

# SMILETALK



The  
**Oaks Dental**  
Center, Ltd.

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The Oaks Dental Center Newsletter

January 2018

**Dr. Kumar**

As the year 2017 quickly approaches its' end, I would like to wish all of you a Merry Christmas!! May your holidays be filled with joy and peace. May the New Year of 2018 bring lots of happiness, health, and success!!

Due to the nature of the encounters with our patients, I see people through various stages of life. It seems we are all on a journey, with some very rough and bumpy parts; and some smooth and joyous parts. I always try to be kind because we never know what others may be going through.

I am so thankful to have such wonderful patients in my life. It is a privilege to take care of your oral health needs. We have had many laughs along the way too!! We have had to say goodbye to a few great patients due to moving out of state or passing away. They are missed.

I am thankful for having a dedicated team. Rita has been with us for 17 years and still going strong!! She works hard every day in a very tough, ever-changing landscape of dental insurance. Rita deserves big kudos for all the efforts placed to maximize your benefits.

We welcome a few babies to our flock this year. As many of you may know, Hilary (and husband Jarid) had a baby girl!! We are so happy for them. Violet Ann was born on October 28<sup>th</sup>. Hilary is spending precious time at home right now, but will be back part time starting in February.

Colleen, also a hygienist, started with us in late October on a part time basis. Colleen grew up in Crystal Lake and graduated from Prairie Ridge High School. She obtained her RDH degree from Harper College in 2013. She has been a wonderful addition to our team. She is thorough and gentle; and committed to helping patients maintain optimal oral health.

Shelley has a new addition to her home too — a puppy who is named George!! I'll let you read about him in Shelley's section of the letter. It has been fun seeing his pictures and watch him grow!

My daughter is almost 16 now and is driving on a permit!! As a sophomore at Prairie Ridge, she is very busy with academic work as well as extracurriculars such as color guard, madrigals and the upcoming musical. I am starting to feel that in a few short years, we will be empty nesters and therefore every moment counts. My husband has been pursuing his passion for Indian culture, history, and linguistics. He has been researching and publishing about these topics a lot this year.

In the summer, we had a beauty-filled trip around "Lake Michigan". The upper peninsula of Michigan has been on my bucket list so I am glad to have made it. We camped, biked, and hiked in some really serene places. Copper Harbor on the shores of Lake Superior was peaceful and unique. I am including a photo of Pictured Rocks National Park.

I am still running some. I did complete my first mini Triathlon at the Woodstock Water Works -Emricson Park in August this year. I am a lousy swimmer so it was quite a challenge for me!! I have this crazy goal of qualifying for the Boston Marathon within the next few years. Now that I've officially verbalized it, I will have to work very hard to get there.

I wish all of you wonderful Holidays!! Please celebrate with us on January 4, 2018 from 6:00-8:30!!! We'd love to have you join us!!

## Rita

As the year 2017 wends its way into history, all the peaks and valleys it brought go with it. I look forward to the New Year having more positive, uplifting times for all of us. Of course just turning off the news media and reading less newspapers would make a huge difference. All the negative fodder these provide create so much anxiety for everyone from the young to the elderly. My goal this year is to focus on inspiring stories rather than depressing ones. The old adage, "Life is what you make it." still stands true.

One of my awesome highlights of 2017, was hearing my "miracle" "great-granddaughter Charlie, call me Nana for the first time! She was born at 24 weeks weighing in at the enormous weight of 1lb 8ozs. At her lowest weight she was a mere 1lb 3ozs. Over the course of her four years, she has endured many surgeries. The latest being this summer to repair the damage caused by the ventilator and removal of her trach. These were performed to help her breathe. She may have to have more surgeries but one step at a time. She is a beautiful, lively child, with a strong will to survive. Lots of you that attend St. Thomas helped pray for Charlotte (Charlie), during her tough beginnings. She is living proof that prayer is powerful. Our deep and sincere thank you!

May the New Year bring you good health and happiness. I look forward to seeing all of you during the coming year. You are a big high spot in my day. Your sharing of your life's adventures make me feel connected and special.

Take time for yourself, your family, loved ones and the things in life that have lasting value!

*BE KIND, BE HONEST, BE FAITHFUL, BE THE BEST YOU CAN BE!*

## Shelley

Happy Holidays to all!

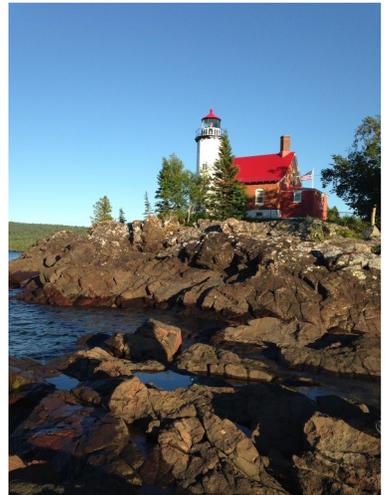
As I am writing, the sun is shining on a chilly autumn morning while I'm turning on the reflective part of my brain and considering the highlights of the past year which seem noteworthy here. Yes, I have much to be thankful for in the past year and much to look forward to in the coming year!

2017 has been a whirlwind of watching my three children's plays, musical performances, school and life events appropriate to their respective ages and life stages. They are all well, safe, happy, and as far as I can tell, proud of the way they are pursuing life as it unfolds before them. Yes, for this I am thankful and I look forward to what the coming year brings for each of them!

2017 has also been a whirlwind of family and friend gatherings to celebrate life in general, to celebrate and mourn the passing of family members and dear friends and to welcome new life in human form and canine form. As most of you know, our work family gained a sweet baby girl, Violet; and thusly a new co-worker, Colleen, whom is a welcome addition to our team! Many of you know that this summer our household adopted a sweet bundle of fur named George.



Rita's Charlie



Dr. Kumar's Michigan Trip

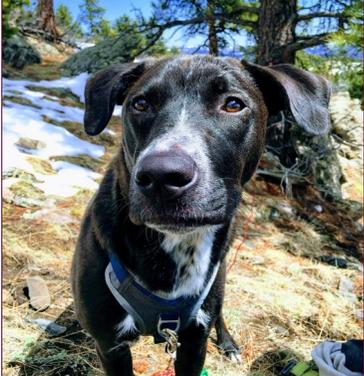


Meet George

Say Hello! To Violet Ann  
(with Hilary, Jarid, and Rex)



Colleen, Sam, and Cooper



I am thankful for dog (people) trainers and dog shelters. George has been a wonderful, challenging, learning and loving addition to our lives!

2018 will bring two graduations to celebrate and make me cry for joy, memories, pride and excitement mixed with anxiety for what comes next! If there's anything I've learned through the years, it is that each year will bring its ups and downs, goodbyes and hellos, challenges and opportunities. My wish for myself, my family and all of you, is that we will experience the coming year with: peace in our souls, openness in our hearts and joy in our spirits as we journey forward!

Peace! Love! Joy! Merry Christmas! Happy Holidays and New Year!

### Hilary

It's Holiday time again, and what a year it has been! I definitely haven't had a shortage of topics to write about the last few years. If I'm not moving or getting married I'm having a baby! My husband, Jarid and I welcomed our daughter, Violet Ann into the world on October 28th. She has turned our world around and given us a new meaning of life. We feel truly blessed. She has us wrapped around her little finger already! We hope you get a chance to meet her at this year's holiday party!

We were also busy with a few out of town weddings this year which lead us to a couple places that were on our bucket list. In June we made our way down to Nashville, where in addition to the wedding we enjoyed the country music and southern barbeque. In July we visited Golden, Colorado for our second destination wedding. In the short weekend that we were there we drove to the top of Rocky Mountain National Park and walked through the Garden of the Gods. I would definitely like to visit the state again in the near future with our growing family!

As the year ends we reflect on all we are thankful and grateful for and the many blessings that come with the holiday season. I hope you and your loved ones have a great holiday filled with joy and meaning and I wish you the best in 2018!

### Colleen

Hello! I am the new face around The Oaks Dental Center, so I thought I'd take this time to tell you a little about myself!

I just moved back to the Crystal Lake area after living out West and am excited to be back home. I grew up in Crystal Lake and graduated from Prairie Ridge H.S. After high school my now fiancé, Sam, and I moved to Chicago. We spent a few years in Logan Square, which we loved. While living in the city I was completing my Dental Hygiene degree at William Rainey Harper College. After we were tired of "city living" we made the decision to move to Golden, Colorado which is where we spent our last two years.

Colorado was as wonderful as you'd expect - lots of hiking, camping, skiing and time spent outdoors but we ultimately decided to come back home to be near family.

I have a cat named Arya (yes, named after Game of Thrones) and a dog named Cooper. Cooper is a lab/pitbull mix and is 80 lbs of love.

In my free time I enjoy reading, cooking, playing board games, listening to music and going to shows, and being outside.

I feel very lucky to be a part of The Oaks Dental family and am looking forward to meeting you!



Dr. Kumar's Circle Around Lake Michigan



New Year Party Invite

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