



# Over the Wire



November 2008

A Quarterly Newsletter from the Team at Dr. Bigman's Office

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## HALLOWEEN CANDY BUY-BACK NOVEMBER 2008



Our annual Candy Buy-Back Program successfully collected 343 pounds of candy. We donated half of the candy to the troops through Blue Star Moms with the help of Mrs. Curley, and the other half to the Tri-City Homeless Coalition in Fremont, along with toothbrushes and toothpaste. Dr. Bigman paid his patients \$1 per pound of Halloween candy and donated a matching \$1 per pound to the Make-A-Wish Foundation, which grants wishes to terminally-ill children. The patients also had the option of donating part or all of their earnings. A total of \$458 was donated to The Make-A-Wish Foundation. Many patients' braces were spared a harmful encounter with the "Brace Busting" candy and two very worthy causes were supported. Thank you for participating.



## Tips for Good Brushing and Flossing

### How to Brush?

- + Use a fluoride toothpaste and a soft, rounded-bristle toothbrush that's in good condition. Because braces wear out a toothbrush quickly, replace your brush as soon as it shows signs of wear.
- + Brush around all the parts of your braces and every surface of your teeth — fronts, sides and backs. Be sure to brush your tongue and roof of the mouth..
- + Brush your gums gently and thoroughly.
- + Rinse thoroughly after brushing.

### How to Floss?

- + Floss every night before you go to bed. That way, you won't feel rushed.
- + When flossing with braces on, it might be necessary to use what's called a floss threader. This reusable tool allows you to get dental floss underneath your archwire easily.
- + Make sure you clean carefully along and under the gum-lines.
- + Flossing with braces on may seem like a difficult process, but it's very important. And as with anything, a little practice will make it go a lot faster.



This year's Halloween Ice Skating Party Benefit was a great success! On October 30th, approximately 600 patients, friends and family joined us at Dublin Iceland rink for spooky skating, ghoulish music, tasty treats and lots of fun. Everyone enjoyed watching Dr. Bigman perform his spins on the ice in his Flash costume. This party was a Benefit for The Food Bank and thanks to everyone's generous donations, we received 839 lbs of

## ANNUAL ICE SKATING HALLOWEEN PARTY

food to provide to The Food Bank. We had a raffle drawing for those dressed in costume and the lucky winners were: 1st Session— Jonathan Grey, Kristen Nicole Hayden, Chirtina Chong and Melinda Farrell. 2nd Session— Mai Nguyen, Colleen Schwartz, Anthony O'Brien and Brianna Anderson. Everyone had a great time. We hope to see you again next year for this annual event!



## Contest Winners

### Summer Postcard Winners

- Most Beautiful Scenery—**Lily L'Estrange**
- Most Beautiful Cityscape—**Arakelian Family**
- Most Postcards Sent—**Arbuckle Family**
- Most Unique—**Arbuckle Family**
- Prettiest Sunset/Sunrise—**Jasmine Benito**
- Funniest—**Curleys Family**
- Farthest Traveled—**Arakelian Family**

### Monthly Movie Tickets

August - **Todd Ristow**  
September— **McKenzie Reiland**  
October - **Gabriel Ortiz**

### Monthly Game Winners

August —**Lilly L'Estrange**  
September—**Clark Geranen**  
October—**Taylor Burgess**

### Dr. Bigman T-Shirt Winner

(August winner)

Congrats to **Nicholas Nava** who won a family fun night out! Wear your Dr. Bigman T-shirt to your next appointment to be entered in the contest.

### Oral Hygiene Contest Winner

For his excellent brushing, **John Niles** won a \$75 Target Gift Card! Be sure to ask your assistant if you qualify for the "OH Contest" at your next visit!

### Rosie's Baby Game Winners

**Patty Hansen** was the adult winner with the closest guess and **Sara Thomas** was the child who guessed the closest.

Rosie had a healthy boy named Raymond Angelo Cordova. He was born on November 4th at 6:49am, weighed 7 lb 10ozs and was 21 inches.

Congratulations Patty and Sara! They will each enjoy a \$20 Visa gift card.

### 2008 Patient Appreciation Winners

Congratulations to the **Rovai, Kimura,** and **Arnaldo Lopez** Families! They each received 4 tickets to Discovery Kingdom in Vallejo.

Dr. Bigman wanted to say thank you to all of his patients for their on going support and loyalty over the past 20 years. Looking forward to many more years to come!

## Share Your Smile Contest



**MacKenzie and Madison Mills** were the winners of the Share Your Smile Contest in September. Their prize was a Limo-Pizza Party Extravaganza!!! The twins, MacKenzie and Madison, and six of their friends were picked up by a stretch limo from their school, Pine Valley Middle School, on September 26th. MacKenzie and Madison and their friends strolled up to Round Table Pizza as the most stylish students around. At Round Table Pizza the group enjoyed tons of pizza, soda and Tropical Style fun! The group then piled back into elegant ride to be whisked off to Cold Stone Creamery for tasty ice cream desserts! After eating their ice cream, it was time to ride around town in the limo and have a blast!!!

This contest is our way to say *THANK YOU* to the many patients who refer their friends and family to our practice. Each time you refer a friend or family member, and they present a referral card with your name during their complimentary new patient examination, your name is entered into a quarterly drawing for our **LIMO-PIZZA EXTRAVAGANZA!**

We have referral cards for you to give to your friends!



### **Dr. Bigman's Orthodontic Tip Corner**

#### *Important Tips and Issues*

**T**eeth move faster in a clean environment. When you have swollen gingiva (gums) teeth move more slowly based on more resistance which can delay treatment completion. Keep those teeth and gums clean share the tips on the front page with your children!!



### **DAFFODIL DAYS ARE COMING AGAIN!**

**J**oin us in the fight against cancer while brightening someone's day! Dr. Bigman's office will be a representative for the American Cancer Society's Daffodil Days, a fundraising campaign named for the flower that symbolizes hope and new beginnings with its habit of blooming before spring. There will be several different fresh-cut daffodil arrangements from which to choose. Orders may be placed at the front desk in late January. Dr. Bigman will donate \$1 for every order. Last year we raised a record breaking \$954 for the fight against cancer. Hopefully we can top that this year!

### **School Visits**



Our clinical team loves to visit schools to teach the children about good oral hygiene. They make learning fun by showing a short, funny video and then handing out goody bags at the end. If you think your school would be interested in a visit, please let us know.