



**September
2019
Edition**

SPOKANE DISTRICT DENTAL SOCIETY NEWSLETTER

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Email: wendy@spokanedentalsociety.org
www.spokanedentalsociety.org - www.indc-spokane.com
www.facebook.com/spokanedentalsociety

2019-2020 SDDS Officers

President

Dr. Ashley Ulmer

President-Elect

Dr. Elisabeth Warder

Secretary/Treasurer

Dr. Neill Mears

Past-President

Dr. William Petersen

SDDS EXECUTIVE COUNCIL

Dr. Richard Bass
Dr. Lauren Van Gemert
Dr. Nick Velis
Dr. Heather Moore
Dr. Stephen Griffith
Dr. Michelle Dullanty
Dr. Robert Renck
Dr. Daniel Fenn
Dr. Michelle Metcalf

SDDS EC ALTERNATES

Dr. Kevin Truong
Dr. Blake McKinley, Jr.
Dr. Gretchen Taylor

President's Message

Dr. Ashley Ulmer

Hello!

Can you believe summer is already over and autumn is just around the corner?

Welcome back to SDDS!

Have you already reserved your seat at the Foundation Gala, September 28th after the WSDA House of Delegates? Its going to be a blast! Don't miss out on the fun, food and, most importantly, wine!! You can register for this event and all other Society events online, through the links in the email updates Wendy sends out to you.

We have had a busy summer planning all the events and meetings for the Dental Society this year.

We are starting the year with our first membership meeting on September 10th featuring a lecture by our own Dr. David Engen! He has written a book on retirement planning and would like to share his expertise with the Dental Society.

October 4th is the date for our first Dr. Mark Paxton Scholarship lecture! Dr. Paxton had a passion for teaching medicine and helping students learn so we would like to honor his legacy by inviting the Spokane community to hear Dr. Amy Doneen from the Heart Attack and Stroke Prevention Center speak about the Bale/Doneen Method for Guaranteed Arterial Wellness and the role oral health plays in our overall health. Those of you who have heard her present in the past will remember how interesting her presentation material is and what a privilege it is to have her kick off this worthwhile CE event benefitting the scholarship fund. You will want to register early for this meeting because seating will be limited!

At the close of last year (May 2019) the membership approved a couple of changes to our society by-laws. This first change is the addition in the appeal process for denial of membership in the dental society. The second changes the number of membership meetings we will hold in the year. Responding to the feedback we received in the membership survey we conducted last spring, the Executive Council decided to decrease the number of meetings but increase the amount of time for the CE lecture at each meeting. Membership meetings will be held in September, November, January, March and May on the 2nd Tuesday of each month. The SDDS leadership also met this summer to plan some fun social events in the months we do not have regular membership meetings scheduled so that we can stay in touch with one another regularly throughout the year.

Be on the lookout for these events as they are scheduled so that you can plan to attend!

Thank you all for your continued support of our community and the work you do to improve our profession!

Let me know if I can help you in any way!

See you September 10th for the first SDDS Membership Meeting!

Ashley Ulmer DDS

SDDS President

~ANNOUNCEMENTS~

WELCOME NEW SDDS MEMBERS

Dr. Logan Goulet

General
Midwestern University, 2019
3150 East 27th Ave
Spokane, WA 99223
Practicing with Dr. Richard Witter

Dr. Anthony Nguyen

General
Howard University, 2019
9405 N Newport Hwy
Spokane, WA 99218

Dr. Mikelle Kernig

Oral and Maxillofacial Pathology
E Mansfield Ave
Spokane Valley, WA 99216
University of Maryland Dental School, Baltimore College of Dental Surgery, 1999

Dr. Jordan Sanger

General
University of Utah, 2019
50 SE Bishop Blvd
Pullman, WA 99163
Practicing with Dr. Jonny Fisher

Dr. Alex Snyder

Pediatric
Nova Southeastern University, 2014
1327 N Stanford Ln Ste B
Liberty Lake, WA 99019
Practicing with Dr. Jared Evans

REMINDER!

A licensed dentist who prescribes opioids must register for the Prescription Monitoring Program (PMP)!!

Steps for PMP online account Registration:

1. Go to www.doh.wa.gov and type in "PMP" in the search bar. Click on the first result. Click on "Provider Login" and then accept the terms and conditions.
2. Logon to your SAW account. No account? Select 'sign up'
3. In SAW "Add a New Service." Find PMP in the "Service Menu" under Department of Health.
4. Select "New User" and fill out the PMP registration.

PMP staff members can assist with registration by phone at 360-236-4806 or by email at prescriptionmonitoring@doh.wa.gov

SAVE THE DATE!

Inland Northwest Dental Conference

April 23-25, 2020

Northern Quest Resort

Private Local Dental Professional Facebook Group

Please take a moment to join the new Facebook group “**Spokane Dental Network**”. This private group is available to all dental professionals in the area and allows group members to openly post about CE, job opportunities, classifieds, dentistry in the news, new license requirements, etc.

Please also encourage your entire staff to join.

Need CE Credits?

Opportunities can be found on our web site:

Spokanedentalsociety.org

Does your office or study club offer CE?

Email the info to

wendy@spokanedentalsociety.org

and they'll be placed on our web site, Facebook pages and within the next Newsletter.

JOB BOARD

Are you looking to hire? Are you looking for a position? SDDS has a job board on the web site:

www.spokanedentalsociety.org

Interested in posting an ad? Email your ad to:

wendy@spokanedentalsociety.org

This service is FREE for members and their staff!

Society Social Events

Women's Wine Tasting at Reininger - Thursday, October 10 at 6pm

Other events to watch for (dates and info to come!):

Seahawks game happy hour, yoga at The Union, family-friendly Centennial Trail walk, SDDS night at the Spokane Chiefs and MORE!

What you should know about long-term care

Like many things, longevity can be a double-edged sword. With advancing age, also comes an increased likelihood of a costly healthcare event — an event that could rapidly deplete a lifetime's worth of savings without proper planning. Approximately 70% of Americans who are currently age 65 or older will require some type of long-term care during their lifetime. Given this strong likelihood that you will need care, there are a number of important long-term care related questions that you should address and plan for:

- * Who will be your primary caregiver?
- * In what setting do you want to receive care?
- * How will you pay for your care?
- * And how will your care impact your family and finances?

Long-term care insurance helps ensure that you'll have access to high-quality care should you ever need it, without having to spend down your life's savings in order to pay for it. And when it comes to coverages and payments, you have a growing number of options available to fit your individual needs and preferences. A financial strategy that fails to address healthcare costs — both those you expect and those that are less predictable such as a need for long-term care — leaves you far more vulnerable to depleting your savings and wiping out any potential to leave a meaningful legacy.

Getting started

For more information about long-term care insurance and for help in reviewing the options available to fit your needs, please feel free to reach out to me.

Ryan M. Holcomb

Financial Advisor

Merrill Lynch, Pierce, Fenner & Smith Inc.
509-459-4541

CONTINUING EDUCATION REQUIREMENTS

How many hours of continuing education do I need to renew my dental license?

Sixty-three hours every three years. State law details continuing education requirements for dentists

When does my three-year reporting period start?

The three-year continuing education reporting period for a dentist licensed in Washington before 2019 began January 1, 2019. Verification of completion of continuing education hours will be due on the dentist's annual license renewal date in 2022, and every three years thereafter.

The three-year continuing education reporting period for a dentist initially licensed in Washington in 2019 or later begins upon date of licensure and every three years thereafter.

The commission has determined it will accept appropriate continuing education completed during the old reporting period of 2018-2019. To clarify, appropriate continuing education completed after a dentist's birthdate in 2018 through December 31, 2018, may be counted for the new three-year reporting period that ends in 2022.

Why was the continuing education reporting period changed to three years?

The commission determined a three-year reporting period provides more flexibility for dentists to complete continuing education. Some dentists earn more than 21 hours in one year and will now be able to claim all hours within their specific three-year reporting period. Better quality continuing education can be sought, rather than dentists taking any course to meet the one-year deadline. Additionally, many other states have two- or three-year reporting periods. This change creates consistency with other states.

Credential Type	Annually	Every three years	Every five years	One-time only
Dentist license		63 hours		
Minimal sedation by inhalation (nitrous)			7 hours	
Minimal sedation			7 hours	
Moderate sedation permit			7 hours	
Moderate sedation with parenteral agents permit		18 hours		
General anesthesia permit		18 hours		
Dentist suicide prevention education				3 hours
Dentist opioid prescribing education				3 hours
Healthcare provider basic life support (BLS)	Current certification required			

**Spokane District Dental Society
General Membership Meeting
TUESDAY, SEPTEMBER 10, 2019**

CenterPlace Regional Event Center
Program Starts at 6:00pm (doors open at 5:30pm)

**Retirement Planning for Young and Old
Presented by: David W. Engen, D.D.S., PS**

Most Americans dream of retiring and living the good life. Sadly, when the majority reach their golden years they find themselves financially ill-prepared. In this lecture, Dr. Engen will review the myriad of retirement options (IRA's, 401k, pensions, defined benefit plans, etc...) so that you can properly prepare for the good life at retirement. Not only will you be able to prepare, but you will learn how to keep the tax man away from your money.

Everyone who attends will receive a complimentary copy of the book "Grab the Dream: Your step-by-step guide to wealth management"

Upcoming Meetings

November 12, 2019

CE Program: **Solutions for Neck, Arm and Back Pain in Dental Professionals**
Presented by: Kenneth R. Van Dyken, D.C.

January 14, 2020

CE Program: **Developing and Leading High Performing Teams**
Presented by: Jason Swain

March 10, 2020

CE Program: **The Gut-Brain Connection**
Presented by: Dr. Hunter Petersen

May 12, 2020

CE Course TBD
Presented by: Roderick W. Tataryn, DDS, MS

Return form to: 509-838-5040 (fax) or wendy@spokanedentalsociety.org

YES, I will attend September 10 _____ **Ordering dinner? Yes** _____ **No** _____

NAME _____

Dinner (beer/wine ticket included): \$30

Visa/Mastercard/AMEX _____

Exp. Date _____ **Billing Zip Code** _____ **Total \$** _____

Signature _____

*Checks can be made to SDDS and mailed to: 23403 E Mission Ave #104, Liberty Lake, WA 99019

*Payments with a credit card can also be taken by phone, 509-838-0436

SPOKANE DISTRICT DENTAL SOCIETY EVENTS

SDDS Foundation's 8th Annual Gala

Saturday, September 28th
The Historic Davenport Hotel
5:30pm

\$100/per person
\$1500 Table Sponsorship (includes 10 tickets)

Join us for an unforgettable night.

This formal affair will boast exhilarating aerial performers, fabulous food & libations, live music & dancing!

SAVE THE DATE!

Dr. Mark Paxton Dental Scholarship - CE Event

Friday, October 4, 2019

8:00am - Noon

\$50 per person (Light breakfast and lunch are included)

All proceeds will benefit the Dr. Mark Paxton Dental Scholarship

CE Program:

The Bale/Doneen Method- "A Guarantee of Arterial Wellness: The Critical Role of Oral Health"

Dr. Amy Doneen will be presenting at our first annual CE event benefitting the Dr. Mark Paxton Dental Scholarship Fund. Dr. Doneen is Medical Director, Heart Attack & Stroke Prevention Center and Co-Founder of The Bale/Doneen Method.

Synopsis:

This course will elucidate essential elements for establishing and maintaining cardiovascular wellness. The dental profession is positioned to play a profound role in this regard. Oral health staff and providers will learn concurrent health issues and physical traits their patients may have which heighten CV risk. Attendees will be informed about the wisdom of utilizing technology to detect asymptomatic CV disease (CVD). This course will provide education regarding inflammation as the cause of CVD. A special focus will be directed toward oral health as a cause of arterial disease and potential trigger of CV events. The Bale/Doneen Method bridges the gap between medicine and dentistry to promote arterial wellness. Students of this course will be in position to enhance their own CV health as well as their patients.

2019-2020 SDDS MEMBERSHIP MEETINGS

SDDS Members Only

Program Starts at 6:00pm (doors open at 5:30pm)

Please RSVP with wendy@spokanedentalsociety.org

Location: CenterPlace Regional Event Center (Spokane Valley)

Mtg & CE are FREE (dinner does not need to be ordered to attend)

September 10, 2019

CE Program: Retirement Planning for Young and Old

Presented by: David W. Engen, D.D.S., PS

November 12, 2019

CE Program: Solutions for Neck, Arm and Back Pain in Dental Professionals

Presented by: Kenneth R. Van Dyken, D.C.

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CE Program: The Gut-Brain Connection

Presented by: Dr. Hunter Petersen

May 12, 2020

CE Program: Title TBD

Presented by: Roderick W. Tataryn, DDS, MS

INDC - April 23-25, 2020 - Northern Quest Resort

**Spokane District Dental Society Foundation
8th Annual Gala**

Saturday, September 28

Historic Davenport Hotel

Join us for an unforgettable night. This formal affair will boast exhilarating entertainment, wine/beer tasting, fabulous food & libations, live music and dancing!

Dinner Tickets: _____ \$100 each Table Sponsor (includes 10 tickets): _____ \$1500

I am unable to attend, but wish to contribute my tax deductible gift, to the success of this event, for \$ _____

Contact Name _____

Names of those attending: _____

Office _____

Address _____

City _____ State _____ Zip _____

Fax _____ Phone _____

Email _____

_____ Check _____ Send Invoice _____ Card (Visa, MasterCard, AMEX)

CARD# _____

Expiration Date: _____ Billing Zip Code: _____

Signature: _____

Please complete this form and return it along with your payment to:

Spokane District Dental Society Foundation

23403 E Mission Ave, Suite 104, Liberty Lake, WA 99019

Or send form to: 509-838-5040 Fax | wendy@spokanedentalsociety.org

THANK YOU!

Dr. Mark Paxton Dental Scholarship CE Event for the Entire Dental Team

Friday, October 4

8:00am - 12:00pm

CenterPlace Regional Event Center



The Bale/Doneen Method

“A Guarantee of Arterial Wellness: The Critical Role of Oral Health”

Presented by: **Dr. Amy L. Doneen, DNP, ARNP**

Dr. Amy Doneen will be presenting at our first annual CE event benefitting the Dr. Mark Paxton Dental Scholarship Fund. Dr. Doneen is Medical Director, Heart Attack & Stroke Prevention Center and Co-Founder of The BaleDoneen Method.

This course will elucidate essential elements for establishing and maintaining cardiovascular wellness. The dental profession is positioned to play a profound role in this regard. Oral health staff and providers will learn concurrent health issues and physical traits their patients may have which heighten CV risk. Attendees will be informed about the wisdom of utilizing technology to detect asymptomatic CV disease (CVD). This course will provide education regarding inflammation as the cause of CVD. A special focus will be directed toward oral health as a cause of arterial disease and potential trigger of CV events. The Bale/Doneen Method bridges the gap between medicine and dentistry to promote arterial wellness. Students of this course will be in position to enhance their own CV health as well as their patients.

Educational Objectives

- Recognize health issues identifiable in a dental practice that are associated with increased CV risk.
- Analyze the difference in determining CV event risk based on risk factors versus presence of atherosclerosis.
- Comprehend inflammation as causal of arterial disease.
- Appraise oral health as a potential driver of arterial inflammation.
- Synthesize the above components into a method focused on assessing CV risk.

\$50 per person

(light breakfast and lunch are included)

ALL PROCEEDS BENEFIT The Dr. Mark Paxton Dental Scholarship

Office: _____

Names of those attending: _____

Email/Phone _____

_____ Check _____ Send Invoice _____ Card (Visa, MasterCard, AMEX)

CARD# _____

Expiration Date: _____ Billing Zip Code: _____

Signature: _____

Please complete this form and return it along with your payment to:

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