

# **GHOULS JUST WANNA HAVE FUN!**

## **HOW TO HAVE A NIGHTMARE-FREE HALLOWEEN DURING COVID-19**

*Owner and CEO of DentalX, and registered dental hygienist, Anaida Deti, offers her tips on how your little ones can still have a spook-tacular Halloween during a scary pandemic*

**FOR IMMEDIATE RELEASE--TORONTO, ON.**--As the fun-filled day slowly creeps up, your little ghosts and goblins are likely eager to hit the candy jackpot, although going door-to-door the traditional way may be a little trickier for them this year with a hair-raising pandemic on the loose.

Registered Dental Hygienist Anaida Deti is regularly asked to provide tips and commentary to Canadians on how to take better care of their oral health. As the ambassador and trainer for both the Ontario and Toronto Dental Health Associations, she says that making safe and healthy decisions won't take the fun away for little monsters this Halloween, but rather help them treat - not trick - their teeth, and their health.

Some frightful tips to help 'lift spirits' include:

- 1. You've been Boo'd:** Spread some cheer by dropping off a Halloween goodie bag on the doorsteps of family and friends. It could be a handful of treats, crafts, spooky notes, or toys.
- 2. Host a Fang-tastic Zoom Party:** Gather your closest friends and host a Halloween-themed virtual party! Show off costumes, do the monster mash and even have a pumpkin carving contest.
- 3. Trunk-or-Treat:** following provincial guidelines of 25 people outdoors, organizing a neighbourhood trunk-or-treat is sure to be both fun and safe for little ones. Decorate vehicles and have kids go trick-or-treating from car to car. Designate adults to help out with sanitizer and/or handing out the goodie bags rather than encouraging too many small hands to reach inside the trunks.
- 4. Weird Science:** Channel your inner mad scientist and have fun concocting potions galore! Use kitchen staples and household items to whip up some [Vampire Slime](#), [Frankenstein's Phlegm](#), [Ghost Rockets](#), or [Pumpkin Playdough](#).
- 5. Glow in the dark Halloween Egg hunt:** Dust off those Easter eggs for double duty this year! Draw some spooky faces or add Halloween stickers to make them themed, stuff

with candy, and hide them in the yard for a hunt! Try adding glow sticks and egg hunting at night, for extra spookiness in the dark.

6. **Ghoulish Goodies:** Whip up some homemade Halloween treats that are sure to put a spell on you! Find a recipe for Feet-loaf or Eye-Ball Pasta, Spider Pizza or the classic Mummy Dog. You might even try your hand at decorating a gingerbread house styled as a haunted house!
7. **Neighborhood Spookfest:** Coordinate with neighbours and have a campfire, s'mores, and maybe even a scary movie set up via projector. Neighbours can arrange themselves a safe distance from each other, take turns at the campfire telling spooky stories, or enjoy a scary (or not) flick on a home projection set up.

To interview Anaida or invite her to do a virtual interactive segment on dental wellness, please contact:

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#### **ABOUT ANAIDA DETI:**

When Anaida Deti immigrated to Canada from Albania 15 years ago with her husband, she had only \$500 in her pocket and a dream of opening her own business. Seven years, seven-day workweeks and a diploma later, she opened the doors to her very own dental hygiene practice, becoming CEO of Dental-X Smile Centers now DentalX. A Registered Dental Hygienist, Anaida has made it her mission to educate patients on the importance of dental health.

Anaida is a member of the Canadian, Ontario and Toronto Dental Hygienists Association, and was elected as the ODHA Ambassador for Toronto North. She founded *Mission Kind* (Kids In Need of Dentalcare), to help children aged 6-16 obtain much needed dental work at no charge. In 2015, she became a finalist for the MOMpreneur Award for Excellence. Anaida is a coveted speaker at dental conventions and seminars. Her passion and dental expertise has garnered her media coverage in the Toronto Star, Elevate Magazine, and Focus Magazine. She has been a featured guest expert on Global Morning, BT, CTV News Channel, CP24, CTV News and Yahoo. She had a monthly dental column in Metroland Media called Deti Does Dental, and is a regular contributor to Huffington Post. You can connect with her @anaidadeti [www.DentalX.ca](http://www.DentalX.ca)

