



Women Dentist Garden Wine Party on a Beautiful Day in Hendrick's Park

Local area dentists attended LCDS' July 15th Women Dentist Garden Wine Party. We thank Columbia Healthcare Banking for sponsoring the event and appreciate the support of the Oregon Dental Association for making the event possible. Wine was donated by Patricia Nolan from Digital Systems Integrated (DSI). Gift Certificates were donated for door prizes from Pastini and Ambrosia, and a Wine Basket was donated by DSI. Guests enjoyed tea sandwiches and a strawberry shortcake trifle. LCDS hopes to continue having more social activities along with increased continuing education opportunities. It is important to connect with others and getting to know other dentists is a great way to develop lasting friendships, become part of a larger community, and create support networks.



Member Spotlight: Dr. P. Ben Meyer, DDS

Dr. P. Ben Meyer decided to become a public health dentist after doing outreach in public health clinics during dental school. He decided to work in this casually laid-back environment, enjoying the challenge of doing the best for a patient within the clinical and financial limitations of this setting.

After graduating from the University of Michigan's School of Dentistry, Dr. Meyer sought opportunities outside Michigan. He heard about White Bird Clinic. He had intended to do the work for a few years; however, he has been involved with the clinic for 14 years and is now their dental director. His wife, Lindsay, moved across the country from Michigan with him. They now have two daughters, ages 4 and 8. Their family enjoys a lot of family time doing outdoor activities like playing in parks or going for hikes.

Continued on p. 11

In this Issue

Women Dentist Garden Wine Party on a Beautiful Day in Hendrick's Park p. 1

Member Spotlight: Dr. Meyer pp. 1 & 11

LCDS President's Message p. 2

Sittner & Nelson p. 2

Columbia Healthcare Banking p. 3

Back to School and Back to Sleep by Dr. Donald Dexter p. 4

Unbreakable Bonds P. 4

Consani & Associates LTD. p. 5

2023 Miniconference: Improve the Health of Your Practice pp. 6 & 7

Refreshing your Pediatric Skills with Dr. Greg Psaltis CE p. 8

Digital Systems Integrators, LLC p. 9

ED Message p.9

Classifieds p.10

Save the Date 2024 Events p. 11

White Bird Clinic Update p. 11

ODA Regional Event p. 12

Lane County Dental Society
4736 Royal Ave.
PMB #109142
Eugene, OR 97402
office@lanedentalsociety.org

Visit us at lanedentalsociety.org

Office Hours:
Mon, Thu, Fri
11 am - 5 pm
(541) 686-1175

Follow LCDS on:



President's Message

Mercedes Del Valle, DDS

Summer is drawing to a close, and it's been a season of highs and lows. Unfortunately, the fires meant many of us couldn't hike or enjoy the outdoors as much as we'd hoped. My trip to Crater Lake National Park during the 4th of July week was a highlight.

The park's beauty was a welcomed break from the disruptions.

There's a collective hope for rain to clear the air and bring back the opportunity for more hikes. I'm sure many of us are looking forward to breathing easier and getting back to our favorite trails.

Our Women's Wine Garden Party was a bright spot this summer. The turnout was great, and everyone seemed to have a good time. It was refreshing to see everyone come together and enjoy.

With the onset of fall, schools are reopening, and our scheduled activities are starting up again. One significant event to mark in our calendars is the mental health talk in October. It's crucial for us to understand mental health better, especially considering its impact on our colleagues and community.

In November, there's the ODA regional event in Florence, Lane County. It's an excellent opportunity for networking and learning, and I hope to see many of you there. For more details about the event, check the back cover.

Lastly, as we plan for next summer, we're keen on getting your suggestions. If there are events or activities you think we should consider, please let us know. Your input is invaluable as we shape our calendar for the coming year.

I'm looking forward to seeing you all soon!

SITTNER & NELSON **It's personal®**
 COMPREHENSIVE WEALTH MANAGEMENT
 Financial Planning | Investment Management | Corporate Retirement Plans

Todd Nelson CPA, CFP® | Fred Sittner MBA, CFP® | Kevin Sittner CPA, CFP®, CFA | Sarah Brooke CFP®
 497 Oakway Road, Suite 300 Eugene, OR 97401 541.636.4001 | www.sittnerandnelson.com
 Advisory services offered through Sittner & Nelson, LLC, an SEC Registered Investment Advisor

Focused on the Health of Your Practice

A personal approach to dental banking.

At **Columbia Healthcare Banking**, we understand the dental industry inside and out – from acquisition and equipment loans to refinancing and more. And since we're a community bank, you get more than just expertise, you get a relationship with bankers who get to know your unique practice. Find out more at ColumbiaHealthcareBanking.com.

Jennifer Kinkade
SVP, Healthcare Relationship Manager
503-509-0073
jenniferkinkade@columbiahealthcarebanking.com



Member FDIC  Equal Housing Lender

Back to School and Back to Sleep: Hit Reset on Students Bedtime Routine This Fall

Donald Dexter, Diplomate, American Board of Dental Sleep Medicine, Eugene Dental Sleep Center

As the summer season ends, hitting “reset” on all routines is the perfect way to prepare students to go back to school and prepare for the Fall change to the clocks. When it comes to sleep, practice makes perfect. According to a recent survey from the American Academy of Sleep Medicine, the vast majority, 81%, of parents with children under 18 say that their kids keep a consistent bedtime, an essential first step to getting restful and refreshing sleep.

“Setting a consistent bedtime routine is very important, especially for children, who need more sleep for overall health and wellness,” said Dr. Shalini Paruthi, sleep medicine physician and spokesperson for the AASM. “Making an intentional shift from summertime habits to more regimented school-year habits can be difficult, which is why the AASM recommends starting the transition a couple weeks in advance.”

In addition to making the return to school smoother, setting and sticking to a bedtime routine helps regulate students’ physical and mental health, which is especially important during high-stress periods.

“Students are under a lot of pressure to juggle their academic and personal interests. Making sleep a priority is imperative to supporting their academic and individual growth and success,” Paruthi said.

Finally, the key to ensuring your student is well-rested is determining how much sleep they need based on their age. For example, kids between three and five years need 10-13 hours per 24 hours, including naps. Those between six and 12 years need 9 to 12 hours of sleep overnight, and teenagers (13-18) need eight to 10 hours of sleep overnight.

Leading into the fall and changes to the clock, here are a few tips from the AASM to make the transition from summer to school a smooth one for the whole family:

- Transition to the new bedtime and wake time by gradually shifting bedtime 15 minutes earlier each night and wake time 15 minutes earlier each morning to get on the right schedule.
- Restrict screen time before bed; turn off electronics at least 30 to 60 minutes before lights out.
- Develop a 15-minute relaxing nightly routine, which may include reading, journaling or taking a warm bath or shower.
- Create a quiet, cool sleep environment.
- Consideration of this also provides an opportunity for parents to assess their own sleep needs and work on a reset of their routines for better sleep and wellness.



UNBREAKABLE BONDS

PATIENTS ARE LIKE TEETH. NOBODY SHOULD LOSE EITHER OF THEM.

Don't stress. We've got you!

Implant cases can be complex, making it easy for things to go sideways.

We can help you keep things on schedule.

SCAN ME



You know you want to

Let's Talk Implants

- Surgical Guides
- Digital Workflow
- Case Planning
- Material Selection

Call today

1-541-779-6503



THE IMPLANT SPECIALISTS



866 348-3800 Since 1996

www.mydentalbroker.com

info@mydentalbroker.com

Are you thinking you may want to buy a practice some day? Call us, we will walk you through the preparatory stages:

1. Establish a banking plan. Find out what you qualify for now and what you may choose to do to prepare your portfolio.
2. How much debt is too much debt to buy a practice?
3. How to review the financial analysis of an opportunity and learn to prepare ownership projections and budgeting.
4. Due Diligence. What information do you need and what to look for.
5. The advertising plans. Can you grow a practice quickly? How much will an advertising program cost?
6. The letter of Intent. Understand the process of successfully submitting an offer on a practice.
7. What is the best way to retain the patients and the staff in a transition.

We are a proud, family owned brokerage with over 25 years experience in facilitating successful transitions. Consider working through this with us now to be better prepared and plan for when and if the time comes to own. There is no fee for this process.

Whether you buy a practice through our brokerage firm or not, this will help you prepare. This may also be a significant help in deciding what you may want to look for in a practice and to be ready when that right one comes along. Call us today to get started!

Our brokerage team that works and resides in Oregon:



Broker

adam@mydentalbroker.com

(541) 520-5507

Adam Bratland



President/Broker

paul@mydentalbroker.com

(866) 348-3800

Paul Consani

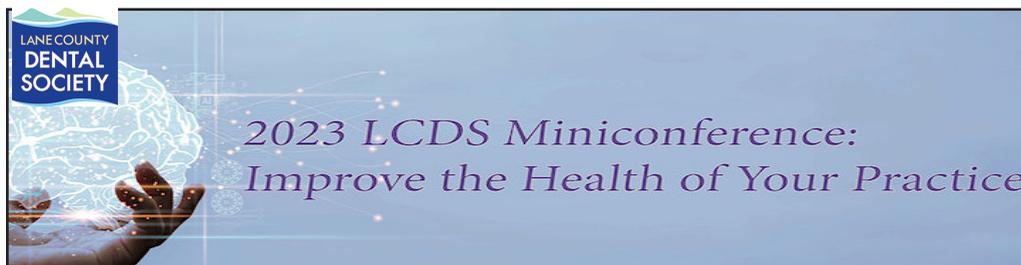


VP/Broker

joe@mydentalbroker.com

(503) 858-5350

Joe Consani



October 6, 2024 8:15 am - 4:30 pm
 Lane Community College
 Free for LCDS Members
 \$125 for non-LCDS dentists
 \$50 for office staff
 Register:
www.bit.ly/LCDSEVENTBRITE

Morning Keynote: 9 am - 12 pm



Our Chamfered Psyche: The Mental Dental Connection
Joshua Austin, DDS, MAGD (3 CEs)

Speaker sponsored by: Columbia Healthcare Banking
 LCDS exclusive banking partner

On main stages at major conferences across the industry, Dr. Joshua Austin's presentations deliver practical, applicable education that inspires and entertains attendees while also offering sound fundamentals that make a difference in dental practice success. His keynote performances, from Dentsply Sirona World to Seattle Study Club Symposiums, are met with rave reviews from audiences and conference organizers alike. Joshua incorporates his trademark comedic style in his lectures across the country on topics such as mental wellness, new products/materials review, and online reputation management.

As editorial director and columnist for Dental Economics focusing on dental products and technology (Pearls for Your Practice), he offers a fresh approach in today's commercial driven dental journalism. When you read a 'Pearl', you are getting an honest evaluation of a product which was used by Joshua in clinical practice on a patient.

As a graduate of the University of Texas Health Science Center at San Antonio Dental School, Joshua served five years post-graduation as faculty in the Department of Restorative Dentistry. Today he maintains a full-time restorative dentistry private practice in San Antonio, Texas.

Course Overview

Dental professionals often examine the physical aspects of wellness yet we rarely explore or discuss the mental aspects. It is time to remove the taboo and face the facts.

Anxiety, pain, depression, burnout. Dentistry can be difficult and take a toll. Studies show us that dental professionals experience a high incidence of mental illness. Additionally, many dental professionals don't clearly understand the mental health conditions that our patients present with, which red flags to watch for or what to do/how to intervene.

Presented in Dr. Joshua Austin's trademark comedic style, this course explores strategies for working together to improve mental health so we can be our best. Learn how to recognize triggers and warning signs. Identify essential tools and resources. Discover how and when to refer to a mental health professional. Explore and understand mental health terms, common treatments and therapy options. Gain coping mechanisms and learn how to manage expectations – both our own and those of our patients.

ADA CERP® | Continuing Education Recognition Program

LCDS is an ADA CERP recognized provider approved by the Oregon Dental Association. ADA CERP is a service of the American Dental Association to assist dental

professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.



LCDS is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this provider are accepted by AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a State or provincial board of dentistry or AGD Endorsement. The current term of AGD approval extends from 1/16/2023 to 1/15/2027.

Course Objectives

- Define mental health terms and analyze mental health statistics
- Discover mechanisms for coping with our personal and professional challenges
- Illuminate common DSM-5 diagnoses and characteristics
- Learn how to choose the professionals for our own personal wellness team
- Identify and examine our psychologic triggers and their importance
- Explore the benefits of psychotherapy
- Consider today to be Dental Mental Health Day!

Educational programs are funded, in part, through the generous support of the following sponsors.

Platinum Sponsors



COLUMBIA HEALTHCARE BANKING
 A DIVISION OF UMPQUA BANK



Gold Sponsor



Digital Systems Integrators, LL

Silver Sponsors



The Dentists Insurance Company

Afternoon Session 1: 1 pm - 3:00 pm

Brian Holmes, DMD, MPH

Speaker sponsored by: Columbia Healthcare Banking
LCDS exclusive banking partner

Give What You Know (2 CEs)



Dr. Brian Holmes D.M.D. was born and raised in the small, northern Utah town of Willard. In high school he was involved in football, wrestling, and theater. After graduation he enlisted in the Marine Corps Reserve. He transferred to the Inactive Ready Reserve for 18 months to serve a Church mission in Ecuador. After this mission, he studied at Weber State University where he met and married his wife, Tammy DeVine. He graduated from OHSU School of dentistry in 1992.

Upon graduation, Dr. Holmes worked at a corporate dental clinic in Grants Pass, OR and then as an associate dentist at a private office in Gladstone OR. In 1994, Dr. Holmes, Tammy, and their two children moved to Hailey, ID where he bought the practice of a retiring dentist. They loved this small community and the many friends they had there, but they didn't like the excessive snow and cold. So, missing Oregon, in June of 2000, they sold their Idaho practice and bought a dental practice in Florence, OR

Almost immediately, Tammy and Brian became very involved in the community and in their church. In 2001, Dr. Holmes started a preventative dental program that began in Mapleton. That project soon spread to Florence, Yachats, Waldport, and eventually to Ecuador and Grenada.

Dr. Holmes has participated in twelve international dental humanitarian projects since 2012, and established a 501 (c)(3), Spice Isle Smile, in June 2020 with the focus on Grenada, West Indies. He completed his MPH in Global Health December of 2022. Dr. Holmes has also been accepted as a member of the International College of Dentists.

Course Overview and Objectives

Participants will engage in discussing strategies for reducing Early Childhood Caries sharing with their colleagues successes and failures. The goal of eradicating dental caries continues to be a worthy goal.

Participants will learn various ways to establish programs locally aimed at reducing dental decay for children in their communities.

Participants will be introduced to a successful international humanitarian school-based mobile dental program that can be operated anywhere and on a limited budget. This discussion will include strategies for volunteer recruitment, utilization of partnering with a nonprofit, volunteer training, and working with government officials. Also to be discussed is the importance of partnering with local dental providers and sharing dental knowledge with these individuals.

Time will be allotted at the end of the program for Q & A (which is encouraged during the presentation) and an opportunity for others to share their experiences with international dental projects.

Afternoon Session 2: 3 pm - 4:30 pm

Michael Ralph Shirtcliff, DMD

Speaker sponsored by: Columbia Healthcare Banking
LCDS exclusive banking partner

Dental Disability Insurance (1.5) CEs



Dr. Shirtcliff is the former president and CEO of Advantage Dental and currently is president of RMS Dental Director, Inc. His practice is limited to Sleep Apnea treatment with Redmond Dental Group. He serves as a dental consultant to Major Dental Insurance Companies and Dental Networks. In 2011 he was awarded the Ellen C. Lowe Community Advocate Award and in 2019 he was awarded the American Associate of Public Health Dentistry Public Service Award.

Course Overview

Learn more about Dental Disability Insurance and pitfalls of Disability Insurance Companies. Discover what to look for in a policy including age, income, assets, liabilities, and family. It is important to understand what can lead to disabilities as well as characteristics of living a long life.

Course Objectives

Participants will understand disability:

1. Types of disability
2. Things that can cause disability
3. Things that can help prevent disability
4. Where to find policies



Refreshing Your Pediatric Dental Knowledge and Skills (6 CEs)

December 8, 2024 9 am - 4:00 pm
Lane Community College

Free for LCDS Members
\$125 for non-LCDS dentists
\$50 for office staff

Register:
www.bit.ly/LCDSEVENTBRITE



Greg Psaltis, DDS Speaker sponsored by: Columbia Healthcare Banking LCDS exclusive banking partner

Dr. Greg Psaltis has been a pediatric dentist for 48 years. While most of his experience has been in private practice in Olympia, Washington, he served three years in the US Navy and in the past 15 years created and ran two volunteer clinics in Mexico. His varied career has included authoring several articles for professional journals, speaking at every major dental meeting in the United States as well as several international meetings that have taken him to Germany, Mexico, Australia, Russia, Canada and Kuwait.

He is the author of the recently published book, Into and Out of the Mouths of Babes, a memoir of his life and career. His engaging speaking style and sense of humor make learning both fun and interesting. Among his honors is the Gordon Christensen Speaker Recognition Award for excellence in dental education.

Morning Course 9 am - 12 pm: So Little Room So Much to See The complete Pediatric dental examination (3 CEs)

Every pediatric dental examination is like a new patient examination simply because of the dynamics of growth and development. Furthermore, there is much to see in the mouths of children other than caries and loose teeth. This program thoroughly covers all aspects of the pediatric dental examination including recognition of anomalies, growth and development, symmetry and balance of the dentition and other components that make examinations on children far from routine. Both clinical and radiographic photographs illustrate the areas of discussion.

Afternoon Course 1 pm-4 pm: But Aren't They Just Baby Teeth? Answers to common questions from parents (3 CEs)

You've heard these words and can't help thinking, "Another ignorant parent." They aren't really ignorant— they're working from old beliefs or genuine concerns for their children. The ability to answer common questions insures better understanding of the pediatric dental issues and creates more trust. This program covers questions routinely heard from parents of pediatric patients including a broad spectrum of topics, among them primary anterior trauma, stainless steel crowns, local anesthesia, timing of initial examinations and more. Practitioners who treat children will benefit from this engaging course.

Attend one or both courses, separate certificates for each course.

Course Objectives

Participants in "So Little Room So Much to See" will understand aspects of the pediatric dental examinations including:

- Recognition of anomalies
- Growth and development
- Symmetry and balance of dentition

Participants in "But Aren't They Just Baby Teeth?" will be able to answer common questions asked from parents in a way they insures a better understanding of dental issues topics including:

- Anterior trauma
- Stainless steel crowns
- Local anesthesia
- Timing of initial examination

Educational programs are funded, in part, through the generous support of the following sponsors.

Platinum Sponsors



COLUMBIA HEALTHCARE BANKING
A DIVISION OF UMPQUA BANK



Gold Sponsor



Digital Systems Integrators, LL

Silver Sponsors



The Dentists Insurance Company



LCDS is an ADA CERP recognized provider approved by the Oregon Dental Association. ADA CERP is a service of the

American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.



LCDS is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this provider are accepted by AGD for Fellowship, Master-ship and membership maintenance credit. Approval does not imply acceptance by a State or provincial board of dentistry or

AGD Endorsement. The current term of AGD approval extends from 1/16/2023 to 1/15/2027.



Serving the **Pacific Northwest dental community** for 20+ years

- Experts in computer hardware & maintenance, digital integration - We work with all practice management systems!
- HIPAA Security & Compliance implementation Specialists
- Employee Owned and Operated
- Competitive time and material rates or optional Service Plans

Contact us for a complimentary technology evaluation

Phone: 503-289-3105 | www.DSIpnw.com
Service@DSIpnw.com



Executive Director Message

Nissa Newton

We are getting ready to finish our programming for 2023 and have a lot planned for 2024. I am excited for our next two events. On October 6th, we will have a mini conference with three speakers in one day! You can get up to 5.5 CEs total and come to any classes you wish. We will hand out CE Certificates for each session. Our Keynote speaker is Dr. Joshua Austin. He was recommended to me as a fun, entertaining speaker. So even though we are diving into the very serious topic of mental health, we will enjoy ourselves. Dr. Brian Holmes will speak about how he started a successful international humanitarian school-based dental program that can be operated anywhere and on a limited budget. We will also hear from Dr. Michael Shirtcliff about disability insurance.

I am currently working on finding new sponsors for next year. If you know of any businesses that want to get to know our members and get involved with us please let me know. We have many options beyond sponsorship, including a business associate membership, ads, having a table at an event, and other special opportunities.

Soon, it will be time to renew your membership. Our membership dues are increasing next year from \$400 to \$500. This is the first increase we have had in over seven years. LCDS has opportunities for members to get their CE requirements met with classes from quality speakers recommended to us by our members. We have a great lineup of six speakers for next year, offering 23 CE credits. Our CE events are free to our members and cost \$125 for nonmembers.

LCDS provides numerous opportunities for members to get to know each other and develop professional relationships. There are also a lot of member benefits at the state and ADA levels including advocacy, numerous discounts, leadership opportunities, research, and more.

Classified Ads

CBCT for Sale for \$30k

Purchased in 2020 at original price of \$65k. Excellent images and easy to use. OP 3D 9x14 great condition with Anatomage Invivo Software. Routinely calibrated by local DEXIS tech and rep. Delivery and training included. Available late September. Feel free to come by and check it out.



Call or email if interested: Jossi Stokes, DDS, 541-686-3003, theteam@pearlywhiteseugene.com

Full Time Dental Assistant - join our amazing team!

Pearly Whites of Eugene is a privately owned dental office seeking an enthusiastic Dental Assistant to join our amazing team! We are looking for a motivated, reliable and happy team member who loves working with other people and making a difference in people's lives.

1 year of dental experience is preferred, but new grads are more than welcome to apply -- we are looking for the best fit for our practice! EFDA and Radiology certificate required. Eaglesoft experience is a plus.

We work an average of 33 hours each week, Monday through Thursday. Full-time benefits include vacation and sick pay, holiday pay, 100% paid employee health insurance, free in-house dental care, Paid CE, and retirement benefits. Salary will be determined based on experience and skill set. All applications will be kept confidential.

Please apply via email with resume and salary requirements to: theteam@pearlywhiteseugene.com, Attention: Nikki

RSVP to Visit October's Lane County Dental Society's Council Meeting

The best way to find out more about becoming an LCDS director is to visit one of our council meetings. Our next meeting is Tuesday, October 3rd, 5:30 - 7:00 pm at Dr. Jordan Lentfer's office. There will be a buffet style dinner, so an RSVP is requested.

We have a few directors who have served for many years, and now we are looking for new directors who want to be involved in the success of LCDS. Time commitment includes a council meeting every other month and other business carried out by email. We would love to have fresh ideas for programming, events, and ways to support our membership. You could make a difference for our members.

For questions or to RSVP email Nissa office@lanedentalsociety.org.

NSK Ti-Max X95L, Low Speed Attachment Contra Angle (2)

New in box, list price \$1280.00, asking \$1000.00

Don Dexter, DMD
541-844-1517
dr@eugenedentalsleep.com

White Bird Dental is looking for a part time hygienist to join the team!

We provide compassionate humanistic healthcare and supportive services to individuals in our community. Looking to add to our hygiene team now with a newer and bigger office space.

Please contact jornelas@whitebirdclinic.org with any questions or give us a call at 541-344-8302

2023 House of Delegates - Registration is Now Open!

The 2023 ODA House of Delegates will be held on September 23rd, 8 am - 1:00 pm and will be 100% virtual. Visit <https://bit.ly/ODAHOD2023> to register.

Dentists and Volunteers Hygienists Needed

This year's Lane County Free Dental Clinic is still looking for dentists and dental hygienists who would like to volunteer on Sunday, November 11th at the Lane County Fairgrounds Auditorium. Up to six hours of Continuing Education Credits are available for the renewal of your Oregon Dental or Dental Hygiene License. Volunteers can sign up for full or half day. For additional information or to volunteer please contact Randy Meyer at randy@caringhand-worldwide.org or call/text 541-556-5902.

Toothbrush, Paste, and Floss Donations Needed for Bags of Love

Bags of Love is a nonprofit serving children in crisis due to abuse, neglect, poverty, moving into foster care, or one without a home at all. In 2022, Bags of Love helped over 4,600 local Lane County children in crisis. Donations can be dropped off Monday - Thursday from 10:00 - 2:00 pm at 1052 Green Acres Rd or pick up can be arranged by calling the office at 541-357-4957.

Commission on Dental Accreditation at LCC

The Commission on Dental Accreditation (CODA) will be conducting a site visit for review of the Dental Hygiene and Dental Assisting Programs at Lane Community College from November 15 through November 17, 2023. Interested parties may submit third-party comments using guidelines found here: www.bit.ly/CODALCC

SAVE THE DATE - 2024 EVENTS**Peri-Implantitis (2 CEs)****Dr. Brad McCallister**

January 11, 2024, 5:30 - 7:30 PM
Lane Community College, Eugene, OR
Free for LCDS Members,
\$125 nonmember dentists, \$50 Staff

Infection Control (2 CEs)**Cultural Competency (2 CEs)****Healthcare Compliance Associates**

February 9, 2024, 9:00 AM - 3:00 PM
Lane Community College, Eugene, OR
Free for LCDS Members,
\$125 nonmember dentists, \$50 Staff

Retirement Planning Strategies for Dentists (2 CEs)

Nathan Ricks, CFP
Lane Community College, Eugene, OR
March 14, 2024, 5:30 - 7:30 PM
Free for LCDS Members,
\$125 nonmember dentists, \$50 Staff

Soft Tissue and Radiographic Pathology (6 CEs) Dr. Bryan Trump

April 19, 2024, 10:00 am - 2:00 PM
Free for LCDS Members,
\$125 nonmember dentists, \$50 Staff

LCDS Golf Scramble

Shadow Hills Country Club
May 10, 2024, 1:00 PM
\$100 per golfer

LCDS Retiree Luncheon

Location TBD
June 4, 2024, 12:00 - 2:00 pm
Price TBD

Suturing for Success

Dr. Nabeel Cajee
October 18, 2024,
Lecture (3 CEs) 9 am- 12 pm
Hands On (limited to 30 participants) (2 CEs) 1-3 pm
Lane Community College, Eugene, OR
Free for LCDS Members
\$125 nonmember dentists, \$50 Staff

Advances in Dental Pharmacotherapy (3 CEs)

Karen Baker RPh, MS
December 6, 2024, 9 am - 12 pm
Lane Community College, Eugene, OR
Free for LCDS Members
\$125 nonmember dentists, \$50 Staff

Continued from p. 1, Member Spotlight: Dr. P Ben Meyer

are looking forward to discovering more Oregon destinations and activities.

As the new Dental Director at White Bird, Dr. Meyer oversees four dentists and two rotating dental interns. He is happy to work with a team that shares his passion. Dr. Meyers says that your heart has to be the main reason for being in a public health setting like White Bird.

One of the challenges of working at a community health center is the aging equipment. Even with grants and support from donors and the dental community, the equipment is replaced when it stops working. Yet, the biggest limitation can be what a patient can afford. Many of the clinic's Oregon Health Plan patients can only afford what their insurance will cover. So White Bird pulls a lot of teeth and does their best to get their patients' mouths healthy and comfortable so they can eat.

White Bird started doing school dental screenings in Bethel about eight years ago and has expanded

its program into Springfield. This program could use volunteer dentists and dental staff who want to give back their time in their community. Like many dental offices, White Bird also has had support staff shortages, so volunteers could help fill the gap.

**White Bird Dental Clinic Update**

Itzel Ornelas

We provide restorative dental care Monday through Friday by appointment.

Each week we provide two emergency walk-in clinic to see patients in pain. They are half day clinics based on a nominal fee if you have no insurance. Income is determined by who can be claimed on a tax return.

With the school year approaching we've been participating in resource fairs around Lane County. If you see us in the upcoming resource fairs stop by and say hello!

Thank you for all local dentist that support and donate to our organization.

Lane County Dental Society

4736 Royal Ave PMB 109142

Eugene, OR 97402

PRSRT STD

US Postage

PAID

Eugene, OR

Permit No. 17

**September/October
2023**

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

President: Mercedes Del Valle, DDS

Secretary: Ivan Paskalev, DMD

Treasurer: Carly Peterschmidt, DMD

Past President: Jordan Lentfer, DMD

President Elect: Open

Directors at Large:

Matt Bahen, DMD

Travis Alcorn, DDS

Evan Harpster, DDS

Executive Director: Nissa Newton

ODA REGIONAL EVENT: CE BY THE WAVES

NOVEMBER 4, 2023

Driftwood Shores
Florence, Oregon

Register Today! <https://bit.ly/ODARE2023>

Early Bird rates available before Oct. 1



CONTINUING EDUCATION



SOCIAL ACTIVITIES



SPONSORS/VENDORS

