

Wire U Smiling?

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Special points of interest:

- Paying it forward at Spirited Sanctuary
- Health related news you can use
- Mini pies—make MANY holiday dessert favorites

Inside this issue:

| | |
|-----------------------------------|---|
| Wacky Wednesdays | 2 |
| Contest Corner and more | 2 |
| Upcoming Events | 3 |
| Sheffield Ortho is Sharing Smiles | 4 |
| Brentwood Turkey Trot | 4 |

How a warm coat can warm the heart ...

During our Patient Rally at the Antioch Water Park in May, we asked our Sheffield Ortho families to clear out their closets of gently worn coats that we could share with others as the fall turned into winter. This was the first winter coat donation we had rallied behind, and were so appreciative of the generous outpouring of support from so many patients. While it seemed a bit out of place as we were kicking off summer plans, now that Fall has arrived,



we are

the act of kindness is keeping both bodies and hearts warm. We delivered more than 40 coats to help out those in need at HealthRIGHT360. This is much more than transitional housing, and

thankful when Sheffield Ortho families make us aware of the local needs and services that are available in our community.

We live in such an amazing and giving community. Thank you for helping us pay it forward !



The past is history

The future is a mystery

Today is a gift

That is why we call it the present.

Spread some holiday CHEER

While we just packed up the Halloween decorations, the planning has already started for our annual Holiday Toy Drive. Since we see most of our patients on a 6-9 week rotation, we may be wishing you a Happy Thanksgiving and Merry

Christmas all wrapped into one! We want to make sure everyone has something to CHEER about this Christmas. So, if you are out finding gifts for loved ones, consider buying an extra something for our toy drive. Dr. Rob will



MATCH the toys we receive. That is an INSTANT double down on the happiness-meter. So, thanks for your generosity ... we love your kind hearts.

Contest Corner

Goulish Eyes are watching. In the spirit of Halloween, the EYES were watching you. Congratulations to DELINA and JOSH for correctly guessing the number of Halloween-themed eyes staring back at you. An Amazon gift card awaits. Be on the look out for our next contest Good luck!



Refer and WIN.

Did you know that for every new family that you refer to our practice who STARTS treatment enters you into our referral contest giveaway? You can win a \$500 iPad or Visa card. Next drawing is in December. Time to punch your TICKET.

How about 'them pumpkins?

Yes, even the dental offices get into the spooky spirit. Every year the ante is upped. Not sure if Pinterest has anything to do with the UBER creative entries we receive. But it is super fun to see the results. We showcase the creative results in our offices, and encourage all to vote for their favorite. We conduct both on line and in office voting. This year's BEST in SHOW went to BrentCourt. MOST CREATIVE went to Smile Line. Thanks for playing. Winning offices received a \$100 Starbucks JOLT.



Sheffield Orthodontics

We are your FAN CLUB

November is the month most employees can change health benefits and FLEX spending limits for 2020. Don't forget, ortho treatment can be paid using flex spending. Ask us how ...



A belated royal shout out to EMMA. She was crowned Homecoming Queen at Heritage High School this year. Your smile is contagious.

We LOVE to see our patients SMILE both in the office and out and about town.

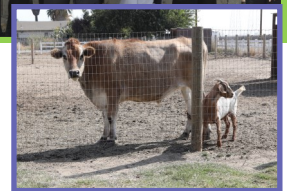


Paying it forward at Spirited Sanctuary

This Fall, we challenged our patients to help us raise money for Spirited Sanctuary, a local business that provides care and love to a menagerie of animals in our community. Dr. Rob matched the funds raised by our patients, and our team had the chance to

take road trip to the farm, deliver our donation, and kiss a few pigs at the same time.

There are plenty of drop-in volunteer opportunities. Check out www.spiritedsanctuary.org if you are interested in helping out this LOCAL cause



Wacky Wednesdays ...

While we always encourage patients to wear their Sheffield Ortho shirts to their appointments, the added bonus of the Wacky Wednesday brings this tradition (and POINTS) to a whole new level.

We love it when patients celebrate with us. We had a two day Halloween dress up in October November

27, we will be in Brentwood wearing our pajamas. If you miss us then, join us for Christmas Sweater festivities on December 18 in Antioch. Can't wait to see you!

So, be sure to come on in and show us YOUR stuff, and earn EXTRA Sheffield Points while you are at it!

Your creativity makes us smile.



Mini recipes let you enjoy **MANY** great desserts



Use your cupcake tins to create miniature desserts over the holidays. Two of my favorites ...

Mini Pumpkin Pies (allrecipes.com)

2 Pillsbury refrigerated pie crusts
3 eggs, divided
8 oz cream cheese, softened
1/2 cup sugar
1 cup canned pumpkin
1 tsp vanilla extract
1 tsp pumpkin pie spice

1. Heat oven to 350
2. Roll out each pie crust; cut each crust into 6 4-inch rounds. Fit the circles into greased 12 hole muffin tin

3. Separate one egg, and place the egg white into small bowl. Beat egg white until slightly frothy. Brush edges of each mini pie crust with egg white. Place the remaining yolk into a bowl. Mix with remaining ingredients until smooth. Spoon mixture into each crust.
4. Bake the pies in until crust edges are brown and filling set, about 18 minutes. Allow to cool before eating.

Mini Apple Pies (Dr. H recipe)

2 1/2 lbs (about eight) granny smith apples, peeled, cored, diced into 1/2 inch pieces
2 1/2 tsp cornstarch
1 tsp fresh lemon juice
1/4 c sugar

- 1/4 c brown sugar*
1/2 tsp cinnamon
1/8 tsp nutmeg
2 Pillsbury refrigerated pie crusts
1. Heat oven to 425
 2. Roll out pie crust, cut into 4" rounds. Brush with egg wash
 3. Mix all filling ingredients in saucepan. Cover and simmer for 20 minutes. Cook 5 min with the lid off. Let cool for 15 minutes (back to room temp)
 4. Generously fill each mini pie crust. (it will settle when cooking, so pile it on)
 5. Bake pies until crust edges are brown, about 15 minutes. Allow to cool. EAT

*** HINT. While the apples simmer, start the pumpkin pies. EASY!***

Health related news your can use ...

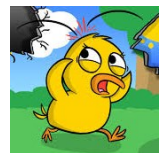
Snacking on chips may cause cavities in young children

While most of us know that sugary foods like candy and cookies can increase the number of cavities a child may develop, a new study suggests that chips can be another contributor. According to the study, cavities were more prevalent among children who ate chips on most days. While the as-

sociation was unclear, previous studies suggest that the starch in chips acts like sugar to create an environment conducive to the development of cavity-causing bacteria. But in reading the fine print, the same study also noted that children who ate chips were also more likely to eat sugary snacks, which could also explain the association.

Moral of the story?

Common sense and moderation never hurt anyone. AND, even if you hear the sound bite of a study, take the time to do your own reading and research ... no need to add to the Chicken Little mentality of the day.



Upcoming Events

Spread some holiday CHEER with us ...



Wacky Wednesday: Our next Wacky Wednesday will be PAJAMA DAY on November 27. How about Christmas sweaters on December 18?

Sharing Smiles. Two times each year, Dr Rob awards 6 orthodontic scholarships to children in our com-

munity children through his own non-profit foundation (see last page). Since 2011, we have given these scholarships to more than 90 kids. Do you know a potential candidate? March 30 is the next application deadline.

December is almost here Every year we sponsor a toy drive for the com-

munity. Bring a toy into the office by Dec 17. What a great way to pay it forward!

Referral Contest. Refer a friend, and get your name entered into our contest. Winner chooses from a \$500 Visa gift card or iPad. Drawings are every June and December. Create your OWN holiday shopping spree. We are grateful for your support.



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Changing lives one smile at a time.

Have you been to our website?

www.sheffieldortho.com

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.

Find us on Facebook ! Follow us on Instagram !

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Brentwood Turkey Trot ... Paying it Forward

The team at Sheffield Orthodontics is passionate about our practice, and paying it forward in our community. For several years, we have been a sponsor at the Brentwood Turkey Trot. If you have never participated, it is a GREAT way to burn some calories prior to the feast of Thanksgiving.

It is a 5k walk / run near the Streets of Brentwood on Thanksgiving morning. And while some have personal goals and race mentality, for most of us, it is a fun way to share community with our neighbors and raise money for a great cause (our local school sports programs).

This year we plan to have a table set up near the start/finish.

We will have our iTero scanner and some amazing before and after photos. So if someone you know is on the fence about orthodontics, bring them by.

As an added incentive, we will donate \$25 to the BUSD / LUHSD sports programs for each person that starts treatment from now until the end of the year.

See you there !



Dr. Rob established Sharing Smiles in 2019 as a non profit to continue to bring orthodontic treatment to disadvantaged members of the community. Since 2011, Sheffield Orthodontics has been paying it forward in our community by providing free braces to children who could otherwise not afford this life changing investment. Our board of directors reviews applications and selects 12 scholarship recipients every year.

If you would like to learn more about how Sheffield Orthodontics is SHARING SMILES, please call our office. If you know a child who could benefit from this gift, applications can be found on our website.

Giving back is a present to all.