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SCHOOL'S OUT! WHAT CAN YOU DO?

4 ACTIVITIES TO KEEP YOUR KIDS BUSY

It's summertime, which means your kids are out of school and at home during their break. This is an exciting time because you get to spend more time with your children, but it can also be stressful. Since your kids are not engaged in school every day with their peers, you may have to find ways to keep them entertained during the summer. Luckily, there are a few activities your children can do to stay busy and active while they're on summer break.

Visit your local library.

Make a habit of visiting your local library once a week for your children to pick out books they can read. You can challenge them to see how many books they can complete over the summer. Although your child may read educational books for school, now is their time to pick out something they want to read just for fun. Some libraries offer summer reading programs and activities that your child can participate in. By going to the library over the

summer, your child's mind will stay engaged, and their love for reading can increase.

Go to local attractions.

In most states, there are history and science museums, art galleries, and zoos that you and your children can visit. If these attractions are state-funded, they often have free admission for visitors. These activities are great if your child is a visual learner. They can touch and interact with exhibits and learn more about history or science. Who said learning couldn't be both fun and educational?

Create a craft station.

Do you have creative children? Then a craft station is a perfect activity to get their creative minds turning! You can either go to your big-box store and pick up some arts and crafts supplies, or you can use items from around your home, such as used printer paper, toilet paper rolls, old colored pencils or crayons, and items from nature. If you

need inspiration on what to make, you can look online for different crafts your child can create.

Visit parks and recreation areas.

Summer camps can be expensive; luckily, some parks and recreation centers host day camps that are much cheaper than private camps. Sometimes they will have daily activities that your child can participate in to burn off some energy. If you're looking for a place where your children can play outside and stay active, going to your local parks is a great resource. If they aren't hosting day camps, you and your children can play outside by throwing a Frisbee, having a picnic, or going on a nature walk.

Summer is an exciting time, and with these activities, you and your child can spend some quality time together!



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My Children: The Center of My World

EMBRACING EACH OF MY KIDS THIS FATHER'S DAY

Hands down, being a dad is both my greatest accomplishment and most difficult job. So far, raising my four children has been everything I dreamt it would be and more! Each child is unique in their own way, and it's been so much fun being a father to each of them and being blessed to have special ways to connect with each of them. As they grow older, I've noticed the ways in which I connect with them evolve. I used to bond with my oldest son over certain things when he was 11 or 12, and those are the same things that connect me with my youngest son. It's fun to see that progression and to witness the cycle.

As of late, my oldest son is into weightlifting and bodybuilding. Having also developed a passion for that while I was playing football in college, we often find time to work out together and talk over weights. It's a great opportunity to connect on many levels.

goofy "dad jokes" as much as I do, so he allows me to enjoy that through him — and he's even come up with a few of his own to throw back at me. What's great is that he will entertain his grandparents with them, and he's always a big hit.

My daughter, at 7 years old, is the youngest and is right at that age where everything is extremely exciting. I used to think she's just like me and didn't have any musical talent, but as she has been singing in church, I've noticed that she sounds really nice — she's certainly finding her voice and refining her skill. She loves taking part in all of the holidays and always makes sure we have all of the decorations out.

"AS THEY GROW OLDER, I'VE NOTICED
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One of the things I've learned while parenting is to always meet them where they are. Even if their activities and desires do not align directly with mine, that's also fun — by allowing them to show me new things, I'm developing new interests and continuing to learn.

For example, all three of my sons are musically gifted, which is a very foreign world to me. I enjoy allowing them to teach things about music.

My middle son is more artistic and is just starting to enjoy weightlifting and working out. Bonding with him over painting, drawing, and working out is always enjoyable as I watch him grow and explore his passions.

My youngest son is 13 years old, and his sense of humor is very similar to mine. He's pretty much the only one in the family who enjoys the

Last year, on Father's Day, my wife was working and I had already gotten out of bed. When she woke up, my daughter yelled at me to get back in bed so she could make me breakfast. I remember lying there wondering what she was doing in the kitchen, but I didn't dare get up to find out.

Father's Day is always a great time to celebrate my bond with each of my kids. Many years ago, we began a tradition with my grandfather of playing croquet in the backyard, and to this day, we still keep it a fun competition throughout the family every Father's Day.

To all fathers out there, I wish you a happy Father's Day! Enjoy the day!

—Dr. Mike

WHAT ARE SERUMS?

How Are They Beneficial?

When wondering about skin care routines, most people think about cleansers, face masks, eye creams, and moisturizers. But another product should be added to your beauty regimen to provide your skin with a range of valuable nutrients — serums.

What is serum?

Think of your skin care routine as a three-course meal. Cleansing your face is the appetizer, applying a serum is the main dish, and finishing off with moisturizer is the dessert. Serums are topical products that contain concentrated amounts of active ingredients. These ingredients, when applied directly to your skin, have smaller molecules that can penetrate deeply into your skin. Because of this, there are different serums you can use to focus on specific concerns you have, such as wrinkles, pores, redness, and much more.

What are the benefits?

There are tons of benefits to using serums. They contain antioxidants like vitamins A, C, and E — and even retinol, which can even out your skin tone. Your skin absorbs serums quickly, making it an ideal first step. They can also help soothe sensitive and irritated skin. In addition to this, serums are also very lightweight, so you won't have to worry about your skin feeling heavy or greasy.

How do I choose the right serum?

There are so many on the market now that it can be overwhelming, but you will find the perfect one for you with some trial and error. Here are some of the serums you can look at to get started.

- **Anti-Aging:** Combats fine lines and wrinkles.
- **Antioxidant:** Protects your skin from free radicals.
- **Hydrating:** Infuses skin with extra moisture.
- **Color-Correcting:** Targets hyperpigmentation, enlarged pores, and fine lines.
- **Acne:** Limits and prevents breakouts

Serums may be what you need to get the skin you've always wanted. By adding serums to your skin care regimen, you'll see the difference in your skin within seven weeks. If you're not sure which serum is right for your skin type, talk to a certified dermatologist for more information.



CELEBRATING POSITIVITY

Meet Brenda: A True Ray of Sunshine



Many of our clients touch our lives here in the office in different ways! June 29 is Hug Holiday, and recently, Brenda, a client here for six months now, gave us a “hug” by bringing in Bundt cakes for Dr. Mike and the staff. It was an out-of-the-blue, “just because” gesture we cherished greatly.

Brenda spends much of her time working on a farm, and with any excess food she has from the farm, she cans it and distributes it to the homeless population in the local area. Her view on life is amazing — she is caring, sweet, and simply selfless.

She's an inspiration to be around and a constant reminder to give more of ourselves to others and take part in random acts of kindness. For Dr. Mike, it's patients like Brenda who remind him why he loves doing what he does. “Being involved in amazing people's lives is a true blessing,” Dr. Mike says.

And, it's this positive and vibrant attitude that also promotes the most optimal healing for Brenda. After a fairly intense surgery, Brenda is healing quickly and very nicely and the outcome is phenomenal. Brenda's attitude really helps propel the healing and recovery process in the right direction!

Thank you, Brenda, for being such an inspiration and for giving us that extra hug with the surprise Bundt cakes! We appreciate you!

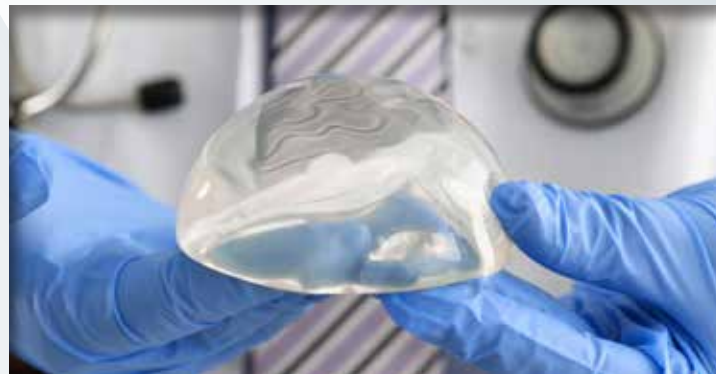
Kick Off Summer With a Boost

INTRODUCING THE LATEST IN BREAST IMPLANTS

According to the American Society of Plastic Surgeons, about 400,000 women receive breast implants every year, and for our patients, choosing an implant that best fits their needs and desires is a very personal process as they tend to pick the option that provides the most form stability and natural feel.

We are proud to introduce MENTOR MemoryGel BOOST to our office, and it does just that: It provides a natural boost to the breasts! The latest and greatest on the implant spectrum, it offers stability and strength while maintaining the feel of a natural breast — it fulfills an unmet need in the implant industry. In the past, implants contained a very liquidy gel that missed the mark on an appropriate feel. It felt similar to a water balloon. Now, MENTOR MemoryGel BOOST's gel is cohesive and provides proper projection and support and ensures patients aren't needing to swap out their implants every few years.

Any woman who has either experienced pregnancy, childbirth, and/or breastfeeding or who is in their 20s and 30s knows the unfortunate reality that breasts simply do not maintain their form over the years. MENTOR MemoryGel BOOST helps to mitigate that



risk and can be used in breast augmentations, augmentations with lift, and implant-exchange procedures where women swap their current implants for a better look and feel and a nicer appearance on their body.

To discover all of the possibilities available with MENTOR MemoryGel BOOST, give us a call and we'll get you scheduled for a consultation! Kick off summer with a boost!

TODAY'S SIP

A Summertime Staple

LEINENKUGEL'S SUMMER SHANDY



For both summer and Father's Day, we are shaking things up and featuring one of Dr. Mike's favorite beers: Leinenkugel's Summer Shandy. Beer and lemonade anyone? *Yes, please!*

Summer Shandy is a fantastic and refreshing lager in the summertime — it's a light-bodied and bright beer and is brewed with select Munich malt and Tradition hops. It pairs very nicely with barbecue foods, fruit salads, watermelon, and grilled fish.

On Father's Day, you'll certainly catch Dr. Mike in the backyard, playing some croquet with his family with a Summer Shandy in his hand!

INSPIRATION

*“Live your beliefs
and you can turn
the world around.”*

—Henry David Thoreau