



GRANITEVILLE

DENTAL SOLUTIONS

Patient Newsletter

Fall 2024

Staff Spotlight

We're excited to introduce Laura as this quarter's spotlight team member! Laura joined our Graniteville Dental Solutions family earlier this year from New York, and she's been a bright light in the office ever since. She's quickly embraced her role as a dental assistant, building connections and making everyone feel comfortable with her warm, friendly nature.

Her positive energy and laughter brighten up our days, and she truly embodies the caring, community-centered spirit that defines Graniteville. We're lucky to have Laura on our team, and we know you will enjoy her kindness and warmth just as much as we do!



Meet Dr. Justin Swank

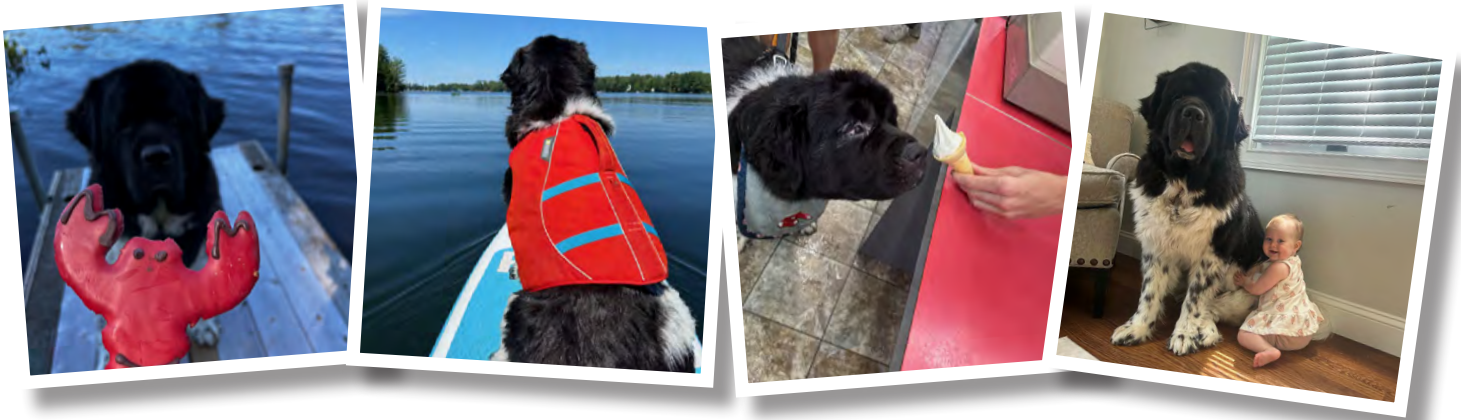
We're thrilled to welcome Dr. Justin Swank to the Graniteville Dental Solutions team! Inspired by his family's tradition in dentistry, Dr. Swank pursued his passion, earning his D.D.S. from the University of Maryland Dental School and completing an Advanced Education in General Dentistry (AEGD) at the University of Connecticut. With years of experience in comprehensive care, including restorative dentistry, extractions, dentures, and root canals, Dr. Swank is dedicated to helping patients achieve their healthiest smiles. A proud ADA member, he's known for his gentle approach and commitment to exceptional patient care. Outside the office, Dr. Swank enjoys spending time with his wife, their three children (soon to be four!), and their Old English Sheepdog, Maggie. We're excited for you to meet him!



Murph Updates

Murph has had a busy summer! Riley, his little sister, recently learned to crawl and follows Murph everywhere, often climbing up on him. Murph also took a trip to Maine, where he enjoyed the coast, savored some ice cream, and checked out some lobsters!

He's very excited about the addition of Dr. Swank to the practice, who will be bringing along his dog, Maggie. We have a feeling Murph and Maggie will be fast friends!



Can't Wait to Meet You!

Our Graniteville team is growing, and we're thrilled to introduce four new faces joining us this September:

- **Brianna – Dental Assistant**
- **Kristen – Dental Assistant**
- **Christina – Scheduling Coordinator**
- **Dr. Swank – Our newest full-time doctor**



Life Updates from the Team

Dr. Benak is excited to share that he will be a grandpa again! His daughter is expecting a little girl at the end of this year, and the entire family is eagerly anticipating her arrival. Dr. Benak can't wait to spoil his newest granddaughter with love, and we know she'll have him wrapped around her little finger in no time. We wish his family all the best as they prepare for this joyful addition!

Dr. Swank is also expecting his fourth child, due early next year! He and his wife are thrilled to welcome another little one into their growing family. With three children already, they're experts in the joys (and challenges!) of parenthood, and they can't wait to meet their newest bundle of joy. We're excited to see Dr. Swank's family continue to grow and wish them a smooth and happy journey as they prepare for the big day.

Life Updates from the Team

Dr. John took a well-deserved vacation with his wife and daughter to Arizona and Maine, where they explored some truly breathtaking landscapes. From the stunning desert vistas of Arizona to the rugged coastline of Maine, they experienced the best of both worlds. Dr. John returned with plenty of fantastic photos and memories, feeling refreshed and recharged. We're so glad he had a chance to unwind and spend quality time with his family!



Spooky Community Events

Looking for some fun fall activities? Check out these exciting events:



Fall Harvest Festival – October 12, 2024:

Celebrate the beauty of fall at the Waterford Community Center with hayrides, pumpkin decorating, live music, and delicious treats! [More info.](#)

Trunk or Treat – October 20, 2024 (rain date October 27, 2024):

Get into the Halloween spirit with trick-or-treating, games, and a costume contest for all ages! [More info.](#)



New England Christmas Festival – November 8-10, 2024:

Start your holiday shopping with over 350 artisans, live entertainment, and gourmet treats. [More info.](#)

Waterford High School Vendor Fair – December 1, 2024:

Support local businesses and artisans with unique crafts, jewelry, and more. Food trucks and raffles will be available! [More Info.](#)



Holiday Shop by the Sea – December 7, 2024:

Enjoy a seaside shopping experience with various vendors offering holiday gifts, crafts, and treats [More Info.](#)

Pop Culture Picks

Here's what our team is excited about this season:

Beetlejuice, Beetlejuice: The spooky season wouldn't be complete without revisiting this classic remake! A fun blend of comedy and supernatural thrills.

It Ends With Us by Colleen Hoover:

This bestseller turned blockbuster film is perfect for cozy fall evenings, following Lily's emotional journey through love, heartbreak, and self-discovery.

Wicked (opening November 22, 2024): The beloved Broadway musical is on the big screen! Experience the magic of Elphaba and Glinda in the Land of Oz.

Sonic The Hedgehog 3 (opening December 20, 2024): Join Sonic, Tails, and Knuckles in this family-friendly, action-packed adventure!



Patient Success Story

On a trip to Niagara Falls, Wanda noticed her yellowing front teeth in a selfie and knew it was time for a change. She reached out to Dr. John, who recommended teeth whitening and two crowns. The transformation was incredible—Wanda's smile became brighter, and her confidence soared. Now, her family and coworkers can't stop complimenting her new smile!



Technology Update

We've made a recent upgrade to our phone software! You may have noticed that appointment confirmations look a little different. We now use Nexhealth for confirmations, online appointment booking, and online payments. You might even receive a text message if you're overdue for an appointment. Our goal is to make everything as seamless and convenient as possible for you and your family.

Celebrating
our Office
Anniversaries
and Birthdays!



Anniversaries



Anjoli
11/14 - 1 year

Birthdays



Carmen
(10/08)



Olivia Murphy
(11/07)



Karrie Vincent
(11/13)



Mary Carver
(11/17)



Donna Gannon
(11/22)



Dr. Joshua John
(11/26)

Recipe: Bang Bang Shrimp Pasta

Bang Bang Shrimp Pasta is one of the best shrimp meals ever. It's made with an easy, savory sauce and is ready in less than 30 minutes.

Ingredients:

- 3/4 - 1 lb thin spaghetti or angel hair pasta or gluten free pasta
- 1 1/2 lbs medium shrimp peeled and deveined
- 1 tablespoon coconut oil
- 3 cloves garlic minced
- 3 teaspoon paprika
- 1 tablespoon dried parsley
- freshly ground black pepper to taste

Sauce:

- 1/2 cup mayonnaise or light mayonnaise
- 1/2 cup Thai sweet chili sauce
- 2 cloves garlic minced
- 2 tablespoon of lime juice
- 1/8 teaspoon crushed red pepper flakes



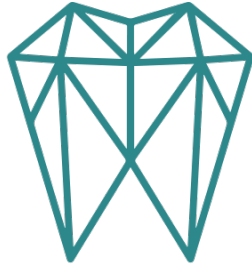
Instructions:

1. Mix the sauce ingredients together in a bowl and set aside.(You can warm this if you desire but it warmed up nicely for me when mixed with the hot pasta.)
2. In a large pot of boiling water, cook the pasta and drain well.
3. Place the uncooked shrimp in a medium sized bowl and add the paprika, 3 cloves of garlic, pepper
4. Heat the coconut oil on medium high heat and add the coated uncooked shrimp. Stir constantly while cooking until pink for approx. 6-8+ minutes. (depending on the size of the shrimp)
5. Remove from heat and set aside if pasta is not ready
6. In a large serving bowl, combine the pasta, shrimp and sauce mixture and toss.
7. Garnish with parsley and serve immediately.



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!



GRANITEVILLE

DENTAL SOLUTIONS

Patient Newsletter

Fall 2024

GranitevilleDental.com • 860-443-0861