

Acts of Kindness During the Coronavirus Outbreak Will Restore Your Faith in Humanity

All across our area, people are making sure medical workers on the front line of the COVID 19 Virus know how much 'they are appreciated.'



Dr. John Whitsitt

What a couple of months it's been. Friday used to be the day of the week everyone was most excited to reach. I don't know about you, but for me,

the days in quarantine felt like a time-warp.

What Day Is Was It?

Monday felt like Wednesday, Wednesday felt like Friday, and Friday felt like Tuesday. The weekends didn't feel like weekends at all. It was a crazy couple of months for sure.

Thank goodness we are turning the corner. We're back operating with a full staff as of May 4th. I hope you're happy to hear this news. My staff and I are thrilled!

A Lot Of Good Happened During Our Time At Home

Did you see the videos, actor John Krasinski did? They are full of small moments of joy and examples of the goodness of humanity that went on during the

high of the virus. If you haven't seen them, you should! They're a great pick-me-up.

Contrary to what some people believe, there are positives we can squeeze out of the life altering experiences the coronavirus gave us.



Little girls chipping in to help their neighbors

As soon as you can, it's best to focus on the good that's come from this awful virus. It's important we stop and think of all the healthcare professionals who stepped up, and sacrificed their health, to help others.

Good people rose above the chaos. I am proud of my industry and my staff. It touches my heart to see so many people step up

to help others in need. People donating their time to do whatever they could to help. For example, athletes and entertainers gave time and money to help their fans. I thought their gestures were great.

Resist Temptation To Focus On The Negative

It's so easy to focus on the negatives this deadly virus laid in our laps. The good news is, as bleak as it sounded a month ago, we're already rising above it.

The limited space here does not allow me to express my full appreciation. I could think of dozens of more examples. My faith in humanity is continually being restored. The goodness of the people around us continues to impress me.

We pulled together and got through all the craziness. It's a credit to the people who thought more about others than they did themselves. My staff and I look forward to seeing you back in our office soon.

— Dr. John Whitsitt

NO SCHOOL TILL AUGUST! For Many Parents This Means Working And Teaching From Home

— Here are a few tips to make your transition a little easier

The coronavirus has changed our lives. For many, this means having to work from home while homeschooling their kids. No easy task.



For the most part, our Florida school system has done a good job helping parents adjust to their new role as substitute teachers.

That takes care of the school part. But who's helping you adjust to working from home? It's a huge psychological adjustment for most people. No cakewalk for sure. Here are a few practical tips to make working from home a little easier. The human mind processes things better when there is clarity. When things are organized more gets done. The visual appearance of your home office is key.

Split The Room Up

Whether your home office is its own room or a corner of a larger living space, sectioning off the area can help cut down on clutter. HGTV.com suggests setting up the desk as your "work center," a bookshelf as your "reference center" and a file cabinet as your "supply center." Aim to keep your work center clear. Do your best to put

things back where they belong when you're finished using them.

Hide The Cords

Exposed cords from computers, printers, shredders, and other devices, look messy. They can be 'stress inducing.' Use multi-outlet surge protectors and cable ties to consolidate cords. Do your best to hide them behind your office furnishings.

Address The Mountain of Papers

Bills, mail and miscellaneous papers always tend to accumulate on desks. Setting up a filing system will serve you well in the long run. Organize papers into three categories: urgent, important and archive. Keep the urgent papers in plain view near your work center. Place the important documents in an easy accessible area such as a paper tray on your desk or inside a folder in your top drawer. Finally, sort archive papers into hanging folders inside of a file cabinet. This will help you keep those documents organized but out of sight. Good luck!



It's That Time Again: Spring Cleaning For Your Yard...



As the weather warms up, it's time to focus your spring cleaning efforts outside of the house. You can prepare your lawn and landscaping for the upcoming summer months with these simple steps:

Lawn

- Pick up debris such as twigs, litter and pet waste.
- When the grass is dry, rake up lingering leaves and thatch (matted dead grass).
- If there are any bare spots in your yard, sprinkle with a combination of topsoil. You can also buy grass or plugs at Lowes or Home Depot. Don't forget the fertilizer.

Trees and Shrubs

- Cut off any branches that are dead, diseased or encroaching on sidewalks.
- Tie the tops of ornamental plants and cut them as close to the ground as possible.
- Prune flowering bushes before they to bloom. Remove dead, damaged, or crowded stems, and shape as desired. Shrubs like lilacs and forsythia, which bloom in therapy spring, should not be pruned until after they bloom.

Flower Beds

- Remove weeds, dead plants and old mulch.
- Till the ground and add landscape fabric to flower beds to keep weeds at bay.
- Reinforce current perennials with compost. Speed a new layer of mulch after spring planting is complete.

JUST FOR YOU

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Dr. Whitsitt's NEW consumer report...

The Biggest Mistakes People Make About Dental Implants — How Many Are You About To Make?

HERE'S HOW TO GET YOUR FREE COPY:

1. Call our office at: **(386) 239-7600**.
2. Give us your email address.
3. That's it. We'll send Dr. Whitsitt's report to you ASAP for instant download.

(Do it now while it's on your mind and before you get busy.)

“Aaannnd, We’re Back! — That’s Right. May 4th, our entire staff is in the office ready to serve you!”



Your dental needs don't care about the coronavirus. Thankfully life is getting back to normal. That includes your dental needs. It's

time to schedule your appointments for cleanings and other dental procedures you've had on hold these past couple of months.

Effective May 4th we're back in the office — ready to take care of you!

IMPORTANT: Get your appointment on the books before Dr. Whitsitt's schedule fills. To schedule your appointment, call (386) 239-7600.

We are going to be very careful how we open. Initially, when you call for your appointment, we will ask you a few questions about short-term health. Also, if somebody comes with you to your appointment, we will ask they wait in the car, or run errands until your appointment is over. Thank you for understanding.

Quick reminder. We're working around the clock to keep our office sanitized. We're taking EVERY precaution to ensure your safety from any lingering effects of the virus. Our goal is to protect you and our staff. Rest assured we're taking every precaution to prevent any chance of contamination or transmission of the virus.

We're already hearing from patients who want to know when we're open. **Call ASAP before someone takes your slot — (386) 239-7600.**

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