

## Newsletter

Welcome to our final newsletter for 2018, We would like to take this opportunity to wish everyone a very merry Christmas and a safe and happy New Year.



Rosebud Dental Group will be open for emergency treatment between Christmas and New Year on the following days

Wed 27th December  
Thursday 28th December  
Friday 29th December

### GOING PAPERLESS

We are endeavoring to reduce our paper use, to help achieve this we aim to use email and SMS wherever possible. If you would like to assist us please ensure we have your mobile and email details on file at your next appointment or you can call or email them to us at [reception2@rosebuddental.com.au](mailto:reception2@rosebuddental.com.au)



### FLOORING

The final stage of our flooring is being completed cup weekend, to finish the final stage we will be closed on Monday 6th November. We apologise for this closure but we are sure everyone will be very pleased with the final results, it has been a long, noisy and much more difficult process than we anticipated and we look forward to its completion.

### PROVIDER

We are pleased to announce that all our dentists are now preferred providers for NIB, all patients with NIB Extras Cover will now enjoy higher rebates for their dental treatment.

This is in addition to already being preferred providers for Medibank Private, Bupa, HCF and CBHS. Patients with

these funds are already enjoying the highest rebates possible from their respective funds.

### VOLUNTEERING IN TIMOR LESTE



In June Malcolm had the opportunity to volunteer with 2 other dentists at a new community dental clinic at Balibo House in East Timor.

Now steeped in the consciousness of all Australians, Balibó House was the last refuge of the five Australian-based journalists, Greg Shackleton, Gary Cunningham, Tony Stewart, Malcolm Rennie and Brian Peters who were murdered by Indonesian troops in 1975. Fellow newsman Roger East was murdered seven weeks later as he investigated the deaths of his five colleagues.

Balibó House Trust was established by the Victorian Government in October



2002 to purchase and refurbish the Balibó House so it could be handed back to the people of the district for use as a community learning centre.

The dental clinic was added later and officially opened on August 24, 2016 by former President HE Jose Ramos Horta. The clinic will be staffed by a local dental therapist and volunteer dentists from Australia. The Dentists stay at the Balibó Fort Hotel, recently built by the Trust and cover their own costs for accommodation, transport and food.

Being in Timor Leste also gave Malcolm the chance to catch up with Dr Ivonia Ribeiro one of only five dentists in the country. They had last met in Bali when Ivonia was still a student. Six dental practices on the Mornington Peninsula, including Rosebud Dental Group, had banded together to help Ivonia financially so she could live and study in Bali for six years to graduate as a dentist.

Dr Ribeiro now divides her time between the government clinic at Dili hospital, a private clinic and teaching dental therapists at university.



You can learn more about the Balibo House Trust at [www.balibohouse.com](http://www.balibohouse.com)

### DENTAL FLOSSING

Something you may not know is nearly half the surface area of your teeth lies between them. Why that particular information is important is because if you're solely relying on brushing you're not cleaning a large portion of your teeth, which in turn can affect how healthy your teeth and gums are. By removing the plaque from between your teeth, you're helping to prevent gum disease, tooth decay and halitosis, otherwise known as "bad breath". So flossing, or interdental cleaning as it's officially known, is an essential part of caring for your teeth and gums, and not some kind of "nice to have" added extra.

