



Dedicated To Your Beautiful Smile & Building Your Immunity!!!

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The finest dentistry prevents problems, increases overall health, and boosts immunity from diseases! Our treatments and therapies for you will always reduce the inflammation inside your body and increase your immunities!

We All Loved Lucy!

The legendary comedienne, Lucille Ball, truly Blessed all of us with laughter and fond memories!



Here are some of our favorite quotes from this amazing lady!

Quotes of the Month:

“The secret of staying young is to live honestly, eat slowly, and lie about your age.”

“A man who correctly guesses a woman’s age may be smart, but he’s not very bright.”

“Responsibility is the ability to respond.”

“Whether we’re prepared or not, life has a habit of thrusting situations upon us.”

“I would rather regret the things that I have done than things that I have not.”

“I believe that we’re as happy in life as we make up our minds to be.”

Regrets? I’ve had a few.....

This is a favorite line from Frank Sinatra’s hit, I Did It My Way.

We all have regrets, don’t we? There are certainly some things we have said or done that we would like to take back or at least do over, but at the time we did not understand the consequences of making the wrong decision.

Of course, our goal is to always move forward and not make the same mistake again. Now, we know better!

Dentally speaking, the regret we hear most often from our family of patients is that they wish they had accepted necessary treatment sooner! They regret letting things go inside their mouths for too long.

While other areas of our bodies heal naturally from injuries, our mouths do not.

Decayed, diseased, and broken teeth and gum tissue infections only get worse and then much worse. These situations not only pose a threat to other teeth inside our mouths, but also to our entire system. Toxins from dental infections in our mouths circulate to the rest of the body and wreak havoc causing further inflammation, fatigue, and chronic infections elsewhere.

As soon as these types of problems are identified, **Dr. Anglis and his team** work to collect information for the correct diagnosis and expert treatment plan so that the situation is corrected immediately and you are able to return to a healthy state.



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We hope to provide you with options and choices so that you are able to make an informed decision that benefits you most!

Unfortunately, there is sometimes a delay in treatment for various reasons. As time goes by, the treatment needed becomes more expensive, more complicated, and lengthier since the disease process progresses. Some may still think that pain is a good indicator. It is not. The pain may go away temporarily, but it will return with a vengeance—every time. We want you to avoid all of that since you are all important and valuable to us!

When our family of patients moves forward with their treatment, they are thrilled with the results. Every person has the same report—“It was so much easier than I expected!” “Getting the implant placed was easier than getting a filling!” “It was so much quicker than I imagined!” “I can’t believe how well this went!” Their only expressed regret remains the same---“Why did I wait this long?” “I could have been enjoying my new smile so much longer and I could have been feeling so much better!”

Please be sure that you don’t have dental regrets! Call us today a **1.877.526.4547** and we will get started as quickly as possible on solving your dental problems, too!

Fall Home Maintenance Checklist

As we move into the fall months, we need to take steps to prevent problems with our homes and yards. From FamilyHandyman online, here are the Top Twenty Suggestions:

1. Clean the gutters. It’s best to use an old plastic spatula for this task.
2. Check your detectors. Please check batteries and expiration dates for smoke and CO detectors.
3. Bleed hot water radiators.
4. Clear steam radiator vents.
5. Water the lawn in the fall. If the lawn has been fertilized, it needs water.
6. Aerate the soil.
7. Bring in all the latex and acrylic paints and caulk due to extreme temperatures.
8. Keep window wells clean or risk a broken window and wet basement.
9. Fertilize in the fall.
10. Make sure the gutters are straightened, if any damage has occurred throughout the year to make them crooked.
11. Clean gutter spouts. Using a plumber’s snake works best.

12. Cut grass short.
13. Winterize your sprinkler system.
14. Drain garden hoses so you do not have to replace them later.
15. Clean your chimney.
16. Winterize your gas grill.
17. Store lawn chairs properly.
18. Change your furnace filter.
19. Make a winter driving kit.
20. Get your property ready for snow.

For more detailed descriptions, please go to the link directly at familyhandyman.com/list/fall-home-maintenance-checklist.



Grape Harvests in the Fall Months

Along with the traditional harvests of apples, late-season tomatoes, and green beans, we enjoy the best tasting grapes during this time of year!

Grapes provide us with potassium, dietary fiber, and antioxidants as well!

Here is an easy recipe we would like to share with you!

Ingredients

- 1 12-inch flour wrap/tortilla
- 1/3 cup California red seedless grapes, stemmed, halved
- 1/3 cup chicken breast, grilled, sliced
- 1 tablespoon creamy Caesar dressing
- 1 cup romaine lettuce, cut
- 1 tablespoon shredded parmesan cheese



inwards to close the ends then continue rolling up to complete the cylinder. (Like a burrito.)

3. Serve whole or cut in half on a bias.

Recipe retrieved from the Food Network website. Find out more about this recipe at: <https://www.foodnetwork.com/recipes/grape-chicken-caesar-wrap-recipe-2108038>

Directions

1. Lay out wrap (heat if desired in a steamer or on a flat top) and starting on the lower third, layer ingredients in order listed.
2. Fold lower third of wrap up over filling and fold outer edges

Happy Anniversary!

We love to spotlight our family of patients celebrating wedding anniversaries over 50 years!

Congratulations to **Richard and Dona Lorance** who are celebrating 55 years of wedded bliss!

Congratulations to honeymooners **Faye and Dan Kachur** who are celebrating 60 years of marriage this year!

Our patient of many years, **Lu Cox** celebrated almost **61 years with her beloved husband, Norm**, before he passed and we are so grateful that they had so many years together!



Dr. Anglis' A.G.D. Credential

The Academy of General Dentistry credentials dentists who focus on the highest levels possible of professional continuing education. This association serves dentists in the United States and Canada.

In the state of Indiana, dentists are required to complete 19 hours of continuing education every two years for re-licensure.

Dr. Anglis has accumulated over 3000 hours of continuing education in his career!

Dr. Anglis completed his Fellowship in the A.G.D. early in his career which required 500 hours of approved continuing education and the successful completion of an exam. Later, he completed the requirements for the Mastership in the A.G.D. which required at least 1100 hours of approved continuing education which included 400 hours of participation courses and 600 hours in specific disciplines.

Recently, Dr. Anglis was awarded the Lifelong Learning and Service Award from the A.G.D. which requires another 500 hours of continuing education after the Mastership Award, and 100 service points in service to organized dentistry.

Most recently, Dr. Anglis received his second Lifelong Learning and Service Award, so it has actually been awarded twice in his career!




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Hello Friends,

As we move into the months of September and October, we pray together for a safe, exciting school year for all of our families with children, grandchildren, and yes, great-grandchildren who are beginning the new semester!

Our prayers continue for all of our educators as well, and we are grateful that they embrace their mission so sincerely to prepare this generation for future employment!

At this time of year for me, I am working on harvesting my honey from my latest backyard adventure in beekeeping! It has been quite an education for me to watch these bees diligently work towards their goals of honey production, and it's inspiring, too!

Wishing You Sweet Months Ahead!
Dr. Leonard F. Anglis



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