



January/February 2023

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Office Hours:
Monday, Thursday, Friday
11 am - 5 pm

Member Spotlight: Dr. Sonya Sproul-Hammond, DMD Finding Life Balance through Giving Back and Setting Priorities



For Army National Guard veteran, Dr. Sproul, service is what drew her into dentistry. Her father, Dr. William B. Sproul, was a dentist and Sonja didn't think she would follow in his footsteps until after she went on a dental mission trip to Belize with him as a high school student. There she discovered the joy of serving and the travel opportunities that can accompany the dental profession, later volunteering on humanitarian trips to both Africa and Honduras. She was also attracted to the artistic and creative aspects of the field. She now helps encourage other young women to join dentistry by having them shadow her at her practice.

Continued on p. 4



Executive Director Message

Nissa Newton

I am looking forward to an exciting year in 2023! We ended 2022 with a great program, The Christensen Bottom Line, featuring Dr. Gordon J. Christensen. We had over 50 attending, including

guests from Salem and Roseburg areas.

For 2023 we will kick off our CE events with Dr. Sam Bae’s Medical Emergencies. This will be held after our member luncheon on February 24th. On May 12th, we are having Janet Press, RHD, presenting “Lasers in the Hands of Dental Hygiene.” There is also a follow-up hands-on class that is already almost full. On October 6th, we will have our second annual “Improve the Health of Your Practice” mini conference. This year we will have Dr. Joshua Austin, DDS as our morning keynote speaker. He is a very engaging and entertaining speaker who will help us dive into mental health with his “Mental Dental Connection” presentation. The ODA will hold its regional event in Florence, Oregon in November. We will complete our year with Dr. Greg

Psaltis, DDS who will be presenting the program "Refreshing Your Pediatric Knowledge and Skills" with a morning course "So Little Room, So much to See" and afternoon course "But Aren't They Just Baby Teeth".

While making sure we offer you the Continuing Education Credits you need, we are also doing more to support the social needs of our members. In addition to our annual spring and fall socials, we will have a few smaller gatherings this summer. This year we will have our retiree luncheon in June, a women's dentist wine and garden party in July, and a family picnic in August. I’m open to more ideas for small group events for the summer of 2024. I hope you take advantage of these opportunities to meet more colleagues and build lasting friendships.

It is because of our gracious sponsors that our programming and events are possible. Columbia Bank is officially our exclusive banking partner, and in addition to their Platinum CE sponsorship, they will be sponsoring our CE speakers and our spring and fall social events. Consani Associates Limited is our new platinum sponsor. I am very excited that we are growing in partnership with

them and look forward to sharing ideas and working together. Digital Systems Integrators is our Gold Sponsor. They have continued to come and support our events and bring fabulous prizes for our attendees. Make sure to stop by their table at our next event! We also have two new silver sponsors this year, The Dentists Insurance Company and Sittner & Nelson.



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WHERE RELATIONSHIPS RULE

Drs. Richard Litchfield, DMD and George McCully, DMD: Singing Dentists Keeping Tradition Alive in The Eugene Gleemen Chorus!



Both Drs. Litchfield and McCully are part of Eugene's all-male chorus and performed with the chorus for their December Concert. The group started in May 1926 with 51 men from Rotary, Kiwanis and the Chamber of Commerce and continues on today with two yearly concerts, a valentine sweetheart's ball, and other community performances. (Chorus information retrieved from eugenegleemen.org)

Dr. Sproul Continued from Page 1

Today Dr. Sproul makes giving back an important part of her practice's philosophy. Although she is not currently making international dental trips, Sonja has partnered with local organizations, such as Catholic Community Service's Refugee and Immigrant Services Program (RISP) to give back at her practice. When one of her patients told her about women refugees from Afghanistan who needed dental work she did not hesitate to help. She sees those she helps during her normal working hours, "It's a nice way that I can still feel like I'm contributing my skills and really making a big difference in someone's life."

When asked about advice for women going into dentistry who plan to have families and want a good work-life balance, Dr. Sproul shares how this was possible for her, crediting her dad for his advice. He told her that having a financial plan from the beginning would allow her the opportunity to try and get ahead quickly.

Heading his advice to set herself up financially has afforded Dr. Sproul the flexibility that she has today, allowing her to do the work she loves and have time with her baby too. When she discovered she was pregnant, she had the flexibility to shift her schedule to three days a week. Another key to her successful

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work-life balance was is being part of a community of other women dentists with children who understand the challenge and are willing to help each other when emergencies arise.

Dr. Donald Dexter, DMD Opens Sleep Center at Eugene's Inkwell Building



At his new practice Eugene Dental Sleep Center, Dr. Donald Dexter will treat obstructive sleep apnea with appliances as a noninvasive alternative to the CPAP. Dr. Dexter started his extensive study of sleep medicine in 2012 and has attended Mini-Residencies at Tufts University School of Dental Medicine in Dental Sleep Medicine, Temporomandibular Disorders, and Pediatric Dental Sleep Medicine. In 2020 he became a Diplomate of the American Board of Dental Sleep Medicine (ABDSM).

Dr. Dexter's efficient approach to working with his patients streamlines the process so they can get relief quickly. After the first visit, the patient is sent home with a sleep study device. Once completed, the study is automatically sent to Dr. Dexter. He has had some patients go through their initial visit to starting treatment in as little as 3-4 weeks.

Dr. Dexter describes his practice as community-based, "You can build a house with a hammer, but

you need more than a hammer to build a house. Oral appliances are a tool that I can provide and teach patients how to use, but there are a lot of other tools in the toolbox that builds a house of wellness."

His office has two community areas. One is the Red Room, a reading room with refreshments and resources for staff and patients. The other is an art exhibition room that will host art shows and provide space for community wellness classes. This room will also serve as a community meeting room that can host study groups and other small events.

Dr. Dexter's passion for art and community is not new. In 2021, Dr. Dexter curated the R0 Prayer Flag Redux Community Project displayed in Eugene's downtown. R0 refers to the number of infections that occur because of one infection. The project's purpose was to positively infect others with peace, hope, love, empathy, and compassion in the face of the Covid Pandemic. Community members joined with Willamette High School students to create the flags. ("2021 Windowfront Exhibitions")

"2021 Windowfront Exhibitions" Retrieved from <https://eugene-or.gov/4638/2021-Windowfront-Exhibitions>.

White Bird Dental Clinic Report



Each week we provide two emergency walk-in clinics to see patients in pain. They are half-day clinics based on a nominal fee. Homeless patients are seen

for free. Income is determined by who can be claimed on a tax return. We provide restorative dental care Monday through Friday by appointment.

We also work with Bethel School District and

Itzel Ornelas

Springfield School District to provide sealants and Fluoride to students. We also provide emergency dental care every other Friday. When we aren't at Bethel, we are at the SERBU detention center providing care.

Thanks to Rob Peel of Henry Schein for constant support and donation. We are fortunate to have local dentist support organizations like White Bird.



LANE COUNTY DENTAL SOCIETY

February 24, 2023, 2 - 5:30 PM
Lane Community College
Free for LCDS Members
\$125 for non-LCDS dentists
\$50 for office staff

Register:
www.bit.ly/LCDSEVENTBRITE

Medical Emergencies (4 CEs)



Dr. Sam Bae, DDS, MC



Speaker sponsored by: Columbia Bank
LCDS exclusive banking partner

Dr. Bae is a board-certified, fellowship-trained surgical specialist in oral, maxillofacial, and pediatric craniofacial surgery. After obtaining his dental degree at New York University, he continued his education at University of Michigan in Ann Arbor where he obtained his medical degree, general surgery internship, and residency in oral and maxillofacial surgery. Following residency, he completed fellowship training in pediatric cleft and craniofacial surgery at the El Paso Children's Hospital in Texas.

He is board-certified in both the United States and Canada and is a Diplomate of the American Board of Oral and Maxillofacial Surgery and a Fellow of the Royal College of Dentists of Canada. He is also a Diplomate of the National Dental Board of Anesthesiology. He currently serves as a Clinical Assistant Professor in the OHSU Department of Oral and Maxillofacial Surgery. In addition to practicing full scope of oral surgery, craniomaxillofacial trauma surgery, sleep surgery, and corrective jaw (orthognathic) surgery, Dr. Bae specializes in the treatment of facial, jaw, and skull deformities ranging from cleft lip and palate, craniosynostosis, and craniofacial disorders.

Course Overview

Despite careful planning, medical emergencies can happen at any time. These situations can be unnerving and this course will help build your confidence to recognize and manage a variety of medical emergencies that may occur in dental office settings. Dr. Sam Bae of Three Rivers Oral and Facial Surgery has developed an interactive course and we encourage doctors to invite their staff to participate so that the entire dental team can be prepared to respond appropriately. This course will fulfill a 4-hour medical emergency requirement for the Oregon Board of Dentistry.

Course Objectives

- Assess your patient to identify those at increased risk for specific medical emergencies
- Learn what medications and equipment you will need at your disposal during an emergency
- Know when and how to use each drug and piece of equipment in your kit

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AGD approval extends from 1/16/2021 to 1/15/2023. (extension currently in process)



Lane County Dental Society Member Lunch and Business Meeting

Friday, February 24, 2023, 1:00 - 2:00 PM

Lane Community College, Building 19
4000 East 30th Avenue, Eugene OR 97405

Before LCDS' Medical Emergencies CE Event, enjoy a catered lunch buffet and fellowship, while participating in LCDS' business meeting. Every year our membership votes on new council members, reviews the budget, and votes on other important issues.

Registration Required. Free for LCDS Members, \$40 for non-member guests.

Register at www.bit.ly/LCDSEVENTBRITE

Silvan Ridge Winery Dentist Social Sponsored by:



March 14, 2023
6:00 - 9:00 PM

Silvan Ridge Winery, 27012 Briggs Hill Rd Eugene, OR 97405

Local dentist social for strengthening relationships and meeting new colleagues. Mix and mingle with wine and charcuterie. Each dentist is welcome to bring a guest. Event is free for dentists and \$40 for their guests.

Register at bit.ly/LCDSEVENTBRITE

LCDS' December CE Presentation Featured Dr. Gordon J. Christensen with over 50 attendees





LANE COUNTY DENTAL SOCIETY

May 12, 2023, 9 am - 4 pm
 Lane Community College
 Free for LCDS Members
 \$125 for non-LCDS dentists
 \$50 for office staff
 Register:
www.bit.ly/LCDSEVENTBRITE

Speaker: Janet Press, RHD

Columbia Bank Speaker sponsored by: Columbia Bank
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Lasers in the Hands of Dental Hygiene Lecture (3 CE)

Laser Hands-on Simulation Workshop (2 CE) * limited to 20 attendees



Janet is a Dental Hygiene graduate of the University of New Mexico, Albuquerque, maintains RDH licensure in Nevada and California and has practiced in general and periodontal specialty since 1975. Ms. Press holds the Academy of Laser Dentistry Fellowship and received Certification in soft tissue laser training thru the ALD in 1995. Previously, Director of the Dynamic Team and Laser Certification programs, Janet was an integral faculty member at the Las Vegas Institute for Advanced Dental Studies (LVI) for ten years. Internationally recognized published author and expert in the field of Dental Hygiene Laser Education she has provided Laser education/training to Dentists and Dental Hygienists in the academic environment as well as the private sector for 20 years. Ms. Press is recognized nationally for her significant contribution in the growth of "Lasers in Dental Hygiene" and the regulations that surround the use of lasers in numerous states. Janet was also named "Distinguished Dental Professional" by Dentsply International. Ms. Press is a Certified Laser Safety Officer, nationally recognized AGD PACE course provider, an ADA C.E.R.P. approved speaker bringing together science and cutting-edge patient care, expanded practice protocols, and professional motivation to the Dental Health Professionals at national and international conferences, state and local dental meetings and in private dental offices. She is the owner of 21st Century Dentistry, LLC, specializing in Laser Certification Training, Dental Team Communication, and Hands-on Clinical Dental Hygiene Education.

9 am - 12 pm Lasers in the Hands of Dental Hygiene

Course Description: Incorporating Laser as a treatment adjunct is a tremendous asset for the Dental Hygienist to jump-start change in the eyes of the patients and expand your practice model of patient health and wellness. Join in as we explore how Laser assisted Hygiene fundamentally impacts the treatment of Periodontal Disease through bacterial biofilm disinfection and the physiologic healing benefits of Diode Laser therapy.

Course Objectives: Learn about the science of laser wavelengths and the unique absorption characteristics of light energy when combating the periodontal infections. Understand the advantage of thermal disinfection and the effect laser application has in treating gingivitis and periodontitis infection, decreasing systemic levels of inflammation, and the role it plays by improving a patient's medical risk profile of susceptibility. Discuss the clinical techniques associated with laser sulcular debridement (LAPT) and disinfection (LBR) that Increase patient treatment acceptance by communicating effectively the therapeutic value of laser assisted hygiene. Discover the potential for Doctor surgical Laser applications.

1 pm - 3 pm Laser Hands-on Simulation Workshop

Course Description (morning session required to attend): In this hands-on workshop you will learn the specifics of laser fiber optic delivery and discover the delicate nature of using a Diode laser device. Working with simulation exercises that mimic specific laser procedures, this workshop is designed to build basic clinical understanding in the delivery of laser light energy by using Diode Lasers.

Course Objectives: Discover the difference in laser capability between Doctor "Hot" Laser Settings vs. Dental Hygiene "Warm" Laser Settings. Experience simulated clinical methods associated with Doctor soft tissue surgery, Hygiene laser debridement, and laser bacterial disinfection. Practice initiated and bare fiber tip applications to gain understanding of their very specific clinical procedural necessity.



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Sat Feb 11th

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Fri Apr 21st

Airport Marriott Courtyard

BEND

Sat Apr 22nd

The Oxford Hotel

“Long-Term Practice Transition Planning”

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Extensive handout included. Classroom seating. Full plated salmon lunch.

Cutting edge transition trends for both practice owners and future owners.

Topics include:

Demographics and the future supply of dentists in the US.

DSOs studies. What to know about them and how to negotiate with them.

What is the future for DSOs and what is their market share shaping up to be.

Dentist disability insurance. What to look for in a policy.

Is your practice ready for an associate? Are you? Associateship compensation.

Avoid common mistakes and create a strong partnership that works.

What every spouse and family estate should know about your practice.

Banking trends. What to expect at transition time.

Practice Evaluation and Sale. Credentialing and accounts receivable challenges.

Prepare your practice for sale and command the maximum practical sales value.

First-come first-served. **E-mail us to register for a valuable day of information and fun.**

Lane County Dental Society Retiree Luncheon

Tuesday, June 6, 2023, 12:00 - 2:00 PM
Veterans Memorial Association, 1626 Willamette St,
Eugene, OR 97401

Join LCDS retired dentists for lunch!
Whether you are retired or close to retiring (member or nonmember), we would like to invite you to lunch with us!

Planning is still in the works, and more details will be shared closer to the event.

To request an invitation, please email Nissa at office@lanedentalsociety.org or visit our event page at www.bit.ly/LCDSEVENTBRITE.

Invitations with RSVPs will be mailed in April 2023.



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LANE COUNTY 2023 DENTAL SOCIETY

Events

February 24, 2023, 1:00 - 2:00 pm

LCDS Member Lunch and Business Meeting
Lane Community College, building 19
Free for LCDS Members
\$40 for dental staff or nonmember dentists

February 24, 2023, 2:00 - 6:00 pm

Medical Emergencies (4 CEs) Dr. Sam Bae
Lane Community College, building 19
Snacks and Drinks provided
Free for LCDS Members,
\$125 nonmember dentists, \$50 dental staff

March 14, 2023, 6:00 - 9:00 pm

Silvan Ridge Winery Dentist Social
Sponsored by Columbia Bank
27012 Briggs Hill Rd, Eugene, OR 97405

March 21, 2023, 5:30 - 6:30 pm

Reducing Insurance Dependence
Gary Takacs Webinar. More info coming soon.

April 13-15, 2023

Oregon Dental Association Conference
Oregon Convention Center, Portland, OR
Register here: <http://www.oregondentalconference.org>

May 12, 2023, 9 am - 3 pm

Lasers with Janet Press, RDH
Lane Community College, Upstairs Building 19
Light Breakfast and Lunch Provided
Free for LCDS Members,
\$125 nonmember dentists, \$50 dental staff
-Lasers in the Hands of Hygiene (3 CEs) 9 am - 12 pm
-2 Hour Hands-on Laser Workshop (2 CEs) 1-3 pm
(limited registration, morning session is required)

June 6, 2023, 12:00 - 2:00 PM

Lane County Dental Society Retiree Luncheon
Veterans Memorial Association
1626 Willamette St. Eugene, OR 97401

July 15, 2023, 3-5 pm

Women Dentist Garden Wine Party
Hendrick's Park Francis M. Wilkins Shelter
2918 Summit Ave, Eugene, OR 97403

August 5th, 2023, 10:00 am - 1:00 pm

LCDS Family Picnic
Alton Baker Park Shelter 2
632 Day Island Rd., Eugene OR 97401

September 14, 2023, 5:30 - 8:00 pm

LCDS Hop Valley Dentist Social sponsored
by Columbia Bank
Hop Valley Brewing Co.
990 West 1st Ave, Eugene, OR 97402

October 6, 2023, 9:00 am- 4:00 pm

LCDS Mini Conference: Improve the
Health of Your Practice
Morning Session Keynote Speaker:
Dr. Joshua Austin "The Mental Health
Connection" 9 am -12 pm
Afternoon Session 1: Panel "Dental
Volunteerism in our Community" 1- 2:30 pm
Afternoon Session 2: TBD
Free for LCDS Members,
\$125 nonmember dentists, \$50 dental staff

Nov 4, 2023, save the date

Oregon Dental Association Regional Event
Driftwood Shores, Florence, Oregon

Dec 8, 2023, 9 am- 4:00 pm

Refreshing Your Pediatric Dental Knowledge
and Skills (6 CEs) with Dr. Greg Psaltis DDS
-So Little Room, So Much to See (3 CEs) 9am - 12 pm
-But Aren't They Just Baby Teeth? (3 CEs) 1 - 4 pm
Free for LCDS Members,
\$125 nonmember dentists, \$50 dental staff

Tax-Saving Retirement Planning Strategies for Dentists

Nathan J. Ricks, CFP®, MS
Financial Freedom For Dentists

Many dentists want to save for retirement and avoid paying too much in taxes but may not know where to start. Perhaps that's why the average American retires at 63 in 2021, but the average Dentist retires at 68. The following chart shows eight strategies dentists may consider implementing to potentially minimize taxes and save for retirement:

Strategy	2023 Contribution Limits ^{3 4} :	Practice Sponsored?	Tax Characteristics	Other Characteristics
1. Traditional IRA ⁵	\$6,500 (\$7,500 for 50+)	No	Contribution (C): Deductible Growth (G): Deferred Withdrawal (W): Taxable	<ul style="list-style-type: none"> None
2. Roth IRAs ⁵	\$6,500 (\$7,500 for 50+)	No	C: Not deductible G: Tax free W: Tax free	<ul style="list-style-type: none"> None
3. Health Savings Accounts (HSAs) ⁶	\$3,850 for Self-Only Coverage (\$4,850 for 55+) \$7,750 for Family Coverage (\$8,750 for 55+)	No	C: Deductible G: Tax free W: Tax free	<ul style="list-style-type: none"> Contributions can be invested No limit on income to contribute
4. SIMPLE IRA Retirement Plan ⁷	up to \$15,500 (\$19,000 for over 50)	Yes	C: Deductible G: Deferred W: Taxable	<ul style="list-style-type: none"> Often the first retirement plan a dentist will set up for their practice Employer contributions must be made for eligible employees (immediately vested) Investments are participant directed No administrative fees or additional tax returns
5. Safe Harbor 401(k) Retirement Plan ⁷	\$22,500 (\$30,000 for over 50)	Yes	C: Deductible G: Deferred W: Taxable	<ul style="list-style-type: none"> Employer contributions must be made for eligible employees (immediately vested) Annual administrative fees Investments are participant directed Option for Roth deferrals
6. Safe Harbor 401(k) Profit-Sharing Plan ⁷	\$66,000 (\$73,500 for over 50)	Yes	C: Deductible G: Deferred W: Taxable	<ul style="list-style-type: none"> Same as Safe Harbor 401(k) Retirement Plan Profit-Sharing contributions typically subject to a vesting schedule
7. Cash Balance Retirement Plan ⁸	Lesser of \$265,000 or 100% of the participant's highest consecutive three-year average	Yes	C: Deductible G: Deferred W: Taxable	<ul style="list-style-type: none"> Defined benefit plan Annual administrative fees (more expensive than Safe Harbor 401(k) plan) Vesting schedule Investments are employer directed
8. Backdoor Roth IRA ⁵	\$6,500 (\$7,500 for over 50)	No	C: Non-Deductible (to a traditional IRA) G: Tax free W: Tax free	<ul style="list-style-type: none"> An additional avenue to provide retirement savings with tax-free growth (for qualified withdrawals)

Where to Start?

Many may be aware of IRAs, but dentists may want to start with HSAs because no other savings plan allows for the triple tax-benefits of HSA contributions! Some HSA providers such as Lively and HSA Bank allow HSA account owners to invest their contributions, providing greater return potential. For example, if a 37-year-old dentist and spouse were to contribute the maximum for 2022 of \$7,300 to their HSA at the end of each year and then invest those funds, they could have \$589,093 by age 65 (assuming a 7% rate of return). This would be a little more than the estimated total lifetime health care costs of \$572,960 (in future dollars) for a healthy 65-year-old couple.

If Staffing is a Challenge for your Practice?

Attracting & retaining employees can be a challenge in the current economy, so helping dentists set up retirement plans for employees can be a great benefit to differentiate a practice, attract talent and increase employee loyalty and satisfaction. According to the AARP, 48% of Americans do not have access to a retirement plan, and this percentage is even higher at 78% for those who work in small businesses with less than 10 employees.

In summary, there are a variety of tax-saving strategies that dentists can use to save for retirement. If you would like to discuss the specific details of your situation to explore which options would work best for you, feel free to contact me for a complimentary consultation at nate@freedom4dentists.com or (425) 888-1911.

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1. https://crr.bc.edu/wp-content/uploads/2022/07/IB_22-11.pdf
2. https://www.ada.org/-/media/project/ada-organization/ada/ada-org/files/resources/research/hpi/hpigraphic_dentist_retirements_increase.pdf?rev=5d53bb1d3e2f49a9bafc89f180e276bd&hash=B20737F023C98C81A1B3BD-DC1CA7C322
3. <https://www.irs.gov/pub/irs-drop/n-22-55.pdf>
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11. <https://www.aarp.org/content/dam/aarp/ppi/2022/07/payroll-deduction-retirement-programs-build-economic-security.doi.10.26419-2Fppi.00164.001.pdf>

Classifieds

Oregon Dental Hygienist's Association would love to collaborate with Oregon based presenters for their monthly in-person and/or online 2 hour CE classes. ODHA is very interested in topics that increase hygienists' clinical knowledge base and assist them in meeting their required continuing education credits. We are also looking for speakers for our Annual Dental Hygienists' Conference in November 2023. Contact email: ingot@odha.org with subject line: A Potential Local Speaker for 2023.

Dental Office Space Becoming Available to Lease or Own

- 622 E 22nd Ave, Ste C, Eugene, OR, 97405
- 2,316 square feet
- Current rent is \$4,285/month (\$1.85/sq ft/mo)
- The space is currently set up for an orthodontist, but has an open floor plan that could be converted to private operatories for other types of dental care; A new tenant improvement allowance is being budgeted.
- The grounds are beautifully landscaped and the complex is within walking distance of South Eugene neighborhoods, schools, and eateries.
- There is ample free parking for staff and patients
- For specialists, the complex consists of 6 general dentists, which can be a geographic source of referrals.
- For questions or inquiries, please contact Dr. George McCully at gamdmd@peak.org or (541) 913-6542.



October 4, 2022 Executive Council Minutes

5:40 pm Call to Order by Dr. Lentfer

In attendance: Drs. Lentfer, Paskalev, Sola, De Valle, Sweeney, Bahen, Peter-schmidt, Alcorn, Harpster, and Nissa Newton

Reading of Antitrust Policy – Dr. Sweeney

Approval of Minutes from August council meeting: Dr. Paskalev moved, Dr. Sweeney seconded, all approved.

Reviewed of September Financials to Approve Financials: Dr. Sweeney Moved, Dr. Lentfer seconded, all approved.

Reviewed Initial 2023 Budget Draft new draft will be presented at the December Meeting for a vote.

Sponsors, Advertisers, and Partners Update

- Review of Columbia Bank Exclusivity Agreement & Vote: Dr. Sweeney moved, Dr. Paskalev seconded, all approved
- DSI – discussing 2023 sponsorship
- Sittner & Nelson new 2023 silver sponsor
- TDIC new silver 2023 sponsor
- ODHA Southwest – Council agreed that Nissa should attend their conference and work on creating a relationship for collaboration and cross advertising.

2023 Election Discussion: Nissa will reach out to current council members to see what their intentions are for 2023. Secretary and Treasurer will remain the same for 2023. Discussion will continue at December Council Meeting.

Continuing Education

- 10/14/2022 9am – 4pm, Mini Conference: Council requested that future advertisements include the option of attending one or all classes
- Depending on how you sit, dentistry can be a pain in the assets (3 CE):
- Noëlle M Santucci, DDS, MA, BS, RDH, Dr. Justin Jellin, DPT
- Benchmarking Your Key Performance Indicators for Dental Practice Success (1.5 CEs): Elliot Tracy, CPA
- What You Don't Know Can Hurt You! (1.5 CEs): Janette Douglas, owner of JD Dental Consulting
- 11/8/2022, 5:30 – 6:30 pm, Preventing HPV Cancers in Action: The Critical Role of the Dentist (Webinar): Gary Heyamoto
- 12/16/2022 9am- 2pm, The Christensen Bottom Line (4 CEs): Gordon Christensen – Caterer will be reserved for this event.
- 2/24/2023 2-6pm Medical Emergencies: Dr. Sam Bae (4 CE's) Council discussed the time of the meeting and decided that enough people need the training and would attend even though it is later in the day. Council decided that a social lunch and business meeting will be held prior to the event instead of during the break.
- 3/14/2023. 5:30 – 8 pm, Dentist Social Silvan Ridge Winery Sponsored by Columbia Bank
- 3/21/2023 Reducing Insurance Dependence (1 CE) – Gary Takacs
- 5/12/2023 Lasers in the Hands of Hygiene (3CEs), Laser Hands-on Simulation Workshop (2CEs)

- September 2023, Fall Social TBD
- October or November 2023 Mini Conference TBD: Looking for Theme
- December 2023 Special Speaker TBD: Looking for Special Speaker. More money allocated in budget draft for this speaker.
- CE Catering Discussion: Will reserve Sheild Catering for December Event.

Membership

- 191 (2022) up from 186 (2021) 57.4% of market-share, 6% renewal rate
- New Members: Randy Train, Madeline Hoskins
- 111 Full Dues
- 80 Discounted Dues
- 142 nonmembers, 12 nonrenewals
- Barry Beget passed July 9, 2022, 79 years, Bartlett, IL
- Hop Valley Barrel Room Social Debrief – Successful Event
- Next Newsletter will come out in November
- Membership Directory Will come out in February

Adjournment: 7:00 PM. Dr. Paskalev moved, Dr. Sweeney seconded, all approved.

Next Meeting December 6th

LCDS News January/February 2023

Published bi-monthly by the Lane County Dental Society (LCDS) and distributed to members of the society as a benefit of membership. Statements of opinion in the LCDS news are not necessarily endorsed by LCDS. Contributions to the newsletter are welcome in the form of articles, photos, announcements, or other items of interest for our membership. Notice of errors and corrections are appreciated. Deadline for March/April 2023 Newsletter is February 15, 2023. Send all items to office@lanedentalsociety.org.

Lane County Dental Society

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January/February 2023

**Lane County Dental Society
Officers, Directors, and Staff**

President: Jordan Lentfer, DMD

Secretary: Ivan Paskalev, DMD

Treasurer: Carly Peterschmidt, DMD

Past President: Kevin Sweeney, DDS, MD

President Elect: Mercedes Del Valle DDS

Directors at Large:

Matt Bahen, DMD

Travis Alcorn, DDS

Evan Harpster, DDS

Christina Sola Martin, DDS

Executive Director: Nissa Newton

