

Cure for Boredom Perks up the Brain

You've got 900 channels and nothing to watch. Those cat videos are getting a little old.

What do you do with those precious leisure hours? You could visit ancient China, discover secrets of the Czars, delve into a secret romance. All of that is at the tip of your fingers in a book, and what you get in return is more than a good story.

According to the Pew Research Center, about a quarter of Americans didn't read a single book in 2018. Not a print copy, e-book or audiobook.

Scientists say that they missed out—according to Healthline, reading is a great way to give your brain a workout. It stimulates a complex series of circuits and signals in your brain, and the more you engage with the text, the busier your brain gets. Fiction lovers are often better at understanding others, which can help build and maintain strong relationships and lead to better emotional health.

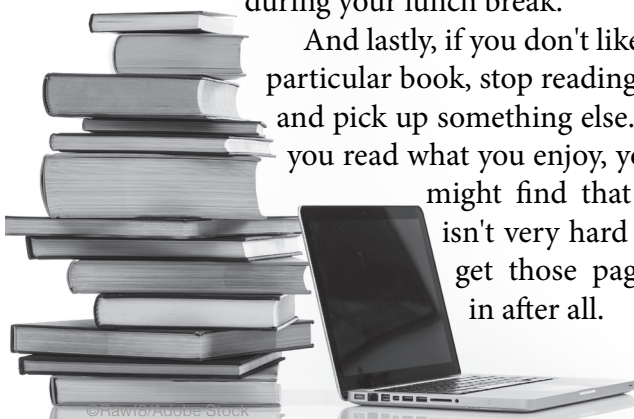
Reading is also a great way to preserve brain health as you age—according to the National Institute on Aging, it's one of several activities that can help preserve cognitive function.

It's a great stress reliever, too. Thirty minutes of reading has been found to lower blood pressure, heart rate and negative feelings, according to Healthline.

One easy way to fit in a few extra pages is to read in the morning instead of at night. Instead of hitting the snooze button, grab your book, dive in for a few extra minutes and then roll out of bed to start the day. If you want to add in some extra time at night, that's fine, but morning reading means you won't fall asleep before you even crack your book.

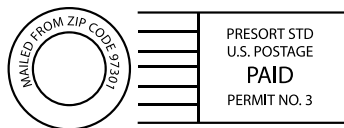
Smartphones and e-readers also make it easier to read whenever, wherever. You can slip your e-reader into your pocket or download an e-reader app on your phone. That way, you can take in a couple of pages while in line at the coffee shop or during your lunch break.

And lastly, if you don't like a particular book, stop reading it and pick up something else. If you read what you enjoy, you might find that it isn't very hard to get those pages in after all.



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NEWS from the Office



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GET EXCITED... Hunger Walk 2021 is Coming!

Rauchberg Dental Group is partnering with nourish.NJ for the Hunger Walk. Join our walk!



For the last 24 year, nourish.NJ has hosted the Hunger Walk in order to raise funds and increase awareness surrounding the issues of food insecurity and poverty in our community. nourish.NJ works all over Morris county to provide sustenance and support to community members in need.

We can all make a difference in our community by joining Hunger Walk 2021 as an individual or with a team.

How does Hunger Walk 2021 work?

Whether participants choose to walk around their school auditorium, athletic field, track, congregation parking lot, office campus, nature trail, or in their neighborhood, each step will help nourish.NJ tackle the issues of hunger, homelessness and poverty. Anyone can create a team and help make a difference for our neighbors and families in need by participating in this year's Hunger Walk, taking place on October 24th, 2021.

To sign up, or for more information, go to www.nourishnj.org. Contact Nancy Rudgers at nancy@nourishnj.org with any questions.

Dental Insurance: Use it or Lose it!

The end of the year, as you know, is fast approaching. And, with the end of the year comes the end of your yearly dental insurance benefits.

Each year, your insurance company allots you a specific dollar amount of coverage for dental procedures, from routine exams to more complex, long-term procedures.

We want to make sure that you take full advantage of any remaining benefits. In many cases, you may be able to save money by completing your treatment before year's end and avoid paying a new, likely higher deductible next year.

If you have questions about how much actual coverage remains on your insurance benefits, please call so that we can check for you. At this time, we can schedule you at the earliest available appointment to ensure you take full advantage of all the insurance benefits you pay for!

Grocery Word Search

T F I G A B R E P A P R L
M S K C A N S C N F F C A
P I C K U P L I T I R C E
N O E Z N E P P A W J R
V R B L A M R Q C F E E E
Y C D N C O O K I E S M C
X A I U D R E I H S A C Y
G N F U R R N T T U H R V
G N C L S F L A D R I W S
E E P L O A G S C A A E Y
L D E N E W O N D S C C D
S G T H E U E W I I E A N
I O F S P Z G R P K L L A
A O O S D R O S S D A E C
Y D O S E G A R E V E B D
H S D H L S E A F O O D R

- AISLE
- BAKERY
- BAKING
- CANDY
- CART
- CASHIER
- CEREAL
- COOKIES
- DAIRY
- DELI
- FLOWERS
- FROZEN
- HEALTH
- MEAT
- PAPER BAG
- PET FOOD
- PICKUP
- PRODUCE
- SCAN
- SEAFOOD
- SNACKS
- SOUPS
- SPICES
- WINE
- CANNED GOODS
- BEVERAGES
- CLEANING
- CRACKERS

Rauchberg Dental Group GIVE BACK DAY!

Walk-in for
one service:

 Cleaning,
Extraction, or
Filling

November 6, 2021
9-2 PM

First-Come, First Served

**Dentistry Done
Differently**
973-755-9390

Thank You!

The highest compliment we can receive is knowing that you have the confidence to refer us to a family member or friend. We welcome new patients who are excited about improving their dental health.

If you have a family member or friend who is looking for a new dentist, we would love to have them join our practice. It would be an honor to meet them and help address their dental needs.



"This job does require some travel, but nothing more than crossing the road."

The Impact of Inflation

Suppose it is 1950. You have \$5 in your pocket and you have to buy groceries. You've got plenty:

- Gallon of milk: 83¢
- Dozen eggs: 60¢
- Loaf of bread: 30¢
- Chopped beef: 53¢
- Frozen green beans: 24¢
- Apples: 39¢
- Peanut butter: 29¢
- 5lbs potatoes: 26¢
- 3 lbs. hamburger: 89¢
- 2 lbs. cabbage: 12¢
- 1 lb. bacon: 35¢

Total: \$4.80

If you lived in any of 10 states, there wasn't a sales tax, so you could pocket that 20 cents.

Today, you aren't going to make much of a dinner with your \$5. You can buy bread for \$2 and eggs for \$1.54. Five pounds of potatoes cost about \$3.

Of course, today you should have more than \$5 in your pocket, because wages eventually rise with inflation.

The exception: Anyone who lives on fixed savings. For them, inflation can lower their standard of living. That's why when you retire, your savings and investments have to keep up with inflation.



Where does a ghost go on vacation?
Mali-boo

Congrats, Dr. DeGeorge!

Congratulation, Dr. DeGeorge, on your recent wedding!



It was a great celebration in Lake George, NY. We all wish you the very best!

The Sound of Fire Safety

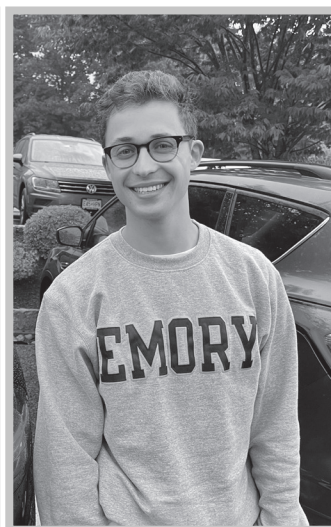
Homeowners sometimes unplug or remove smoke detectors after a false alarm. And that's a very dangerous move. The kitchen fire alarm is the one most likely to be removed because residents burn food and don't want to be bothered by the sound. Then they don't bother to put it back in place. Cooking is still the number one cause of home fires and injuries.

One of the most significant things you can do: Replace batteries and check the alarm works at least once a year. Because alarm sensors wear out, replace each alarm at least every 10 years.

Fall Means Back-To-School for the Rauchberg Family



Jake is at Franklin & Marshall



Cameron is at Emory



Jessica is doing her masters in Canada

Should You Bathe Everyday

The hot new discussion on social media: Do you really need to bathe every day? That depends, say the experts. According to London-based dermatologist Derrick Phillips in an interview with Healthline, washing daily is nice for social reasons, but not absolutely necessary to protect our health.



According to CNN, kids only need to bathe when they get dirty, while teenagers might start to stink after just a day. And the answer varies for adults, depending on skin sensitivity, exercise schedule and other factors. The only non-negotiables, the experts say, are daily oral hygiene and regular hand-washing.

Banana Mummies & Cookie Spiders

Here are some Halloween-appropriate, kid-friendly treats that require just a few easy ingredients and give kids the chance to make a fun, tasty mess.

Kids can easily make these treats, although adults have to supervise melting chocolate and trimming banana skewers.

Banana Mummies

- 1 bunch bananas or as many as desired (firm bananas work best)
- White chocolate wafers for melting (candy coating is also fine)
- Chocolate icing or chocolate wafers for melting
- Candy eyes
- Bamboo skewers

Peel bananas and slice in half. Carefully slide skewer into banana halves lengthwise, then set on a tray and place in freezer for at least an hour to harden — note that long skewers may need to be trimmed.

When bananas are frozen, melt white chocolate wafers or candy coating according to package directions, then carefully dip bananas in coating until covered. Place coated bananas in the refrigerator until coating is set, then decorate with melted semi-sweet chocolate or chocolate icing to create bandages and to glue on candy eyes. Freeze until set, then serve.

Cookie Spiders

- 1 package sandwich cookies (we used Halloween Oreos, but Double Stuf Oreos will also work)
- White chocolate wafers or icing — any color or flavor is fine, but we used leftover melted white chocolate from the Banana Mummies
- Mini pretzel rods
- Candy eyes

Carefully twist cookies apart. Count out eight pretzel rods for each cookie — these are the legs. Dip just the tip of each pretzel rod in the melted white chocolate or icing, then press into the frosting side of the sandwich cookie. Be careful not to press too hard, or the cookie itself might break. Repeat for each of the eight legs. Replace the top of the sandwich cookie before the white chocolate or frosting sets. Use the white chocolate or frosting to glue on the candy eyes. Spiders are ready to eat almost immediately.

Congratulations, Iris, on Your Surprise Proposal...

*Iris Mia Amore,
I know that we spoke about waiting SEVEN months before we get married. But my heart doesn't want to wait another minute to marry you! Let's do it Today, your dress awaits you and I can't wait to see you in it. SEE you soon my love.
FOREVER LOVE
Russell Luigi Iodice*



....and Dream Greek Wedding...



We are so happy for you!

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