



# Snohomish County

## DENTAL SOCIETY

### REGISTER NOW For Nov. SCDS Meeting

**DATE:** Tues. Nov. 17th  
(Please note it's a Tues.)  
**TIME:** 6:15PM—8:15PM  
**CREDITS:** 2 **COST:** FREE

#### SPEAKER:

Dr.  
Manuel  
La Rosa



#### COURSE:

Tooth Matrix: A rising trend in autologous bone grafting.

Dr. La Rosa, DDS, practices Oral Surgery in S. King & Pierce Counties.

**View full details and speaker bio on our SCDS website.**

**Go to:** [www.scdentists.org](http://www.scdentists.org)  
Click on Calendar of Events.

#### IMPORTANT:

##### REGISTRATION REQUIRED

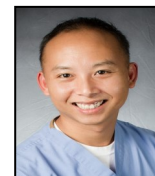
To participate in this Zoom meeting **you'll need to register in advance.** You can find the registration link on our SCDS website calendar, and *it will also be emailed out with the Nov. meeting reminder.* Please be sure SCDS has your current email.

##### Stay Home, Stay Healthy CE.

We are pleased to continue our partnership with Pierce County Dental Society to offer Virtual Zoom CE meetings to our members.

**Note:** **CE certificates** will be sent to your registration email within in 7 days after the course. AGD credit will be submitted if you provide your AGD # at registration.

### PRESIDENT'S LETTER — By Dr. B. Ardi Pribadi



Ah, October has finally arrived...gusty winds, crisp cool weather, bright multicolored foliage, pumpkin spice in the air and Husky/Seahawk football well under way (...well Seahawk football at least). It's my favorite time of the year, so much so that it became the inspiration for my dental practice—*Autumnwood Dental.*

However, the fall season also brings, overcast days, longer nights and an increased amount of personal stressors, all of which, can lead to Seasonal Affective Disorder (S.A.D.). This time of year, and well into the winter season, the stresses in life can wear down a person, especially with the current COVID situation and the political climate in our country already being a factor. I want to say that you are not alone.

It was 10 years ago this month that I started my little practice in Arlington, and I've had plenty of ups and downs and growing pains felt by a fledgling practice. I've seen it all and experienced it all. What got me thru the tremendous amount of stress and sleepless nights as a rookie entrepreneur and dentist was the support of a close group of family, friends and colleagues. I couldn't have gone through and survive and get where I'm at today without their support and guidance.

So I want to reassure everyone going through a similar ordeal that you are not alone and there is someone, if not everyone out here, that is going or has gone through the same situation as you. In fact, I still go through a tremendous amount of personal and business stress—it does not go away, but it does get better, and with proper management and a great support group, it won't wear you down.

The ADA has some helpful resource on staying mentally fit and healthy:

<https://success.ada.org/en/wellness>

And if you need anyone to talk to about anything (especially, UW Husky football) I am always available: [dr\\_pribadi@autumnwooddental.com](mailto:dr_pribadi@autumnwooddental.com)

### Consider our Society's Foundation for Year-end Charitable Giving

While we are unable to hold the Annual Gala and Foundation Fundraiser this year, please keep the *Snohomish County Dental Foundation* in mind when making year-end tax-deductible donations to organizations & charities near and dear to your heart. **100%** of your donation will support dental-related programs right here in Snohomish County.

The Foundation is the charitable arm of our Dental Society, dedicated to supporting dental-related projects and educational efforts which benefit Snohomish County residents – like Toothapalooza at the Imagine Children's Museum, and Assistance League of Everett's Operation School Bell program. SCDS Members can be proud that our small Foundation has made a difference by awarding over \$292,000 in grants since it was established in 1994.

Find details about the projects we support on our website Foundation tab at [www.scdentists.org](http://www.scdentists.org).

Thank you to our current Foundation Board Members: Dr. Kela Ness (Pres.) Dr. Greg Fjeran, Judy Bangs, Dr. Dan Shaw, Dr. Alexis Apatoff, Dr. B. Ardi Pribadi, Dr. Daniel Brady, Dr. Stephen J. Lee, and Dr. Don Robinson.

**Donations may be mailed to** Snohomish County Dental Foundation, 1214 Alpine View Drive, Mount Vernon, WA 98274-8722. It is a 501(c)3 non-profit organization. Tax ID #91-1630893. A tax receipt will be sent.

## ADA COVID-19 Digital Events

Catch up on the latest COVID-19 webinars and on-demand video learning opportunities on your schedule. From managing your practice during this crisis to caring for your staff or your own mental health, new events are added regularly. CE credit available for some courses. [www.org/virus](http://www.org/virus)

### Attention SCDS Members:

Do we have your current email address? (are you receiving SCDS meeting reminders, registration links, & SCDS news?). If not, please email Judy at: [info@scdentists.org](mailto:info@scdentists.org) and we'll get you added.

Also, be sure to join the SCDS Facebook page if you haven't done so yet —Info, updates, & links are posted there first.

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### YOUR SCDS OFFICERS:

**President** Dr. B. Ardi Pribadi

**Pres-Elect** Dr. Daniel Brady

#### Secretary

Dr. Clio Samia-Lindenauer

**Treasurer** Dr. Andrew Sholudko

**Past-President** Dr. Alexis Apatoff

#### Executive Committee:

Dr. Nicholas Conley

Dr. Jennifer Chan

Dr. Ji Won Gwak

Dr. Tania Tran

Dr. Allan Wattimena

#### Executive Director:

Judy Bangs

#### SCDS Mailing Address:

1214 Alpine View Drive  
Mount Vernon, WA 98274

#### Phone/TEXT:

(360)419-7444

#### E-mail:

[info@scdentists.org](mailto:info@scdentists.org)

#### Website:

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

## CLASSIFIEDS

■ **Thinking of EXPANDING your Practice?** Well Established Dental Clinic moved out leaving all tenant improvements. 9 operatories, 2 consult rooms and large reception. Elevator. Scriber Lake Professional Building. Lynnwood. Contact Ellen (206)909-1552.

■ **Beautiful office for lease in South Everett.** Great street exposure! Ideal for dental specialist. For photos go to [donkoontzdds.com](http://donkoontzdds.com). 2200 square feet with 6 operatories. Call Don Koontz 425.745.3766.

■ **Need help with your high fear patients?** I have treated over 4000 patients with IV Sedation. I am local, flexible

and can accommodate your schedule. You can also refer your patient if you choose not to treat them. Aubrey Carter Jr., DDS (425)501-9555.

■ **Fantastic practice located in beautiful greater Skagit County.** Annual collections of approximately \$1 million. Awesome location on busy street with amazing visibility. Located in a flourishing community with room for growth in the practice. Contact Frank at [frank@omni-pg.com](mailto:frank@omni-pg.com) or 425-985-8390.

### How May SCDS Help You?

If you have a question you're not finding an answer to, be sure to contact the SCDS office and we'll help find the information you need.

■ **10% Off Handpiece Repair for SCDS Members.** NO NEED TO MAIL OR WAIT FOR HANDPIECE REPAIR — We come to you! We're MOBILE — Best Service and Prices, serving Snohomish County and surrounding areas. Campbell's Handpiece Rescue, Call (425)303-9822.

### Thank you to our Nov. Newsletter Sponsors

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## ANNOUNCEMENTS

### ► THIS HOLIDAY SEASON —Help our Snohomish County Dental Foundation Earn Cash!

**1) 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) search by our name or non-profit #UJ743 This is an easy way to support our Foundation!

### 2) SHOP [www.Smile.Amazon.com](http://www.Smile.Amazon.com)

Next time you place an Amazon order, simply search & select Snohomish County Dental Foundation. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Thanks to everyone already donating! \$1 = 1 toothbrush kit for 1 child.

► **Volunteer for Veterans:** Most veterans do not get dental benefits, and when low-income, will spend a lifetime with dental diseases. For veterans who have returned from combat areas, *Everyone for Veterans*, a nonprofit founded by Dr. Theresa Cheng, will connect them to dentists in their area. Dentists treat the veterans in the comfort of their own offices and improve the life of 1 veteran a year. *Help veterans smile again!* For more info visit: [www.everyoneforveterans.org/dentists.html](http://www.everyoneforveterans.org/dentists.html)

► **Volunteer Dentists needed** in Snohomish County for Medical Teams International dental van. Just 6 hours one time per month. Scheduled visits are still being cancelled in our county due to lack of volunteer dentists. For more details please contact Cassandra Phillipsen, DMD, 503-593-9599 or email: [Cphillipsen@medicalteams.org](mailto:Cphillipsen@medicalteams.org)

### ► Make a difference for children in Snohomish County by becoming an ABCD provider!

The [Access to Baby & Child Dentistry \(ABCD\) program](#) trains dentists to provide care to children under the age of 6 insured by Medicaid. ABCD certified dentists receive enhanced fees through Medicaid for certain procedures and education. ABCD certification requires just a few hours of free, CDE eligible training that is delivered by a volunteer dentist in your area. To become an ABCD dentist, complete a refresher training, or complete Phase II ITR training, contact the SnoCo ABCD Coordinator, Laura Nay, at [lnay@snohd.org](mailto:lnay@snohd.org) or 425-359-0384.

► **SAVE THE DATES** — Our Zoom CE Meetings are changing to Tuesdays, 6:15PM—8:15PM. 2 CE. **Nov. 17th** (Dr. Manuel La Rosa), **Jan. 19th** (Dr. John West), **Feb. 23rd** (Dr. Thomas Gessel), **March 16th** (Dr. Peter Van der Ven), **April 20th** (Mike Shelly). WATCH FOR DETAILS.

THANK YOU FOR BEING AN SCDS MEMBER!