



M-BRACE-YOU

22nd Edition

MAY 2011

iPOD NANO CONTEST

Enter to win an iPod Nano and wristband today! Simply go to our page on Facebook (facebook.com/BraceYourSmile) and click on the Patient Prize Tab.” “Click” to Like Us, then fill out the form and you will be entered into the contest. (If you don’t have Facebook, just give us your name to enter.) Three winners will be randomly selected from among all entrants on June 30th.

Post a review of Stevenson Orthodontics on our Google Places page (a link is on the Facebook tab) for an additional four entries in the drawing!



Dr. Perry Stevenson is the preferred provider for Invisalign in the Gresham area. Invisalign is a clear alternative for those wanting to change their smile invisibly. By using a series of clear, removable aligners, Invisalign straightens your teeth according to Dr. Stevenson’s prescribed treatment.

Aligners are changed about every two weeks. Each patient is sent home with a set of aligners to be worn until the next visit. Appointments in the office are every 8-10 weeks. Your teeth will move—little by little—toward the smile you have always wanted.

If you are interested or know someone who is, please call the office for a complimentary consultation at 503-661-8719.

We are happy to schedule an appointment for you!

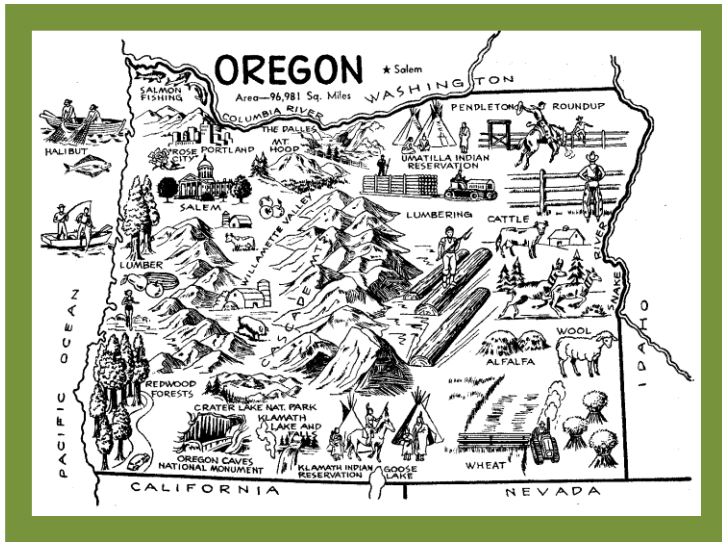
Spring Clean Give Away....

Many entered our drawing for *nine hours of cleaning service from Maid Brigade. A \$350 value!* Our winner was Laurel Dawson. She (and her mom) will make their own cleaning list and Maid Brigade will do all the work. Enjoy!



Don’t miss the next drawing beginning **May 1st through June 30th**. Enter your name for a chance to win a **Gardening Basket** full of gardening essentials and a **\$50 gift card** to Fred Meyer’s. By June, we should have great gardening weather right!?!

FAMILY NIGHT GIFT BASKET was won by Trevor and Adriana Jones Family. We hope you are enjoying your new *Cuisinart Ice Cream and Sorbet Maker, the six month membership to Netflix, and the fun family games.*



Congratulations to Connor Rogers and Austin Humble, the winners of our Stevenson Smile Contest.



Connor, Dr. Stevenson, Austin

There were many great entries and great comments from our patients, families, and friends. Thank you for making our first internet contest such a great success. Connor, enjoy your iPod Touch and Austin, have fun with your iPad.

Looking for Summer Fun in Oregon?

Check out oregon.com/attractions/familyfriendly.cfm for activities in Portland and across Oregon. Attractions range from OMSI to visiting Giusto Farms for home grown food, or a Tour de Coops where you can tour backyard chicken coops and find out how to raise chickens for fresh eggs.

Did you know you can stay overnight in a tree house? Check out “Out ‘n’ about Treesort” on the website. It is a bed and breakfast in Cave Junction, Oregon. There is hiking, horseback riding, and crafts guaranteed to bring out the kid in you.

Oregon has the largest number of covered bridges in the west. You can tour them all from Lake Oswego to Ashland. Most of them are located in the Willamette Valley. Take a Saturday and enjoy a covered bridge driving tour. See the website for locations of all the covered bridges.

10 Healthy Summer Snacks

Healthy summer snacks are a must for keeping kids happy and active during time off from school. Snacks provide energy, prevent overeating, and keep blood sugar stable throughout the course of the day. Check out these ideas for healthy summer snacks for kids and adults as well:

1. White or red grapes (Try freezing them for a hot weather treat!)
2. Frozen or fresh blueberries on top of low fat yogurt
3. Fruit “Kabobs”
4. Baby carrots and a small side of hummus
5. Sliced raw vegetables assortment with a small side of guacamole
6. Diced melon on top of cottage cheese
7. Banana pop (Frozen banana)
8. Banana sliced, topped with natural peanut butter, on top a whole-grain English muffin
9. Unsalted almonds or walnuts over a fruit cup
10. Baked tortilla chips with bean dip
11. Celery sticks with whipped cream cheese as dip
12. Homemade “yogurt-sicle” (Just insert a popsicle stick and freeze!)

Resist the urge to serve an ice-cold soda and offer instead:

- Ice cold water
- 100% fruit juice
- Fat free milk



INTRODUCING NEW MEMBERS OF THE STEVENSON ORTHODONTIC TEAM

Tracy joined our team as Financial Coordinator in February as Judy retired to spend time golfing and traveling with her husband. We are excited to have Tracy on board. She comes to us with degrees in Organizational Psychology and Sociology and training in Small Business Management.

Tracy has lived in Gresham for almost 20 years, but grew up in Southern California. She is married with two sons ages 11 and 9. She is an avid coupon shopper, enjoys helping others with their health, and supports and serves in her sons’ scouting and sport organizations. Her favorite thing about working at Dr. Stevenson’s office is hearing all the laughter among the staff. “What a fun place to work!” she commented.

We missed introducing Tina in our January newsletter. She comes to our office with 11 years of orthodontic experience. Tina is our newest Patient Manager replacing Lyndsay who is now a full time mom of three cute kids.

Tina has two of her own darling kids. Her daughter is 5 and her son is 4. She and her children enjoy gardening and playing “Table Topics” at the dinner table. She also loves any outdoor activity including running, snowboarding, and surfing. Most of all she enjoys being a mom.

Tara, our very newest Patient Manager, you will meet on Fridays. She is here every Friday seeing patients for repairs and working behind the scenes to keep our office running smoothly. Tara has 10 years of orthodontic chair side experience. She also has two children ages 13 and 5 who keep her very busy. She and her husband and children enjoy camping and riding quads. When Tara has some free time, she enjoys photography, as well.

Thank You

We appreciate our great patients, family, and friends.

Thank you for the compliment you give us by referring your friends to our office. We wouldn’t be in business without you. Many thanks!!