

Wire U Smiling?

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Special points of interest:

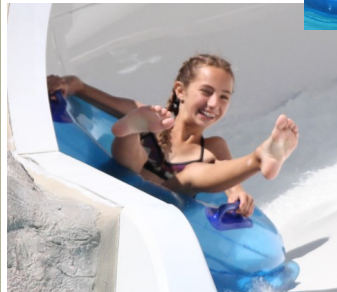
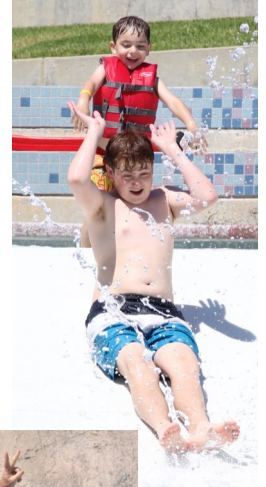
- Water + Sun = FUN Party
- Out and About in the Community
- Healthy Snacking
- Notable Quotables

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Water + Sun = FUN

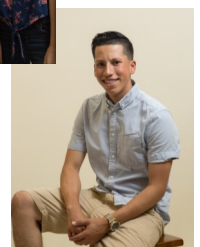
It is hard to believe that the a new school year has started. Before we say goodbye to summer, we thought it would be fun to remind you how we kicked things off in June at our Patient Appreciation Event at the Antioch Water Park. There was fun and food for everyone. If we missed you this year, be sure to check your calendar and join us at our NEXT patient RALLY.



SHEFFIELD SMILES ...

Thanks to our patients who stopped by for our photo shoot in June. We LOVE to see you in your best Sheffield Smile. We hope you will cherish the amazing photos.

Here is a sneak preview. You never know where your smile might take you ...



Contest Corner



She Sells Seashells by the Sea Shore

Congratulations to STEVIE F and JONAH for coming closest in our seashell guesstimation station contest in June.

Red Orange Yellow Green Blue Purple ?

Have you seen our latest COLORFUL contest? In our back to school spirit, see if you can correctly guess the number of crayons in the jar. Closest guess can choose between ULTA or iTunes.



Congratulations to all of our DADs. For Father's Day many of our patients wrote nice notes to their dads, and we chose two postcards at random and rewarded them with BW Fine Meats gift cards.



Patient Referral Contest

In June we TUMBLED the cage and MELISSA McW won a \$500 VISA gift card in our PATIENT REFERRAL drawing. Thank you Melissa. If you would like to increase your chances in our next drawing, refer a friend to our practice. We draw names every June and December. We LOVE your referrals.

Sheffield Orthodontics

We are your FAN CLUB

It's been a summer of GIANT giveaways. If you needed a reason to follow us on Facebook, just ask the HUMMER and HIGBY families. Both families enjoyed a day of GIANT fun compliments of Sheffield Orthodontics. AT&T Park is always a great place to see a baseball game. We love to connect with our Sheffield Families, and share our spoils. So, follow us on Facebook, and you never know what tickets may show up next.



Out and about in the Community ...

As so many of you know, our team is ALL IN. We care about each patient as you walk in our office, and we care about giving back to the community in ways big and small.

We are proud to sponsor local schools, sports teams, and attend many activities in our town.

We hope we can inspire you to

find your passion and pay it forward. You may never be able to measure the full impact of your contributions, but every effort makes a difference.

So, the next time you see us out in the community, flash us your Sheffield Smile, and know that we can ALL make a difference.

Upcoming Events ...

Sept 16 - Shepherd's Gate 5K

Oct 28 - Hometown Halloween

Nov 4 - Education Hoe Down

Nov 23 - Brentwood Turkey Trot



Wacky Wednesdays ... and Monday Madness

We believe that a team that laughs together lasts together. If you want a peek at how we start our Monday mornings, be sure to check out our Facebook or Instagram pages. (dancing the YMCA to Ice Ice Baby? Or how about Jazzercise?). I think you will be relieved we chose BRACES and

not DANCING for our careers. We also SHARE our silliness with Wacky Wednesdays, and invite our patients to join us in THEME days. Just for joining, you can earn EXTRA Sheffield points.

In July it was a HOME RUN with our SPORTS theme. Join us on August 30 as we sport SUN-

GLASSES. How creative are you? See you soon.



Snack ideas to pack into your days. The key is to avoid the slump ...

Think of snacks as mini-meals. Choose foods that taste good and are good for you. Get creative and avoid the snack slump ... Here are a few ideas with 200 calories or less

1. Popcorn . Did you know it's a whole grain! Popcorn actually has 4 grams of fiber per 3-cup serving, which makes it a filling snack. Plus, it's endlessly versatile. You can transform air-popped popcorn with all sorts of toppings, including grated cheese, nutritional yeast or cinnamon and sugar.
2. Natural peanut butter (the kind without added sugars and other kinds of fats) is a great snack option. It gives

- you protein and healthy fats, and pairs perfectly with apples, bananas, celery and whole-grain crackers or toast
3. A fruit smoothie made with one cup non-fat milk, 1/2 cup frozen strawberries and half of a banana
4. One six-inch flour tortilla with 1/4 cup black beans and 2 tablespoons fresh salsa
5. 1/2 a whole wheat pita and 1/4 cup of hummus
6. An apple with string cheese
7. Skip the bagel ... try 1/2 an English muffin and 2 tablespoons of cream cheese
8. How about 1/2 cup of cottage cheese and one cup of canned

mandarin oranges ... delicious!

9. You can balance the tartness of plain greek yogurt with strawberries. Try 6oz of yogurt with a cup of strawberries.
10. Try sandwich thins instead of bread. Add a three-ounce serving of turkey (60 calories AND 12 grams of protein). If you have to add a condiment, stick to yellow mustard. A two-tablespoon dollop of mustard on top brings the total calorie count to just 163

Smart snacks are an important way to keep your energy up.

Notable Quotables ...

"The real measure of wealth is how much you'd be worth if you lost all your money." - Author Unknown

"Strength is the ability to break a chocolate bar into four pieces with your bare hands—and then eat just one of those pieces." - Judith Viorst

"Laughter is an instant vacation." - Milton Berle

"When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one that has opened for us." - Alexander Graham Bell

"Money will buy a pretty good dog, but it won't buy the wag of his tail." - Henry Wheeler Shaw

"Friendship is born at the moment when one person says to another, 'What! You too?' I thought I was the only one." - C.S. Lewis

"Americans have more food to eat than any other people and more diets to keep them from eating it." - Author Unknown

Upcoming Events

We know you are busy, and so are we. Here is what is up next ...



Wacky Wednesday: Our next Wacky Wednesday we will be **SUNGLASSES** on August 30. Followed by **NEON DAY** on September 27.



Smile for a Lifetime Applications for our next round of orthodontic scholarships are due September 30. Help us spread the word. .

Hometown Halloween. We will be at Brentwood's Hometown Halloween on October 28. Be sure you stop by and get a TREAT.

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 fun can you have this December with \$500?



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Have you been to our website?

www.sheffieldortho.com

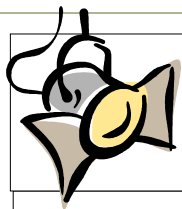
Dr. Robert Sheffield has been practicing in East Contra Costa County for over 18 years. He and his team pride themselves on amazing orthodontic results and paying it forward in our community. Dr. Sheffield treats every patient not only as an orthodontist, but can relate as a parent to our orthodontic families. We enjoy seeing each smiling face that walks in and out of our office.

Find us on Facebook ! Follow us on Instagram !
Have we asked for your feedback ?

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Spotlight on Lina ...

Every now and then we have the opportunity to add an amazing new team member to our orthodontic family.

This newsletter we want to shine the spotlight on Lina.

Lina joins us as a clinical assistant, and has more than 17 years of experience in the dental field.

Outside of the office, Lina is married to her high school sweetheart, and loves having friends and family over for big gatherings. When she isn't watching her kids' sporting activities, Lina loves to experiment with manicures, makeup artistry, and surf the web for internet shopping bargains. But don't think she is all girly-girl. She also loves



the outdoors and finds that the small things like a hike or just a walk outdoors can be the perfect fix to keep her going.

Welcome Lina !



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 found 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.