

The Oaks Dental Center 2012 Newsletter



From the Desk of Dr. Kumar



Happy Holidays from The Oaks Dental Center!! I can't believe the year is winding down already. I am very thankful for all that I have. I am thankful for all of my patients. You are inspiring and fun. I truly enjoy talking to you during your visits here.

Our daughter Adya is in 4th grade this year. She likes school, although homework not as much. She is very excited to be in band playing the clarinet. Soccer was a lot of fun this fall and we look forward to the spring season. I learn a lot about her, myself, family, and the world as I watch her grow and become more independent.

One of the biggest changes at home for us this year is that we finally got a dog. She is a mix of Dachshund and Chihuahua, a breed called Chiweenie. My daughter named her Almonde because the shape of her eyes are like almonds, because she is the



color of almonds, and because she can roll up into the shape of an almond. Almonde is full of personality. She can be playful, stubborn, loyal, and loving. She does not enjoy the colder weather. My husband was opposed to getting the dog and still would prefer to not have one. However, he has "adapted" to like her a little.

A trip to the Taj Mahal was one of the highlights of our



India trip where we attended my brother-in-law's big Indian wedding in Patna. We saw a lot of my husband's wonderful relatives.

I also had my 10 year dental school reunion at the Univer-

sity of Michigan in Ann Arbor a few weeks ago. It was really a pleasure to see some of my colleagues. It's amazing how easily it is to re-connect with some friends. Most of us have had kids, opened practices, went on to further studies, etc., but we are the same at heart.

I have participated in a few running races this year and vow to keep in shape during the winter months as well. Some of you mention that what you measure, gets done. In that spirit, I have recorded my running routine and am amazed that it works. It is true with other goals as well, I have observed. Setting realistic goals for ourselves is really important to growth and it is so true for any area of our lives.

To each of you, I wish you peaceful and joyful holidays. God bless you.



Gently Focusing on
One Patient at a Time!



The Oaks Dental

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Shelley's Side Trips



I have taken a lot of trips this year. My travels have not been to faraway lands, but rather to less exotic destinations across town and across Illinois, Wisconsin and Iowa.

Cross-town journeys have taken me to the train station, schools, work, errands, concerts and dining out. During these adventures my travel companions share snippets of their day to day world and current outlook on life's intricacies. For them, it is an out pouring of everything on their minds; for me these are treasured insights into the people they are becoming!

My travels across Illinois and Wisconsin are often commenced with a friend. Our jaunts sometimes have no absolute destination other than gifts

of fresh air, sunshine, and a more intimate experience with the scenery and shared moments of peace and laughter. The Beatles' song "Two of Us" comes to mind as I describe the nature of time shared together, escaping from obligations. We return with wild hair, bright eyes, rosy cheeks, relaxed smiles and renewed spirits!

Why would I travel across Iowa one might ask? My mom lives on the western side of Iowa where the rest of my family all gathered for the first time in four years. Some of us have seen each other more frequently, but we hadn't been able to converge at the same time and place. We didn't waste much time sleeping! We ate the favorite local fast food, sampled

ice cream at the ice cream capitol of the world, played games, went bowling, shopping, drank coffee, cooked together, drank wine, acted silly, solved all the world's problems and were entertained by the youngest member of the family.

Italy is my dream destination! However, I wouldn't trade it for all of these exotic journeys of the heart and soul with the people most important to me. My wish for you is many

exotic travels of the heart and soul with your travel companions.

Cheers! And Happy Holidays!



Rita's Retrospect



Isn't it interesting how some years are pretty much uneventful, and others seem to be filled with so many events it's hard to manage? This year was certainly eventful for me!

I spent a great deal of time planning and executing our High School 50 Year Class Reunion. Go Tigers! My class was the last community class that graduated from what is now Central High School, back then it was Crystal Lake Community High School. Students came not only from Crystal Lake, but also surrounding communities, Cary, Fox River Grove, Hickory Nut Grove, Burton's Bridge, Prairie Grove and Rawson's Bridge. Cary Grove High School was opened the fall of the year our class graduated.

Festivities started with an impromptu gathering of about 30 classmates at Jameson's Steakhouse on Thursday evening. Food was good, company was fabulous! Friday was followed by ladies only lunch at Benedict's, good food, fun and lot's of "girl talk." Two of our classmates we had not seen in 50

years! We had much to catch up with and reminisce. Friday night we had an informal party for the whole class and their spouses/friends at the beautiful estate of one of our classmates. Even one of our very ill classmates showed up for the fun, and it was fun! Unfortunately he passed away two months after, but his wife said he was so



"Mama said there'd be days like this"

Saturday was the "big" day, we started with a wonderful tour of CLCHS, brought back many memories of high school days. Imagine a group of "seniors" becoming high school "seniors" right before your eyes. What a sight! Mr. Wilbrandt, our tour guide, had his hands full with a large, boisterous, hard of hearing, dim sighted,

happy to have seen everyone. We were also happy to have shared one last fun time with him.

not too stable of gait, group of senior citizens. I did not fit into that group, because I'm much younger. Dream on Rita! The tour of CLCHS was followed by a tour of the Raue Theater. Some were especially eager to see the balcony and last row, where they had experienced a youthful romantic interlude. No wonder going to the movies was so popular back then! As a special treat I had the theater do an exclusive showing of "West Side Story" for all of us. Coincidentally, it happened to be the movie's 50th Anniversary too. I had forgotten how sadly the movie ended; there wasn't a dry eye in the house. Of



Normal Is Boring!

course, some seniors did take the opportunity to take a long nap. We finished the day with a lovely dinner, where we were joined by four of our

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Hilary: I'm a professional mover!



Hello All!

How fast time flies! Once again the holidays are approaching and I hope everyone is planning on spending good quality time with family and friends. I can't believe I have been at the Oaks for almost a year! I am absolutely blessed to be part of this team, with wonderful co-workers and extraordinary patients. I could not have asked to land in a better place. I enjoy every day!

A little about me... Within the past year and a half, I have moved three times. Yes three times! I don't want to look at a paintbrush for awhile! After graduating from hygiene school in Madison WI last May I found myself looking for a job in the greater Chicago area. After temporarily living in Belvidere, then Algonquin, I am now living in a small lake house in Lake in the Hills with my roommate and good friend Kacey. We

moved here in August and for the first month we had no internet or T.V., and honestly, the peace and quiet is exactly what I needed. I also discovered a new hobby – fishing! I visited Starved Rock state park this summer for the first time and I can't wait to go back next spring. This past year most of my traveling has been back and forth from my hometown in Wisconsin, as I had three weddings to attend and many family events. Dr. Kumar and I also took a fast trip to San Francisco in October for a soft tissue laser course. The trip summed up into



one word – Awesome! It was very educational and I left with so much anticipation to start using the laser back in our office knowing how much our patients could benefit from this new tool.

I hope to see many of you at our holiday party, and for those of you I have yet to meet I hope I get the chance to introduce myself soon. I wish all of you much joy and happiness throughout the holiday season and New Year.



Hi, it's Jen!



Come every New Year, I am faced with the same menacing question: "Jen, what's your New Year's resolution?"

The answer is always the same--I explain that I don't make them since they are rarely kept. However, I always promise myself that I will find and experience some new things that this life has to offer.

This past year, being a resident of Chicagoland my entire life, I finally made a point to visit the Sky Deck of the Willis Tower. Terrifying I must say, but I survived walking out on what seemed to be a measly piece of glass to take in the city below me. Truly breathtaking!

I have also experienced a Monster truck show, drove to and visited Galena, Illinois, went to a glow-in-the-dark mini golf course and tried Thai food. Each one of these things new to me!

I am pleased to have had the opportunity to check these things off from my life's 'bucket list' and anticipate that

2012 is going to be an even better and more eventful year. I look forward to it!

Introducing Laser!



We're really excited about this new technology. Many of you are familiar with laser in other applications to medicine such as varicose vein treatment, wart removal, and corrective eye surgery. There are several exciting applications of laser in dentistry. Please read more about this on Dr. Kumar blog at

oaksdental.blogspot.com or
www.oaksdental.com ->Smile Talk

Merry Christmas & Happy New Year 2012

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favorite teachers and their wives. Again the food was good, but the company was priceless.

The weekend finale was a delicious brunch at the Cary Country Club. It started at 10 AM and concluded at 2PM because everyone was reluctant to leave. Guess my committee and I earned an A+ in party planning!

May your Holiday Season be filled with lots of joy! Surround yourself with those you love and do at least one kind thing for someone.



Our Community Involvements & Photo gallery

At **The Oaks Dental Center**, we believe in giving back to the community. This past year, we have volunteered our resources to the following organizations and events

- National Children's Dental Health Month and Give Kids a Smile where we made presentations at various area schools.
- Crystal Lake Park District
- Crystal Lake Half Marathon
- Prairie Ridge High School Booster Club
- Crystal Lake South High School Athletics
- Crystal Lake Central High School Athletics
- Resurrection Church, St. Thomas the Apostle Church, St. Elizabeth Anne Seton Church, Lutheran Digest
- Halloween Candy Take Back (Operation Gratitude)



From the Kitchen of Linda Hart — Healthy Southwest Chicken Soup

Ingredients: *Serves 4. Preparation time 40 minutes. Cooking time 30 minutes*

- 1 tbs olive oil
- 1 medium (smallish) onion
- 2 green onions
- 1 medium carrot, sliced
- 1 stalk celery, sliced thin on the bias
- 2 cans chicken broth with garlic
- 1 cup water (rinsed out broth cans)
- 1.5 cups shredded cooked chicken (preferably roasted breast)
- 1/2 tsp salt, freshly ground black pepper
- 1 can chickpeas, rinsed and drained

Garnish:

- 2 avocados, chopped cilantro

Procedure:

1. Pre-heat olive oil in 4 quart Dutch oven.
2. Cut up crisp vegetables. Sauté in olive oil over medium heat for a few minutes (until soft).
3. Add broth, water, salt, pepper, and shredded chicken. Bring to a boil. Cover, reduce heat, and simmer for 20 minutes
4. Add drained & rinsed chickpeas. Bring to a boil. Cover, reduce heat, and simmer for another 10 minutes.
5. After putting in bowls, add a few chopped cilantro leaves. Slice avocado into chunks and add while eating.

