



# GRANITEVILLE

DENTAL SOLUTIONS

## Patient Newsletter

### Autumn 2025

### Awards & Accomplishments

We're proud to share that Dr. John, Dr. Swank, and Dr. Benak have all been named Top Dentists by their peers—and will be featured in the upcoming issue of **Connecticut Magazine** this October! These honors mean a lot, but the real win is getting to care for our amazing patients every day. Keep an eye out for the issue—it's hitting stands soon!



### Welcome to the Team!

We are excited to welcome **Katie Custer** as the newest member of the Graniteville administrative team. Katie brings her skills and enthusiasm to the role, and we look forward to the positive impact she will make. Please join us in giving her a warm Graniteville welcome!



## 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



**Jamie Stevens**  
1 year (Oct 14)



**Kara Banores**  
2 years (Oct 23)



**Analucia Trinidad**  
3 years (Nov 3)

### Birthdays



**Carmen Kievits**  
Oct 8



**Karrie Vincent**  
Nov 13



**Mary Carver**  
Nov 17



**Donna Gannon**  
Nov 22



**Josh John**  
Nov 26



## Exciting Life Updates

We are so delighted to have little Elena, Terese's daughter, join the family on June 23rd at 12:24pm. Weighing in at 7lbs 6oz and measuring 20 inches long. She is such a wonderful baby girl, eating and sleeping great! More pictures to come, stay tuned!



We are also delighted to have little Callum, Olivia's son, join the family on July 7th. Weighing in at 5lbs 4oz and 17.5 inches long. He is already breaking hearts.



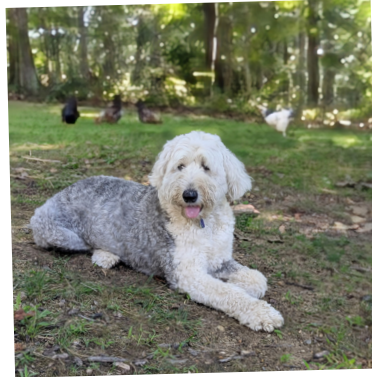
Donna's daughter, Jenna recently tied the knot on August 16th to her husband James in a beautiful ceremony. Congratulations to the Newlyweds!





# Maggie Updates

Maggie's still on chicken duty! Most days, you'll find her proudly patrolling the yard, keeping a watchful eye on the Swank family's beloved flock. It's safe to say she takes her role as "chicken supervisor" pretty seriously.



## Holiday Gift Tip

Looking for something useful *and* awesome to gift this season? We've got you covered with two of our favorite at-home tools:

**Oral-B Electric Toothbrushes – \$95**

**Oral-B Waterflossers – \$65**

They make perfect gifts for your college kid, your partner... or honestly, for yourself (you deserve a gift too). And yep, you can use your HSA for both!



# Fun Community Events

Have a local event, fundraiser, or community happening coming up?  
Share it with us, and we'll feature it in our next newsletter!



## Connecticut Renaissance Faire - Saturdays & Sundays through Oct 19

Step into another century! The CT Ren Faire is back with jousting, turkey legs, and plenty of fun for all ages. Costumes optional—but encouraged. [Learn More](#)

## Niantic Artisan & Vintage Market - October 4

Spend the day by the water while browsing handmade goods and vintage finds from local makers. A great excuse to shop small and stroll downtown! [Learn More](#)



## Holiday Magic Market at the Haley Mansion - Nov 29

Kick off the holiday season with cozy vibes, local makers, and the magical setting of the Haley Mansion. It's like stepping into a Hallmark movie. [Learn More](#)

## Whale of a Time Treasure Hunt - New London, Now - Nov

It's a scavenger hunt meets New London history tour! Perfect for families or weekend adventurers—see how many whales you can spot around town. [Learn More](#)



## Annual Niantic Light Parade - December 13

Bundle up and bring the hot cocoa—Niantic's beloved Light Parade lights up Main Street with floats, music, and tons of holiday cheer. [Learn More](#)

## Movies

### **Gabby's Dollhouse: The Movie (Sept 26)**

Your kiddo's fave show just went big-screen! Gabby, glitter, and so many cats—with Kristen Wiig and Gloria Estefan joining the fun. Pure family movie magic.

### **TRON: Ares (Oct 10)**

Jeff Bridges is back in the grid with Jared Leto and a new crew. Wild visuals, fast rides, and major sci-fi energy. TRON fans, this one's for you.

### **Frankenstein (In theaters Oct 17 / Netflix Nov 7)**

Guillermo del Toro's creepy, gorgeous take on Frankenstein stars Oscar Isaac as the doctor and Jacob Elordi as his not-so-dead creation. Spooky season just got serious.

## Books

### **Always Remember by Charlie Mackesy**

A heartfelt follow-up to *The Boy, the Mole, the Fox and the Horse*—filled with gentle wisdom and beautiful illustrations. A quiet moment of calm in a busy season.

### **The Secret of Secrets by Dan Brown**

The Da Vinci Code author is back with another high-stakes mystery. Ancient secrets, fast-paced twists—classic Dan Brown.

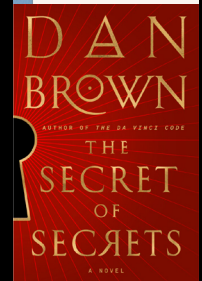
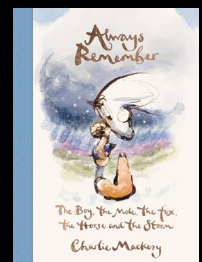
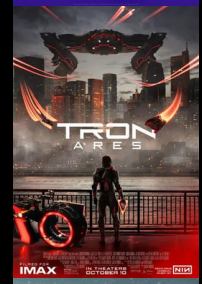
## Games

### **LEGO Voyagers (Sept 15)**

Grab a friend and team up as red and blue Lego bricks in this whimsical co-op puzzle adventure. Even better? Only one of you needs to own the game to play online together!

### **Ghost of Yōtei (Oct 2)**

Open-world samurai action in stunning 16th-century Japan—but let's be real, we're mostly here to see how ridiculously fast this game loads. Time travel, anyone?



# Sheet-Pan Salmon with Sweet Potatoes & Broccoli

## Ingredients:

- 3 tablespoons low-fat mayonnaise
- 1 teaspoon chili powder
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 4 teaspoons olive oil, divided
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 4 cups broccoli florets (8 oz.; 1 medium crown)
- 1¼ pounds salmon fillet, cut into 4 portions
- 2 limes, 1 zested and juiced, 1 cut into wedges for serving
- ¼ cup crumbled feta or cotija cheese
- ½ cup chopped fresh cilantro

## Directions:

### Step 1:

Preheat oven to 425°F. Line a large rimmed baking sheet with foil and coat with cooking spray.

### Step 2:

Combine 3 tablespoons mayonnaise and 1 teaspoon chili powder in a small bowl. Set aside.

### Step 3:

Toss 2 sweet potatoes with 2 teaspoons oil, ¼ teaspoon salt and ⅛ teaspoon pepper in a medium bowl. Spread on the prepared baking sheet. Roast for 15 minutes.

### Step 4:

Meanwhile, toss 4 cups broccoli with the remaining 2 teaspoons oil, ¼ teaspoon salt and ⅛ teaspoon pepper in the same bowl. Remove the baking sheet from oven. Stir the sweet potatoes and move them to the sides of the pan. Arrange 1¼ pounds salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes. Spread 2 tablespoons of the mayonnaise mixture over the salmon. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes.

### Step 5:

Meanwhile, add lime zest and lime juice from 1 lime to the remaining 1 tablespoon mayonnaise; mix well.

### Step 6:

Divide the salmon among 4 plates and top with ¼ cup cheese and ½ cup cilantro. Divide the sweet potatoes and broccoli among the plates and drizzle with the lime-mayonnaise sauce. Serve with lime wedges and any remaining sauce.





# Dental Technology Updates

## Say Hello to Smarter Smiles with Overjet AI

We've added a little extra brainpower to your dental visit—meet Overjet, our new AI-powered tool that helps us spot issues earlier and show you exactly what we see on your X-rays. Think of it as a second set of expert eyes, helping ensure nothing gets missed and everything is explained clearly.

You'll see color-coded images during your visit, making it easier to understand what's going on with your teeth (and why we're recommending what we are). It's all about giving you more clarity, more confidence, and more control over your care.

**We still bring the personal touch but now, with a little high-tech backup**

## Looking to brighten things up?

We offer in-office whitening with same-day results for \$345 per arch. Prefer to whiten at your own pace? Custom take-home trays are available for \$175 per arch. We also carry Crest White Strips with 3D Light for \$75 and the Crest 3D White Daily Whitening Serum with Light for \$50—easy, affordable options to keep your smile glowing.

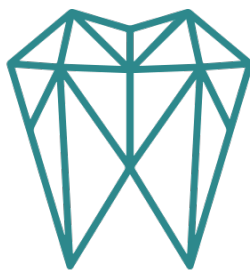


## Our Favorite Patients Come From... You!

We're excited to launch our **Referral Rewards Program!** When you refer a friend or family member to Graniteville and they become a patient, you'll be entered to win fun local prizes like a \$150 gift card to spots like Filomena's or Mystic Aquarium. Plus, every season brings a shot at a weekend getaway package (hello, Block Island)! It's our way of saying thanks for spreading the word and sharing the love.

**Share a Smile. Support Local. Win Big.**





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## 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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