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FIND SUMMER SUNBURN RELIEF WITH OATMEAL BREAKFAST TO THE RESCUE!

With the summer comes the hot sun, and with the hot sun comes the dreaded sunburn. As we're out enjoying the beautiful weather and using sunblock to protect our skin, we often still manage to get a sunburn. If you find yourself all red and you don't want to run to the store for a bottle of aloe vera, don't worry. Chances are you already have nature's simplest sunburn remedy right in your home: oatmeal.

Oats have been used to treat skin conditions for centuries. The whole grain helps reduce inflammation, which then helps reduce pain and discomfort. When it comes to the oatmeal remedy, you have two options: apply it directly to the burn or take an oatmeal bath.

To apply oatmeal directly to the sunburn, start by making a batch of plain oatmeal. Quick oats, old fashioned oats, steel cut oats — any kind of oats will do. Once you have a batch made, let it cool. Place it in the refrigerator or freezer for a few minutes or mix in a few ice cubes — but be careful not



to dilute it. You want it nice and thick. Once it's cool, apply it to the burn for 20 to 30 minutes.

For a soothing oatmeal bath, you'll need a blender, a coffee grinder, or a food processor. You'll also need one cup of oats. Blend the oats into a very fine powder. Then, begin filling a bath with lukewarm water. As the tub fills, slowly add the powder to the water, mixing evenly and removing any clumps. When the water looks milky, climb in and soak in the relief.

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IT'S A FAMILY THING

What a summer! We were blessed with two new grandbabies in the first week of June. On June 1, my son Matthew had his second child, a boy named Eli. And on June 7, my son Daniel had his first, a baby boy named William. That rounds out the total number of grandkids to four, including my daughter Stephanie's son Gavin — who will be turning 3 next month — and Matthew's daughter Harper, who turns 3 in October. Matthew is a dentist here in the office, and Stephanie is our marketing manager. I often joke that, as these grandkids grow up, I'll be raising a whole family of dentists!

I'm not surprised that Stephanie wanted to work in this office or that Matthew went into dentistry. The kids used to see me come home every day, and I know my happy attitude even after a day at work made an impression. I love what I do, and that makes it feel less like work. I also know that I make patients a little happier every day. Whether I'm treating someone for cosmetic or medical reasons, they leave my office with a bigger smile than before. When I see that all day long, I can't help but smile myself!

I've been surrounded by people I care about since the start of this journey back in college. I was doing undergraduate work and taking all the prerequisites for dental school. I accompanied a friend of mine to his dental school interview where his brother was already a student. I liked what I saw. Both of us became dentists. I graduated from Tufts University in Boston, then went on to an Army general practice residency in Oklahoma, where I served as dental officer in Pennsylvania and then went on to specialize in periodontics at the University of Connecticut College of Dental Medicine.

Every step of the way, I found people I cared about and also people who inspired me. Now my patients inspire me. We offer a full range of dental services,



**Stephanie,
Matt, Gavin,
small dog
Goldie, &
large dog
Ruby.**



**Lee,
Eleanor,
William,
Alissa,
& Dan
Sheldon.**



**Dr. Matt,
Harper, Eli,
& Jenifer
Sheldon.**

although dental implants are a specialty of mine. I enjoy the challenge that implants provide — and the radically positive affect they have on people who have given up hope of a perfect smile.

My practice has grown to round out these specialties. My son Matthew is a general dentist at the office. We also have Dr. Michel Furtado, a board-certified periodontist who has been with us for over a year. Every Thursday morning, he, Matthew, and I meet to discuss cases, treatments, and more. I've now "graduated" to diagnostician and treatment planner and "glove up" for key moments in a procedure where I might be able to offer some experience. I love having dentists, both specialist and general, working together all under one roof. We have full control over everything that goes on.

And that means more smiles. We hope to see yours soon!

— Dr. Lee Sheldon

Raising Grandkids With Financial Wisdom

4 TIPS FOR TEACHING YOUR GRANDKIDS TO RESPECT WEALTH

How do you teach your grandchildren to understand wealth? A Merrill Lynch survey found that 48 percent of affluent Americans cited "financial know-how" as the most important lesson to teach kids under 18. Here are the steps they take to raise kids who understand and respect the wealth they have:

Talk About Money

It is important to open this dialogue with your grandkids early on. Children as young as 3 years old can begin to understand financial concepts like spending and saving. Research from the University of Cambridge found that money habits can form by age 7.

Mention everyday money matters to your grandchild, such as the rising cost of gas or the percentage an ATM takes when you use it. The Wall Street Journal recommends board games like PayDay or the Game of Life for helping children become aware of financial matters and opening dialogues about money through family bonding.

Teach Kids Financial Understanding

Educate your grandkids on the difference between wants and needs. When they visit, provide your grandkids with an allowance for the chores around the house. It helps encourage them to start thinking about money as a result of time and effort rather than an unlimited resource. When they



reach their teens, most kids are ready for the responsibility of a savings account or a debit card. Talk to them about the importance of interest and the expenses that come with money.

Be Their Role Model

Children can hear a lesson repeated a hundred times, but if they see their parents and grandparents doing the exact opposite, those lessons just become white noise. It can be hard to take budgets and saving seriously when a child regularly sees family members going on spendy shopping sprees. If you want your grandchild to have a strong financial understanding and down-to-earth behaviors, you need to be practicing them yourself.

FIXING THE PROBLEM, FOR GOOD. THE BENEFITS OF DENTAL IMPLANTS

When a tooth breaks, it has to be extracted, and if it's otherwise compromised, it can be difficult to decide which repair option can be best. Dental implants are a fantastic option, whether you need to account for a single broken tooth or restore your full mouth. Dental implants replace the root of your tooth, and an artificial tooth is fitted over the top. While this can sound a little scary, the benefits are boundless!

With dental implants, your overall quality of life is enhanced with replacement teeth that look, feel, and function more like natural teeth. You will look younger and more attractive, and this allows you to be even more confident and enjoy smiling, laughing, and talking with others. They even prevent bone loss. This is especially important when all of your teeth are



missing because the lower one-third of the face collapses if implants are not placed to preserve the bone.

They create more confidence in social situations due to improved

appearance, function, and comfort. Your mouth will be restored as closely as possible to its natural state. By replacing the entire tooth, as well as the tooth root, it is possible to replicate the function of natural teeth with a strong, stable foundation that allows comfortable biting and chewing. Also, nothing in the mouth looks or feels artificial!

You'll never worry about your dentures flying out when you laugh, sneeze, cough, or when you eat. They increase the amount of enjoyment you get out of eating and help you live longer because you'll get to eat better — fresh vegetables and fruits are back on the menu! You can now eat the foods you like. Also, since your chewing is improved, your digestion will be even better as well!

Dental implants facilitate whole-mouth health because your other teeth will not be altered to replace the missing teeth. For example, when you wear a partial denture, you have clasps that hook onto adjacent teeth, which put pressure on them and can cause them to wear, break, loosen and/or come out. Additionally, bridges require grinding down adjacent teeth so that the bridge can be cemented on their flattened surfaces. This tooth structure can never be replaced, and the long-term health of these teeth is compromised.

If you're interested in a fuller life, more social confidence, and better whole-mouth health, consult with the amazing team at Solid Bite Dentistry today!

DON'T TAKE OUR WORD FOR IT



Angela received treatment for bone loss, brittle teeth, missing teeth, headaches and TMJ

"My procedure has lightened the migraine headaches caused by some TMJ, replacement of missing and brittle teeth due to years of medication, as well as an

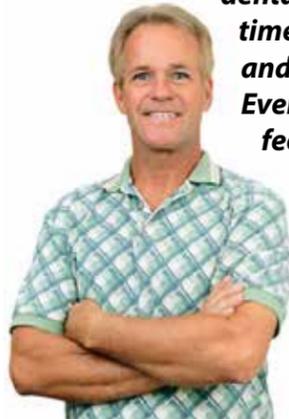
accident. Dr. Sheldon and ALL of the staff from the front desk and bookkeeping were always compassionate, very pleasant, and always put me at ease."

— Angela P

Walter received eight dental implants

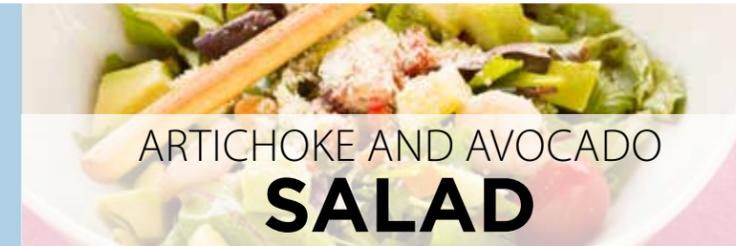
"I used to have upper and lower partials that were unsightly and uncomfortable. Now I have eight dental implants and smile all the time. My treatment from Dr. Sheldon and his staff has been outstanding. Everyone in his office makes me feel so comfortable that I no longer am afraid to go to the dentist. Through these years that I have been a patient of Dr. Sheldon, I feel like part of their family."

— Walter N.



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			7	5	8		



ARTICHOKE AND AVOCADO SALAD

This summer, all those gorgeous grilled steaks and fish fillets are going to need a tasty side. Check out this savory salad, topped with a homemade balsamic dressing.

Ingredients:

- | | |
|----------------------------------|--------------------------------|
| Salad | Dressing |
| • 1 avocado | • ¾ cup balsamic vinegar |
| • ½ cup artichoke hearts | • 1 clove garlic, crushed |
| • 2 hearts of palm | • 1 teaspoon dried oregano |
| • 5 cups spring mix salad greens | • 2 teaspoons Dijon mustard |
| | • ¾ cup extra-virgin olive oil |
| | • Sea salt and fresh pepper |

Directions:

1. Cut avocado in half; remove pit and skin.
2. Chop into ½-inch pieces.
3. Toss spring greens, artichoke hearts, and hearts of palm in bowl.
4. Add chopped avocado and gently toss a little more.
5. Put all salad dressing ingredients in a jar, close, and shake until well blended.
6. Drizzle salad with dressing and serve!