



An Extra-Special Holiday Season

There's no sugar-coating it. 2020 has been one tough year. But even as our lives have been upended by COVID-19, and we face changes to our holiday traditions, there are plenty of ways to adapt and make this season even more special.

So let's explore some creative (and heartwarming) ways we can all ring in the holidays.

[BOOK YOUR APPOINTMENT](#)

1. Spread Some Joy



2020 has taught us how important the people in our lives are to us. So go ahead and spread some happiness where you can. Make Christmas cookies and leave them with friends and neighbors—or drop off pizza or other treats at a local nursing home, hospital, or fire department to brighten their lives.

2. Hop on a Video Call with Santa

Getting to meet Santa is a magical experience for many youngsters during the holiday season. Unfortunately, they might not get to see Saint Nick in person this year — but that doesn't mean they can't chat with him on the phone. Use [Santa Club](#) to book a video



conversation with Kris Kringle. The \$50 experience includes up to three children and even lets you keep a recording of the video.



3. Decorate a Festive Home

You're going to spend a lot of time at home this holiday season, so you might as well make your space the winter wonderland of your dreams. Set a budget and pick up some new decorations or open your craft bin and make some DIY ones.



4. Do a Holiday Puzzle



Piecing together a jigsaw puzzle is a relaxing way to spend the holidays. For grownups, go with a 1000-piece puzzle. For teens and younger (and anyone with less patience), a 500-piece puzzle works best. While you solve the puzzle, be sure to set the mood with a pine-scented candle and twinkly lights.

5. Watch a Holiday Movie



Watching a movie is the perfect way to spend the time between presents and dinner, or to unwind after the festivities end. Don't forget to nosh on treats or sip egg nog while you watch.

Here's a [link](#) to some of our favorites.

So as 2020 mercifully comes to a close, use the holiday season to reflect on the important things... family, friends, and good health (including good dental health!)

REMINDER!

Dental Benefits Expire Soon!

USE THEM OR LOSE THEM!





Take a moment from your busy holiday schedule to book an appointment. Your dental insurance benefits end in a few weeks--they do NOT roll over.

Time is running out! Have you taken advantage of your dental insurance benefits yet? All dental benefits and insurance policies expire on December 31st. So if you need dental care, it's very important to book your appointment **now**. Call for your Free Consultation and we'll complete your treatment by the end of the year.

Call NOW to maximize YOUR expiring insurance benefits.

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No Insurance? No Problem!

If you don't have dental insurance or an FSA or HSA account, contact our dental office at (888) 348-0952 about payment plans and special discounts.

Schedule Your Next Appointment Today!

Time slots are filling up, so the earlier you schedule, the more we will be able to work with you and your schedule to maximize your dental benefits.

Give yourself a gift for the holidays of a healthy smile! Book your appointment now!

BOOK YOUR APPOINTMENT



Have You Been Naughty or Nice to Your Teeth?

It's not easy to stay healthy during the holidays. Sweets seem to appear everywhere you go, and with all of the present-wrapping and card-writing, there's not much time to devote to you and your family's health and well-being. Luckily, Hermey the Elf, best known for his adventures with Rudolph the Red-Nosed Reindeer, joined forces with the American Dental Association (ADA) to come up with tips for keeping your mouth and teeth healthy during the holidays.





1. **Have a routine.** Hermey always brushes his teeth two times a day, for two minutes, and you should too! It's what keeps your mouth healthy in December and all year long. Make sure to use a fluoride toothpaste that has earned the ADA Seal of Acceptance.
2. **Choose the carrots.** (That means you, Santa!) Cookies and sweets are nice holiday treats, but instead of reaching for another candy cane, take a cue from Rudolph and eat the carrots.
3. **Don't forget the dentist!** The holidays can be a busy time, but that doesn't mean you can forget about your teeth. If you are due for a teeth cleaning or need work done, don't forget to visit your dentist in December. Before year-end benefits run out!
4. **Drink water.** You need a lot of energy for holiday activities, but avoid drinking sodas, sports drinks and juices with lots of sugar. Instead, drink water with fluoride in it to keep your teeth strong and healthy.
5. **Protect your teeth.** Wear a mouthguard whenever you play sports – or reindeer games – this winter.

[BOOK YOUR APPOINTMENT](#)

FESTIVE HOLIDAY RECIPE

Quick and Easy Yorkshire Pudding



Ingredients

3 eggs
1 cup milk
1 cup all-purpose flour
2 tablespoons butter

Directions

Step 1

Preheat oven to 375 degrees F (190 degrees C).

Step 2

In a medium bowl, beat eggs with milk. Stir in flour. Set aside.

Step 3

Divide butter evenly into the twelve cups of a muffin tin, about 1/2 teaspoon per cup. Place tin in oven to melt butter, 2 to 5 minutes. Remove tin from oven, and distribute batter evenly among buttery cups.

Step 4

Bake in preheated oven 5 minutes. Reduce heat to 350 degrees F (175 degrees C), and bake 25 minutes more or until puffed and golden.



During these uncertain times, we know you have questions, so don't hesitate to give us a call. Because offering a safe, professional Dental experience is our mission.

- Your friends at The Dental Views

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