

## SPRING(ish) NFD NEWSLETTER

Congratulations! We've made it through February and a forgettable winter of being cooped up. The recent warmer temperatures, turning of the calendar, and advances on the vaccine front have me very optimistic of a return to near normalcy in 2021.

### **NFD IS VACCINATED!**

90% of NFD clinical personnel received both doses of the Pfizer vaccine during the first week of February. Very few staff members had any symptoms following either vaccination beyond soreness in the injection site and mild fatigue, both worsening on the 2<sup>nd</sup> day after the second dose. Any and all symptoms were transient. Speaking personally, there's a tremendous emotional "exhale" after receiving the vaccine.

For those living in Wayne County, see this link <https://www.waynecounty.com/covid19/> for information on getting scheduled for your vaccine. When I scheduled the office, Wayne County was very organized and made the drive-in procedure a breeze. For anyone else in an approved vaccination group, I've heard many patients had success going through Meijer's website.

I feel Covid fatigue like so many of you but to ensure the continued health and safety of our patients, staff, and community, our Covid screening protocols will continue until the ADA, MDA, and CDC advise us otherwise.

### **UNTIL WE MEET AGAIN**

Please join us in celebrating Janet's retirement from NFD March 4. Janet has been with me from day 1 of NFD and been a great employee and co-worker. We will miss her dedication to her work and willingness to lend a hand. Please wish her well.

### **COMPREHENSIVE CARE**

Our administrative team continues to play catch up for the two and a half months we were closed for Covid. Thank you for your patience as we do our best to deliver NFD's *elevated* level of care. Personally, Covid emphasized the incredible oral-systemic connection. Remember, our mouths lie 3 inches from our brains and 6 inches from our heart. It is a unique gateway to our whole-body health. Because of our shutdown, many patients fell behind on their routine hygiene care appointments and their oral health suffered as a result. As we move towards a return to normalcy, remember your oral health as a vital element of your well-being. How does the saying go, "Happy gums, happy life"? Well, I said it once last week, maybe it will stick.

Thank you for your patronage and kind reviews. Enjoy the (hopefully) warmer temps and a green beer over the coming weeks.

--Dr. Talcott and NFD Team