



December 2018

# Lake Avenue Dental Word of Mouth

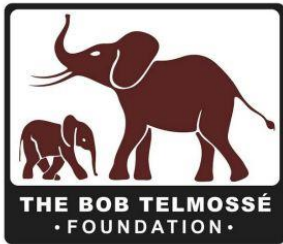
Superior care, one patient at a time

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## Contact us

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## Santa Bob



Keeping the Christmas Spirit alive and helping families in the Pikes Peak region!

## End of the Year Dental Benefits



## 36<sup>th</sup> Annual Bob Telmosse Christmas Giveaway



We are thrilled to participate in the 36th Annual Bob Telmosse Christmas Giveaway again this year! The foundation collects toys and useful gifts during the holiday season and donates them to local families in need.

If you would like to donate, please bring suggested items to our office by **December 19th**. A Bob Telmosse Foundation representative will collect everything for the big donation day on Saturday, December 22nd at Norris Penrose Event Center. Top suggested items include: new toys and books, bikes, jackets, mittens, and hats. A full list of accepted items can be found at [www.santa-bob.org/suggestions/](http://www.santa-bob.org/suggestions/).

For more information on the Bob Telmosse Foundation and this Christmas Giveaway, please visit their website. [www.santa-bob.org](http://www.santa-bob.org)

## Use Em' or Lose Em'!

Dental insurance benefits can be difficult to navigate. Co-pays, deductibles, limits... You might wonder, "How can I maximize my benefits? Am I missing out on coverage?" Did you know most dental insurance benefits don't roll over from year to year? If you don't use them, you could lose them! Don't throw your money away by putting off dental treatment or preventative care. You've already paid for these benefits; get your money's worth!

Prevention is frugal: Maintain your oral health by staying on track. Preventative appointments (exams and cleanings) are typically covered by insurance. Have you visited us twice this year for your cleanings?

Flex and HSA spending: Flex account dollars that you don't use by the end of the year (or grace period, depending on the plan) will no longer be available. Remember, flex and health saving account funds can be used for your dental care!

Don't pay for procrastination. Delaying or avoiding treatments now could possibly cost you more later. Use your benefits NOW while their spending power is strongest. Call us for an appointment today!

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Operation Gratitude



Learn more about  
Operation Gratitude  
[Click here.](#)

New Year, New Smile



You're never fully  
dressed without a  
**SMILE!**



Happy Holidays! We  
wish you joy and quality  
time with friends and  
family during this  
holiday season!

## Candy Buy Back Recap



A huge thank you to everyone who participated in our Halloween candy buy back program this year! It was a huge success! We collected 84 lbs of candy to donate to service members and first responders. We broke our record by 17 lbs! Lake Avenue Dental is also donating toothbrushes, floss, toothpaste, and mouthwash to protect the troops from cavities.

And a big thank you to everyone who wrote a note to the troops. We know this will bring them more joy than the candy. We really have the greatest patients around!

## Make Your Smile a New Year's Resolution

New Year's resolution: a goal to better yourself in the upcoming year. These resolutions can be anything from saving money to losing weight. Why not dedicate this coming year to your smile? Sadly, oral health is often overlooked and takes a back seat to other priorities in our busy lives. Not in 2019! Let's make this the year of the smile!



There are 3 very easy jumping off points to improve and maintain your oral health.

1. **Brush your teeth twice a day.** Get in the habit of brushing in the morning and evening. This will keep bacteria at bay and prevent cavities.
2. **Floss Daily.** Cavity causing bacteria is very sneaky and can take hold between your teeth where a toothbrush can't reach. Flossing is an important practice in keeping teeth healthy.
3. **See a dentist regularly.** Bi-annual cleaning and exam appointments allow your dentist to catch any dental problems before they grow and become painful and expensive issues. Prevention is the best medicine!