

Magical Smile Newsletter

**The Kennett Center
For Advanced Dentistry**

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*“Celebrate the happiness that
friends are always giving,
make every day a holiday
and celebrate just living!”*

Amanda Bradley

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Use Your Dental Insurance Before The End of the Year

By Tammy Davenport, About.com

Did you know that you could actually save hundreds of dollars by using your dental benefits before the end of the year? While some dental insurance plans run on a fiscal year, most run on a calendar year. If your dental insurance plan is on a calendar year, these 4 reasons will show you why you should make a dental appointment now.

1. Yearly Maximum

The yearly maximum is the most money that the dental insurance plan will pay for your dental work within one full year. This amount varies by insurance company, but the average is around \$1,000 per year, per person. The yearly maximum usually renews every year (on January 1 if your plan is on a calendar year). If you have unused benefits, these will not rollover.

2. Deductible

The deductible is the amount of money that you must pay to your dentist out of pocket before your insurance company will pay for any services. This fee varies from one plan to another and could be higher if you choose an out-of-network dentist. However, the average deductible for a dental insurance plan is usually around \$50 per year. Your deductible also starts again when your plan rolls over.

3. Premiums

If you are paying your dental insurance premiums every month, you should be using your benefits. Even if you don't need any dental treatment, you should always have your regular dental cleanings to help prevent and detect any early signs of cavities, gum disease, oral cancer and other dental problems.

4. Dental Problems Can Worsen

By delaying dental treatment, you are risking more extensive and expensive treatment down the road. What may be a simple cavity now, could turn into a root canal later. Call your dentist and schedule an appointment to use those benefits.

Easy Ways to Save Energy This Winter

Taking a few simple steps can save hundreds in heating bills

By Marc Lallanilla, About.com

There are plenty of expensive ways to save energy -- installing a new, energy-efficient furnace, for example, or sealing and insulating all duct work -- but the eight tips below were selected because they're easy and cost next to nothing. Heating and cooling account for over 50 percent of energy costs, so winterizing your home can save you hundreds each year while helping to save the planet, too.

1. Sweat It Out: One of the greenest inventions ever is a warm sweater. Match it with a comfortable pair of sweatpants, and though you won't set the fashion world on fire, you'll feel toasty and warm while setting your thermostat down in the 60-something degree range. Reducing your thermostat setting from 75 down to 65 for 8 hours -- like when you're all tucked into bed -- can lower your heating bill by 10 to 20 percent. And speaking of thermostats, have you looked into the energy savings (and possible rebates) that come from installing a programmable thermostat?

2. Reverse Your Ceiling Fans: Ceiling fans aren't just for summer anymore. By flipping the little black switch that makes the fan rotate clockwise -- and keeping the fan speed set to low -- you can circulate the warm air that has risen to the ceiling all around the room. This can be a boon to folks with space heaters, wood stoves or other heating devices that don't produce a lot of air circulation.

3. Snake Charmers: Doors, no matter how well-sealed they may be, always seem to leak a bit of cold air, especially around the base of the door. Since you're not using that beach towel in winter, roll it up and use it as a "snake" to block the draft coming in from the door's base. Some folks have even found that a necktie filled with sand or kitty litter works just as well. Or, if you're feeling flush, buy a decorative new draft snake at your local hardware or home furnishings center.

4. Hearth and Home: Fireplaces may look warm and inviting, but they're notorious for wasting energy. Remember to always close the damper when the fireplace is not in use -- consider a rubber damper for a tighter seal, or install glass fireplace doors. Chimney balloons also seal up the flue, keeping warm air inside.

5. Blowing Smoke: Put a sheet of paper in a door jamb, then close the door -- if you can pull the paper out without tearing it, you've got an air leak. (The same trick works for windows.) Another good way to check for air leaks involves a burning incense stick or other smoking item on a windy day. Hold the item near doors, windows, vents, electrical outlets, attic hatches, baseboards, pipes, dryer vents, utility lines (like TV cables) and other openings. If the smoke blows, you've got drafts. You can seal these money-sucking drafts quickly and inexpensively with weather stripping, caulk, electric outlet gaskets, or plastic window film.

6. Furnaces and Filters: Most furnace filters need to be changed monthly during the winter. Fiberglass filters are meant to be thrown away, but since they only trap a fraction of airborne debris, consider.

7. Let the Sun Shine: There's a truism in sustainable design: Passive solar requires active residents, meaning you have to get a little more involved than just flipping a switch. But even a few simple steps can make a big difference, like opening the drapes when the sun is shining in your windows, then closing the drapes when it's not. This is an especially good idea when your drapes are heavy or insulated. Energy experts also encourage folks to consider pruning trees or shrubs that may be blocking the sun.

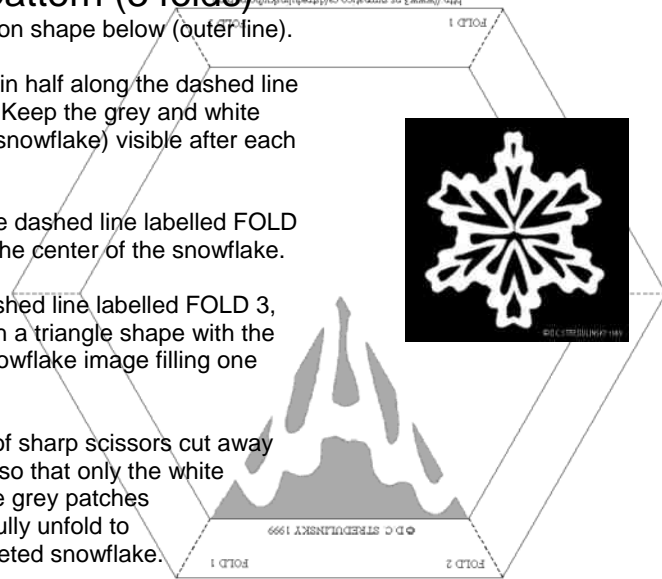
8. Home Energy Audits: Getting a home energy audit is perhaps the best way to start making your home greener and more energy efficient. Contact your local utility; many offer free in-home audits. Some big-box home centers also offer free energy audits, but remember that they're in the business of selling you products, so you should probably take their suggestions with a grain of salt. Before you decide on any home improvement, find out what the payback period is for that particular item or upgrade.

Snowflake Pattern & Directions

Instructions for Snowflake

Six pointed pattern (3 folds)

1. Cut out the hexagon shape below (outer line).
2. Fold the hexagon in half along the dashed line labelled FOLD 1. Keep the grey and white triangle (1/6th of snowflake) visible after each step.
3. Next fold along the dashed line labelled FOLD 2 that extends to the center of the snowflake.
4. Fold along the dashed line labelled FOLD 3, so you are left with a triangle shape with the grey and white snowflake image filling one side.
5. With a small pair of sharp scissors cut away all the grey areas so that only the white areas between the grey patches remain then carefully unfold to reveal your completed snowflake.



Noodle Snowflake Craft

How to Make Snowflakes Out of Noodles

By [Sherri Osborn](#), About.com

Materials Needed:

Noodles
Wax Paper
Craft Glue
Thread



Instructions:

For this craft, you can use whatever shape and size of noodle you want. Some of my favorites are elbow macaroni, wagon wheels, rotini, and bowties.

Lay a piece of wax paper down on your work area. Because you will need to be generous with the glue, the wax paper will not only protect the table from glue drips, but it should also be easily peeled away from your dried snowflake.

To make this craft, simply experiment by gluing one or several different kinds of pasta together to form a snowflake. There is no right or wrong way to arrange the noodles to create a snowflake. Remember, there are no two snowflakes alike either, so be unique and have fun!

Leave the noodle snowflake sitting on the wax paper until the glue is completely dry and then carefully pull the snowflake away from the wax paper. Finally, you can use a piece of thread to hang up your snowflake!

CHICKEN POT PIE



Ingredients:

1 (10 oz.) can Campbell's Cream of Chicken Soup or Campbell's Chicken or Turkey Pot Pie Soup

1 1/2 cups frozen mixed vegetables, thawed

1 1/2 cups cubed, cooked chicken

3/4 cup chicken broth combined with 3 tablespoons flour

2 Pillsbury pie shells

Directions:

Preheat oven to 400°F.

Mix soup, vegetables, chicken, and broth. (The mixture should be somewhat thick.) If only chicken noodle soup is available, it may be pureed in the blender to make a smooth gravy.

Put mixture into the bottom pie shell. Cover with the top pie crust and crimp to seal. Slice a few vent holes in the top.

Bake for 40 minutes or until golden. Cover pie edge with aluminum foil or a pie shield if it begins to brown too quickly.

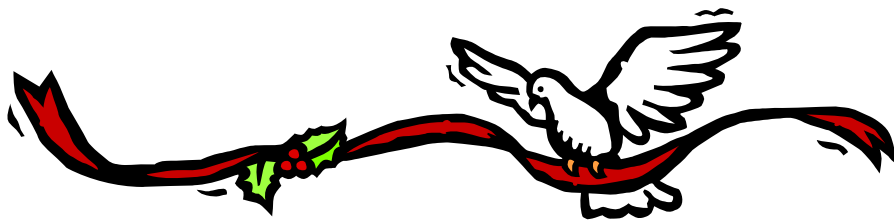


Please send us your adorable fall and winter pet pictures. We would like to share them with everyone on Facebook and our next newsletter.

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Please Join Us during the month of December to enjoy our Hot Chocolate Bar. We will have a warm mug of hot chocolate ready for you, all you need to do is add your favorite toppings and enjoy.



We would like to wish you very happy holidays.

We are so thankful for all the wonderful gifts our patients have given us throughout the year.

Sincerely,

Dr Patellis and staff

