



# GRANITEVILLE

DENTAL SOLUTIONS

## Patient Newsletter

### Winter 2025

## Top Dentist Award

We're thrilled to share that Graniteville Dental Solutions has been named a Top Dentist in Connecticut for 2024! This honor, voted by our peers, reflects the dedication of our team to delivering outstanding patient care. Thank you for allowing us to care for you and your families.



## Murph & Maggie Updates

Murph enjoyed a festive holiday season with his little sister, Riley. They shared moments by the Christmas tree, and Murph took some well-deserved naps!

We're also excited to introduce Maggie, Dr. Swank's Old English Sheepdog. Maggie is a cherished part of the Swank family and is quickly becoming Murph's new best friend. Stay tuned for their adventures!

# Life Updates

**Exciting personal news from the GVD family... Our family is growing!**

**Terese (hygienist)** is expecting her second child in June 2025. Congratulations, Terese, and best wishes to your growing family!

**Dr. John and Kirsten** are expecting a baby in April 2025. Their little one, Riley, can't wait to become a big sister!

**Olivia, her husband Chip and their pup Boone** are excited to announce they are having their first baby in July. It's a boy!



# Patient Success Story

Meet Edward, a patient whose journey to a renewed smile is nothing short of inspiring. Having never experienced a cavity in his life, Edward was diagnosed with neck cancer in 2016. Following radiation treatment, he faced the challenge of chronic dry mouth, which eventually led to tooth loss.

Determined to restore Edward's confidence and oral health, Dr. John collaborated with a specialist to place implants and crafted a full-arch prosthetic to complete Edward's smile. Reflecting on his transformation, Edward shares, "When you feel like you look pretty good, it makes you feel better. I was always very proud of my teeth ... to have them back again was just great!"

We are honored to have played a role in Edward's journey, helping him regain not only his smile but also his pride and confidence.



**Hear Edward's Story**



# Healthy Recipe

## Baked Ziti

A warm, comforting dish that's perfect for winter nights.

### Ingredients:

#### Salad

- 2 tablespoons light butter
- 3 cloves Garlic, Minced
- 1 medium onion diced
- 1 pound Ground Beef
- 93% lean 1 can (28 Ounce Can) Whole Tomatoes, With Juice (or Petite Diced Tomatoes)
- 2 cups Marinara Sauce
- 2 teaspoons Italian Seasoning
- ½ teaspoon Red Pepper Flakes
- Salt And Pepper, to taste
- 16 ounces, weight Ziti Noodles
- 1 tub (15 Ounce) Part Skim Milk Ricotta Cheese
- 8 oz part skim Mozzarella Cheese
- ½ cup Grated Parmesan Cheese
- 1 whole Egg Fresh Minced Parsley

### Instructions:

Heat butter in a pot over medium heat. Add onions and garlic and saute for several minutes, or until starting to soften. Add ground beef and cook until browned. Drain off fat, leaving a bit behind for flavor and moisture.

Add tomatoes, marinara sauce, salt, pepper, Italian seasoning, and red pepper flakes. Stir and simmer for 25 to 30 minutes. After that time, remove 3 to 4 cups of the sauce to a different bowl to cool down.



Preheat the oven to 375 degrees.

In a separate bowl, mix together the ricotta cheese, 1 ½ cups of the grated mozzarella, Parmesan, egg, and salt and pepper. Stir together just a couple of times (do not mix completely).

Drain the pasta and rinse under cool water to stop the cooking and cool it down. Pour it into the bowl with the cheese mixture and toss to slightly combine (there should still be large lumps.) Add the cooled meat sauce and toss to combine.

Add half the coated pasta to a large casserole dish or lasagna dish. Spoon half of the remaining sauce over the top. Repeat with another layer of the coated pasta, and the sauce, and top it off with the remaining mozzarella.

Bake for 20 minutes, or until bubbling. Remove from oven and let stand 5 minutes before serving.

Cut into 12 equal portions or use 1 cup for serving size.

# Community Events

Mark your calendars for these fun local activities - we hope to see you there!

## Mystery Book Club - First Wednesday of Every Month at the Waterford Public Library

Join fellow mystery enthusiasts on the first Wednesday of each month at 6:30 PM at the Waterford Public Library. Each meeting discusses a selected mystery novel, with copies available for checkout beforehand. Discussions are facilitated by Pam Bedore, an English professor, and library staff. The club is open to all adults interested in exploring the genre.



## Safe Grad Fundraiser - January 16 at Fat Tuna

Support Waterford High School's Class of 2025 at the Safe Grad Fundraiser on January 16, 6:00 PM to 9:00 PM, at Fat Tuna. Enjoy food, music, and a basket raffle, with proceeds funding a safe, alcohol-free graduation party. It's a great way to have fun while contributing to a worthy cause. Don't miss this opportunity to support the students and their families.



## Comfy Cozy Chunky Blanket Workshop - January 17 at Pinspiration, East Lyme

Learn to create your own chunky knit blanket at this fun workshop on January 17 at Pinspiration in East Lyme. No knitting experience is needed, as all materials and guidance will be provided. You'll leave with a cozy blanket perfect for the winter season. Pre-registration is required, and spots fill up quickly.



## Wintertide - February 15-17 at Mystic Seaport Museum

Celebrate winter with the family at Wintertide, hosted by the Mystic Seaport Museum from February 15-17. The event features ice sculpting, live music, crafts, and maritime winter exhibits. Seasonal food and drinks will also be available, with discounted admission for museum members. Explore the historic grounds while enjoying winter festivities.



## 20th Annual Mystic Irish Parade - March 23

Join the celebration of Irish culture at the 20th Annual Mystic Irish Parade on March 23. Starting at 1:00 PM, the parade features marching bands, floats, and cultural groups winding through downtown Mystic. Arrive early for the best viewing spots, and enjoy festivities at local establishments afterward. This free event is perfect for families and parade lovers alike.







## Pop Culture Picks

Here's what we're watching and excited about this season:

*Disney's Snow White* – March 21, 2025

*Captain America: Brave New World* – February 14, 2025

*The Last Showgirl* – January 10, 2025

## Coming Soon: Friend & Family Referral Program

We're excited to announce a new referral program launching in early 2025! Stay tuned for details on how you can earn rewards for sharing the GVD experience with your loved ones.



## Book Your Appointment Today!

Ready for your next visit? Call us or book online to schedule your appointment. We look forward to seeing you and helping you achieve your healthiest, happiest smile!



# Celebrating our Office Anniversaries and Birthdays!



## Anniversaries



**Dr. Benak**  
1/19 - 4 years



**Laura**  
1/29 - 1 year



**Carmen**  
2/5 - 4 years



**Terese**  
2/19 - 1 year



**Allison**  
3/14 - 3 years

## Birthdays



**Dr. Benak**  
(1/9)



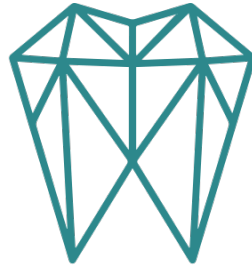
**Ashley**  
(2/18)



**Dr. Swank**  
(3/1)



**Carolyn**  
(3/30)



# GRANITEVILLE

DENTAL SOLUTIONS

**Patient Newsletter**  
**Winter 2025**

**GranitevilleDental.com • 860-443-0861**