



November Greetings *from Wondra Dental Care!*

thankful
grateful

Hello from Dr. Chris! As we reflect on the year, I want to take a moment to share what I'm truly grateful for. Here at Wondra Dental Care, I'm surrounded by an exceptional team—Dr. Wondra, our hygienists, dental assistants, and front office staff—all of whom bring incredible skill and dedication to our practice. Our patients are also a huge part of why I love my work. The Wondras have fostered an amazing community that I feel lucky to be part of,

with a shared commitment to excellence in care and service. In our office, we're equipped with the latest materials and technology to provide the best treatments available, which makes my job not only fulfilling but also exciting. Serving the Rio Rancho community and delivering a customer experience like none other brings me immense joy. I'm grateful to be here, to be part of this team, and to have the opportunity to serve you. I'm excited for the future of our office and can't wait to share all that's ahead!



Staff Spotlight: *Emma Mann*

Meet Emma, our incredible front office team member who's been a part of our dental family (as a patient) since 2012! She is 20 years old and joined our team over the summer. She graduated from Hope Christian High School in 2022 with an impressive 3.8 GPA and spent two years taking medical courses at CNM. Her

dedication shines through in everything she does—she's a hard worker who's passionate about making people smile. When she's not at the office, she loves spending time with her family, friends, and her sweet dog, Chloe. We're so lucky to have her on our team!



PATIENT REVIEW



I have been with Dr. Wondra for 20 years. I am sad and happy at the same time to see that he is retiring. Congratulations to both doctors, Dr. Wondra on his retirement and Dr. Christensen on obtaining the new office. After meeting Dr. Christensen today, I look forward to continuing to be their patient. He is very nice, easy to talk to, and super observant. The receptionists at the front desk are very friendly, welcoming and helpful. Thank you for a great 6 month check up! 😊 - J.C.



Don't forget to use your dental benefits!

Most insurance benefits expire at the end of every calendar year. Give us a call to schedule your next cleaning & check-up before it's too late!

Dental Education Spotlight: Dental Implants



At our office, we're proud to offer dental implants as the most effective and predictable option for single-tooth replacement when there's sufficient bone available. Dental implants not only look and function like natural teeth, but they also preserve jawbone health and prevent neighboring teeth from shifting. If you're looking to restore your smile, improve comfort, and enhance your quality of life, dental implants provide a stable and long-lasting solution. We're here to guide you through the process and answer any questions you may have about this transformative treatment!

Pumpkin Cookies with Cream Cheese Frosting

Cookie Ingredients:

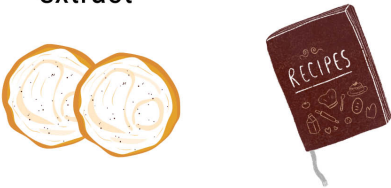
- 1 cup butter, softened
- 2/3 cup packed brown sugar
- 1/3 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup canned pumpkin
- 2 cups all-purpose flour
- 1-1/2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder

Frosting Ingredients:

- 1/4 cup butter, softened
- 4 ounces cream cheese, softened
- 2 cups confectioners' sugar
- 1-1/2 teaspoons vanilla extract

Directions:

1. In a large bowl, cream butter and sugars until light and fluffy. Beat in egg and vanilla. Add pumpkin; mix well. Combine the flour, cinnamon, baking soda, salt and baking powder; gradually add to creamed mixture and mix well.
2. Drop by rounded tablespoonfuls 2 inches apart onto greased baking sheets. Bake at 350* F for 8-10 minutes or until edges are lightly browned. Remove cookies to wire racks to cool completely.
3. In a small bowl, beat the frosting ingredients until light and fluffy. Frost cookies with a small spoon, or an icing bag in a crisscross pattern. Store in an airtight container in the refrigerator.



Holiday Open House

WE HOPE TO SEE YOU FOR A HOT COCOA BAR, COOKIES, & PHOTOS WITH SANTA & MRS. CLAUS!

**Saturday
December 7th
10am-12pm**

Do you have family or friends looking for a great dental office? We'd love to welcome them to our practice! Your referrals are the highest compliment we can receive, and they mean the world to us. If you know someone who could benefit from personalized, high-quality dental care, send them our way! As a thank you, you'll be entered into a **quarterly drawing for a prize retailed between \$100-\$300!** Thank you for trusting us with your smile and for sharing the love with your friends and family!