

NOVEMBER 2022 NEWSLETTER

GRATITUDE *Month*

Here's what's happening in our office....



Hello Christy,

November is National Gratitude Month! We are very grateful for all of our patients and families that have chosen our office for their orthodontic needs! Thank you!

In this newsletter we have an in-office treat for our patients as a token of our gratitude. We have the October Patient of the Month, our November contest for patients and Colors of the Month, as well as a monthly topic that coincides with gratitude month: how gratitude rewires your brain. Read on for details.....

NATIONAL GRATITUDE MONTH

As a token of our gratitude for all of our patients and families we are honored to serve, please take a treat bag when you come in for your appointment this month! Make sure to read the back of the tag - it invites you to take part in a "gratitude video project" and explains how you can submit a selfie video to us expressing your gratitude to the person(s) you are most grateful for. We encourage you to speak from the heart! We may use your video as part of an extended, edited video showcasing gratitude at it's finest! Also, you can write who and what you are grateful for on a gratitude slip and

put it on the window in our office!



OCTOBER

Every month we pull one random name out of a box from all of the awesome patients that have been in that month with:

- *Excellent brushing & oral hygiene*
- *No broken brackets*
- *Excellent elastic wear as prescribed*

Patient
of the
Month

Congratulations to Gabbie Milhoan, who is our Patient of the Month for October! Gabbie received 50 extra rewards hub points as well as a certificate. Congrats, Gabbie!

Things to know....

NOVEMBER CONTEST FOR PATIENTS:

This month's patient contest is called **Green Is Groovy Contest**. Log into the Patient Rewards Hub with your password to access the contest. Being green is groovy! You will have fun, and may learn something too, while sorting the household items on your screen into the correct recycling bins. The participant with the fastest time wins! Participants are also encouraged to follow and like our Facebook page

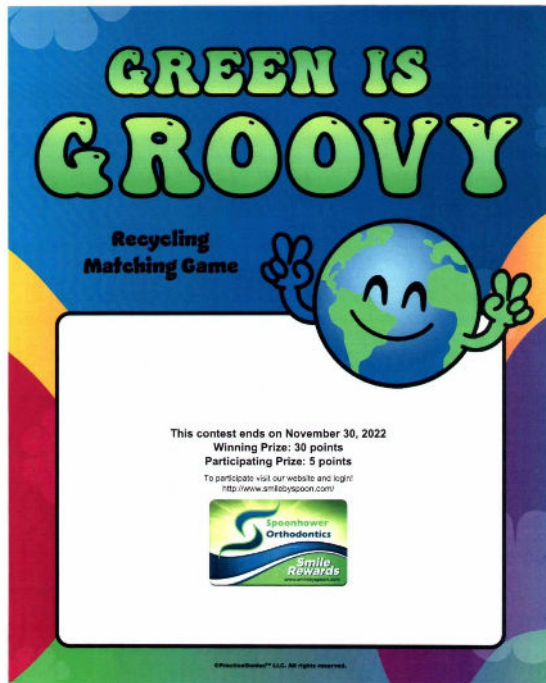
MONTHLY TOPIC: HOW GRATITUDE REWIRES YOUR BRAIN

Studies have found that the regular practice of expressing gratitude is a facet of the human condition that reaps true benefits to those who mean it. There are both mental and physical benefits that stem from feeling grateful.

Mental benefits include feeling more optimistic and positive about life, having a supportive attitude and

after completing the contest. The end of the contest is November 30th and the winner will receive a notification in their patient hub account and will earn 30 rewards points. Everyone that participates will receive 5 rewards points.

GOOD LUCK!!



grat·i·tude

/grəˈt(y)oʊd/

noun

1. the quality of being thankful; readiness to show appreciation for and to return kindness.

"she expressed her gratitude to the committee for their support"

synonyms: gratefulness, thankfulness,
thanks, appreciation,

compassion towards others, overall more rewarding interpersonal relationships, a feeling of relief from unavoidable stressors, and a positive sense of self-worth.

There are also numerous physical health benefits, including being more physically active which in turn leads to reportedly fewer visits to a doctor, improved quality of sleep, reduced feelings of anxiety and depression, better moods, less fatigue and inflammation, and reduced risk of heart failure

3 Steps to Becoming More Grateful

In times of hardship or stress it might seem difficult to be grateful. But if you really think about it, we all have something to be grateful for. Here are three easy ways to put yourself in the mindfulness of gratitude.

1. Keep a daily journal of things you are grateful for—list at least three. The best times for writing in your journal are in the morning as your day begins or at night before sleep.
2. Make it a point to tell people in your life what you appreciate about them daily.
3. When you look in the mirror, give yourself a moment to think about a quality you like about yourself or something have recently accomplished.

Through the power of gratitude, you can wire your brain to be optimistic and compassionate, making you feel good. The more you look, the more you can find things to be grateful for. This positivity can extend to those around you, creating a virtuous cycle.

COLORS OF THE MONTH

Each month we feature a different color combination you can get on your braces with the elastic ties! We even give the color combination a cool name and have it on display so you can see what it will look like!

Here are this month's colors.....

**"GOBBLE,
GOBBLE"**



Did you know we are accepting new patients? The biggest compliment we can ever receive is the referral of a family member or friend, or an online [Google](#) review. We thank you for your confidence in us and we appreciate your business and your referrals! We hope to see you in the office soon!

[Click here to leave us a Google review!](#)

Sincerely,
Dr. Christopher Spoonhower & Staff



Monday: 9:00 a.m. – 6:00 p.m.
Tuesday: 9:00 a.m. – 5:00 p.m.
Wednesday: 9:00 a.m. – 5:00 p.m.
Thursday: 7:30 a.m. – 3:30 p.m.

Reach Out To Us

Call Us Today: (330) 896-0600
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Please Note: Our office is closed on Fridays, however we DO have limited patient emergency hours. Should you have an orthodontic emergency, please call the office. If we do not answer, please leave a message and we will call you back as soon as possible.

Regarding Insurance: If your insurance covers orthodontic treatment, you will be reimbursed directly from your insurance company. This will reduce your overall out of pocket expense for treatment. Many insurance policies have a lifetime orthodontic benefit that is distinct from regular dental insurance. Insurance policies vary, so we will review your insurance to determine the appropriate course of action. (Once treatment has started, we will file your claims).

Our office is committed to helping you maximize your insurance benefits. Due to the fact that insurance policies vary, we can only estimate your coverage in good faith, but cannot guarantee coverage due to the complexities of insurance contracts. Please inform us, too, of any changes to your insurance coverage.



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