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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

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Orthodontic Specialists

Making Small Differences for a Lasting Impact

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A few years ago, our family was ready to grow. My husband and I had four kids and we wanted nothing more than to welcome more children into our lives. We knew we wanted to adopt and we prayed that

everything would come together to make that possible. It was around this time we learned about a small orphanage in the Democratic Republic of Congo. There were other families from our church who were also considering adoption at the time, and we were able to work together. We gained a lot of insight. Adopting from the DRC wasn't going to be easy; there wasn't a good system in place, meaning we'd have to take care of a lot of the work ourselves, but we decided to pursue it.

On September 11, 2011, we returned from the heart of Africa with two absolutely wonderful children, twins—Brandon and Kara, but the story doesn't end there. It's a much greater picture—something that goes far beyond our family.

The orphanage we adopted Brandon and Kara from is part of the work of an incredible man, Pastor Didier Mukotshi. Pastor Didier is by all accounts a sacrificial man who has done so much for kids in his community in Africa. He's a man who has endured malaria and typhoid, becoming deathly ill, all while trying to make sure these children have a chance at a better life.

It isn't without its continued challenges. Right now, Pastor Didier's orphanage is home to about 20 kids. Several of those kids have already been adopted, but they are unable to leave the DRC. There is paperwork that needs to be finalized, but, unfortunately, they can't get that last signature. The president of the DRC recently placed a hiatus on all adoptions out of the country. The hiatus stems from fear of corruption. There are people who visit some of the poorest communities promising families money in exchange for their children. These corrupt people are profiting from the adoption process. This is just one type of fraud that is causing the stall. All many families can do is wait.

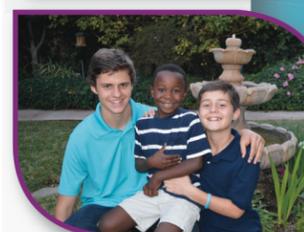
Back in the US, we always ask ourselves, "What can we do to help these people?" One of our solutions was the creation of a suitcase ministry. We help to collect shoes and clothing for orphans (and anyone, really), and then we fill the suitcases with all the donations. After the suitcases are filled, anytime someone takes a trip back to Africa, we send along the filled suitcases. Pastor Didier has made the trip on several occasions and taken back several suitcases filled with the much needed items. It's a simple way to make a big difference.

Another way we decided to help was to make the trip to Africa. This summer, our family—myself, my husband, and our six kids—went to the DRC for a month. We were part of a group working to bring clean, running water to a community that desperately needed it. There are kids there who contract typhoid on a regular basis from unclean water sources. It can be difficult to imagine, living in the US, what it's like to not have clean, running water, but for many people in these communities, it's a foreign concept.

It's amazing that we get to be a part of this. We are blessed and we are thankful each and every day. It's such a joy to have Brandon and Kara in our lives, and to have the ability to help these African communities even if we only get to play a small role. After all, when we all do our little part, together we can make a big difference.

— *Josie Wilmarth*

P.S. — If you would like to know more about the orphanage, Pastor Didier, and his work, please visit CompassionForCongo.org/



OF THE PATIENT MONTH



Why not you?

A SPECIAL THANK YOU

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

Elizabeth P.	Nicole W.
Kristen R.	Carrie S.
Carolyn Z.	Karen L.
Stephanie H.	Diane L.
Elizabeth J.	

FROM OUR Patients...

"I had no idea how bad my teeth were until they were fixed! I really notice the difference in the width of my smile in pictures and in eating. Amazing changes. You are an artist."

— Victor C.

Taking on the New Year

As the year winds down, we get both introspective and retrospective—and all of this spectiveness makes us look hard at the people we want to become. We look at the resolutions we made last year: Did we keep them? How far have we come? If you're like most of us, keeping those resolutions starts out with a flurry of activity, but come February, the rest of life kicks in, and suddenly, resolutions that felt so important in December become lists on paper tucked away into a drawer. So, how do you make those resolutions a reality? Psychologist Dr. John Grohol has come up with a list of five tips for resolution conquest:

1. PICK REALISTIC GOALS: This doesn't mean "don't be ambitious." Ambition is good! It helps to motivate us and propels us toward our goals. However, knowing thyself mediates ambitions that are too far-flung and unattainable. Setting realistic goals, after looking at what is actually possible, allows you to reach for

something that is within your grasp (but remember, you'll still have to reach!).

2. DEFINE YOUR GOALS: This one is easy! Once you have your goals in mind, define them down to every T so there is no room for fudging. Specifically detailing what you're aiming for gives you the assurance that you're not going to settle for whatever you land on. Make your success real so you can tailor your action plan to a specific outcome.



3. SCHEDULE SUCCESS: Let's face it—scheduling is hard for everyone. But resolutions require planning. No matter what you're conquering in the new year, get organized and you'll be primed and ready to make it happen. Create a schedule and stick to it to make the guesswork disappear!

4. FAILURE IS PART OF THE PROCESS: Remember that setbacks happen! Just because you're having a bad week, month, or year, doesn't mean that you've been given the reason to throw in the towel. If you want results, you have to take action and accept that every once in a while, you'll slip up. It's how you handle those slip-ups that determines your success in the long run.

5. BRING IN THE CAVALRY: Don't go it alone! True, no one can change anything about your life except you, but without a support system, keeping resolutions can feel close to impossible. Enlist the experts so you're not going solo. Remember—even the mountain climbers who conquer Everest have Sherpas to guide them!



"Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean." -John Muir

3 REASONS TO GET YOUR KIDS OUTDOORS

These days, kids are spending about half as much time outside as they did 20 years ago. It's also estimated that kids aged 8 to 18 spend over seven hours a day using some form of digital entertainment. This translates to our youth being far less active and far less inclined to spend time outdoors. While this may not seem overly alarming to some, children could be missing out on important life lessons and emotional connections that one can only experience through nature. Here are a couple reasons why getting your kids outside should be a priority.

It makes kids happier.

Studies have shown that kids who play outside are far less likely to be as stressed as other children who spend their time indoors. When kids get outside, they lose track of time. The endless supply of things and places to explore help to cultivate natural curiosity.

It makes them healthier.

The rise in childhood obesity in this country should have parents concerned. Logging countless hours of video games or sitting in front of the computer or TV screen won't help. Taking kids outdoors is not only a terrific way for them to get exercise, but it's a natural immunity booster as well. Subjecting children to different types of

pollens, allergens, and bacteria can help bolster their immune system to keep them less susceptible in the future.

It allows them to utilize their senses.

Smells, tastes, and touches have gone to the wayside of sight and sound in the digital age. Getting kids outside can open up those senses that may not be as sharp due to their lack of use.

The best thing about the outdoors? It's free! So get out there with the munchkins and start exploring, it may have lasting benefits for their future.

Banana Bread



in a Mug

Ingredients

- Non-stick cooking spray
- 3 tbsp. flour
- 1 tbsp. + 1 tsp. sugar
- 2 tbsp. brown sugar
- ½ tsp. salt
- ½ tsp. baking powder
- ¼ tsp. baking soda
- 1 egg
- ¼ tsp. vanilla extract
- 1 tbsp. vegetable oil
- 1 tbsp. milk
- 1 ripe banana, mashed

Directions

Spray a microwave-safe mug with cooking spray.

In a bowl, or right in the mug, whisk flour, sugar, salt, baking powder, and soda. Add egg and combine until just incorporated with dry ingredients. Mix in vanilla, oil, milk and mashed banana.

Pop into the microwave for up to 3 minutes. Stop and check after 90 seconds for doneness.

THE CAUSE OF CAVITIES



Picture this: you've just been in for a routine cleaning. The dentist has been staring at your x-rays for what feels like a worrisome amount of time. Your heart sinks; you know it in your bones—you have a cavity. He finally turns away from the screen and starts poking around in your molars. You squeeze your eyes shut and silently chant, "No whammy, no whammy, no whammy..." And then he says it: "You're going to need a filling." Ugh. Your mind races. "Why does this keep happening to me?" you think. "I brush, I floss, I abstain from candy... most of the time."

Well, if you're anything like 90% of adults aged 20 to 64, you probably have dental caries. Caries are a bacterial infection that occurs when the normal, healthy bacteria in your mouth is replaced by demineralizing, acidic bacteria. That bacteria weakens the enamel on your teeth until eventually a cavity forms. Unfortunately, filling that cavity won't stop the caries; it simply patches up the destruction the caries leave behind. The worst part? Caries can be passed along through your saliva—so think twice before you swap spit with a caries carrier!

This is all pretty gruesome, but don't despair—there is good news: caries are treatable and preventable. And chances are, your dentist has the tools to ensure your mouth is caries-free - namely "Carifree," the dental sensation that's sweeping the nation! Carifree mouth rinses treat dental caries before decay occurs by killing the acid-forming bacteria and preventing it from re-forming in your mouth. You'll be caries-free (and cavity free!) in no time. Ask your dentist how you can detect and prevent dental caries before it's too late. With Carifree, you and your teeth will live happily ever after.