

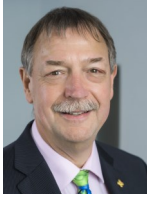


Snohomish County

DENTAL SOCIETY

Save the Date: APRIL 17 IN-PERSON MEETING

Nose Breathing, Sleep Apnea, and the Primary Care Dentist



This talk will show how dentists can become more important in their patient's health care team by asking the right questions, looking for more ways to help, and providing people with a caring, friendly health care provider who is interested in prevention. *At the end of this talk, learners will:* be able to ask the right questions during a health history to uncover important medical data; guide patients to understand the connection between nose breathing and general health; and see themselves not as 'only a dentist' but as an integral part of primary health care.

Steve Carstensen DDS has treated sleep apnea and snoring in Bellevue since 1998. He's the Consultant to the ADA for sleep related breathing disorders and heads the ADA's Children's Airway Initiative. He lectures internationally, directs sleep education at Airway Technologies and the Pankey Institute and is a guest lecturer at Spear Education and Louisiana State Dental School, in addition to advising several other sleep-related manufacturers. The American Academy of Dental Sleep Medicine awarded him with the Distinguished Service Award in 2023.

PLACE: Shawn O'Donnell's restaurant banquet room, 122 - 128th St SE, Everett. Free parking located in the back.

TIME: 6:00PM meet & greet, no-host bar and sponsors, followed by buffet dinner, meeting, and program, ending by 9:00PM.

CREDITS: 2

COST: Complimentary for SCDS member dentists, \$40 pp for all guests. Payable by cash or check at the door (no debit/credit).

RSVP by Monday, April 15

EMAIL: info@scdentists.org or text/call 360-419-7444. Or, register on our website at www.scdentists.org under the Meeting & Events tab.

Vegetarian meals by advance request only.



PRESIDENT'S LETTER, Dr. Nick Conley

This month, as my term as your Snohomish County Dental Society President is nearing its end, I would like to share with you all a little about myself and how I wound up here in Snohomish County.

Originally I am from rural Walla Walla in southeastern Washington. Most folks know it for the spectacular wines produced there, although I prefer a good IPA. I grew up playing sports year round and working the summer wheat harvest. My parents worked in healthcare and with their guidance and inspiration from my childhood dentist, Dr. James Parrish, I decided to pursue a career in dentistry. I received a degree in Biology from the University of Idaho in Moscow and was a member of the football team for 4 years.

After undergrad I moved to Seattle mainly to be near the love of my life, Michelle, who was studying social work at Seattle University and to try to get into the University of Washington School of Dentistry. I finally got the call off the waitlist to become a Husky and join the class of 2016!

Upon graduation, I met Dr. Don Koontz at a WSDA employment event to connect recent grads with member dentists. We hit it off and I have been working as his associate at North Creek Dental Care in Everett for 7.5 years.

Michelle and I currently reside in the Eastlake neighborhood of Seattle with our 3 year old identical twin boys, Jude and Otis. We are officially permanent west-siders as we enjoy all this area has to offer from beautiful landscapes, diverse communities, and endless cultural opportunities. You might catch us at UW cheering on the Huskies, at Din Tai Fung scarfing down dumplings, or Chateau Ste. Michelle enjoying some summer tunes.

This is all to say that we feel blessed to be here and to have you all as part of our community. I look forward to connecting with more of you as the years go on. Also, please join us on Thursday, April 25th at Diamond Knot Brewpub in Mountlake Terrace for our New Dentist Happy Hour event where we hope to connect UW 4th year students with Snohomish County member dentists.

Warmly, Nicholas J. Conley

D4 HAPPY HOUR

DIAMOND KNOT BREWERY

Off I-5 in Mountlake Terrace

Thursday, April 25 5:00 - 8PM



All SCDS members are welcome to attend. Space is limited. Register on our website at www.scdentists.org under the Meetings & Events tab, or RSVP directly to Sandra at info@scdentists.org. There is no charge to participate. Welcome students and connect with other members!

- Meet Snohomish County Dentists and learn more about working north of Seattle.
- Ask Me Anything Panel of Dentists: specialists, community health, private practice, academia - *explore the options!*
- Drinks and small bites

RSVP to Sandra at info@scdentists.org

Presented by the Snohomish County Dental Society, the ADA and Bank of America Practice Solutions





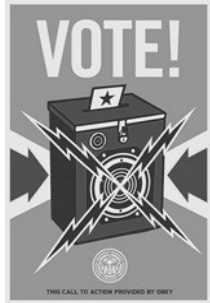
SCDS BASEBALL SOCIAL EVENT JULY 21



The SCDS Executive Committee is excited to announce this member social event! Mark your calendars and plan to join us on **Sunday, July 21** for baseball, barbecue and beverages. Members are encouraged to bring their families and staff to enjoy the food and baseball game. The barbecue buffet begins at 2:30PM. Meet our sponsors, take photos with Webby the mascot and have fun with our Snohomish dental community. The game begins at 4:05PM and your tickets are included. No charge for members and one guest. Additional guests are \$25 each. More information will be available on our website, in our weekly enews and in next month's printed newsletter. Plan ahead for this fun summer gathering.

Remember to Vote for the 2024 - 2024 SCDS Officers

Look for your electronic ballot link in your email. New officers will be announced at our May 15th Meeting!



YOUR SCDS OFFICERS:

President:

Dr. Nicholas Conley

President-Elect:

Dr. Tania Tran

Secretary:

Dr. Tyler Rumble

Treasurer:

Dr. Andrew Sholudko

Past-President:

Dr. Clio Samia-Lindenauer

Executive Committee:

Dr. Ji Won Gwak

Dr. Matthew D. Lee

Dr. Ivy F. Lin

Dr. Chung Tsen

Dr. Stacey Sype

Executive Director:

Sandra Anderson

SCDS Mailing Address:

6202 4th Ave NW
Seattle WA 98107

Phone/TEXT: (360) 419-7444

E-mail: info@scdentists.org

Website: www.scdentists.org

REMINDER:

Help our Snohomish County Dental Foundation Earn Cash throughout the Year with Fred Meyer Community Rewards. Take 2 minutes to link your Rewards card and earn a donation for our Foundation every time you shop. Go to:

[www.fredmeyer.com/
community-rewards](http://www.fredmeyer.com/community-rewards)

and search by our name or non-profit code

#UJ743

This is an easy way to support our Foundation!

What's on your list today? You'll find it at

Fred Meyer

CLASSIFIEDS

S. Everett General Dental Practice available! Established over three decades ago, this dedicated seller promises a seamless transition. Practice has 4 ops and is situated on a high traffic thoroughway on main floor of 2-story professional building. Annual 2023 collections \$528K, average income \$346K! Private doctor/consulting office, laundry, lab, Genesis software. 83% PPO, no Medicaid. Call 425 230 7538 Lender-friendly

lease with options. Refers out implants, ortho, oral surgery, most endo. Offered at \$462,000. Contact Knutzen-McVay Group at jessica@tkmgllc.com for prospectus and 3D virtual tour.

■ **Custom-built Operatory and Sterilization Cabinets** - Cascade Custom Cabinets in Arlington WA sells custom-built operatory and sterilization cabinets. Direct to doctors. Avoid the huge markups by buying direct. 20 year warranty. By appointment only cascadecustomcabinets.com Office: **360-572-2329**

■ **Dental Office for Lease** - Medical Office Building (Build for Dental Office) First Time on Market for Lease, 2934 SF - Move in Ready (Previous Owner Retired). 3327 Colby Ave Everett. PPO, no Medicaid. Call 425 230 7538 Lender-friendly

SHOUT OUT TO SPONSORS

➔ Thanks to our April newsletter sponsors: Big Sky NW, Trosvig Dental Lab and WDIA.

➔ Thanks to our April Meeting sponsors: Crest Oral-B, Omni Practice Group and WDIA

➔ Corporate partners on our website! Remember these great vendors when you are looking for business services and providers.

Island Dental Volunteer Opportunity



Experience island life and give back to low-income residents. The Orcas Island Community Dental Program is looking for dentists, hygienists and dental assistants willing to come to Orcas Island to help support a new community dental clinic beginning this April. This is an amazing opportunity to visit the gem of the San Juan Islands and help the residents of Orcas Island who currently lack access to dental care.

Volunteer on the island for **one to four days per month** until more permanent staffing can be established. **Compensatory stipend, ferry cost reimbursement, and short stay accommodations for those who come to provide dental services.** Great for those who are: Retired and still licensed; semi-retired and would like a unique dental experience, or; still practicing and looking to use your skills to help a very deserving populace.

If you have any questions about this opportunity, or if you would like to participate in the Orcas Island Community Dental Clinic, contact Kristen Rezabek, (360) 370-7518, or email at Kristenr@sanjuanountywa.gov