



**GRANITEVILLE**  
DENTAL SOLUTIONS

# Patient Newsletter

## Summer 2024

### Staff Spotlight

Meet Allison, our fantastic Scheduling Coordinator! Allison has been instrumental in keeping our schedule flowing smoothly and ensuring our patients are happy. She's the friendly face you often see when you walk in, always ready to help with any questions or concerns. Her dedication to her role and team spirit make her an invaluable part of our practice. Whether it's coordinating appointments or offering a warm welcome, Allison always goes the extra mile to provide exceptional service.



### Murphy Spotlight

Happy Birthday, Murphy! Dr. John's beloved Newfoundland turned 5 on May 11th. Weighing in at a hefty 140 pounds, Murphy is a gentle giant who brings joy to everyone he meets. With the warmer weather, Murphy enjoys his favorite activity: swimming in the ocean. He also loves taking leisurely walks in downtown Niantic, where he meets new friends and enjoys treats from Gumdrops and Lollipops. Murphy's cheerful demeanor and love for adventure make him a cherished member of Dr. John's family.

## Dr. John's Recipe

Looking for a delicious and healthy meal idea? Try Dr. John's favorite summer dish: Pesto Chicken Avocado Orzo Salad. This refreshing recipe is perfect for warm days and is packed with flavor and nutrients. The combination of tender chicken, creamy avocado, and zesty pesto makes for a delightful meal that everyone will love. Find the full recipe here: [Pesto Chicken Avocado Orzo Salad](#).

### Ingredients:

#### Salad

- 1 pound boneless skinless chicken tenders
- 1 tablespoon extra virgin olive oil
- 2 tablespoons cajun seasoning
- 1 pound dry orzo pasta
- 1/2 cup basil pesto
- 2 cups shredded lettuce
- 2 roasted bell peppers, sliced
- 1 1/2 cups cheddar cheese, cubed
- 1/3 cup oil packed sun-dried tomatoes, chopped
- 1 avocado, sliced

#### Thousand Island Dressing

- 1/2 cup mayo
- 1 tablespoon ketchup
- 1 tablespoon lemon juice
- 1 teaspoon hot sauce
- 1 tablespoon finely chopped pickles
- 1 tablespoon pickle juice
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- kosher salt and black pepper



### How to make:

**1** In a bowl, toss the chicken with olive oil and cajun seasoning. Season with salt and pepper. Set your grill, grill pan, or skillet to medium-high heat. Grill the chicken until lightly charred and cooked through, turning halfway through cooking, about 10 to 12 minutes.

**2** To make the dressing. Combine all ingredients in a glass jar and whisk. Taste and adjust the salt and pepper.

**3** Bring a large pot of salted water to a boil. Boil the orzo until al dente, according to package directions. Drain. Add the orzo to a bowl and toss with the pesto. Add the lettuce and 1/3 of the thousand island dressing. Mix in the chicken, roasted peppers, sun-dried tomatoes and cheese.

**4** Top the pasta with avocado. Drizzle with more dressing. Serve warm or cold.



# Life Updates from the Team

**We have some wonderful news to share from our team:**

**Alexa**, our Steri Tech, welcomed a beautiful baby boy named Liam on April 20, 2024. We are overjoyed for her and her family!

**Donna**, our Dental Hygienist, is proud to announce that her daughter Jenna earned her Master's Degree on May 11th. Congratulations to Jenna on this remarkable achievement!

**Anjoli**, our Dental Assistant, got engaged to her fiancé Tyler on May 18th. Best wishes to the happy couple as they plan their future together.



## Community Events Highlight

**Looking for something fun to do in the community?**

**Check out these exciting events:**



### **Waterford's Farmer Market:**

Visit the Waterford Farmer's Market every Saturday through October 12, from 10 am to 1 pm at the Community Center, 24 Rope Ferry Road. Enjoy fresh, locally grown produce and homemade goods. [More info.](#)



### **Historical Society's Second Saturday:**

Explore Waterford's rich history with free tours of historical buildings on the second Saturday of each month. Learn about the town's heritage and enjoy a fascinating day out. [Learn more.](#)



### **Free Live Music at Filomena's Restaurant:**

Enjoy live music at Filomena's Restaurant on the weekends. Relax with great food, great company, and fantastic tunes. [Details here.](#)





## Movie Spotlight: Inside Out 2

Exciting news for movie lovers! The beloved characters of Riley's emotions are back in Inside Out 2. Join Joy, Sadness, Anger, Fear, and Disgust on another emotional adventure as they navigate Riley's teenage years. This highly anticipated sequel promises more heartwarming and hilarious moments as the emotions work together to help Riley through new challenges. Perfect for a family movie night, Inside Out 2 is set to release soon—don't miss it (you know we won't)!



## Book Your Appointment Today!

Ready for your next dental check-up or treatment? Our friendly team is here to provide you with top-notch care in a comfortable and welcoming environment. Whether you need a routine cleaning, a consultation, or a specific procedure, we're just a call away. Schedule your appointment today and let us help you maintain a healthy, beautiful smile. We look forward to seeing you soon!



# Celebrating our Office Anniversaries and Birthdays!



## Anniversaries



**Donna**  
7/3 - 8 years



**Sarah**  
8/29 - 1 year



**Melissa**  
10/20 - 2 years



**Dr. John**  
9/6 - 2 years

## Birthdays



**Melissa**  
(7/29)



**Christina**  
(8/23)



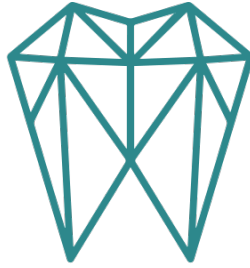
**Laura**  
(8/25)



**Sarah**  
(9/23)



**Alexa**  
(10/18)



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