

Dr. Drewyer Dispenses a Dose of Compassion

"Compassion and wisdom are not two separate things.

When we see with our wisdom eyes we perceive that everything is connected with everything else. This is the true nature of existence, and compassion is the natural response that flows out of this wisdom, irrigating the field of relationship with kindness and care." - Michelle Levey

Can I turn anger into compassion? Ignorance into wisdom?

Perhaps you have recently experienced someone who was angry, feeling confused or frustrated.

Maybe they were lonely, or feeling rejected, missing some joy in their life. Were they feeling unsupported, lacking some nurturing or order? It might have been they were feeling disrespected, or just couldn't let go of an issue that was bothering them for a while. At some time they could have been anxious, or frightened, or uncomfortable finding answers they'd been searching for. It certainly could have been you in those situations, couldn't it? I know it has been me in those situations.

Those feelings are among the many ways we all feel when our needs are not being met. Whenever we feel stuck or starved, disconnected or unempowered, or empty of the spirit of life to keep on keeping on, it can always be pointed back to some unmet need. As humans, I say (and Maslow detailed) we all have basic human needs and a pyramidal hierarchy of needs that, when satisfied, allow us to live life to the fullest. Starting with safety, food and shelter and leading all the way up to and not limited at respect, trust, and being listened to. When those uncomfortable times, the uncertain times, the downright times when life is not showing up as fulfilling as we might like it come around, those are the times to take a breath and a step back. It is only when I can self-check my presence in those moments that I have any opportunity to assess my unfulfilled needs.

When I am an observer of the truest "What Is?", the true observable-by-anyone phenomena of what is going on in that moment/instance/exchange I am able to disappear thoughts and stories and listen for my own and the other's feelings and needs in the midst of the conflict. I then declare how I am feeling in that instant, or what my feelings are when reflecting on that instance. If I am present enough to truly learn in those situations, my body is always my teacher with its tensions, temperatures and beats. This is other than how or what I think went down, should have gone down, was supposed to have gone down. This connection to my emotions, my feelings, is distinctly other than my judging, my attacking, my blaming, my complaining, my defending of rights or wrongs, good or bad as regards my own behavior or that of an other one.

When I am able to be in that space, I know a freedom to, as Covey once said, seek first to understand; which I take as "pointing to myself", or, what's going on with that one or this one that ended up as the behavior or situation I noticed. I say this is at the root etiology of "compassion", which I paraphrase as a "shared heart."

So, what to do with that? My next step, upon recognizing my feelings (happy, sad, angry, frustrated, scared and a zillion more...) is that I identify what I need. The compassion shows up for my self at that point. What do I declare that I need to make life as good as it might get. I can make a request at that point, declaring that, when I noticed/observed this or that, I felt this way or that way (NOT thought, but FELT), and I have my own need to "be in life" and "value" life to be something other than the way it is showing up. I can then make a specific request that comes from my personal feelings and needs. The request informs the chance of pointing to satisfying my needs in life. Knowing that we, as humans, are compassionate beings (humans differ from other species in this way), opens the door to hearing about the feelings and needs of the other one.

Compassion continues on the next page.....

Dose of Compassion continues....

When two or more of the human kind can share their feelings and the needs they have, the chance for mutually meeting each other's needs can be realized. This requires leaving behind any thoughts of right versus wrong and good versus bad. These distinctions are surely at the root of all conflicts, and dwelling in and on those terms are a certain and powerful block to solving the conflict at hand. This defines compassion for me, shared hearts, seeking first to understand through inquiry, especially during conflicts large and small, of what needs are not being met that inform the emotional responses to the events or relations as they unfolded.

If I am to live compassionately, as is my strong intention, I will practice providing the space to listen for the feelings and needs of my partner, and request a mutual space for a listening to those same distinctions from me. Learning more about the feelings and needs of my partner leads me from ignorance to wisdom.



Haiku for L'il Turk

You saw he could soar.
And know, you, too, can fly.
His smile gives you wings.

- Nici Repose

A Thank You from Therese

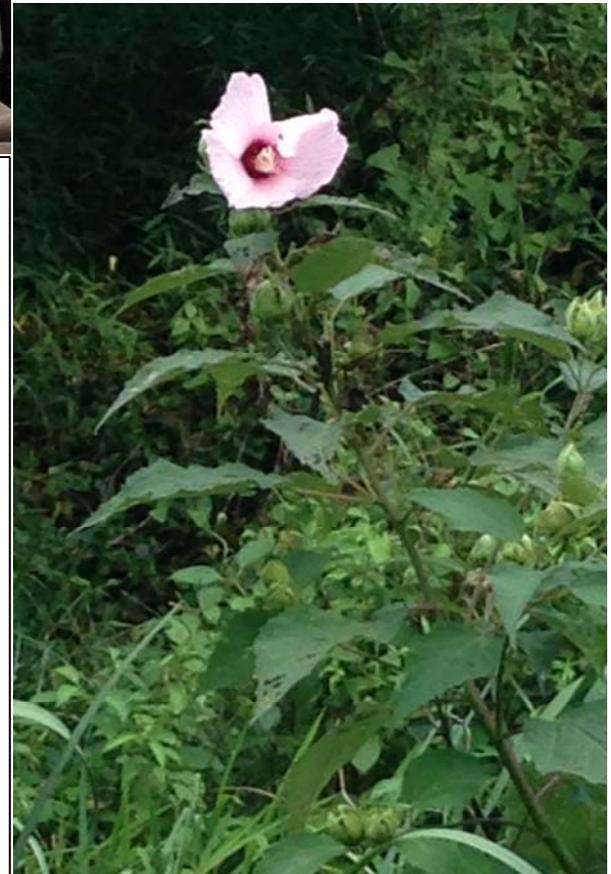
"Make it a habit to tell people thank you.
To express your appreciation, sincerely and
without the expectation of anything in return.
Truly appreciate those around you,
and you'll soon find many others around you.
Truly appreciate life, and you'll find that you
have more of it." ~ Ralph Marston

As many of you know, I have decided to retire from practicing dental hygiene. I have been a hygienist for 31 years and 18 of those years have been in this office. As I look back, I am flooded with memories of my dental family.

Thank you for sharing with me bits and pieces of your life through conversation, stories and photos. I enjoyed every minute of it!

Thank you for listening to my chatter. Fortunately for me, you had no choice, haha!! Your listening was such a gift. I am grateful for the past 18 years with this office. I hope you always felt cared for both professionally and personally.

Thank you Dr. Doug, Barb, Deb, Jean and Robin.
You all are the greatest!!! XOXO



Just about every morning my dog,
she turns to me as if to say,
"what are you walkin' for
if you ain't sniffin'?"

- Nici Repose

Dr. Drewyer Tackles Sleep Quality

I have recently awakened to some facts I have effectively ignored, or at least paid very little attention to for entirely too long. Ever happened to you? The feelings that come up switch around quite a bit, from feeling disappointed in myself, to feeling irresponsible to those under my care, to feeling inept at utilizing my skills and education to the fullest degree. I have come to recognize that I have those feelings because I need, I value, being response-abled to tend and support the wellness of all those within my care. Those feelings I do not label as good, let alone comfortable.

There is an ongoing inner debate for me between what I can do, by licensure, and what I am willing to do, and what I am able to do, and what I am really good at doing. You see, I hold the most dangerous license in healthcare today. As a general dentist, I can do pretty much whatever I please within the vast parameters accorded to me by law within the broad scope of clinical dental care. Now in my 34th year of practice, I have always determined the services I have provided for our patients based on the following philosophy: If there is a practitioner in our area providing services for our patients at a higher level of skill, precision and expertise, then that is where our patients deserve to be treated for that clinical need. In this way, it remains incumbent on me that any service provided in our practice must be the highest level of skill, precision and expertise. Effectively, if someone can do it better, I will direct our patients there. If we are providing that service, no one else should be able to provide better.

I will interject a profound gratitude at this point for the amazing team of specialists that we are so gifted by in our practice area. They make me a better provider, they serve our patients with the ultimate in care and outcomes. When I refer our patients to another dentist, I know an ease in my belly, a strong beat of my heart, a strong exchange of breath as I know that patient is receiving the ultimate care of our day and age! I call that comfort.

So why are the uncomfortable feelings arising? In my past year of intensive study I have come to recognize a serious issue affecting a tremendous number in our patient population, and I was not paying the attention I now recognize as my response-ability. This issue affects the total wellness of a tremendous percentage of our population, yet goes undiagnosed, or under-diagnosed, all the while undermining and slowly destroying the quality of life not only for those affected but also their partners. All the while, I have had a front row seat to observe the oral/facial, head and neck potentialities of this pathology while failing to inquire of the social/behavior traits that accompany this serious health problem. If you have ever burrowed yourself into a story of coulda/shoulda/woulda, well then, you may have some idea of how I was feeling: Not great! My kids will re-mind me not to “should” on myself. So I only did, a little bit, before realizing I have the knowledge, skills and expertise to support my patients on a more predictable path to recover their wellness. I began feeling relieved, confident and courageous!

The general catch-all pathology revolves around a disturbance in our sleep-breathing. Commonly diagnosed as Obstructive Sleep Apnea, also as Upper Airway Obstruction, and often showing its obnoxious trait of chronic snoring. On the surface, snoring ain't sexy! Hidden under the surface is a silent killer that is undermining our overall wellness while contributing to heart disease, depression, diabetes, dental deterioration, sinusitis, digestive upset, safety, motivation and energy. Snoring alone has been the sad perpetrator of divorce! I liken it to a not so small hole in our gas tank that effectively drains our high performance machines of the fuel we need to stay in the race. And so, ask me about how snoring, your sleep breathing, your sleep patterns, your sleep quality may be affecting your wellness. Maybe it is a loved one or friend or co-worker, someone in your inner circle that may benefit from joining the conversation. Send them my way, I can help. It is a good feeling to know I am now sincerely and confidently response-abled to support improved wellness through improved sleep-breathing for all of those under my care.

Biteguard Tip from Deb

Hello, my name is Deb and I am a long time biteguard user. A major drawback to my biteguard has been keeping it clean. It is not the easiest task when just using toothpaste and a “Listerine” type mouthrinse. However, I did discover something a few months ago and if you love your biteguard as much as I love mine, you may appreciate my discovery! I now use denture cleansing tablets. I do not buy the name brand, I use Target's brand of Antibacterial Denture Cleanser tablets. I take about a third to a fourth chunk of the tablet, put it in my biteguard case (mine is a deep case), add warm water, add the biteguard and wait about 3 minutes. Then I rinse, rinse, rinse it under the faucet. Although my biteguard does not look brand new, it looks a lot clearer than it use to! And, I have noticed that in the morning, I do not really have the dreaded “morning breath”. I will confess that on a few mornings, I may have forgotten to brush my teeth before heading out to start my day because my mouth feels clean. That being said, DO NOT forget to brush your teeth every morning!



Barb Wonders - Got Any "Change"?

As some of our patients might have heard by now, our office will be going through significant changes soon. We will be moving to a brand new building in Burtonsville, in mid-January 2016 and our precious Therese is retiring on Dec 30th of this year, after 31 years of hygiene and 18 years being our friend and a part of our team and with that comes the hiring of a new hygienist. With all these changes taking place, I started thinking about what shows up when life, as we know it, no longer exists.

What is it about "change" that can make us feel so uncomfortable at times? If I take the word "change" and make it just that, a word, I can put a different perspective on it.

We hear the word a hundred times a day. We change our clothes, change our beds, change lanes, change our minds. We have the change of seasons, we might have change in our pockets and I'm sure once in a while we all need a little change in attitude. I know these are the everyday changes we don't even think about, so what about the ones that impact our lives on a deeper level. What if we looked at those as a "transformation or alteration"? All we're doing is "ex-changing" one situation for another and sometimes realizing the most difficult changes that occur in our lives are the ones that teach us the most.

So as we close this year with all its "transformations", with feelings of excitement and some melancholy. I know from experience that before too long we will fall right back into our "New Norm".



★ Editor's Note.....
★ How is 2015 almost over? WOW! This being our first
★ and only newsletter of the year, I thank you for reading
★ it and hope that you enjoyed it. Change is an interesting
★ word and can bring about such interesting reactions
★ depending on the situation. Our original theme was
★ celebration but then we shifted to change and hopefully
★ celebrating change. As it has been mentioned
★ throughout the newsletter, we—as an office—have many
★ changes coming! Almost all are exciting, a little daunting
★ at times, and will be cause for growth and change from
★ all of us. I say "almost" because Therese retiring brings
★ mixed emotions for me. While I am VERY excited for my
★ dear friend to start this next chapter of her life, I will
★ miss her! Even though I do not actually get much "time"
★ with her when I'm in the office, there is no denying her
★ presence! 2015 has flown by and although it has had
★ its ups and downs for me and my family, I plan to end
★ the year on an "up"! Enjoy all the upcoming holidays and
★ celebrations with friends and family and don't fight the
★ change!
★
★ Deb 
★

I may be hard to find
I may seem of another mind
I live so far out beyond right and wrong
I'm humming the tune of a wondrous song
It's about a life of a different kind
I'd really like to meet you there
To lie in that field
and tell you how much I care
I've been dropping breadcrumbs
to show you the way
To where the sky is clear with possibilities
And each turn of the wheel is another holiday
Dare to follow,
You'll find me there, on my back, looking up,
Discovering tranquility
The path for us starts deep inside
In that personal space
where our feelings hide
It's a dark downward spiral,
a challenging ride
Leaving the weight of our stories behind
And circling back up
we're led by a brilliant light
A fresh state of mind
Powered by what we need from each other
to continue a magnificent ride
-Nici Repose