



**Cosmetic Dental Questions
Ask Dr. Bader:**



I would like to restore my worn front teeth. Is that complicated?

Very worn teeth are usually a result of grinding or bruxism.

Often that is accompanied by headaches and TMJ pain symptoms. See my article in the May issue of *Newton Magazine* for more information. Worn teeth can be restored with porcelain veneers, but only if the underlying cause of the wear is addressed. Neuromuscular Dentistry specifically addresses the health of your bite and muscles to reduce grinding and allow beautiful restoration of worn teeth. Veneers will be prone to fracture otherwise. My training at the Las Vegas Institute (LVI) focused on treating worn teeth for patients with bite problems. This is a complicated issue that benefits from an experienced NEUROMUSCULAR Cosmetic Dentist.

email your questions for future columns to:
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Ultimate Aesthetics

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Neuromuscular TMJ Therapy
Invisalign® Certified

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Aging on your own terms

THE PRICES AT THE GROCERY STORE and the pump have served to remind us just how vulnerable we are to shortages in food and gasoline. But how often do we pay attention to the most precious of our resources: our lives and the finite time we have left to enjoy them?

That is the focus of this month's special section, New Aging, where we look at how today's seniors are reinventing what it means to grow old. "How you age is a choice," says Roberta Taylor,

who at 60 decided to become a life coach for others in mid-life and beyond. "It's not about growing old. It's about growing whole." Taylor is profiled along with Robert Skladany, who as one of the creators of RetirementJobs.com is also helping fellow seniors chart new courses.

Since retiring as one of the original Boston Patriots, Lawrence Garron Jr. of Framingham has run a manufacturing company, taught business, and mastered the martial arts. Now at 71, he's learning to play the violin. We spotlight Garron and four others whom we have dubbed "super seniors" for the ways in which they have seized control of their future.

The phrase "senior moment" has become part of common parlance as we accept as inevitable that aging saps our memories. A group of Framingham seniors, some in their 90s, have shown that it might just be possible to recharge our brains. They participated in an experiment that incorporated special diets, physical and mental exercises, and social activities. The results, while not scientifically conclusive, are encouraging—and they offer lessons for all ages.

The fourth piece of our New Aging package is about liberation—from decades of accumulated stuff—and starting over. A Natick company, It's Your Move, helps people through the daunting task of downsizing to homes more suited to their current needs. Included are great recycling tips.

Elsewhere in the magazine, seniors are integral parts of two stories. We spotlight two neighbors—an elementary school and an assisted living facility—and the friendships that have formed between some of Framingham's youngest and oldest residents. The subject of *Chatting With*, Putnam Flint of Weston, retraced his World War II adventures at the behest of English author John Gimlette. The book, *Panther Soup*, has been favorably reviewed in *The New Yorker* and the *Sunday Book Review of The New York Times*.

In *Authors' Corner*, Peter Zheutlin of Needham writes about how he helped Thomas Graboys piece together his amazingly frank memoir *Life in the Balance*, about living with Parkinson's disease. The Chestnut Hill cardiologist was a member of the "dream team" that treated Celtics star Reggie Lewis.

I started off this column in the grocery aisles. I'll finish it with a story about how to escape them. In our Green Pages, Jane Harvey demystifies organic gardening. A marketing major in college, Harvey discovered her green thumb after one of her sons was diagnosed with diabetes. As administrative assistant at Natick Community Organic Farm, she is inspiring scores of others to pick up a trowel.

Steve Maas

Please e-mail your thoughts, suggestions, and criticism to steve@communitymagazines.net