

# HOW CAN YOUR PRACTICE GIVE BACK DURING THE HOLIDAYS?

## Hannah Kirschbaum, Marketing Coordinator

Every year as our Midwestern air turns colder and leaves begin to fall we begin to realize that the holidays are coming our way. I'm not sure about you, but this time of year, I am always feeling extra grateful for what I have and the people I get to spend my time with. My favorite part of the holidays is not the "things" I receive, but instead it's what I am able to give back.

Giving back in your community is something that everyone should experience, whether personally or as a part of a group. Giving back with your team is a wonderful way to network in your community, but more importantly, it can be an excellent way to get to know your co-workers better and to remind all of you of the important things in life. What are some ways that you could give back as a team this holiday season? Here's somewhere to start...

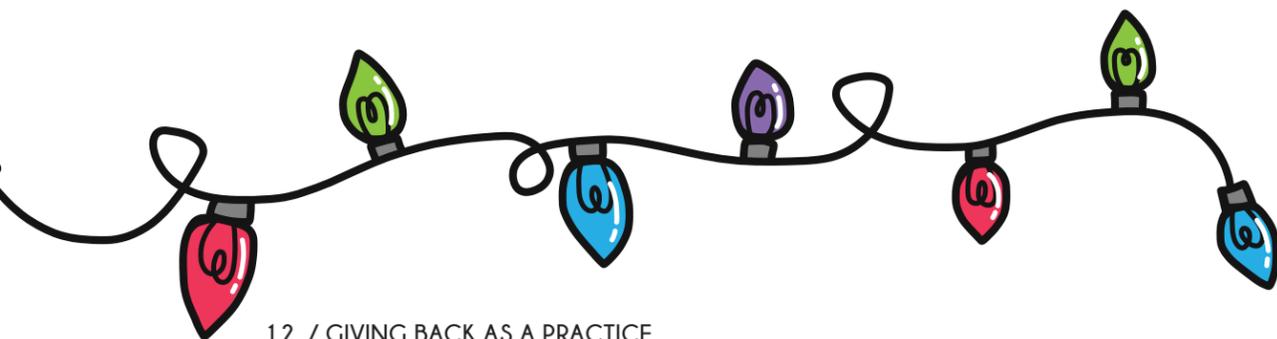
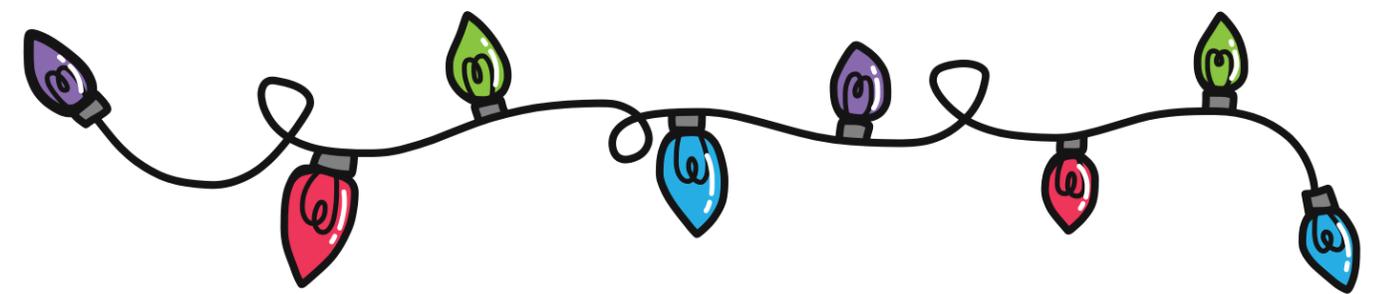
### Collect Food, Winter Clothing or More

Participate in local efforts to collect winter supplies, food, or even gifts for people in need in your community. Many times, this can be the easiest way to give back. It can be as simple as telling your patients, friends, and family members about the donation opportunity and collect these items at your office until a given deadline. Donors will appreciate this simple effort by your team to make an impact on the people in your community.

### Volunteer as a Team

Every community has various charitable organizations, clubs, or events that are looking for extra help. The best way to determine which cause you should support as a team is to ask around in the community, or ask your employees what causes they are passionate about. Popular examples we've heard of include:

- Preparing holiday meals for Meals on Wheels or a shelter
- Assist donors at a local Red Cross Blood Drive
- Become a mentor with a local youth organization such as the YMCA
- Care for pets at a local humane society



### Help a Neighbor or Local Family

Even giving a little can go a long way when helping a neighbor, or someone you know who could use an extra hand. It can be as simple as helping a resident near you with yard work or shoveling snow. Many organizations offer an "Adopt A Family" program, where your team can collect and donate specific items from the wish list of a real family in need.

### Donate a Dental Gift Basket

While every Midwest town or city is unique, they all have in common that there are people in need. Another simple way to give back is by putting together a gift basket of dental items, to be used in a raffle/giveaway, or to be given to an organization that will distribute these resources to the people they assist.

### Let The Kids Brighten Someone's Day

For those struggling or lonely during the holidays, there is nothing more special than a letter of gratitude or a sweet drawing to help spread some holiday cheer. Offer a station in your reception area for children to make drawings, decorations, or write letters. These could be distributed to anyone in need, but most often they are given to residents at local nursing homes, troops overseas, or someone who is sick or injured in the hospital.

These efforts are just a few examples of ways your team members could give back to your community during the holiday season. If you've never done something like this before - try it out! You just might find something that you enjoy doing to come back to each holiday season, or throughout the year. Whatever you do, we wish you the happiest holiday season ever!



The West Des Moines Dental Center Team recently collected household items for Bidwell Riverside Center in Des Moines, IA.



University Dental Group collected books for Blank's Children's Hospital in Des Moines, IA.



The team at Fort Dodge rallies together to Walk for Williams Syndrome awareness in support of a local child.