

## 2010: A Look Back

What a great time we had in 2010! Dr. Rebecca Spencer joined the Foster Dental Care team in the spring and we couldn't be happier to have another dentist on board. With two dentists and our convenient before school and after work appointments, we are proud to have appointment times that work with your busy schedule.

In July we celebrated Dr. Foster's 30 years of practicing dentistry by hosting a party for our wonderful patients. Complete with face painting, a bounce house, door prizes, lots of food and drinks - fun was had by attendees young and not so young.

On October 2<sup>nd</sup>, we hosted Dentistry From The Heart, a day of free dental care for the adult community. In eight hours 101 residents from the Blue Springs and surrounding areas received free care. The next Dentistry From The Heart day will be scheduled during the fall of 2011.

This year we also launched our Referral Raffle program. Patients who referred friends and loved ones to Foster Dental Care were automatically entered into the drawing to win prizes along with receiving a \$25 credit on their account for future dental treatment. The Parks Family was the lucky winner of the first raffle, taking a 40"TV home in September. Our December iPad winner, Larry Cramer, will be very popular with his grandkids having the latest gadget from Apple!

Other highlights of the year include our marketing coordinator, Rebeca, tying the knot in August. Michelle, one of our fantastic hygienists, had her fourth son, Bradley Thomas, on October 10<sup>th</sup>. Congratulations!

There is a lot on the horizon for 2011, we will keep you posted. Happy New Year!

## New Year Resolutions

If you haven't made your resolution for the new year, why not make one you can smile about? Setting a goal of good dental health is easy and can benefit your overall health too.

Some tips:

1. Brush at least twice daily
2. Change your toothbrush every 3 to 6 months
3. Hydro-Floss your teeth daily
4. Use a mouth rinse
5. Eat healthy meals and snacks
6. Visit us every six months for regular check ups

Routine cleanings and exams are the best way to make sure your teeth and gums stay healthy. Cheers!

### Did you know?

In addition to our Facebook page, Foster Dental Care has a YouTube Channel!

You can access both directly from our website.



Clockwise from left: The team at Foster Dental Care, Bradley Thomas, 30 Year Celebration, Referral Raffle Winners, Dr. Spencer & Dr. Foster, Dentistry From The Heart

Blue Springs residents be sure to check out our commercial on Comcast channel 15! A big thank you to the Blue Springs School District and the Blue Springs Chamber of Commerce for providing this service.



2010 | PREFERRED PROVIDER

### Go Wireless

Do you want straighter teeth? Consider Invisalign.

Invisalign is a virtually invisible solution to wire braces. By using a series of clear, removable aligners,

Invisalign straightens your teeth right before your eyes. The aligners are comfortable to wear and they don't require you to change your busy lifestyle. Because aligners are removable, you can continue to eat your favorite foods while brushing and flossing normally to keep your teeth and gums healthy.

Ask any one of our Invisalign patients about their experience and they will tell you how easy it is and how impressed they are with the results.

Foster Dental Care is proud to be an Invisalign Preferred Provider. Call for your free consultation!

### We Guarantee It.

Foster Dental Care has a 5-year guarantee on all dental work as long as patients maintain their twice yearly check up. Have you scheduled your 6-month cleaning in 2011?



### In the Spotlight: Dental Assisting Team

Introducing the Dental Assistants of Foster Dental Care! This team shares the common goal of helping people receive dental treatment that makes them feel better about their life, health and smile.



Desiree has been a valuable part of the Foster Dental Care team for 5 years. In her free time she enjoys quality time with her husband and two beautiful daughters. Desiree also is a fan of outdoor activities, reading and painting.

Maria joined Foster Dental Care team one year ago but has been an assistant for 5 years. She recently got engaged and we could not be happier for her! Maria loves spending time at the lake, swimming or fishing.



Starting off as the Hygiene Coordinator at Foster Dental Care in 2009, Kara has proved herself to be an asset as an Assistant. Kara coaches a youth softball team in her spare time and enjoys playing billiards. This Dental Assisting team is dedicated in making your dental experience a great one.