

Wire U Smiling?

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Special points of interest:

- Patient Rally - Slide into summer
- New Year's resolutions
- Sheffield Ortho - Fact Check Please
- #SheffieldOrtho ... better than the lottery

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Water Park Rally ... our slide into summer

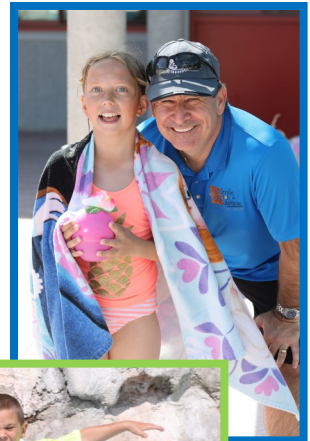
While the school year is back in full swing, we wanted to highlight some of the fun times we had at our patient rally in May.

The entire team at Sheffield Orthodontics loves to celebrate with our patients. Every year we look forward to the hotdogs, photo booth, and fun times we share as the school year wraps up. The Antioch Water Park provides the perfect backdrop for the fun.

This year we also asked our patients and families to rally to support the Food Pantry at Immaculate Heart of Mary. Once again, our community showed us their generous spirit, and we were able to deliver boxes of food and much needed supplies to help those in our

community. We continue to follow our mission to help others. Be on the look out for ways you can help us give back to our community.

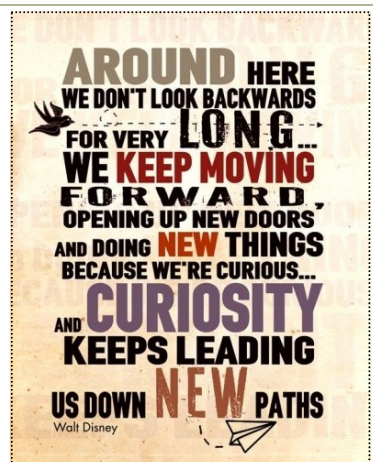
So, while the lazy days of summer may be behind us, reflect on the memories of good times with friends and family. Before you know it, we will be back at the water park for another cool adventure.



It's a new school year ... what are YOU learning?

Why wait until the days are short, to make a resolution to change? The beginning of the school year brings an opportunity for everyone to get CURIOUS about something. So, consider this your time to create a NEW routine. Don't be

afraid to ask an open ended question, commit to something you won't know is in reach until you get there. Challenge yourself to find the time. Why wait until JANUARY to be the change you can start TODAY.



Contest Corner

Eraser Top Estimation Station -
Give us an educated guess on how many erasers are in the estimation jar.



Winner will be able to quench their thirst with a Jamba Juice gift card.

Backpack BONANZA. Every new patient who starts braces or Invisalign in our office between Aug 28 and Sept 28 will be entered in a drawing to win a backpack and Target gift card.



We LOVE your Referrals

Of course we love to be part of the journey to your amazing SHEFFIELD SMILE. But we are thrilled when you refer friends to our practice. As an added incentive, every new SHEFFIELD SMILE that you refer to us, gets you entered in a drawing.

CONGRATULATIONS to NICOLE who referred JEANELLE to our practice. Nicole's name was drawn from our referral jar, and she chose a \$500 VISA gift card to make her SHEFFIELD SMILE even bigger. Now that is a GREAT way to kick off the summer. We draw again in December. Is your name in the jar?



Sheffield Orthodontics

We are your FAN CLUB

In May we honored our moms with ROSES in our office. Of course, we didn't forget our dads. For Father's Day, we asked patients to write a note of thanks to those big guys who work hard to support us in all we do. Before we put the postcards in the mail, we randomly picked ERYNN and KILEY to receive KINDER'S gift cards, so they could take their dads to lunch.



Just one small way to say THANKS to our dads for supporting our GRILLS ...

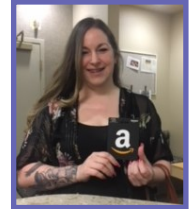


Thanks #SheffieldOrtho ... better than the LOTTERY

We all dream of winning the lottery, but the odds are definitely not in our favor. As part of the Sheffield Orthodontic family, there are SO many ways we REWARD our patients. We have drawings for our Kids Club ... just ask LILY, whose name was drawn from the basket of patients who came in for a growth guidance appointment. She won movie tickets AND extra

points for wearing her KIDS CLUB t shirt.

And since regular dental visits during treatment are important, let's not forget our hygienists. Desire was the winner of an Amazon gift card in Dr Rontal's office. So while it may not be MEGA millions, we love to surprise our patients and community with our gratitude.



Wacky Wednesdays ...

Once a month, we love to step out of the uniform box ... we invite you to join us for FUN and extra Sheffield points. In June we let our CRAZY HAIR get the best of us. If you saw us in July it was a RAINBOW and dance extravaganza.



This week we are hiding out in our CAMOFLAUGE. So, if you are in the office on AUG 29, bring your best to blend in. Life is too short to take so seriously. Join us for some creative FUN. See you soon!



Slow Cooker Chicken Tortilla Soup

Ingredients

1 onion, chopped
 1 (16 ounce) can chili beans
 1 (15 ounce) can black beans
 1 (15 ounce) can whole kernel corn, drained
 1 (8 ounce) can tomato sauce
 1 (12 fluid oz) can or bottle beer
 2 (10 oz) cans diced tomatoes with green chilies, undrained
 1 (1.25 oz) package taco seasoning
 3 whole skinless, boneless chicken breasts
 1 (8 oz) package shredded Cheddar cheese (optional)
 sour cream (optional)
 crushed tortilla chips (optional)

Directions

1. Place the onion, chili beans, black beans, corn, tomato sauce, beer, and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours.
2. Remove chicken breasts from the soup, and allow to cool long enough to be handled. Stir the shredded chicken back into the soup, and continue cooking for 2 hours. Serve topped with shredded Cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if desired.



Recipe from www.allrecipes.com

Sheffield Orthodontics ... Just the Facts please

Flexible Spending Accounts.

Most employer Flex Spending Accounts have an enrollment window from September through November. Did you know you can pay for your orthodontic investment using these PRE-TAX dollars? Ask your employer today what your options are for 2019.



Orthodontic Insurance

Unlike regular dental or medical insurance, orthodontic benefits have several unique features: a life-time maximum (it doesn't re-set each year); benefits are not paid up front, but over the course of treatment (as long as the policy is still in effect), and if you have two policies, a coordination of benefits may apply. Yes, it can be confusing, but we work hard to maximize your benefits. So, if your insurance changes, let us know asap.

Kids Club? I thought we were getting braces!

FACT

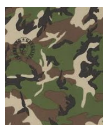
Dr Rob's goal is to recommend treatment based on your child's unique dental development. About 80% of new patient exams with the youngsters are sent into our Kids Club / Growth Guidance program. With follow up visits every 6-9 months, Dr Rob can monitor your child's GROWING health. If there are no major issues, Dr Rob prefers to wait until the 12 year molars are in to start treatment.

Upcoming Events



We know how "BUS-y" our families are when it's time for back to school. Here are some things we are planning ...

Wacky Wednesday: August 29 is our next Wacky Wednesday. Be sure to "blend" in with us as we wear our best camouflage gear.



100th

Smile for a Lifetime During the next 12 months, Dr Rob will award our 100th orthodontic scholarship. We are always looking for applicants and advocates. Can you help us find our next scholarship recipient? We



appreciate your help. One good deed can make a difference for MANY.

Referral Contest. Refer a friend, and get your name entered into our contest. Winner chooses from a \$500 Visa gift card or an iPad. Drawings are every June and December. What a GREAT way to end the year.

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Have you been to our website?

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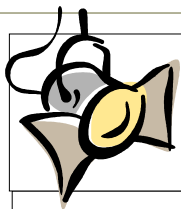
Dr. Robert Sheffield has been practicing in East Contra Costa County for over 20 years. He and his team pride themselves in helping each patient achieve their own best smile. Dr. Sheffield does not believe one size fits all, and strives to treat every patient as he has treated his own kids and family members. We are committed to continuous learning and bring the best technology and techniques to our patients. But at the end of the day, our true passion is seeing each smiling face that walks in and out of our office.

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Spotlight on ELIJAH ...



Welcome to BABY ELIJAH ... the newest member of our Sheffield Orthodontics family. We are so thrilled for Rebekah and Nick who welcomed ELIJAH to their family. We have all been anxiously awaiting the arrival of this special little guy.

Born on August 11, Elijah happens to share a birthday with another Sheffield Orthodontics kid - Rocio's daughter Isabella.

Mom and Dad are doing well, and we are excited to see Elijah out and about.

Rebekah will be back in the office in November. We are looking forward to her return in the fall. Welcome BABY ELIJAH!



Smile for a Lifetime (S4L) is a national non-profit foundation that brings orthodontic treatment to disadvantaged members of the community. Sheffield Orthodontics is pleased to have created our own chapter for this foundation. Our board of directors reviews applications and select scholarship recipients twice each year.

If you would like to learn more about the Smile for a Lifetime Foundation, please call our office. If you know a child who could benefit from this gift, applications can be obtained on our website.

We believe that creating a culture of giving within our community can be a strong force for good. This is our way of paying it forward.