

# Planned Giving & Trust Services

## Dental Care

By Kris Coffin Stevenson

I just went to the dentist. I'm right there with you for thinking it's a bottom-of-the-list experience. Except it wasn't the noisy drill, or the needles, or the fingers in my mouth that was bothering me. It was the scolding. I am barely settled into the chair with the interrogation light in my face, when the hygienist started in. "Have you been brushing and flossing every day?"

I may or may not have answered in a truthful and friendly way. (After all, is there anyone outside of the dental profession that can honestly say they haven't missed one day of either flossing or brushing in the last six months?)



But then I tried to redeem myself by pointing out that I had bought one of these water flossing devices which my dentist had been nagging me to buy since—well, forever. And I knew that my teeth were in better condition as a result.

Did my hygienist compliment me on my positive step forward? Did she respond with at least the minimum of "Good for you" or "Great!"?

No, she did not. She immediately launched into her well-memorized speech about the inherent dangers of bacteria left in the mouth for longer than 12 hours or was it 2300 days. I'm getting my timelines mixed up.

I had the strangest impulse to stop her and say, "You know, you'd get much better compliance on this whole brushing and flossing thing if you'd be more encouraging and praise the small steps that really busy people make in their crazy lives to take care of their dental hygiene. After all, I'm here for my six-month check-up and I still have all my teeth." I would have said it, but her fingers were in my mouth.

When we think of generosity, we usually think of money or material items. But don't be stingy with words of affirmation either. On a busy day, I could have absolutely used a "Good for you for remembering to brush and water floss your teeth. Keep up the good work!"

And good for you for getting up this morning, breathing, and reading these thoughts of mine, even if you haven't brushed yet. May you find the strength and love to be a blessing to someone else today.



## Estate Management Tips

Consider getting term life insurance, especially if you have dependents like young children. There are many good affordable options available so shop around. Make sure you take advantage of the beneficiary designation. You can leave a life insurance policy to one or more beneficiaries. You can also designate contingent beneficiaries, if your first beneficiaries are not available. If you have a beneficiary for a life insurance policy, those funds will bypass probate.