



### Make This a November to Remember!

Okay, so we may not be traveling as much this year to visit relatives for Thanksgiving, but there are plenty of other ways to make November 2020 memorable. Small gatherings are recommended, and because we're in Southern California, our warmer weather lets us enjoy being outside.

So here are some fun things to do this month that are safe, healthy, and fun!

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#### 1. Turkey Trot.



Lots of communities hold Thanksgiving Day runs, from small trots to 5Ks and even mini-marathons. It's a great way to work up an appetite for the big turkey dinner. Make sure you stretch first, and if you haven't run in a while, take it slow.

#### 2. Rake Leaves!

This may sound like a chore, but how much fun is it to rake them into a pile and jump in! Leaving some on the ground may actually be good for wildlife, as they use leaves for protection against the cold winter months. And as the leaves break down, they enrich the soil in your yard!



#### 3. Take a Hike.

The weather may only be slightly cooler here in Southern California



cooler here in Southern California, but it's still perfect weather for a hike. Your local hiking trails are beckoning, with great views and even better cardio. But before you hit the trail, check the day's weather and what kind of gear you'll need to hike comfortably.



#### 4. Light Parade.



As we head into the holiday season, communities across the Southland string twinkly lights from rooftop eaves, tree boughs, and light posts. But an even more exciting event is the Light Parade, where lights line masts on sailboats and the edges of classic cars. Check community activity boards for a parade near you.

#### 5. Surfing Santas.



This Dana Point annual contest is a local favorite. A fun surf competition where men, women and children dress like Santa or other holiday inspired characters and surf Salt Creek to benefit Surfers Healing. This year's contest will have specific safety guidelines in place. November 21 - 22

**Be Thankful. Ultimately, November is a great time to look back on the past year and consider your blessings. Even though 2020 has been a tough one for everyone, there's still plenty to be thankful for, and not just because of the upcoming Thanksgiving holiday.**

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## REMINDER!

**Dental Benefits Expire Soon!**

**USE THEM OR LOSE THEM!**



Take advantage of your dental insurance before the year ends.

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Dental insurance benefits do NOT roll over.**

Have you taken advantage of your dental insurance benefits yet? You only have a limited time to get the treatment you need before your benefits expire. All dental benefits and insurance policies expire on December 31st. So if you need dental care, it's very important to book your appointment soon. Call Now for your Free Consultation and we'll complete your treatment by the end of the year.

**Call NOW to maximize YOUR expiring insurance benefits.**

## **BOOK YOUR APPOINTMENT**

### **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 fill up quickly at the end of the year as patients are trying to make the most of their dental insurance benefits. 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**



### **Eat crunchy fruits, nuts and vegetables.**

Ready-to-eat processed foods are convenient, but not so much when it comes to your teeth. Eating fresh, crunchy nuts and produce not only contains more healthy fiber, but it's also the best choice for your teeth. And that goes double for kids, who should get started on crunchy foods at an early age. So get those jaws working!



**BOOK YOUR APPOINTMENT**

## PATIENT SAFETY PROTOCOLS VIDEO



## Fun Days To Celebrate in November

- November 1 Go Cook for Your Pets Day
- November 2 Fill Our Staplers Day
- November 3 Cliché Day
- November 4 Use Your Common Sense Day
- November 5 Play Monopoly Day
- November 7 Sadie Hawkins Day
- November 8 Cook Something Bold and Pungent Day
- November 11 Red Lipstick Day
- November 12 Chicken Soup for the Soul Day
- November 17 Homemade Bread Day
- November 19 Rocky and Bullwinkle Day
- November 21 World Hello Day
- November 22 Humane Society Day
- November 24 Celebrate Your Unique Talent Day



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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**(888) 348-0952**

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