



Invest In Your Community By Shopping Local!

Local small businesses need our support! Many are still struggling from the pandemic to keep their doors open. As a community, we need to unite our efforts to support our small businesses by shopping locally.

Shopping locally is deciding to purchase everyday products from small businesses instead of large retailers. When you shop local, you are making a personal investment in our neighborhood and community.

There are many benefits to shopping locally:

- Keep your money in the local economy. When a consumer buys local, a significant portion of that money will stay in our community. You can see where your money is going.
- Embrace what makes our community special. Showcase the talents and specialties of people who reside in our community by supporting the unique shops and stores here!
- Create more jobs for friends and neighbors. Your purchases help provide opportunities for community members to be employed at local businesses.
- Know store owners personally. Receiving a product or service is more rewarding when you build a friendship with the person providing it. Small businesses allow you to build those connections.
- Help the environment. Purchasing from local businesses will conserve energy and resources by reducing the transportation of goods from wholesaler or distributor to retailer.

Source: *What Happens When You Shop Local.*

IndependentWeStand.org

How to shop locally?

Consider buying fresh fruits and veggies at the neighborhood farmer's market. Purchase clothing from a local boutique instead of a chain retail store. Think about spending more money at small businesses and less money at multi-million-dollar companies.

The Rochester Regional Chamber of Commerce has over 700 members, many of which are small businesses. Check out unique places like:

- Onyx Rochester Ice Area – Sports & Recreation
- Paint Creek Center for the Arts – Arts, Culture, & Entertainment
- Luxe Med Spa – Beauty & Health Services
- Tonia's Victorian Rose Tea Room & More – Local Restaurant

Additionally, the Chamber created a series called "The Great Takeout" which focuses on specialty cuisines and restaurants within our community. This series showcases the importance of supporting local businesses and is featured on our YouTube channel and social media platforms. Check out "The Great Takeout" series and other upcoming series by subscribing to the RRC YouTube Channel, at <https://www.youtube.com/user/RochRegChamber>

The Mission of the Rochester Regional Chamber of Commerce is to provide leadership and resources to advance business development in partnership with civic, cultural and educational interests for the benefit of its members and the community.



New to the area? Stop at the Chamber office to pick up your welcome bag!

Our Address:
71 Walnut, Suite 110
Rochester, MI 48307

FREE WELCOME BAG

Phone: (248) 651-6700
Email: info@rrc-mi.com

Visit our website: www.rrc-mi.com

COLUMN

Can a dentist give you a facelift?

I know that this seems like a very strange question, but what sounds unlikely is actually very possible. What most people don't realize is how much your teeth support the surrounding facial and neck muscles. Have you noticed increased creases and wrinkles in your face? Specifically, the creases on the side and below the lips, and in the corners of your mouth can start to become prominent. As we get older, and our teeth get worn down, the area between the nose and the chin starts to shorten in length. The exaggerated version of this is when an older person loses their teeth and takes out their denture and their nose almost touches their chin! They have lost the height and support of their teeth which results in a collapsed bite, loss of facial soft tissue support, and show the cruelty of the aging process. What is truly amazing is when we rebuild these worn-down teeth and restore that facial support. The result is a person that can look 10 years younger, and more importantly, is restored to a higher level of health. Hard to imagine? Please look at Judy's photos before and after her bite was rebuilt and you will start to understand the important role your teeth can play in the overall support of the jaws, head and neck.

How does this change happen? The destruction can actually begin at an early age if a person's bite is not ideal. There are many factors that cause a non-ideal bite including clenching and grinding, lack of orthodontics or relapse, extensive dental work, or even poor sleep and airway problems like sleep apnea. Many TMJ disorders are a result of having a destructive bite which forces the lower jaw in a painful position. People who are suffering from daily headaches, migraines, jaw pain, ear pain and ringing in the ears, and even vertigo could have this collapsed, worn-down bite. After years of this uncomfortable jaw position, the teeth continue to

prematurely wear down, fracture, and get shorter and shorter. When this happens, a person's entire face will be affected including their lip support, cheek bones, and chin.

This is NOT the normal aging process. Teeth are not destined to be worn down because of life activities. This is usually due to an excessive grinding habit at night, sometimes as a result of a sleep breathing disorder, or someone who is suffering from a TMJ disorder. The good news is that if a person's bite is properly rebuilt to a comfortable muscular position, a "non-surgical facelift" can occur. An approach called neuromuscular dentistry, which uses muscle relaxation and



Dentally Speaking

by Jeffrey S. Haddad D.D.S.

Is this premature aging happening to you? What are some of the signs to look for when you are prone to a destructive bite or when one is occurring already?

How do I know I have a Destructive Bite?

- Worn down, discolored teeth
- Crowded or crooked teeth
- Clenching or grinding your teeth
- Daily headaches, migraines, ear ringing or ear congestion
- Vertigo or dizziness
- Extensive dental work
- Orthodontic relapse
- Muscle tension in the face
- Wrinkles and creases around the lips, cheeks, neck and chin

Most people would never associate their premature aging with a bad bite, but the truth is that this affects many men and women. This can especially be the case with someone who is suffering from headaches or an undiagnosed TMJ or sleep disorder. Being properly evaluated by an experienced dentist could not only rid you of your daily suffering but could also rejuvenate your appearance by properly supporting your facial aesthetics...taking years off your face. The result is an overall increase in health, quality of life, and as a bonus, an improvement in appearance.

Jeffrey S. Haddad, DDS of Doolin & Haddad Advanced Dentistry, completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the prestigious Las Vegas Institute for Advanced Dental Studies. He lectures nationally on cosmetic dentistry, TMJ and sleep disorders and dental implants. For more information, visit www.rochesteradvanceddentistry.com.



computerized jaw tracking technology, allows a dentist to determine exactly where a person's ideal jaw position and bite should be, or maybe where it was 10-20 years ago. This allows the dentist to confirm this proper, comfortable bite, assess the desired facial changes, and then permanently restore the teeth to their ideal size and shapes. This not only results in a beautiful and healthy smile, but also a youthful facial profile and appearance.