

Gently Focusing on One Patient  
at a Time!



## From the Desk of Dr. Kumar



THE OAKSDENTAL CENTER, LTD.

# The Oaks Newsletter 2011

As I enjoy Thanksgiving, I would like to express to all of you how deeply grateful I am to have the privilege of being your dentist and taking care of you. I realize however that we share more than just that. I am thrilled when babies are born, when you succeed in athletics and academics, when you get accepted into college, when you achieve your goals, when you get married, when you grow in your wisdom and spiritual life. I am sad when you are ill, when there are professional disappointments, and when you lose a loved one. I wish each one of you all the best.

Let me briefly tell you about our Oaks Dental Team. We thank and congratulate Rita on being our office manager for the last 10 years. As many of you, we are pleased to have her and value her expertise. Many of you have seen Shelley wear different hats in the office this year. We thank Shelley for being a wonderful clinical assistant in addition to her primary duties of Patient-Care Coordinator and Front Desk. We welcome Jennifer to our team this year also. She is our friendly Clinical Coordinator and comes with orthodontic experience and great organiza-

tional skills. She is a wonderful asset to our team and I look forward to having you meet her soon. I would also like to acknowledge my husband, Avatans, as part of our team. He does a lot of the "behind the scenes", including IT, website, etc. We are very appreciative of his skills and helpful spirit.

Sadly, we have had to say goodbye to Brenda, our clinical assistant, this year. We wish her all the best. Also, Angela, our hygienist, is getting married and moving to Springfield. We wish her and her fiancé Bob a blessed marriage. We are sad to see her go, but we are very happy for her!

A little about me.... I have attended an awesome continuing education course this March called Treating the Worn Dentition by Dr. Frank Spear. I will not bore you with details, but I learned a lot and know there is always something more to learn. It didn't hurt that it was in Scottsdale, AZ. It was the first time for my family in that climate and landscape. It was fun to experience the excitement of seeing huge Seward cacti as

well as many other cacti for the first time with my daughter, Adya. Adya is now 8 years old. I have now experienced the soccer Mom duties and have now found respect to all the other parents. She enjoys soccer, dance, choir, and swimming. It is wonderful to see a child grow, mature, and challenge you as a parent.

This summer we hiked, biked, went to the beach in Michigan, picked blueberries, had bonfires, read books, and tried to soak in the beauty of summer. We have caught up with several friends from the past thanks to Facebook. Since my twin brother, Al, and his family, moved to California, we have visited them in the San Francisco area. The weather wasn't cooperating when we went, but we made the best of it. I participated in a duathlon with my older brother Paul in Crystal Lake. He did the biking, and I did the running portions. We enjoyed it. Participating in

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## Shelley: “How did this happen?”



It’s hard for me to believe another whole year has gone by. This is especially true regarding my family. It is a milestone year for all three of my children. My oldest son graduates from high school, my middle son promotes from middle to high school and my daughter ventures into middle school. I keep asking myself, “How did this happen?” I’m incredibly proud of all three of them. As they grow into themselves, I can only hope that I have and will continue to assist and encourage them with that journey.

Something new came into my family’s life this year: a piano! I have very musical children, took eight years of piano lessons myself and yet all of these years our house had been devoid of a piano. I’m not sure exactly what inspired me to pursue looking for one a couple of months ago, but the timing was perfect.

It’s old, needs some attention, sounds pretty good for it’s age and was almost free. With the help of a couple of strong friends the old upright found its way into my living room. The following morning when I returned from depositing everyone to their respective schools, the first thing to capture my attention was this new addition. As I stood crying tears of joy, I resolved never again to allow myself to lose such a profound part of myself. Needless to say our new addition is being well loved daily by all.

The loss of a dear, young friend this year has reminded me to make a real effort to focus on the things that really matter most from moment to moment. If you’ve never heard of a childhood cancer called DIPG, I encourage you to take a moment to look it up. There are no guarantees, only opportunities to do or say what mat-

ters most in the present. I do not pretend to have mastered that ability. The events of this year and the coming year, however, are reminding me how deeply my breath can be taken away by the small, yet profound occurrences if I bother to notice them. I sometimes wish I could make time stand still. What I have the power to cause to stand still is my own thoughts; that small voice inside my head going 100 miles an hour to where, I don’t know!

What I do know is that life is good, even when it’s hard. Sometimes we need to hang on, and sometimes we need to let go. Health is priceless, although health-care is not! Change is scary and necessary. The message in a book given to my family several years ago is this: The most important time is now. The most  
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## Rita’s Reading Review



Hi, everyone,

I don’t know about you, but this year is flying by like a rocket train! It’s hard to believe we are approaching the holidays, and as usual I’m still standing on the train platform waiting for summer to arrive. I turned my back for a minute and the summer train zoomed by me.

I hope you have a wonderful Holiday Season and spend good quality time with your loved ones. Thank you for your support, we wouldn’t be here without your help!

Speaking of “help”, I’d like to share my review of a good book, **“The Help”** by Kathryn Stockett. This story is set in 1962, the early years of the civil rights movement. I remember well all the scary, ugly and distressing history of that time in our nation. This novel, written by a white woman, depicts life in Jackson, Mississippi and the unique culture that existed back in the 60’s. The author gives the reader insight as to what it might have been like for the black maids working for affluent whites, during that period. It is a rich recounting by black women of their fears, struggles and small victories as they help a white woman “Skeeter” gather information

for a book that may never be published. This book engaged me emotionally, making me laugh, sad, and angry as Abileen and Minny (two of the maids) told their stories. In my opinion this is a thought provoking page turner and I would recommend it as a good read.

Another book I enjoyed is **“Astrid and Veronika”** by Linda Olsson. It’s a stirring story about friendship and relationship. Two women, one from New Zealand the other from Sweden, one old the other much younger, and how over the course of a year’s time they develop a wonderful connection. I found it very interesting how two people from different generations and very diverse lives reached out to each other in their time of sorrow. Astrid, at her advanced age, has never traveled beyond her village in Sweden. While Veronika traveled half way around the world to find an isolated spot to write her book and distance her from a recent tragedy. I enjoyed the story.

I also read **“Summer House”** by Nancy Thayer a story about basic family dynamics. **“Dear John”** and **“A Walk to Remember”** by Nicholas Sparks, both very light reading. **“Annie’s Heaven”** by Karla

Clark, a local author from Rockford, IL, is about a loved one that has passed on but can’t get to heaven because her family is not moving forward. She is looking down from her place outside of heaven, worrying about her three children and husband. I enjoyed seeing all the misadventures and dilemmas her family goes through from Annie’s perspective **“The 19th Wife”** by David Eberhoff, historical fiction, murder and faith, very interesting and a little disturbing. **“My Antonia”** by Willa Cather is a classic. The story about an immigrant Bohemian family that ends up in Nebraska and all the hardships they encounter. The account is told by a neighbor boy who develops love and admiration for their daughter, Antonia. Despite all the adversity, her father’s suicide, a mean spirited mother, near starvation, and having to work like a man, Antonia maintains a positive attitude that is an inspiration to all. Very good!

You are all invited to join our book exchange: bring a book, take a book. Reading Rocks!

Let’s all slow down and make an effort to enjoy life, family and friends during the

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## Angela: I'm getting married. Woo hoo!



This year, 2010 has been another great year! In August, my boyfriend and I went on a 2 1/2 week road-trip to California and saw many sights our great country has to offer, including Santa Fe (NM), the Grand Canyon, San Diego (CA), Las Vegas, Arches National Park in Utah, and Denver (CO). It was a wonderful trip with lots of experiences. More recently, my boyfriend, now fiancé, proposed on my birthday and we are making plans to be married on New Year's day, January 1, 2011. With this marriage, I will be moving down to Springfield, IL to be with my fiancé, Bob, the end of December this year. It has been an absolute pleasure to work with all of you over the past three years, and I thank you for allowing me to serve you in this time. Best wishes to all, and to all a good New Year!



The Oaks Dental Center

### Book Exchange



Bring one, take one.

Happy reading!



(Continued from Dr. Kumar on page 1)

such events provides the motivation to exercise for me.

I wish all of you Merry Christmas and a Happy New Year! Please join us for our Open House on December 9<sup>th</sup>. We will have good food! ( Say fairwell to Angela and meet Jennifer too!)

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Holidays. This stanza, from the group Alabama's song "I'm In a Hurry and Don't Know Why," tells it like it is.

*I'm in a hurry to get things done  
Oh I rush and rush until life's no fun  
All I really gotta do is live and die  
But I'm in a hurry and don't know why.*

**MERRY CHRISTMAS AND A HAPPY NEW YEAR!**

(Continued from Shelley on page 2)

Important is the one you are with. The most important thing is to do good for the one who is standing next to you.

I wish you all many breathtaking moments this Holiday Season & the New Year 2011.



## Our Community Involvements

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

- Adult & Child Rehab Center for McHenry County
- 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
- Crystal Lake Park District Senior Bingo
- Prairie Ridge High School Booster Club
- Crystal Lake South High School Athletics
- Crystal Lake Central High School Athletics
- Woodstock Lightning (travel baseball program)

### Partner With Us in the Spirit of Generosity!

Nominate a friend/family member who is in urgent need of dental-care but cannot afford it due to mitigating circumstances.

- Briefly tell us why your nominee will qualify
- We will review all the nominations at the end of the 2010 and select one
- We will evaluate the needed treatment based on our own criteria
- Nominations will be kept anonymous, if you prefer.

We do this every year and decided this year we would involve our patients in our selection process. This is your way of giving back to our community. If you are feeling generous, help us share with those in need.



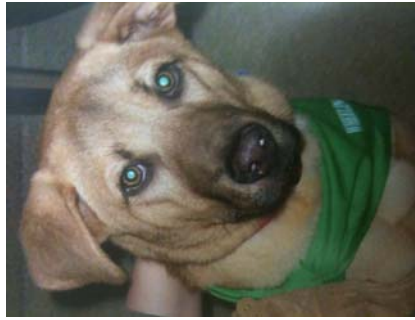
# Hello from Jennifer!

Hi,

I am Jennifer and I am the newest member of The Oaks Dental team. I adore children so it won't surprise you that I came from an extensive orthodontic background. However, I found myself craving a greater diversity.

When I am not working, you will find me spending a lot of time with my dog Chloe. She is my pride and joy!!! I am as passionate about animals as I am with teeth, among several other things. I have been told that I am very talented outside the office as well as excelling with a variety of projects and skills.

I genuinely feel that a person's oral health reflects their overall health and quality of life. I look forward to working with you and helping you achieve and maintain your healthy smile!



Chloe, Jennifer's dog.

*Merry Christmas &  
Happy New Year  
2011*

Please Join US

## It's Party Time!

You are invited to an evening of food, fun, and spirit.

Date: Thursday, December 09  
Time: 6:00—8:00 pm

The Oaks  
Dental Center, Ltd.

Location:  
8600 US Hwy 14, Suite 203  
Crystal Lake, IL 60012



Dr. Kumar and her brother Paul participate in the Run & Roll for the Dole duathlon.



Jennifer Yeninas, our new Clinical Coordinator



Celebrating Rita's 10 years with The Oaks Dental Center.



Some of the Give Kids a Smile recipients of our oral hygiene products in India