

JELINEK JOURNAL

703-584-5996

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PARTY ANIMALS

How My Wife and I Met and Reconnected 15 Years Later

More than two decades ago and out of the blue, I called up a girl I had dated 15 years prior. I wasn't even sure if she would remember me. When she picked up the phone, I asked her, "Do you know who this is?"

Marilyn responded, "Hi, Chuck, of course I know who this is."

We originally met in 1979, when I was in the Army and shooting missiles at Fort Sill in Oklahoma. A couple of classmates of mine from West Point and I shared a bachelor pad where we would throw legendary parties, usually complete with a theme for an upcoming holiday or based on a movie. On Saturday night we would have friends, and friends of friends, crowd into our small home, crank the music up at 9 p.m., and have a great time until early in the morning. We invited our neighbors, too, so they couldn't claim they never got an invite. The following day was our "recovery party," where we would invite close friends to enjoy a few beers and Sunday football.

It was during a recovery party that I met Marilyn. She joined our Sunday party upon the invite of a friend, and, if I recall, she didn't even want to come over that particular day. We got to know each other at various events, and, ultimately, we started dating.

About a year into our relationship, we hit a crossroads. Marilyn, who was working at a local hospital at the time, was offered an opportunity to tour the world and train doctors on Siemens Medical's latest technology, the CAT scan. It was an incredible opportunity, so we split ways. Marilyn moved her home base farther east before jetting off across the world. Meanwhile, I went to dental school and began my practice in the Washington, D.C., area.

Fast forward to the mid-'90s, and I decided to pick up the phone again. After 15 years, it was as if we hadn't skipped a beat.

After a year of long-distance dating, Marilyn took the plunge and moved

closer to me and my daughters.

We were married in April 1999, and we have had a wonderful two decades together, making up for lost time. And now our eldest, Amanda, is living with us until her wedding in January 2020. And, of course, you know her younger sister, Sydney, has her two baby daughters, so we are enjoying grandparenthood. Life is great.

Today, Marilyn enjoys retired life by taking care of our three dogs and 14 chickens. She keeps me grounded and reminds me to maintain focus. She's a ferocious reader who is a perfect intellectual match with me. Whenever anything in the house is broken, she straps on her engineering hat and fixes it. Her dad taught her a lot of skills that I never learned, and when that's combined with her love for shows on HGTV, she's an unstoppable force in our home.

To top it all off, we still enjoy a great party. We even designed our house so we could host parties! I suppose it was only natural given how we met and the 20-year celebration we've had since reconnecting.

Quite frankly, I can't imagine living life without Marilyn.

- H. Charles Jelinek, Jr., DDS



STAYING CONNECTED

How to Keep Your Family Close in a Busy World



If you feel like you've hardly seen your kids since the school year started, you're not alone. Americans are way too busy — from childhood onward, we're always running hither and thither, packing in as many after-school activities, work-related meetings, and social engagements as possible. It's a problem so pervasive that it has a name: time scarcity.

Families feel time scarcity keenly after school starts in September, when children's schedules explode with engagements. But all hope for close ties isn't lost; there are ways to stay connected with your spouse and kids, even in an increasingly busy world. Here are some ideas from counselors, teachers, and psychologists who claim to have mastered the art.

REMEMBER YOUR RITUALS

Rituals make up the backbone of individual families and society at large. Most people wouldn't dream of abandoning their holiday traditions, so why forgo the smaller rituals that bring families together? Whether it's eating dinner at the same table each evening, watching a movie together every Thursday night, or going on a monthly getaway, make sure these traditions aren't canceled. If your family doesn't have many rituals, a great way to connect is to start some.

MAKE EVERY MOMENT COUNT

As cliché as it sounds, when you don't have much time together, it's crucial to be present for every minute of it. If you have a rare half hour at home with one of your kids, make a point to spend it in the same room and try to start a conversation. If you squeeze in a romantic dinner with your spouse, turn off your phones before the food comes. Listening to each other without distractions will strengthen your relationship.

HUG IT OUT

Physical contact is vital for closeness. When you get the chance, hug your kids, hold hands with your spouse, and do physical activities as a family, like hiking, biking, or even playing group sports. It's been scientifically proven that physical closeness leads to emotional closeness, so if you're low on time, take advantage of that shortcut!

The Value of Z's

Don't Take Your Sleep Troubles Lightly

Dr. Jelinek here again! Before I was diagnosed with obstructive sleep apnea, I viewed sleep as a nuisance that got in my way. I would attempt to function with a few hours of sleep while slinging back coffee and adhering to a regular afternoon nap.

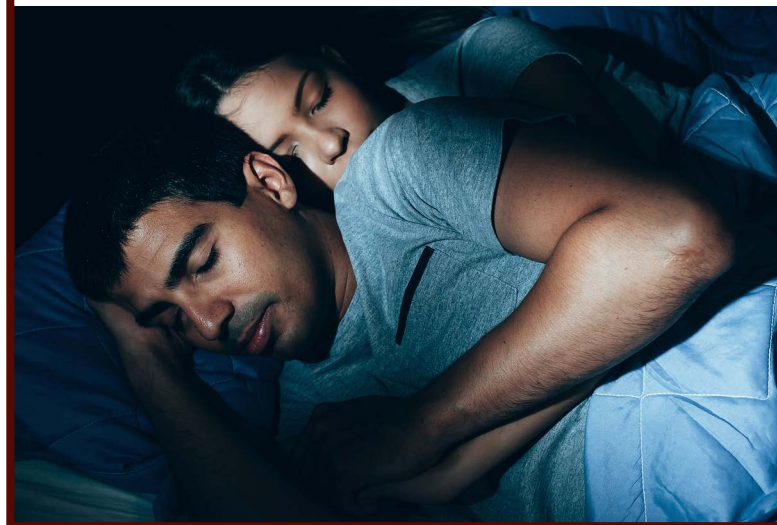
After an obstructive sleep apnea diagnosis six years ago, I started viewing sleep as an integral part of health and wellness. My oral appliance, which is similar to an anti-snoring device, brings my jaw forward and pushes my tongue out of the back of my throat. This makes it easier for me to breathe, and the result is a more restful night's sleep. Now, I no longer drink coffee, my afternoon nap is abolished, and I actually wake up each day feeling refreshed and energized. Today, I know that sleep is an integral part to health — I'm proof of it!

With my own personal improvement aside, sleep medicine backs me up. When you doze off to dreamland, your muscles, hormones, and tissues undergo a rebalancing act. It's an opportunity for the systems that keep you running all day to take a well-deserved break and repair damage. In fact, just by going to sleep, you are improving your mental health, increasing your memory capability, setting yourself up for better concentration, and improving your chances of shedding a few pounds.

Yet, there's a caveat when it comes to sleep. You need to get a good night's rest in order for sleep to be effective. When you're living with a sleep disorder, this is easier said than done.

Sleep apnea restricts the flow of oxygen to your brain. Your brain recognizes that you're not breathing, so it gives your heart a jolt as a warning to your body. This constant upstarting means you wake up with a headache, sore throat, fatigue, lethargy, and many other issues that point to sleep apnea. In addition to the terrible way you'll feel, sleep apnea can lead to deadly cardiac and brain conditions.

Six years ago, when I learned that I would cease breathing upwards of 17 times each hour, I knew it was time to make a change. Since I began wearing my oral appliance, my life and energy levels have improved tenfold. Don't wait any longer to get your sleep back. Schedule a consultation by calling 703-584-5996 or visit NorthernVirginiaDental.com.



Dr. Jelinek Is a Diplomat!

SO, WHAT DOES THAT MEAN FOR YOU?

In 2015, Dr. Jelinek became a recognized Diplomat with the American Board of Dental Sleep Medicine. Other than now being able to add another accolade to his extensive resume, this distinction gives Dr. Jelinek an edge in helping patients treat sleep apnea and other craniofacial sleeping disorders. In addition, Dr. Jelinek is now 1 of just 3 Diplomates in the Washington, D.C., area.

In order to achieve this status, practitioners adhere to extensive training and studying. First, dental experts submit their prerequisites for obtaining certification to the board. This includes proof of a dental license, letters of recommendation, and proof of work at a sleep center. Next, after hours of studying, practitioners complete a rigorous exam within a two week period.

In addition to the educational background and achievements, Diplomates must prove they

can take the knowledge they have gained in the field of sleep medicine and actually help patients. So, step three in the Diplomat process is submitting 10 oral appliance therapy cases to the board for certification. If these cases show the practitioner's work has been a significant benefit to the field, they will then be considered for Diplomat status.

Finally, in order to earn the status and maintain it, a Diplomat must stay abreast with the latest research regarding dental sleep medicine. The board provides the Diplomat with regular training and access to resources across the sleep medicine community. Voluntarily, Dr. Jelinek joined a mastermind group to collaborate with other top-notch sleep practices throughout the country to better serve his patients.

Dr. Jelinek's dedication to helping patients live healthier, happier lives through dental sleep medicine motivated him to seek additional

education and achieve his Diplomat status. Being 1 of 3 recognized Diplomates in the Washington, D.C., area provides treatments and education for local patients from a professional who regularly continues his education and expands his knowledge base. With the addition of this certification to his sleep disordered breathing treatment toolkit, Dr. Jelinek has a direct collaboration link to hundreds of other Diplomates and specialists across the country, positioning him as a local expert with sleep medicine specialists at his fingertips.

Learn more about Dr. Jelinek's qualifications and treatment specialties at NorthernVirginiaDental.com. Schedule an appointment to treat your sleep apnea by calling 703-584-5996.



Sudoku

	7			8				
5				4				
3	1			2	5	6		
							3	
	6				7			
	9	5		6	8			
4								5
						4		
7	2		8					3

Solution on Pg. 4

Paleo Breakfast Casserole

Inspired by TheLeanGreenBean.com

INGREDIENTS

- 1/2 cup onion, diced
- 1 red pepper, diced
- 2 strips bacon, cut into squares
- 1 large sweet potato, spiralized or grated
- 2 cloves garlic, minced
- 2 cups spinach
- 1/2 cup chicken or vegetable broth (optional: substitute with water)
- 1 tsp paprika
- 6 eggs
- Salt and pepper, to taste

DIRECTIONS

1. Heat oven to 375 F.
2. In a large pan over medium heat, sauté onion, peppers, bacon, and sweet potatoes until bacon is completely rendered and onions are translucent. Then, add garlic and sauté for another 2 minutes. Finally, add spinach and continue cooking for another 3–5 minutes.
3. Transfer to a greased casserole dish.
4. In a mixing bowl, whisk together eggs and pour them over casserole.
5. Bake for 20–30 minutes, let stand for 5 minutes, and serve.

9	6	7	3	5	8	4	1	2
8	5	2	1	6	4	3	7	9
4	3	1	9	7	2	5	6	8
5	1	4	2	8	7	9	3	6
2	8	6	4	9	3	7	5	1
3	7	9	5	1	6	8	2	4
6	4	3	7	2	9	1	8	5
1	9	8	6	3	5	2	4	7
7	2	5	8	4	1	6	9	3

Solution from Pg. 3

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INSIDE

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Roots of Oktoberfest Oktoberfest Outside Munich



With Oktoberfest right around the corner, you may start hearing some of these fun sayings: "I don't give a Schnitzel," "Keep calm, and Prost on," or "You can't buy happiness, but you can buy beer." But what exactly is Oktoberfest, and why do so many people celebrate it? Here are some fun facts about it.

ROYAL BEGINNINGS

Oktoberfest is deeply rooted in Munich culture. It all started with the marriage of Crown Prince Ludwig and Princess Therese von Sachsen-Hildburghausen on Oct. 12, 1810, and the citizens of Munich were invited to attend the celebration just outside the gates of the city. The celebration's main attraction was horse racing, which was also a staple event for the next year but has since been removed from the current celebrations.

In 1811, a large agricultural fair was mixed into the event, and in 1817, beer pubs and performers were added. Perhaps one of the most famous events

during Oktoberfest is the costume parade, where men and women alike dress in old-fashioned garb and march through the streets in honor of Ludwig and Therese's marriage. The rest you could say is history, or *geschichte!*

OKTOBERFEST IN ... CANADA?

While Oktoberfest in Munich traditionally starts on Sept. 22, the Canadians celebrate during the week of Oct. 6-14. The twin cities Kitchener-Waterloo host the largest Oktoberfest outside of Munich, boasting more than 700,000 people in attendance each year. The event has a musical concert dubbed "Rocktober" and a dog parade known as "Dogtober." Even though the Ontario area is becoming more and more popular, you can still enjoy Oktoberfest on a budget. You can find hotels in the area and surrounding cities for well under \$100 per night.

Not everyone can make their way to Munich or even Canada to celebrate the fantastical event, but most areas will have something going on. If you love German culture, do a little bit of digging, and you're sure to find an Oktoberfest event near you!



Reviewed on Google, Saturday, July 27, 2019

“Based on referrals, I sought treatment for my sleep apnea from Dr. Jelinek, Jr., DDS. Sleep apnea is a common disorder that results in the involuntary cessation of breath while someone is sleeping. I had severe sleep apnea, and, after several years of unsuccessful results from a CPAP machine, I was interested in trying an oral appliance. An oral appliance is a custom-fabricated dental device that moves the lower jaw into a forward position, increasing space in the airway. The extra space created prevents the airway from collapsing, which can help reduce sleep apnea. Without treatment, sleep apnea can result in high blood pressure, which can damage the walls of the carotid arteries and increase the risk of stroke. I elected to seek treatment from Dr. Jelinek because he is one of only five dentists in the Washington, D.C., metro area who is a Diplomate of the American Board of Dental Sleep Medicine. He is especially qualified and experienced in treating patients with sleep apnea who are CPAP-intolerant. My experience thus far has been OUTSTANDING! Dr. Jelinek and his entire staff are extremely professional, courteous, and caring. Every step of the process for obtaining an oral appliance was explained in detail, with measurement procedures performed in expert fashion. I have been using an oral appliance for approximately one month. The results have been immediate and life-changing. I now sleep throughout the entire night without waking up three or four times like I was prior to my using an appliance. I am now able to reach such a deep sleep that I experience incredible dreams, compared to no memory of dreaming when I was previously waking up often. I would rate my experience and results from Dr. Jelinek and his superb staff as an A+. I am very pleased and deeply

appreciative of my improved ability to sleep through the night. I now look forward to an evening's sleep compared to my prior experience when it was a constant battle to fall asleep. I sincerely thank and am very grateful to Dr. Jelinek and his entire crew for their dedication to improving the lives of patients through the use of an appliance that provides restorative sleep.”

–Reviewed by H. C.

Like H. C., I too have sleep apnea, and I never ever, ever, ever, ever go to bed without my oral appliance to treat my obstructive sleep apnea. Like H. C., my life has changed!

Isn't it time for you to address your sleep apnea?

**Call 703-584-5996 to set up
a complimentary consultation!**

**H. Charles Jelinek Jr., D.D.S.
Diplomate of the American Board of Dental Sleep Medicine
www.NorthernVirginiaDental.com**

HCJ

H. CHARLES JELINEK, JR., D.D.S.