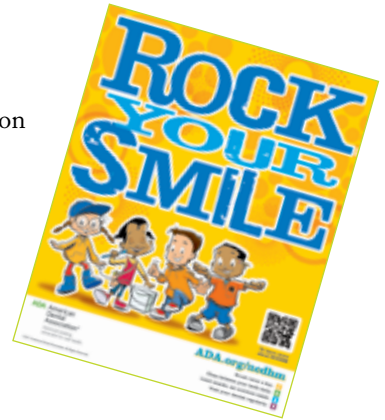
My presentation has been developed with the help of my wife, Gloria, who teaches first grade at Main Elementary School in Beavercreek. With a fun slide presentation I try to engage the students in a question and answer format to present information about the following:

- The reasons you need to keep your teeth clean
- Ages of dental development
- The different types of teeth—incisors, canines, and molars
- What is the function of each type of tooth?
- The need for healthy gums
- The causes of tooth decay and gum disease
- How to brush your teeth properly
- The use of dental floss
- Information about foods that can cause dental decay

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February is National Children's Dental Health Month

Did you know that February is the National Children's Dental Health Month? The American Dental Association (ADA) started this program several years ago with the purpose of educating families about the importance of good oral hygiene. The ADA has been promoting oral health awareness for the past 60 years. The ADA explains, "Developing good habits at an early age and scheduling regular dental visits help children get a good start on a lifetime of healthy teeth and gums". This year, the ADA is adopting a new campaign slogan "**ROCK YOUR SMILE**". To learn more about the National Children's Dental Health Month or to read the story of the McGrinn Twins along with their neighbors Den and Gen Smiley featured on this poster, go to www.ada.org. Fun activity sheets and presentation resources can also be found on their website.



So, **ROCK YOUR SMILE!** You only get one smile so you need to take care of it. Start promoting good oral hygiene today! Together, we can make a difference.

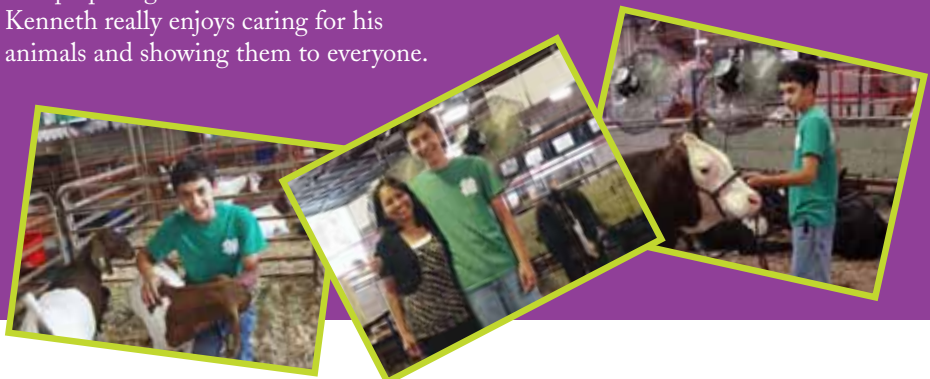
Inspiring Others

The purpose of 4-H is to inspire young people to turn ideas into action. Kenneth Selby is one of those young people doing just that. Kenneth is in the Miami Producers 4-H Club. In August 2011, Kenneth took a market steer, feeder calf, two breeding heifers, two market goats, a breeding doe and a doe with her newborn baby to the Montgomery County Fair to show. This is his second year in 4-H. There is so much work and dedication that goes into preparing these animals for show. Kenneth really enjoys caring for his animals and showing them to everyone.

He also states that he has learned a great deal about genetics, animal selection, parasite control and immunizations this year.

The money earned from selling the steer will be set aside to help pay for Kenneth's future college education.

When he is older, Kenneth plans on studying medicine and will be a supporter of young 4-H participants whenever he can.



A Note from Dr. Mori continued from page 1...

Throughout this 20-30 minute presentation, each student who wants to participate is called upon as we work our way through the information. The children love to learn about their teeth and how to keep them clean. At the end of the day, my practice provides each student with a new toothbrush, toothpaste and some dental floss to use at home under parental supervision. Use of dental floss for a first grader can be challenging and they may need a parents help or some instruction by the dental hygienist at their next dental checkup.

I believe that good oral hygiene habits begin at an early age. If you see information come home from school in February from a dentist who has talked with your children about dental health, please take a few minutes to reinforce how important good oral hygiene is. Even though my dental specialty deals with alignment of teeth and dental function, my primary function as a dentist is to promote healthy teeth and gums first and then worry about bite issues.

Have a great New Year!
Dr. Rick Mori

Pass on a Smile!

Refer a friend or family member for a complimentary evaluation!
Our practice continues to grow by referrals from our Patients.

Thank you for recommending us!



Patient News

A note from Proud Parents

Kendall Newell – was voted team captain of the Vandalia Butler's Varsity Wrestling Team. His parents are very proud of Kendall's accomplishments – meeting and exceeding his goals in and out of school.

Marcus Newell – has been meeting and exceeding his goals too. Marcus has received all A's, even in Honors Algebra II. His parents are very proud of him!

Exciting News

Brooke Shannon –got her driver's license and worked the November 8th election as a judge. Shows great responsibility Brooke! Be safe!

Show-Stopping Talent

Beth Fry –performed with the Gem City Band at the Wright Patt Airforce Museum for the troops that came home on November 9th. A very special moment Beth! Glad you were there to support our troops!

Eric Christian Thompson –performs with a music ministry group called Kids Helping Kids. Eric sings, writes his own music, plays guitar and the drums. Eric's group plays several concerts during the year to benefit charities as well as minister love and hope to those of all ages, both young and old. The ages of these talented musicians and dancers in the group range from age 8 to 18. Eric, along with his group performed in a concert on November 18th at the Clifton Opera House with Rick Lee James. You can check out Eric's group at www.kidshelpingkidsmusic.com. Wonderful mission Eric! Keep sharing your talent!

Leah Robinson – had her first saxophone concert. We're sure you did great Leah! Hope you had fun!

Shining Moments

Kamryn King – received her 2nd Beaver Pride Award and also earned 100% on her math test. Way to go Kamryn!

Leiley King – was voted in as Student Council Representative for her class. That's awesome Leiley!

Alexianna Francois – received straight A's for the first quarter as a freshman at CJ High School. Keep up the great work Alexianna!

George Bensema II – was on the "A" honor roll for the 1st semester. He has also joined the wrestling team. Great job George!

Aaron Verse – has earned a 3.8 GPA for the 1st quarter of the school year and was selected to be on the varsity basketball team. Aaron was also accepted into The Ohio State University for Fall 2012. That's fantastic Aaron!

Liam Gray – has been elected to represent the 6th grade class as Student Council Representative. Very exciting Liam!

Jessica Schwab – played basketball with Dave Chapelle. Playing with a star, that sounds fun!

Alex Showers – wants us to know he has the best brother ever. He always cheers him up! You're so fortunate, Alex!

The Financial Corner

Thank you for all the communication received concerning your accounts. Whether it's to check on a statement or an account balance, make a payment or if there's an insurance problem. This communication is very helpful. No one likes the financial part of any situation especially if there are problems. Sometimes communication gets disrupted and a patient may stop coming to their appointments. I do not want this to happen and neither does Dr. Mori. There is always a solution to any problem. Our top priority is providing the best orthodontic care for our patients. Together with communication and cooperation, we can achieve this goal. I will continue to get to know each of you, so I can provide you the tools needed to keep accounts current and make sure you receive the most benefit from your insurance companies. PLEASE...let me know if there are any changes with your insurance company. Even if you are in the middle of treatment, it may be possible to receive partial benefit. Be sure to let me know if there is dental insurance available and I will be glad to file a claim for you. I love getting emails from you. If you do not have my email, it is denisel@moriortho.com. Thanks again for all your help and cooperation! As always, monthly contract payments are due on the 1st of each month.

Wishing you a great start in 2012!
Denise Lansdale



From the Front Desk

Let's all stay healthy this flu season!

Here at Mori Orthodontics, we are taking every precaution to keep everyone healthy and want to provide you with some tips to help you and your family as well.

Here are some tips to help you stay healthy:

- 1.) Don't touch your nose or mouth. Germs from your hands can infect you.
- 2.) Wash your hands frequently. Use hot water and rub vigorously for at least 30 seconds.
- 3.) Keep hand sanitizers in your car or purse. Use these after touching public doors, handling money, pressing the buttons on an elevator, touching door handles in public restrooms, touching a gas pump, etc. Use often if washing is not immediately available.
- 4.) Eat foods rich in vitamins A, C and E such as milk, eggs, citrus fruits, vegetables and nuts. Eating healthy will strengthen your immune system.
- 5.) Take vitamins and supplements. Green tea can boost your immune system as well.
- 6.) Drink at least 8 glasses of water per day. It flushes toxins out of your body and keeps you hydrated during the dry winter months.

- 7.) Wash water bottles before refilling them to avoid build up of germs and never share bottles with others.
- 8.) Alleviate stress.
- 9.) Get plenty of rest.
- 10.) Don't share the bathroom water cup, as it's the easiest way to spread germs.
- 11.) Disinfect regularly. Clean door knobs, phones, computer keyboards, bathroom sinks, kitchen counters and any other items that are shared.
- 12.) Cover your nose and mouth when you cough or sneeze then wash or sanitize hands immediately after.
- 13.) Throw tissues away after use.

If you or your child is sick with flu like symptoms, we ask that you reschedule your appointment until your child is better. As a courtesy please try to give us a 24 hour cancellation notice.



Join us on Facebook!

You can access Mori Orthodontics Facebook page from our website, just click on the link and follow the fun.

Contest Corner

It's a Winter Wonderland out there... have some fun in our Snowfall Prediction Contest

It's your turn to predict the weather so bundle up and put on your sweater. This time of year, the snow will fall; guessing how much will be a ball. Write your prediction in the unit of an inch, entering this contest will be a cinch. January to March, the contest will run, submitting an entry will be so much fun!

Take a guess of the total inches of snowfall we will have from January through March. Just simply fill out the prediction form with your best guess and drop it in the slot in the contest area. The guesser with the closest number will win a really cool prize.

Snowfall Prediction Contest starts January 2nd and will run through March 16th.



Contest Winner

The Candy Corn Contest has come to an end. The response to this contest was outstanding! Thank you all for participating.

The correct number of candy corn candies in the jar was 995. We had so many close guesses. Saige Cole was our contest winner.

Saige received a \$100 gift card to Dick's Sporting Goods.

Congratulations Saige!

Munchie Favorite - A Brace Friendly Recipe!

Got Braces? Do your teeth get sore after you have your braces adjusted?

Try a sample recipe from "The Braces Cookbook" by Pamela Waterman and Brenda Waterman.

Sensational Cinnamon Snickerdoodles

1 cup shortening	1 teaspoon baking soda
1 1/2 cups sugar	1/2 teaspoon salt
2 eggs	2 Tablespoons sugar
2 3/4 cups all-purpose flour	2 teaspoons cinnamon
2 teaspoons cream of tartar	

Directions:

Preheat oven to 400 degrees. Bake for 8-10 minutes (don't over bake).

In a large bowl, use an electric mixer on low to combine the shortening, 1 1/2 cups sugar and eggs. Add flour, cream of tartar, baking soda and salt. In a separate, small bowl, stir together the 2 Tablespoons of sugar and the cinnamon, to use later.

Chill the dough in the refrigerator for about an hour. With well-floured hands, pinch bits of dough and roll them into 1-inch balls. Roll each ball in the cinnamon sugar until coated.

Bake on ungreased cookie sheet for 8-10 minutes at 400 degrees. Makes about five dozen. Store in a covered container.

We need some Brace Friendly recipes from you! We are almost out of recipes from the "Brace Cookbook". Do you have one you want to share? Just drop it off at the front desk and we will try to get it in one of our newsletters.

We Want News About You

Help make our upcoming Newsletter a success! Share something about yourself- vacations, school activities, honors you've received, sports you play, births, weddings, etc.

Fill out a form in the office and place it in the mail box at our patient news station or email us at info@moriortho.com. We will put it in our next quarterly newsletter to share with all our patients.



ORTHODONTICS

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Scheduling Corner:

Please note our office is closed during our lunch hour each day and during our monthly staff meeting. If you would like to make a payment, a drop box is located to the left of our front door for your convenience. If you need to speak to someone, we have a call button, just press it and we will help you.

Office hours:

Monday 8 a.m. – 5 p.m.
Tuesday 10:30 a.m. – 6:30 p.m.
Wednesday 8 a.m. – 5 p.m.
Thursday 7 a.m. – 2 p.m.

Lunch:

12:30 p.m. – 1:30 p.m.
1 p.m. – 2 p.m.
12:30 p.m. – 1:30 p.m.
11 a.m. – 11:30 a.m.

Please note: Dr. Mori will be out of the office February 20th through 24th and March 28th through 30th.

Don't Forget to Visit Your Family Dentist-

It is important for all of our patients to continue to visit their family dentist every six months, even during orthodontic treatment. Your family dentist will help maintain healthy teeth by regular cleanings, examination for tooth decay and fluoride treatments.

Together we can provide complete dental care!

Reminder: When changing your general dentist, please let us know so we can update this change in your patient records.

