

SFD UPDATE



OCTOBER 2021

Web Article - The 5 AM Club

By Susie Moore - life coach columnist and a confidence coach in NYC.

I've Been Waking Up at 5 A.M. for the Past Month—Here Are My Top 5 Takeaways

I always wake up in a good mood, but I typically sleep well past 8 a.m. But after reading Robin Sharma's book, my husband and I recently joined The 5 A.M. Club. Frankly, in just a month, it's been totally transformative. Here's how:

1. You have major time to think and reflect.

Ever wake up and wish you could have some time just for you... but work awaits, and you have only 10 seconds to take a breath before jumping in the shower? Imagine having time to journal, reflect, meditate, drink tea in bed, and even read a few pages of a book. It feels out of reach, right? It did for me too. Now it's the best part of my day. If you go to bed around 9:30 or so, you're not even more tired than usual when the 5 a.m. alarm goes off.

2. It's easy to be device-free for 2-3 hours

When you wake up at 5 a.m., nothing is happening. There are no texts, emails, or calls. You can feel calm leaving your device in another room until your morning routine is complete. How satisfying is it just to think about that?

3. You do better work (in less time).

I know many highly capable night owls, but for me, nothing really good gets done creatively at night. If I start something at 7 a.m. vs 7 p.m., the results are night and day! Sharma suggests doing your most important 90 minutes of work in a "tight bubble of total focus" first thing after completing the 20/20/20 morning routine: 20 mins to move, 20 to reflect, 20 to grow.

4. You get all these bonus side effects.

Beneficial choices abound! That extra drink after dinner? Nope! Late-night snacking? Impossible—you're asleep! Also, ever find yourself hard-pressed for time to squeeze in a workout some days? Not with extra morning hours added to your schedule. It's the gift that keeps on giving.

5. You feel less stress.

The self-control that a 5 a.m. alarm harnesses within you touches all areas of your life—and when we don't feel in control, we experience stress. I can now look at my to-do list worry-free because I have so much time each morning to complete each task. How do you think this will feel to you—to not have a shortage of time again?

A 5 a.m. start felt impossible to me just weeks ago... until it didn't. Robin Sharma puts it simply: "mind over mattress." I hope my mind will continue to win.

"All change is hard at first, messy in the middle and gorgeous at the end."

– Robin S. Sharma

UPCOMING EVENTS



1. All-Team Meeting, October 28

Come ready to eat and learn!

2. Spirit Week & Halloween Costume Contest! October 25-29

Check out the details on the last page!

3. First Wednesday Training - October 13th

CORE VALUES SPOTLIGHT: TEAM



3 words you would use to describe the office? Caring, Educational, Supportive

What do you love most about your job?

I love being able to see patients' smile transformations with ortho and how happy they are when they finish treatment. I love the people I work with and how willing everyone is to help each other.

What is one piece of advice you would share with the team when it comes to our core value, Team? Help out when and where you can.

It not only helps the team but also the patient's experience.

What do you love doing in your free time? I love to hang out with friends, travel (covid-willing), and watch TV/movies.

Favorite inspirational quote: "No one can make you feel inferior without your consent" -Eleanor Roosevelt

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These people have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen." - Elizabeth Kubler-Ross

HAPPY BIRTHDAY!

Ray	Oct 07
Debra	Oct 13

WELCOME, NEWBIES!

NAOMI GUTIERREZ MENDOZA

Naomi is our new Dental Assistant at SFD! In her free time, she loves spending time with her son and hiking!

ANABELLE CELIS

Anabelle is our new Dental Assistant at SFD! In her free time, she enjoys painting, traveling, volleyball, HGTV, and the gym!

KASANDRA LOPEZ

Kasandra is our new Dental Hygienist at SFD! In her free time, she enjoys hiking, shopping, playing with dogs and going to the gym!

HOLLYANNE WIANIS

HollyAnne is our new Dental Assistant at SFD! In her free time she enjoys sports, coaching and pool!

ANA REINOSO

Ana is our new Dental Assistant at SFD! In her free time she enjoys art, acting and traveling!

2021 PATIENT REFERRAL GIVEAWAYS

ULTIMATE HOME MOVIE EXPERIENCE REFERRAL GIVEAWAY

One very special patient will receive:

Flat Screen TV PlayStation 5 Assorted Movie Treats
Surround Sound System Year Subscription to Disney+

REFER DECEMBER 1ST, 2020 - DECEMBER 1ST, 2021 TO BE ENTERED TO WIN!
OVER \$2,000 VALUE!

Referrals valid for non-immediate family members only.
Become a VIP Patient! Refer 3 non-family members to our office and unlock access to our VIP-only referral giveaway!



SUMMIT FAMILY
DENTISTRY

Free Whitening for Life Program

Includes Free SheerWhite kit at each regular cleaning appointment. Max 2/year. In order to redeem, they need to be consistent in their recare. Make a pop-up in their chart when they redeem.

\$97 New Patient Special

Includes Cleaning, exam and X-rays. Honor the NP special **only** when it is mentioned and ask where they heard about it, please.

WE LOVE OUR TEAM

Congratulations, Victoria!
Maci was born on September
24 at 10:58 7lb 8 oz 19in long



Our latest family photo
from our Virginia trip -
Jeana



My sisters and I for
my cousins baby
shower 😊 - Julissa



Visit with my family
in South Africa -
Shereene



Dr. Gray's wedding!



PERFORMANCE REWARDS PROGRAM!

CURRENT REWARDS POINTS

NAME	CURRENT POINTS
Michelle Martinez	14245
Kat Hooker	6530
Shirley Salas	5289
Julissa Lopez	4171
Ray Barnett	3937
Nely Acosta	1605
Jillian Jugert	1394
Jeana Lyda	1176
Angelica Martinez	1150
Shereene Le Roux	1085
Renee Messer	1013
Esmeralda Martinez	805
Yooko Velarde	750
Kassandra Salinas	535
Kalin Chancey	535
Tiffany Trujillo	410
Debra Osberg	405
Stephanie Apodaca	360
Cortney Halligan	255
Kenia Serrano	200
Julia Bergbauer	192
Anabelle Celis	110
Kasandra Lopez	100
Victoria Culton	45
HollyAnne Wians	10
Naomi Guiterriez Mendoza	0
Ana Reinoso	0

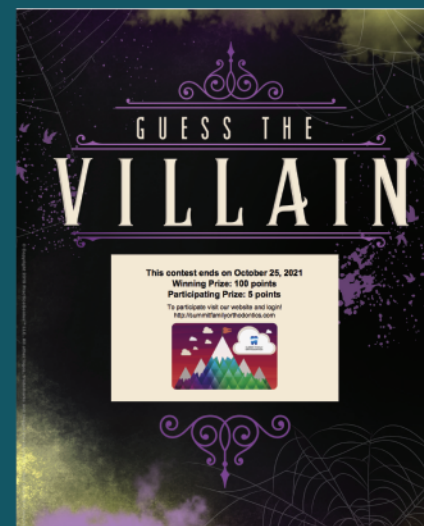
RECENT REWARDS:

Renee cashed out for a paddle board!

Victoria cashed out for gift cards!

Jeana cashed out for Flemmings Gift Cards!

OCTOBER APP CONTEST



SEPTEMBER CONTEST WINNER

Ray!

SUMMIT POINTS SHOUT OUT

Julissa: stepping up as lead assistant

Angelica: itero scan time record!

Stephanie: Scanning patients with itero!

Kenia: Helping with Dr. Zaid and going above and beyond on a busy day!

CONTINUE TO LEARN SIGN LANGUAGE (ASL)

For those team members interested in the taping of the sign language class, please email Jillian!

Also, a great resource for learning is www.signasl.org

- They have a visual library of ASL words.

YouTube is a great resource to learn a bunch of words or phrases.

ASL Rochelle is a good account to go with. Just make sure you are learning "ASL" or American Sign Language.

Email or text Jillian by Monday, October 6 with what this word is for 50 Summit Points!

