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STRAIGHT TEETH, NO METAL BRACES NECESSARY

Invisalign is the perfect way for patients of all ages to achieve the smile they've always wanted. Because Invisalign uses clear aligners rather than traditional braces, you won't have to deal with broken brackets or long adjustment appointments. Invisalign is discrete, easy, and effective. Both of our dentists perform free consultations for adults as well as teenagers. Call today to schedule your consultation and find out if Invisalign is right for you.

EMPLOYEE SPOTLIGHT



Megan, a Boise native, has been a hygienist with us for five years. She got her bachelor's degree at Idaho State University. Megan enjoys getting to know her patients, building strong relationships with them, and helping them achieve optimal oral health.

Megan and her husband, Brad, have two handsome boys, Hudson and Boden. They also have two male dogs, making her the only female in the house.



In her free time, she enjoys being outdoors, exploring, and spending time with her whole family. Megan and her sister also run a clothing business, which keeps her busy when she is not spending her days with us.



March 2018

**WELCOME HOME, MELISSA
LESSONS FROM A MISSION IN GUAM**

FEB. 2 WAS A MOMENTOUS DAY FOR THE BROWN HOUSEHOLD. Our eldest daughter, Melissa, returned home from her mission trip to Guam. After 18 months of only speaking occasionally via Skype, it was amazing to see her in person. Hearing her stories and looking at pictures from her trip was even better.

My wife, Becca, and I joked that we thought Melissa's transition would be a little weirder than it was. Part of me expected her to come back and spend three days eating ice cream. Honestly, though, that's never been Melissa's style. Instead, she talked about how meaningful it was to dedicate her time to serving others. "When you love the people you serve, the experiences you have can be amazing," she told us. I have to admit that hearing those words made my heart swell with joy.



Another of Melissa's takeaways from her mission was that no matter where you go, people all want the same things. They want a place to sleep, a meal to eat, and to leave the world a little better than they



found it. I think that rings true no matter where you're from, and it speaks to the commonality among people all over the globe. Melissa also brought home a sense of how fortunate we are to live in Idaho. With that good fortune comes the duty to elevate others. She's taken that responsibility and run with it.

Melissa's return was even more special given that our next oldest, Brittany, was home from college as well. For the first time in memory, we had all seven Browns under one roof. Hearing Melissa's tales from the other side of the world got



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PARENTING YOUR ADULT CHILD

When your child packs their bags and strikes out on their own, your parenting journey isn't over. It's just different. Regardless of their age, distance from home, or stage of life, your child still needs a parent. You may not be changing diapers or teaching them to drive, but your child still needs your support. Here are three guidelines that will help you make the transition from parenting a child to parenting an adult.

TREAT YOUR ADULT LIKE AN ADULT

No adult wants to feel treated like a child. They need a support system, but they don't need help with their homework anymore. Give them space and let them feel free to explore adult life. Don't tell them what to do. Offer guidance only when it's wanted. Be open with them about your mistakes so they can learn from your experiences as well as their own.

LISTEN, LISTEN, LISTEN

You can't correct every parenting mistake you'll ever make. If you find yourself trying to correct mistakes you made years ago, stop. You can accomplish much more by listening to your adult child now than you can by trying to right your past wrongs. Parenting young children involves a lot of talking. Now that they are older, take time to listen.



LOVE THEM

Just because your child isn't under your roof anymore doesn't mean they don't need love. Love from a spouse or a child of their own will never fully replace a parent's love. Let your child know you always have their back. Be proud of them and their accomplishments as an adult. Your love and support means just as much now as it did when you were raising them.

Parenting an adult is an exciting adventure. Remember, while your relationship will change throughout the years, your child will never stop needing your love and support.

KEEPING UP WITH YOUR NEW YEAR'S RESOLUTIONS

WHAT YOU NEED TO DO TO STAY ON TRACK AND PUSH FORWARD

March is the month of spring time and rejuvenation. It's also the time when most people have forgotten about the resolutions and goals they set earlier in the year. Have you neglected or given up your goals? If you have, you are far from alone. Most people let their goals fall to the wayside at least by March, if not long before. It comes down to four simple reasons.

1. They set goals that were out of reach or unrealistic.
2. They had zero accountability.
3. They set abstract goals.
4. They didn't track progress.

Setting goals is the easy part. A lot of people say they want to lose weight, eat better, learn a new skill, or try a new hobby, but they don't define their goals any further. Vague goals aren't really goals at all.

The best way to stay on track is to be as specific as possible. Understand what you need to do to accomplish your goals. Make sure you have access to the appropriate resources that will help you make progress. Resources come in all forms. Look to the people around you for accountability – your family, friends, neighbors, or colleagues. If you don't want to involve anyone else, keep a notebook or diary to



track progress. Or if you are learning a new skill, such as a foreign language for a trip next year, the resource you need may be an app on your phone.

When you bring specific goals together with the necessary resources, achieving your dreams becomes more possible than ever before. You just have to take steps to avoid falling into the mistakes listed above. Set attainable concrete goals, track your progress, and check in with someone to keep you accountable. Since it's been a few months, take a moment to review how far you've come since January. What do you need to do to make 2018 your best year yet?

SOPHIE (FEB) CAVITY-FREE KID
HUDSON K. (MAR) CAVITY-FREE KID



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her sisters super excited about the rewards that come with living a life of service. Selflessness and a desire to help those less fortunate than yourself are values I firmly believe in. I've always tried to pass them on to my kids, but it's a lot more exciting when you hear about the power of service from your big sister rather than your dad.

Not long after her return, Melissa reported on her mission at church. As she told stories about her experience, it was clear she was speaking from the heart. I walked away from her report impressed and inspired.

Becca and I are so proud of Melissa for completing her mission, but we're even prouder of the attitude with which she approached it. You'd only have to talk to her for a minute to realize it's only the beginning of the service she will provide others throughout her life.

It always feels good to have your children return home after a long absence. It feels even better when they return somehow more amazing than they were when they left.

- Dr. Brown

ZESTY ZUCCHINI ENCHILADAS

For a lighter take on enchiladas, go carb-free by swapping tortillas for zucchini!

Ingredients

- 4 large zucchini
- 1 tablespoon olive oil or ghee
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 3 cups cooked, shredded chicken
- 2 cups shredded cheese

Directions

1. Heat oven to 350 F. In a large skillet, heat oil. Add onion, garlic, cumin, chili powder, and salt to taste. Stir to combine. Add chicken and 1 cup enchilada sauce.
2. Use vegetable peeler to thinly slice zucchini. Lay out three slices, slightly overlapping, and spoon chicken mixture on top. Roll the zucchini "tortilla" and place on baking sheet. Repeat until all zucchini and chicken is used.
3. Cover the enchiladas with remaining sauce and sprinkle with cheese. Bake 20 minutes, and enjoy!

Adapted from delish.com.