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Program Updates 2020

Program planning is responding to the current stay-at-home orders by developing webinars when possible.

LCDS Welcomes Dental Trio

New Members Show Passion for Community Service



Drs. Mikayla Ayala, Casey Thein and Samantha Ayala

Although some may question the truth of the adage that “good things come in threes”, the three new dentists to join LCDS do represent good things for LCDS and our dental community.

Joining Lane County Dental Society recently are twin sisters Dr. Mikayla Ayala (left) and Dr. Samantha Ayala (right) and Dr. Casey Thein. All three attended OHSU school of Dentistry in Portland, having the opportunity to study in the new facility where operatories on the upper floors offer scenic views of Mt. Hood underlined by the Willamette River that flows just feet away. Mikayla and Casey met in dental school and have been together for almost five years.

Originally from Eugene, identical twins Samantha and Mikayla did their undergraduate work at Oregon State, enjoying the smaller campus feel in the small town of Corvallis. Recounting their early exposure to dentistry, Samantha said, “Both our mom and stepdad are heavily involved in dentistry. She’s a hygienist, he’s a dentist and they own a general practice here in Eugene. Watching them both choose second careers in dentistry and work toward accomplishing their goals was very inspiring”. Casey on the other hand attended Linfield College in McMinnville, doing his undergraduate work in biology. Casey originally hails from Burns, Oregon. All three are currently working at Advantage Dental and speak highly of their employer.

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Turn to New Members, pg. 3

Interim-President's Message



With fewer outings these days and a little more time on my hands, I have had the opportunity to think about how I got to where I am today, in a great practice doing what I love. Even though I knew I wanted to become an oral surgeon at the age of 18, I had no idea how long the journey would be. I was uprooted from my friends and family in Seattle to an

unfamiliar Philadelphia. But this lengthy journey also brought me some of the greatest friendships and best memories I could ask for. It even led me to meet my future wife while I was in medical school, and it showed me how sometimes difficult times can lead to unexpected blessings.

The first time my fiancée, Susan, and I really interacted, she was studying before afternoon rounds on our general medicine rotation in medical school. We both knew who each other were and she knew I was an oral surgeon, but she didn't quite know what to make of me. As a native Pacific Northwesterner in a formal East Coast school, I was the only student who didn't wear a tie or a short white coat defining my bottom-of-the-totem-pole position. Well, much to her surprise, when we sat down and started studying together, I was able to correctly answer her quiz questions and even elaborate a little. From then on, we became study partners and eventually began dating.

After medical school, we've spent six years apart due to our different paths of training: mine as an oral surgeon and hers through internal medicine followed by cardiology fellowship. Despite these many years apart and the hard times that we have had, there was always a light at the end of the tunnel. Now that light is much brighter because she is planning to move to Eugene next June to begin the next phase of life.

In today's climate, it is easy to get caught up in the uncertainty. But sometimes, it is during these times of uncertainty that we discover the most unexpected joys. I challenge each of you to reflect on the many blessings that fill our lives and have faith that there is a light at the end of the tunnel. We at the Lane County Dental Society have stood together, and I encourage everyone to continue to be kind to those in need and help where you can.

~ Kevin Sweeney, MD, DMD

Executive Director's Report



This issue of the LCDS News brings some updates. Unfortunately, the news we are all hoping for - the development of a Covid-19 vaccine - remains elusive.

After an unscientific polling of a few member dentists, most report their practices are operating at about 80% of their pre-pandemic capacity. However, with the necessity of

additional safety measures, their expenses are also up. In addition, some have seen staff not return. If you need to hire additional staff, please remember LCDS offer a free job posting service. Just email me with the pertinent information.

We also post resumes of those seeking jobs, but there has not been a resume submission for many weeks.

We are still working on providing another webinar for CE, which we hope will take place in October/November. If you have suggestions, please let me know.

Speaking of CE, I have not heard if there will be any change in CE policy given the impact of Covid-19 on conferences and in-person seminars. If any changes are announced, this information will be forwarded to our members.

As I sit in my home office finishing this month's report, I look into a red sky filled with smoke. Instead of a blue sky or even rain falling, ash gently drifts down, covering everything. At the same time, my phone alerts, the messages being additional precautions due to circumstances.

I imagine this has led to some cancellations at your practice. Maybe even some staff have not made it to work. And of course, this puts one in a difficult situation since one must balance the need to meet staffing requirements with the need to respect an employee's concern for their well-being.

This recent turn of events (which is becoming more common in the last few years) combined with the pandemic, just adds to the challenges of running a practice. And while this impacts the bottom line, I know the most important motivating factor for our members is the need to support community health.

September is Suicide Awareness month. The topic of suicide is addressed on page 4 but is by no means a definitive work. What is important is that our members are here for each other. Each of you have your close friends in the field with whom you can confide. I hope that long before things get desperate you feel you can approach another member with your concerns. This is the human side of affiliation.

And of course, council members and myself are always available to lend an ear.

~ J.P. Wilcox

LCDS News September/October 2020

Published bi-monthly by the Lane County Dental Society 2300 Oakmont Way #110, Eugene, OR 97401, 541-686-1175 and distributed to members of the Society as a benefit of membership. Statements of opinion in the LCDS News are not necessarily endorsed by the Lane County Dental Society. Contributions to the newsletter are welcome in the form of articles, photos, announcements, or other items of interest to share with the membership. Notice of errors or corrections appreciated.

Deadline for the September/October Issue is October 15th, 2020. Send all items to office@lanedentalsociety.org.

New Members, continued from pg. 1

Dr. Mikayla Ayala initially became interested in dentistry because of her mom and stepdad who are dental professionals. On another occasion while in High School she spent a day with the oral surgeon who was scheduled to extract her third molars. When she later attended Oregon State in Corvallis for her undergraduate work, Mikayla knew dentistry was her ultimate goal. She received her BS Degree in BioHealth Sciences in 2015 with minors in Chemistry and Spanish. Her volunteer work includes Give Kids a Smile Day at OHSU, Dive into Dentistry, the Humane Society, and Mission of Mercy in Salem. Speaking of her fondness for working with patients, she lamented, "I still miss my dental school patients. That part of practicing is one of my favorite things about dentistry; building patient relationships. Having the ability to do that again has been very rewarding".



Dr. Casey Thein attended Linfield College in McMinnville, majoring in Biology with a Chemistry Minor, graduating Cume Laude in 2015. While attending Linfield, Casey studied insect biology, conducting a study of the endangered Fender's Blue Butterfly. Extending his community experience, Casey did a month in the Bahamas working with Type 2 Diabetes patients and educating the population. This piqued his interest in healthcare abroad. He has also been a volunteer for Compassion Clinics in Portland, Give Kids a Smile Day, and took a Mission Trip to Jamaica in 2018. Showing an interest and ability in leadership early in life, Casey was the OHSU Class of 2019 Vice-President. Casey mentioned that for now he loves the many aspects of general dentistry. "I think the variety offered as a general dentist keeps every day different and interesting, in my first year I have learned so much just on a case by case basis", he said.



Dr. Samantha Ayala attended Oregon State, receiving a BS in BioHealth Sciences with minors in Chemistry and Spanish. Not one to shy away from community service, Samantha volunteered for Mission of Mercy in 2014 where she assisted in dental clinics. In 2016 she continued her dedication with volunteer work for the Humane Society and in 2017 and 2018 volunteered for Compassion Tigard, providing dental care to underserved populations. Samantha said she "knew dentistry was the right career path for me ever since I was young, and that has only proven to be truer since I graduated dental school. I have had the privilege of amazing mentorship and it has really helped me in my first year out. When I think back to where I was even a year ago, it's crazy to think about how much I have learned, and I can't wait to further expand my knowledge as time goes on."



**Welcome
New Member
Dentists!**

Advantage Dental has full-time openings for Dentists and Dental Assistants in the greater Eugene area.

Join our team and our mission: To improve the oral health of all!

Advantage Dental offers employees an excellent benefits package including Medical, Dental and Vision insurance, Short and Long term Disability, Life and Voluntary Life Insurance, Paid Time Off and Retirement Planning. Learn more and apply on our website - <https://bit.ly/Eugene820>

Advantage Dental
Oral Health Center

The Difficult Conversation

Suicide

by J.P. Wilcox

September is Suicide Prevention Month

During a recent chat with a long-time member dentist, the subject turned to remembering some of the long-passed LCDS members who dedicated their energies to improving not only the Lane County Dental Society, but also our community. As the list of now-passed members was recalled, so was the fact that some had taken their own lives.

As a follow-up to that conversation, it seems worthwhile to raise the difficult subject of suicide that is rather prevalent in the dental profession. Of course, this is because the impact is not just on the person who chooses to end their life, but also on the many people around them. For dentists this means their family members and those associated with their practice, including staff and patients.

I am no expert in suicide, though my personal experience and degree in Psychology gives me some insight. In terms of personal experience, one cannot offer insight from personal experience without, well, getting personal.

When I was nine years of age and a few years after my parents divorced, my mother broke the news my father had committed suicide as we strolled down the street. The memory of that walk has stayed with me as much as the news about my father.

When a child learns of the suicide of a parent, they understand it from their developmental stage. Without much contact with my father and my youth, it didn't affect me much. But I would later learn the full impact as I matured.

Being an "only child" like my father, I came to understand how this tragedy profoundly affected my grandmother as she lost her only child. And for me, also being without siblings, I became the heir apparent. The lesson was that suicide affects family members differently, in part due to existing life circumstances.

Turn to **Suicide**, page 10

5 Action Steps for Helping Someone in Emotional Pain



ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Save the National Suicide Prevention Lifeline number 1-800-273-8255.



STAY CONNECTED

Follow up and stay in touch after a crisis.

For more information on suicide prevention:
www.nimh.nih.gov/suicideprevention



Maximizing Practice Tax Deductions

by Jonathan Powell, Partner
Kernutt Stokes

Did you maximize your tax deductions this past year in regards to IRC Section 199A? IRC Section 199A, more commonly known as Qualified Business Income Deduction (QBI), was created as a result of the Tax Cuts and Jobs Act of 2017. This deduction allows for up to a 20% federal tax deduction on income from a qualified trade or business.

There are many details that determine what a “qualified” trade or business is (which are beyond the scope of this article). Dental practices generally fall into a “bad” category of businesses known as a Specified Service Trade or Business (SSTB). The SSTBs are “bad” in the sense that their deductions are subject to additional income phase outs. SSTBs begin the phase out of the QBI deduction as their taxable income increases beyond \$157,500 (Single) or \$315,000 (Married Filing Joint). SSTBs are fully phased out as their income reaches \$207,500 (Single) or \$415,000 (Married Filing Joint).

However, even if your practice is a “bad” SSTB, you may be able to split-off “good” activities that still qualify for the QBI deduction. For example, if your practice manufactures crowns, the “manufacturing activity” may be eligible for the QBI deduction. IRC Regulations under 199A allow for separate business activities to be considered when calculating QBI even if the activities are accounted for within the same legal entity. Furthermore, regulations require strict accounting for qualifying and non-qualifying activities. We can help you determine if a portion of your practice qualifies for the QBI deduction.

Jonathan Powell, CPA has been promoted to a partner at Kernutt Stokes. Powell joined the firm in 2010 and provides in-depth audit, tax, and accounting services to clients. His industry specialties include professional services, medical and dental, construction, manufacturing, agriculture, forest products, and real estate. Powell is based in the firm’s Corvallis office, established in 2018. He holds a Bachelor of Science degree in Accounting from Oregon State University.

Before joining Kernutt Stokes in 2010, Powell worked in sales for several small businesses and received a Bachelor of Science degree in Accounting in 2006. He holds memberships at the American Institute of Certified Public Accountants (AICPA), and the Oregon Society of Certified Public Accountants (OSCPA), where he sits as vice chair of the Forests Products Project Committee.

Kernutt Stokes is a full-service accounting and business consulting firm established in 1945 with offices in Eugene, Bend, Corvallis, and Lake Oswego. The firm specializes in privately-held and family-owned companies in construction, healthcare, manufacturing, transportation, and professional services. In addition to core accounting services, the firm provides technology consulting, 401(k) plan administration, business valuation, retirement planning, business consulting and other services. Their number is 541-687-1170.

KERNUTTSTOKES



**Lane County Dental Society
Executive Council Minutes
June 2nd, 2020**

Members present: Elizabeth Vivona Dow, Andrew Dow, Dan Frederickson, Jordan Lentfer, Carly Peterschmidt, Kevin Sweeney, Ivan Paskalev & Jim Wilcox - Executive Director

1. Council Vote: proposal to nominate and elect Dr. Sweeney as interim President:

Jordan nominated; Andrew seconded: No discussion. Unanimous vote to elect Dr. Sweeney.

2. Reading of the anti-trust policy.

3. Minutes from last meeting - approved without changes.

4. Reports - Finance: Total income is down. Lost two sponsors. Exec. Director explained why they dropped sponsorship.

Recommended Executive Director contact Bent Ericksen, Greensail Transitions, Consani, Payroll Specialties, Gilmore Group Agency (realtors). Recommended: offer 2 months or one quarter free advertising to help businesses accept sponsorship; and/or offer existing sponsors a bit of a break right now if they extend their sponsorship for an additional year or two.

5. Membership dues slightly down.

6. Speaker fees slightly down helping to offset decrease in revenue.

7. Payroll Ledger. Payroll specialties has corrected some errors from the last payroll company.

8. PPE Distribution. Exec. Director picked up PPE from PDX for members who had donations from the ODA. Rented a van - members who utilized the service paid \$20 to cover the cost - cost was covered.

9. Discussed working with Lane County Medical Society. Do we want to do a webinar with them on update on finances, HR etc... similar to the webinar we did previously. Council to send Exec. Director questions we are interested in for this webinar; he'll aggregate them and send them back to us and the medical society - then we can decide.

10. Review of CE Events. Positive comments on AB stewardship. A few results back on re-opening your practice.

11. We may have an issue with CERP because not enough people are responding to surveys - that's a requirement for CERP certification.

Suggestions: See if we can have a survey that is immediate right after the webinar; Tell people how important the surveys are; Send reminder emails.

12. Upcoming CE Front Office Rocks: Set for Oct 9, 2020. Not sure if we'll be able to do an in-person class.

Suggestion: make it a webinar - to help cut down on travel costs, maintain social distancing etc... Make a decision by Aug. 1.

Limit is 200 people on zoom - we may need to recommend that that offices watch it on one computer together.

Perhaps two 2-hour webinars as 4 hours may be too long to sit in front of a computer.

Suggestion: Exec. Director should ask the speakers about the above concerns.

13. CERP has been renewed with no findings. Renewed once per year, (AGD is once every 3 years)

15. Exec. Director trying to reach out to LCC to write a story about their dental program; Dan to help make contact with them.

Minutes submitted by Elizabeth Vivona

Impact Your Health Eugene Needs Your Help



Photo by J.P. Wilcox

Impact Your Health Eugene is scheduled for November 14-15th at the Auditorium in the Lane County Fairgrounds. This year's event will focus on dental extractions only to relieve dental pain only and possibly limited dental cleanings. The event will be by appointment only to limit the number of people entering the event.

If you would like to volunteer for ½ day, full day, or both days please contact Randy Meyer at 541-937-2786 or randy@caringhandsworldwide.org

Dentist can also set the total number of patients they would like to see, we will also be offering increased PPE including Face Shields, N95 masks, and disposable gowns. There will be at least 15 feet between dental stations.

Lane County Dental Community: Please Let Payroll Specialties Simplify Your Payroll Needs!



Questions to consider when choosing a payroll service:

- Do you have the high level of customer support only available from a local company?
- Could you benefit from a payroll service that supports staff transitions and emerging payroll issues?
- Could your bottom line benefit from an established payroll company that specializes in Dental and Orthodontic payroll services?

If you answered yes to any of these questions, contact Payroll Specialties for an initial free consultation.

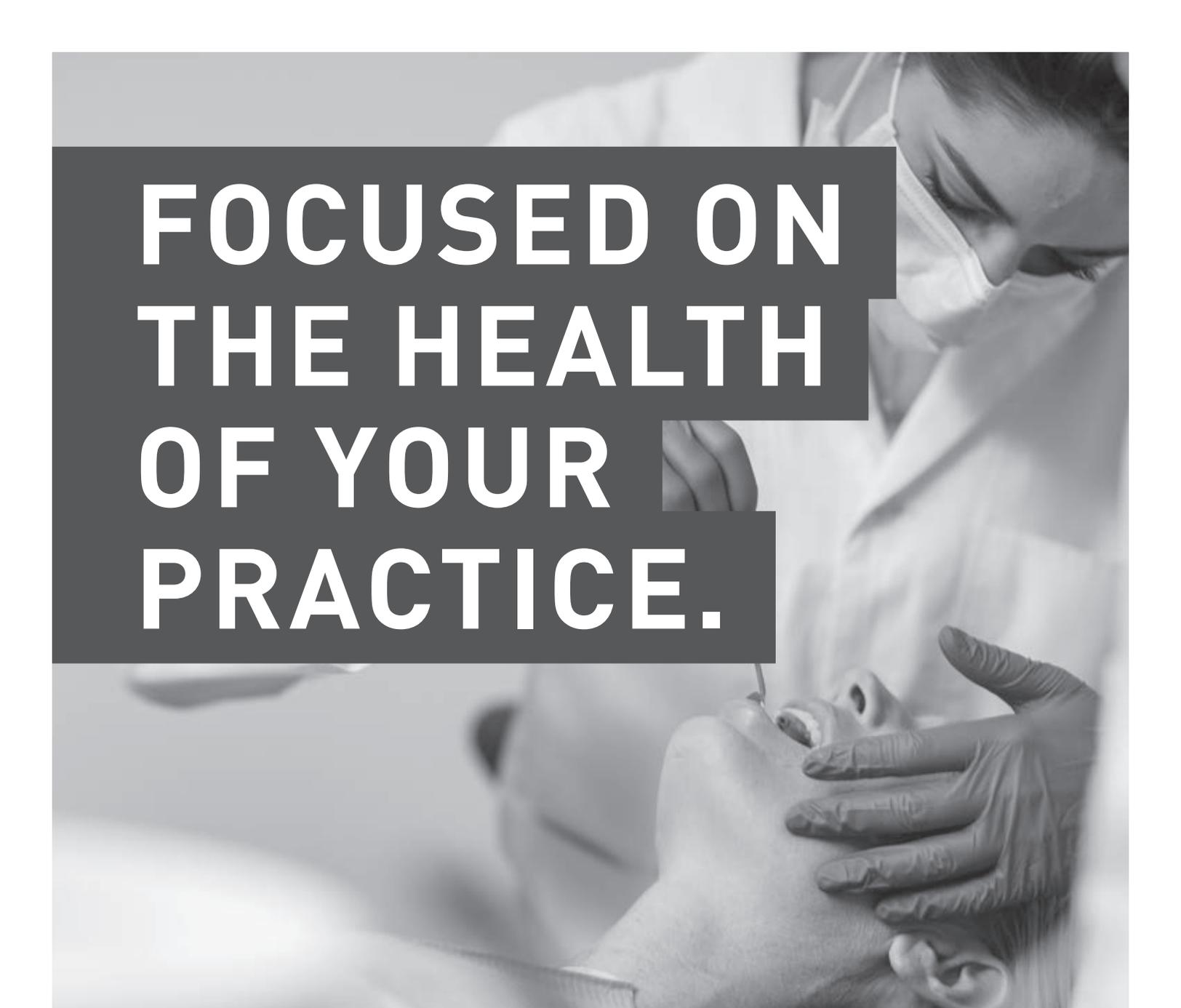
At Payroll Specialties, we understand the need for a workforce solution that can grow with you that not only simplifies your payroll processing, but also helps you easily track employee data, view hundreds of standard built in reports, or easily create a custom report with a simplistic report writer. This is why PSI utilizes the industry's leading and most technologically innovative HCM platform for all your Payroll, HR, Benefits and reporting needs, accessible anytime, anywhere through our Client Portal.

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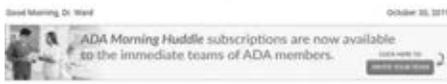
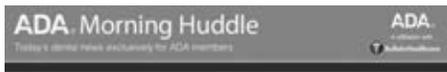
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Editor's Note

The ADA Morning Huddle compiles news stories from a wide range of sources to let you know what the general media is saying about dentistry, whether or not it agrees with the ADA's views. Publication of an article in the Morning Huddle in no way implies ADA's endorsement, agreement, or promotion of a particular article.

Dentistry in the News



Study Finds Sugary Drinks Associated With Dental Erosion, Obesity

U2 (10/28, Outlines) reports a new study published in the journal *Clinical Oral Investigations* suggests that dental erosion and obesity may have "at least one common link - sugar-sweetened beverages." After analyzing "data from 3,541 American adults," with about two thirds "either overweight or obese, based on body mass index," researchers from King's College London found that "overall, more than 12 percent of the adults studied had moderate to severe tooth wear, with an average of 3.4 tooth surfaces affected." In adults "who regularly drank soda and other soft drinks, the number of teeth affected by wear was 1.4 times higher per sugary beverage consumed per day."

International Business Times (10/29, Matthew) reports, "The research team concluded the study by stating that consumption of sugar-sweetened acidic drinks is a common cause of both obesity and tooth decay."

In a release picked up by *Health Medical* (10/28), lead author Dr. Saeed O'Toole from King's College London said, "This is an important message for obese patients who are consuming calories through acidic sugar-sweetened drinks. These drinks may be doing damage to their body and their teeth."

Dr. Douglas (10/28, Beatt) also reports.

The Oral Health Topics on ADA.org provide additional information on <https://www.ada.org/2018/10/28/ada-releases-study-on-tooth-erosion> and [ada.org/2018/10/28/ada-releases-study-on-tooth-erosion](https://www.ada.org/2018/10/28/ada-releases-study-on-tooth-erosion) for dental professionals.

Member Benefit: ADA E-Mail Communications

ADA e-mail communications provide members with timely information and valuable resources.

Start your day with the ADA Morning Huddle: A digest of news and information on what the news media is reporting on dentistry and dental care, ADA Morning Huddle is delivered Monday-Saturday mornings via email.

- News stories are not written by ADA, but compiled so members can answer questions from patients and keep up to date with trending news and issues affecting the profession.
- A daily "From the ADA" box highlights news and information direct from the Association.
- A handy archive link at the bottom of each issue allows members to search by topic or date for content.
- News summaries are copyrighted. Members who want to share news via their websites or social media should share the link to the original source.



Dental Practice Success is a quarterly digital magazine produced in cooperation with the ADA Center for Professional Success that features articles from well-known experts on a variety of dental practice issues.

Read DPS for tips and strategies for:

- Practice management
- Staff management and training
- Social media and marketing
- Work-life balance
- Personal and professional finance issues
- And more.

The other e-mail communications are:

- Issue Alerts and Member Updates send timely news on urgent issues affecting the dental profession.
 - Monthly topic-related emails provide practical information and tangible resources to help you succeed.
- JADA Specialty Scans are quarterly emails highlighting compilation of articles for general dentists on news and developments in selected dental specialties.
- Members also receive updates on the ADA annual meeting, as well as offers and information on ADA products and promotions through ADA Catalog, ADA Business Resources Connections and ADA Member Travel Update. Vendor Showcase highlights exclusive offers from the dental industry to ADA members.

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Unsubscribe from any email via your ADA Email Preference Center which can be accessed in the footer of ADA emails. The ADA will not give or sell your email address to any entity outside the ADA. Read the ADA privacy policy.

Suicide, continued from pg. 4

Long after my grandmother passed and a couple years after my mother died, I looked through a box of memorabilia unexamined for decades. In that box was an envelope with the label: Jimmy Ross Wilcox, Death Certificate. Looking inside, there was the most significant piece of family history I would ever find: My father's suicide note.

I'll not go into the details, but it contained what is all-to-common: My father's list of failures and hopelessness and a belief that suicide was the best option.

Suicide is the nation's 10th leading cause of death for ages 16 and older, claiming as many as 40,000 lives in 2012. In the general population, suicide is under reported by as much as 33% due to the negative stigma attached to it.

A great deal of research suggests that suicide has plagued the dental profession more than those in many other professions. A November 2011 article from the Journal of Affective Disorders found that the risk of suicide is increased among health professionals and dentists held the highest suicide rate at 7.18 percent for men and women combined. The national average for men and women was reported as 0.42 percent. Male dentists hold the highest suicide rate at 8.02 percent. Female dentists hold the fourth highest suicide rate at 5.28 percent.

Physicians (7.87 percent), pharmacists (7.19 percent) and nurses (6.56 percent) also have suicide rates much higher than the national average.

I've known three people who committed suicide who did not express their plans to me or our friends. But there are signs. These are withdrawal, disinterest in activities that used to be entertaining, uncharacteristically reckless behavior, alcohol or drug abuse and giving away sentimental or expensive possessions among others. The person may also express hopelessness and or a belief they are a burden to others and talk about their death or wanting to die.

This is not an exhaustive list. And having any of these indicators does not necessarily mean someone is contemplating suicide.

I can say with confidence how it affected me. My father's suicide was unbearable for his mother, difficult for my mother, and it left a life-long question for me: What would my life have been different if my father had made a different choice? I will never know.

People are available for support. No one is alone. The national suicide hotline number is 1-800-273-8255. Use it

J.P. Wilcox

Merrill welcomes Irina Pack, our newest financial advisor.

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(Photo from left to right
Phill, Megan, Whitney, Kim, Matt, Justin, Bryan)

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When you renew your membership in 2019, you choose to remain a part of world-class clinical excellence.

Visit ADA.org/renew2019 to learn more.



Meet our newest partner,

Jonathan D. Powell, CPA

We are pleased to announce that Jonathan D. Powell, CPA, is now a partner at Kernutt Stokes. Jonathan works with dental practices, helping enhance their efficiency and profitability.

**Ready to take your practice to the next level?
Give Jonathan a call.**

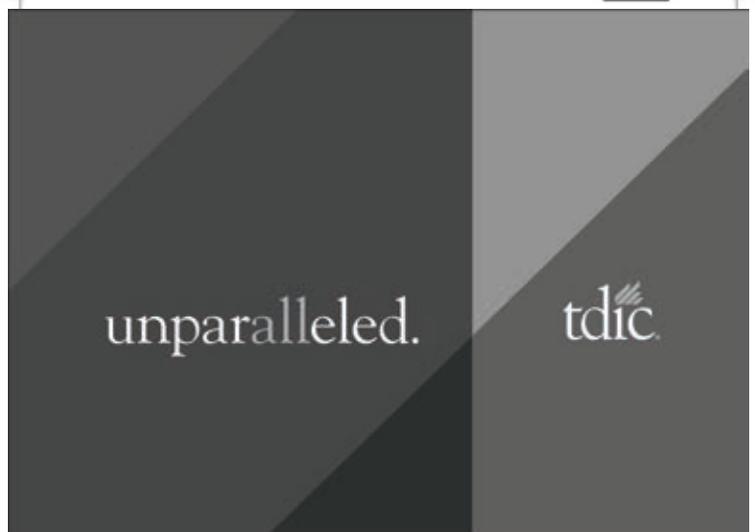
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Eugene OR 97401



White Bird Clinic Report



White Bird Dental Clinic Staff

White Bird Dental provided drive up fluoride treatment at Bethel schools and weather permitting, plan for drive up sealant clinic. We have created our own cavi wipes with the abundant 4 by 4 gauze we had on hand. Disinfectant of any type has become the newest scavenger hunt.

We are getting back to a new normal. Reduced clinic hours early in the spring disrupted our hygiene scheduling along with being unable to take new restorative patients

We find ourselves struggling to fill our hygiene schedule.

We are seeing about twice the emergency care patients from last year at this time as Oregon reports 100,000 new ohp patients. With reduced revenues and predicted tax cuts we are waiting to see what the future brings.

We are hoping for a vaccine soon.



Ykoko (L) our hygienist and Gabby (R) our front office person greet drive-up fluoride clinic patrons at Bethel