

DECEMBER 2023 NEWSLETTER



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

Hello Christy,

*Happy
Holidays!*

We hope you enjoy this festive time of year with your family and friends! Like most things in our office, we tend to make the holiday season colorful and fun! We hope you enjoy the atmosphere when you come visit our office!



In this newsletter we have the November Patient of the Month, our December contest for patients and Colors of the Month, as well as a monthly topic (although it has nothing to do with braces): why kindness is the gift that keeps on giving! Read on for details.....

NOVEMBER

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 Claire Smeiles, who is our Patient of the Month for December! Claire received 50 extra rewards hub points as well as a certificate. Congrats, Claire!

Things to know....

DECEMBER CONTEST FOR PATIENTS:

This month's patient contest is called ***Santa's Workshop Trivia Contest***. Log into the Patient Rewards Hub with your password to access the contest.

This fun holiday contest is a great way to get our patients excited about the holidays. Patients answer true/false questions about Santa and the holiday in a race against time to score higher. The contest features the option to share with your friends on Facebook, so holiday fun for all is only a click away! At the end of this contest, the practice picks a winner. Participants are also encouraged to follow and like our Facebook page after completing the contest. The end of the contest is December 31st 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!!***

MONTHLY TOPIC: KINDNESS IS THE GIFT THAT KEEPS ON GIVING!

Even though it has nothing to do with orthodontics, we wanted to take the opportunity to just spread some thoughts on kindness since the season for giving is upon us. One of the greatest gifts one can give to another is kindness. It does not cost a thing! One single act of kindness has the potential of inspiring others and creating a rippling effect that keeps on giving. Even if your tween/teen is not the most loving or giving at this stage in their development, there is hope. Research shows that this character trait—which many believe is the key to happiness and success—can be taught and nurtured as well. That is why we must role model kindness daily and teach our children to be the best versions of themselves that they can be.

Furthermore, when youth experience greater feelings of self-worth, self-esteem, belonging, a sense of connection, and an overall increased sense of well-being, they are at reduced risk for engaging in risky behaviors.

The value of kindness is immeasurable. How can we foster it in our children? Aside from role modeling, we can encourage them to take action and extend kindness to others. Here are some simple but powerful ways to be kind:

- Give someone a genuine compliment.
- Talk to someone new at school. Invite them to sit with you.
- Write a note to let someone know they are loved and appreciated.
- Randomly thank a teacher to show your gratitude.
- Deliver a surprise basket of cookies to a neighbor.
- Say thank you—a lot—and mean it.
- Hold the door for someone.





- Shovel an elderly person's driveway without anything in return.

When someone expresses genuine care for another, no matter how simple or elaborate, it is a gift of kindness. There is no limit to the number of ways our youth can be kind, in this season of giving and beyond. We must teach them through our words and actions that they must keep their eyes and hearts open and seize the many opportunities around them to extend kindness.

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 fun, cool name and have it on display so you can see what it will look like!

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

HOLIDAY
LIGHTS



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

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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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