

Wire U Smiling?

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Special points of interest:

- Hometown Halloween
- We are Thankful - Paying it forward
- Taming your Facebook Feed - keeping the good stuff
- Sheffield Team FUN-raising in the Community

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Magicians had SCARY fun in BOO-Town

We love where we live. If you didn't see us at the Brentwood Hometown Halloween, you missed a great TREAT. It's a great excuse to get DOUBLE duty for those costumes. If you have been part of our ortho family for a while, you have seen our SPIRIT in action. This year we chose the magic of Harry Potter and WIZARDS. We even had Hedwig at our booth. We love finding ways to give back to our community.

Which house would the sorting hat choose for you?



Be on the lookout for our team next year. Ideas are already swirling



We are Thankful. Help us Pay it forward this Holiday season

As you venture out to find the perfect holiday gift, we invite you to DOUBLE down and pick up a gift for someone you don't even know. Dr. Rob has been sponsoring a toy drive every holiday season for more than 18 years. For every toy that

is brought to our office, he will make a MATCHING donation. What a great way to help those in need this holiday season! We partner with the Antioch school district and Willy's Bagels in Brentwood. So if it is in your heart and budget, we would love

your support. Feel free to drop off a toy at either office any time until Dec 15.

Enjoy the holidays. Hug your family.



Contest Corner

Estimation Station WINNERS



Congratulations to ALLIE for guessing 128 crayons in the jar. She will be singing some new tunes with the iTunes gift card (Taylor Swift? Luke Bryan?)

This month we are counting Christmas puffs. Is the jar fluffed or stuffed? You make the call. Good luck ...



Pumpkin Decorating Contest

No Country Bumpkin-Pumpkins in this group. In August we deliver

pumpkins to some of our CRAFTY dental offices. What comes back is nothing short of amazing. After the offices have their fun, our patients vote for their favorite creation. Bragging rights and Starbucks cards go to the winning offices of our in-office and on-line voting. Thank you so much to all the offices that participated. We can't wait to see what they come

up with next year!



Sheffield Orthodontics

We are your FAN CLUB

A huge Freedom HS Cross Country High FIVE. Not very often can we celebrate FOUR patients and their accomplishments in one photo. We are so proud of your dedication, training, and look forward to seeing your Sheffield Smiles as you achieve your goals.

Great job Samantha, Nicole, Jessica, and Katie!

A perfect five



Sheffield Team FUN-Raising in the Community

November was a GREAT month of FUN-raising for the Brentwood School District. Our team danced the night away at the Brentwood Hoedown on November 4. It was so great seeing so many of our ortho families raising money for a great cause.

Team Sheffield Ortho also sponsored and ran in the Brentwood Turkey Trot on Thanksgiving

morning, also benefiting Brentwood Schools. Some were dreaming of the Turkey Day Feast, while others claimed the post-finish mimosas were their motivation. We love to sponsor our patients' passions and know the value of a great education.

There is no "I" in team. How can "U" make a difference where we live?



Wacky Wednesdays ...

How to explain ??? Once a month, we take a more light-hearted approach to the office dress code. Of course, half the fun is when our patients join us in the silliness. In OCTOBER we wore our favorite Halloween costumes. On Nov 29, Harry Potter is making a swan song appearance. December 20 we

are pulling out our UGLY sweaters. We hope you join us. Life is too short to miss out on the FUN. And don't forget, our patients earn EXTRA Sheffield points for participating. See you soon!



Slow Cook your way into FALL ... Ribs without the BBQ

Dust off your slow cooker, fall off the bone ribs will be ready within 30 minutes of getting home!

Ingredients

1. 3-4 pounds of baby back ribs
2. 1/2 yellow onion - sliced
3. 2 cloves chopped garlic
4. 1/2 cup water
5. 18 oz bottle of BBQ sauce

Directions

1. Pour water into slow cooker. Layer the ribs into cooker. Top the ribs with the onion and garlic. Salt and pepper to taste.
2. Cook on Low for 8 hours or High for 4 hours.
3. Preheat oven to 375 degrees.

4. Transfer ribs from slow cooker to a foiled baking sheet. Discard onion and garlic.
5. Coat ribs with bbq sauce
6. Cook at 375 for 15 minutes
7. Flip ribs over, slather with sauce and cook for 10 more minutes until sauce is caramelized.
8. ENJOY

Recipe adapted from
www.allrecipes.com



Odds and Ends ... Tips to Tame your Wild Facebook Feed

1. **Prioritize People.** In settings you can tap news feed preferences and prioritize who to see first. Sorry, you can only prioritize 30.
2. **ID Close Friends.** You can identify people as "close friends" or even "acquaintance" by clicking through a friend's profile page and hit the blue "friends" icon. People won't be able to see how you have classified them.
3. **Ditch the Duds.** You can unfollow

a bunch of people at once—without them finding out. Go to News Feed Preferences, tap "Unfollow people" and select people whose posts you don't want to see.

4. **Hide and See Fewer.** Even your favorites may post things you don't want to see. On an annoying post, tap the three dots, and then select "Hide post". You will notice it also says, "See fewer posts like

this." A Facebook algorithm uses different factors to determine what to limit.

5. **Review your Liked Pages.** Facebook says its algorithm learns from all your past likes, comments and interactions. That is why you should check up on old pages you once liked. You can search for "pages liked by me". Tap "see all" and unlike the clutter.



Upcoming Events

Don't let the WINTER freeze you out. We always have a lot going on ...

Wacky Wednesday: Our next Wacky Wednesday we will be wearing our UGLY SWEATERS. Just think of the fun looks you can get on DEC 20 if you JOIN us.



Flex Spending Accounts: Most Flex Spending deadlines are November. Have you made your plans for 2018? Maximize your benefits!

Toy Drive. We are collecting toys for children in our community. Stop by either office before Dec 15 and make



someone's holiday by adding to our SANTA STASH. Dr. Rob MATCHES. That's a BONUS for all.

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 start the HOLIDAYS. Refer today.



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Have you been to our website?

www.sheffieldortho.com

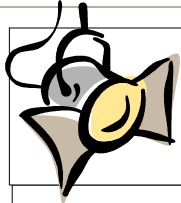
Dr. Robert Sheffield has been practicing in East Contra Costa County for over 19 years. He and his team pride themselves in helping each patient achieve their own best smile. Dr. Sheffield does not believe one size fits all, and strives to treat every patient as he has treated his own kids and family 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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Welcome PAULA ...

Every so often, we have the opportunity to add an AMAZING new team member to our Sheffield Ortho Family. This newsletter we would like to introduce you to our new Treatment Coordinator, PAULA. We are so thrilled to add her professionalism and can-do attitude to our team. With more than 12 years in the dental field, she loves the challenge of learning our ortho lingo. Outside of work, Paula makes time to get to the gym, and loves spending time with her



family. Did we mention her contagious laugh? Welcome Paula !



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.