



Publication of the Stanislaus Dental Society

And Still We Rise!



Winter 2021

Welcome



SDS Appreciates
Dental Team Members!
👍 Thank you!



Staff Appreciation
2021

Stanislaus Dental Society

Content

Articles

- 6 TYKES, Treating Young Kids Everyday—*CDA*
- 7 Tiny Smiles, A Gives Kids a Smile Program—*ADA*
- 8 Must Have Materials/Products for Every Office—*Dr. Hunter Dawson, DDS*
- 12 CDA Board of Trustees Meeting Summary
- 14 Are You in Compliance? - CDA
- 25 7 Work-Life Strategies to Reclaim Time—*CEA*
- 28 Major Issues and Priorities

Backyard

- 3 Presidential Pondering
- 5 Editor's Corner
- 6 Robin's Remarkably Brief Remarks
- 30 Calendar of Events
- 31 Membership

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Your contributions in the form of articles, photos and/or ideas are greatly appreciated. The APEX editorial staff is interested in articles of general membership interest. This can include an accomplishment, interesting hobby, innovative idea, volunteer effort, etc. Please feel free to submit an article or call for an interview. All articles are subject to editorial review.



Presidential Pondering

Dr. Samer Hamza, SDS President

Dear friends and colleagues,

As we prepare for the holidays, I'd like to invite us all to count our blessings and express our gratitude. I am very grateful for all the hard work and dedication that got us through this pandemic. Our component, with the efforts of our members, board, and amazing ED, Robin, not only survived the unprecedented challenges during the past year, but came out prosperous with a good level of membership and financial state.

Our component continued to offer CE units for members and their dental team, and we were excited to have hosted renowned speakers online as well as our first in-person meeting with Dr. Hunter Dawson.

The recent Zoom symposium, although online, was yet another example of the resilience of our component and its members, who continued to be dedicated despite the recent challenges facing us all from shortages in staff to unpredictability in the regulations to managing sick leave, and vaccination for our team.

At the end of my term as a President of the dental society, I would like to express my gratitude to our board members and to Robin and to wish Dr. Dixon a great year as the upcoming President of the dental society.

Happy holidays to you all. I hope you take some time to rest and recharge.

Respectfully,
Samer Hamza



Dr. Hamza receiving the President's plaque

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CDA. . . (800) 232-7645
TDIC . . . (800) 733-0634
TDSC . . . (800) 253-1223
Denti-Cal Referral
.....(800) 322-6384

Welcome SDS's newest Board of Directors member, Dr. Filipe Lima!

Dr Filipe Lima was born and raised in St Jorge Portugal (an island of 10,000 residents) until immigrating with his parents to Hilmar, CA at 9 years of age. He graduated from Hilmar High School before attending CSU Stanislaus and UCSF School of Dentistry. Upon graduation in 2005 he associated with Dr. Correll Couch at the office that he now owns and practices general dentistry in Turlock. It was Dr. Couch that initially sparked an interest in Dr. Lima to pursue dentistry. Dr. Lima recently celebrated his 20th anniversary with Melissa and they have two daughters, Kendall 16, Maguire 14. He has made the mistake of sparking an interest in running with his girls (they are both section qualifiers in cross country for Turlock High School and now EASILY outrun him). When not getting beat down the canal bank in Turlock with his girls he enjoys an occasional relandscaping of Turlock Country Club as he continues to insist on taking as many swings at the grass as possible. He looks forward to serving on the board. The decision to serve was easy after observing just how beneficial organized dentistry was throughout the pandemic.



Thank you for your service as a voting member of the SDS Board of Directors, President Dr. Samer Hamza. Don't go far, we will still need your wisdom as Immediate Past-President!



Dr. Hamza and incoming President, Dr. Eric Dixon

2022 Board of Directors



(l-r) Drs. David Walls (President-Elect), Alexandra Hebert (Treasurer), Samer Hamza (Immediate Past-President), Eric Dixon (President), Matt Swatman (Board of Component Relations), Victor Pak (outgoing Past-President), missing Dr. Filipe Lima, Secretary



Being connected with colleagues in the era of isolation

by Charles C. Kim DDS, SDS Editor

The year 2021 is already coming to an end. What a year! All I know is I tried to make the best of it. I feel blessed and fortunate to be in Stanislaus County with such a wonderful group of members of our community and especially my dental colleagues!

Recently, I participated in a local high school career fair to promote career paths in the health profession. I couldn't help but wonder if there's anything our dental society could do to be more connected with each of our members and even non-members.

As I have learned a lot from teachers and colleagues in my short ten-plus years in dentistry, I am developing a deeper appreciation for the mentorship and friendship I have had with my colleagues.

As many of us work in private practice with only one or two dentists, we may feel isolation time to time. There are online forums, dentistry-related YouTube channels, and online and offline continuing education courses. (The ones our dental society offers are fabulous!) However, I also realize the topics and questions that those places may not be able to cover. I could categorize those as the "Pearls of Dentistry". The topics range from student loans, associateship, ownership, and how to be an employer to take care of both patients, employees and ourselves, and family.

Now that I set the stage, I would like to ask all of our members this question. If our dental society organizes a small group maximum of five to six participants with around two of the participants with more than a decade or two or three of experience in dentistry either via Zoom would you be willing to participate in such mentorship and friendship session? We can eventually do both online and offline sessions. I know we are all busy. We will only have one or two topics to cover with the question and answer sessions throughout for a total of 30-40 minutes or so. If the participants love it, we can put one on quarterly or semi-annually.

If you think this is something that you would like to participate in, feel free to email me (charlesckimdds@gmail.com) or any one of our board members or our one and only - Robin.

Have a Merry Christmas and a Happy New Year!

The objective of the Stanislaus Dental Society shall be:

To encourage the improvement of the oral health of the public,
To promote the art and science of dentistry,
To encourage the maintenance of high standards of
professional competence and practice,
And to represent the interests of the members of the
dental profession and the public which it serves.

TYKE: Treating Young Kids Everyday

The TYKE program is designed to increase dentists' confidence to see babies and young children and inspire a commitment to decreasing the prevalence of dental caries in California's children. This online course offers effective educational tools and training to support dental teams in using caries risk assessment, disease prevention and early interventions to reduce tooth decay among children ages birth to six years.



[Enroll](#) in the TYKE program online and earn two CEUs. (*Login required. If you do not have a cda.org log-in, you will be required to create one.)

Learning outcomes:

1. Recognize how early childhood caries (ECC) affects children's oral health and the need to see babies and young children.
2. Perform caries risk assessments (CRA) to individualize interventions and recall.
3. Implement the 6-Step Infant Oral Care Visit process in your practice.
4. Promote the use of early prevention and intervention techniques.
5. Implement motivational interviewing and goal setting.
6. Recognize the role of patient self-management in reducing caries.
7. Promote healthy daily family behaviors.

Complete appropriate documentation and effective follow-up.

Upon successful completion, participants are eligible for two (2) continuing education credits

Dentists participating in the Denti-Cal Dental Transformation Initiative (DTI) Domain 2 pilot project must submit their course completion certificate to the Department of Health Care Services to enroll in the pilot and qualify for the pilot's enhanced reimbursement for caries risk assessment and corresponding care. For more information about the pilot and the requirements of participation, visit dhcs.ca.gov.

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Robin's Relevant Remarks

SDS Executive Director



So much to say..so little space. I like to think our members have managed to mostly get through to the other side of the insanity of the last two years. Why do I think that? Because I get fewer and fewer emails asking for help navigating loan/grants, COVID-issues, employee issues, laws, regulations, etc. That either means our members are no longer having these practice-related problems, or that I've bombed you with so much information coming from the tripartite (ADA, CDA, SDS) that you have found enough useful information to manage your practice issues. Either way, I'm hoping that this means you are all doing well and realize that membership in the tripartite has some bearing on your success! I'm sure you'll be thinking about that while you are renewing your membership (and taking advantage of the monthly payment option!). Now if only the dental team shortage could be addressed....

Oh, I know! Perhaps you will support the new venture starting by several of our members/community members that address your RDA shortage issues starting a new local, non-registered dental assisting school to provide ready-to-work employees in our community. FOR THE WIN! (too much?) Please take a moment to complete the survey that was recently sent out or connect with Dr. Elizabeth Demichelis to see if you can support this project. Many hands....!

For this holiday season and moving forward into the new year, I wish you peace, a life filled with the love of friends and family, and a prosperous practice. I have so much caring and respect for our.....

...SDS members (and team), preserving the dental health of the earth's population, one patient at a time!

Tiny Smiles, a Give Kids A Smile program, promotes CDA's CE course on care for young patients



Treating Young Kids Everyday offered at no charge through February 2022

The ADA is collaborating with the California Dental Association to promote the CDA's Treating Young Kids Everyday (TYKE) continuing education course, intended to inspire a commitment to decreasing the prevalence of children's dental caries.

The collaboration is part of Tiny Smiles, a Give Kids A Smile educational program sponsored by Colgate and CareCredit and supported by the ADA Foundation. The ADA's Give Kids A Smile program, launched nationally in 2003, provides underserved children with free oral health services.

"As a proud member of the California Dental Association and the ADA's Give Kids A Smile National Advisory Committee, I couldn't be more excited about this unique, mutually beneficial collaboration," said James D. Stephens, D.D.S., ADA Thirteenth District trustee. "Both the CDA and the ADA, through its GKAS Tiny Smiles program, want to help increase dentists' confidence to see babies and young children. The CDA's Treating Young Kids Everyday CE course does just that."

The course offers educational tools and training to support dental teams in using caries risk assessment, disease prevention and early intervention to reduce dental caries among children ages birth to 5 years.

Educating parents and caregivers early is critical as dental caries remains the most common preventable chronic disease of children, [according to the National Institute of Dental and Craniofacial Research](#).

The course, worth two CE credits, will be offered to dentists and dental team members at no charge — a \$200 value — from December through February 2022.

Information about the collaboration and instructions for how to access the course can be found at [ADA.org/TinySmiles](https://ada.org/TinySmiles).*

"We're happy to share this valuable educational resource so that fewer children ages 0-5 suffer from tooth decay," Dr. Stephens said.

***SDS Note:** [ADA.org/TinySmiles](https://ada.org/TinySmiles)—Contains downloadable resources for Dental Professionals, Medical Professionals and Educators such as:

Dental Professionals/Educators: Patient resources and family activities to help prevent tooth decay in baby teeth. (English and Spanish)

[Article Reprint](#) from ADA

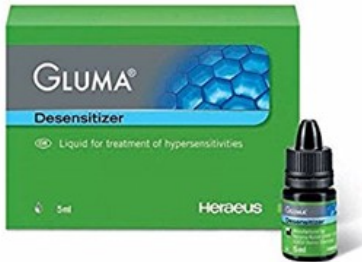


Must Have Materials/Products for Every Office

provided by Dr. Hunter Dawson

In the second edition of The Restorative Connection we will highlight the list of dental products/materials that, as a restorative specialist, we feel are vitally important to patient care on a daily basis. As clinicians, we all desire to provide patients with efficient predictable outcomes. Having specific products and tools readily available allows us to have consistent and predictable workflows but also, they allow us to adapt to changing and difficult treatment situations. Having predictability in our daily treatment is essential to a successful practice.

ADHESIVE:



Glutaraldehyde Dentin Desensitizer: The active component in Gluma (Heraeus Kulzer) OR MicroPrime G is glutaraldehyde. When applied to dentin it causes precipitation of crystals in the dentinal tubules which decreases post-operative sensitivity via the hydrodynamic theory. It also cross links and deactivates dentinal MMP's which prevent degradation of the dentin bond improving bond strengths.

Micro Etcher: The micro etcher if used before acid etching during a bonding procedure can provide a 50% increase in bond strength. It is also useful when preparing metal crowns for delivery to provide a clean internal surface for luting. It can be used to prepare small carious lesions without anesthesia.



MDP Bonding System: 10-methacryloyloxydecyl dihydrogenphosphate (MDP) is the monomer that is currently used in some bonding systems such as Scotch Bond Universal (3M) Adhese universal (Ivoclar), Monobond (Ivoclar Vivodent) which is a restoration primer, or Panavia V5 ceramic primer (Kurray Dental). The MDP monomer allows bonding to lithium disilicate, zirconia, and metal.



Bulk Fill Flowable Resin: Bulk fill flowable resins have low contraction shrinkage and are able to be cured in thicker layers. The low contraction shrinkage can be beneficial when placing direct restorations such as a class 2 preparation. This is used as the very thin first layer of resin around the apical margins. This will minimize contraction shrinkage at the margin and ensure the matrix is sealed to the tooth. Bulk fill will also increase efficiency by allowing thicker layers of restorative material to be placed (up to 4mm) and cured completely.

Rubber Dam: Proper isolation is essential to achieving ideal bonding in everyday practice. Rubber dam use has been shown to increase shear bond strength and reduce marginal leakage versus cotton roll isolation^{9,10}. At a minimum consider incorporating the use of an Isolite system.

(cont. next page)

Esthetic Resin Luting Agent: The options for auto polymerizing resin luting agents are improving. Previously the amine molecule that induced the cure of the resin was not color stable over time. New amine free self-cure molecules are color stable over time. This means that resin luting agents such as Panavia V5 (Kurray Dental) or Variolink Esthetic (Ivoclar Vivodent) can be used to lute anterior and posterior restorations without the concern of marginal color change.



Miscellaneous:



Digital Camera: Digital photography is an essential tool for data gathering as well as communication with the patient, other doctors, and the laboratory. There is a vast amount of information that gets realized when we look at photographs that are not realized when looking at the patient. It is also useful to have a photographic history of the patient's initial situation and where they ended after treatment was finished.

Shimstock: The complexity of therapy that we are able to offer our patients is increasing every day. Shimstock is 8-12 microns thick and is used to verify occlusal contacts. Articulating film such as accufilm is 20 microns thick and can produce false positive occlusal contacts. This becomes very important when adjusting occlusion on implants. Occlusal contacts should be adjusted using articulating film and then verified with shim stock.



MI Paste One: As our patient population ages we are seeing more patients with an increased list of medications. Many of these medications will induce xerostomia which results in an increased risk for dental caries. MI Paste has amorphous calcium and fluoride which is used in patients with an increased caries risk as part of the CAMBRA protocol.

Retraction cord: When bonding restorations or making impressions this is essential for fluid isolation and gingival retraction. It is also important that the cord is a dark color which helps to see the cord and ensure all cord material is removed from the sulcus after bonding procedures.



Resin Pulpal Protection: Two common materials used for pulpal protection are TheraCal LC (Bisco Dental) and Lime lite (Pulpdent). These protect the pulp from phosphoric acid and stimulate secondary dentin formation when used as an indirect pulp cap. They also bond directly to the direct resin.

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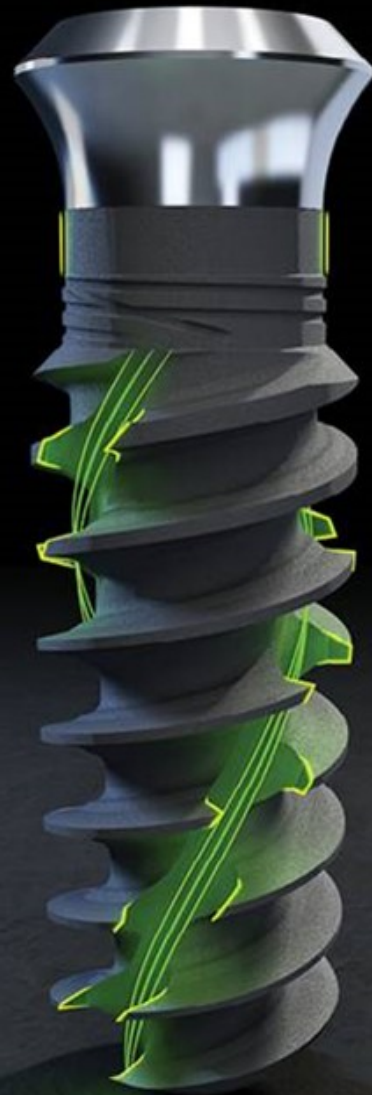
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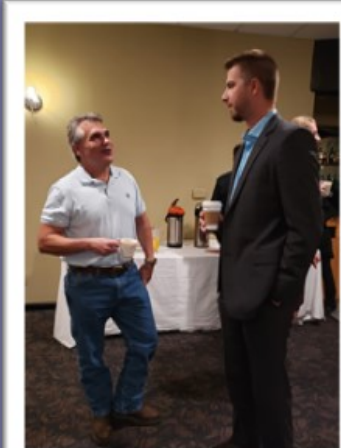
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CDA Board of Trustees Meeting Summary

October 1, 2021

CDA Diversity, Equity, Inclusion & Belonging (DEIB): Dr. Pamela Alston, National Dental Association (NDA) president, provided the board with a presentation on the NDA and its efforts to improve oral health equity, diversity and inclusion in dentistry. She provided an overview of NDA's Health Now objectives, which includes increasing health care access, eliminating disparities, increasing health literacy and promoting prevention, and welcomed CDA to partner with these objectives.

Following the presentation, the board finalized CDA's DEIB definitions, which complement the other work of the board on this topic over several months. The definitions will be shared with the DEIB workgroup, once established, to help guide further organizational work in this area. The definitions are summarized as:

- Diversity celebrates all members of society, appreciating what makes us unique and providing a sense of belonging for all.
- Equity provides fair and equal access and opportunity for all.
- Inclusion creates a welcoming environment that allows for everyone to feel a sense of belonging and value.
- The sense of belonging comes from feeling valued as part of a group.

Medicare Update: CDA's federal lobbyist, Denise Henry-Morrissey, founding partner of Capitol Counsel, LLC, provided the board with an in-depth Medicare update. A budget bill package that includes a provision to expand the Medicare Part B program to include dental benefits is currently being discussed in congress.

CDA's immediate past president, Dr. Richard Nagy, provided a reminder of the Medicare workgroup objectives, which include vetting the current congressional events as they unfold and providing guidance on CDA's responsive engagement. CDA will continue its efforts to keep members apprised of any developments and answer questions. CDA's comprehensive communication to member on this topic can be found [here](#).

Organizational Update: The board received an update from Executive Director Peter DuBois providing perspective on the state of the organization, including membership renewal numbers and member rates; TDIC website enhancements and newly launched self-service portal; and the CDA Presents San Francisco hybrid meeting. Other updates included:

- CDA Cares - Two small CDA Cares clinics are planned for this fall in partnership with the Children's Dental Health Clinic and Northern Valley Indian Health Clinic.
- Deans Meeting - CDA hosted a deans meeting, which focused on DEIB issues, including the pipeline of students and faculty. CDA will continue to partner with the dental schools on DEIB efforts with a goal of coordinating and supporting efforts statewide. The deans also discussed Medicare expansion and other academic-related policy issues.

- ADA Large Group Practice Pilot - ADA is initiating a fourth quarter "zero dues" pilot program focused on membership recruitment with Pacific Dental Services dentists in several states. However, following their announcement, it became clear that the pilot is not fully ready for implementation in California. Working with the components, CDA will continue to identify opportunities that leverage the strength of the tripartite to thoughtfully engage with PDS dentists.
- Knutson Award - California state dental director, Dr. Jay Kumar, has been honored for his career achievements in dental public health by the American Public Health Association, receiving the 2021 John
- W. Knutson Distinguished Service Award – which will be presented to him in October at the APHA annual meeting.
- CDA Building - CDA staff will postpone return to the CDA building until the beginning of 2022. CDA continues to be extremely productive in a mostly remote format and in-person meeting opportunities for next year are being evaluated.

Legal Update: The board received a report on the proposed consent order and settlement between the Federal Trade Commission and the Board of Dental Examiners of Alabama. The proposed order finds that the Board of Dental Examiners unreasonably excluded competition from providers of teledentistry-based teeth alignment products and services.

Financial Update: The board received a financial overview as of August 31, 2021 including revenue, operating expenses and last quarter comparisons. Additionally, the board was advised that an overview of the 2022 budget would be provided on December 2, and voting would occur during the December 17 board meeting.

Committee on Volunteer Placement Trustee Elections: The board elected Drs. Emad Ammar and Kenneth Jacobs to fill vacancies on the committee, term through December 2023.

CDA Holding Company, Inc. Board of Directors Trustee Nomination: The board nominated Dr. Wallace Bellamy to the CDA Holding Company, Inc for the 2022 term. However, should Resolution 1, Board Composition be approved by the 2021 House of Delegates, this resolution will be withdrawn, and the newly established CDA Board of Directors will select a director liaison to fill this position.

The board took additional actions of an operational nature, which are reflected on the meeting agenda and will be recorded in the official minutes.



California Dental Association

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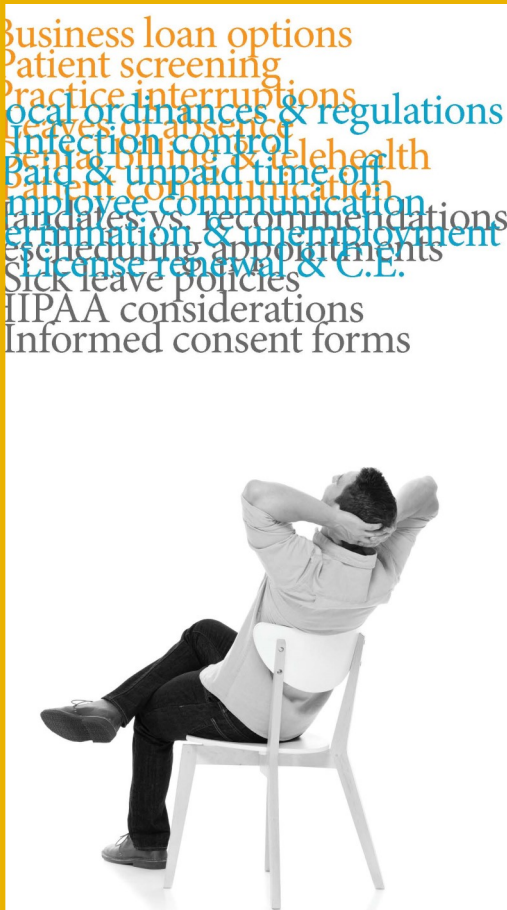
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CDA Are you in compliance?

- Jan. 1, 2022: E-prescribing for all medications required with limited exceptions.
[Find E-prescribing & EHR software for providers](#)
- Jan. 26, 2022: C.E. completion deadline for individuals whose license expired March 2020-Sept. 2021.
- March 2021: [Updated Safety and Health Protection on the Job poster](#) - (revised March 2021 Print on 11 X 17 paper only)
- March 28, 2022: C.E. completion deadline for individuals whose licenses expired In October 2021.
- June 30, 2022: All employers with at least five full-time and part-time employees and who do not sponsor a retirement program must register for [CalSavers](#) (California's new retirement savings program).





Business loan options
Patient screening
Practice interruptions
Local ordinances & regulations
Infection control
Leaves of absence
Dental billing & telehealth
Paid & unpaid time off
Patient communication
Employee communication
Candidates vs. recommendations
Termination & unemployment
Scheduling appointments
License renewal & C.E.
Sick leave policies
HIPAA considerations
Informed consent forms

NEW & COMPLEX QUESTIONS?

Today, the countless sources and rapid pace of news make it more challenging than ever to navigate the business side of dentistry. That's why CDA's Practice Support analysts have developed new tools to guide members through COVID-19. Access 24/7 online resources and tap into specialized expertise on practice management, compliance, employment and dental benefits.

TRUSTED ANSWERS.
cda.org/practicesupport



Good to know....



Employment needs

Since the inclusion of several Facebook employment group sites, the SDS office has no longer received any resumes. Those seeking to fill employee positions or job seekers posting their availability have been utilizing the options below:

Facebook has several employment group sites where job needs can be posted:

- [Dental Staff of Stanislaus County and Beyond](#)
- [Dental Staff of San Joaquin County](#)
- [Modesto Area Jobs Board](#)

Other alternatives for those seeking prospective employees:

- [CDA Career Center](#) (new!)
- [Gurnick Academy](#)
- [Dental Assisting Institute](#)
- [CDA Career Center](#)

Developmentally-disabled patient care

The following SDS members may be local resources for you. For more complicated cases, contact UCSF.

Dr. Lance Bautista-pedo-523-5437 (children only)

Sami Smiles Pediatric Dentistry & Orthodontics-549-2400 (children only)

Dr. Gurneet Chahal—Oakdale Kids Dentist & Orthodontics-322-3174 (children only)

Hebert Family Dentistry-527-5455-limited care

Dr. Brian Hutto—oral surgery issues-522-5238

Salida Surgery Center—543-9299 (Children only. Takes Denti-Cal/has anesthesiologist)

The following was referred by one of our members. This is a corporate office but they are willing to treat developmentally disabled patients who age out and took care of this young man.

Children's Choice Dental, 2057 Tully Road, Modesto 353-3300 treats mostly children, but they provide sedation and hospital dentistry for developmentally-disabled patients of any age.

Stanislaus Dental Society

Dental Safety in the Shadow of COVID-19: Includes OSHA Compliance and Infection Control

-by-

Nancy Andrews, RDH, B.S.



3 Hours Core CEU's

Thursday, January 20, 2022

5:30pm – 8:30pm

Virtual Zoom Course



Nancy Andrews, RDH, BS, graduated from and taught at University of Southern California School of Dentistry, and practiced dental hygiene locally for 20 years. She is a professor at West Coast University, Dental Hygiene program. Nancy presents at major meetings across the nation, focusing on infectious diseases, clinical safety, disaster preparedness, instrument sharpening, California Dental Practice Act, dental risk, oral pathology, and ergonomics. She is one of the top 100 national speakers, and is on the CDA, ADA and OSAP speaker's/ Consultants bureaus. Nancy is a widely published author of dental journal articles and has contributed to textbooks, professional infection control documents and posters.

Course Summary:

This course makes sense of the many safety recommendations for dentistry considering the COVID-19 pandemic and beyond. Standard Precautions and Transmission-based Precautions will be explained in the context of CDC & ADA Guidelines and OSHA & Dental Board regulations. Options and strategies are presented with extensive question & answer time to address your concerns.

Outcomes - Upon completion, the participant shall be able to:

- Recognize and manage bloodborne, contact, droplet, **and airborne diseases**
- Identify best practices for providing dental care while considering COVID-19
- Make sense of evolving recommendations as applied to changing infection risk

Stanislaus Dental Society

Dental Practice Act: Where's the Line?

-by-

Nancy Andrews, RDH, B.S.

2 Hours Core CEU's



Friday, January 21, 2022

10:00am – 12:00pm

Virtual Zoom Course



Nancy Andrews, RDH, BS, graduated from and taught at University of Southern California School of Dentistry, and practiced dental hygiene locally for 20 years. She is a professor at West Coast University, Dental Hygiene program. Nancy presents at major meetings across the nation, focusing on infectious diseases, clinical safety, disaster preparedness, instrument sharpening, California Dental Practice Act, dental risk, oral pathology, and ergonomics. She is one of the top 100 national speakers, and is on the CDA, ADA and OSAP Speaker's / Consultant's bureaus. Nancy is a widely published author of dental journal articles and has contributed to textbooks, professional infection control documents and posters.

Course Summary:

This seminar reviews the California Dental Practice Act (DPA) topics and regulations that are required for re-licensure, illustrated by stories and violations of the law or questions about the legality of conditions or scenarios. A handout is provided covering the scope of regulations addressed in the DPA, how those regulations define dental practice limits, how to find answers to legal questions addressed by the DPA, how the California Dental Board enforces the DPA and where to locate resources.

Learning Outcomes - Upon completion, the participant shall be able to:

- Be familiar with the scope of regulations addressed in the DPA
- Discuss how those regulations define dental practice limits
- Understand how the California Dental Board enforces the DPA
- Learn how to locate information and resources related to the DPA

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General Membership Meeting

Thursday, February 17, 2022

6:00pm-Social / 6:45pm-Dinner & Speaker

Papapolloni's Bistro Ristorante
(formerly Famiglia Bistro)
2501 McHenry Ave. Modesto



2022 CA Labor Law and Employment Updates

Giuliana Gabriel, J.D. – CEA HR Compliance Director

(just email your RSVP to the SDS office)

Congratulations!



SDS Member, Dr. Peter Soderstrom was inducted as a fellow of the International College of Dentists November 13.

CDA House of Delegates

The CDA House of Delegates' annual meeting was held November 12, at which time the delegates adopted a number of resolutions including:



- Resolution 1, Board Composition – The house adopted a new board structure for CDA, which will take effect at the end of January 2022. The new structure includes a 17-member Board of Directors and a 32-member Board of Component Representatives, replacing the existing CDA Executive Committee and Board of Trustees. Details of the resolution and approved structure can be found [here](#).
- Resolution 2, Dentists Administration of Vaccines to Patients – Establishes policy for CDA to support the authorization of dentists to administer vaccines.
- Resolution 3, Integrated Medical-Dental Care and Access to Oral Medicine – Establishes policy for CDA to pursue advocacy, education and policies that improve medical-dental integration.
- Resolution 9, Financial Hardship Waiver Policy Amendment – Extends the financial hardship waiver allowing for a maximum of five consecutive years.

Additionally, the house elected the CDA officers for 2022 and the ADA 13th district trustee.

For additional details, please refer to the resolutions on the [house site](#) (login required).

Help is one call away.

The CDA Well-Being Program

If someone you know or love may have an alcohol or chemical dependency problem, contact a support person near you for 24-hour confidential assistance.

Central California Well-Being Committee

916.947.5676 (cell)

Stanislaus Dental Society

209.552.1530

California Dental Association

800.232.7645



Fair Thee Well, Good Sir!

John Harrifeld, DDS

1/21/35—7/21/21

Member 56 Years!



Holiday Member Mixer



SDS 2022 BLS Renewal Courses

DATE	TIME
Friday, January 7	9:00am – 12:00pm
Friday, February 4	9:00am – 12:00pm
Friday, March 4	9:00am – 12:00pm
Friday, April 1	9:00am – 12:00pm
Friday, May 6	9:00am – 12:00pm
Friday, June 3	9:00am – 12:00pm



Time: 9:00am (SHARP) to 12:00pm

Credits: 3 Hours / Units

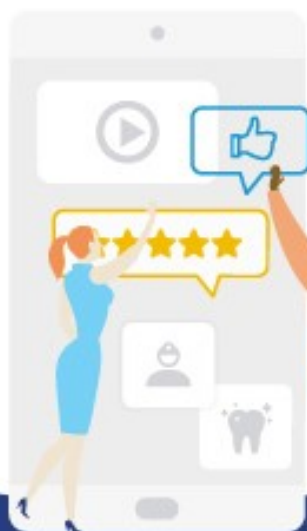
Cost: \$45.00 per person - **Must** be paid in advance to reserve space in the class.

Location: KCI / EMS 4836 Stratos Way. Unit A, Modesto (*Off Kiernan, off McHenry*)

More details included on the registration form which can be downloaded from the SDS website, www.stanislausdental.org

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While our resources at cda.org/practicesupport resolve many of your questions, we know there are times you'd prefer to speak directly with a human being. So we've made it easy for you to ask an expert. The same team of dedicated professionals that develops our online content is available to share the perspective and information you need to make smart decisions.

Ann Milar

Director, Practice Support

ann.milar@cda.org
916.554.7324



Ann provides strategic direction for Practice Support's resources and initiatives while leading the team of expert analysts. She is also responsible for identifying and analyzing emerging issues for policy

development and implementation on behalf of CDA's 27,000 member dentists. Ann has worked with CDA for more than 13 years and her health care experience spans 20 years of working with associations, health plans and advocacy organizations.

Teresa Pichay, CHPC

Regulatory Compliance Analyst

teresa.pichay@cda.org
916.554.5990



Teresa specializes in regulatory compliance, including information verification, documentation strategies and referral to legal references. For more than 20 years, she's worked with CDA members

in the areas of occupational and environmental safety and health, HIPAA, California Dental Practice Act and other business regulations.

Michelle Corbo, PHR, PHRca

Employment Practices Analyst

michelle.corbo@cda.org
916.554.4968



Michelle specializes in employment practices, including employee management, policy development and wage and hour compliance. She began her dentistry career as an assistant, quickly becoming

an office manager, and now brings 18 years of private practice management experience, plus another 13 years supporting CDA members.

Katie Fornelli

Senior Practice Management Analyst

katie.fornelli@cda.org
916.554.5308



Katie specializes in dental practice management and marketing. For more than 18 years, she's worked with dentists and their teams in areas such as scheduling, collections, front office systems, case

presentation, patient management, practice transitions, and dental practice marketing.

Cindy Hartwell

Dental Benefits Analyst

cindy.hartwell@cda.org
916.554.5941



Cindy specializes in consulting with practices on dental benefit plans, navigating the benefits system and advocating for providers. She brings more than 20 years of experience, including

RDA and office manager roles in private practice before working in a large dental benefit organization's commercial and state government divisions.

Lisa Greer

Practice Support Analyst

lisa.greer@cda.org
916.554.5953



Lisa specializes in several aspects of dentistry, including working with dental benefit plans, dental billing, accounts receivable, community marketing, human resources, practice management and

regulatory compliance. As a Practice Analyst, she brings more than 20 years of dental industry experience to CDA, including having served as a regional collections specialist for a dental support organization that supported 70-plus California offices.

7 Work-Life Strategies to Reclaim Time

Posted by: Meico Marquette Whitlock

Reprinted with permission from CalSAE on Monday, November 29, 2021

The pandemic has disrupted your professional life and increased demands on your home life. Even with all the talk about things opening up (or not), your workload has increased and you're spending more time than ever in meetings. You know there must be a better way to balance work, life and distractions that seem to be getting in your way more often than they help you focus on mission-critical activities.

I know because I used to be like you. For many years, I worked at a public health association focused on ending HIV and hepatitis. I know first-hand no matter how long, hard or smart you work, it seems there will never be enough time or resources to get it all done.

Your day-to-day challenges have been complicated by the fact you're a year and a half into a challenge you initially thought would be resolved in two weeks. Although vaccines offer some hope, the challenge of how to find work-life balance and maximize your time in a post-pandemic workplace remains.

The Challenge

You're not alone and you're not imagining things. COVID-19 has caused a number of stressors that have made finding balance and getting things done more challenging:

- **Uncertainty:** With no clear end in sight, the pandemic has created prolonged uncertainty and disruption, which make planning difficult. The problem is too many unknowns for too long creates stress and anxiety that eventually takes a mental, emotional and physical toll on you.
- **Social Isolation:** Physical distancing has prevented you from having the type of human-to-human connections that help you thrive. Working in the post-pandemic workplace can feel lonely.
- **Work-Life Balance:** Boundaries between work, life and even the days of the week have been blurred beyond recognition. And it's become increasingly harder to manage expectations from a distance.
- **Technology Burnout:** The onslaught of using video conference platforms and other virtual tools for everything in our lives from work meetings to family holiday celebrations has resulted in overload, burnout and screen exhaustion.

7 Work-Life Strategies to Reclaim Time in the Post-Pandemic Workplace

So what do you do? Unfortunately, you can't wave a magic wand and have things go back to "normal." But here are a few things you can do right now to be more productive and find more balance in today's changing world.

1. Make a Plan for Your Day & Week

[Survey data](#) show one of the biggest distractions in the workplace is a lack of clarity about what's important to focus on in a particular moment. Consequently, when we are distracted, we may find it difficult to get back on track because we're not clear about what's important.

You can correct this by controlling what you can control by taking a few moments at the beginning or end of your days and weeks to map out your vision for success and the priorities that will help you get there. You can think of this process as setting the address for your intended destination in your GPS. Without a destination, you drive around for hours and end up in no place in particular. This is like being busy without making a real impact.

Research shows that when you do this process by hand, you are more likely to remember AND follow through on the intention and priorities you set.

(cont. next page)

2. Know Your Zoom Number

You've probably seen advertisements for the Sleep Number bed. You know the one where you change how firm or soft you want your bed to feel by adjusting the Sleep Number setting? What if you could do the same with the volume and length of Zoom meetings you participate in?

In other words:

- How many meetings should you have in a day?
- How long should they be?
- Do you really need to meet at all?

The volume of virtual meetings has increased alongside our reliance on tools like Zoom to sustain collaboration and connection in a remote-first world. But the truth is our time, energy and attention spans are limited in comparison.

3. Have Intentional Meetings

The increase in remote work has been accompanied by an increase in meetings, but it doesn't have to be this way. Before scheduling a meeting, pause to consider:

- Is this meeting really necessary?
- What challenge am I trying to solve or what question am I trying to answer?

Consider meetings as a last resort. If you determine a meeting is absolutely necessary, have speedier meetings by changing your calendar settings to shorten the default length of your meetings by 5-10 minutes.

So if you have 30-minute meetings as your default, your calendar would block 20 minutes or 25 minutes instead.

This gives you and your team a buffer so you're not rushing directly from one thing to the next.

4. Practice Being Socially Distant from Your Devices

When working, eating and sleeping, we have a perfect opportunity to be socially distant from our devices. These breaks allow our brains and bodies to recover from the stress of being constantly connected.

- Start by charging your devices outside of your workspace and adding tech breaks to your calendar to check in throughout the day on any important calls or messages.
- Turn off notifications for non-mission-critical apps.
- Put away your devices during meals.
- Buy a real alarm clock and charge your devices outside your bedroom so you can get uninterrupted rest at night.

5. Establish Your Rules of Engagement

One of the biggest challenges we face with our increased workload is unwritten assumptions about when we need to be available for work. We can address this and begin establishing work-life balance by having explicit conversations with our teams to address key questions such as:

- Which hours will you be available for work each day?
- Which hours will you be available for life outside of work?
- Which tools should colleagues use to reach you for urgent matters? What about non-urgent issues?
- What's an urgent matter?
- How soon should someone expect a response from you depending on the level of urgency?

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Establishing and communicating these boundaries removes the guesswork around when and how you are available for your work and personal life and reduces any anxiety you may feel about needing to be on and available 24/7.

6. Create a Start & Stop Routine & Add it to Your Calendar

Too many of us are up checking emails, responding to text messages, scrolling through social media, and going through our mental checklists before even rolling out of bed.

We spend our days in back-to-back meetings and sitting behind a screen all day. You can break this pattern by identifying a start and stop ritual for your day. This is something you do for yourself (like having a cup of tea, walking the dog or doing yoga) before jumping into your day. Similarly, having a stop ritual (like putting away your work computer or starting dinner) helps to bookend your days.

If your time is limited, consider starting with just five minutes for yourself at the start and end of the day.

7. Be Gentle with Yourself

Creating the right balance between work, life and tech is about being at peace with the natural ebbs and flows of life.

Life doesn't stand still. So it stands to reason balance isn't a destination you arrive at; it's an ongoing practice that shifts with the seasons of your life and work. It's also not one-size-fits-all. What works for you may not work for someone else.

Creating work-life balance is an ongoing process of aligning (and re-aligning) our time, talent, energy and resources vs. a one-time flip of the switch.

If you're struggling with juggling ALL the things on your plate, take a moment to pause and know there's nothing wrong with you.

Celebrate you're doing the best you can with what you have right where you are. And that's all anyone can ask of you.

Your Homework

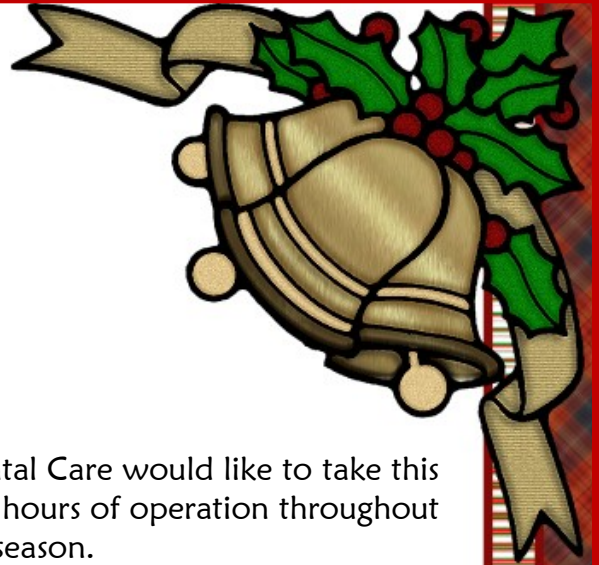
So, your mission, should you choose to accept it, is to put away your devices and make an appointment with yourself within the next seven days to do one of the things on the list above.

These small changes won't make things go back to "normal," but they will set you up for a more mindful approach to your work, life and technology in a post-pandemic world.

Meico Marquette Whitlock helps changemakers create work-life and tech-life balance so they can do their best work better while living their best lives. He is the founder and CEO of Mindful Techie, author of the [Intention Planner](#), and a trained mindfulness facilitator. He has worked with organizations such as the U.S. Department of Health and Human Services, Cigna, and Greenpeace, and has been a featured speaker on ABC News, Fox 5, Radio One. Through speaking, training, and coaching, he facilitates transformative experiences that foster wellbeing in a hyper connected and distracted world. He's a former triathlete, loves salsa dancing, and makes the world's best vegan chili!

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Fax: (209) 524-8773
Email: fmc@stanislausmedicalsociety.com
Website: stanfoundation.com



The Stanislaus Foundation for Medical and Dental Care would like to take this opportunity to let you know of changes in our hours of operation throughout the upcoming holiday season.

In celebration of the Christmas and New Year holidays, our office will be closed from Monday, December 20th through Friday, December 24th and closed on Thursday December 30th.

It is truly our desire to provide you with efficient and reliable service. If you should need to contact our office at any time the office is closed, please feel free to call the Telephone Exchange at (209) 550-3232 to leave a message for our staff. We will call you back when we return to the office. You may also reach us by email at fmc@stanislausmedicalsociety.com, or by fax at (209) 524-8773.

We truly value our relationship with each employer group, employee, consultant, and outside vendor! We consider it a privilege to work with you, and sincerely wish each of you a wonderful holiday season!!

Happy Holidays!!



(If you are not currently a provider for the SMDF, contact the SDS office for more information, sdsdent@thevision.net)

IT'S A VERB.

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SDS Calendar - 2022



January	7	Tuesday	BLS renewal
	11	Friday	SDS Board meeting
	17	Monday	Martin Luther King Day (office closed)
	20	Thursday	CE course- <i>OSHA/IC-Nancy Dewhirst-virtual</i>
	21	Friday	CE course- <i>DPA-Nancy Dewhirst-virtual</i>
February	4	Friday	BLS renewal
	17	Monday	General Membership Meeting- <i>Labor Law Updates</i>
	21	Thursday	President's Day (office closed)
March	4	Friday	BLS renewal
	8	Tuesday	SDS Board meeting
April	1	Friday	BLS renewal
	21	Thursday	SDS Member Mixer - Shred-it
May	3	Friday	SDS Board Meeting
	6	Tuesday	BLS renewal
	12,13,14	Thurs-Sat	CDA Presents-Anaheim-in person
	19	Thursday	SDS General Membership Meeting- <i>Risk Mgmt</i>
	20	Friday	CE- <i>Caring for the Children in our Chair-Dr. Carla Cohn</i>
	30	Monday	Memorial Day (office closed)
June	3	Friday	BLS renewal
	13-17	Mon-Fri	Symposium
July	4	Monday	Independence Day Observed (office closed)
	5	Tuesday	SDS Board meeting
	18-22	Mon-Fri	Office closed (vacation)
August	19	Friday	CE-Pearls of Dentistry
September	5	Monday	Labor Day - (office closed)
	6	Tuesday	SDS Board meeting
	8,9,10	Thur-Sat	CDA Presents-San Francisco
	15	Thursday	Staff Appreciation
October	20	Thursday	SDS General Membership Meeting
November	8	Tuesday	SDS Board meeting
	11	Friday	Veteran's Day (office closed)
	TBD	Fri-Sat	HOD-Los Angeles Airport Marriott (office closed)
	24-25	Thurs-Fri	Thanksgiving holiday - (office closed)
December	8	Thursday	SDS Member/Spouse Holiday Mixer
	Dec 23-Jan 1	Fri-Sun	Winter Holiday - (office closed)

Welcome New Members!

Elizabeth Arrequin, DDS

General Dentist
Kids World Dentistry
1404 Mitchell Rd Modesto
Univ del Bajio A C, 2020

Addison Berry, DMD

General Dentist
1213 Coffee Rd Ste C Modesto
ME-Univ. of New England, '21

Bashar El Momani, DDS

General Dentist
Suave Dental Group
3025 McHenry Ave Modesto
Herman Ostrow USC, '20

Pablo Madrigal, DDS

General Dentist
No known practice address
Mexico-Universidad De La Salle, '19

Lomesh Popat, DDS

General Dentist
1420 Mitchell Rd Modesto
Herman Ostrow USC , '19



SDS Members by the Number

Total: 273

***Market Share: 83.8%**

(*Total # of dentists in Stanislaus County who are members of the Tripartite (ADA, CDA, SDS)

Active – 176

(Recent graduate-Reduced dues members)

RD0 – 4 / RD1 – 11 / RD2 – 6 / RD3 – 7 / RD4 – 2

Permanently disabled – 1

Non-members in county - 61