



Snohomish County

DENTAL SOCIETY

Save the Date: VIRTUAL Member Meeting Wednesday, October 19,

Our Chamfered Psyche: The Mental Dental Connection

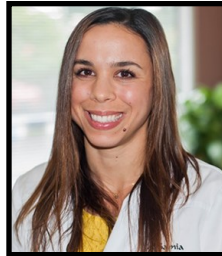


Dental professionals often examine the physical aspects of wellness yet we rarely explore or discuss the mental aspects. It is time to remove the taboo and face the facts. Anxiety,

pain, depression, burnout. Dentistry can be difficult and take a toll. Studies show that dental professionals experience a high incidence of mental illness. Presented in Dr. Joshua Austin's trademark comedic style, this course explores strategies for working to improve mental health so we can be our best. Objectives include: 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; and learn how to choose the professionals for our own personal wellness team.

Dr. Austin has spoken to over 40 chapters of the Seattle Study Clubs, as well as presenting at the ADA, Yankee Dental Congress, and many more. He is a graduate of the University of Texas Health Science Center at San Antonio, and served five years post-graduation as faculty in the Department of Restorative Dentistry. Today he maintains a full-time restorative practice in San Antonio. In 2009, the Texas Dental Association named him Young Dentist of the Year. Joshua has earned a Mastership in the Academy of General Dentistry. He is a member of the American Dental Association, Dental Speakers Bureau and the Academy of General Dentists.

Register for this free virtual class online on the SCDS website at www.scdentists.org/meetings-events/calendar-of-events.



PRESIDENT'S LETTER Dr. Clio Samia-Lindenauer

Hello fellow Sno-Co dentists!

Fall is here, and for many of us that means the mad dental dash to the end of the year begins. For me, with a 2 month old I'm soaking up the last couple weeks of maternity leave before figuring out what it looks like to dive back into work full-time. Let's be real - owning a practice means a "leave" is still working your business most days. Establishing a new work/life daily routine can be daunting. At the age of 2 months babies have approximately zero ability to follow any routine, much to my surprise. Luckily, my son is starting to smile at precisely the right time to make the multiple overnight wake-ups worthwhile. We've all got a busy couple of upcoming months for our local and state dental societies, with some great opportunities to break out of our usual daily routines to learn, connect, and celebrate.

October:

- Virtual Sno-Co meeting with a top speaker on a timely subject of wellness, Dr. Josh Austin;
- SCDS annual Gala with food, prizes, and a hypnotist;

November:

- Live Sno-Co meeting with WDS representatives - please come and give your feedback on what we all need if we're to choose to be in network with the biggest insurer in our state;
- PNDC in Seattle;

December

- All of the PPO patients who've been absent all year suddenly need to get in and have all their work completed prior to month's end.

Cheers, friends!

Annual Seminar: An SCDS Tradition for more than 30 years!

Many members may remember when the famous dental speaker Dr. Gordan Christensen came to the Lynnwood Convention Center in 2016. But did you know the Annual Seminar has been an SCDS tradition since **1990**? In 2010, SCDS began partnering with the Seattle-King County Dental Society, and UW School of Dentistry, in order to bring bigger name speakers and leverage all three groups' access to prospective attendees. In the last days before the pandemic, February 28, 2020, SCDS and UW cooperatively produced the annual seminar featuring Dr. Marc Geissberger. Naturally, 2021 and 2022 were not good years for planning large, indoor gatherings. However, we are happy to announce that the Annual Seminar will be returning in 2024. An event of this size takes time to coordinate and it will take 2022-2023 to bring all the elements together. Stay tuned for details on the speaker, the topic and all the fun that goes with this great CDE event. It's been called a "mini-PNDC" and we hope to keep that atmosphere of learning, conviviality and a celebration of all things dental in 2024.



THIS EVENING IS GOING TO BE SPOOKTACULAR!

It's not too late to register for the Snohomish County Dental Society's End of Year Gala Thursday, October 27, 5:30PM, at the Embassy Suites Hotel in Lynnwood. Our featured entertainment is Hypnotist, Justin James. Dinner is complimentary for each SCDS member dentist and one guest. Each additional person is \$65. Consider a \$50 donation to our Society's Foundation to have your seats reserved at a table.

Justin James and The Hypnosis Company have crafted an amazing comedy masterpiece that is nonstop laughs from start to finish! Set to high intensity music, this show will have you on the edge of your seat and rolling on the floor! The guests are the stars of this show and they will find themselves in the craziest situations whether it is winning the world's largest jackpot or finding out that they can have random conversations with their shoes! Justin James has become one of the



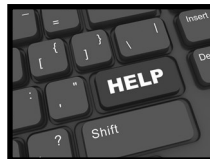
most requested hypnotists in America. He has perfected his craft over 20 years performing for companies like John Deere and Columbia Sportswear, as well

as in Las Vegas. A true entertainer Justin puts dozens of volunteers into his show and orchestrates a night of absolute hilarity! Also, try your luck at winning one of our many raffle prizes. Raffle tickets at \$5 each or 5 for \$20 and all proceeds go to support our Foundation.

Special thanks to our generous sponsors: Arcora Foundation, Homestreet Bank, Bank of America, Next Level Consultants, Heritage Bank, Omni Practice Group, Big Sky NW, and WDIA.

Check out our Gala webpage at www.scdentists.org/meetings-events/annual-gala to see all our terrific sponsors and more. Come kick off the holiday season and join in the fun!

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