



3803 Bedford Ave., Suite 102
Nashville, TN 37215

Phone: 615.567.5716
MusicCityPlasticSurgery.com

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

There's Nothing Like Family to See
You Through Tough Times
PAGE 1

Battle Your Friends and Get
Healthier With These 3 Platforms

New Health and Safety Protocols
in Our Office
PAGE 2

Health Care Professionals Are
People Too

A Delicious Wine to Get You
Through Strange Times
PAGE 3

How to Bring the Water Park
Home for Your Kids
PAGE 4

BRING THE WATER PARK TO YOUR FAMILY!

3 WAYS TO HAVE FUN IN THE SUN AT HOME

Summer is finally here, and if you have kids at home, then that means their constant needling about a trip to the pool or water park probably started already! Luckily, you don't need to spend a fortune on the water park to have a great time cooling down this month — you can bring the water park to you!

DESIGN A HOMEMADE WATER SLIDE.

If you have a big plastic tarp, a garden hose, stakes, and dish soap, then you have the makings of a great water slide. Simply spread out the tarp (on an incline if possible), secure it with the stakes, then arrange the hose at the top of the "slide" so water pours down. Add some soap for bubbles and extra slipperiness, then you're good to go — just encourage the kids to take a running start. If you want an option that requires less assembly, purchase a Slip 'N Slide kit at pretty much any big-box store or Amazon.

HOST A WATER BALLOON CHALLENGE.

Huge packs of water balloons are easy to find online or at your local dollar store and can supply hours of fun for a few bucks. If your family



is big enough for a full-scale water balloon fight, fill as many balloons as you can get your hands on and plan out a full list of games, like duck, duck, splash (the "goose" gets a wet head); capture the water balloon (instead of pulling flags, get soaked); or a water balloon spoon race (the first person to cross the finish line with an intact balloon wins). Check out KaseyTrenum.com or LocalFunforKids.com for more ideas or keep it simple and host a water balloon dodgeball free-for-all.

WHIP UP SOME PARK TREATS.

Are your kids big fans of funnel cakes, Dippin' Dots, or that signature water park burger or pizza? If favorite treats are integral to the water park experience, then try turning your kitchen into a snack kiosk! Stock up on popsicles and burger fixings or attempt The Gracious Pantry's healthy homemade Dippin' Dots or Live Well Bake Often's homemade funnel cakes.



JUNE 2020

BURGDORF BEAUTY INSIDER



615.567.5716 | MUSICCITYPLASTICSURGERY.COM

THE GIFT OF THE 19TH SUMMER

MAKING THE MOST OF TIME SPENT WITH FAMILY

As many of you already know, Music City Plastic Surgery was closed for elective surgeries for nearly two months. Like many other businesses during this time, we've had our own share of struggles and changes, but we were thrilled to open our doors again in early May and to start seeing our patients whom we've missed so much. But the truth is, when we could only provide virtual consultations from home, I found an incredible silver lining around the otherwise difficult time of the pandemic: The stay-at-home mandate provided an opportunity for me to see just how important it is to cherish my time with loved ones.

Many parents have been calling these stay-at-home mandates "the gift of the 19th summer." When you have kids, you typically get 18 summers with them, and after that, they're all grown up and head to college. But with the forced closure of schools and cancellation of activities outside the home, kids and parents are essentially getting a 19th summer to spend together. So we've decided to make the most of it.

With teenagers, preteens, and elementary school age kids, the ranges might seem tricky to navigate, but it gives my wife and me incredible perspective and endless entertainment. We really never know what our day to day is going to look like, but we've certainly never had a dull moment over the last few months. My kids have learned, grown, and become close in ways

I never imagined happening. One of my favorite moments was when my 6-year-old daughter discovered the joys of cooking and the fun of practical jokes ... at the same time. Her favorite concoction was a yogurt, toothpaste, and Peeps sandwich with a side of mustard. It took all her willpower (and mine too) not to burst out laughing as she served it to me.

The individual time with each of my kids has been great, but the moments we spend together are what I'll cherish the most. It's not always easy to get your teens to hang out with their younger siblings, but we've discovered board games, puzzles, and recipes that we all enjoy doing together. We've also been getting outdoors to zip around the neighborhood on bikes and scooters, and I've been recruited to play more rounds of tag and cops and robbers than I can count.

But I've also come to realize that we don't always need to fill our days with one activity after another. Even if we're not saying or doing much, just being together in the presence of one another is settling and satisfying in a way I never imagined it could be. During tough or unusual times, simply being surrounded by those you love can provide comfort that you didn't even know you needed.

It's still been hard for our family to maintain a normal schedule since time has become a little warped and all the days



blend together. Schooling at home has been a challenge, too. I'll never know how teachers manage to wrangle a classroom full of kids and get them to actually do their assignments. My family certainly hasn't figured out a perfect system, and there are still days when the kids get cranky or my wife and I get tired and frustrated. But no matter what, I know that when I look back on this time years down the road, the memories of the "19th summer" we spent together will make me smile. If we've learned anything during this time, it's that life is fragile. So let's make the most of every moment we have.

-Dr. Mike

GAME ON!

3 PLATFORMS FOR COMPETING ONLINE AND CRUSHING YOUR FITNESS GOALS

Through smartphone apps like Words With Friends and 8 Ball Pool, you can compete against your loved ones from virtually anywhere, and creators in the fitness world have taken notice. Now, a number of virtual fitness programs offer the same level of friendly competition along with the satisfaction of completing your fitness goals. Below are three platforms to get you started!

VIRTUAL RUN EVENTS

With all the excitement of a footrace and no crowd to deal with, Virtual Run Events brings 1-mile, 5K, 10K, half-marathon, and full marathon races to you. Racers choose a distance to run around their neighborhood, on the treadmill, or at the park, and their friends and family compete in the very same races wherever they happen to be. As a bonus, proceeds from a number of these events also support nonprofit organizations. Visit VirtualRunEvents.com to sign up for a race and lace up your shoes wherever you are.

DIETBET, STEPBET, AND RUNBET

Looking for a little extra motivation to meet your health and fitness goals? Try involving money and a little friendly competition. DietBet, StepBet, and RunBet ask each user to place monetary bets on their ability to achieve various wellness goals. You can also challenge your friends and family to place bets and stay motivated together. All the money is placed into a pot, and when you complete your goal, you get your money back. Some users say they've even made a profit! Search for DietBet, StepBet, and RunBet in your app store and get started.

FITOCRACY

Calling all gamers! This is the fitness platform just for you. Invented by gamers, Fitocracy tracks fitness achievements and rewards users as if they were playing a video game. With quests, badges, and multiplayer gaming options, you'll be motivated to work hard



for your goals. Connect with new online friends or invite your loved ones to join you on Fitocracy. It doesn't get much better than dueling friends or family in a classic one-on-one wellness competition! Learn more at Fitocracy.com.

SPOTLIGHT ON DR. CASEY BURGENDORF

PHYSICIAN, MOM, AND SUPERHERO

People around the world are hailing health care and medical professionals for their heroism, and I stand with them. My wife, Casey, is a hospitalist (internal medicine doctor) at the hospital, so my family has gotten an inside look at what life is like for these professionals who face risks doing their job every day. Most of us know they face risks while at work, but many of us don't stop to think about what life looks like when they finally get to go home.

Casey works full time at the hospital, and when she comes home at the end of the day, she's a full-time mom. Making that transition used to be easier for her, but COVID-19 has turned it into a challenge our entire family has to tackle together. When Casey gets home, she pulls her car into the garage, and before she can have any interaction with anyone, she has to strip off everything she wore that day, throw it in the washing machine, and rush inside for a scalding hot shower. Only then can she shed one superhero costume and don another as "Mom."

At first, this routine was heart-wrenching because we have young kids who are excited to see Mom after an entire day of missing her. Telling them they have to stay away a little longer is almost impossible. So far the system has worked, but we've had our share of scares. There have been moments when Casey was potentially exposed to the virus inside the hospital, and she had to quarantine herself alone in our bedroom for a few days. These have been the hardest moments



for our kids to get through because they knew their mom was there, but they weren't allowed to interact with her. It was unimaginably frustrating.

But we've worked through it together. We've found the comedy in her strip-down routines in the middle of the garage. When we've all had to stay out of Mom's room, we have a sleepover together in another room. Getting used to the routine has been tough for us as parents and for the children, but we have to do it to stay safe. These days, medical professionals risk so much more than their own health. So thank you, Casey, and thank you to all the others out there who make the tough sacrifices every day.

NEW PROTOCOLS, SAME GREAT SERVICE

When you come in to see us, you'll notice we've made a few changes to our protocols in response to best practices during this pandemic. As a medical and surgical facility, many of the health and safety protocols we follow have been in place since our doors first opened, but recent changes mean these protocols will now include our patients.

When you make an appointment over the phone, we'll ask if you've recently come into contact with anyone who's been sick or experienced any symptoms like fever, cough, or loss of taste or smell. If you answer yes to any of these questions, we'll just need to get you rescheduled for a later date.

When you arrive at our office, we'll have you text us and wait in your car so we can reduce the number of people in our waiting room. When we're ready for you, we'll greet you at your car. We promise we're smiling behind that face mask! Make sure you also put your mask on before coming inside, and if you need one, we've got you covered. We'll also be asking you the same screening questions as we did over the phone, and we will take your temperature with a no-contact thermometer.

We'll carry out every step of your appointment in a closed room, rather than in a communal area or at the front desk, in order to limit prolonged exposure. We're currently implementing a 1-1-1 protocol, meaning it will just be one doctor, one staff member, and one patient in the room for



every visit. At this time, we're not allowing additional family members or staff members to attend consultations.

Virtual consultations are still available for those who aren't comfortable leaving their homes, and we'll still be implementing our 1-1-1 protocol virtually for privacy. We're also asking surgical patients to self-quarantine for one week prior to their surgery and one week following their surgery as an extra precaution for potential asymptomatic patients.

Thank you so much for bearing with us during these unusual times. Our top priority, as it has always been, is to keep you safe, healthy, and feeling your absolute best. If we work together, we can reach that goal.

TREAT YOURSELF WITHOUT BREAKING THE BANK FREAKSHOW CABERNET



Lately, we're all finding the need to tighten our purse strings a little but still seek out some extra comfort to help us through hard times. That's why my wine of choice when I'm winding down in the evenings has been Freakshow cabernet sauvignon.

Freakshow's name may make it sound outlandish or exotic, but I've found it to be a simple and incredibly satisfying cabernet that you can get for under \$20. It blends ripe black-fruit flavors with baking spices, wood smoke, and maple tones to give it an edge that still has a soft structure. It's on the lighter side for a red wine, isn't super dry, and has a hint of fruitiness that gives each sip some variety. It's a delicious choice you can keep coming back to when you feel like treating yourself, and you don't have to break the bank to enjoy it.

INSPIRATION

