



# Snohomish County

## DENTAL SOCIETY

### Save the Date: October 16, MEMBER MEETING



Did you know that Health Equity training is required every 3 years? Get your required credits at our October member meeting. This interactive class will be taught by Dr. Doug Jackson of UW SOD. In 2020, Dr. Jackson, Clinical Professor of Pediatric Dentistry was named Associate Dean for Equity, Diversity, and Inclusion (EDI). He holds BA and DMD degrees from the University of Pittsburgh, an MS in clinical research design and statistical analysis from the University of Michigan, and a PhD in oral biology and neuroscience from the University of Minnesota. He is a diplomate of the National Dental Board of Anesthesiology, a fellow of the American Dental Society of Anesthesiology, and a member of the Omicron Kappa Upsilon dental honor society. This class promises to be informative and engaging for all.

**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, 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, October 16.**

**EMAIL:** [info@scdentists.org](mailto:info@scdentists.org) or text/call 360-419-7444. Or, register on our website [www.scdentists.org](http://www.scdentists.org). Vegetarian meals by advance request only.



### PRESIDENT'S LETTER, Dr. Tania Tran

Eleanor Roosevelt once said "**Do one thing every day that scares you.**" Her quote encourages growth and resilience through the action of confronting our fears, no matter how big or small. There are many benefits to stepping out of our comfort zone regularly. Facing our fears can lead to:

- Increased self-confidence
- Personal and professional growth
- New opportunities and experiences
- A stronger sense of community as we support each other in our journeys

Take Action:

**Identify Your Fears:** Take a moment to reflect on what scares you. In dentistry, it could be learning a new clinical skill, discussing an issue with a team member, or buying a practice. Personally, it can be smiling at a stranger, travelling to a new place, or signing up to run a 5K.

**Make a Plan:** Choose one fear to tackle this week. Outline steps you can take to confront it. I like to keep checklists, both written and on a phone app, to help keep me focused.

**Share Your Journey:** Connect with friends, family, or colleagues. Share your goals and encourage them to join you in taking on their own fears. You don't have to do this alone!

**Reflect:** At the end of each week, take time to reflect on your experiences. How did facing your fear change your perspective? Most importantly, don't let the fear of failure hold you back.

**Get Involved:** Attend our in-person Snohomish County Dental Society Meeting this month! Make new friends or reconnect with old pals. Share your experiences, support others, and celebrate the small victories together. Remember, growth happens when we push ourselves beyond our comfort zone. Let Eleanor Roosevelt's words guide you as you embark on this journey of courage.

**Dr. Tania Tran**

## HOUSE OF DELEGATES 2024



Thanks to all of the Society members who made the trek to Spokane for the annual House of Delegates. Our six representatives included: Drs. Crystal Vo, Brittany Dean, Tom Natale, Kelly Powell, Aimi Mizutani, and Tyler Rumble. Dr. Andrew Sholudko served as Speaker of the House. Dr. Vo was elected to a three-year term on the WSDA Board of Directors. Dr. Brittany Dean, also on the WSDA Board, was elected to a one year term as a Delegate to the ADA House of Delegates. SCDS continues to lead the state with young member representation. House of Delegates volunteers are elected each spring to a three-year term. For those who are interested, contact Sandra at [info@scdentists.org](mailto:info@scdentists.org).

# JOIN THE PARTY ON NOVEMBER 1



It's time for the annual SCDS Gala! The event will be held at Hotel Indigo in Everett again this year. This members-only party is free for members and one guest. Enjoy a plated dinner, non-host bar, photobooth, and the ever-popular raffle! Raffle tickets at \$5 each or 5 for \$20 and all proceeds go to support our Foundation. This year we will have some great raffle items including a collection of wine, Apple Watch, and dinner at Daniel's Broiler. Entertainment will be provided by pop violinist Trevor Owen. Do you love the violin covers of pop songs that played in *Bridgeton*? Then you will enjoy Trevor Owen's unique, romantic variations on Maroon 5, Taylor Swift and more. He is a classically trained musician who will demonstrate his range including classical works and folk melodies. We will be honoring Dr. Dan Shaw with our Special Recognition Award. For Gala registration go to our website. Remember that you can reserve your seats in advance for \$75. Sit close, hear better and know that your seats are waiting for you. Special thanks to our generous sponsors: Bank of America, Big Sky NW, Crest-Oral-B, DDSMatch, Dental Accounting Group, Nakanishi Dental Lab, Nobel Refining, Helsell Fetterman, Omni Practice Group, Trosvig Dental Lab, US Bank, WDIA, and Wells Fargo. **Book the babysitter because you wont want to miss this fun night!**

## YOUR SCDS OFFICERS:

### President:

Dr. Tania Tran

### President-Elect:

Dr. Tyler Rumble

### Secretary:

Dr. Ivy F. Lin

### Treasurer:

Dr. Andrew Sholudko

### Past-President:

Dr. Nicholas Conley

### Executive Committee:

Dr. Jason Bourne

Dr. Matthew D. Lee

Dr. Aimi Mizutani

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](mailto:info@scdentists.org)

Website: [www.scdentists.org](http://www.scdentists.org)

## Dental Action Day x2

There will be two chances to make your voice heard in Olympia in 2025. Plan ahead to **show up and speak up** on **January 30, 2025**. The second date is TBD. We all need to work together to impact positive change for our industry. If you show up to speak with legislators in Olympia, WSDA will help guide you on what to say and where to go. Let's show Olympia that Snohomish County cares! Stay tuned for details, or check out the WSDA website for more information.



## THANK YOU TO THESE EXCEPTIONAL SPONSORS FOR THEIR SUPPORT!

### ► October Newsletter Sponsors:

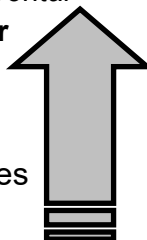
*Seaport Dental and WDIA*

### ► October Member Meeting Sponsors

*Dental Professionals & SPP Dental*

### ► Corporate partners on our website!

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## BLS/CPR CLASSES

For many years, SCDS members relied on the Society to provide their annual CPR and BLS required courses. These days, most practices are opting to take the BLS/CPR classes online. For the Society the cost of offering the classes has gone up significantly and we can no longer offer them at a reasonable rate. However, we are providing members with a list of BLS/CPR instructors you can hire to come to your office. Additionally, we are offering links to take the classes online. Please check our website for access to resources you can use to complete your BLS/CPR requirements.

## CLASSIFIEDS

**South Everett Dental Clinic for Lease:** 3 fully equipped operatories, 3 more for expansion. Visible office across the street from Everett Costco in a high traffic area. Please contact [KevinDangDDS@gmail.com](mailto:KevinDangDDS@gmail.com)

**Campbell's Handpiece Rescue** repairs and maintains handpieces at affordable prices. Over 15 years experience and we come to you! (425) 303-8822

**Snohomish County General Dental Practice** Beautiful stand-alone building with excellent visibility in a residential neighborhood. Strong hygiene program - 6 hygiene days per week. 7 fully-equipped ops (4 hygiene and 3 clinical). Over \$1.4 Mil in Production YTD. Contact Frank Sciabica at [frank@omni-pg.com](mailto:frank@omni-pg.com); 425-985-8390. (WAD513)

**Beautiful Well Established Marysville Practice** with \$1.3 Million Annual Collections. Well-established general dental Marysville practice for sale. Annual collections of \$1.3 million per year. Great location in the middle of town. Easy access with plenty of parking available on site. Beautiful building with great visibility from the street. Contact [frank@omni-pg.com](mailto:frank@omni-pg.com) or call 425-985-8390. (WAD486)

**Highly Sought After North Seattle Practice** Highly sought after and very desirable North Seattle Dental Practice. Modern and up-to-date five operatories. CBCT and digital x-rays. Annual collections of \$1.6 million. Growing practice with plenty of parking. Awesome staff with two hygienists. Contact [frank@omni-pg.com](mailto:frank@omni-pg.com) or call 425-985-8390. (WAD489)

**Anacortes - Practice and Real Estate** Located at the gateway to the San Juan Islands on the busiest street in Anacortes. Four operatory practice with room to expand. Consistently over \$1 million in annual collections. Only 20 minutes West of I-5. Price reduced to \$650,000 for a quick sale. Contact [frank@omni-pg.com](mailto:frank@omni-pg.com) or call 425-985-8390. (WD300)

Multiple dental practices for sale by Omni Practice Group in and around Washington. Contact Omni Practice Group at 877.866.6053 / [info@omni-pg.com](mailto:info@omni-pg.com) for more details. Visit website <https://www.omni-pg.com>.