



GRANITEVILLE
DENTAL SOLUTIONS

Patient Newsletter

Summer 2025

Staff Spotlight

Sarah Gilbert

We're so proud to celebrate one of our own, who recently graduated from the University of New Mexico's Graduate Program in Dental Hygiene! Her goal in pursuing a master's degree was to deepen her expertise in dental hygiene and gain the leadership experience needed to one day step into a guiding role within the hygiene community—and she's well on her way.

She's especially passionate about ergonomics for dental hygienists, driven by her dedication to both her career and her colleagues. Dental hygiene takes a physical toll on joints, muscles, and posture, which can lead to injuries that cut careers short. By focusing on ergonomics, she's championing a healthier, more sustainable future for hygienists everywhere, helping ensure they can keep doing the work they love for years to come.

We're beyond lucky to have her on our team, bringing not just skill and knowledge, but a genuine heart for the profession. Here's to a bright future and the positive impact she's sure to make in our field!



**You can check out
the article she wrote
for her Master's
thesis here:**

Part 1

Part 2

Celebrating our Team!

At Graniteville Dental Solutions, we are so grateful for our amazing team members who make our practice a warm and welcoming place for every patient. This quarter, we are celebrating some incredible milestones:

Work Anniversaries



Donna Gannon
9 years (July 3)



Sarah Gilbert
2 years (Aug 29)



Kristen Healy
1 year (Sept 24)

Birthdays



Kristen Healy
July 18



Terese Dunston
August 20



Laura Martez Breton
August 25



Sarah Gilbert
Sept 23



Exciting Life Updates

We're thrilled to share that Dr. John and his wife Kirsten welcomed their second child, Grayson, on April 24th! Weighing in at 7 lbs, 8 oz, this little guy has already captured all our hearts.

Big sister Riley is taking her new role seriously (and adorably), and we're sure Murph is gearing up for some big-brother tail wags too. The Graniteville family couldn't be happier for the Johns—congratulations on your beautiful new addition!



We're sending warm wishes to Terese and Olivia, who will both be taking 12 weeks of maternity leave to enjoy precious time with their growing families! We're so excited for them and can't wait to meet their newest arrivals.

In the meantime, Jamie, Leah, and Carmen will be stepping in to keep our hygiene schedule running smoothly. We're also bringing in a fantastic temporary hygienist to help ensure your visits stay right on track.

Thanks for your continued support and flexibility as we celebrate this special season with our team.



Murph & Maggie Updates

Maggie's Newest Role: Chicken Whisperer?

Life just keeps getting more exciting for Maggie, Dr. Swank's lovable Old English Sheepdog! Since becoming a big sister earlier this year, she's added another title to her growing resume: **official chicken guardian**. That's right—Maggie has discovered a new passion for poultry patrol, and she's loving every minute of it.

Whether she's herding (from a respectful distance, of course) or just keeping a watchful eye on her feathery friends, Maggie's heart is as big as her fluffy paws. We're not saying she's ready to run the farm just yet... but let's just say those chickens are in excellent paws.



Murph's living his best dog life this summer - especially when he's hanging with his favorite little human, Riley! These two are the ultimate beach buddies, soaking up every moment of sunshine and sea breeze.

Riley's been loving her time by the shore - digging in the sand, splashing in the waves, and even making peace with a little seaweed (hey, it's part of the adventure!). And Murph? He's always close by, tail wagging and ready for the next sandy snuggle or salty stroll.



Fun Community Events

We love being part of this incredible community, and we want to help spread the word about what makes it so special! If you've got a local event, fundraiser, or family-friendly happening you'd like featured in our next newsletter, let us know!



Through October 18, 2025 - Waterford Farmers Market

Waterford Farmers Market every Saturday now through October 18, 2025; 10 am - 1 pm at the Waterford Community Center at 24 Rope Ferry Road, Waterford, CT. [Learn More](#)

July 12th, 2025 - Summer At Sea

"Summer at Sea" at the Waterford Historical Society Saturday, July 12, 2025; 10 am - 1 pm. Soak in the sounds of sea chanteys, catch historians in full costume crafting rope and sails, and explore the charm of historic buildings on a hands-on tour. [Learn More](#)



Fridays through August 1, 2025 - Friday Night Summer Concert Series

Every Friday now through August 1, 2025. The Friday Night summer concert series is held at Washington Park, Meridian Street in Groton. All concerts start at 6:30 pm. [Learn More](#)

Pop Culture Picks

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

Jurassic World- Rebirth- July 2, 2025

Dinosaurs are back in action! This latest installment offers thrilling adventures suitable for older kids and adults alike.

Wimbledon June 30-July 13

The prestigious tennis tournament kicks off on June 30. It's a great opportunity to introduce kids to the excitement of the sport.



Freshen Up Your Smile

Looking to freshen up your smile without a big to-do? We've got two new options that are simple, easy, and can fit right into your everyday routine:

Crest 3D White Daily Serum – \$50



Crest White Strips – \$75

Whether you're getting ready for a big event or just want to boost your glow a bit, we're happy to chat about which one might be a good fit for you next time you're in. Nothing fancy—just a little extra sparkle for your smile!

Dental Technology Updates

Cherry Payment Plans: Care Now, Pay Later (Without the Stress)

Big dental work on the horizon? With Cherry, you can break up payments into manageable monthly plans—no hard credit check, and no jumping through hoops. It's fast, flexible payment plans that fit real life (and real budgets).

Scan Now To Use
Cherrys Payment Calculator



 **Cherry**

Overjet: AI That Has Your Back (and Your Bite)

We now use Overjet, a powerful AI tool, to help catch potential dental issues early—often before you can even feel them. That means fewer surprises, smarter decisions, and getting the most out of your insurance benefits regardless of if you're out-of-network or in-network.

Healthy Recipe: Ultimate Chicken Salad

Ingredients:

- 2 lbs Boneless Chicken Breast
- 1/2 Cup Sliced Raw Almonds
- 1 Cup Mayonnaise
- 1 Tablespoon Dijon Mustard
- 1 Cup Red Grapes, Quartered
- 2 Celery Ribs, Diced
- 3 Green Onions, Sliced
- 2 Tablespoons Finely Chopped Parsley
- 1 Tablesooon Finely Chopped Tarragon
- 1 Lemon, Juiced
- Kosher Salt and Fresh Pepper

Directions:

TO POACH THE CHICKEN:

- Place the chicken breasts in a wide pan without overlapping, cover with about an inch of cold water, and season with salt.
- Turn heat to medium, until it reaches a gentle simmer. Then reduce the heat back to low and cover the pan. Let the chicken simmer for 8 to 12 minutes, or until the internal temperature reaches 160°F to 165°F. Remove the chicken and let it rest for a couple of minutes. Then chill in the fridge.

CHICKEN SALAD RECIPE:

- Transfer the cooled chicken to a cutting board and dice it into ½-inch pieces. Add it to a large mixing bowl
- Slice and dice the celery, green onion, grapes, parsley and tarragon. Add those ingredients to the mixing bowl along with the almonds, mayonnaise, Dijon mustard, and lemon juice. Season with salt and pepper.
- Mix everything together until it's well combined. Let it chill in the fridge until you're ready to serve.

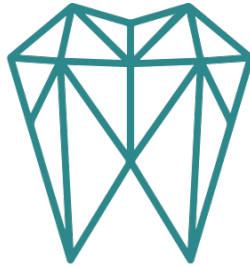


Book Your Appointment Today!

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!

Scan For Online Scheduling





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