



skin deep

WITH SUNFLOWER DERMATOLOGY & MEDICAL DAY SPA

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note from dr. matthys

Grateful vs. Cart Full...Let's Talk!

Happy Holidays! I hope this month is filled with the joy of remembrance and the promise of hope. As you know, I am a podcast junky. Sometimes I hear a message that I just can't shake. From Thanksgiving through the New Year, there is a blur of activity. Family, friends, Black

Friday...the whole deal. However, I recently heard a message that has been replaying in my ears over and over. It's a bit heavy, but important.

As we head out to celebrate the holiday season, most of us purchase things for the people we love. Now, here's the question. Ready? "What are we going to leave behind besides our stuff?" I know this is deep but, what better time to think about it then now? This question was posed by my favorite leadership expert and pastor Andy Stanley. His goal was to have us start thinking about things away from what culture says to do.

Do you know we see 20,000 marketing messages daily? And, our culture is built around the upgrade. Newer, faster, better is the promise. When was the last time we used something until it broke? I can't remember the last time. So, what can we do? I think it starts with our thinking. I love gadgets. And sometimes, I obsess over the next thing. How does that help relationships or others? Great question.

My goal is to spend more time thinking about how I can grow relationships with friends, family or those in need of special attention. I think of my grandparents or my wife's grandparents. We still use, to this day, my grandmother's toaster which she received as a wedding gift in 1935. Each morning. Is it fair that it still works and she is gone? While it is a lovely remembrance, how I would so much rather have her. "Leaving...

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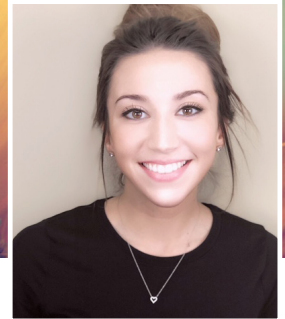
...something behind" to me means relationship influence, thoughts in a journal (thank you, Da Vinci) influencing people we care about, words, books, and ideas. It doesn't have to be fancy or special, just focused and intentional. I am grateful for those leaders who make me think about things that are not focused on us. I am grateful for you who trust us with your care. And my hope this holiday season is that this thought resonates in you and makes you pause and consider what the holidays really mean.

Sincerely,
 Brian Matthys, DO
Medical Director
Sunflower Dermatology &
Medical Day Spa



SUNFLOWER
 DERMATOLOGY & MEDICAL DAY SPA

hello



staff spotlight

MEET...MIRELA SALIHBEGOVIC

What is your role at Sunflower Dermatology?

I am currently an intern here at Sunflower Dermatology. You'll see me as soon as you come in through the double doors at the reception desk.

What is your favorite part about your job?

My absolute favorite thing is the team here. They're great! And seeing the patients smile, so thank YOU for that!

What is your favorite skincare product and why?

Recently I've been obsessing over the AOX+ Eye Gel. This gel soothes my puffy eyes in the morning and gives me a fresh look.

What do you enjoy doing in your free time?

I LOVE to eat and spending time in the kitchen!

product of the month

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