

The not-quite-quarterly

Smile Times

of Tracyton Dental Center
from your friends
Dr. Bruce Robinson
and team



The average dog
is a nicer person
than the average person.

Andy Rooney 1/14/19-11/4/11



When you come to see us please bring a list
of your current medications. It really helps
us take good care of you. A great big
thank you from all of us.

Winter 2011-2012



The chilly days and long dark nights are back, bringing us inside more. Those of us lucky enough to be sheltered, warm, and fed during this season of giving, might consider sharing with those with greater struggles than our own.

Our community services--Salvation Army, Food Line, Kitsap Mental Health, Goodwill, St. Vincent de Paul, Kitsap Community Resources, YWCA/Alive Shelter, Catholic or Lutheran Community Services and others are there to help.

Choose one. Donations of money, food, or any type of goods are worth sharing to make the community a better home for all of us. We never know when it might be one of us who needs some help!

DR. ROBINSON'S FAMILY IS GROWING

Welcoming two new members to the family...



This fall has been a momentous time in the Robinson household. Son, Alex, and his bride, Jenny, were married in the San Juan Islands in September.



Just a few weeks later, the first Robinson grandchild was born to daughter, Beth, and son-in-law, Scott. Elliott (Ellie) Jean Shaw was born November 3 in Seattle.



The Storm by Mary Oliver

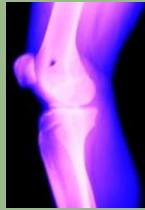
Now through the white orchard my little dog
romps, breaking the new snow
with wild feet.

Running here running there, excited,
hardly able to stop, he leaps, he spins
until the white snow is written upon
in large, exuberant letters,
a long sentence, expressing
the pleasures of the body in this world.

Oh, I could not have said it better
myself.

Speaking of dogs...

Dog owners are 34% more likely than non-owners to get in their 30 minutes of exercise at least 5 times a week? Dogs always want to go for a walk and their owners take them out. Just who do you suppose is walking who?!



DID YOU KNOW??

- ❖ When you walk, your knees absorb a force equal to about 3 times your body weight, so losing just 10 pounds actually relieves each knee of about a 30-pound load with every stride you take.
- ❖ Arthritis patients who started strength training reported a 43% dip in pain compared to 12% who felt less pain after low-impact exercise. The stronger muscles support the joints, taking the pressure off them.



THE SIMPLEST BUDGET PLAN EVER

By "Responsible Walter"

1. Buy what you need.
2. Don't buy what you don't need.
3. Spend less than you make.



FRANCINE'S COFFEE CAKE

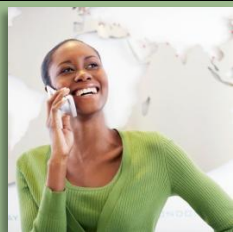
Beware: So good you might want it too often!

For cake batter: Cream together 1 c. each of butter and sugar. Mix in 2 eggs and 1 c. sour cream. Add 2 c. flour, ½ t. salt, ½ t. baking soda and 1 t. vanilla to sour cream/butter mixture and mix until just blended.

For topping: In a small bowl, mix ½ c. sugar, 1/3 c. brown sugar, 1-1-1/2 c. chopped pecans, and 1 T. cinnamon.

Spread half the batter in a 9 x 13 buttered cake pan, sprinkle with half of the topping mix, then repeat the layers. Bake at 350 for 30 minutes.

Best eaten warm. If you like coffee, pour yourself a cup and take a break. Enjoy.



Give us a call 479-4152

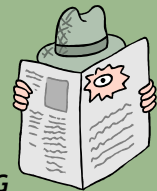


FRAGRANCE

Please help us with this sensitive subject...

It's hard to believe that our favorite scents may cause problems for others, but some folks are very sensitive to certain fragrances. Reactions can range from a stuffy nose or sneezing to an asthma attack.

Some of our patients, as well as some of our staff, suffer from scents lingering in the air. You can help us help you, and any others who may be allergic, by thoughtfully skipping your favorite scented grooming products (soap, deodorant, lotion, perfume, after shave, hairspray, etc) on appointment day. Thank you, thank you, thank you so much for your help with this.



NEWSLETTER FORMAT CHANGING

Going paperless!

From now on you can read the Smile Times in one of 3 ways: in your inbox, on our website, or a print copy when you're in the office.

If you would like delivery to your inbox, please send your current email address to yvonne@tracytodontal.com.



A FAMILY TREASURE

An "Ethical Will"...

How about creating a keepsake all about you for those who love you? It might be done in writing, on tape, or video. It can be filled with your beliefs, doubts, stories, instructions, wisdom, successes, disappointments, memories, and hopes. Making it takes effort, but it's a process you might enjoy.

To get your creative juices flowing you might ask yourself: "Who influenced me most? What do I wish I had known earlier? Where are my favorite places and what did I learn there? What was the happiest time? The most challenging? The time I wish I could relive? What do I most appreciate? Regret most deeply? How do I want to be remembered?"

There's no perfect time to create such a treasure. Some people make journals for their unborn children, and add notes every so often. Couples make them to get to know each other better. Older folks like to record their journey.

This document is sometimes called an "ethical will" which has nothing to do with property and everything to do with what matters most between people. It can be given to your loved ones or other important people when it's done, or tucked away for an occasion when you'd like to share it.



MEDICAL INFO FORMS FOR YOUR FAMILY

Your grab-and-go file can save a life...

If you, your child, or an elder you care for is injured or unconscious, information for emergency care providers can be critical. You may be distracted as you head to the ER and unable to gather crucial information quickly. Without advance planning, all you can do is grab the patient's medicine bottles (if any), insurance info and go.

Therefore, it's important to create a file for each member of the family that includes: A short medical history, including past surgeries or major problems, current medical conditions, doctors and their phone numbers, medications, immunizations, allergies (especially drugs, latex), and insurance information.

Also, talk to relatives about all the people in the family, even those who have passed away. Learn as much as you can about your whole family tree and write it all down. (Electronic medical records may eventually cover this need, but they are not yet universal.)

An item parents need to have ready for an emergency is a "Medical Consent to Treat" form to authorize babysitters or anyone who might need to take your kids to the hospital.

You can download some of these forms at "acep.org forms". Once created, share your forms with your family members and your doctor. Update as needed. Keep them in a "grab and go" file," easily accessible to all.



I think people always believe what they want to believe, don't you?

Lillian Hellman 1905-1984



To mail a big package of cookies to my two Air Force sons, both of whom were serving in Saudi Arabia, I was required to attach a label describing the contents. I carefully marked the box "Cookies" and sent it off, but after a month my sons said they had yet to receive my package.

Suspicious, I baked another batch, only this time I labeled the contents "Health Food." Within a week my sons reported they had received the goodies.

Reader's Digest



Remember When... by Anonymous

A computer was something on TV
From a science fiction show of note.
A window was something you hated to clean,
And ram was the cousin of a goat

Meg was the name of my girlfriend.
A gig was a job for the night.
Now they all mean different things,
And that really mega bytes.

An application was for employment.
A program was a TV show.
A cursor used profanity.
A keyboard was a piano.

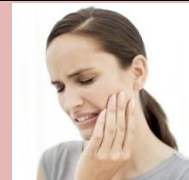
Memory was something that you lost with age.
A CD was a bank account.
And if you had a three-inch floppy,
You hoped nobody found out.

Compress was something you did to the garbage,
Not something you did to a file.
And if you unzipped anything in public,
You'd be in jail for a while.

Log on was adding wood to the fire.
Hard drive was a long trip on the road.
A mouse pad was where a mouse lived.
And a backup happened to your commode.

Cut, you did with a pocket knife.
Paste, you did with glue.
A web was a spider's home.
And a virus was the flu.

I guess I'll stick to my pad and paper
And the memory in my head.
I hear nobody's been killed in a computer crash,
But when it happens they wish they were dead.



PLEASE...
DON'T WAIT TIL IT HURTS!

Then it's a much bigger problem...
Checkups save \$\$--and your teeth.
Your overall health will be better too.
Prevention is always the best treatment.



BABY TEETH

Small, but very important...

A child's primary teeth, sometimes called "baby teeth," are as important as the permanent adult teeth. Primary teeth typically begin to appear when a baby is between age six months and one year. Primary teeth help children chew and speak. They also hold space in the jaws for permanent teeth that are growing under the gums. If a baby tooth is lost too early, the teeth beside it may drift into the empty space. When it's time for the adult teeth to come in, there may not be enough room. This can make the teeth crooked or crowded.

Brush your child's teeth until he or she is at least six years old. Encourage healthy eating habits that include a diet with plenty of vegetables, fruit and whole grains. Serve nutritious snacks and limit sweets to mealtimes.

Discuss your child's fluoride needs with your dentist. Starting children off with good oral care can help protect their teeth for decades to come.

**From the website of the American Dental Association



I Wish You Enough

Author unknown

I wish you enough sun
to keep your attitude bright.
I wish you enough rain
to appreciate the sun more.
I wish you enough happiness
to keep your spirit alive.
I wish you enough pain
so that the smallest joys in life appear
much bigger.
I wish you enough gain
to satisfy your wanting.
I wish you enough loss
to appreciate all that you possess.