



Kathryn E. Rand, DDS
Practice Limited to Orthodontics
Orthodontic care beyond compare

4306 Seneca Street
West Seneca, NY 14224
716-675-0155

Newsletter Winter

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CHICKEN AND WILD RICE SOUP



A delicious soup that can also easily be cooked in a slow cooker and freezes well.

INGREDIENTS

- 1/2 cup butter
 - 1 finely chopped onion
 - 1/2 cup chopped celery
 - 1/2 cup sliced carrots
 - 1/2 pound fresh sliced mushrooms
 - 3/4 cup all-purpose flour
 - 6 cups chicken broth
 - 2 cups cooked wild rice
 - 1 pound boneless skinless chicken breasts, cooked and cubed
- 1/2 teaspoon salt
 - 1/2 teaspoon curry powder
 - 1/2 teaspoon mustard powder
 - 1/2 teaspoon dried parsley
 - 1/2 teaspoon ground black pepper
 - 1 cup slivered almonds
 - 3 tablespoons dry sherry
 - 2 cups half-and-half

DIRECTIONS

1. Melt butter in a large saucepan over medium heat. Stir in the onion, celery and carrots and saute for 5 minutes. Add the mushrooms and saute for 2 more minutes. Then add the flour and stir well. Gradually pour in the chicken broth, stirring constantly, until all has been added. Bring just to a boil, reduce heat to low and let simmer.
2. Next, add the rice, chicken, salt, curry powder, mustard powder, parsley, ground black pepper, almonds and sherry. Allow to heat through, then pour in the half-and-half. Let simmer for 1 to 2 hours. (Note: Do not boil or your roux will break.)

LATEST INVISALIGN TECHNOLOGY



Kathryn E Rand

Orthodontics is always up to date with the latest technology and we are excited to share the newest treatment we are now offering our younger patients.

Invisalign First treatment gives your younger patients the same hygienic and easy to care for orthodontic experience that teens and adults currently receive with Invisalign clear aligners.

"Early interceptive orthodontic treatment of children aims to prevent more severe problems or alignment issues that could get worse as they grow, while at the same time providing a foundation for permanent teeth to begin to erupt," said Dr. Derakhshan, Align Technology vice president of global clinical. "Younger patients have smaller teeth with shorter crowns and anatomical differences that require specific features for Phase 1 treatment. Invisalign First is the first clear aligner product designed with software driven features specifically for younger patients."

As a new offering within the Invisalign system, Invisalign First treatment includes the same proven technology, comfort, and convenience, making it possible for doctors to deliver the outcomes Invisalign providers and

ENJOY WINTER IN BUFFALO



1. [The Ice at Canalside](#) – This is the epicenter of Buffalo's winter fun. One of the country's largest outdoor skating rinks, built on a historic replica of the Erie Canal, became an instant hit when it opened in December of 2014. Attractions like the dynamic nightly illumination of a nearby grain elevator and an indoor winter pavilion add to the fun.

2. [Chestnut Ridge](#) – The giant fireplace inside the Chestnut Ridge Park lodge will be roaring. Outside, one of the region's largest sledding hills with views of downtown Buffalo will be ready for sledding and tobogganing.

3. [Niagara Falls in the Winter](#) – Mist from the falls freezes on the surrounding trees, creating an ice covered forest. And during an especially cold winter, portions of the falls even appear to freeze.

4. [Rotary Rink Skating](#) – The original outdoor downtown skating rink continues to be an affordable option for families. Admission is free, and skate rentals are only \$2 for children and \$3 for adults. Nov. 24-March 17 (weather permitting)

TOOTHBRUSH CONTEST



This quarter we are running a contest to win movie pass or car washes.

At your next appointment guess how many toothbrushes are in the jar and the person who guesses correctly wins!

BE KIND...

Just a note from Jen...



2018 has been a year of ups and down and as we end this year I would like to say how grateful I am for our kind and pleasant patients and their families. Most of you always come to our office with a smile and a friendly word, even if you are having a rough day. With so much sadness on our news and all of us going through "something" I want each and every one of you to know how much I appreciate the good and positive you share. You are a blessing to our office and make our small corner of the world a safe and hopeful place to be. With Love... Jen

patients have come to expect and great experiences using Invisalign clear aligners for everyone in their practice, from adults, to teens, and now to younger patients. Invisalign First clear aligners expand on key Invisalign innovations and have been specifically designed for growing patients with early mixed dentition with new and unique features and functionality.

"The addition of Invisalign First reflects our continued innovation and commitment to enabling great orthodontic treatment through specialists. Every patient deserves a great orthodontic treatment experience, and with the addition of Invisalign First clear aligners to our product portfolio there is now a treatment option for every age, including younger patients."

"Invisalign First clear aligners enable me to treat my younger patients in a way that is more comfortable for them and more convenient for their parents than traditional methods," said Dr. Tarek El-Bialy, an orthodontist practicing in Alberta, Canada who has used Invisalign First to treat nearly 20 Phase 1 patients as part of the Invisalign First pilot. "With no food restrictions, no change in brushing or cleaning, and less chance of emergency visits, Invisalign First treatment is a less disruptive way to treat my Phase 1 patients. We've never had a clear aligner alternative to traditional orthodontic appliances on these little patients - but now we do."

**Don't hesitate to ask about
Invisalign for your child, no
matter the age!!!**

**Please call for details: 716-675-
0155**

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