



Volunteer Vaccinators Unmasked

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**APRIL
2021**

April 8

New DDS Virtual Social

April 15

BLS Renewal

April 21

Wellness Wednesday
Bicuspid Bootcamp

April 24

Shred-A-Thon

May 5

Wellness Wednesday Yoga

May 13

BLS Renewal

May 19

Wellness Wednesday
Meditation

May 21

DPA/Infection Control

Online Learning

See page 21



J.T. MacMillan Photography

Guest Editor: Hoa Audette, DDS

Bottom row (L-R):

Drs. Mariflor Duhay,
Denise Hornby,
Uyen Thompson,
Hoa Audette,
Susan Nguyen,
Lori Good,
Lindsay Pfeffer,
George Crow

Middle row (L-R):

Drs. Norma Ramirez,
Lilia Larin,
Nita Largoza,
Cindi Jackson,
Parvathi Pokala,
Doug Disraeli,
Ardjmand Homayoun

Back row (L-R):

Drs. Jarrod Goldberg,
Todd Pizzi,
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The International College of
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Facets these publication honors
in Division 2:

2018 Newsletter Award,
2017 Newsletter Award,
Honorable Mention
2016 Outstanding Cover

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VOLUNTEERS NEEDED

COVID Vaccinator

Volunteer to vaccinate your community.
see page 18

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Volunteer to lead

Last month I wrote about volunteering, but I would be amiss if I failed to mention one of my favorite avocations; being a volunteer leader in organized dentistry. My journey in organized dentistry began my first year of dental school at UCLA where I was encouraged by upperclassmen to join our chapter of the American Student Dental Association (ASDA). I didn't fully understand what organized dentistry was, but after attending a few leadership conferences, I was hooked. My journey in organized dentistry is a bit unorthodox as I served my first few positions at the national level while still in dental school. After completing my residency and moving back to California, I was anxious to get involved and quickly volunteered to serve some positions both locally for SDCDS and CDA. Serving for the larger organizations often involves discussing state and national policies that would affect tens of thousands of our colleagues, but the politics can become a bit overwhelming at times, not to mention the enormous time commitment to travel all over the country for meetings. Volunteering with SDCDS is not only more convenient, but I also take pride supporting colleagues more locally.

SDCDS's mission is simple; to provide resources to help member dentists succeed and enhance professionalism. To achieve this, we rely on member dentists to serve on various committees to brainstorm and implement numerous programs. There are many opportunities for members to volunteer, and we are always in need of more leaders to offer fresh ideas and different perspectives. Three committees in particular are currently in need of more member involvement and feedback. The first is the **Committee on Continuing Education**. This group is responsible for planning the myriad of educational events we have throughout the year. In addition to content, this group has to consider scheduling and location of the events, attempting to facilitate access for all our members scattered across the county. Planning events for such a di-

verse group of professionals is not easy, and they could definitely benefit from more members with fresh ideas on how we could best support our membership through education.

Another committee that has been extremely challenged with the shelter in place orders is the **Committee on Member Recruitment and Retention**. Prior to the pandemic, this group planned events throughout the year to facilitate member networking, created methods to recruit and welcome new members, and developed other member benefit programs. One can imagine how challenging a task it is to design successful programs for such a diverse group of over 2000 members located throughout two counties. This committee relies on input from a diverse group of creative volunteers and can always benefit from more member involvement. This committee is an ideal starting point for someone interested in becoming involved with the dental society and requires minimal time commitment throughout the year.

A third committee that requires minimal leadership experience and is in need of more member involvement is the **Committee on Communications**. This committee directs society staff on how best to reach our members with information about upcoming programs, news alerts, and general society happenings. Over the years, it has become more and more difficult to ensure our members get this important information. Sending mail can be challenging due to the fact that many members choose to receive mailing to their office, with post cards and letters too easily lost in the shuffle with all the other mail a practice receives daily. Associate dentists who work in multiple locations may have a particularly difficult time receiving society mail. Alternatively, email can be used to reach members, however this method is not without its unique challenges as well. The website and social media are additional methods the society uses to disseminate informa-

tion, but not without some inherent limitations. The committee has to consider the changing demographic of our membership and how people prefer to receive such information.

A recent update to our strategic plan includes developing an app to facilitate the sharing of information, as well as many other benefits that a well-designed app can offer. Imagine getting a notification to remind you about a course you registered for, or quickly being able to look up and contact other members or vendors.



CDA leadership conference: touring the Capitol in Sacramento with SDCDS volunteer leadership. I was chair of the CDA new dentist committee at the time.

Vital to the success of this new endeavor is recruiting more members, particularly those who use this type of technology daily for other purposes (banking, social media, shopping, task lists, etc.). Warren Bennis infamously defined leadership as "the capacity to translate vision into reality," and this is exactly what we need. So if you have fresh ideas, are willing to share your thoughts, and are interested in volunteering a little of your time to help your colleagues succeed, simply complete the leadership survey online or contact the society staff today! I look forward to working with you! •

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Stop the presses! Part 3 of 3: all the news that's fit to print

Is there value in a printed dental association newsletter, like Facets?

Take a look at the CDA Update newsletter. Too late. It no longer exists. Did you notice? It was CDA's printed newsletter that contained articles, stories and practical information for use in our offices. March 2020 was the final edition. What happened? The CDA website simply states "CDA Update is no longer printed and delivered by mail. Connect to dentistry-specific news, resources and guidance online and through e-newsletters." Additionally, as CDA celebrated its 150th anniversary last year, the award-winning CDA Journal also moved into a completely digital format. Did you notice?

What's happening to printed newsletters?

Let's take a look at what is happening across our state at the society level.

I just had a conversation about this topic with Sunjay Lad, DDS, past president of the San Gabriel Valley Dental Society and a current CDA Trustee. As a former editor of the SGVDS Explorer newsletter, he knows all about communication, right? His Society discontinued its newsletter. He believed it was not relevant in providing timely communication with its members. And it was hard to get members to write articles for the newsletter (Hmm. long pause). SGVDS has a touch over 1,000 members, compared to our 2,034 members. Dr. Lad said his executive director successfully distributes timely news using email blasts. It is quite successful, and similar to what SDCDS executive director Mike Koonce does to send our members the breaking news.

Sacramento District Dental Society executive director Cathy Levering also uses email blasts to broadcast the latest news. The SDDS newsletter *The Nugget* is still printed ten times a year (like us) and serves 1,600 members with themed issues that each editorial board member creates over the year. Again, timely news is distributed digitally.

And Santa Clara County Dental Society, with over 1,800 members? Last year, their society printed newsletter won over four International College of Dentists — USA Section awards. Their executive director, Candace Roney, told me they no longer have an editor position; it has been transitioned into a chief communications officer/editor. They plan to publish 4 printed magazines a year instead of 9. Candace said they have "changed the focus of the magazine to make the content more "evergreen". SCCDS is investing time and energy into digital content with e-mail, Constant Contact and social media to meet their members' needs for timely information."

Is this the end of Facets?

No! There is value in a traditional printed dental association newsletter. But the value has morphed into something different. Facets strove to be the ultimate source for news and information for its members in our local region. We still provide necessary information, and successfully do just that. However, as has been discussed in the past few issues, the breaking news is best distributed digitally and seemingly at an instant through the e news blast format or other electronic news delivery systems. 51% of our members open up our SDCDS news e blasts. That gets the word out.

Look at our mission statement: "Facets delivers news, features, information, and updates on dental matters to meet the needs of our local dental community." Facets still does that. And more.

Facets does a great job with features. We do a great job in highlighting what our members do. Whether it is a photograph of our leaders volunteering to distribute PPE, or highlighting the writing and blogging talents of our members, you can find that in Facets. And look at the local coverage of our dentists vaccinating our community.

Facets does a great job in connecting us with the local business of dentistry. Look at the local advertisers, who not only support the publication of our newsletter, but also sponsor many of our events. Two of these advertisers, Ken Rubin Practice Sales, Inc. and TDIC have been there since I started as editor in January 2006. You would not be holding a printed issue delivered to your physical mailboxes if it wasn't for the support of advertisers like them.

Then there is the intangible. Holding a printed copy of a newsletter connects us. It connects you — the member — to us, the society.

Finally, for me, nothing feels better than holding a printed copy of a dental newsletter or journal. Old school? You bet. I am not quite ready to accept everything the digital age offers. Sure, I love my Apple Music. And I haven't picked up a music CD in months — well, except for my bootleg copy of the 1990 Alan Parsons Project musical. But that was already in my car's CD changer, so that technically doesn't count. But I still haven't been able to finish reading my E-book version of Killing Patton. Is it because of my age? Sure, AARP has been sending membership applications to me for several years (the free fanny pack included with membership is quite enticing).

I still can't accept a world of digital newsletters and journals. I am too old for this. It isn't because I belong to Generation X. I guess it must be because of who I am. •



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By the Numbers

This month we'll take a look at some of the numbers over the last year at the local level. We are the second largest dental society in CA (after Orange County), and these statistics will give you some idea of how that measures out. We hope that our events and services are of use to you.

2034

Number of member dentists in San Diego and Imperial Counties

72%

Market share of dentists in San Diego and Imperial Counties

51%

Average open rate on our electronic weekly Updates

4

Staff members who keep SDCDS running

0

SDCDS dues increases over the last 15 years

300+

Donors to our San Diego County Dental Foundation

10

Issues of Facets published each year

19

Virtual events hosted in 2020 (social events and CE seminars)

365,000

N95 respirators we distributed to dentists since the start of the Covid pandemic

2243

CE units taken in the last year through our online platform

192

N95 fit tests performed to comply with OSHA requirements

Welcome NEW *San Diego County Dental Society* Members

James Strother, DDS Indiana Univ., 1986

Kimberly Merchant, DMD Oregon Health Sciences Univ., 2001, Endodontics at VA Med Long Beach 2004

Lynnette Shugan, DMD Tufts Univ., 2014

Hasan Mustafa, DDS Int'l School, 2021

Jorge Sanchez, DDS Univ. De La Salle, 2017

Raivyn Conway, DDS USC, 2018

Message from CDA

CDA Presents: The Art and Science of Dentistry goes virtual May 13-16

We hope you have been able to join any of CDA's virtual events over the last year, from webinars to meetings to C.E. learning opportunities. Rest assured, there is still much to look forward to in 2021 as we share new ways to connect online and be a part of best-in-class events in the virtual space.

With that in mind, we want to let you know that CDA Presents The Art and Science of Dentistry will be virtual in spring of 2021 to continue to ensure compliance with public health guidance and to be able to plan for the best event possible.

While environmental limitations mean we can't be together in person, we're creating an innovative CDA Presents experience that builds on our virtual events of the last year, including:

- A robust line-up of speakers and topics, from clinical studies and current concepts in oral medicine to financial guidance and building strong relationships within your dental team.

- An interactive exhibit hall experience that lets you meet personally with companies in the dental industry throughout the event and take advantage of show-only specials.

- The virtual premiere of Dennis Shinbori, DDS Table Clinics, recently renamed in honor of the late Dennis Shinbori, DDS, where dental and auxiliary students compete for cash prizes, and resident and military dentists for the love of dentistry.

- Opportunities to connect with your peers through social events like coffee breaks and wine tasting.

- Ways to win prizes throughout the event through games, challenges and more!

This is just the beginning of new educational offerings from CDA this year, and we're looking forward to sharing more of those details soon. Mark your calendars for May 13-16 for CDA Presents The Art and Science of Dentistry to ensure you're able to join us online. We look forward to seeing you online!

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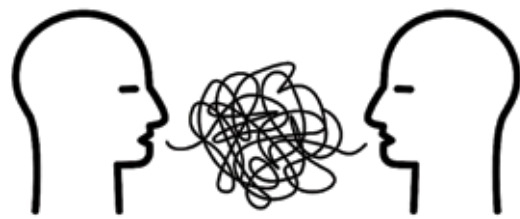
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Mind your Language



A little while ago, I was explaining treatment to a patient and heard myself mistakenly slip in a few dental terms like “FMX” and “resorption” both in the same sentence. Instantly, I corrected myself and all was fine but how many of us slip now and then into our comfortable dental terminology that we use all day long amongst ourselves and with insurance companies? I’m aware that many consultants have their cheat sheets for practice teams in order to avoid the use of dental words that patients may not understand. This all reminded me of when an out of state friend had broken a tooth and needed a crown. He went through what the dentist had told him was wrong and as he was describing his own situation in his own words, it struck me how simplistic he put it all. It was all very accurate but very basic and lacked any complex dental terms. He didn’t say they took a BWX and a PA during his limited exam and then found a fracture adjacent to a multi-surface amalgam restoration. He simply said they “looked at it and then checked my x-rays and said my tooth was broken because my old silver filling was too big”. That was it. The prep description was even better.

It isn’t easy to be able to convert our dental language into a basic level to have patients understand what is being explained to them. As my years in practice add up, I have come up with my own analogies that help clarify what I’m trying to say to patients. It especially helped me to know what the patient’s line of work

may be because I tend to use analogies that they can relate to and that facilitates the communication. Last week, I examined a patient, who happened to be a civil engineer, and with whom I used a physics principal to explain his occlusion and how it relates to his implants. He got it instantly. But I wouldn’t have explained it the same way to another patient who might not necessarily be familiar with some laws of physics. For me, the skill of crafting words to describe a dental diagnosis or treatment actually starts with knowing my patient. I can then select my words and metaphors accordingly. In general, what also worked was keeping everyday analogies at hand for all to relate to. For the most part, we’ve all seen a rotting apple, a cracked ceramic mug or had a physical exam. Getting creative with the analogies helped me stay clear of using our dental terms. That way, I avoid the puzzled expression on a patient’s face or one that looks like they understood everything only to have my team member translate it all for the patient. So when my friend finished telling me his experience with his prepped, I mean, prepared tooth, I wished him well with the “final” not the definitive crown. •

Dr. Barakat graduated from Boston University School of Dental Medicine, completed an AEGD residency in Detroit and practiced in New England before moving to San Diego. She is currently in private practice and is the President of the San Diego AGD component. She is a regular contributor to the AGD’s Daily Grind blog.



Pandemic Pets

I first became a cat mom when I was a dental student in 2013. I had recently lost my dog Tank, and was living without a roommate. I was searching for a fur companion, but knew that I did not have time for a pet that would require as much attention as a dog did. A cat seemed like a reasonable option. From what I had researched, cats were independent enough that I could handle the responsibility while in school.

Purl and I bonded immediately. If I was studying, so was she. If I was napping, she was under the covers cozied up next to me. If I was stressed, she would lay on my chest and turn on the purr machine. If I was flying home for the school breaks, she was sitting right next to me on the flight being a good kitty passenger.

I don’t think anyone could have predicted how long and agonizing the 2020 shutdown due to the coronavirus global pandemic could have been. Taking into consideration my exposure risk and physical health I made the decision to quarantine alone in my studio apartment with Purl as my only companion. I had limited myself to no human contact for months. Zoom happy hours, CE learning, and social media were my only contacts with others.

I tried to keep some normalcy in my daily routines. That included caring for my fur baby. Like most cats, Purl enjoys chicken snacks, chin scratches (only four, five is too much), and laser play time. Occasionally, she would get an extra special treat and trip off some yummy catnip.

Eventually, like most cats she was over it and became tired of me. Purl disliked that I was home all day. I was being too loud and disturbing her usual 20 hour nap time. She would scratch the furniture in protest, howl in defiance, or gently bite my hand as a sign to back out of her personal kitty space. She was signaling that she needed to take care of her own kitty mental health as much as any human and insisted on keeping her personal cat routines as “pre-pandemic normal” as possible.

Eventually, we moved past our domestic quarrels and I became more mindful of her cat naps, and kitty alone time. She also let me enjoy my own alone time in the bath watching trashy reality TV. Slowly, my daily work life went back to normal, I began seeing patients again and we adjusted again to a new normal.

I think the lesson we can learn from Purl is to show our patients the same compassion, but still exercise our boundaries when needed (probably without the love bites).

Oh, and as for Purl, she’s compensated for her kitty work with plenty of chicken snacks. •

Yvette Carrillo DDS, MS graduated from Loma Linda Univ. School of Dentistry 2015 & 2018 respectively. She is a diplomate of the American Academy of Periodontics. In addition to private practice, she is an adjunct faculty member at various teaching institutions. Dr. Carrillo enjoys blogging, working out, cooking, and spending time with her fiancé, Dr. Riley Garrett, a medical anesthesiologist practicing in San Diego.



Purl Carrillo

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May 19: Taiseer Sulaiman, DDS, PhD
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Vaccinators Unmasked



BREAKING NEWS

MASKED HEROES NO LONGER NEED CAPES.....DENTISTS STEP UP

Dentists Fighting the Pandemic One Shot at a Time

by Hoa Audette, DDS: Guest Editor

On January 27, 2021, to help with the COVID-19 vaccination roll out, Governor Gavin Newsom signed an executive order approving an emergency waiver allowing dentists to administer COVID-19 vaccines. According to the California Dental Association, "Dentists are already trained to provide injections in objectively more complex areas of the mouth that commonly have gag reflexes, major blood vessels, nerves and a moving tongue." In addition, our trainings on infection control ideally position dentists to be vaccinators. More than 70 San Diego dentists answered to Gov. Newsom's call to service and have volunteered countless hours vaccinating throughout San Diego county. Dentists from all over the country have answered to the call to service to be volunteer vaccinators. They have taken time off from their busy schedules and closed their offices to help vaccinate the community and fight the pandemic. Some even came out of retirement. A big "thank you" to you, our volunteer vaccinators, for all your kindness, compassion, and going above and beyond the call of duty to help our communities during this difficult time.

DR. HOA AUDETTE

at Sharp Chula Vista Vaccination Superstation

For months, I watched the pandemic happening, feeling helpless as an oral health care provider. Now I can do my part to help fight this pandemic. Being a volunteer vaccinator is one of the most rewarding things I have done in my career. Everyone has a story and everyone is so appreciative for their chance to get vaccinated. I would never forget a woman coming to me in tears. She shared that her brother passed away 2 months ago from Covid-19 and she was so happy she was getting vaccinated. Many people who come in to get vaccinated, claim you are saving their lives, but what they do not realize is that by getting vaccinated, they are saving lives of others. Being a volunteer vaccinator and being part of health care providers that are actively fighting this pandemic is immensely rewarding. I am proud to be in a profession that is able to fight the pandemic and help the community.

Masked

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Masked



Unmasked



DR. LORI GOOD

at County Vaccination Station in Oceanside

I have been volunteering once a week for the county since January 26th. So far, I have had the opportunity to administer vaccines in Chula Vista, San Ysidro, and twice in Oceanside. I love being able to help and make a small difference toward ending the pandemic. I have to say, I have never seen so many people so happy to see a lady with a needle in her hand! They are all so appreciative!

DR. ERIC SHAPIRA

at San Ysidro Southwestern College Vaccination Clinic

"I want to be part of the solution and not add to the problem!" I was rammed by a truck going 50+ mph while at a stop sign. Had to have my neck fused and bone grafted to protect my compressed spinal cord. I have not worked for five months due to the injury and surgery, but I felt an overwhelming desire to be of assistance during this pandemic. When I lived in the SF Bay Area I belonged to an MRC for many years and did many things to assist the community in times of disaster. It is important to give back! We do not know what "gifts" we have until we give them away. All the dentists who volunteer for this pandemic are helping give the gift of sustained life to others. I feel proud to be a part of this, inspite of having to do what I am doing with a protective neck collar. I am good to go.



DR. LILIA LARIN

at Sharp Chula Vista Vaccination Superstation

The power to change lives by improving the health of my community and my patients is something that has always brought me great joy and satisfaction. The sooner we are all vaccinated the faster we can eliminate transmission of the virus. This is especially fulfilling to me because I know it will bring families back together again. Being able to hug and kiss your children and parents is an essential part of showing affection for those we love. I am grateful for this opportunity



DR. DOUG DIERAELI

at Sharp Chula Vista Vaccination Super Station

Gabriel came in today and it was very difficult. He is autistic and REALLY did not want the injection. His mother, father, Nurse Cathy, and I tried everything for 20 minutes. Cathy took a few hits but, in the end, it worked out well. He was astounded that it did not hurt. All 45 volunteers at the Sharp Chula Vista Super Station gave Gabriel a standing ovation. His parents bought him a hamburger. My kids are grown, and I like doing this. It makes me a part of history.



DR. JASON KECKLEY, DMD

at San Marcos Vaccination Superstation

There was talk among the dental community, of dentists being able to give vaccines in their office. After a few classes in vaccine handling and storage I realized that would be impractical for me as a practice owner. The urgency and scale of the undertaking of immunizing the entire country (twice) opened the door for dentists to get involved through vaccination pods. The profession has given so much to me, I felt compelled to volunteer. I practice 4 days a week so volunteering 1 or 2 days a week fits into my schedule while helping.



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**DR. MARIFLORSAB DUHAY DMD***at San Ysidro Southwestern college Vaccination station*

I saw this opportunity to serve my community here in San Diego by being a volunteer vaccinator when I read the article from the SD Dental Society. After doing the online training, I registered through the Medical Reserve Corps. Yesterday I was able to vaccinate 40 people mostly senior citizens 65 years old and over. They were all very excited yet nervous to get the shot and I was so glad to be able to help them. At the end they were very appreciative of the efforts all the volunteers gave to make this happen. It really made us all happy as well that we were able to make a difference in their lives by playing a significant role in getting those doses administered

DR. JOSEPH ZAKOWSKI*Grossmont Vaccination Superstation*

I retired from my private practice in 2018 after 25 years. I love dentistry so I work in temporary positions to cover dentists when they are on vacation or medical leave. Last year when Dental offices reopened in June- a fellow dentist could not return to his office because of COVID and I covered him for 6 months until he was able to sell his practice. Once I knew that dentists could volunteer to give the vaccines I could not wait to help. I could not just sit and complain about our lives not returning to normal, I wanted to be part of the solution! I thought-the more people that I could help to get the vaccine- the sooner we could all begin living and traveling again. It truly warms my heart when I'm working at a vaccination center to hear people say that we are God's angels!

DR. LINDSEY PEEFER*at Sharp Chula Vista Vaccination Superstation*

People who have not left their house in over 9 months for fear of death came by wheelchair; crying, praying and praising this monumental moment in all of our lives. I cannot thank those behind the scenes enough for the forethought and thankless work that it took to develop these vaccines, let alone disseminate. But I do know, it was an absolute blessing for me as a dentist to jump right in and immediately help save lives! You cannot imagine the amount of heart that goes into this. It is life changing, from everyone's perspective!

DR. ANDY JACKSON

at South Regional Public Health Center Vaccination Station in Chula Vista
I volunteered to have an impact towards resolving the pandemic. I also wanted the experience of providing medical injections. They certainly are a lot easier than dental numbing. Since many of my usual leisure activities are curtailed (especially travelling), I have more free time right now and thought participating in vaccine clinics would be a great way to use my time.

DR. NITA LARGOZA*at Sharp Chula Vista Vaccination Superstation*

Volunteering is my passion so when Governor Newsom put out the call for Dentists to serve as vaccinators, I did not hesitate to get certified. I was a little nervous about giving injections to arms instead of mouths, but all the other vaccinators and volunteers have been so supportive. I am honored to have the opportunity to make even the slightest impact, in hopes that this pandemic will end very soon!

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**DR. ELEANOR LUMANAN***Sharp Chula Vista Vaccination Superstation*

I passionately believe that everyone should give back to their community because volunteering not only makes us feel better as a person, but it also helps the people who really need it. I encourage my fellow dentists to make time to volunteer so we can fight this pandemic together.

DR. KWANG KIM*at California State University San Marcos vaccination station*

I remember a news article from the early days of the pandemic, the details of which are not so vivid. In the snow country somewhere, perhaps Michigan, a grandfather would walk two miles, to his son's house, just to be able to have a glance of his newly born grandchild through the window every day! I hope he has had a chance to hold his grandchild, not just a look through the window... That is why I am volunteering, for every grandparent be given the opportunity to hold their grandchild, for every parent to be given the opportunity to see his/her children as much as they wish! It has been over a year since our youngest son Josh, who is studying in Michigan, came home to visit us, and hopefully it won't be long before he could come for a visit and a big hug!

DR. NORMA RAMIREZ*at Sharp Chula Vista Vaccination Superstation*

It is an amazing feeling and experience to give back to the community that has given me so much. The South Bay community has been hit the hardest. Volunteering as a vaccinator in my community and being bilingual in Spanish, helps calm Spanish speaking patient's fears. Hearing the words of gratitude for volunteering, speaking their language, and identify with the culture helps tremendously. I volunteer my time to help alongside fellow dentists, nurses, medical doctors, and others in the medical field to speed up the vaccination process and reduce the amount of critical illness in hospitals and reduce mortality

DR. DIANA KOLOKOWSKY*at North Coastal Public Health Clinic Vaccination Station*

I retired February 28, 2020. My license is still active, so I was happy to sign up for MRC and be able to vaccinate. I have volunteered so far only 3 days. But each time I go, I feel as though the clinics get more and more organized. The workers and volunteers have been so kind and welcoming. It is great to see the gratitude towards getting the vaccine. I love being able to help and will continue to do so as long as it is needed.

DR. MELANIE VILLALOBOS*at Chula Vista Sharp Vaccination Super Station*

Vaccinating San Diego has been a JOY! Everyone is positive and working together. I love being able to give back to our community. It truly is such a gift to experience giving the gift of health to our community. I had a great experience being a vaccinator for Sharp and I plan to be back again. Sharp was organized, efficient, and the environment is uplifting and positive. Many people that came through had not left their house in months or even a year! Everyone was so thankful and happy to be receiving their vaccine. It felt like Christmas to many. Being a small part of helping get people one step closer to seeing their loved ones regularly again and not be so isolated – made it all worth it.



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**DR. HOMAYOUN ARDJMAND**

at North Coastal Public Health vaccination Center in Oceanside

I have always had a positive experience with volunteering and have been doing so with UCSD run Pre-Dental Society and before that with Father Joe's clinics, etc. This time it is a different situation since this pandemic has affected everyone's lives and for me it was a no brainer to volunteer to help. We have the opportunity to help with preventing one of the top three causes of death in 2020 and it can be done by giving a simple vaccine. Vaccinating millions of people in a short time and the planning, organizing, and implementing it is a monumental task. We are just helping where we can accomplish this task and help everyone feel safe and get back to their normal lives. I am sure we get a lot of fulfillment and satisfaction, that we are doing good, along the way. Stay healthy and safe.

DR. DENISE HORNEY

at Del Mar Fairgrounds Vaccination Super Station

I absolutely love being able to help our community. It is my pleasure to be a part of the solution as a Covid-19 vaccinator to help eradicate this virus both globally and locally. We need to continue to work as a team to help bring everybody back to health and normalcy. Interestingly, Del Mar Fairgrounds happens to be where I met my husband.

DR. SUSAN NGUYEN

at Sharp Vaccination Super Station in Chula Vista

I love being a dentist because I get to help people. During this long year of COVID-19 pandemic, it pained me that there was no way for me to help people in need. But recently I became a certified COVID-19 vaccinator and I LOVE IT. Not only do I love being able to provide the vaccine to people that need it, I love that I can offer comfort to people that have had little social contact, I love that I can give people hope, I love being part of a team, clinical and non-clinical, that is singularly focused on a single goal: eradicate the COVID-19 pandemic. Since it requires less focus to put a needle in a deltoid muscle than to nail a mandibular block or Gow Gates, I have been able to spend more time listening to the patients, to hear their interesting stories, to get to know them better, and to offer comfort to those scared of needles. I am so happy to be able to help this wonderful community that I live in and am honored that I can add COVID-19-buster to my CV.

DR. DAVID KEEN

at Sharp Grossmont Vaccination Station

I am proud and honored to be in a position to assist the medical community in fighting this deadly virus. The reason why I volunteered is to help the medical community in getting vaccines into as many arms as quickly as possible. Many of the vaccine centers don't have adequate personnel to meet an increase in supplies and high demand. We must do our part to assist the medical community so we can achieve herd immunity by summer. Sharp is just one of 3 agencies currently recruiting volunteers: the county has the MRC which operates in many county cities, both north and south, and UCSD vaccine supercenter at Petco park. All 3 require separate applications".

DR. PARVATHI POLKA

at Sharp Grossmont Vaccination Station

It was an incredible feeling to be involved in the fight against COVID-19 which has had a devastating effect on so many in our country. It was an honor to play a small part in the march against this ravaging disease and administer vaccinations today.

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**DR. RINA PATEL**

at Chula Vista Sharp Vaccination Superstation

When I first learned that we would be able to administer the COVID19 vaccine under the emergency public health waiver, I felt extremely encouraged and grateful that I could help make a difference in my community. It is not every day we get a call to help out during a pandemic, and so this was an opportunity I could not give up. I have been volunteering to vaccinate at the Sharp vaccination site in Chula Vista on my days off and my experience has been so rewarding. I have vaccinated many elderly patients, many who have not left their house in months. One woman broke down as I sat next to her prepping her arm for her vaccine, telling me this was the closest she had been to another human being since March of last year. There are a lot of emotions experienced as they wait to get their vaccine - they are scared, excited, nervous, relieved, happy, worried, grateful, and appreciative. Most question if the shot is going to hurt (sounds like just a normal day at the office, right?) I find myself using the same phrases as I do when I am injecting my own patients with local anesthetic, however it is much easier administering a vaccine into the deltoid vs. an inferior alveolar nerve block! I encourage all dentists to rise to the call to help with the vaccine efforts if you can. The clinics are extremely well organized, and everyone has a role. It is truly a gratifying and life changing experience, for me as a vaccinator and for those receiving the vaccine.

DR. ANN ZIMMERMAN

at San Ysidro Vaccination Station

"Thank you to the dental society on both the state and local level for their work in affording us the privilege of vaccinating the public. It is a wonderful feeling to be a part of the vaccination effort. People are so grateful and relieved to be vaccinated".

DR. STEVE LUO

at Imperial Beach Mar Vista High School Vaccination Station

"I don't often volunteer but I felt the strong compulsion to contribute my time and effort for the cause of vaccinating people in this crazy pandemic. It has been a truly rich, rewarding and fulfilling experience!"

DR. GRANT MCGINN

at Sharp Metro Station

"When you have chosen a career to help people and your community, it's important to remember that it can take on different roles at times. We've been asked to step up and quite literally save lives, with something as simple as volunteering a little of our time to vaccinate those around us. It is a tangible way to help fight a disease that has hurt so many, in many different ways. Seeing so much gratitude and witnessing people coming together in this has been such a rewarding experience for me as well as my whole team.

DR. ERELA RAPPAPORT

at CSU San Marcos Superstation.

When I first found out that California was looking for volunteers to help vaccinate the population, I thought, we as dentists, were perfect for the job. We give difficult injections all day, every day. We work in a dark, damp cave, on squeamish people, who tell us how much they hate us. Giving a quick jab in the arm on willing participants is going to be a cake walk. Well, as I found out, not only was it a cake walk, it was like giving candy to a 5 year old. The people I saw were so excited to be getting vaccinated. And were incredibly thankful and appreciative of our time and skills. I vaccinated 102 people on my first day (but who's counting). At the end of the 8 hour shift, I was exhausted. But at the end of that first day, I realized that even though the patients we treated were receiving a life-changing vaccine, it was us, the volunteers, whose lives were being changed.

Vaccinators, We are Thankful for you all!

SDCDS MEMBERS

Ann Marie Zimmerman, DDS
Ann Kania, DDS
Erela Rappaport, DMD
Bradley Ross, DDS
Chris Pham
Cynthia Lee Jackson, DDS
David Daniel Keen, DDS
David Rens, DDS
Denise Hornby, DDS
Doug Disraeli, DDS
Eleanor Lumahan, DDS
Eric Zane Shapira, DDS, MAGD, MA, MHA
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Todd Pizzi, DDS
Uyen Thompson, DDS
Valerie Kaenel, DDS
William M Dern, DDS
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NON MEMBERS

Diana Kolokowsky, DDS
Disbel Mansilla, DDS
Fadra Whyte, DMD
George Alton Crow, DMD
Jadee Dellis, DDS
Janette Larsen, DDS
John Brandon Perce, DDS
Karen Marie Lynch, DDS
Larry Ray Rorick, DDS
Michael Bradbury, DDS
Satomi Hinata, DMD
Thomas Joseph West, DDS

If you have volunteered to do Covid vaccines and we missed your name, please let us know. We'd like to include you in the next Facets issue



Thanks to J.T. MacMillan Photography, Business Portrait Pros, www.jtmacphoto.com

Want to Volunteer?

There are 3 organizations that you can chose from to volunteer for vaccine administration. Go to our website at Sdcds.org and access the page "dentists are vaccinating San Diegans" and get all the links to this list below:

Medical Reserve Corps Dentists must submit the *SD County Emergency Services Organization Disaster Service Worker Volunteer Registration and Loyalty Oath* by email to: mrc-volcoord.hhsa@sdcounty.ca.gov Within 1-5 days there will be an online training. Once completed, an invitation will be sent from the "When I work" app which will allow volunteers to pick up, drop, and swap shifts.

Scripps Health site has both clinical and non-clinical roles. Community members must undergo a background check and verification of medical certification, if applicable. Read more: www.scripps.org/coronavirus-covid-19/vaccine-volunteers

Sharp Chula Vista or Grossmont Center: call (800)827-4277, press "0" to speak to operator, shifts will be made over the phone.

HABLAS ESPANOL?

Spanish-speaking vaccinators are in very high need in the South Bay



QR CODE: Open the camera on your phone and hover it over the QR code. The phone will automatically pick it up and a link will pop up. Then touch the link and it will take you to the 'vaccinator sign-up' page on the website.



RM Matters

COVID-19 Fatigue: Keeping Masks On and Office Morale Up

by TDIC Risk Management Staff

After nearly a year of compliance with complicated, and sometimes uncomfortable, COVID-19 protocols, many dental professionals are exhausted. And practice owners are conscientiously taking steps to show their teams compassion and empathy. However, fatigue with wearing mandatory personal protective equipment (PPE) doesn't change the regulations or the potential for serious risks.

Letting your guard down, even when the intention is to accommodate employees' comfort, can create health risks for all patients and staff as well as liability risks for the practice.

This past winter, The Dentists Insurance Company's Risk Management Advice Line received calls from practice owners with questions about the risks of serving alcohol at staff parties. These callers were no longer thinking about preserving social distancing or wearing masks when it came to staff gatherings. With good hearts but poor judgement, they just wanted their teams to have a nice, relaxing time.

In fact, the Advice Line recently received a call from a dentist who found out that one of his employees had tested positive for COVID-19. The employee attended a team meeting the day before and wasn't experiencing any symptoms. Unfortunately, the entire team was without PPE during this meeting. In situations without patients present, the team had become lax about PPE compliance. Over time, the young and generally healthy staff had become jaded about wearing PPE — and the dentist had not been consistently enforcing guidelines.

The dentist and TDIC's Risk Management analyst discussed the workers' compensation reporting guidelines that are now required. The analyst cautioned the dentist that by not following and enforcing guidelines set by the Centers for

Disease Control and Prevention, OSHA and the CDPH, his conduct could be perceived as lacking regard for the safety of his patients, therefore he could potentially face issues beyond a workers' compensation claim.

In California, Cal/OSHA regulations mandate wearing appropriate PPE. A dental office that does not discipline a staff member for failing to follow infection prevention policies could be viewed by Cal/OSHA as an employer that is not serious about preventing the spread of infection. Noncompliant employees put patients and peers at risk. Their choices should be viewed as disciplinary issues, leading up to and including termination.

How can practices stay vigilant and combat COVID-19 fatigue?

- Foster an atmosphere of trust. Being a compassionate employer means listening to employees and finding safe, practical ways to meet their needs.
- Is the PPE fitted properly to the employee and are compliant mask options available that are more comfortable to wear?
- Are employees taking regularly scheduled breaks and having socially distanced opportunities to rest?
- Do they feel they can tell you if they observe another employee being non-compliant?
- Model the behavior you seek. As a practice leader, you're likely fatigued as well. However, your role is to demonstrate best practices, clinical protocols and healthy ways to manage stress.
- Are you wearing your own mask consistently, even when no patients are present and you're conversing with an employee?

• Have you been attentive to your own sleep and health needs, or even made shift adjustments, so you are able to come to work rested and ready?

• Have you recognized your own signs of fatigue and sought ways to be optimistic and engaged with your team?

• Be direct in your response. Despite ongoing education and awareness about PPE requirements, some employees will still fail to comply. In this event:

• Review practice expectations and regulatory requirements during staff huddles, but don't wait for the next huddle to address noncompliance issues.

• Address any issues immediately and in person with the employee. Whether the action necessitates a friendly reminder or a more serious discussion, don't put it off until a repeated instance or "give them a break" before interceding.

• Document your interaction and be clear about disciplinary consequences for noncompliance.

Every team member should be committed to creating a safe practice environment, which means they make conscientious, consistent efforts to preserve the health of peers, patients and the community even when they feel exhausted. Keep your chin up and consult an experienced Risk Management analyst for trusted guidance navigating practice challenges.

The Dentists Insurance Company's Risk Management Advice Line is a benefit available at no cost to CDA members, as well as to policyholders protected by TDIC. To schedule a consultation, visit tdicinsurance.com/RMconsult or call 800.733.0633.

FOR SALE/LEASE**Attention dental practice buyers!**

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Dentist must have an established patient base. Office will cover all expenses except marketing. Dentist will receive 40% of collections. Contact office for additional details. Email: marco-sortegaiii@gmail.com Bankers Hill/Hillcrest area. 306 Walnut Professional Building.

Beautiful Boutique Dental Practice for Sale in Pacific Beach at Mission Bay

Upgraded interior, large operatories and low overhead. Currently open only 2 days/week with an active and growing patient base. 2020 collections \$127K. Perfect for a new or seasoned general dentist or a specialist. Easy freeway access and ample parking. Come check out this stunning start-up and see how you can make it your own. There is so much potential! Seller relocating. Asking price \$95K (negotiable). dentalpracticeforsale2021@gmail.com

Furnished Ready to Occupy Dental Office in Hillcrest for Lease

2 Furnished ops – DCI 1235 chairs, 2 more plumbed; Lab w/ Red-Wing grinder, Kent vibrator and tools; Prep area w/ Peri-Pro III processor & Steri-Dent autoclave; Furnished office manager space; Furnished reception area w/ receptionist desks; Private office; Tools & Supplies for General/Perio, Endo & surgery. Contact: bernet@pacbell.net or 619.548.2436

Seeking Dental Practice for Purchase

Local dentist in San Diego looking for a dental practice to purchase outright or transition. Ideal practice is a GP office open 4-6 days a week with 4-6 ops. Please contact if you are thinking about selling or transitioning your office. Email cphamdds@gmail.com

Highly desirable La Jolla Village Practice for Sale

3 large Op's, Advanced General Dentistry with established adult patient base, 1700 sq ft of space with skyline views. Excellent growth opportunity. Doctor retiring \$150,000. jackf@jackfogelson.com or 818.522.9123

Escondido - 3 ops and 6 ops,

3 ops, 1000 SF, low overhead, great location with most equipment. Seller consolidating to one location, forced to let this location go. Negotiable Price! Escondido- 6 ops, 2000 SF, Pedo Practice, small patient base with strong potential. Just take over the lease and buy the basic equipment. Ready to go! For these and more opportunities: Please contact Tom Herrington, 619.723.1833.

Pacific Beach Dental Office for Lease

3 ops, 900+sf, vaulted ceiling. Windows on all 4 sides! Security gates and ample parking. Best location in PB next to Trader Joes. Available April 1, 2021. Contact Dr. Fallon 619.379.3771.

Growth Opportunity!

Currently 3 ops with 3 more plumbed and ready to go. Dr. is retiring. 2020 Collections of \$335,000+, 2021 is tracking for \$400,000. Great patient base, strong staff, beautiful Escondido location. Seller is motivated and reasonable. Come take a look and you'll see your great future! Price Negotiable. Contact Tom Herrington, 619-723-1833.

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We are looking for a dentist interested in treating children. No screamers. No problem children. This is a fee for service practice. We have a pedo RDA on staff. We will schedule your patients for you. We are located in Imperial County. Join our team. 760.960.5181.

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Our endodontic specialty office in Temecula is looking for an endodontist 2 days per week. The office has all the technology including microscopes and CBCT. Please email Michael if interested at pacificendo@yahoo.com.

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Members have access to Viva Learning's 1,200 CE units now through September 2021! Since many in-person events were canceled due to COVID-19. We here at the San Diego County Dental Society are doing our best to accommodate our members. We partnered with Viva Learning to launch FREE online dental CE courses exclusively for our 2,000+ members.

Follow these directions to get started:

- STEP 1** sd.dentalsocietyce.com
- STEP 2** Log in top right hand corner
- STEP 3** Username your ADA number (note: if it starts with a 0, drop it)
- STEP 4** Temporary Password: onlinece
Trouble logging in? Contact CE Coordinator Fernanda at (619) 275-7188 or admin@sdcds.org

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THURSDAY

APR 08

New DDS Virtual Social
Virtual Escape Room



Summary: ‘Escape from the Alternate Dimension’: The time machine you and your friends built is impressive, but something went haywire during travel back to the 1990s. Instead of arriving in the 1990s you know and love, your machine has transported you to the 1990s in an alternate dimension. You have one hour to repair your time machine and get the heck out of dodge before this alternate reality becomes your only reality.
Time: 6:30 - 8pm
Location: online (zoom link will be sent Apr. 7th).
Pricing: Free w/ credit card required to hold reservation!
Register: online (619) 275-7188 or membership@sdcds.org
Sponsor: Patterson Dental



THURSDAY

APR 15

4CE units

BLS Renewal for Healthcare Providers
*FREE CE**



Summary: Register early if your CPR card is expiring; limited spaces available.
Time: 5:30-9:30pm (5pm check-in)
Location: SDCDS Office 1275 W Morena Blvd. Ste B SD, CA 92110 [Covid guidelines adhered]
Register: sdcds.org 619.275.7188 or admin@sdcds.org
Pricing: member \$40... (or use your *1 free member benefit CE for 2021). nonmember \$60, member staff \$50



WEDNESDAY

APR 21



Instructor:
Brian White



Wellness Wednesday
Bicuspid Bootcamp



Summary: Bicuspid Boot Camp will be a body weight exercise class, no equipment necessary. The class is appropriate for all fitness levels. If you are a beginner, you won't fall behind and if you are seasoned athlete, you won't feel like you aren't getting a workout.
Time: 6:30 - 7:30pm
Location: online (zoom link will be sent Apr. 20th).
Pricing: Free for SDCDS Members, member staff/non-members: \$10
Register: online, (619) 275-7188 or membership@sdcds.org

SATURDAY

APR 24

Shred-A-Thon



Summary: Join us for this exclusive members-only event while we lighten your office load! We will accept up to 10 (ten) boxes per member. Certified destruction will occur offsite. Please visit our website for what we will and will not accept **X-rays will need to be separated prior to drop off**

Time: 9am - 12pm
Location: SDCDS Office 1275 W Morena Blvd. Ste B SD, CA 92110
Pricing: Free for SDCDS Members ONLY
Register: online (619) 275-7188 membership@sdcds.org



WEDNESDAY

MAY 05

Wellness Wednesday
Guided Breathing & Meditation



Summary: Attendees should wear comfortable clothing and try to cultivate a quiet atmosphere. We will be sitting on a chair or cushion and lying down.
Time: 6:30-7:30pm
Location: online (zoom link will be sent May 18th).
Pricing: Free for SDCDS Members, member staff/non-members: \$10
Register: online, (619) 275-7188 or membership@sdcds.org



Instructor:
Heather Fenwick



THURSDAY

MAY 13

4CE units

BLS Renewal for Healthcare Providers
*FREE CE**



Summary: Register early if your CPR card is expiring; limited spaces available.
Time: 5:30-9:30pm (5pm check-in)
Location: SDCDS Office, [Covid guidelines adhere]
Register: sdcds.org 619.275.7188 or admin@sdcds.org
Pricing: member \$40... (or use your *1 free member benefit CE for 2021). nonmember \$60, member staff \$50



WEDNESDAY

MAY 19



Instructor:
Fina Madrid, DDS



Wellness Wednesday
Yoga



Summary: Beginner's yoga with SDCDS's own Dr. Fina Madrid
Time: 6:30-7:30pm
Location: online (zoom link will be sent May 4th).
Pricing: Free for SDCDS Members, member staff/non-members: \$10
Register: online, (619) 275-7188 or membership@sdcds.org

FRIDAY

MAY 21

4CE units

Dental Practice Act and Infection Control Webinar



Summary: Course targets information and updates to the DPA regulations, and mandates relating to the practice of dentistry in California. This course combines information from DBC, CDC and Cal/OSHA to provide a relevant, in depth and up-to-date examination of Infection Control guidelines and recommendations to prevent the spread of disease in any healthcare facility.
Time: 8am - 12:30pm
Location: Online Webinar
Register: sdcds.org, 619.275.7188 or admin@sdcds.org
Meeting ID, password and handouts will be emailed on May 14th.
Pricing: member/staff \$35, (or use your *1 Free CE for 2021). nonmember/staff \$50

Speakers:
Diane Arns





San Diego County DENTAL SOCIETY

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