



## Our Dear Role Model and Mother “Mrs. T”

This past October we lost our mother, Virginia, the matriarch of the Thomas family which includes her husband of 72 years, 7 children, 20 grandchildren and 10 great grandchildren. Our mother was born in Boston to Thomas Dunn and Margaret Donovan. She attended Girls High School and then went on to Simmons College on a scholarship. Upon graduating, she taught as an assistant professor in the secretarial school at Simmons for 2 years and earned a masters of education in guidance and counseling from the Boston University School of Education.

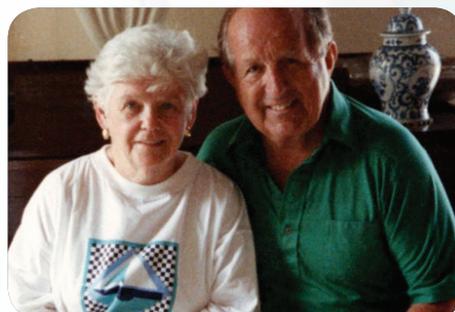
She and Ed met in 7th grade at Washington Irving Junior High. They married in 1946 and opened their first dental office in Roslindale in 1948. Virginia divided her time between raising her large and growing family and maintaining the schedules and accounting of the group dental practices. Virginia enjoyed working with her husband in the dental practices. They were grateful for their hardworking staff and kind patients that made dentistry enjoyable. We too are thankful for our wonderful staff and patients who we consider part of the Thomas Family.

In her free time, she travelled around the globe with Ed to many wonderful destinations, her favorite being, Australia. She was an avid learner, as well as a talented artist and knitter. She found joy working in her rock gardens on Cape Cod and in Westwood. When asked who she admired most, she said, “Mother Teresa because she did so much for the poor, the sick and the less fortunate and expected nothing in return.”

Our mother’s unwavering faith in God got her through some very trying times, a heart attack at age 53, the loss of her 23-year-old son Gary to cancer and a second battle against cancer with her son Kevin as well as the loss of her New Seabury home in a devastating fire. She was humble, kind, unselfish, and a tireless worker. She was dedicated to her husband, family and faith; never asking anything for herself. She set the bar high for all of us and is dearly missed.

***One of her many tasks was producing the “office newsletter”. In tribute to her, we have decided to bring it back; we hope you enjoy it.***

***- Kevin, Rick, Brian***





Patient Feature:  
*Michelle Pitts*

**Michelle Pitts** has been a patient at *Thomas Family Dental* for more than 10 years. In 2011, a year after an earthquake devastated the country, Michelle went on a mission trip to Haiti with a volunteer group called Mission E4 that runs schools, churches, orphanages, and a medical clinic. Since then, she's been on about 25 more mission trips and has become an important volunteer staff member at Mission E4.

The E4 team works hands on providing food, clothing, medical aid, and free education to those in need. Through their program, you can sponsor a poor child in Haiti to provide them with an education, daily hot meals, medical care, and more.

We'd like to thank our patient, Michelle Pitts, for sharing her amazing charity work with us and we strongly encourage our readers to get involved with this fantastic organization that has made a difference in countless children's' lives:

**Donate:** <https://give.cornerstone.cc/missione4+donate>

**Upcoming Mission Trips:** <http://www.missione4.org/index.php/mission-trips>

**Child Sponsorship:** <http://www.missione4.org/index.php/child-sponsorship>



Staff Feature:  
*Debbie Boyle*

**Deborah Boyle** is one of our practice's most beloved hygienists. Debbie fell in love with the dental profession after attending an open house for the Forsyth School for Dental Hygienists at the end of her freshman year of college.

She has been with Thomas Family Dental for 22 years and is grateful to work in a field that she enjoys, treating and educating so many wonderful patients.

Here are some facts that you may not know about Debbie:

**Favorite Hobbies:** Tennis, fitness, entertaining, and traveling

**Favorite Place Visited:** Trunk Bay, Saint John (Virgin Islands National Park)

**Bucket List Item:** To see Paris, France.

**Favorite Quote:** "A rose by any other name would smell as sweet" - William Shakespeare

## *New Arrivals at Thomas Family Dental*



Dr. Brian and his wife Nancy with grandson, Finn Patrick Flanagan, born 12/6/18 to their daughter, Katie, and their son-in-law, Mike Flanagan.



Our periodontist Dr. Gyusik Cho with his wife, Clara Lee, and their son, Winston Young Woo, born 8/16/18.

# Healthy Mouth, Healthy Body

Researchers are seeing more and more evidence that shows a critical connection between the mouth and the body. Oral inflammation and bacteria are linked to various systemic diseases, including heart disease, stroke, diabetes, Alzheimer's and some cancers.

- Oral bacteria have been linked to the plaque in the arteries of heart attack victims and in the brains of Alzheimer's patients.
- 70% of people over age 65 have some stage of gum disease
- Diabetics in particular are more prone to infection, making gum tissue more susceptible to the bacteria in the mouth.

It's theorized that gum inflammation can elevate inflammation throughout the body which is a precursor to heart disease and other chronic diseases. The goal is to reduce inflammation in the mouth and throughout the body.

## Tips to help maintain a healthy mouth and healthy body:

- Develop a meticulous homecare routine and stick to it every day.
- Brush your teeth and tongue 2 times a day for 2 minutes.
- An electric brush such as a Sonicare or Braun is proven to clean your mouth more effectively and efficiently than a manual brush
- Floss daily to disrupt the plaque between the teeth and under the gums.
- If flossing is too difficult use a WaterPik
- Use an antimicrobial rinse once a day after brushing and flossing
- Proper nutrition keeps the bacterial balance in your mouth in order. High glycemic and acidifying foods lower the ph of your mouth creating an acidic environment favorable to bad bacteria. Alkalizing foods raise the ph offering a home suitable for good bacteria.
- Limit added sugars, processed foods and consume enough fiber. The AHA recommends men should limit added sugars to 38 grams and women to 26 grams and for men to consume 38 grams of fiber and women 25 grams.
- Have a professional dental cleaning twice a year, as it is the best way to help maintain a healthy mouth.

*Jonathan Levine, DMD*

## *Let It Go: The Power of Forgiveness*

Did you know that burying the hatchet offers many health benefits? Letting go of anger and resentment can actually reduce anxiety, lower blood pressure, and help you breath easier. Holding anger inside is linked to heart disease and stroke, possibly taking years from your life.

A study called "Forgive to Live" by psychologist Loren Toussaint found that the inability to forgive others correlates with a shorter lifespan. Specifically, it linked "conditional forgiveness", or the inability to forgive until receiving an apology, to higher mortality. People who put demands on their forgiveness are more likely to harbor grudges and nurse negative feelings on a regular basis, which impacts heart health by keeping their stress levels consistently high.

If you want to experience the life-extending benefits of forgiveness, don't wait for others to apologize to you or to promise that they will change. The sooner you start your own psychological healing process, the better chance you have at combating the associated health risks.



- A Bradley Cooper
- B Brad Pitt
- C Keith Urban
- D Blake Shelton

## Do you know your celebrity smile?

Email your name, telephone number and answer to:  
[crivera@thomasfamilydental.com](mailto:crivera@thomasfamilydental.com)

Must be 18 years old to enter | Limit 1 entry per patient.

**ENTRY DEADLINE: FEBRUARY 1<sup>ST</sup>**

A winner will be randomly selected from the correct answers received.

The winner will be posted February 8<sup>th</sup> on [thomasfamilydental.com](http://thomasfamilydental.com)

**Prize: \$100 Visa Gift Card**

## Community Happenings

Rosie's Place is the first women's shelter in the United States. Their mission is to provide a safe and nurturing environment that helps poor and homeless woman maintain their dignity, seek opportunity and find security in their lives.

### We Are Sponsoring a Drive to Help Support Rosie's Place Needed items:

- Hats, scarves, mittens/gloves
- New T-shirts, underwear and socks
- New full and travel size toiletries
- Canned low sodium vegetables and soups
- Brown Rice
- Whole wheat pasta
- Peanut butter
- Cereal (Cheerios, Special K, Raisin Bran)

### Drop items off at the Medfield or Milton location

**Monday | Wednesday | Thursday 7:00AM-5:00PM**  
**Tuesday 12:00PM-7:00PM**

**Deadline: February 14**

*Mabel's Babies* is a charity based out of Canton that distributes new and used dolls and blankets to surrounding nursing homes. It has been observed that the dolls bring companionship, peace and joy to the elderly, especially those with Alzheimer's and Dementia. We want to thank our patients who donated 60 dolls and 10 blankets to this wonderful cause.

## Inside This Issue:

\$100 Visa Gift Card Contest

Community Happenings

Remembering Mrs. T

Patient Feature: Michelle Pitts

Staff Feature: Deborah Boyle

New Arrivals to Thomas Family

"Healthy Mouth, Healthy Body"

The Power of Forgiveness

MEDFIELD OFFICE | 508-359-6600 | 5 North Meadows Road | Medfield, MA 02052

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