



COASTAL CONNECTICUT  
DENTISTRY

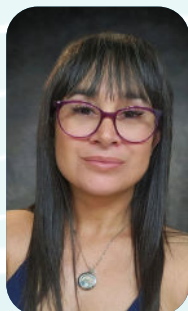
# NEWSLETTER

SUMMER 2025

## Celebrating Our Incredible Team!

At Coastal Connecticut Dentistry, our team makes all the difference. Their care, expertise, and commitment help us provide exceptional service to every patient, every day.

## Anniversaries



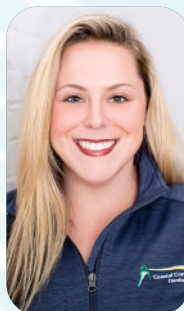
**Jocelyn**  
Aug 3 • 5 yrs



**Kirstin**  
Aug 27 • 5 yrs



**Devan**  
Sept 12 • 2 yrs



**Catie**  
Sept 22 • 15 yrs



**Bethany**  
Nov 15 • 4 yrs



**Tracy**  
Nov 27 • 2 yrs

## Birthdays



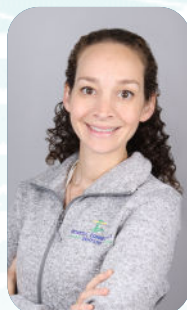
**Dr. Weiss**  
Aug 21



**Glenda**  
Sept 17



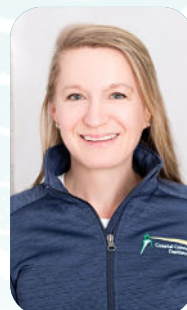
**Morgan**  
Sept 20



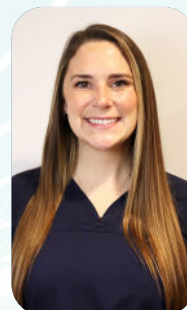
**Dr. Dibner**  
Sept 25



**Dr. Kiveliyk**  
Oct 7



**Brandie**  
Nov 4

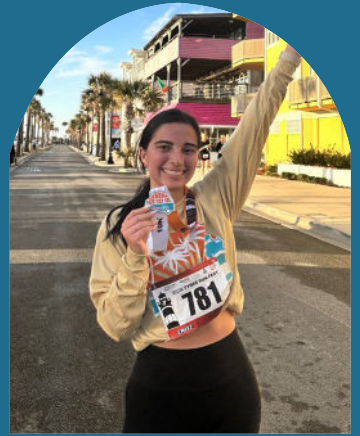


**Olivia**  
Nov 7

# WELCOME DR. WEISS!

We're proud to welcome **Dr. Yasmine Weiss, DMD**, as the newest member of our clinical team at Coastal Connecticut Dentistry. A graduate of Boston University School of Dental Medicine with advanced residency training in digital restorative dentistry, Dr. Weiss brings both exceptional skill and a patient-first philosophy to her work. Her approach is grounded in empathy, clinical precision, and a deep respect for every patient's journey.

When she's not in the operatory, you might find her running coastal races or enjoying beach sunsets with her partner, Eli, and their Australian Labradoodle, Wrigley.



## Celebrating Our Growing Coastal Family

We're thrilled to share two joyful additions to our extended Coastal family!

### Welcome, Baby Elena!

Our own Terese Dunston welcomed beautiful baby Elena on June 23rd at 12:24 PM. Weighing in at 7 lbs 6 oz and measuring 20 inches long, she's already brought so much joy. We're absolutely delighted for Terese and her growing family!



### Introducing Callum Patrick Florio!

Born on July 7th, little Callum made his debut on his own schedule and with a mighty spirit to match! Weighing 5 lbs 4 oz and measuring 17.5 inches, Callum and mom Olivia are both doing wonderfully. We couldn't be happier for the Florio family!



Please join us in sending love and congratulations to both families during this exciting new chapter.



# STAFF SPOTLIGHT

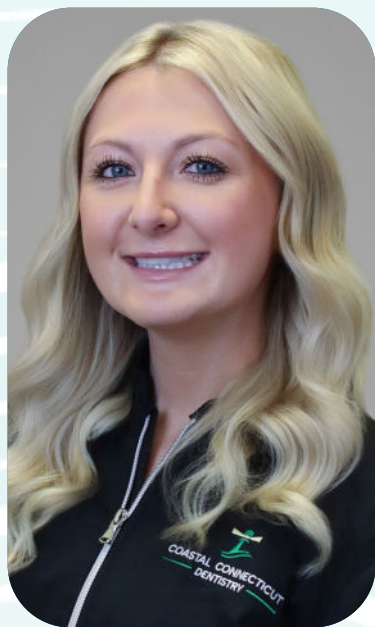
## From Chairside to Future DDS: Grace Wargo's Path to Dentistry

We believe every great clinician starts with a passion for people. For Grace Wargo, that passion led her from assisting chairside to actively pursuing her dream of becoming a dentist. While her path wasn't traditional—originally planning to become a physician assistant—it was shaped by firsthand patient care experiences and the encouragement of mentors within the Coastal team.

"I always knew I wanted to be in healthcare," Grace shares, "but something was missing." It wasn't until a conversation with her friend's father who is a local Periodontist, on a boat, no less, that dentistry came into focus. Grace, who once felt vulnerable in the dental chair herself, now uses that personal experience to foster empathy with patients. "You can't teach that kind of empathy in a classroom," she says. "And that's what makes the biggest difference in care." Currently enrolled in a Post Baccalaureate program at the University of New England, Grace is laying the academic foundation to apply to dental school, with hopes of returning to Coastal one day, this time as Dr. Wargo.

Working at Coastal has given Grace more than just technical knowledge. It's instilled a deep understanding of the human side of dentistry. Whether it's connecting with a patient living with dementia or learning to anticipate a doctor's next move during a complex case, Grace has embraced every opportunity to grow. "I've seen what it means to be a truly great provider," she reflects. "The way our doctors treat patients with care, with presence—it's inspired the kind of clinician I want to become."

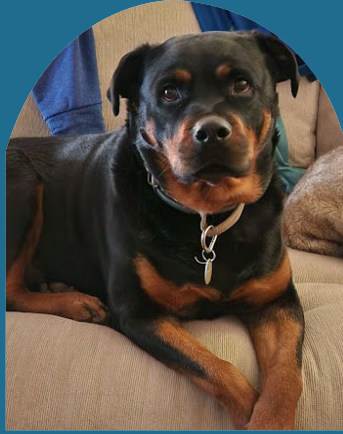
Beyond the operatory, Grace has demonstrated a deep commitment to care that transcends borders. During college, she participated in a medical mission trip to Costa Rica—an experience that broadened her perspective on global health and the power of human connection in healing. "It's not just about clinical skill," Grace says. "It's about listening, learning, and building trust. That's what Coastal has taught me, and it's what I hope to carry forward into my career."



# HAPPY TAILS & TINY TALES



**Iris**  
(Brittany)



**Kela Rose**  
(Jocelyn)



**Tux**  
(Kristin)



**Wrigley**  
(Dr. Weiss)

## Patient Story

### Monica's Journey Back to Confidence:

When Monica first came to Coastal Connecticut Dentistry, she was facing a serious challenge: significant bone loss in her jaw and the unsettling reality of loose, failing teeth. Understandably, the situation felt daunting.

But under the expert care of Dr. Aurora Dibner, Monica discovered that transformation was not only possible, it was life-changing.

"Dr. Dibner felt implants were the way to go for me, and it was the best decision I ever made," Monica shared. "When you're told you have severe bone loss and your teeth are falling out, it's a big deal. But now? I have no problems. I smile a lot more, I'm happier, and I have so much more confidence."

Through a combination of dental implants and crowns, Monica's smile and quality of life were restored with precision and compassion.

"Dr. Dibner is the best person I've met," Monica added. "And she's the best at what she does."

From complex full-mouth restorations to customized treatment plans, we are committed to leading with exceptional clinical skill and heartfelt connection, ensuring that every patient's journey is one of transformation, confidence, and lasting trust.





# FOODIE CORNER



## 374 Kitchen and Cocktails

This place offers great food and cocktails with a welcoming and fun environment.

*"Upscale vibe with a hometown feel!"*

[347KITCHENANDCOCKTAILS.COM](http://347KITCHENANDCOCKTAILS.COM)

## Chicken Caesar Waffle Recipe

Ingredients  
For 1 serving

### Sandwich

- 1 cup cooked chicken, shredded or chopped
- ½ teaspoon paprika
- ½ teaspoon salt-free garlic seasoning
- 1 egg
- ½ cup romaine lettuce, roughly chopped
- 4 tablespoons grated parmesan cheese
- 1 slice turkey bacon, chopped
- ¼ avocado, sliced
- ¼ tomato, sliced

### Caesar Dressing

- 1 teaspoon anchovy paste
- 1 small garlic clove, minced
- 1 tablespoon lemon juice, freshly squeezed
- 1 teaspoon dijon mustard
- 1 teaspoon worcestershire sauce
- ½ cup mayonnaise
- ½ cup freshly grated parmigiano-reggiano cheese
- ½ teaspoon freshly ground black pepper
- 1 tablespoon water
- salt, to taste

### Preparation

1. For the dressing: Combine the mayonnaise, garlic, lemon juice, Dijon mustard, Worcestershire sauce, and salt in a bowl. Stir to combine.
2. Stir in the Parmesan cheese, followed by the water. Season generously with black pepper to taste.
3. For the sandwich: In a bowl, combine the chicken, egg, paprika, garlic seasoning, and 3 tbsp of Parmesan cheese.
4. Place the chicken mixture into a preheated waffle maker and cook for approximately 3 minutes or until crispy.
5. While the waffles are cooking, mix the lettuce with 1 tbsp of the Caesar dressing. Cook the turkey bacon in a pan until crispy.
6. Assemble the waffle sandwich by layering the lettuce, avocado, tomato, turkey bacon, remaining Parmesan, and a drizzle of Caesar dressing between two chicken waffles.



# COMMUNITY EVENTS

## Waterford Farmer's Market:

Saturdays 10-1 June-October; Waterford Community Center, 24 Rope Ferry Rd, Waterford, CT. CT Grown produce, meats, eggs, honey, baked goods, and more. Live music from local artists. Family and dog friendly! [Learn More](#)



## USO Salute to Service Golf Open

Monday, September 15, 2025 11:00 AM - 5:00 PM

A fun and meaningful day on the course in support of our military community! Register your team, this is a great opportunity to enjoy a fantastic event while giving back to those who serve. Don't miss it! [Learn More](#)



## TVCCA Sound Waves Music Festival:

Saturday, September 6, 2025, at McCook Point Park in East Lyme (rain date: September 13)

Get ready for an unforgettable day filled with live music, local flavor, and community connection—all in support of **TVCCA's mission to uplift and empower our neighbors.** Enjoy performances by five incredible music acts, savor delicious bites from on-site food trucks, explore offerings from local vendors, and take part in exciting raffles throughout the afternoon. Bring your friends, bring your spirit—this is community at its best. [Learn More.](#)



## The Haunting of Haley Mansion—You've Been Summoned

A One-Night-Only Masquerade | Mystic, CT October 31 | 21+ | Costumes Expected. Masks Encouraged.

The veil is thinning. Step beyond it.

This Halloween, join us for an evening draped in velvet shadows and haunted indulgence. Wander candlelit halls. Sip something wicked. Have your fortune read—if you dare. Live music by Rough Draft and Tempest will echo through the night, while psychics and tarot readers beckon from the corners. With costumed strangers at every turn, reality blurs—and that's precisely the magic.

One night only. One world between. Don't miss your chance to disappear into the masquerade. [Learn More.](#)



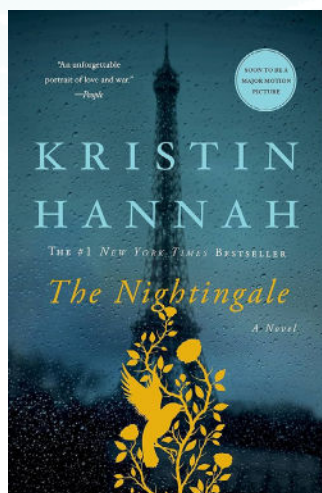
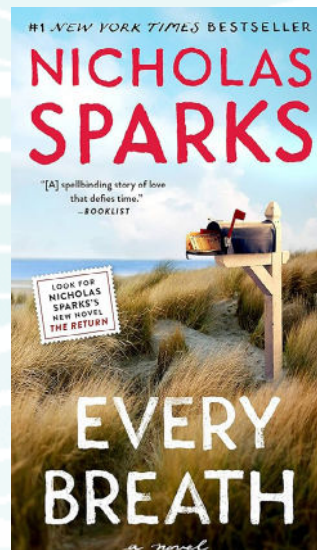
# BOOK NOOK

**Recommended By:**  
Brandie



**Every Breath**  
By: Nicholas Sparks

Perfect summer read as the setting is in Sunset Beach, North Carolina. An emotional book that reflects on life choices, family obligations, loss, hope and love. (Fun fact I went to the beach the story is based on and visited the kindred spirit mailbox!)



**The Nightingale**  
By: Kristin Hannah

This book was actually passed to me by a patient. It had been on my TBR. It is a story about courage, survival and sacrifice during WWII and the resistance.



# DENTAL HEALTH TIPS

## Toothbrush Tech: Is It Time to Upgrade?

When it comes to oral hygiene, not all toothbrushes are created equal. In fact, research shows that manual toothbrushes remove only about 50% of plaque on average. That means even the most diligent brushers may be missing critical areas.

Enter the powered toothbrush—a smart, modern solution designed to optimize your oral health. Studies consistently support its superiority in reducing plaque and inflammation, both of which are key factors in maintaining a healthy mouth and supporting your overall systemic wellness.

At Coastal Connecticut Dentistry, we often recommend powered toothbrushes to patients looking for advanced results. These devices can help reduce cavities, minimize gum disease, and even address sensitivity more effectively than traditional brushes. For individuals with limited dexterity or those who tend to brush too aggressively, certain models offer pressure sensors and specialized modes—like whitening settings—for a safer, more effective clean.

Choosing the right tools for your oral care is part of a thoughtful, elevated approach to dental wellness. If you're looking to enhance your at-home routine with greater ease and impact, a powered toothbrush may be worth considering.

As always, if you have questions or want recommendations tailored to your unique smile, our team is here to help.

Happy brushing—from our dental family to yours.



## Dental Technology Updates

### OVERJET

At Coastal Connecticut Dentistry, we proudly utilize **Overjet AI**. The Overjet technology uses advanced artificial intelligence to analyze dental X-rays with remarkable accuracy, helping our clinicians identify decay, bone loss, and other oral health concerns earlier and more clearly than ever before. This means more confident diagnoses, more proactive treatment plans, and better long-term outcomes for you. By integrating Overjet into your dental visit, we're not only enhancing clinical accuracy, but also ensuring you're fully informed, engaged, and empowered in your care journey. It's just one more way we deliver an elevated, data-driven dental experience that puts your health and confidence first.

### Cherry

We understand that investing in your smile is a meaningful decision, and we believe financial flexibility should never be a barrier to exceptional care. That's why we offer **Cherry**, a patient-friendly payment solution that allows you to get the dental treatment you need now without the upfront cost. The application process is quick, simple, and won't impact your credit score, giving you peace of mind and access to the care you deserve, when you need it most. It's just another way we're redefining what dental care can look and feel like.