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We LOVE our patients!  
If you have family or friends who can benefit  
from our services, we would love to meet them!



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The Smile Line

From DeLurgio and Blom Orthodontics

916-546-4629 www.DeLurgioAndBlom.com Orthodontic Specialists

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Motivating Your Loved Ones  
With New Year's Resolutions

If there's one thing that's harder than sticking to your own New Year's resolutions, it's convincing your loved ones to stick to theirs. Whether the goal is losing weight, cutting back on alcohol, getting spending habits under control, or finding a fulfilling new career, the new year represents a golden opportunity to make meaningful changes in your life — and the lives of your loved ones too.

One of the best ways to inspire your loved ones to achieve a New Year's resolution is to make the resolution a shared vision. Rather than having everyone in your family say their own resolutions separately, why not combine them into a series of family resolutions that each member contributes to? You can still set individual goals for each family member, but they'll all feed into the vision you've established as a family.

What kind of resolutions can you agree to as a group? Maybe you all pledge to practice a healthy lifestyle this year, which means exercising every day. This particular goal may seem similar to one you would set for yourself, but it's totally different when you're committing to it as part of a group — and it'll feel different for your loved ones as well.

For example, when you wake up in the morning to exercise, and you lie in bed wondering whether you should just skip it today, you know that you'll be held accountable to the resolution by the rest of your family. If there's a group resolution in place, it's a lot harder for anyone to ignore what they resolved to do — and that's a good thing! After all, you won't see the improvement in your life without putting in the work.

You can use a group calendar to track progress and even set rewards based on the group achieving a goal. In the exercise example, if everyone in your family sticks to a daily exercise regimen for 21 days straight, maybe you could offer a family fun



day as a reward: Each person picks an activity they'd like the family to do, and everyone participates.

Ultimately, it's not so important which goals you choose — it's about completing resolutions together and seeing each other progress. Not only can you make meaningful change in your family's life, but you can also bond over a shared experience and support each other.

So how do you persuade the rest of your family to climb on the shared-resolution bandwagon? You make sure they know that their input is all equally valued, and that you want everyone to buy into the family resolutions. It's not about picking on one family member, but about encouraging everyone to improve, regardless of where they're starting. Group resolutions are worth a try for the accountability, the bonding, and the real results they can provide. Make 2016 a year to be proud of!

PATIENT OF THE MONTH



25 MONTHS  
Mason W.

A SPECIAL THANK YOU

to those who referred a new  
patient or posted a review!

Jennifer R.  
Raina M.  
Karely W.

Eric M.  
Nancy G.

FROM OUR Patients...

"My experience was very good, everyone was  
very kind when I came in for appointments  
and made it clear what I had to do."

-Mason W

# 2 Put Housework to Bed Early

## Reasons Not to Clean Your House Tonight

Hey, you! Yeah, you, with the toddler under one arm, a laundry basket under the other, and dinner plans on your mind. Do you wake up in the morning feeling like your calendar has more entries than a dictionary? At the end of the day when the kids are asking for a bedtime story, and you're the one who feels like you need tucking in, how do you convince yourself to take on three more hours of dishwasher emptying, Lego gathering, and sock seeking? Easy — don't! Here's why the laundry can wait.

### MONKEY SEE, MONKEY DO

As parents, we work our tails off so that our kids can have a better life. We want them to grow into independent, capable creatures who are able and willing to nurture themselves and others. But if all those monkeys see is Mommy and Daddy work-work-working and never taking any time to monkey around themselves, how will they know that work and play have to live side by side? It's our job to take care of our kids, but also to teach them how to take care of themselves. This means physically and psychologically. You are

doing just as much parenting when you take a break from chores as you are when you teach them to do the dishes.

### YOU'RE SICK OF CLEANING — LITERALLY

Studies show that simply thinking too many thoughts at once can cause anxiety levels to rise. This means when you are staring in horror at your living room floor wondering when you'll get to the bathroom and how to get that stain off the shelf in the refrigerator, your mental to-do list may be growing, but your mental health is dwindling. As if that weren't enough, the physical effects of anxiety can include irritability, fatigue, headaches, hypertension, digestive issues, immune suppression, weight gain, and nausea.

So tonight, after dinner, put your feet up. Leave the tidying till tomorrow. You've got some serious relaxing to do. After all, that "Friends" marathon isn't going to watch itself.



## IS FIDO ABOUT TO EAT YOUR Retainer?

You've made it! Your braces are off, and it's time to get a retainer to hold those pearly beauties in place. Congratulations! We'll help you determine what is best for maintaining your straight smile, but whatever the case may be, it's important to take care of your retainer to avoid damaging or losing it. Here are some pointers to keep your retainer in tip-top shape.

**BRUSH IT LIKE IT'S YOUR TEETH.** Your retainer collects tartar and plaque, much like your teeth. If you don't take the time to clean it, you will be subjecting your mouth to all sorts of harmful stuff that can damage your teeth or make you sick. Use a soft-bristled toothbrush and a dab of toothpaste to gently brush the retainer, and rinse it carefully in room temperature water.

**DON'T EAT WITH IT.** It may seem like a hassle to remove your retainer before every meal, but it's even more of a hassle to break the wire on sticky or crunchy foods and have to replace it. Do yourself a favor next time you dive into that caramel apple and place your retainer in its case.

**BRING YOUR CASE JUST IN CASE.** You've just sat down to eat at your favorite restaurant when you remember to take out your retainer (great work!). The problem is that you forgot to bring your case with you, and the only thing nearby is a paper napkin. You don't want your retainer sitting on the table in plain sight, so you carefully wrap it up in the napkin and start to eat. Once the meal is over, you leave the restaurant and your retainer gets tossed into the trash with the rest of the waste. To avoid this scenario, remember to always bring your case with you when you go out.

**IT'S NOT A TOY.** It's something mothers love to say, and for a good reason! Young kids and pets — especially pets — are fascinated with retainers. Keeping your retainer in its case will help to ensure it doesn't get into the wrong hands (or paws), but an even better idea is to keep your retainer in a safe place like the medicine cabinet or the top shelf when you aren't wearing it.

# Fortify Yourself Against the Cold

## HOW TO BUILD THE PERFECT WINTER HIDEAWAY

Sometimes, when the winter time blues come a-knocking, you need a super-duper top-secret place to hide away. When the cold January winds are whistling, you'll want a spot where you and the kids can curl up with some hot chocolate and all the books you can read. For those days when outdoor fun is out of the question, why not build a fort? Forts are an easy, inexpensive way to entertain you and your kids for hours. For the low, low price of some real estate in your dining or living room, you can have a full day of fun with your kids.

The key to building the best fort is to let your imagination be your guide; anything is fair game. Strip the couches of their cushions; drape the table with a sheet. As parents, it becomes so easy to forget the imaginative side of ourselves, so why not spend some time with the kids while waking up

your inner creativity. Let cardboard boxes become castles, and bed clothes become a circus tent! Have a campout under the dining room table, and tell ghost stories by flashlight. Improvisation is key, but if your well of ideas seems to be running a little dry, running a quick Google search will leave you with tons of genius ideas. If you aren't sure where to begin at all, YouTube is loaded with how-to videos, ensuring your fort will be truly epic.

Once construction is complete, don't forget to decorate. You can make flags and signs, or loan the kids a string of leftover Christmas lights for the occasion. Your kids will shock you with their inventive ideas. Winter can drag on and on, so why not "fort"-ify yourself against the cold with a little old-fashioned, imaginative fun.



## TOMATO BISCUITS

### INGREDIENTS

- 1 medium tomato, seeded and finely chopped
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup low-fat plain yogurt
- 1/3 cup olive oil
- 2 tablespoons finely chopped scallion
- 1 tablespoon finely chopped sun-dried tomato

### DIRECTIONS

1. Preheat oven to 450°F. Lightly coat baking sheet with nonstick cooking spray. Drain chopped fresh tomato on paper towels.
2. In medium bowl, combine flour, baking powder, and salt. In small bowl, combine yogurt and oil, and stir into flour mixture until evenly moistened.
3. Stir fresh tomato, scallion, and sun-dried tomato into flour mixture. Drop dough, 1/4 cup at a time, onto prepared baking sheet, for a total of 12 biscuits.
4. Bake until tops are golden brown, about 12 minutes. Serve warm.