

May/June 2023

the Nugget

Legacies of Inspirations:

Dental Family Stories
from our Members



Inside: 2022 Foundation Annual Report





WE LOVE DEALS!

Multiple Dental Suites For Lease



3,296 RSF

2865 Sunrise Blvd, Rancho Cordova, 95742

Features:

- Two (2) Private Exam Rooms
- Five (5) Chair Stations
- Sterilization Room
- Molding Lab

CONTACT: Connor Finch / Joey Chiurazzi (916) 779-1000
connor@ethanconradprop.com / joey@ethanconradprop.com



2,338 - 3,888 SF

406 Sunrise Ave, Roseville, 95661

Features:

- Two (2) Medical Suites Available with Tenant Improvements
- Close Proximity to Area Hospitals
- Large Offices, Reception and Waiting Areas

CONTACT: Connor Finch / Joey Chiurazzi (916) 779-1000
connor@ethanconradprop.com / joey@ethanconradprop.com



1,649 SF

7248 S. Land Park Dr, Sacramento, 95831

Features:

- Suites Equipped with Existing Medical TI's
- Property is within a Hub of Medical Offices
- Full Service Rent Includes All Utilities and Janitorial Cost

CONTACT: Connor Finch (916) 779-1000
connor@ethanconradprop.com



2,283 SF

68 Hartnell Ave, Redding, 96002

Features:

- Completely remodeled w/ Dental Improvements
- Adjacent to Planned Dignity Health Campus
- Neighborhood Shopping Center in the Center of Redding

CONTACT: Race Merritt (916) 779-1000
race@ethanconradprop.com

Contents

FEATURES



- 10 Yamamoto Family Story**
Thomas Yamamoto, DDS; Kathy Yamamoto, RDH
and Karisa Yamamoto, DDS

- 12 Rollofson Family Story**
Donald Rollofson, DMD and Christy Rollofson-Porrino, DDS

- 14 Rashid Family Story**
Ibtisam Rashid, DDS and Hana Rashid, DDS

- 16 Fat Family Story**
Kenneth Fat, DDS; JC Fat, DDS, MS;
Shareen Char-Fat, DDS; Diana Fat, DDS
and Michelle Fat, DDS

- 18 Davidson Family Story**
Jeffrey Davidson, DDS and Brock Davidson, DDS

Nugget Editorial Board

Carl Hillendahl, DDS • *Editor-in-Chief*
Brian Ralli, DDS • Gabrielle Thodas, DDS, MSD
Ramsen Warda, DDS • Karisa Yamamoto, DDS
Peter Yanni, DDS

Editors Emeritus

James Musser, DDS
William Parker, DMD, MS, PhD
Bevan Richardson, DDS

Awards

International College of Dentists (ICD)

2022 • Humanitarian Service Award
2022 • Special Citation Award
2022 • Overall Newsletter, honorable mention
2021 • Platinum Pencil, *honorable mention*
Outstanding use of graphics
2021 • Special Citation Award
2020 • Platinum Pencil
2020 • Golden Pen, *honorable mention*
Article / series of articles of interest to the profession
2020 • Special Citation Award
2019 • Special Citation Award
2019 • Golden Pen, *honorable mention*
2018 • Humanitarian Service Award
2017 • Special Citation Award
2016 • Golden Pen, *honorable mention*
2015 • Special Citation Award
2014 • Outstanding Cover, *honorable mention*

Specials

- 21** 2024 SDDS and SDDF Election Slate of Nominees
22 MidWinter 2023 Highlights
25 SDDS Foundation Annual Report
46 CDA Major Issues & Priorities 2023

Regulars

- | | |
|--|-----------------------------------|
| 5 President's Message | 55 Board Report |
| 6 Cathy's Corner | 56 Membership Update |
| 7 From the Editor's Desk | 58 Blowing Your Horn |
| 9 You Should Know | 59 Vendor Member Spotlight |
| 20 Foundation - Broadway/Music Circus | 60 Vendor Member Listings |
| 24 Wellness Corner | 62 Advertiser Index |
| 48 Committee Corner | 62 Job Bank |
| 52 YOU: The Dentist, The Business Owner | 63 Classified Ads |
| 54 YOU: The Dentist, The Employer | 64 SDDS Calendar of Events |

Get Ready For Our UPCOMING EVENTS

MAY IS FOUNDATION MONTH!

This is the time of year, when we celebrate all the good that the SDDS Foundation has done and is doing in our community. The May **Nugget** always has the Foundation Annual Report in it and we try to fill it with all the warm and fuzzy stories that tug at our hearts. In addition to **the Nugget**, you'll see that our social media pages are flooded with stories, testimonials and happy smiles from our doctors and their patients from years past. Join us as we celebrate and support the Foundation!

MAY
3

Dentists Do Broadway • Wednesday, 7:30pm
Pretty Woman at SAFE Credit Union Performing Arts Center

MAY
4

Big Day of Giving • Thursday, All Day
www.sdds.org/foundation/foundation-events/bdog/
Donations help support the Foundation and its projects, like Smiles for Kids, Smiles for Big Kids and more! Make sure to keep the Sacramento District Dental Foundation in your hearts!

MAY
9

General Membership Meeting - In-Person
Tuesday • 5:45pm Social & Exhibitors
6:45pm Dinner & Program
Hilton Sacramento Arden West • \$80
Premalignant and Potentially Malignant Lesions of the Oral Cavity (3 CEU, Core)
Presented by M. Anthony Pogrel, DDS, MD, FRCS, FACS

MAY
12

Swing for Smiles Golf Tournament
Friday, 7am-2:30pm • Ancil Hoffman Golf Course
Join your fellow SDDS Members in a day of golfing, competition and camaraderie all in support of the Foundation!

MAY
17

Licensure Renewal - LIVE Webinar
Wednesday • 6:30–8:30pm • Webinar • \$79
Infection Control (2 CEU, Core)
Presented by Leslie Canham, CDA, RDA, CDIPC

MAY
18

Business/Practice Management Forum - In-Person
Thursday • 6:30–8:30pm • SDDS Office • \$75
Embezzlement: Are YOU a Victim? How Do You Know?
(2 CEU, 20%) *Sponsored by CareCredit*
Presented by Christine Taxin, Founder and President; Links2Success

MAY
19

Continuing Education - In-Person
Friday • 8:30am–12:30pm • SDDS Office • \$159
Insurance Coding and Billing: Navigate Your Practice to a Wellness Center (4 CEU, 20%)
Sponsored by CareCredit
Presented by Christine Taxin, Founder and President; Links2Success

MAY
24

Licensure Renewal - LIVE Webinar
Wednesday • 6:30–8:30pm • Webinar • \$79
CA Dental Practice Act (Includes Ethics) (2 CEU, Core)
Presented by Leslie Canham, CDA, RDA, CDIPC

JUN
13

Harassment LIVE Webinars
Mandatory Harassment Prevention Training – For Employees Tuesday • 9–10am • \$49
(1 CEU Core) *California Employers Association*
Mandatory Harassment Prevention Training – For Supervisors/Employers Tuesday 11am–1pm • \$69
(2 CEU, Core) *California Employers Association*

JUN
13

Licensure Renewal - LIVE Webinar
Tuesday • 5:30–7:30pm • Webinar • \$75
A Safe Approach to Opioids in Dental Practice (2 CEU, Core)
Presented by Reb Close, MD and Casey Grover, MD

JUN
15

Dentists Do Music Circus • Thursday, 7:30pm
Beautiful at UC Davis Health Pavilion



Join us for
**Dental Day at
Sutter Health Park!**
WEDNESDAY, JUNE 28, 2023

Bring your staff, family, and friends to enjoy a fun night out of baseball at our own Sutter Health Park.

Register online at sdds.org!



View all CE courses
online with this QR code.

President's Message

It's all in the Family...



By **Lisa Dobak, DDS**

2023 SDDS President

(Daughter of Jerry Dobak, DDS - SDDS President in 1987)

Welcome to Springtime! After a long and blustery winter, it's time to get out and enjoy the beautiful weather and longer days. SDDS has courses for you and your team, practice management webinars, and great General Membership Meetings where you can also meet with your friends. Our SDDS Foundation has the tremendously successful Swing for Smiles Golf Tournament at Ancil Hoffman scheduled on May 12th as well as and Dental Day with the River Cats and Dentists do Broadway/Music Circus. Let's reconnect.

As we all can see, our profession is continuing to be challenged on many fronts. It is more important than ever to be an active part of organized dentistry to help shape the future for our practices and our patients. Please encourage your colleagues and friends to continue to support SDDS and to be actively engaged

in our profession to protect from onerous regulations and threats. The advocacy provided by our tripartite structure accomplishes goals that we as individuals cannot. We need to organize together to shape legislation and we can only have influence if we have respected numbers.

**The advocacy provided
by our tripartite structure
accomplishes goals
that we as individuals
cannot.**

This month our fabulous *Nugget* Editorial Committee has chosen the topic of Family in Dentistry, something that is near and

dear to our hearts. As the daughter of a dentist and who had the privilege of practicing with my father for 10 years, I can attest to the joys of learning from a valuable mentor and sharing the experience of caring for those in our family practice for literally generations. I can also speak to the importance of the contributions of other family members supporting our practices. The spouses, children, patients, and long term team members that become family enrich our daily lives and create the relationships that turn our practices from simply a business to a caring profession. Here's to family!

Warmest Regards,

A handwritten signature in black ink that reads "Lisa Dobak DDS".

*Are you a
member of our
Foundation?*

It only costs \$75 a year to be a member of our Foundation. The Foundation funds our Smiles for Kids and Smiles for Big Kids programs!

Will you join? Email us at sdds@sdds.org to become a member and make a difference.

Thank you for supporting the Foundation!





Family: on so many levels...

By **Cathy B. Levering**
SDDS Executive Director

I really loved reading the wonderful articles in this month's *Nugget*; what a wonderful group of families who shared their history and stories! And I am sure there are other stories still to tell.

While this issue of the magazine is dedicated to the family tradition of dentists, it is also dedicated to the SDDS Foundation and our "family" who continues to support the Foundation! The SDDF Annual Report is an amazing telling of our Foundation Family story. While reading these pages, it becomes very apparent that the theme of "family" permeates the pages: family donations, dental office "families" who support Smiles for Kids Day, family scholarships, and many, many, MANY individuals who are part of the SDDS Foundation Family.

Saying "thank you" is never enough. But... "THANK YOU!"

As you read the pages, I hope you will note the many ways you can continue to support the Foundation. You can...

- **Be a Foundation member (\$75):** We currently have 500 of our 1800 members who are members. Our goal is to increase this. Will you be a Foundation member? You can include it in your dues each year or we can bill you directly. And it's not too late!
- **Buy tickets and attend** a Broadway show, Music Circus, play in our Golf Tournament or bid at the holiday party auction!
- **Make a donation** to support our programs in the Foundation!
- **Volunteer for Smiles for Kids or Smiles for Big Kids** – do you have a patient in your practice who needs help? Do you want to donate a treatment plan that the family may not be able to afford? Let us know and we can work with you to "make dreams come true!"
- **Tell everyone about our Foundation** – we are so very proud of how far we have come and all that we do for our community!

In closing, not only is our Foundation a family, but our Dental Society is family too. This was so very apparent at the April General Meeting, "Dinner with the Deans." We had nearly 200 dentists in attendance including members who wanted to reconnect with their dental school classmates and family. Our Society isn't just about member benefits, CE and the "stuff," it's about family, connection, support and relationships... the best Member Benefit of all. Thank you for being our member!

Cathy

Are you a member of our Foundation?

It only costs \$75 a year to be a member of our Foundation. The Foundation funds our Smiles for Kids and Smiles for Big Kids programs!



Will you join? Email us at sdds@sdds.org to become a member and make a difference. Thank you for supporting the Foundation!

LEADERSHIP

President: Lisa Dobak, DDS
Immediate Past President: Wesley Yee, DDS
President Elect/Treasurer: Ash Vasanthan, DDS, MS
Secretary: Nima Aflatooni, DDS
Editor-in-Chief: Carl Hillendahl, DDS
Executive Director: Cathy Levering

EXECUTIVE COMMITTEE

Craig Alpha, DDS
Eric Grove, DDS
Lisa Laptalo, DMD
Viren Patel, DDS
Karthik Raghuraman, DDS
Jeffery Sue, DDS
Chirag Vaid, DDS
Guest of the Board: Ashleigh Areias, DDS
Guest of the Board: Andrea Cervantes, DDS

BOARD OF DIRECTORS

CPR: Margaret Delmore, MD, DDS
Membership/Engagement: Ashleigh Areias, DDS
Nominating/Leadership Development:
Wesley Yee, DDS

COMMITTEES STANDING

GMC Transition: Kevin Keating, DDS, MS
Budget & Finance Advisory: Ash Vasanthan, DDS, MS
Bylaws Advisory: Volki Felahy, DDS/Wesley Yee, DDS
CE Advisory: Eric Wong, DDS
Strategic Planning Advisory:
Ash Vasanthan, DDS, MS/Nima Aflatooni, DDS

TASK FORCES ADVISORY COMMITTEES

Foundation: Carl Hillendahl, DDS
SacPAC: Gary Ackerman, DDS

SPECIAL EVENTS OTHER

Cathy Levering | Executive Director
Della Yee | Director of Operations
Sofia Gutierrez | Foundation Projects/CPR
Anne Rogerson | Office Manager
Jessica Luther | Graphic Designer
Katie Marshall | Administrative Assistant/Membership

SDDS STAFF

The Nugget is an opinion and discussion magazine for SDDS membership. Opinions expressed by authors are their own, and not necessarily those of SDDS or *The Nugget* Editorial Board. SDDS reserves the right to edit all contributions for clarity and length, as well as reject any material submitted. *The Nugget* is published bimonthly by the SDDS, 2035 Hurley Way, Ste 200, Sacramento, CA 95825 (916) 446-1211. Acceptance of advertising in *The Nugget* in no way constitutes approval or endorsement by Sacramento District Dental Society of products or services advertised. SDDS reserves the right to reject any advertisement.

Postmaster: Send address changes to SDDS, 2035 Hurley Way, Ste 200, Sacramento, CA 95825.

From the Editor's Desk

Legacies of Inspiration



By Gabby Thodas, DDS, MSD
Associate Editor

When we are born, our possibilities are endless. We can be anything. Young children are often asked what they want to be when they grow up. They have fanciful answers, serious answers, make-believe answers and sometimes answers that mirror their parents' careers. Over time these possibilities narrow – I'm too short for basketball, I'm mediocre in English – guess I'm not going to write the next great American novel. As children mature, their answers tend to become more realistic. As they progress through high school and declare majors in college most of their answers reflect the final direction of their life's journey.

We have all been through this journey as have been our family members, friends, significant others and children. But why do some chose the same career as their parent(s) and some do not. Did they choose dentistry because there was family pressure or because

they were more interested in science, more mechanical, problem solvers, caregivers, all of the above or none of the above?

I decided to interview families of dentists to discover what factor(s) were the pivotal in their choice of dentistry as a career. Five SDDS families agreed to participate to answer questions on the pivotal influences affecting their choice of a career in dentistry. Thank you to the Fats, Rollofsons and Rashids who were able to meet with me in person for their interviews. During these in-person discussions it was not unusual for someone to stop and say, "You know now that I think about it this is what really made up my mind." I do think we spent as much time laughing as talking. Thank you also to the Yamamotos, Davidsons and Michelle Fat for emailing their answers to the questions. I thank them all for their honest and heartfelt responses. This experience was

not what I expected. It turns out it was not a simple study in cause and effect. It was enlightening, humbling and has changed my life for the better. In these challenging times, I re-discovered what is good in the world.

What I found was the power of human connection. The people in your life who make a difference. People who had also made a human connection and been inspired to become a dentist. People who paid that forward and continued that inspirational connection. And so the dentists in this issue became part of that chain of connection. Some of them were able to thank the person who inspired them while others were not. But, in reality, they have all thanked the person who inspired them by inspiring others. Thus they have continued the Legacies of Inspiration. ■

SAVE THE DATE!

May 4, 2023

On May 4th donate to the
**Sacramento District
Dental Foundation**

Big 
**Day of
Giving**

If you have ever considered moving to or in Placerville/
this is an incredibly easy opportunity, don't miss out....



Dental Building for Sale Lease or Move in 2900 Cold Springs Rd, Placerville Ca 95667 3200 + Square Feet

7 Ops, Gorgeous Waiting Room, 4 bathrooms, lots of easy parking, and room on the lot for expansion or another Building., Great location near Home Depot and food and DMV.

Decades of good will as a dental office in town, easy access location
Available April 2023 or most likely before.

Contact Dr Dean K Sands DMD

Call: 530-305-5000 or Email: drdksands@gmail.com

Price Reduced!

Target price is \$620,000
or

Call for Offer!

Divided \$400,000 for building and \$220,000 Leasehold Improvements
OWC if needed.

Lease \$1.00 per sq foot/plus Insurance/Taxes combined or separate comes to
approx
\$1.29 / sq foot



YOU SHOULD KNOW

CURES FEE REDUCTION

Reprinted with permission from Dental Board of California

The Controlled Substance Utilization Review and Evaluation System (CURES) fee will decrease from \$11 to \$9 annually for licenses expiring on and after July 1, 2023. The fee is assessed at the time of license renewal on licensees that prescribe, order, administer, or furnish Schedule II, Schedule III, Schedule IV, or Schedule V controlled substances.

Most licensees will see an \$18 CURES Fee due to the biennial renewal cycle. The fee covers the reasonable regulatory costs of the Department of Justice for operating and maintaining CURES, a critical element in the state's effort to address the growing danger of opioid addiction stemming from prescription drug abuse.

SDDS HR HOTLINE 888.784.4031 - MEMBER BENEFIT - POWERED BY THE CALIFORNIA EMPLOYERS ASSOCIATION

Do You Use the HR Hotline? The HR Hotline an exclusive benefit to SDDS Members. It is powered by the California Employers Association and they are ready for your call.

NEW DENTAL BOARD CE OPIOID REQUIREMENT EFFECTIVE JANUARY 1, 2023 FOR LICENSURE RENEWAL

Effective January 1, 2023, dentists are required to successfully complete two units of continuing education on the responsibilities and requirements of prescribing schedule II opioids as a condition for renewing a license with the Dental Board of California. On June 13, SDDS is offering a course that will satisfy this requirement. The course is called A Safe Approach to Opioids in Dental Practice.

Learn more and register online at www.sdds.org/events/lr-opioids-june13/

ARE YOU RETIRING? THINK TWICE ABOUT DROPPING YOUR DENTAL LICENSE!

We have heard from many of our members who have retired and, at the time, they decided to let their dental license lapse. Their word of advice is to NOT do this, and wait a year or two before letting it go. **Instead, you can make your license INACTIVE. Here's how (from the Dental Board):**

At the time of renewal a licensee can select to change the status of their license to inactive. The fee for an inactive license is \$650. The fee for an active license is \$672 as it includes a \$22 CURES fee paid to the Dept. of Justice. A dentist who has practiced in California for at least 20 years and has reached the age of retirement may qualify for a reduced renewal fee which is half of the regular renewal fee and still maintain an active license. To apply, the dentist can submit the Application for Reduced Dental License Renewal Fee form which can be found at https://dbc.ca.gov/formspubs/app_reduced_renewalfee.pdf. The applications can be submitted by email to DentalBoard@dca.ca.gov, fax to (916) 263-2140, or by mail to the address in the letterhead. The request must be approved prior to renewing to receive the reduced fee.

If the dentist is going to volunteer to provide dental services, they will need an active license. Dentist are required to complete 50 units of continuing education which includes the mandatory courses. Beginning January 1, 2023, CE for retired dentists in only uncompensated practice shall include the mandatory courses and courses directly related to the delivery of dental services and shall be no less than 30 units. (CCR, tit. 16, § 1017, subs. (u).) Information on CE requirements can be found below.

To complete the continuing education requirements as outlined in Title 16, California Code of Regulations, Sections 1016 and 1017 for renewal of a license or permit, the following conditions must be met:

- The provider offering the courses must be a Continuing Education (CE) Registered Provider licensed by the Board, or a provider approved by the American Dental Association's Continuing Education Recognition Program (CERP) or the Academy of General Dentistry's Program Approval for Continuing Education (PACE). Each individual course is not approved by the Board.
- Completion of the mandatory courses:
 1. Basic Life Support (BLS) course provided by the American Red Cross (ARC), American Heart Association (AHA), or a provider approved by PACE or CERP. A maximum of 4 credits will be awarded for completion of this course.
 - Online courses will not be accepted for the BLS requirement. The course must include a live, in-person skills practice session, a skills test and a written examination.
 2. California Infection Control* – This course must be 2-units and be taken through a Registered Provider approved by the Board to offer this mandatory course.
 3. California Dental Practice Act* – This course must be 2-units and be taken through a Registered Provider approved by the Board to offer this mandatory course.
 4. Responsibilities and requirements of prescribing Schedule II opioid drugs* - This course must be 2-units and be taken through a Registered Provider approved by the Board to offer this mandatory course.

** In order for the mandatory course certificates to be accepted by the Board, you must ensure that you have taken the course from an approved mandatory course provider. To identify if a provider is approved to teach the mandatory courses, please see the section titled, Mandatory Course Provider Lookup.*

The Yamamoto FAMILY STORY

I met Karisa at a *Nugget* Editorial Committee meeting. I was presenting my idea about interviewing SDDS dental families. She mentioned that her dad was a dentist and that her mother was an RDH. That caused me to think beyond dentists and to include allied dental professionals. Karisa and her parents answered the questions via email as reproduced below. But then late one night Karisa sent another email with the rest of the story and further proof of the legacies of inspiration.

From Karisa Yamamoto, DDS - the background of the overall story:

My grandfather, Kenneth Fujii, DDS, graduated from Loyola University in Chicago in 1950. He lived through the Great Depression and spent his teenage years incarcerated in the Rowher, Arkansas Japanese-American internment camp during World War II. After graduating from dental school, he served in the Korean War as a military dentist. After the war, he returned home to Stockton, CA, where he opened up his own private practice. There, he met my grandmother, whom he married and who helped build up the practice as his office manager.

My mother, Kathy Yamamoto, RDH, is the daughter of Kenneth Fujii. She graduated from USC Dental Hygiene in 1984.

My father, Thomas Yamamoto, DDS graduated from UCSF School of Dentistry in 1984. Both my mother and father helped carry on my grandfather's legacy and practice in Stockton. They also owned a practice in Sacramento, CA for many years.

I graduated from UCSF School of Dentistry in 2020 - 70 years after my grandfather graduated from dental school!

Thomas Yamamoto, DDS UCSF 1984

"The one thing I can think of that inspired me to go into dentistry was that my father wanted to make sure all of his children had dental care. I remember we hardly ever had medical care growing up - only

immunizations for school. Having to help my dad do gardening on Saturdays full time during the hot Sacramento summer made me want to go to college. Ironically, my dad wanted me to go to medical school, but I always wanted a health professional career with a balanced family life. I chose dentistry since I went to the dentist once a year and became comfortable going to the office. I



decided to pursue dentistry when I was in 8th grade. Initially, I was determined to go into oral surgery. Once I completed dental school, I was accepted into an oral surgery residency, but decided to try out general dentistry because I was feeling burnout from school. To this day, I have enjoyed

having colleagues in this great profession. The most satisfying part of my journey was to practice side by side with my wife Kathy when I started a private practice. She grew up in her dad's dental practice sitting in the waiting room as a 4 year-old pretending to read magazines and getting to know all the patients and later working in the front office. She eventually became a dental hygienist. In the beginning of my dental career, I leaned on her lifetime experience of private practice to help give me direction. We pretty much had a 24/7 life of wonderful memories and two awesome daughters. It was hard work but so gratifying to become involved with all of our patients' lives and families. I never knew that it would be this magical. Lastly, I want to say that SDDS was instrumental in giving me direction as a new graduate buying a practice once I passed my dental boards. Without the Executive Director, Ms. Helen Hamilton, I really had no idea what my options were going forward. She gave me comfort and kept in contact with me during that transitional period. "She was a jewel."

Kathy Yamamoto, RDH USC Dental Hygiene 1984

My father was a total inspiration for me to go into the dental field as he completely loved his profession. He always told me how important it was to enjoy what you do. I spent a lot of my childhood at his dental office either in the waiting room talking to patients or in his lab pretending to wax up model teeth. Later on I assisted him at chair side and helped my mom in the front office.



I enjoy dental hygiene with its flexible hours and helping patients maintain their dental health.

After graduating high school, I knew I wanted to go into the dental field.

I always enjoyed working with my dad and mom as his office manager at their dental practice. They worked really hard during these golden years of dentistry and I continued to

Karisa Yamamoto, DDS
UCSF 2020

I was inspired to go into dentistry by my many family members who are in the field, including my grandpa, dad and mom. Growing up in my parents' office, I was inspired by the way they treated their patients like family and created a sense of comfort and community in a space that is

really enjoy working with my husband at his dental practice. Unbelievably, there was rarely a moment of stress. Seeing generations of patients come through and providing service to them was very fulfilling. It was truly a family practice.

often times thought of as intimidating and scary for many patients.

I did not make the decision to go into dentistry until the summer before my senior year of college. Prior to that, I explored careers in medicine and teaching, and ultimately found my way back to dentistry. I was attracted to the interpersonal relationships you can build as a dentist with patients, relationships that you can develop over years. I was also interested in the opportunity for teaching and for a future in an academic setting, which the field offers.

I do not practice directly with my family members, I am now in academia full time, but I know that I can always lean on and learn from my parents as mentors and a support system. ■

Serving You For Three Generations

**Same Reliability
Same Quality
Same Family**

Desco Dental Equipment
38 years
est. 1985-2023

Desco Dental Equipment
916.259.2838

The Rollofson FAMILY STORY

I contacted Don to ask if he and his daughter would participate in this project. Don had been very helpful with my first SDDS *Nugget* issue about Orthodontic Expansion. Not too long after that issue was published I had found out that Christy is my niece's dentist. Small world. Don, Christy and I met during their lunchtime at their office in Elk Grove. I always hate to take up someone's lunch break, but they were so gracious and were probably hungry the rest of the afternoon.

Donald Rollofson, DMD Oregon 1976, 1981 Orthodontics

When Don was in the 9th grade, the US History teacher presented a unit on jobs. Each student was assigned to investigate five different jobs. From these five, they had to pick three to investigate further. The three Don chose were MD, DDS and forestry. He chose forestry because, he said, "I lived in Oregon!" After the preliminary investigation into these three jobs, the students had to finally pick the one on which to write a detailed report. Don chose dentistry because his dentist was a nice guy. After high school he attended Oregon State University where he majored in Pre-Dentistry though the actual degree awarded was General Science. The

results of career testing at OSU, however, said he was a poor match for dentistry and was better suited to public relations or president of the Chamber of Commerce. In spite of these results, he applied to and attended OSHU. As Don said, though he wasn't aware of it at the time, this career testing at OSU revealed strengths and skills necessary for the practice of dentistry. After graduation from dental school, Don completed a GPR in the Navy and spent 2 additional years in the Navy after the GPR. At the start of his 3rd year, while stationed on Treasure Island, he met an orthodontist who was also at Treasure Island for his 2 week reserve duty. Navy Captain Dr. Claude Williams, Sr., an African American who received his dental and orthodontic degrees from Howard and taught at Baylor, talked to Don about specializing in orthodontics and strongly encouraged him to do so. Don was so impressed and inspired by Dr. Williams that he contacted OSHU to ask their opinion of Baylor's Orthodontic Residency Program. The person he spoke to told Don he should come to OSHU for his orthodontic residency. Upon completion of his naval commitment, he returned to Oregon and the OSHU Orthodontic Graduate Orthodontic Residency program. He lost track of Dr. Williams over the years but would always look for him at AAO meetings. With the help of Dr. Wallace Bellamy who reached out to Baylor, he found out that he had the wrong first name for Dr. Williams. Don re-established contact last year and was able to tell Dr. Williams that he had changed his life. Dr. Claude Williams, Sr., the first African



American orthodontist in the southwestern United States, passed away December 3, 2022. Don is a past SDDS President, CDA Trustee, and past chair of CDA Foundation. He served for ten years as an ADA Delegate.

Christy Rollofson-Porrino, DDS USC 2007, GPR Cedars Sinai Medical Center 2008

Christy grew up in her father's office. She would spend time there from a very early age as her father was a single parent. At age 5 she and her father were interviewed by the *Rancho Murieta Times*, the local newspaper. The reporter asked what she wanted to be when she grew up and she responded, "I want to be an orthodontist." From age 9 she worked in her father's office. She also assisted at Smiles for Kids events her father co-founded and chaired for 25 years. Among other duties, she would walk families from the screening area to the dental office in which the child would receive their dental treatment. She witnessed the dental professionals selflessly caring for those in need. While in high school, she trained her father's staff on the use of his first intro



oral camera. Despite all this early exposure to dentistry, she was not always committed to becoming a dentist. In high school she was planning on majoring in pre-med and was considering radiology as a specialty. Then she thought perhaps family medicine would be her goal. She continued to mull over her career choices and finally announced her decision to change to dentistry and possibly Orthodontics to her dad while at dinner before a Sacramento Kings game. She majored in Biology at UCSB and while there helped out at the University Dental Clinic. She applied to USC Dental School as she wanted to have the experience of attending competitive exciting college football games (UCSB dismantled their football team in 1971). Christy did her GPR residency at Cedars Sinai Medical Center as she considered whether to specialize or not. Coincidentally at this time, the general dentist next door to her father's office was considering retiring and selling his practice. He wasn't

sure but when he found out Christy was finishing her GPR he made his retirement decision and sold to his practice Christy. She started out with one RDH, one RDA and one front office staff member. Today, she has expanded to 18 staff including an associate dentist and has doubled her office space. Christy and her dad would have lunch together daily and discuss cases. Don is now semi-retired so their schedules have changed not allowing lunches but they still enjoy discussing cases. Christy has a son and a daughter who may follow in their family footsteps. Christy was an associate editor of *the Nugget* and on the CDA New Member Committee including serving as its chair. She served as an ADA Delegate for 10 years. She is still a member of the CDA Presents Board of Managers. ■



**Harness the
power of
technology**
to enhance
the patient
experience



Technology Solutions

Our customers rely on us to help harness the power of technology for the benefit of their practice or laboratory and the patients they serve with practice management systems, digital solutions, equipment installation, integration, service and support, hosting services, and much more.



Business
Solutions



Clinical
Solutions



Digital Equipment
Solutions



Supply Chain
Solutions

HENRY SCHEIN®
DENTAL

Rely on Us™

Looking for solutions? Contact your Henry Schein Sales Consultant or visit: www.henryschein.com/relyonus.

The Rashid FAMILY STORY

Dr. Hana Rashid responded to the survey sent out in the SDDS weekly email. I was delighted to have a mother-daughter dental family group. I was also intrigued by the fact that Dr. Ibtisam “Sam” Rashid graduated from the University of Bagdad. There had to be a very interesting story just waiting to be told. I met Sam and Hana at their office one Saturday morning. We talked for over an hour not just about dentistry, but life in general and life as working mothers. The “day care” room Sam had set up for her children is now being used by her grandson.

Ibtisam Rashid, DDS **University of Bagdad 1976**

Sam was born in Jordan because her family moved from Palestine to Jordan during the first Israeli-Palestine War. A family friend, a Christian living in Jordan, offered refuge for her family in 1948. The unrest in this area, the wars of 1948, 1967 and 1973, resulted in the continued upheaval of her family. This continued unrest caused her extended family to move permanently to Jordan. Being the only girl with four brothers, her maternal grandfather took special interest in her education. “Did you apply to college yet?” he would ask. When she discussed becoming a pharmacist, her grandfather stated, “No, you become a doctor.” At that time there were three dental schools near Jordan – Syria (only Arabic was spoken), Egypt and Iraq. Iraq at that time was the least conservative, with a highly educated population and was actually quite liberated especially for women. Her dental school class was about 50% women. She laughingly remembered that some of the female dental students would dye their hair blond and go to France on their time off to shop the fashions. Her education went deeply into all aspects of dentistry and all specialties. Through family connections she began correspondence with a young Palestinian man who was attending medical school in the US. Over a period of about a year and a half, they exchanged letters. They met in person when he returned from the States to visit family. They married and she moved with him to the US on December 4, 1980 – a very important date for Sam. After completion of internships and residencies, Sam’s husband got a job with the Roseville Hospital after friends and family in the Sacramento area encouraged him to relocate here. She obtained her California

dental license prior to IDS programs. This process required taking multiple written and bench exams before she could sit for the State Board Exam. Her practice was very family oriented with patients understanding if she needed to reschedule if one of her children was sick. She was welcoming to patients who had bad experiences at other dental offices or needed more nurturing and acceptance. If they questioned or refused fluoride treatments, for instance, she discussed the pros and cons with the patient as she is a strong believer in educating patients and allowing them to make informed consent decisions.

Hana Rashid, DDS **UOP 2009, UMC 2010**

Hana did not always want to go into dentistry. She spent time in her mother’s office growing up. One of the rooms at the office was set aside as a “day care” room specifically for Hana and her siblings. Hana worked in her mother’s office during high school performing a number of supportive tasks. She also worked in the office during the summers while she

was in college at UC Davis. At UC Davis she participated in a number of internships including medicine and at a dental lab. Even though her father was a physician, she found those students who were planning to apply to medical school to be excessively competitive. However, when she started assisting chairside with her mother, something clicked and she knew dentistry was her choice.

What was it that caused the click? She has continued to follow in her mother’s footsteps of caring for patients that need a little more time and attention. Patients that are often pushed out of other practices because they are considered difficult or too demanding or non-cooperative. Hana also pays extra attention to patient’s medical history, prescription drugs and inquiries regarding any OTC supplements they are taking. “If I have to spend an extra half hour or so to review their medical history, discuss treatment option or complete a procedure, I am happy to do so. This is what these patients need. We consider it ‘wholistic’, that is, treating the whole patient.” ■



IS YOUR CHEMICAL INVENTORY OSHA COMPLIANT?

**HAZARD COMMUNICATION VIOLATIONS
#2 MOST FREQUENT OSHA CITATIONS**



Employers are required by OSHA to ensure that Safety Data Sheets are readily accessible to employees for all hazardous chemicals in their workplace.

**Announcing a unique, one-time service for SDS compliance
– where we do all the work for you!**

- Performing a thorough on-site inventory of chemicals in your facilities
- Researching and printing all Safety Data Sheets
- Presenting you with a fully compliant SDS binder including Table of Contents

**Pricing based on # of chemicals*



Call 510-560-6191
www.BandWcompliance.com



*Specializing in Complete Dental Offices
and Tenant Improvements*



First Class Dental - Dr. Todd Johnson
Orangevale, CA



Olson Construction, Inc. is a design/build construction firm who can take your office from design to finish. They have proven themselves to be the go-to company when you want your dental office done on time and within budget.



David Olson, General Contractor

License #822960

(209) 366-2486

www.olsonconstructioninc.com



The Fat FAMILY STORY

I have known Ken Fat for many years as he, my husband and I served together on the Pacific Dugoni Educational Foundation Board. We would see each other at least yearly at board meetings and at many other school functions. My husband, as a member of the admissions interview team, interviewed Michelle as part of her application process for UOP School of Dentistry. Several of our family members are patients of Shareen and JC. So the Fats became the multi-generational family for this project. Michelle emailed her question answers as she is currently in her endo residency. Diana and I spoke on the phone several times to ensure accuracy. Ken, Shareen, JC, my husband and I met for dinner at Fat's in Folsom. Good food and great friends. Thank you to Shareen and JC for coming to meet after a long day at their respective offices.

Kenneth Fat, DDS **UCSF 1964**

Ken's original goal was to become a pharmacist as it combined business and science. Having grown up in the family's restaurant business, he knew he wanted to be a business owner. One of his friends at UC Berkeley was planning on becoming a dentist. He talked about taking the upcoming DATs and told Ken he should take them too. He told Ken to keep his options open as he had nothing to lose by taking the DATs. Motivated by his friend, Ken took the DATs. He applied to UCSF Pharmacy School and since he'd taken the DATs, he applied to the Dental School as well. He received his acceptance to the Pharmacy School but did not hear from the Dental School. As time passed he thought he should just accept the Pharmacy School before he lost his place in the class. His older brother counseled Ken to wait and just be patient. A letter from UCSF Dental School arrived informing Ken he had been placed on the wait list. Ken felt even more strongly that he should accept the pharmacy position. But again his brother told him to be patient and wait just a little longer. Fighting his nervousness, he listened to his brother. His dental school acceptance arrived and now it was decision time. His older brother lobbied strongly for him to go to dental school. He told him dentistry combined business and science as did pharmacy and he would be directly involved in caring for patients. Ken accepted the position offered at UCSF Dental School and came to realize that his older brother

knew him and his strengths better than perhaps he did himself. Little did Ken know that while he was waiting for his acceptance to UCSF Dental School, his future wife was going through a similar experience. Having not heard about her application status at UCSF Pharmacy School, Lina travelled cross country from Tennessee where she majored in pre-pharm. She walked in to the office of the Dean of the Pharmacy School to ask when she would be accepted. He found her file and was so impressed by her qualifications and her moxie that she was accepted on the spot. The rest, as they say, is history.

JC Fat, DDS, MS **UOP 1988, University of Michigan 1991**

JC didn't even think about becoming a dentist growing up and he had no pressure from his dad to become a dentist. He worked in the family restaurant and loved working with his hands. As a kid he assembled and painted intricate models. He had ships and airplanes lined up in his room. He was aware, however, of the big difference between his father and his friend's fathers. His dad always had time and weekends to play with him and his siblings and to be with his family. He noticed that his friends' dads had jobs that kept them away from home. His friends' dads were just not around to spend time with their families like his father. He also noticed that dentistry allowed one to create a network of friends that were patients and patients that became friends. Late in college his roommate was getting ready to take the DATs. JC decided

he might as well take it too and eventually applied to and attended UOP. However, it wasn't until he was in dental school that he fully appreciated that he had amalgamated family and working intricately with his hands. His first year endo pre-clinical block was a key influence to his future. After the course ended, while cleaning out his cubicle, he overheard course instructor Dr. Bill Goon say, "I only gave 3 A's." During break he received his grades and he had received an A. This caused him to consider endo as a specialty. Returning to school and now in the clinic, Dr. Goon came to him and told him he was assigning him a patient who needed re-treatment on #19 with previous endo, post, amalgam build up. Dr. Goon told him, "Don't worry. I'll be right by your side step by step." And he was. JC graduated and worked with his father for one year. He proposed to Dr. Shareen Char and, encouraged after speaking to Dr. Goon, applied to endo residency. Dr. Goon passed away a few years after JC had completed his endodontic residency.

Shareen Char-Fat, DDS **UOP 1986**

Shareen grew up in Cupertino and attended Monte Vista High School. Her results from the career assessment test administered to all students included MD, DDS, and DO. Additionally the high school had a career mentoring program where people would come take an interested student to lunch and to their work for a more in depth career experience. Her mentor was a local female dentist

named Dr. Elizabeth Johnson. This was her life changing event. She attended UOP in Stockton where she joined the pre-dent club. Once older friends in this club were at UOP School of Dentistry they encouraged Shareen to accelerate her undergraduate studies and enter dental school after 3 years. She graduated UOP Stockton in 1983. Shareen met JC Fat while in dental school. She worked at the dental school as well as in different general dental offices on the Peninsula while JC finished dental school. After marrying in San Francisco, they then moved to Michigan for 2 years for JC's Endodontic Residency. While there she taught at the University of Michigan dental school and there was some discussion by the school of her specializing, but they wanted to return home to California. Shareen joined her father-in-law's practice and JC joined the endodontic practice of Dr. Timothy Wong. Serendipitously, Dr. Johnson had moved to Sacramento over the intervening years and continues to practice dentistry. The mentor and the mentee met again both equally proud of the other's accomplishments.

Diana Fat, DDS

UOP 1999, Louisiana State 2004

Diana grew up helping out in dad's office but she did not want to go into dentistry because her dad, brother and sister-in-law were dentists. When she was in high school, she overheard them discussing remodeling the office for when she joined the practice. She maintained that "I'm not going to become a dentist" for a long time.

After graduating from college, however, she got a job in the Facial Pain Clinic at UOP as an office assistant. Here she learned more and was exposed to different facets of dentistry. She would talk to dental students who rotated through the Facial Pain Clinic and found her niche. This is also where she met her future husband, Dr. Cy Carpenter, whose father taught in the Facial Pain Clinic. Diana said that she grew up with dentistry but didn't appreciate it until she explored other options. She applied to and attended UOP.

Cy received his MD from Tulane the same year Diana received her DDS from UOP. Cy had a one year internship and Diana joined him in New Orleans to attend an AGD (Advanced General Dentistry) Residency from 2000-2001. She thought she would return to Sacramento to practice with her father after that one year residency, but became interested in full-mouth rehabilitations. The director of the Department of Prosthodontics said she would have to go through his program to

learn that. She applied and was admitted to the Prosthodontic Residency program from 2001-2004. Cy stayed on to complete his residency as well. Diana stayed one more year for a one year fellowship in Implants and Esthetic Dentistry from 2004-2005. Diana said, "I completed everything just before Hurricane Katrina hit in August 2005." Diana, Cy and their 8 month old son were under mandatory evacuation orders. LSU and the Tulane hospital were flooded eliminating their careers. Diana said that they had thought about staying long term in New Orleans but the devastation caused by the hurricane made their minds up to return to Sacramento.

Diana said she has learned that people see things in you that you don't see in yourself. Her dad saw this and she rebelled. As a dental student her prosthetics instructor told her she was talented in prosthetics and should consider becoming a prosthodontist. Her dad told her the prosthodontic specialty requires lots of lab time and thus time away from family. He was right about that but now with increased digitization and a good lab person she has better life balance.

Michelle Fat, DDS

UOP 2019, UW 2024 (Endodontics)

Growing up in a family full of dentists, it is difficult to say that one individual inspired me to go into dentistry. Whether it was through direct exposure to the dentist (i.e. visiting their offices, going in for checkups and cleanings, or engaging in conversations about dental-related topics, etc.), or through more indirect exposure to the field (i.e. running into patients or colleagues out in town and talking with them as a child) I feel like I received some inspiration from all of them my entire life.

Having my parents around when I was younger and being available for our needs too, seeing my family have hobbies and a life outside of their career, had a huge positive impact on me growing up. There are many aspects about dentistry that are and were attractive to me. I liked how, with dentistry, the dentist is directly working with and treating patients using their own knowledge and skillset. The dentist is directly making an impact on their patients' lives and helping others in need. I also liked how dentistry combined both a science aspect and an art aspect. There is hard science that is behind the diagnosis and treatment planning, while there is also a creativity that is required by the dentist to carry out what has been planned. Each patient is unique, arriving with varied anatomy, personality, occlusion, wants, and

needs and the dentist has to work with all of these with each patient they see.

Another aspect of dentistry that I liked is that as a dentist, it is possible to have a work-life balance. While the job is very demanding both physically and mentally, a dentist can strike a balance between their work and outside activities. I love my career path and seeing patients every day, and having time to explore my outside interests fuels me to be better at work too. At this point, there is no technology that can replace what a dentist does and that aspect was intriguing as well. There is safety, stability, and predictability in that, which allows for other aspects of life to be unexpected and spontaneous. There are other aspects about dentistry that are attractive too, but these are the main ones that came to mind!

I definitively decided to go into dentistry during my junior year of college. Up until this point, like many of my colleagues, I had been considering other career paths within the healthcare field. I felt so relieved to have finally made my decision at this point and I applied during the summer between my junior and senior years. I practiced with my mom and grandfather for about three years. I loved my experience working with them! If I didn't choose to go back to school and start a residency program, I probably would have worked with them for many more years.

Some challenges I had when working with family were that I grew up in this office, so some of the patients, staff, etc. initially may have still seen me as that little girl. In general, some people questioned if I was old enough to be in the position that I was in or if I had enough experience. I think that this experience is something that many new dentists go through, and over time and after multiple visits, I was able to work well with patients who may have initially been hesitant. The benefits of working with my family well outweighed the challenges. Because I had grown up going to their office, I immediately felt comfortable working with them and comfortable in the office environment. While in some ways things were new because I was looking at them from a new perspective, many things felt familiar and I was able to integrate into the office culture more easily because of it. I felt comfortable asking my family for advice regarding patient cases. Some of my favorite memories came from talking about cases together and learning from each other. Working with family, I felt respected and empowered to be the best dentist I could be. ■

The Davidson FAMILY STORY

My husband had interviewed Brock as part of his application to UOP School of Dentistry. When I was first thinking of this project, my husband remembered Brock and that he was practicing with his father. Thus the Davidsons became the father-son family group. The Davidsons shared their answers to the list of questions via email and are reproduced below.

Jeffrey Davidson, DDS
UOP 1990, VA Medical Center,
Long Beach 1991

I am the first in my family to become a dentist with the exception of my great grandfather (1808-1883) who was a dentist from Germany and eventually immigrated to America and is the first dentist to practice in the Salt Lake Valley of Utah. I first considered dentistry after my family dentist in Hawaii had a discussion about the dental profession when I was in college. He was a friend of the family and I suspect my mother put him up to it. He was a superb human being and I always had a lot of respect for him. He spoke of the good I could do for my community and the lifestyle that would allow me to make my family a priority. The likelihood that I could work at a profession 4 days a week and still provide well for my family was a huge draw. I had an aptitude for biological sciences in school and knew that somehow I would do something that allowed me to focus on helping the human condition. I didn't have a thought about becoming a dentist until my junior year of college. At this point I had to decide on a career path. This was when my family dentist "invited" me to consider dentistry. My path was set about a month after that conversation. I have looked forward to my son working with me in my practice ever since he focused on dentistry as a career option. It has been a great 4 years and he has carved his own niche in our world here. It's been interesting for me as

a mentor and father trying to give guidance, but at the same time not trying to smother him or look over his shoulder too much as he works through treatment planning and delivery of services. I have had patients that I have been treating for over 30 years give him compliments on his chair-side manner, professionalism and skill doing dental work. This is the second time I've been able to mentor a colleague in my practice. My business partner, Bryan Tuttle DDS, is also my nephew and we have been working together for 17 years.

I have had conversations with many colleague dentists over the years about their concerns with how they will deal with their practice transition once it is time to phase out or retire. They worry about who will take the practice and show the patients that they appreciate and in many cases have grown to love. I find comfort in knowing that my patients will be in good hands with my son and nephew.

Brock Davidson, DDS
UOP 2019

My father is a dentist, my cousin is a dentist and I have multiple siblings and cousins who have worked in the dental field from assistant



to hygienist. My wife also comes from a family with multiple uncles and a grandfather that were in the dental field. I even have members of my family history that were dentists, but that may be a little further back than we need to go. I was most inspired by the family oriented lifestyle that my dad had throughout my childhood. The fact that he could spend a lot of time with us kids, coach our teams and take us on fun trips really enticed me to head down that path. I really appreciate the time I get to spend doing my hobbies and hanging

out with my wife and 3 kids. I do love helping others as well, If I could do service projects for my family and for the community every day, I would. I appreciate thinking about something that needs an upgrade and making it look fresh and work better. While in college, I also fell in love with my anatomy courses. The human body and all of its parts and pieces were very fascinating to me. Now I get to help people and work with the human body which is right up my alley. I always wanted to be a dentist. However, I became torn between physical therapy and dentistry when I was in college during my anatomy courses. I started to really like Exercise Science (which was my major) and at a point felt that dentistry would not fulfill all the interests that I had. I wanted to work with the body as a whole, but wasn't

necessarily interested in medical school. I ended up deciding to take the DAT and apply to dental schools, because at the time I felt like it was the tougher course to take, thinking to myself that I would fall back on physical therapy if dental school didn't work out. Long story short, I am a dentist now and happy with my decision, I have a wonderful family, wonderful life and get plenty of satisfaction from my job. It was challenging coming into an office where everyone knew and loved my dad and cousin. Because of this it was really difficult to build rapport with this patient base when I was first starting. They also all knew that I was fresh out of school which, looking back now, I can understand that most patients wanted me to have some more experience before working on them. Regardless, I started

doing a lot of fillings and cleanings, took on as many new patients as I could into my schedule and eventually the existing patients have been trickling in.

The benefit however is that I got a lot of practical experience right out the gate. I had a job right away, and I was always scheduled to work with another doctor on the same day so that I could get their help anytime that I got stuck on a procedure or process. We hold monthly calibration meetings as well to make sure that our treating methods are similar which is also very helpful to me. It was also nice to fall into a great circle of colleagues that were all familiar with our office. It was really nice to not have to build an entire network of labs and referring specialists from scratch. ■

CPR AHA BLS BLENDED LEARNING

In-Person Practice Session and Skills Test at the SDDS Office 3 CEU, Core • \$87.50

- Friday, August 18, 2023 (3 sessions: 8:00-8:45am, 9:00-9:45am, or 10:00-10:45am)
- Wednesday, September 20, 2023 (3 sessions: 6:00-6:45pm, 7:00-7:45pm, or 8:00-8:45pm)
- Friday, November 10, 2023 (3 sessions: 8:00-8:45am, 9:00-9:45am, or 10:00-10:45am)

Blended learning is a combination of eLearning (online portion), in which a student completes part of the course in a self-directed manner, followed by a hands-on session.

Step 1 – Register for the BLS/CPR providers course with SDDS (via online registration, PDF form, or phone).

Step 2 – Complete the HeartCode BLS Online course

Step 3 – Attend the IN-PERSON Skills practice session and skills test at the SDDS Office.

Step 4 – Your American Heart Association BLS (CPR) card will be issued digitally via email. Physical cards are no longer issued.



IN-OFFICE GENERAL ANESTHESIA



Board certified pediatric and adult anesthesiologist available for office/hospital based general anesthesia.

GREATER SACRAMENTO AREA

- Mask (inhalation) induction and nasal intubation offered
- MD anesthesiologist with 13 years post-graduate experience
- Fellowship trained in pediatric anesthesiology

Samuel C Seiden, MD, FAAP



(916) 235-3480



Dr.Seiden@mobiledreams.net



www.mobiledreams.net



SACRAMENTO DISTRICT DENTAL FOUNDATION DOES...

broadway & music circus

New Broadway Shows Announced!

Hadestown – Sept 2023
Les Miserables – Oct 2023
Ain't Too Proud – Nov 2023
Six the Musical – Feb 2024
Jagged Little Pill – May 2024



THURSDAY, JUNE 15, 2023

BEAUTIFUL – THE CAROLE KING MUSICAL

This Tony* and Grammy* Award-winning inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation.



THURSDAY, JULY 27, 2023

THE ADDAMS FAMILY

This "deliciously dark and superbly funny" musical comedy embraces the wackiness in every family. The award-winning show is based on some of the characters created by The New Yorker cartoonist Charles Addams in his single-panel drawings, which depict a ghoulish American family with an affinity for all things macabre.



THURSDAY, JULY 13, 2023

THE MUSIC MAN

One of musical theatre's most beloved works, this tribute to the optimism, warmth and stubbornness of small town America has been charming audiences of all ages for decades. There's trouble in River City when traveling salesman Harold Hill comes to town and causes disruption. Featuring the classic songs "Seventy Six Trombones," "Goodnight My Someone" and "Till There Was You."



WEDNESDAY, AUGUST 23, 2023

RENT

Set in the East Village of New York City, the Pulitzer Prize-winning musical that shaped a generation of audiences is about falling in love, finding your voice and living for today. Featuring songs that rock and a story that resonates with audiences of all ages, RENT has become a pop cultural phenomenon.

New Construction Dental Building off Douglas Boulevard in Roseville, CA 1,400 – 3,600 sf dental space available for lease

1623 Santa Clara Dr.
Roseville, CA 95661

Ready in Fall 2023

For Lease



Space available for dentist
1,400 sf and 2,200 sf suites available (may be combined)
Immediate freeway access, great visibility from Douglas Blvd

Ranga Pathak . Broker Associate . RE/MAX Gold . CA DRE 01364897
Phone: 916-201-9247 e-mail: ranga.pathak@norcalgold.com



It's Time For... SDDS ELECTIONS

NOTICE OF ANNUAL MEETING & ELECTIONS

Elections will be held at the **May 9, 2023** General Meeting

The Leadership Development Committee is tasked with guiding the future of SDDS by evaluating and nominating leaders for our organization. The committee met in the first quarter of 2023 and considered a very strong slate of candidates. We are pleased to report that the outlook is good with the following members listed below being nominated for 2023. SDDS is only as good as its volunteers and we appreciate all who give back to our organization.

Wesley Yee, DDS (Chair of the Leadership Development Committee)



SOCIETY SLATE OF NOMINEES

SDDS EXECUTIVE COMMITTEE

To be Elected:

President: Ash Vasanthan, DDS, MS
President-Elect/Treasurer: Nima Aflatooni, DDS
Secretary: Jeffrey Sue, DDS
Immediate Past President: Lisa Dobak, DDS
SDDS BCR Rep: Volki Felahy, DDS (2024-25)

BOARD OF DIRECTORS

Continuing (2024-2025):

Eric Grove, DDS
Karthik Raghuraman, DDS
Chirag Vaid, DDS

To be Elected

(New, 2024-2025):

Andrea Cervantes, DDS
Michael Payne, DDS

DELEGATES TO THE CDA HOUSE

To be Elected:

Guy Acheson, DDS (2023-2024)
Margaret Delmore, MD, DDS (2023-2024)
Volki Felahy, DDS (BCR Rep)
Kelly Giannetti, DMD, MS (2023-2024)
Eric Grove, DDS (2023-2024)
Bryan Judd, DDS (2021-2022; 2023-2024)
Jeffrey Sue, DDS (Secretary elect position)

Continuing:

Lisa Dobak, DDS (ExComm)
Ash Vasanthan, DDS, MS (ExComm)
Nima Aflatooni, DDS (ExComm)
Wesley Yee, DDS (Ex Comm)
Karthik Raghuraman, DDS (2022-2023)
Stephanie Sandretti, DDS (2022-2023)
Lisa Laptalo, DMD (2022-2023)

FOUNDATION SLATE OF NOMINEES

BOARD OF DIRECTORS

Continuing (2023-2024):

Nancy Archibald, DDS
Volki Felahy, DDS
Greg Heise, DDS
Kevin Keating, DDS, MS
Michael O'Brien, DDS

Additional Term (2024-2025):

Paul Binon, DDS, MSD
Margaret Delmore, MD, DDS
Carl Hillendahl, DDS
Hana Rashid, DDS

To Be Elected:

Lisa Dobak, DDS (SDDS Past President, 2024)
Bryan Judd, DDS (2024-2025)
Jeffrey Sue, DDS (SDDS Secretary, 2024)

Save the date
February 8-9, 2024

Oh! The FUN We Had!



646 Attendees

I had a wonderful time taking enriching courses led by engaging speakers. The SDDS team has once again done a spectacular job!

– Karisa Yamamoto, DDS

42nd Annual MidWinter Convention & Expo

1100 Cups of Coffee

MidWinter was a great experience provided via my employer that provided an opportunity to meet people, make new friends, see familiar faces, earn CEs, and see dentistry from other perspectives in a fun cheerful atmosphere. – Melissa, RDA



154 Exhibitor Representatives



2 Days 38 Classes 24 Speakers



205 Dentists 441 Staff & Team Members

I really enjoyed every minute of my time there.
– Katie Bastrup, Administrative Coordinator

The food was phenomenal and I love the smaller size convention.
– Anonymous



By Karisa Yamamoto, DDS

Welcome to the Wellness Corner

May is Mental Health Awareness Month, a time in which we spread the word that mental health is an integral part of our overall health and wellbeing. The most recent ADA Dentist Well-Being Survey Report revealed that the number of dentists living with diagnosed anxiety has more than tripled in the last two decades. In the past year, I was deeply saddened by the news of the passing of a number of dentists in our local community whom we have lost to suicide. As health care providers, we spend our lives taking care of others, but we absolutely must take care of our mental health to accomplish this. In the coming issues, we hope for the Wellness Corner to be a place where member dentists can gain resources, information and stories to support their own physical and mental wellbeing as well as that of those around them.

This month, I would like to highlight a resource and training that is invaluable to all of us as health care providers: Mental Health First Aid. As dentists, we are trained

in CPR and have a plan of action when we see someone having a cardiac event. But for many, it is difficult to know how to respond if someone – a patient, dental team member or family member – is having a panic attack or showing signs of alcoholism. Mental Health First Aid is a skills-based training course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training takes the fear, hesitation and stigma out of starting those difficult conversations about mental health and substance use problems by improving our understanding and providing an action plan to teach us to safely and responsibly identify and address a potential mental illness or substance use disorder. Mental Health First Aid is offered in a blended virtual learning format, making it easily accessible and convenient to complete.

I would highly encourage every dentist and health care professional to explore this course. The material is clear and organized, with guidelines for actionable habits that

you can put into immediate practice. The instructors are knowledgeable and deeply compassionate. As a clinician and educator, I have found this training to be instrumental in providing support for my patients and students. Less than half of people struggling with mental health issues seek treatment or support. By speaking openly about mental health, we have the opportunity to educate our patients and community, reduce stigma and encourage others to seek the help they need. I sincerely believe that our profession would significantly improve if every dentist and dental team member were trained in Mental Health First Aid. ■

To register for a course or gain more information, please visit MentalHealthFirstAid.org.



Don't hesitate to ask.

When you need an advocate for your physical, mental or emotional health, 24/7 confidential assistance and peer-to-peer support is available.

When you don't know where to turn, there is help. CDA's Wellness Program exists to support and advocate for the mental, emotional, and physical wellness of dental professionals and their families.

Whether your wellness challenge is anxiety, depression, mental illness, physical illness, or substance dependence, we have volunteer members who can relate. They are available around the clock to offer confidential peer-to-peer support, assistance finding specialists or treatment facilities and guidance for your support network.

Visit cda.org/Wellness-Program to learn more.

Call or text for 24/7 confidential assistance.

Northern California

530.864.4264

San Francisco Bay Area

510.209.5637

Central California

916.947.5676

Southern California

310.487.5040

San Diego

619.275.7190





Foundation Annual Report of the Sacramento District Dental Society



By **Viren Patel, DDS**
2022 Foundation President

The Heart of Our Society

Looking Back at the SDDS Foundation in 2022

As my tenure as SDDF President comes to an end, I am grateful for the opportunity to provide you with the 2022 Annual Report via this May/June edition of *the Nugget*.

In my previous President's message, I eluded to looking forward to a hope for normalcy and I am optimistic that we are finally coming out of the Pandemic and the new normal seems to be settling into place. 2022 again was a great year for the Foundation. Our fund-raising events were back and the reception was fantastic. The golf tournament was sold out and people love Ancil Hoffman as the location. The Broadway Series returned, and we had a great turnout.

We again had amazing support from our members and were able to end the year in the green. The dental community has always been so generous to our Foundation. The longevity and continuity of our donors speak volumes about how well our Foundation has met, and continues to meet, the needs of our community.

Our Smiles for Kids and Smiles for Bigs Kids programs have continued to pivot in the face of the ongoing changes in the delivery of care via the ACA. We asked, and our members responded to our suggestion, that they adopt a family in need and provide care in lieu of attending a Smiles for Kids Day. Thank you to all of you who helped so many at this difficult time.

Workforce shortages continue to hamper the recovery of our members' practices and the Foundation is responding with yet another program to aid in the training of more RDAs in our community. Together with The Foundation Allied Dental Education we will be providing scholarships for DA to RDA training so that we can begin to address the needs of our members and through them our community.

Our puppet show continues to grow in popularity and has expanded its reach via the virtual world to add humor and education to so many youngsters. Its effects will be felt in our community and beyond

for years to come with the message that oral health starts at a young age and prevention is far better than cure.

Again, it has been a privilege to help guide our Foundation through these turbulent times. I will leave you with the knowledge that our foundation will be in great hands as Dr. Carl Hillendahl takes over as President with the never-wavering help of the Board of Directors and of course our amazing Executive Director, Cathy Levering.

Once again one of my favorite quotes from Winston Churchill: "We make a living by what we get, but we make a life by what we give." Thank you for giving so generously to our Foundation and giving me the opportunity to lead this organization in growth and change over the past 6 years! ■

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

— Margaret Mead



2022 FOUNDATION FINANCIALS - LOOK AT HOW WE'VE GROWN!

CURRENT ASSETS

CHECKING / SAVINGS

	2001	2008	2013	2019	2020	2021	2022
Charitable Fund	\$26,399	\$117,878	\$181,110	\$0 (closed)	\$0 (closed)	\$0 (closed)	\$0 (closed)
General Fund <i>Includes SFK/SFBK beginning in 2016</i>	\$15,244	\$173,921	\$484,774	\$963,000	\$1,053,688	\$1,127,252	\$1,090,080
Helen Hamilton Fund <i>Operating, program and grants monies</i>	\$93,776	\$73,668	\$151,128	\$273,102	\$300,169	\$343,525	\$310,375
Perpetual Fund	\$123,680	\$182,672	\$619,182	\$1,230,890	\$1,363,487	\$1,522,523	\$1,464,542
TOTAL CHECKING / SAVINGS:	\$259,099	\$554,287	\$1,460,013	\$2,466,991	\$2,716,710	\$2,993,300	\$2,864,998
ACCOUNTS RECEIVABLE:		\$1,750	\$4,031	\$11,204	(\$1,895)	\$46,565	\$7,529
PREPAID EXPENSES:		\$5,174	\$19,788	\$8,459	\$1,336	\$77,659	\$35,627
TOTAL ASSETS:	\$259,099	\$561,211	\$1,460,013	\$2,486,654	\$2,716,785	\$3,117,524	\$2,908,154

LIABILITIES & EQUITY

LIABILITIES

	2001	2008	2013	2019	2020	2021	2022
Accounts Payable	\$0	\$304	\$17,522	\$0	\$17,666	\$2,832	\$218
Deferred Revenue <i>(Other Current Liabilities)</i>	\$0	\$4,119	\$10,301	\$11,438	\$22,385	\$10,770	\$14,981
TOTAL LIABILITIES:	\$0	\$4,424	\$27,832	\$11,438	\$40,051	\$13,602	\$15,198

EQUITY

	2001	2008	2013	2019	2020	2021	2022
Retained Earnings	\$260,550	\$560,339	\$1,052,822	\$2,157,908	\$2,475,141	\$2,676,839	\$3,103,922
Net Income	-\$1,451	-\$3,551	\$379,359	\$317,309	\$201,517	\$427,083	-\$210,967
TOTAL EQUITY:	\$259,099	\$556,787	\$1,432,181	\$2,475,216	\$2,676,659	\$3,103,922	\$2,892,955
TOTAL LIABILITIES & EQUITY:	\$259,099	\$561,211	\$1,460,013	\$2,486,654	\$2,716,710	\$3,117,524	\$2,908,154

ACTIVITY

REVENUE

Fundraisers	\$81,143
Member Donations	\$121,348
Other Donations	\$5,767
Foundation Dues	\$37,293
Program Grants / Contributions	\$45,626
Investments (fair value loss)*	(\$254,817)
TOTAL NET REVENUE:	\$36,360

EXPENDITURES

Programs / Outreach	\$46,848
Scholarships	\$21,000
Contributions	\$48,000
General / Administrative	\$131,479
TOTAL EXPENDITURES:	\$247,327
EXCESS EXPENDITURES OVER REVENUE:	\$210,967

*as expected, the market correction happened in 2022. Our overall position continues to be positive.

Your Donations Support These Foundation PROGRAMS & OUTREACH

PROGRAMS



Our largest and most far-reaching project, Smiles for Kids® (SFK) (originally founded in 1991 by Dr. Gerard Ortner and Dr. Don Rolofson) was adopted and expanded by the Foundation in 2003. It partners member dentists with local schools to screen and provide dental education to thousands of children each year. From the screenings, underinsured and underserved children are treated by member dentists and their teams on SFK Day each February. Children are then “adopted” for further pro bono treatment – including specialty and orthodontic treatment. Each year, thousands of dollars in pro bono treatment is provided to children in the five county SDDS area. Smiles for Kids is making great strides toward reversing the disheartening statistics that plague the children of our community.



The Smiles for BIG Kids® (SFBK) program kicked off in 2009 to provide necessary dental services to uninsured and low-income adults. While SFK addresses the dental needs of children, SFBK promotes oral health to adults, provides donated dental treatment for uninsured, low-income adults age 15+ who are in need of urgent dental care, as well as education on maintaining proper oral health. This program is available to all area adults who meet the program's eligibility requirements, and especially targets the needs of our community's low-income elderly population, as well as the parents of children served by the SFK program. Since the program's inception, over \$1.875 million in services has been provided (an average of \$2,889 per patient).



In 2005, the Foundation partnered with a metal refinery and began Crowns for Kids® (CFK) to benefit Smiles for Kids. In this program, member dentists collect scrap metal from their patients' dental treatment in CFK jars, the jars are collected and sent to the metal refinery (Star Group), and the refinery sends a check to the Foundation each month. Since 2006, CFK has raised \$398,243 – and it all goes to benefit SFK!



COMMUNITY OUTREACH & EDUCATION

Puppet Show Dental Education

Thanks to two very generous sponsors, we are able to offer two educational puppet shows that travel to local area schools informing and entertaining our community's children. We hope the message will make it's way back home and impact the entire family.



1st Tooth OR 1st Birthday

The 1st Tooth or 1st Birthday campaign targets not only member dentists and the public, but the medical community (especially pediatricians). The message? Kids need to be seen by a dentist early, before problems arise. This early education and prevention message — and the 1T1B magnet and logo — is seen on bus tails, in medical offices as well as dental offices.

We just wanted to say thank you for funding this amazing Puppet show for our children here at 16th Ave. **The children were so engaged and captivated by the performance. We truly appreciate it and the children cannot stop talking about the puppet show.** Thank you again and we hope to do this again next year.

KIMTHUY DUONG
HEAD START SITE SUPERVISOR

I wanted to thank you for coming to PS7 Elementary and doing our Dental Puppet show for our TK-5th grade scholars. **We've never had an assembly where the scholars were so actively engaged,** having fun, and talking about taking care of their teeth for days. Thank you again so much and we hope to have you back again next year!

LESLEY EZERO
PS7 ELEMENTARY

I just wanted to thank you for sponsoring and bringing the Dental Education Program (The Puppet Show) to both of my school sites. **The kids and staff loved it and are already requesting to bring this back to our sites again next school year.** Both Assemblies were amazing. The little ones were really engaged with the puppets and are so excited and participated throughout the show and Rachel was so good and made the show so engaging and fun for the kids and learning at the same time. The older kids were also very engaged with the game, and everyone had fun and learned how to take care of their teeth and know exactly what to do with maintaining their oral hygiene health with a fun way of learning and retaining the info. Again, thank you so much for this program. Looking forward to booking it again next year.

TAN TUNG, MSN, RN, FNP
CREDENTIALLED SCHOOL NURSE, SCUSD

On behalf of Grizzly Hollow's staff, children and families... **we thank you for the amazing puppet show!** The children and staff loved both performances. The kids talked about both shows for days after as well as used our puppets and made their own show during play time. Thank you for this wonderful event!

MARLO LOPEZ
GRIZZLY HOLLOW
HEAD START

I would like to **thank you for being a great asset to our community by helping fund the Puppet Art Theater Co.** Our children really love the puppet shows that this company puts on. Again, thank you for all you do to support Puppet Art Theater and Our children here at Freeport Head start.

MICHELLE PITTS
SETA HEAD START

Good afternoon, I wanted to let you know how much fun our 72 kindergartners had last Friday. Rachel was amazing! She was a rock star behind the puppet curtain! The kids were completely engaged and loved it. I am recommending it to our first grade. **Thank you again for an amazing performance.**

WENDY MARTINEZ
(GENEVIEVE DIDION)

Foundation of the Sacramento District Dental Society



A Letter from a Patient: Smiles For Big Kids

Respectfully submitted by **Purvak Parikh, DDS**
on behalf of **Timothy Rodriguez**

Dear Dr. Purvak Parikh,

I sincerely want to tell you how thankful I am for your honest dental guidance and treatment. I am grateful for the dental care I received from your caring staff at Ascot Family Dental. I am honored to be chosen and able to represent you by sharing my story. I truly appreciate you for improving my quality of life and showing me a better way with dental implants, which help boost my self-confidence. Your diligent hard work certainly does not go unnoticed, and your dentistry skills are second to none.

During the winter of 2016, I was diagnosed with cancer. I underwent rigorous chemotherapy treatment, eventually causing me weak enamel while experiencing dental pain and frustration for years before embarking on my treatment journey. I can now eat correctly, which I could not do previously.

Having just finished some extensive dental treatment, I am pleased to say it has turned out fantastic. I want to address my positive experience for possible encouragement for other patients that may be apprehensive, for I knew there was nothing to fear once I met you. The dental care team at Ascot Family Dental has created a dental practice of comfort, competence, and a friendly atmosphere, which I strongly recommend and have a patient for life in me. You made a significant difference in my life and are the reason for the massive smile I am enjoying now. Thank you, a lot, for always being patient, tolerant, and professional.

Again, thank you so much for going above and beyond your care

Sincerely,
Timothy Rodriguez



Thank you Dr. Parikh!



Before



After



SMILES FOR BIG KIDS

BY THE NUMBERS SINCE 2009

649 PATIENTS COMPLETED
789 PATIENTS PLACED



48

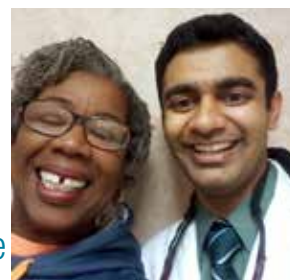
AVERAGE AGE
OF PATIENTS

ONE HUNDRED TWENTY NINE
OVER THE AGE OF SIXTY

\$2889 Average per patient
this past year

PARTNERS WHO REFER

Clara's House | Women's Empowerment
Everyone for Veterans | St. John's Shelter
Project Safe Haven | Refugee Services
Dentists/Specialists Private Referrals | Weave



\$1.875 million
in Dental Treatment

SEVEN
LABS PARTICIPATING

12 Patients completed
in 2022

Giving Back: Smiles For Big Kids



Thank you Dr. Binon!

My staff and I had the privilege to help a young man (age 28) who was in need of extensive crown and bridge treatment. Dustin has uncontrolled jaw movements resulting in the extensive wear and destruction of his occlusal surfaces. Efforts had been made previously with composite occlusal restorations which in short order had been worn down and the damage now extended into the dentine. The treatment plan included restoring the occlusal architecture of the posterior teeth with Zirconia crowns. A total of 8 posterior teeth were restored with full coverage. The lingual surfaces of his maxillary anterior teeth were also involved and restored with Emax crowns.

Respectfully submitted by
Paul P. Binon, DDS, MSD, FAO

The restorations and wearing an occlusal guard have mitigated additional wear. This was a team effort involving my assistants Joyce RDA and Cheryl RDA EF2 along with the talents of the technicians at Bella Denti Dental Laboratory. The SDDS Foundation was very instrumental in providing the extensive laboratory work through the Smiles for Big Kids grant fund. There is a great sense of satisfaction in providing pro bono treatment to someone with a disability. Consider looking in your own patient base to find someone in need that you can help make their lives better. ■

Smiles for Big Kids 2022-23

Participating Dentists

Dr. Dean Ahmad
Dr. Craig Alpha
Dr. Paul Binon

Dr. Nanlin Chiang
Dr. Lisa Dobak
Dr. Arryan Emamian
Dr. Reza Fouladi
Dr. Sandra Fouladi
Dr. Edi Guidi

Dr. Greg Heise
Dr. Bryan Judd
Dr. Alexander Kaplan
Dr. Dino Lirio
Dr. Megan Moyneur
Dr. Aneel Nath

Dr. Purvak Parikh
Dr. Jerome Pielago
Dr. Moji Radi
Dr. Chirag Vaid
Dr. Peter Worth

Participating Partners

Bella Denti Laboratory
Fusion Dental Arts
Glidewell Dental Lab

Halls Dental Lab
Hana Dental Lab
Noah Denture Lab
Roseville Dental Lab
Bay Anesthesia Group

Foundation of the Sacramento District Dental Society

A charitable 501-C3
organization



Thank you 2022 Foundation Members

January 1, 2022 to December 31, 2022

Foundation Members (2022)

Dentist Members

Dr. Antonia Accettura
Dr. Guy Acheson
Dr. Gary Ackerman
Dr. Daniel Aclan
Dr. Eva Adams
Dr. Gregory Adams
Dr. John Adams
Dr. Nima Afiatoni
Dr. Nahid Afshari
Dr. Arash Aghakhani
Dr. Dean Ahmad
Dr. Samer Alassaad
Dr. Samer Albadawi
Dr. Ashkan Alizadeh
Dr. Marwa Alkordy
Dr. Craig Alpha
Dr. Jessica Alt
Dr. Dale Alto
Dr. Russell Anders
Dr. Jay Anderson
Dr. Todd Andrews
Dr. Jenny Apekian
Dr. Nancy Archibald
Dr. Brad Archibald
Dr. Guillermo Arellano
Dr. Michael Arrow
Dr. Roger Ashworth
Dr. Jerhat Ask
Dr. Ron Ask
Dr. Darryl Azouz
Dr. Mark Backhus
Dr. Laila Baker
Dr. Aneet Bal
Dr. Junie Baldonado
Dr. Daisuke Bannai
Dr. Paul Barkin
Dr. Sarvandeep Bath
Dr. Stuart Beach
Dr. Jill Beams
Dr. Wallace Bellamy
Dr. Charles Benavidez
Dr. Paul Bianchi
Dr. Paul Binon
Dr. John Birch
Dr. Jacob Blom
Dr. Thais Booms
Dr. Forrest Boozer
Dr. Michelle Borg
Dr. Gary Borge
Dr. Greg Borrowdale
Dr. Michael Boyce
Dr. Damon Boyd
Dr. Rodney Bughao
Dr. Arthur Burbridge
Dr. Matt Campbell
Dr. Adrian Carrington
Dr. Erin Carson
Dr. Michael Casagrande
Dr. Steve Cavagnolo
Dr. Andrea Cervantes
Dr. Jayson Chalmers
Dr. Jonathan Chan
Dr. Wai Ming Chan
Dr. Kevin Chang

Dr. Kirsten Chang
Dr. Richard Chang
Dr. Shareen Char-Fat
Dr. Kevin Chen
Dr. CC Chiang
Dr. Florence Chiang
Dr. James Childress
Dr. Robert Chiurazzi
Dr. Cameron Cho
Dr. Sonney Chong
Dr. Brandon Christensen
Dr. Stephen Christensen
Dr. Lawrence Chu
Dr. Michael Chu
Dr. Darrell Chun
Dr. Scott Churchill
Dr. Camilla Cifor
Dr. Matthew Comfort
Dr. Tracy Cook
Dr. Austin Cope
Dr. Benjamin Cope
Dr. Fredrick Correa
Dr. James Coyle
Dr. Paul Cripe
Dr. David Crippen
Dr. Gina Crippen
Dr. Curtis Croft
Dr. Monica Crooks
Dr. Mary Cuevas
Dr. Jerome Daby
Dr. Robert Daby
Dr. Kent Daft
Dr. Shannon Dang
Dr. Vincent D'Ascoli
Dr. David Datwyler
Dr. Jennifer Datwyler
Dr. Randy Davey
Dr. Jeff Davidson
Dr. Teresa De Guzman
Dr. Martha De Los Rios
Dr. Olga Dedia
Dr. Jacqueline Delaney
Dr. Margaret Delmore
Dr. Paul Denzler
Dr. Shaina Di Mariano
Dr. Friz Diaz
Dr. Justin Diederichs
Dr. Anthony Digiorio
Dr. Julianne Digiorio
Dr. Lisa Dobak
Dr. Gordon Douglass
Dr. Xuan Duong
Dr. Herlin Dyal
Dr. Ryan Easterbrook
Dr. Mark Engel
Dr. Maria Espiritu
Dr. Kent Farnsworth
Dr. Diana Fat
Dr. John Fat
Dr. Ken Fat
Dr. David Feder
Dr. Volkmar Felahy
Dr. Debra Finney
Dr. Stephen Fisher
Dr. Brian Flanagan
Dr. Sindy Fondren
Dr. Brian Fong
Dr. Thomas Fong
Dr. Lora Foster-Rode

Dr. Ethan Fox
Dr. Reza Fouladi
Dr. Sandra Fouladi
Dr. Kasi Franck
Dr. Todd Franklin
Dr. Dean Funada
Dr. Kevin Furmanek
Dr. Beatriz Galofre
Dr. Calvin Garland
Dr. Douglas Gedestad
Dr. Richard Gere
Dr. Todd Giannetti
Dr. Jennifer Goldman
Dr. Mitchell Goodis
Dr. Jennifer Goss
Dr. Eric Grove
Dr. Monica Gugale
Dr. Edi Guidi
Dr. Dan Haberman
Dr. Gregory Hammond
Dr. Laurie Hanschu
Dr. Kerry Hanson
Dr. Dan Harlan
Dr. Elizabeth Harmon
Dr. Sherif Hassan
Dr. David Hatcher
Dr. Victor Hawkins
Dr. Robert Hays
Dr. Jagdev Heir
Dr. Gregory Heise
Dr. Tim Herman
Dr. Steven Higashi
Dr. Ryan Higgins
Dr. Wes Hill
Dr. Carl Hillendahl
Dr. Brock Hinton
Dr. Michael Holm
Dr. Mark Holt
Dr. Kendall Homer
Dr. Herbert Hooper
Dr. Dan Hopper
Dr. Richard Huang
Dr. Stephen Huppert
Dr. Elizabeth Huynh
Dr. William Iliff
Dr. Horia Ionescu
Dr. Carolyn Ishii
Dr. Richard Jackson
Dr. William Jacobsen
Dr. Nidhi Jain
Dr. Chad Jensen
Dr. Herb Jensen
Dr. Elizabeth Johnson
Dr. Paul A Johnson
Dr. Paul E Johnson
Dr. Dagon Jones
Dr. Dan Jones
Dr. Russell Jones
Dr. Terrence Jones
Dr. Ashley Joves
Dr. Christina Joyce
Dr. Bryan Judd
Dr. Keith Judd
Dr. Lynn Judd
Dr. Ramouna Karvar
Dr. Darcy Kasner
Dr. David Keating
Dr. Kevin Keating
Dr. Richard Keilson

Dr. Richard Kennedy
Dr. Fady Khalil
Dr. Neelofar Khan
Dr. Smita Khandwala
Dr. Sean Khodai
Dr. Daniel Kim
Dr. Estella Kim
Dr. Jin Kim
Dr. Peter Kim
Dr. George Kingsley
Dr. Craig Kinzer
Dr. Richard Knight
Dr. Michael Koch
Dr. Rob Koch
Dr. Greg Kolber
Dr. Matthew Korn
Dr. Michelle Kucera
Dr. Mark Kujiroaka
Dr. Jayanth Kumar
Dr. Kevin Kurio
Dr. Jeff Kwong
Dr. Laurie LaDow
Dr. Angeline Lam
Dr. Lisa Laptalo
Dr. Larry Larsen
Dr. Hung Le
Dr. Christopher Lee
Dr. Gordon Lee
Dr. Grace Lee
Dr. Leland Lee
Dr. Alan Leider
Dr. John Lewis
Dr. Diane Liberty
Dr. Donald Liberty
Dr. Pieter Linssen
Dr. Jeff Little
Dr. Steve Longoria
Dr. Steve Lynch
Dr. Tex Mabalon
Dr. Ricardo Macasaet
Dr. Christopher Macasaet
Dr. Janine Ma-Golding
Dr. Madeline Majer
Dr. Craig Makishima
Dr. Grace Maniego
Dr. Ian Marion
Dr. Greg Maroni
Dr. Brandon Martin
Dr. Daniel Martin
Dr. Marlene Masuoka
Dr. Jennifer McCarthy
Dr. Candy McComb
Dr. Jeff McComb
Dr. Warren McWilliams
Dr. Rob Meaglia
Dr. James Meinert
Dr. Tim Mickiewicz
Dr. Glenn Middleton
Dr. David Miller
Dr. Marina Milstein
Dr. Michael Miyasaki
Dr. Matthew Molitor
Dr. Edward Montalbo
Dr. Rhonda Montalbo
Dr. Kathryn Ann Moore
Dr. Kenneth Moore
Dr. Sydney Moore
Dr. Megan Moynour
Dr. James Mucci

Dr. James Musser
Dr. Christopher Myers
Dr. Cliff Nakatani
Dr. Mugunth Nandogopal
Dr. Firas Nassif
Dr. Aneel Nath
Dr. Amir Neshat
Dr. Minh Nguyen
Dr. Novan Nguyen
Dr. ThanhTruc Nguyen
Dr. Bob Nisson
Dr. John Noe
Dr. Gloria Nollie
Dr. Peter Nyland
Dr. Michael O'Brien
Dr. Jeanette Okazaki
Dr. Siamon Okhovat
Dr. Gregory Olsen
Dr. Mireya Ortega
Dr. John Oshetski
Dr. Stephen Ott
Dr. Darcy Owen
Dr. Gregory Owyang
Dr. Alan Pan
Dr. Purvak Parikh
Dr. David Park
Dr. Kalpesh Patel
Dr. Viren Patel
Dr. Michael Payne
Dr. Lance Peery
Dr. Patrick Penney
Dr. Michael Perich
Dr. Josh Perisho
Dr. Stacey Peters-Nelson
Dr. Dennis Peterson
Dr. David Pettey
Dr. Van Pham
Dr. Paul Phillips
Dr. Robert Phillips
Dr. Paolo Poidmore
Dr. Mark Porco
Dr. Michael Preskar
Dr. Robert Pretel
Dr. Scott Pyo
Dr. Alan Rabe
Dr. Mojtaba Radi
Dr. Karthik Raghuraman
Dr. Brian Ralli
Dr. Ling Ralli
Dr. Khalid Rasheed
Dr. Hana Rashid
Dr. Ibtisam Rashid
Dr. Gabrielle Rasi
Dr. Ronald Rasi
Dr. Joseph Rawlins
Dr. Mark Redford
Dr. Justin Reich
Dr. Sean Rhee
Dr. John Riach
Dr. Bevan Richardson
Dr. Lindsey Robinson
Dr. Leon Roda III
Dr. Christy Rollofson
Dr. Don Rollofson
Dr. Jeffrey Rosa
Dr. Morton Rosenberg
Dr. Nicholas Rotas
Dr. Sean Roth
Dr. Ron Rott

Dr. David Rule
Dr. Benton Runquist
Dr. Cynthia Russell
Dr. Matthew Ryan
Dr. Navneet Sahota
Dr. Suzanne Saidi-Phillips
Dr. Maryam Saleh
Dr. Elaheh Samsani
Dr. Matthew Sanders
Dr. Gurkamal Sandhu
Dr. Matthew Sandretti
Dr. Stephanie Sandretti
Dr. John Santamaria
Dr. Harkeet Sappal
Dr. Cherag Sarkari
Dr. Christopher Schiappa
Dr. Pam Schmidt
Dr. Shahryar Sefidpour
Dr. Natalie Selvanathan
Dr. David Seman
Dr. Golzar Shaari
Dr. Amir Shad
Dr. Sherry Shapiro
Dr. Howard Shemppe
Dr. Richard Shipp
Dr. Stefanie Shore
Dr. Dwight Simpson
Dr. Ed Sims
Dr. Walter Skinner
Dr. William Sloan
Dr. Andrea Smith
Dr. Colby Smith
Dr. Charles Smurthwaite
Dr. In Hee Song
Dr. Andrea Sosa
Dr. Norman Spalding
Dr. David Spector
Dr. Joelle Speed
Dr. Terri Speed
Dr. Anna Sri
Dr. Charles Stamos
Dr. Tate Stimpson
Dr. Visse Storm
Dr. Cynthia Stuart
Dr. Jeffrey Sue
Dr. Sherry Sue
Dr. Tiffanie Sun
Dr. Kimberly Sunahara
Dr. Dameron Szymanowski
Dr. Jonathan Szymanowski
Dr. Art Tanimoto
Dr. Kevin Tanner
Dr. Gaetan Tchamba
Dr. Larry Templin
Dr. R. Bruce Thomas
Dr. H. Scott Thompson
Dr. Ramesh Thondapu
Dr. Robert Tilly
Dr. Alex Tomaich
Dr. Annette Tomaich
Dr. Don Tomlinson
Dr. Pedram Towfighi
Dr. Leo Townsend
Dr. Kelvin Tse
Dr. Glen Tueller
Dr. Bryan Tuttle
Dr. Arjang Vahidnia
Dr. Aashima Vaid
Dr. Chirag Vaid



We were so honored to receive such a special thank you from one of our SFK patient's family. This kind mom and her children gave each SDDS staff member a gift box with a set of jewelry, soap, a fall sign and some homemade sweets. She also included a very sweet note to each of us.



“

Hello! I just wanted to send you an email thanking you for everything you do for our families.

I received a follow-up call from Housneih (mom) and **she was very thankful and grateful for the services her and her son received. Housneih indicated that she was treated with the utmost respect and felt very welcomed** by the front office staff and the Dentist that provided the services for her and her son.

She said thank you, thank you, thank you! Housneih also wanted me to tell you she received the kit you sent her. Thank you once again.

”

NIDIA TORRES
STUDENT SUPPORT & HEALTH SERVICES

Dr. Lucy Valencia
Dr. Asvin Vasanthan
Dr. Gary Vedenoff
Dr. Jonathan Vongschanphen
Dr. Sonali Wagh
Dr. Tom Wagner
Dr. Kim Wallace
Dr. Karen Walters
Dr. Wayne Walters
Dr. Glen Warganich-Stiles
Dr. Dina Wasileski
Dr. Ernest Watson
Dr. Russell Webb
Dr. Cindy Weideman
Dr. Frederick Wenck
Dr. April Westfall

Dr. Richard Whitaker
Dr. Mark White
Dr. Joel Whiteman
Dr. Kristy Whiteman
Dr. Jill Whitney
Dr. Rashidah Wiley
Dr. Ryan Wilgus
Dr. Michael Wilson
Dr. Boyoung Won
Dr. Bingson Wong
Dr. Dennis Wong
Dr. Gerald Wong
Dr. Ian Wong
Dr. Julie Wong
Dr. Kenneth Wong
Dr. Timothy Wong
Dr. Amy Woo

Dr. Janice Work
Dr. Theresa Worsham
Dr. Peter Worth
Dr. Jamson Wu
Dr. Rosemary Wu
Dr. Pinelopi Xenoudi
Dr. Thomas Yamamoto
Dr. Peter Yanni
Dr. Bradley Yee
Dr. Wesley Yee
Dr. Ivana Yi
Dr. Agnes Yumiaco
Dr. Julie Zabel Carillo
Dr. James Zimmerman

Associate Members

Comel Ahmad
Sheryl Carlson
Julie Cisneros
Andrea Cordero
Lori Daby
Peggy Daft
Betty Dobak
LaDonna Drury-Klein
Fechter & Co
Craig Harris
Karen Harris
Margaret Jackson
Carrie James
Kathy Jones
Marion Jones
Linda Judd

Sue Keating
Leigh Kurio
Cookie Lawrence
Deborah Lee
Bruce Levering
Cathy Levering
Teresa Lua
Marcella Oster
Gayle Peterson
Shanna Petruzzi
Tammy Roach
JJ Spain
Kim Stiles
Tony Vigil
Kathi Webb
Ruby Yu



Major Donations Definitely From the Heart

SDDS is for the members, the dentists...

The Foundation is for the community...

SDDS Foundation is the heart of the Sacramento District Dental Society.

Along with the nearly \$2 million dollars in grants and contributions received for our Foundation programs since 2003, Smiles for Kids and Smiles for Big Kids, it can't go unmentioned that the SDDS Foundation has received four other MAJOR donations... definitely "from the heart." Just saying thank you cannot begin to show the appreciation and gratitude that we have for these major donations – but our membership (and the readers of this edition of *the Nugget*) hopefully will make note and say a special thank you and prayer for these generous gifts from the heart.

\$52,000 (2022)

Dr. Wai Chan & Dr. Ruby Yu
Dental Student Scholarship

The Foundation was honored in 2022 that Dr. Chan and Dr. Yu pledged to the perpetual fund a wonderful opportunity for CNU Dental Students! They have committed to the perpetual fund a \$600,000 donation, paid yearly through 2030. In 2031, a scholarship will be awarded to one CNU dental student each year in the amount of \$5,000 per year for four years, totaling \$20,000 for each student awarded. This scholarship recognizes the Society's and Foundation's commitment and partnership to California Northstate University's School of Dental Medicine and their wonderful students. Thank you, Dr. Chan and Dr. Yu!



\$217,000 (2013)

Robert & Lolita Oates
Charitable Trust

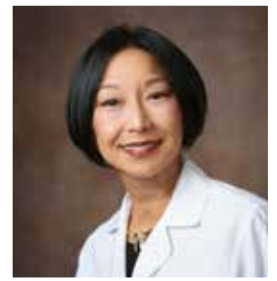
Given to the Foundation by the parents of Past President Dr. James Oates and his brother, Edward Oates; given to the Perpetual Fund and the largest gift the Foundation has ever received. This donation will continue helping to provide opportunities for our Foundation's goals and purposes now and in the future.



\$75,000 (2018)

The Dr. Beverly Kodama/Delta
Dental Foundation Scholarship
for Allied Education

Dr. Kodama (who served on the Delta Board of Directors) partnered with Delta Dental Foundation to establish a scholarship to help defray the educational costs for dental assistants and other allied team members. Dr. Kodama always felt that allied team members were the heart of a dentist's practice and wanted to give back to that cause so that other dentists will benefit from wonderfully trained staff. Geared specifically toward the dental assistants and also the EF curriculum, the SDDS Foundation is in partnership with FADE (the Foundation for Allied Dental Education) to help defray costs for those applicants who qualify.



DELTA DENTAL

\$74,000 (2014)

The Yee Family Dental
Student Scholarship

This dental scholarship began in 2014 to assist our new dental students matriculating from CSUS. The Yee Family has a heart for higher education, and recognize the costs of dental school for future dentists. In honor of the partnership SDDS has with the CSUS Pre Dental Club, the Yee Family Scholarship wants to pay it forward, since more than 15 members of the Yee Family are dentists! The Yee family continues to donate funds to this scholarship. ■



GRANTS, CONTRIBUTIONS AND SCHOLARSHIPS THROUGH THE YEARS—SINCE 2003

Year Received	Program	Amount Awarded
ADA Foundation		
2014	SFK	\$10,000
2003	SFK	\$15,000
ADA Foundation - Harris Grant		
2010	1T1B	\$5,000
California Endowment		
2010	SFK	\$25,000
California Wellness Foundation		
2015	SFBK	\$150,000
CDA Foundation		
2011	SFBK	\$10,000
2010	SFK	\$10,000
2008	SFBK	\$10,000
2007	SFK	\$9,250
Henry Schein Supplies Grant/CDA Foundation		
2014	SFK/SFBK	\$50,000
2013	SFK/SFBK	\$50,000
2012	SFK/SFBK	\$50,000
2010	SFK/SFBK	\$50,000
2008	SFK	\$50,000
CPS Community Action Network		
2004	SFK	\$2,500
Del Webb Foundation		
2016	SFK	\$20,000
2014	SFBK	\$25,000
Delta Dental		
2018	Scholarship	\$75,000
2011	SFBK	\$20,000
2004	SFK	\$10,000
Dignity Community (CHW) Grants		
2023	SFK	\$53,485
2012	SFK/BK	\$50,000
2011	SFK	\$40,000
2010	SFK	\$25,000
2009	SFK	\$25,000
2008	SFK	\$20,000
First 5 Children's Coalition/ Cover the Kids		
2006	SFK	\$22,500
Health Net		
2021	SFK	\$10,000
LIBERTY Dental Plan		
2021	SFK	\$10,000
Kaiser Community Benefit		
2012	SFK	\$20,000

Year Received	Program	Amount Awarded
Oates Charitable Trust		
2013	Perpetual Fund	\$217,000
Oral Health Fndn of the Pierre Fauchard Academy		
2020	SFK	\$5,000
2020	SFBK	\$7,500
2018	SFK	\$5,000
Patterson Foundation		
2016	SFK	\$10,000
2014	SFK	\$13,400
Ronald McDonald House Charities		
2014	SFK	\$2,500
2009	SFK	\$10,000
2004	SFK	\$6,667
Rotary Club of Sacramento/ Bids for Kids (BFK)		
2005	SFK	\$65,725
Rumsey Community Fund		
2004	SFK	\$2,500
Sacramento District Dental Society		
2021	Contribution	\$40,000
2016	Contribution	\$15,000
2015	Contribution	\$10,000
2014	Contribution	\$10,000
Sacramento Region Community Foundation/ Give Something Back Fund		
2006	SFK	\$1,054
2005	SFK	\$1,216
Sacramento Region Community Foundation/ Knapp Fund		
2021	SFK	\$7,000
2019	SFK	\$5,000
2018	SFK	\$5,000
2017	SFK	\$5,000
2016	SFK	\$5,000
2015	SFK	\$5,000
2014	SFK	\$1,000
2013	SFK	\$5,000
2012	SFK	\$1,000
2011	SFK	\$1,000
2010	SFK	\$1,000
2009	SFK	\$1,000
2008	SFK	\$1,000
2007	SFK	\$1,000
2005	SFK	\$1,000
2004	SFK	\$1,000
Sacramento Region Community Foundation/ Luchetti Fund		
2004	SFK	\$3,333

Year Received	Program	Amount Awarded
Sierra Health Foundation		
2007-2009	SFK	\$122,000
2005	SFK	\$32,863
2004	SFK	\$10,000
2003	SFK	\$10,000
Sutter Health Sac Sierra Region (sponsorship, not grant)		
2023	Puppet Show	\$3,000
2021	Puppet Show	\$1,500
2020	Puppet Show	\$2,500
2019	SFK/Puppet Show	\$2,500
2018	SFK/Puppet Show	\$2,500
2017	SFK/Puppet Show	\$2,500
2016	SFK	\$2,500
2015	SFK/1T1B	\$2,500
2014	Gala	\$2,500
2014	SFK	\$2,500
2012	SFK/1T1B	\$40,000
Teichert Foundation		
2009	SFBK	\$5,000
United Concordia		
2023	SFK	\$3,500
2020	SFK	\$3,500
2019	SFK	\$3,500
2018	SFK	\$3,000
2017	SFK	\$2,500
2016	SFK	\$2,500
2015	SFK	\$2,500
2014	SFK	\$3,500
2013	SFK	\$3,500
2012	SFK	\$2,500
2011	SFK	\$2,500
2010	SFK	\$2,000
Wells Fargo		
2013	SFK/BK	\$5,000
Yee Family Fund		
2014-2022	Scholarship	\$74,000
Yu & Chan Scholarship Fund		
2023	Scholarship	\$52,000

Total Grants \$1,050,000

Total Contributions \$1,398,095

Total Scholarship Grants \$201,000

TOTAL RECEIVED
\$2,649,095

There is nothing stronger than the heart of a volunteer.
With it beats the spirit of service, generosity and
compassion... and the health and well-being of our
community, our country and our world.

- Kobi Yamada



SCHOLARSHIP RECIPIENTS

2022	Abigail (Abi) Daniliuc CA. Northstate University
2022	Jordan Swindle University of Southern California
2022	Alejandro Albarran Montoyo University of the Pacific
2021	Ashley Velasquez Tufts University
2021	Sam Morrar University of Southern CA
2020	Marc Toma Western University College of Dental Medicine
2019	Kylee Homecillo Western University College of Dental Medicine
2018	Kevin O'Brien (Kenji) University of the Pacific
2018	Anthony Luong Western University Health Sciences
2018	Andy Dinh University of California, Los Angeles
2017	Allicia Lucich University of Las Vegas School of Dental Medicine
2016	Paul Dubinetsky Roseman University of Health Sciences, College of Dental Medicine
2015	Soniya Patidar Western University Dental School
2015	Yana Gerhardt (Shcherbanyuk) Arizona School of Dentistry & Oral Health (ASDOH)
2014	Svetlana Guevara-Lara UCSF Dental School Currently practicing in Sacramento

Yee Family Dental Student Scholarship Updates From Our Past Recipients

We reached out to our past recipients to see how things were going with them and these are their responses.

Kylee Homecillo, DDS

Western University of Health Sciences

My name is Kylee Homecillo and I am a new graduate from Western University of Health Sciences (Class of 2023) seeking an associate position in Sacramento, CA. My story is coming full circle as I am an alumni from CSU Sacramento (CSUS). During my time at CSUS, I was the President of the Pre-Dental Association (2016-2017) and was a Sacramento District Dental Society (SDDS)

pre-dental intern with Pleasant Valley Dental. In 2019 before starting dental school, I received the SDDS Yee Family Scholarship. My involvement and experience with CSUS Pre-Dental and SDDS was fundamental during my time in dental school. Now as a new graduate, I hope to return to my roots in Sacramento and serve the community that helped me grow into the dentist I am today.

Taking on a new graduate can be a daunting task, but I assure you that I am up for the challenge. Western University has given me strong clinical experiences along with 14 weeks of externship experience at adult and pediatric community clinics where I was a provider seeing 6-10 patients a day. If you are interested in speaking to me more about my qualifications, experiences, and seeing if I am a good fit for your office please contact me at kyleehomecillo@yahoo.com.



Alejandro Albarran

University of the Pacific

My name is Alejandro Albarran, I am a D1 student at the University of the Pacific Arthur A. Dugoni School of Dentistry. I've just completed my 3rd quarter and I'm about to begin my last quarter before starting clinic. We completed our preclinical courses this quarter and we are starting to transition to the real clinic, by practicing with other students and going over intra-oral and extra-oral exams. I have really enjoyed my time so far, I have learned a lot during these past 3 months. It's been really hard and very fast-paced. I wasn't ready for how challenging dental school was going to be compared to undergrad but I was able to adapt and I have been enjoying my time in school. This spring quarter we are getting our first introduction to a real patient. We will work on a family member and I am looking forward to applying all the knowledge that I have obtained these past few months. I want to thank the Yee family for their contribution to my education.



Kevin O'Brien (Kenji)

University of the Pacific

I still remember the exact moment I found out about the Yee Family Scholarship. I had been traveling with my wife in Croatia to celebrate the end of her medical residency. I was standing at a bus stop outside the town of Tristeno overlooking the Adriatic sea. My phone buzzed with a text message from my friend Andy who I met in the Sac State Pre-Dental Society. "Have you checked your email?" "No, why?" "You should check your email." I opened my email and saw a message from Cathy Levering telling me that I had been awarded the scholarship! I was about to start at one of the most expensive dental schools in the country (\$500k for 3 years) and having extra support was such a relief.

When I started dental school at University of the Pacific (UOP), I wasn't sure what my identity would be within my class. Prior to dental school I had worked for 6 years as a high school teacher and, in a cosmic irony, many of my classmates were the same age as my former students. It was only

natural then to resume the role of a leader and a mentor. Having worked in schools, I understood the importance of developing a positive culture. It started with something small. We had our first dental anatomy quiz and I created a study guide that I shared with my whole class. The reception from my classmates was overwhelmingly appreciative, so I decided to do it again and again. Those early acts of kindness broke the ice for our class. It normalized helping one another and established that we were all in this together. Soon, many of my classmates started sending out videos, notes, flashcards, reading summaries, and completed learning objectives. As I built trust with my classmates, many of them turned to me when they felt overwhelmed or needed advice. I loved stepping back into the role of a teacher again. A positive culture of collaboration began to snowball and I had found my identity: "Class Dad."

One moment that stands out during my time at UOP was at our "Over the Hump" party, which is the celebration of being half done with dental school. Each year, members of the class vote for one person to receive the Thomas R. Bales "Good Samaritan" award. The award recognizes the student who has shown the most kindness to his classmates. Receiving that award made me feel truly appreciated by my classmates. My desire to build a positive culture had come to fruition.

Since graduating at UOP in 2021, I spent a year serving veterans during a General Practice Residency at McClellan Air Force Base. During my GPR, I got advanced

training in CEREC, digital dentures, implant placement, and endo. I also got to do hospital rotations in emergency medicine, general anesthesia, and internal medicine, which made me much more adept at evaluating the complex medical histories of my patients. Last May I joined my father (Michael O'Brien) on my 5th dental mission trip in Guatemala (for the first time as a dentist). Since July I have been working in my father's practice full time and learning all of the unique opportunities (and challenges) of running a private practice. I live in Natomas with my wife and two sons Kai (4) and Miles (2). We are expecting our 3rd child (a girl!) in July. I'm incredibly grateful to the Yee family and SDDS for their support during the past 5 years. I plan to pay it forward by being an active member of organized dentistry and dental education in the future.



Abigail Daniliuc (Abi)

California Northstate University

I am a D2 now and currently in transition clinic! My colleagues and I are preparing to see our own patients this summer! With the support of The Yee scholarship, I have been able to grow and focus on all my passions in dental school. I have the honor of serving alongside Dean Keating as CDA student rep for my school. Advocating for patients with special needs in dentistry is a great reminder of WHY I started this journey and what my purpose here is! I thank the Foundation for their generous contribution toward my education!



Jordan Swindle

University of Southern California

My first year in dental school so far has been surreal! I'm currently wrapping up my second trimester of my D1 year. Although challenging, it's been such a rewarding time and it's crazy how fast it's already going by. I am trying to soak up every minute of it, I've met some amazing people and USC has been everything and more I dreamed of dental school being. I feel like I have learned so much already and have had fun while doing it! Although I don't want my time in dental school to ever end, I definitely look forward to heading out into the field in a few years and getting to practice all that I've learned so far and have ahead of me.

Foundation of the Sacramento District Dental Society

Another Way You Can Help!

It is amazing to look at the CFK dollars that have been donated from the PATIENTS of our SDDS Member dentists! We can't thank you enough!

All the scrap donations that are collected go to support our Smiles for Kids program each year.

Do you know that we buy nearly \$30,000 in toothbrushes, toothpaste and floss for our school screenings? That is just part of our yearly budget for SFK. We also fund the puppet shows for the elementary schools each year and the Smiles for Kids Day expenses.



Can you help us?

With 1200 dental offices representing our SDDS community, we hope to grow our participants this year. Currently we have 100 dental offices who contribute and we can do so much more. Will you sign up to donate your scrap crowns and metal? We can arrange for a pick up or you can mail in with a handy-dandy FedEx.

Just email us at
Smilesforkids@sdds.org
and we'll make it work for you.

As always, we appreciate your support. This program started in 2006 and we hope to expand it even more this year. Thank you to Dr. Richard Chang for this wonderful idea back then!

You can see this year's
CFK donors on page 42.

CROWNS FOR KIDS HAS RAISED TO DATE...

2006 **\$9,351**

2007 **\$15,126**

2008 **\$9,054**

2009 **\$30,645**

2010 **\$26,031**

2011 **\$24,449**

2012 **\$38,009**

2013 **\$27,782**

2014 **\$22,628**

2015 **\$20,292**

2016 **\$17,415**

2017 **\$28,857**

2018 **\$19,365**

2019 **\$25,220**

2020 **\$22,060**

2021 **\$28,926**

2022 **\$33,033**

**GRAND TOTAL
\$398,243**

CROWNS FOR KIDS

**Totals since the beginning of the program -
We need more doctors and their patients to participate!**

	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2007
# repeat donors	100	114	62	106	110	111	79	128	110	130	110	87	41	47
# new donors	2	6	4	4	3	14	4	16	14	15	20	32	26	44
# pickups	101	120	66	109	116	125	83	144	124	145	133	120	67	93

Ways You Can Support the Foundation

The Sacramento District Dental Foundation is funded solely through contributions, bequests, fundraising events, donation of services, planned giving and grants. Funds raised are used to aid and promote the oral and general health of the public through education, service and treatment in the fields of preventative and curative dentistry. How fortunate are we!

Foundation Members

Raised \$37,000 in 2022

Being a member of the Foundation is the easiest way to help support the Foundation. It's \$75 a year.

Donors/Contributors

Raised \$103,650 in 2022

There are so many ways to donate to the Foundation. You can make a donation in honor or memory of a loved one, attend or participate in one of the events listed on this page, you can send a check, call in with a credit card or you could even text a donation to the Foundation! The texting option is super simple, just text "GIVE2SDDF" to 44321 to instantly receive a link to our Foundation fundraising page!



Swing for Smiles Golf Tournament

Raised \$36,000 in 2022

There are multiple ways to get yourself involved in this awesome annual event! You can sign up yourself as a single golfer and get placed with a team, or grab three of your friends and sign up as a foursome! There are also lots of great sponsorship opportunities: sponsor anything from a tee or green all the way up to lunch for the day!

The Swing for Smiles Golf Tournament is a great day of golf, fun with friends and vendors all in support of our wonderful Foundation!

Other Ways to Give

- ✓ Adopt
- ✓ Volunteer

Crowns for Kids

Raised \$33,033 in 2022

Get one of our Crowns for Kids (CFK) jars to collect scrap metal from patients' dental treatment! The jars are collected and sent to the metal refinery (Star Dental Refining), and the refinery sends a check to the Foundation each month. When you have a few crowns collected (jar does not need to be full!), call SDDS at 916-446-1227 for a pick up! Over the years, there's been 1600 pick ups, with a total of \$398,243 raised.

Dentists Do Broadway and Music Circus

Raised \$1,600 net in 2022

If you enjoy theater and Broadway shows, consider buying tickets through us! When you buy your Broadway/Music Circus tickets through SDDS the proceeds benefit our Foundation! Luckily, we started back to the theater in 2022!

Bump Dinner

Raised \$30,000 in 2022

The bump dinner has raised \$120,000+ to date! The Bump Dinner is the most highly sought after offering at our Holiday Party's Silent Auction. It's held at the Levering home, worked by the SDDS staff and planned by Cathy herself. The evening starts with cocktails, passed appetizers and is followed by a 7-9 course meal.



Silent Auction/Holiday Party

Raised \$4,600 in 2022

Gift items to be used in our Holiday Party Silent Auction or as raffle prizes are always appreciated. (Bump dinner listed above)



Shred Day

Raised \$1,125 in 2022

The shred event is free to SDDS Foundation members who have less than 10 boxes to shred. If they have 10 or more boxes, we ask that a \$100 donation be made to the Foundation. For SDDS members who are not members of the Foundation, it is \$100 for 1-9 boxes and an additional \$100 for 10 or more boxes.

**SAVE
THE DATE!**

May 4, 2023

**Big
Day of
Giving**

On May 4th donate to the
**Sacramento District
Dental Foundation**

Big Day of Giving/Giving Tuesday/ Spirit of Giving

Raised \$2,960 in 2022

These are specific days that happen annually to help non-profits reach out to the community for donations.

In lieu of sending holiday treats or thank you gifts to colleagues, make a donation in their honor to the SDDS Foundation. The SDDS staff will send a note on your behalf notifying them of your contribution.

Smiles for Kids 2022-23

Our Cups Runneth Over with Smiles!

Thank you to all volunteers for our SFK program. Still working with post COVID and school visitations being curtailed, we did our best to make sure kids were screened, referred, taken care of, transitioned to existing dental offices and funneled into our program. Thank you to all the dentists who continue to say “yes” to adopting kids each year.



SFK Screenings - Dentists & Teams

Dr. Robin Berrin
Dr. Steven Bonzell
Dr. Wai Chan
Dr. Barry Chang
Dr. Juan Chavez
Dr. Taranvir Cheema
Dr. Tracy Cook
Dr. Paul Denzler
Dr. Matthew Gustafsson
Dr. Jacob Kelly
Dr. Richard Kennedy
Dr. Sean Khodai
Dr. Michelle Kucera
Dr. Paul Johnson
Dr. John Noe
Dr. Jordan Priestley
Dr. Lindsey Robinson
Dr. Michael Young
Deborah Blanchard, RDA
Mary Camarena, RDH

SFK Day - Dentists

Dr. Miriam Behpour
Dr. Andrea Cervantes
Dr. Nathan Chronister
Dr. Jose Juarez
Dr. Jaime LaPierre
Dr. Fatemeh Mahboub
Dr. Purvak Parikh
Dr. Matthew Sanders

SFK Day - Sites

Ascot Family Dental
Sheldon Grove
Family Dental
Smile Kingdom Dental

SFK Day - RDAs

Mimi Lopez
Karley McCrary
Maria Myers
Melissa Regino
Miya Smith
Jocelyne Valdez

SFK Day - DAs

Anita Boyko
Celeste Herrera
Dang Kuchik
Prayoung Parikh
Aaliyah Salgado
Daisy Valades
Nicole Waters

SFK Day - RDHs

Angie Bout
Sherrece Cossaarf Wilson

SFK Day - Volunteers

Dominic Be Bruin
Joseph Cates
Yessenia Cervantes
Linda Colovos
Yanely Gasca-Reyes
Sofia Gutierrez
Adel Henry
Ian Henry
Raquel Juarez
Katie Marshall

Tanvi Panchal
Praneel Parikh
Rosa Ramirez
Brianna Rodriguez
Chelsea Suafoh
Della Yee

Adopt-a-Kid 2023

General Dentists

Dr. Mohamed Ahmed
Dr. Ron Ask
Dr. Jerhet Ask
Dr. Cudick Azurduy
Dr. Andrea Cervantes
Dr. Christopher Chan
Dr. Cameron Cho
Dr. Jonathan Collins
Dr. Jose Juarez
Dr. Gagandeep Kandola
Dr. Evan Lomen
Dr. Denisse Montalvo
Dr. Dwight Simpson

Oral Surgeons

Dr. Brian Harris
Dr. Grace Lee

Orthodontists

Dr. Gregory Adams
Dr. Kent Daft
Dr. Gregory Evrigenis
Dr. Mark Holt
Dr. Paolo Poidmore
Dr. Donald Rollofson
Dr. Matthew Sanders
Dr. Matt Sandretti

Pediatric Dentists

Dr. Jessica Alt
Dr. Mark Choi
Dr. Paul Johnson
Dr. Richard Knight
Dr. Jennifer McCarthy
Dr. Scott Pyo
Dr. Lora Rode
Dr. Jeffrey Sue
Dr. Kristy Whiteman
Dr. Joel Whiteman
Dr. Janice Work

Endodontists

Dr. Aneet Bal
Dr. George Hwang
Dr. David Keating

Periodontists

Dr. Aneel Nath

Lincoln Kiwanis Event

Dr. Paul Denzler
Dr. Brandon Martin
Dr. Gloria Nollie
Dr. Mark Porco

Smiles for Kids - What's NEW...

OUR MEMBERS ARE:

- Adopting lots of kids in their practices
- Adopting entire families who are still recovering from hardships due to COVID
- Volunteering to help refugee kids and families
- Agreeing to be on “our list” of volunteers to adopt patients in need (thank you!)

OUR SDDS FOUNDATION:

- Continues to fund our in person Puppet Shows
- Continues to receive calls from the school nurses to help kids in pain

Do you want to adopt a kid in need? An adult?

Just email us at smilesforkids@sdds.org.

We'd love you to participate!

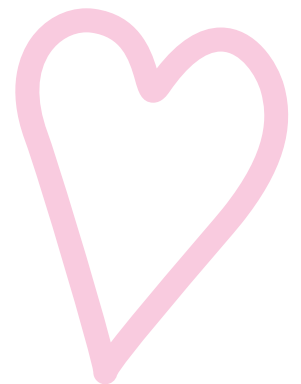
We are so thankful for...

Our Members, Partners & Sponsors

33 schools screened by SDDS members

286 schools screened
by Early Smiles, Sacramento

17,123 total kids screened





Thank you!

to our Smiles For Kids and Smiles for Big Kids
2022 Grantors and Sponsors!



Thank you to the following for their
gracious donations in 2022:

Cash Donations

Dr. Gordon & Mary Ann Harris
Family Fund
William J. Codiga Family Fund
Mrs. Cookie Lawrence
Sheryl Carlson
Dr. Jeff Sue
Dr. Scott Pyo

Supply Donations

Sacramento District
Dental Society
Henry Schein Foundation
Prayaag Parikh - Hoops for Kids

SMILES FOR KIDS TO DATE BY THE NUMBERS

548,023

Kids served since 1991

1488

School
screenings
to date



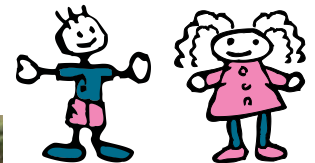
52,100

Kids reached with Puppet Show

THOUSANDS
HAVE VOLUNTEERED



1,236 Kids received orthodontic
treatment since 1996



\$15.7
million
in Dental Treatment



1,740 KIDS TREATED SINCE 1991

Foundation of the Sacramento District Dental Society

A charitable 501-C3
organization



Celebration of Foundation Donors

January 1, 2022 to December 31, 2022

Program Grants and Contributions

Smiles for Kids and Big Kids

\$12,600

The Harris Family

In memory of...

Dr. Gordon & MaryAnn Harris

William J. Codiga Family

In memory of...

Dr. Gordon & MaryAnn Harris

Sheryl Carlson

Hoops for Kids, Prayaag Parikh

Lincoln Kiwanis Club

Mrs. Cookie Lawrence

In honor of...

Dr. Todd Andrews

Mrs. Cookie Lawrence

In honor of...

Dr. Craig Alpha

Kimberly Perkins

Dr. Scott Pyo

Dr. Jeffrey Sue

Crowns for Kids (for Smiles for Kids)

\$33,033

Dr. Gary Ackerman

Dr. Nima Aflatooni

Dr. Dean Ahmad

Dr. Craig Alpha

Dr. J. Badwalz

Dr. Debra Baker Parachou

Dr. Amandeep Behniwal

Dr. Elizabeth Bingham

Dr. Damon Boyd

Brookside Oral Surgery

Capitol Periodontal Group

Dr. Adrian Carrington

Dr. Jerry Castro

Dr. Kirsten Chang

Dr. Richard Chang

Chapa de Indian Health

Dr. Garth Collins

Dr. Adrian Cruz

Dr. James Delahanty

Dr. Jeffrey Delgadillo

Dr. Julianne Digiorio

Drs. Shaina & Jeff DiMariano

Dr. Lisa Dobak

Dr. Omar Dyab

Dr. Aly Elsayed

Dr. Sandra Fouladi

Dr. Kasi Franck

Dr. Edi Guidi

Dr. Dan Gustavson

Dr. Laurie Hanschu

Dr. Greg Heise

Dr. Marsha Henry

Dr. Jonathan Hsu

Dr. Dick Huang

Dr. Richard Kennedy

Dr. Smita Khandwala

Dr. Si-Hyun Kim

Dr. Matthew Korn

Dr. Laurie LaDow

Dr. Merlin Lai

Dr. Vincent Locascio

Dr. Steve Longoria

Dr. Lauren Marr

Drs. Rhonda & Edward Montalbo

Dr. Kenneth Moore

Dr. Richard Moorehouse

Dr. Charles Newens

Dr. Peter Ngai

Dr. Michael O'Brien

Dr. Viren Patel

Dr. Simone Patrick

Dr. Stacey Peters-Nelson

Dr. Anh Phan

Dr. Penny Phipps

Dr. Mojtaba Radi

Dr. Hana Rashid

Dr. Ibtisam Rashid

Dr. Sean Rockwell

Dr. David Roholt

Dr. Christy Roloffson-Porrino

Sacramento Oral Surgery

Dr. Navneet Sahota

Dr. Purvi Shah

Dr. Richard Shipp

Dr. Stefanie Shore

Dr. Andrea Smith

Dr. Jonathan Szymanowski

Dr. J. Alex Tomaich

Dr. Loc Tran

Dr. Carl Trubschenck

Dr. Hoang Truong

Dr. Jon Vandewalker

Dr. Ash Vasanathan

Dr. Sheynie Vo

Drs. Kristy & Joel Whiteman

Dr. Ian Wong

Dr. Farah Yasmeen

Dr. Valeriya Yurchak

Contributions and Pledges

\$90,435

Perpetual Fund Endowment, Annual Pledge Fund and General Fund

Anonymous

in honor of...

Dr. Greg Kolber

Dr. Gary Ackerman

In memory of...

Dr. Bev Kodama

Dr. Nima Aflatooni

Dr. Dean Ahmad

Dr. Ashkan Alizadeh

Dr. Craig Alpha

Dr. Nancy Archibald

Dr. Roger Ashworth

Dr. Sunanda Bandyopadhyay

(HALO CLINIC)

Dr. Paul Barkin

Dr. Wallace Bellamy

Dr. Paul Binon

Sheryl Carlson

Dr. Adrian Carrington

Dr. Steve Cavagnolo

Dr. Andrea Cervantes

Dr. Jonathan Chan

Dr. Wai Chan & Dr. Ruby Yu

Dr. CC Chiang

Dr. Kent Daft

Dr. Margaret Delmore

Dr. Lisa Dobak

Donna Drury Klein

In memory of...

Dr. Bev Kodama

Dr. Herlin Dyal

Dr. David Feder

Dr. Volkmar Felahy

Dr. Debra Finney

Dr. Kelly Giannetti

Dr. Eric Grove

Dr. Kerry Hanson

Dr. Dan Harlan

Dr. Jagdev Heir

Dr. Greg Heise

Dr. Carl Hillendahl

Dr. Brock Hinton

Jen Jackson

Dr. Bryan Judd

Dr. Kevin Keating

Dr. Richard Kennedy

Dr. Matt Korn

Dr. Laurie LaDow

Dr. Lisa Laptalo

Cathy & Bruce Levering

Dr. Michael O'Brien

Dr. Viren Patel

Michael Perrone

in honor of...

Dr. Nancy Welch

Dr. Scott Pyo

Dr. Karthik Raghuraman

Dr. Hana Rashid

Dr. Donald Roloffson

Anne Rogerson

Dr. David Rule

Dr. Matthew Ryan

John Sinclair

Dr. Walter Skinner

Dr. Norman Spalding

Steven & Carol Steinberg

in honor of...

Drs. Colleen Buehler

Steinberg & David Steinberg

Dr. Jeffrey Sue

Dr. J. Alex Tomaich

Dr. Chirag Vaid

Dr. Asvin Vasanathan

Dr. Tom Wagner

Dr. Timothy Wong

Dr. Peter Worth

Dr. Herbert & Inez Yee

Family Fund

Della Yee

Dr. Wesley Yee

Mai Yu

Memorials

\$615

Dr. Gary Ackerman

In memory of...

Dr. Bev Kodama

Cathy & Bruce Levering

In memory of...

Dr. Herbert Yee

In memory of...

Dr. James Everhart

Susan Darr

Lauren Destino

The Ohnesorge Family

Sacramento District

Dental Society

In memory of...

Dr. Robert Andreson

Dr. Steve Casagrande

Dr. James Delahanty

Dr. Robert Dorian

Dr. Roy Eakin

Dr. Wesley Honbo

Dr. Herb Hooper

Dr. Earl Hummel

Dr. Doug Lott

Dr. Michael Moore

Dr. William Ozawa

Dr. Alan Williams

Fundraisers

Spirit of Giving/Big Day of Giving/Giving Tuesday Campaigns

\$2,959

Dr. Ashkan Alizadeh

Jennifer Barnes

Dr. Andrea Cervantes

Dr. CC Chiang

Dr. Lisa Dobak

Christine Ferrara

Randy & Jeannie Graham

Dr. Kevin Keating

Dr. Richard Kennedy

Marilyn Hawes

George Hullin

Dr. Laurie LaDow

Bruce & Cathy Levering

Marcella Oster

Dr. Jonathan Porteus

Wellspace

Dr. Donald Roloffson

Dr. Wesley Yee

Shred Day

\$1,225

Dr. John Birch

Dr. Fredrick Correa

Dr. Tin-Sue Fu

Dr. Phillip Hankins

Dr. Carolyn Ishii

Dr. Richard Kennedy

Dr. Felix Onuegbu

Dr. Pat Penney

Dr. Cynthia Russell

Dr. Matthew Ryan

Dr. Elahen Samsani

Dr. Christopher Schiappa

Dr. Wesley Yee

Broadway Series Supporters

\$1,100 net

Comel Ahmad

Ron Andres

Dr. Ron Ask

Dr. Wallace Bellamy

Dr. Paul Binon

Dr. Greg Borrowdale

Ashley Browning

Dr. Arthur Burbridge

Dr. Jayson Chalmers

Dr. Sonney Chong

Dr. Brandon Christensen

Dr. Austin Cope

Dr. James Cope

Dr. Shannon Dang

Dr. Elisabeth de Gaust

Wendy Doane

Dr. Aly Elsayed

Dr. Kasi Franck

Dr. Dan Gustavson

Sofia Gutierrez

Dr. Philip Hankins

Nancy Harvey

Dr. Ryan Higgins





Dr. Maryam Hoang
Dr. Kendall Homer
Krista Hooper
Jen Jackson
Dr. Paul A. Johnson
Dr. Paul E. Johnson
Dr. Daniel Jones
Dr. Bryan Judd
Dr. Matthew Korn
Mike Kulwicz
Dr. Hung Le
Karen Lesser
Cathy Levering
Dr. Diane Liberty
Teresa Lua
Dr. Marleen Masuoka
Dr. Warren McWilliams
Dr. Shelly Milera
Dr. Denisse Montalvo
Dr. James Musser
Dr. Michael O'Brien
Dr. Brian Orcutt
Jennifer Pepetone
Dr. Brian Ralli
Dr. Hana Rashid
Dr. Gerald Roberts
Anne Rogerson
Dr. Denton Sato
Lisa Serra
Rachel Sheets
Dr. Stefanie Shore
Cheryl Taylor
Dr. John Tomaich
Janiece Troutman
Dr. Kenneth True
Dr. Gabriella Vance
Dr. Kim Wallace
Dr. David Westerhaus
Dr. Jill Whitney
Dr. Janice Work
Dr. Brad Yee
Della Yee
Dr. Michael Yoon
Dr. Agnes Yumiaco
Dr. James Zimmerman

Golf Tournament \$36,043 net

Players

Dr. Toni Accettura
Dr. Craig Alpha
Ron Andres
Dr. Todd Andrews
Dennis Arey
Dr. Daisuke Bannai
Chris Barbour
Dennis Barnes
Andy Beater
Dr. Ron Blanchette
Dr. Gary Borge
Marc Brown
Stephen Cairns
Dr. Chris Cantrell

Mike Carandang
Dr. Richard Chang
Dr. Austin Cope
John Corey
Jeff Crump
Joseph Cruz
Steve Culbertson
Gary Deblaquiere
Brandon Dena
Dr. Justin Diederichs
Jay Dillon
John Drury
Keith Dunnigan
Dr. Jeff Elenberger
Aaron Engebretson
Dr. Jay Fedorowicz
Dr. Thomas Fong
Nick Frank
Dr. Dean Funada
Blake Garrigan
Dr. Jeff Gawley
Stephen Giannetti
Steve Giannetti, Sr.
Ron Gossart
Debra Griffin
Katrina Gutierrez
Rob Gutowsky
Mark Gyotoku
Daniel Hahn
Kent Hallmeyer
Ray Harbin
Kyle Harlow
Heather Harris
Margaret Helgeson
Mark Helgeson
Dr. Ryan Higgins
Jennifer Hilliker
Dr. Brock Hinton
Vince Hoffart
Dave Hood
Dr. Dan Hopper
Justin Jackson
Dr. Chad Jensen
Jason Kamaoaha
Bob Kennedy
Dr. Don Kim
Joe Kleeman
Kevin Kordes
Sean Kumisky
TJ Kuntz
Dr. Jeff Kwong
Troy Lamb
Paul LeBoeuf
Bruce Levering
Dr. Donald Liberty
Ray Lilly
Dr. Tex Mabalón
Greg Mellor
Hector Mendoza
Dr. Deven Merchant
Ian Milne
Susan Miyasaki
Josh Mokely
Matt Moynour

Courtney Mullany
Keith Mullany
Dr. Courtney Naten
Jennifer Naten
Reg Navarro
John Okamoto
Neil Oldham
Dave Olson
Chris Ori
Ryno Overman
Dr. Greg Owyang
Dr. Shane Panter
James Parkhurse
Dr. Viren Patel
Adam Persily
Richard Pimentel
Dr. Paolo Poidmore
Makennzie Pomi
Brian Pond
Prein Preininger
Dr. Kai Rasheed
Dr. Aaron Reeves
Reicher Reichstein
Nelson Reynolds
Dr. Don Rollofson
Eric Rowe
Bernie Sabonis
Michael Sagastume
Frank Sanchez
Eddy Sanderson
Steve Schiber
Kyle Schimchak
Brandon Sessions
Noel Smith
Jason Sommer
Dr. In Hee Song
Kerry Straine
Dr. Damon Szymanowski
Dr. Michael Tai
Mike Tate
Dick Tawney
Dr. Gaetan Tchamba
Logan Tedford
Kevin Terry
Dr. Navid Torabian
Travis Tremble
Ben Urias
John Urrutia
Dr. Ash Vasanthan
Dr. Jon Vongschanphen
Dr. Ryan Wilgus
Willy Willson
Richard Wise
Brian Wolosek
Dr. Cliff Wong
Jeff Wong
Nelson Wyllie
Blake Yaeger
James Yakota
Dr. Thomas Yamamoto
Dr. Peter Yanni
Dr. Wes Yee
Bruce Yoshida

Sponsors

Access Dental Plan
Bank of the West
BPE Law Group
California Bank & Trust
California Dentists' Guild
Capitol Periodontal Group
California Employers Association (CEA)
DDSmatch
Desco Dental Equipment
Endodontic Associates Dental Group
The Foundation for Allied Dental Education
First Citizens Bank
First US Community Bank
Foundation for Allied Dental Education
Golden Foothills Oral & Facial Surgery
Heise and Alpha OMS
Henry Schein
Holt Orthodontics
Integrity Practice Sales
Levering Company
LIBERTY Dental Plan
Lisa J. Dobak, DDS
Merrill Lynch
Morgan Stanley
MUN CPAs
New Element Orthodontics (Drs. Myers/Daft)
Nor Cal Beverage Company
Olson Construction, Inc.
PNC Bank
Prosthodontic Dental Group
Rood & Associates
Sacramento Valley Dental Specialists
Sacramento Surgical Arts
SciCan / Coltene
Sierra Office Supplies & Printing
Sierra Ridge Wealth Management
Smile Dental Services
Straumann
Szymanowski Orthodontics
TEKagogo
W.F. Gormley & Sons
West Coast Practice Solutions
The Yee Family Foundation

Hooping for Kids \$358

Prayaag Parikh
& Anonymous Donors

Holiday Party Silent Auction \$34,665

Buyers

Dr. Wallace Bellamy
Wendy Beseda
Dr. Kent Daft
Dr. Jeffrey Delgadillo
Dr. Lisa Dobak
Dr. Volkmar Felahy
Dr. Greg Heise
Dr. Carl Hillendahl
Dr. Kevin Hitomi
Dr. Bryan Judd
Dr. Kevin Keating
Gerry Klein
Drs. David & Lumanita Markham
Dr. Michael O'Brien
Dr. Viren Patel
Dr. Gabrielle Rasi
Heidi Sims
Dr. Jeffrey Sue
Dr. Kevin Tanner
Dr. Ash Vasanthan
Natalie Vigil
Kathy Yamamoto
Nancy Yee

Gift Donors

Dr. Nancy Archibald
Dr. Paul Binon
Bump Dinner Team
Dr. James Cope
Drs. Kelly Giannetti & Thais Booms
Drs. Greg Heise, Craig Alpha & Jeff Delgadillo
Dr. Carl Hillendahl
Hilton Sacramento Arden West (Charlene Davis)
Dr. Kevin Keating
Bruce & Cathy Levering & the SDDS Staff
Sacramento River Cats
Sacramento District Dental Society
SDDS STAFF
Dr. Ed & Heidi Sims
Dr. Thomas Yamamoto
Dr. Wesley Yee



What We Do Makes a Difference



“ Sir Enamel fights the Sugar Bugs ...always a crowd pleaser in our elementary schools.

- SCUSD School Nurse ”

“ The gift I have been given goes far beyond simply fixing my smile - it is essentially a second chance to enjoy life, a fresh start.

- Melissa Gandy
(work done by Dr. Robert Daby) ”



FOUNDATION

the heart

of the

SACRAMENTO DISTRICT
DENTAL SOCIETY



“ Doing Smiles For Kids has created a passion for helping others within our SDDS dental community.

- Dr. Pam DiTomaso ”

Check Out Our RECENT EVENTS

Dinner with the Deans April General Meeting

What an honor that we hosted the 3 Deans of the Northern California Dental Schools at the April GM!

With nearly 200 in attendance, the Deans discussed the current state of education for dental students, valuable insights on the latest advancements in technology for dental education and the exciting things to look for in the future of dentistry. During their presentations the Deans touched upon changing demographics in dental education



and the possible influences and shared the adaptations their respective institutions had made to continue providing high-quality education. The most interesting aspect was the joint Q and A session held by the Deans as they answered a variety of questions from cost of dental education to the anticipated level of debt incurred by a graduating dental student in the year 2024.

The conversations and ideas shared at the April GM served to inspire and motivate everyone present, reinforcing their commitment to

improving the field of dentistry and the oral health of their communities. The gathering proved to be an enriching experience for everyone involved and as the 3 Deans of the Northern California Dental Schools departed, they left behind not only their wisdom and expertise, but also a sense of hope and excitement for the future of dental education and practice. ■



Kevin Keating, MS, DDS

Dean of CNU



Nader Nadershahi, DDS, MBA, EdD

Dean of UOP



Michael Reddy DMD, DMSc

Dean of UCSF



Reprinted with permission from
California Dental Association

CDA Major Issues & Priorities 2023

1. Dental Insurance Accountability & Transparency

An estimated 86% of Californians have some form of dental insurance coverage. Nationally, of those with dental coverage, nearly 50% have employer-sponsored coverage; 21% have coverage through Medicaid or other public programs; and 5% purchase a dental plan on their own.

The enactment of the Affordable Care Act (ACA) in 2010 resulted in comprehensive reform of medical insurance plans, which led to increased transparency and patient protections. However, dental insurance plans were exempt from many of the ACA's provisions. Dental plans are also exempt from other federal and state rules that medical plans must follow. CDA is addressing this through two sponsored bills this year:

AB 1048 – Patient Protections & Rate Review (CDA-Sponsored):

This legislation by Asm. Buffy Wicks (D-Oakland) will establish stronger patient protections and transparency in dental insurance plans by:

- Prohibiting dental plans from imposing arbitrary waiting periods or denying claims related to a patient's pre-existing dental conditions.
- Requiring dental insurance premium rates to be reviewed by state regulators to ensure value for patients and employers.

Dental plans are able to impose waiting periods, often ranging from three months to one year, before patients can access certain benefits (even though they are paying premiums). These arbitrary waiting periods limit the ability for a patient to access needed care, usually major services like a root canal or a crown. Dental plans can also deny coverage for pre-existing dental conditions like a missing tooth or genetic conditions like a cleft palate.

Furthermore, dental insurance is currently exempted from the state's mandated review process for insurance premium rates. This review process applies to many other types of insurance including medical, automobile and pet insurance. Meanwhile, recent reports of health care spending show that out-of-pocket expenses for dental services grew by 16% in 2021, and a California Health Care Foundation survey found that 38% of Californians have a family member who skipped dental care last year due to cost. And yet, the typical annual coverage maximum for a dental plan has been \$1,500-\$2,000 since the 1970s (a \$2,000 annual maximum in 1970 would be equivalent to \$15,745 in 2023 dollars). AB 1048 would require greater oversight of dental insurance to help ensure patients are receiving better value. Authorizing rate review of dental insurance premiums would allow the Department of Managed Health Care (DMHC) and the California Department of Insurance (CDI) to help protect consumers from unreasonable or unjustified increases.

AB 952 – ERISA Notification (CDA-Sponsored):

This legislation by Assembly Member Jim Wood, DDS (D-Santa Rosa) will increase transparency of dental insurance by requiring appropriate notification to patients and dentists of whether a dental plan is state or federally regulated.

Dental insurance is generally regulated by state law, with the exception of "self-insured" employer plans, which are regulated at the federal level through the Employee Retirement Income Security Act of 1974 (ERISA). In a state regulated dental plan, an employer pays a premium to an insurance carrier, and the carrier pays the cost of health care claims for anyone in the plan (employees and their dependents). Alternatively, in a federally regulated "self-funded" plan, an employer pays fees to an insurance carrier

for certain administrative services, but the employer bears the cost of any employees' health care claims. Despite the numerous California laws and regulations protecting patients and setting standards for medical and dental insurance, dental plans that are federally regulated simply do not have to comply with California requirements.

The differences between state regulated plans and federally regulated plans can be extensive for both patients and dentists. As a result, understanding what a plan will cover and what a patient has to pay out-of-pocket can be difficult and frustrating. Patients don't know where or how to resolve conflicts with their plan and dentists lack clarity on which rules the dental plans must follow.

With over 40% of Californians enrolled in dental plans that are regulated under federal law, it is vital for patients and providers to be aware of which regulations and laws apply. While states do not have the authority to regulate these federal ERISA plans, additional transparency for patients and providers can be put into place at the state level.

AB 952 would require dental plans, at the time of determination of coverage for patient eligibility, to disclose to the provider whether the patient's dental coverage is federally regulated and subject to federal compliance. It would also require that the phrase "ERISA" be displayed prominently on the front of the patient's insurance information. This simple transparency measure will benefit patients and dentists without unduly burdening dental plans.

2. Workforce Shortages/Dental Office Staffing

Dentistry is facing an ongoing workforce shortage of allied dental staff, exacerbated by the Covid-19 pandemic, particularly among unlicensed dental assistants (DA), registered dental assistants (RDA), and RDAs in extended function (RDAEF) positions.

In November 2021, 87% of dental offices reported that when compared to pre-pandemic, it was extremely challenging to recruit and hire dental assistants. In the same survey, 44% of dental offices identified that trouble filling vacant staff positions has limited their practice's ability to treat more patients. Additionally, it is estimated that over the last 10 years, there has been a nearly 50% decline in the number of first-year enrollment in dental assistant education programs.

CDA is pursuing both immediate and long-term solutions through recruitment and training programs, legislation, and state budget funding to improve dental career pipeline opportunities:

AB 481 – Dental Assisting Workforce (CDA-Sponsored):

This legislation by Asm. Wendy Carrillo (D-Los Angeles) would:

- Shorten the time it takes for an RDA to go through on the job training from 15 months or 1280 hours to 800 hours, the current standard for RDA education programs.
- Streamlines the process for out of state dental assistants to apply for California RDA licensure.
- Update scope of practices for DA, RDA, RDAEF positions to reflect modernization in dental technologies that are not currently addressed in the dental practice act, like placing clear aligner “buttons” to aid orthodontic treatment.
- Remove unnecessary barriers for dental assistants to take additional training and gain new permitted skills.
- Implement clarifications around dental assistant training that have been caught up on the dental board regulatory process for six years.

This bill will assist in getting more RDAs fully trained and licensed quickly to meet patient demand while maintaining quality of care. It will also help ensure the dental assisting career ladder provides meaningful career growth opportunity and is attractive to those entering the dental workforce.

Workforce Development Budget Investments: Last year's state budget made major investments in health care workforce development and provides great

opportunities to address dental staffing needs. CDA is especially supportive of an additional \$45 million to the High Road Training Partnership program, which will help its expansion into health career assistance, and \$175 million to a newly created Apprenticeship Innovation Program that will provide funding in sectors where apprenticeship training has not traditionally been common. CDA is engaged with the Newsom administration on opportunities to establish dental assisting apprenticeships and will continue to advocate for workforce funding robust enough to support the development of non-traditional apprenticeship programs in healthcare and the dental workforce.

3. State Budget: Protecting Medi-Cal & Health Equity Investments

CDA is very pleased that Gov. Newsom's 2023-24 budget proposal protects recent investments in oral health access and equity for the state's most vulnerable populations. While the state's budget deficit will require some adjustments and caution overall, the historic progress in this area in recent years must not be jeopardized.

The restoration of Medi-Cal Dental benefits eliminated during the Great Recession, substantially improved reimbursement rates (40% increases or more across most covered dental services) and other significant programmatic changes have led to meaningful and sustained results in the Medi-Cal Dental Program, which provides coverage for more than half of children and a third of adults in California – 14 million residents in total. In the past five years, the state has seen a 30% increase in Medi-Cal Dental providers, a rate that is consistently increasing each year, as well as a doubling of patient utilization of Medi-Cal dental services since the Great Recession.

In addition, last year the state made a first-of-its-kind investment to address the crisis in access to dental care for patients with special health care needs, with \$50 million to build and expand specialty needs dental clinics and outpatient surgery centers. The state also allocated \$10 million for community-based clinical education rotations for dental students to expand access to care in dental health professional shortage areas (DHPSAs).

4. Children's Dental Health Month – ACR 10 (CDA-Sponsored)

February is National Children's Dental Health Month (NCDHM), an important nationwide tool for raising awareness about the importance of childhood oral health and the role it plays in children's overall health. NCDHM brings together thousands of dedicated professionals, healthcare providers, and dental educators to promote the benefits of good oral health to children, their caregivers, teachers, and others.

This year, NCDHM is an opportunity to highlight the state's recent accomplishments in improving access to dental care and reinforce the importance of keeping children up to date with their dental care after the delays caused by the COVID pandemic. CDA, in partnership with the California Society of Pediatric Dentistry, is sponsoring ACR 10 by Asm. Akilah Weber (D-San Diego), declaring February as Children's Dental Health Month in California.

Nationwide, tooth decay is the number one chronic infectious disease among children, although it is largely preventable. In California, 6-in-10 of third graders have experienced tooth decay and 22% have untreated tooth decay. Disparities related to race/ethnicity and socioeconomic status exist with 72% of disadvantaged children experiencing some form of tooth decay. When left untreated, cavities can cause pain and infections that may lead to problems with eating, speaking, playing and learning. California children miss approximately 874,000 days of school each year due to dental problems. Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums. ■

Updated 4/10/2023

Damar Hamlin – Why CPR!



By **Margaret Delmore, MD, DDS**
Chair, SDDS CPR Committee

His cardiac arrest highlights the importance of the principles of high-quality BLS care (CPR) and use of an Automated External Defibrillator (AED).

A crowd watched in horror and disbelief on Monday, January 2, 2023. Damar Hamlin, a Buffalo Bills safety suddenly collapsed on the field after a routine tackle. It was just nine minutes into the game when Tee Higgins, a wide receiver from the Cincinnati Bengals rammed into Hamlin at full speed, hitting him in the chest after catching a thirteen-yard pass. Hamlin who was 24 years old at the time stood up, appeared to adjust his helmet, and took couple of steps before falling backward.

According to official reports from the team, Damar Hamlin suffered a cardiac arrest.¹ This event not only brought a rare early halt to the game but left onlookers both on and off the field distraught. For clarification purposes a cardiac arrest is an electrical problem while a heart attack is a circulation problem. People often use these terms interchangeable, but they are not the same.²

A cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs, and other organs. A common presenting arrhythmia in a cardiac arrest is ventricular fibrillation. Seconds later, a person becomes unresponsive, is not breathing or is only gasping. Death occurs within minutes if the victim does not receive treatment. Cardiac arrest can be reversible in some victims if it's treated in a timely manner.

The term "heart attack" is often mistakenly used to describe a cardiac arrest. While a heart attack may cause a cardiac arrest, the two are not the same. Heart attacks are caused by a blockage that stops blood flow to the heart. A heart attack refers to death of heart muscle tissue due to the loss of blood supply. It is a

"circulation" problem. A heart attack is quite serious and sometimes fatal.

A cardiac arrest can be precipitated by a variety of different etiologies. A number of prominent physicians have weighed in on the Damar Hamlin event and speculated as to why this tragedy happened. According to Comilla Sasson, MD, PhD who is the Vice President for Science & Innovation for Emergency Cardiovascular Care and oversees the science and medicine review at the American Heart Association (AHA) Hamlin's injuries resembled a condition known as commotio cordis. Commotio cordis which is Latin for 'agitation of the heart' is a phenomenon that occurs when a sudden blunt impact to the chest causes cardiac arrest. Higgins' right shoulder directly hit Hamlin's chest wall over the heart.³

According to the Cleveland clinic only 20–30 cases of commotio cordis are reported annually in the United States.⁴ They are extremely rare. If you get hit with a blunt force in area of the chest over the heart and at a particular time during the cardiac cycle the heart will go into the abnormal rhythm known as ventricular fibrillation. The heart stops effectively beating and pumping blood so the person collapses. It is not how hard of a hit it was; it is actually about the timing of when the blow occurs. Every time the heart beats there is a tiny moment – less than a fifth of a second – that makes it vulnerable to the force of a projectile, such as a baseball, hockey puck, softball, etc. that can lead to a potentially deadly heart rhythm. The heart's electrical system malfunctions and the heartbeat rhythm goes haywire. Time is of essence. "For every one minute that you don't perform CPR, your chances of survival go down by 10%."⁵

Even more importantly as to why it happened is 'the what' that happened after the event occurred. Fortunately, for Damar Hamlin the chain of survival was quickly initiated by medical staff from the Buffalo Bills, Cincinnati Bengals as well as the EMS crew at Paycor

Stadium in Cincinnati. The on-site medical teams quickly evaluated the situation, removed his safety pads, began CPR, and applied the automated external defibrillator (AED).

This unfortunate event can serve as an educational opportunity. According to the American Heart Association more than 365,000 people in the United States each year have a sudden cardiac arrest in a non-hospital environment.⁶ That non-hospital environment could be your dental office. Immediate high quality basic life support (CPR) and getting the heart back into a normal rhythm (use of an AED) are critical for survival. The single most crucial step, besides the actual performance of CPR, is the recognition of cardiac arrest. You will learn this in a basic life support class. It has been estimated that only about one in ten people survive an out-of-hospital cardiac arrest (OHCA). Improving the rate of bystander CPR and dental personnel as first responders in their offices and elsewhere can be critical to increasing survival from OHCA.

The Damar Hamlin event highlights the importance of having trained medical professionals and staff present at athletic events, as well as the importance of knowing CPR and how to use an AED in case of emergency.⁷ The medical staff's quick and effective response helped save Hamlin's life and serves as a reminder of the importance of being prepared to act in emergency situations. That next emergency situation could be in YOUR dental office. It is important to have ALL your office personnel trained in CPR.

The American Heart Association (AHA) is the worldwide leader in resuscitation science, education, and training and publisher of the official Guidelines for CPR. According to the AHA, high quality CPR started immediately after cardiac arrest combined with early defibrillation can double or triple a cardiac arrest victim's chance of survival.

The instructions for CPR can be found at heart.org/CPR. For simplicity sake, if you

suspect someone has suffered a cardiac arrest, first call 911. Then, press hard and fast in the center of their chest at a rate of 100 to 120 beats per minute. An old rule of thumb has always been to compress to the tempo of the Bee Gee's "Stayin' Alive." But there are a few other recent songs that also fall in the same beat range such as "Baby Shark" by Pinkfong. There's actually a whole Spotify playlist and other sources that have songs which are 100 beats per minute and can be utilized to keep your CPR beat.⁸

In conclusion, knowing CPR can be a lifesaving skill that can give you the confidence and ability to respond in an emergency situation. Knowing how to recognize the signs of sudden cardiac arrest and performing immediate CPR can improve a person's chance of survival and reduce the risk of long-term damage. Knowing CPR can make a difference when it matters. Together, we will continue to make cardiac arrest a more survivable event into the future.

Consider reviewing your CPR skills now. Two years is too long but unfortunately it is still the current guideline/recommendation.

The Sacramento District Dental Society (under the auspices of the American Heart Association)

offers not only regular blended learning classes at SDDS, but an instructor can come to your office to provide you and your staff with an in-office class (traditional or blended learning) at a mutually agreed time.

Upcoming SDDS CPR AHA Blended Learning – Online and Skills Testing are listed on page 19. Email sdds@sdds.org if you have any questions.

In addition to taking your next CPR class at SDDS, consider the Damar Hamlin challenge. He is teaming up with the AHA on an initiative promoting CPR. It is known as the "Damar Hamlin #3forHeart™ CPR Challenge". The 3 stands for Hamlin's jersey number as well as the number of steps in the challenge – 1). Learn, 2). Give, and 3). Share. He has personally kicked off the challenge by tagging three prominent figures, LeBron James, Tom Brady, and Michelle Obama. Go to heart.org/3 for more information. ■

Read the AHA blog post about Damar Hamlin on the next page.

Resources

1. <https://newsroom.heart.org/news/understanding-cardiac-arrest-and-emergency-response-following-damar-hamlins-collapse-during-monday-night-football>
2. <https://cpr.heart.org/en/resources/caridaic-arrest-vs-heart-attack>
3. <https://parade.com/health/what-happened-to-damar-hamlin>
4. <https://my.clevelandclinic.org/health/diseases/24572-commotio-cordis>
5. Heart disease and stroke statistics-2022 update: a report from the American Heart Association. Circulation. doi: 10.1161/CIR.000000000000105
6. <https://www.ahajournals.org/doi/10.1161/CIR.0000000000000950>
7. <https://ahaic.heart.org/blogs/22/84>
8. <https://www.kansascity.com/news/business/health-care/article270377352.html#storylink=cpy>

2023 SDDS Committees Schedule

Leadership

Board of Directors

Jan 3 • Mar 7 • May 2 • Sep 5 • Nov 7

Executive Committee

Feb 10 • Apr 21 • Aug 18 • Oct 13 • Dec 1

Foundation

Foundation Board

Mar 1 • Sep 18

Other

SacPAC

Fall

CDA House of Delegates

Nov 10, 17-18

Standing Committees

Membership/Engagement

Mar 21 • May 16 • Sep 18

CPR Committee

Feb 27

Nominating/Leadership

Development

Feb 6 • TBA

Advisory Committees

Continuing Education Advisory

Feb 27 • May TBA

Nugget Editorial Advisory

Jan 17 • Sep 20

Strategic Plan Advisory

TBA

Budget and Finance Advisory

June TBA

Bylaws Advisory

Fall TBA

Legislative Advisory

TBA

GMC Transition Advisory

TBA



By **Joshua A. Worth, Sr.**
American Heart Association

Damar Hamlin's Cardiac Arrest *Highlights The Importance Of The Principles Of High-quality BLS Care in Community Voices*

During the first Monday night football game of 2023, Buffalo Bills player, Damar Hamlin, 24, collapsed from cardiac arrest after tackling a player from the Cincinnati Bengals. The medical staff from both the Cincinnati Bengals and Buffalo Bills, as well as the EMS crews at Paycor Stadium in Cincinnati were immediately at his side. The chain of survival was quickly initiated. Many viewers and spectators watched in collective disbelief as medical personnel and first responders performed CPR and used a defibrillator on Hamlin.

While the exact cause of his arrest remains unknown, the events that unfolded in the moments afterward show the importance of building a system of care to respond to and treat such incidents immediately. This recent, high-profile cardiac emergency serves as an educational opportunity to re-visit some crucial principles of Basic Life Support (BLS) care as well as discuss the ongoing need to strengthen the community response in the chain of survival.

- **BLS and Early Recognition:** The foundational step in Hamlin's - and all cardiac arrest care - is BLS. The recognition of cardiac arrest is the single most important step besides the actual performance of CPR. Typical EMS response times to out-of-hospital cardiac arrests (OHCA) take an average of eight minutes from the time the 911 call is placed to on scene arrival. The National Football League® requires multiple medical providers of various levels to be on the field and accessible throughout every game. The medical staff from the Buffalo Bills were at Hamlin's aid and performing CPR in less than a minute after he collapsed because they recognized the symptoms of cardiac arrest. BLS instructors and training institutes should stress the importance of recognition when teaching both Hands-Only CPR and conventional CPR.

- **Keeping the patient on the scene until Return of Spontaneous Circulation (ROSC) is achieved:** It is important for EMS managers, providers, and medical directors to understand the importance of treating the patient in the location of their arrest. Once normal considerations, such as scene safety, have been addressed, the patient should not be moved from the position where they were found. Much of the reason for the success of the medical team in Hamlin's case should be attributed to the excellent care provided by the medical team on the field at the stadium.

Reports show that BLS care and a defibrillator resulted in ROSC prior to Hamlin being moved into the ambulance. Chances of survival to discharge were significantly greater (17.2%) when ROSC was achieved on scene versus only (0.69%) when transport was initiated before ROSC, according to a study titled, "Cardiac Arrest Survival Is Rare Without Prehospital Return of Spontaneous Circulation," published in Prehospital Emergency Care. Classes taught to professional rescuers in the prehospital space should stress the importance of not moving the patient until ROSC has been achieved. EMS stakeholders should continue to follow their protocols and advocate for evidence-based changes in cardiac arrest treatment on a local, regional, and state level.

- **Strengthening the chain of survival:** The high-profile save of an OHCA patient has greatly captured the public's interest in CPR, which also presents an opportunity on how to consider strengthening the community response in the chain of survival. Both prehospital and healthcare professionals greatly rely on community members to carry out the first few crucial links in the chain of survival when a person suffers from OHCA. The response to OHCA's can be augmented by also considering training community members

in professional rescuer BLS, which is training that is typically undertaken by law enforcement and fire departments. AHA Training Centers and CPR Instructors can act as important advocates for interagency cooperation to assist with strengthening this aspect of the response.

In addition to training others in BLS, another strategy to strengthen the community response is for the AHA Training Network to advocate for the adoption of applications that can alert community responders to the need for CPR, especially when public safety response times may be delayed, or when the patient will be difficult to access.

The prehospital providers who attended to Hamlin that night displayed amazing professionalism and delivered excellent care. The basic principles of BLS being followed, the systems of care being in place, and the ability of the prehospital providers to remain calm and work Hamlin on the field have contributed to Hamlin now being awake and even more likely to make a full recovery.

As AHA CPR Instructors, we have a duty to use our expertise to ensure we teach our students and the public the importance of these principles and advocate for widespread CPR and BLS training in our communities. Together, we will continue to make cardiac arrest a more survivable event into the future. ■



STOP BEING PREYED UPON!

**BUILD YOUR
FORTRESS
OF
PROTECTION**

**WATCH OUR LIVE
PRESENTATION & LEARN TO:**

- Protect your Assets & Estate
- Stop Overpaying Your Taxes
- Retire Tax-Free

**IT'S TIME TO HAVE A LEGAL LION
IN YOUR CORNER!**



SCAN QR TO WATCH THE WEBINAR



Contact Us: (725) 245-1950 <https://thefortuneawfirm.com/info>

Extend the Life of Your Equipment Today!

"Desco Dental has been my go-to company for repairs and equipment. The team is always courteous and prompt. I highly recommend them."

Viren R Patel DDS
Former President, Sacramento District Dental Society

**Receive
50% Off
First Hour of Service!***



**Call us for an appointment at (916) 259-2838!
www.descodentalequipment.com**

* Offer limited to one per quarter * May not be used with any other promotion

YOU THE DENTIST, THE BUSINESS OWNER



YOU ARE A DENTIST. You've been to school, taken your Boards and settled into practice. End of story?

Not quite. Are you up to speed on tax laws, potential deductions and other important business issues?

In this monthly column, we will offer information pertinent to you, the dentist as the business owner.

Why CalSavers is Good

By **D. Keith Dunnagan, Esq.**
BPE Law Group (SDDS Vendor Member)

I know, I am talking to business owners and there tends to be a general dislike of the California legislation that created the CalSavers program. As a business owner myself, I have found that the CalSavers legislation is generally good. But before we go forward let's get a brief overview of this program.

CalSavers is functionally an auto-enrolled IRA which is required for all employers at a certain point time. Up to this point all small businesses with five or more employees have either been required to enroll employees or receive an exemption. Businesses with one to four employees will be required to register or obtain an exemption by December 31, 2025.

But the question remains – why is this good? Gone are the days when private business predominantly provided their employees with pensions to fund their retirement. We are seeing more and more businesses reduce or entirely eliminate their pension plans. Recent Federal Reserve data indicates that the average American has approximately \$65,000 in retirement savings and that the average retiree will retire with \$255,000 in retirement savings. This leaves retiring individuals with insufficient cash flow to pay routine and ordinary expenses. CalSavers begins to address these realities by creating retirement accounts for all employees.

Under CalSavers, if the required employer does not offer a qualified retirement investment plan, the employer is required to enroll their employees in the CalSavers plan. The CalSavers plan auto enrolls the employee and sets an initial contribution amount at 5% with automatic annual increases up to the maximum contribution limit of 8%. Additionally, while it establishes a mechanism for employees to

begin to save for retirement, it does so with a limited amount of work by the employer. Generally, the employer obligations are limited to uploading employee information into the CalSavers program and submitting employee deferrals through a payroll deduction. There are no costs that the employer incurs in offering the CalSavers program (unless you are non-compliant and required to pay the non-compliance fees) and the employer does not act as a fiduciary for the plan.

As employees become more portable and available employment opportunities continue to outnumber available workforce, employment benefits are becoming more important. Any more, pay scales in small businesses do not deviate too much. There are some businesses that pay a little more and others that pay a little less, but by and large, most small business pay scales are consistent. What sets some small businesses apart from their counterparts is the level of benefits that they offer their employees. As it becomes clearer that Social Security will likely not be as robust as in the past, employees are becoming more sensitive to benefits that will provide for retirement planning. During COVID and the Great Resignation, we saw many employees that would normally be career employees changing their employment because of retirement benefits. These long term employees valuing retirement security left employers with whom they had long term relationships to seek better retirement planning benefits. This is not a younger generation or more experienced generation issue. This is becoming an every generation issue. Employees want retirement security and the CalSavers program begins to create that for employees. Retirement planning is beneficial for both

the employer and the employee. While the limited added administrative burden is real, the benefits of the CalSaver program far outweigh the administrative obligations.

While CalSavers is good, there are better solutions. More traditional retirement planning such as 401(k) plans and such are an even better option and if offered by the employer will exempt that employer from having to participate in the CalSavers plan.

Both the CalSavers plan and 401(k) plan accounts belong to the participant who has contributed to the account. That means the account is portable if the employee does separate from the employer at some point. However, the 401(k) has a higher contribution limit. CalSavers is a Roth IRA based account which means that the employee is contributing to the account by making the contributions on a post-tax basis so they get no tax benefits in the year of the contribution. However, because it is a Roth based account, withdrawals at retirement will generally be tax free. Whereas, employee contributions to a 401(k) are pre-tax and are not taxable in the year of the contribution. The full value of the 401(k) is generally taxable when withdrawals are made during retirement. Another significant difference between CalSavers and a 401(k) is the availability of investment vehicles. CalSavers have fairly limited investment options while 401(k) plans provide a much broader pool of investment opportunities.

CalSavers is not available for every employee. High income employees may not be eligible to participate in CalSavers as there are income thresholds that must be complied with while 401(k) participants have no such income

restrictions. Two big issues with CalSavers is the lack of protection under ERISA that 401(k) plans enjoy and CalSavers does not allow employer matching or profit share contributions like a 401(k) plan would allow. The 401(k) allows for more customizable retirement and great flexibility in tax planning from the employer standpoint.

While there are many practical benefits of the 401(k), they do come with higher administrative costs and greater liability as the employer does act in a fiduciary capacity as the plan sponsor.

If you remember the premise of this article, it was that CalSavers is good. It is not the best available plan but faced with the option of no plan, it is a good plan. As employers we have to be cognizant of the changing employment models and expectations. Every employer is looking for those rockstar employees that show up every day, take care of patients, and contribute in positive and meaningful

ways to the business. There is a great deal of competition for those employees. Those employees also know the value that they bring and they have an understanding of the benefits that should be available. While not every small business may have sufficient income to offer a highly customized 401(k) plan that provides for safe-harbor matching contributions or profit sharing contributions, every small business has the ability and the resources to offer their employees a CalSavers plan that allows that employee to save for their retirement. It does not cost the employer any money (unless the employer is non-compliant and receives a fine) all it requires is a little time to provide the payroll deductions and upload the employee information.

When we step away from the administrative tasks of enrolling our employees and view it from the lens of the benefit our employees may receive from participating in CalSavers, we can clearly see it is a good option for our employees.

It is a good option to provide a benefit that may lead to greater employee engagement and to potentially reduce employee turnover.

The information in this article is not to be construed as legal, tax, or financial advice and is for education purposes only. Should you have questions related to CalSavers, please seek competent professional advice. ■

HENRY SCHEIN® DENTAL PRACTICE TRANSITIONS

DENTAL PRACTICE BROKERAGE TEAM SACRAMENTO

PRACTICE SALES • VALUATIONS/APPRAISALS • TRANSITION PLANNING • PARTNERSHIPS • MERGERS • ASSOCIATESHIPS



Jay Harter

LIC #01008086

37 Years in Business

916-812-0500

Jay.Harter@henryschein.com

*This is a sample
of our listings.*

GREATER AUBURN AREA: *New Listing!* 4 Ops, 60 yrs. Goodwill, Highly Desirable Area, Dentrix PMS. GR \$664K. #CA2809

CENTRAL VALLEY MERCED & FOOTHILLS AREA: *New Listing!* 2 Location Ortho Practice! 7 Ops, OrthoTrac PMS, 41+ yrs. Goodwill. GR \$968K. #CA3456

CHICO/PARADISE AREA: *New Listing!* 7 Ops, 25+ yrs. Goodwill, Highly Desirable Area, Dentrix PMS, Digital. GR \$1.2M. #CA3465

EL DORADO HILLS: 4 Ops, Digital, 29 yrs. Goodwill, GR \$421K. #CA3373

FAIRFIELD/VALLEJO AREA: 7 Ops+RE, Paperless, 43+ yrs. Goodwill, 5 hyg. days/wk. 2021 GR \$1.5M. #CA3117

GREATER MODESTO: 7 Ops, Digital, 15 yrs. Goodwill, Desirable area, Room to grow! GR \$614K. #CA3286

GREATER FAIRFIELD AREA: 4 Ops+RE, 32+ yrs. Goodwill, Paperless. 2021 GR \$548K. #CA2955

GREATER LAKE TAHOE AREA: 4 Ops, 37+ yrs. Goodwill, Strong Hyg. Softdent PM Software. Projected 2022 GR \$900K. #CA1715

GREATER MODESTO AREA: 7 Ops+RE, 16+ yrs. Goodwill, Dentrix PM Software. 2021 GR \$758K. #CA2795

GREATER MODESTO AREA: 5 Ops Great Location, 32 yrs. Goodwill, Eaglesoft PM Software, Digital. 2021 GR \$372K. #CA3369

GREATER SACRAMENTO METRO AREA: *New Listing!* 7 Ops Ortho Practice, 60 yrs. Goodwill, Paperless. 2022 GR \$927K. #3450

GREATER VACAVILLE AREA: 5 Ops, 28 yrs. Goodwill, High Demand Area. Must sell quick! 2021 GR \$449K. #CA3328

RED BLUFF/CORNING/ORLAND AREA: GP, 6 Ops+RE, 33+ yrs Goodwill, Paperless, Digital, 8 Hyg Days with room to grow! 2021 GR \$825K. #CA316



Dr. Thomas Wagner

LIC #01418359

41 Years in Business

916-812-3255

Dr.Thomas.Wagner@henryschein.com

*Visit our website for more
listings in your area.*

NORTHERN CALIFORNIA OFFICE

www.HenryScheinDPT.com

800-519-3458

Henry Schein Corporate Broker #01233804
Henry Schein PPT, Inc.



YOU

THE DENTIST, THE EMPLOYER

Has Anything Really Changed in Harassment Prevention Training? What if I Don't Comply?

By California Employers Association (SDDS Vendor Member)

Many employers ask, "It's 2023 now, do we still really need to educate employees on how to prevent harassment in the workplace?" The answer is yes! You may think that the golden rule of treating others as you'd like to be treated is common sense, but unfortunately offensive behavior, stereotyping and harassment is very much alive and well in the workplace today. And, as of this year, California has new protected classes that employers and employees need to understand. In the event that you are thinking, "What if I don't comply with Harassment Prevention Training in a timely manner?" let's review the pitfalls of not taking this subject seriously.

Let's Review the Mandate

On January 1, 2019, California Senate Bill SB 1343 made harassment prevention training (HPT) mandatory for all employers in California, with five or more employees. All supervisors/ managers and employees need to be trained, every two years, and this includes part-time, temporary and seasonal workers. Employees need one hour of training and those in a supervisory position need two hours of training within 6 months of being hired or promoted into this position.

Penalties for NOT Providing Training

The penalties for not complying with California's required HPT include audits, fines and an increased risk of liability. The Civil Rights Department (CRD) is the state agency charged with enforcing California's civil rights laws. Their mission is to protect people in California from unlawful discrimination in employment.

Court Orders & Company Culture

The CRD can get a court order and force your company to comply with SB 1343. This is not a position you want to find yourself in, unless you look forward to having a state agency on your premises talking to your employees, legal fees, a damaged reputation and poor employee relations.

Employees can report your company. The CRD accepts and encourages contact from all employees who report that they have:

- not received the required training;
- not been paid by their employer for the time spent to take the training; and/or
- have been required to cover the costs of the training.

Damage to your company culture. Not complying with employment laws signals to your workforce that rules put in place to protect them are not important to you. Company culture is more important today than ever before. Employees are in the driver seat and have many options when looking for work. Statistics show that employees want to work for a company where employees are valued and the employer invests in their well-being.

Avoid the Courtroom Drama

Any attorney will tell you that reducing damages for harassment in the workplace liability is difficult when an employer hasn't followed the law and trained their workforce in prevention. In the unhappy event that a harassment claim ends up in civil or criminal court, documentation of an ongoing harassment prevention training is an important defense. A study conducted on 50 recent workplace harassment cases reported

the average settlement for those who have been sexually harassed is \$53,000. However, claimants who took their case to court received awards that averaged more than \$217,000.

California's Protected Classes

Your managers and/or your employees may not be aware of the 16 protected classes that protect employees from discrimination in the workplace. Most recently, "reproductive health decision making" was added as a protected class, which means that an employer may not discriminate against an employee based on any decisions they choose to make about their reproductive health, such as taking birth control, getting IVF treatments, etc.

Discrimination, retaliation, and harassment in the workplace is less likely to happen when employers create a culture that embraces the differences in others. When your employees learn about their protections in the workplace and understand the harm that is caused by offending others, there is a greater chance they will treat one another with more respect.

Harassment Prevention Training Options Lighten Your Load

It's time to stop making excuses and get your employees trained in a timely manner. Training is offered June 13 and December 12. Use the QR code below to get registered.

Questions on this article or any HR issues? Call the SDDS HR Hotline at 888-784-4031 and we will help you get in compliance.



View all HR &
HPT courses

DO YOU USE THE HR HOTLINE?

The HR Hotline an exclusive benefit to SDDS Members. It is powered by the California Employers Association and they are ready for your call.

SDDS HR Hotline
FREE TO SDDS MEMBERS!

888.784.4031

MEMBER
BENEFIT!

Board Report



By **Nima Aflatooni, DDS**
Secretary

March 6, 2023

Highlights of the Board Meeting

"It is the mission of the Sacramento District Dental Society to be the recognized source for serving its members and for enhancing the oral health of the community."

CORE VALUES:

**Community – Integrity –
Service – Engagement**

President Report

Dr. Dobak called the meeting to order at 6:01pm. She congratulated the SDDS Staff for a wonderful MidWinter Convention in February – the largest one yet. Great speakers, fun theme, record number of exhibitors (80). Next year is scheduled for February 8-9, 2024!

Secretary's Report

Dr. Aflatooni reported that our membership is still above 80%. The CDA year end report was distributed for the Board to review. SDDS is now the 4th largest component in CA. The dues renewal drop date is March 31st this year and will be moving to January 31st next year. We still have many members yet to pay their dues. Next year will begin the rolling anniversary date for new members; renewing members will have the January 1st anniversary date.

Treasurer's Report

Dr. Dobak presented the final Fiscal Year End report. The market correction finally happened, creating our investments to take a dip. However, the last few years have been exceptional and we expected this. We had a great year with our program income and our non-dues revenue, along with keeping our memberships at our expected renewals for 2022. Our reserves are still in tact and we ended the year positively. Our investment policy will remain "stay the course" and be conservative always.

Brandon Rood, CPA with Rood & Associates (our SDDS CPA since 1994) attended and gave the Board a report on checks and balances, internal controls, protocols, our financial state of affairs, and final taxes that were filed in February.

Addition To The Agenda

Dr. Dobak introduced Dr. George Maranon, representing CALOAMS, with regard to a legislative bill regarding medical loss ratio – AB 871. The Board decided to take a neutral position for now until further information is presented. NOTE: On March 10, CDA urged the author to pull the bill, which he did.

Board of Component Representatives (CDA BCR)

Dr. Viren Patel reported that he is choosing not to accept a second term (2024-2025) as the BCR Rep. He reported on the following:

- CDA looking to enhance relationship with components through the work of the BCR
- The AMS conversion will be huge for components, and very time consuming

Committee Reports / Business

Committee calendar and minutes for all committees distributed and discussed. The LDC Slate will be completed by March 31st and presented for approval in April, for elections in May at the General Meeting.

New Business... New Ideas - Projects For The Year

- General Meetings for 2024 - Dr. Aflatooni will have his GM speakers done by April 1 and the program for 2024's GMs look to be very strong and interesting.

- Policy review – All the changes and questions were discussed and vetted. The policy amendments, clarifications and revisions were done in 'real time' on screen as the input was weighed and discussed. The final policy was presented and it was M/C to approve as amended.

Executive Director's Report

Cathy Levering reported on the following:

- Program update – the March, April, May events are great CE topics – encouraging everyone to sign up. There is a variety of webinars, in person, Licensure renewal, mandatory OSHA yearly review, and coming soon... the mandatory for license renewal OPIOID Course for all dentists (coming in June in a LIVE webinar format).
- CE Survey – results will be shared with the CE Committee and the Board in May
- MidWinter Post Review – this will be a great year; final accounting still pending

Adjournment

After a long meeting with two extra speakers, the meeting was adjourned at 9:30pm

Next Board meetings:

May 2, Sept 5, Nov 7 at 6pm

TOTAL MEMBERSHIP

(as of 4/14/23:)

1,864

MARKET
SHARE:
80.0%

RETENTION RATE: 93.7%
ENGAGEMENT RATE: 83%

New Members

AHMED ALBAYATTI, DDS

General Practice

Dr. Albayatti earned his dental degree from Meharry Medical College School of Dentistry in 2022. He is currently practicing at Dentists of Lodi in Lodi.

AMANDEEP BRAR, DDS *Transfer!*

General Practice

Dr. Brar earned her dental degree from UCSF in 2020. Her current office address is pending. She transferred from San Joaquin Dental Society.

VAN DANG, DDS *Welcome Back!*

General Practice

Dr. Dang earned her dental degree from UCSF in 2002. She is currently practicing at New Dental Images in Elk Grove.

GENELLE GUEVARRA-SHAMS, DDS

General Practice

Dr. Guevarra-Shams earned her dental degree from UCSF in 2021. Her current office address is pending.

FRANCIS KELLY, DDS *Dual Member!*

General Practice

Dr. Kelly earned his dental degree from University of Detroit Mercy in 1980. He currently teaches at Carrington College in Sacramento in the Hygiene Program.

TIMOTHY MARTINEZ, DMD *Dual Member!*

General Practice

Dr. Martinez earned his dental degree from Harvard School of Dental Medicine in 1985. He currently is the Medi-Cal Dental Director at Health Net.

DONKA NEIMAR, DDS *Transfer!*

General Practice

Donna N. Neimar is a retired dentist. She transferred from Western Los Angeles Dental Society.

APEKSHA SANGHVI, DDS *Transfer!*

General Practice

Dr. Sanghvi earned her dental degree from UCLA in 2020. Her current office address is pending. She transferred from San Francisco Dental Society.

NICO SCORDAKIS, DDS

General Practice

Dr. Scordakis earned his dental degree from UOP in 2023. After he graduates in the spring, he will be practicing at Scordakis Family Dental in Sacramento with his mother, SDDS member, Dr. Dina Wasileski, and his father, Dr. Peter Scordakis.

NEHA SHARMA, DDS *Transfer!*

General Practice

Dr. Sharma earned her dental degree from Loma Linda University in 2022. Her current office address is pending. She transferred from Tri-County Dental Society.

RANBIR SINGH, DMD

Pediatric Dentistry

Dr. Singh earned his dental degree from A. T. Still University of Health Sciences in 2016. He currently practices at Granite Bay Pediatric Dentistry in Granite Bay.

JAMES ZAIGER, DDS *Transfer!*

Periodontics

Dr. Zaiger earned his dental degree from UCLA in 2020. He currently practices at Golden State Dental in Roseville. He transferred from Santa Barbara-Ventura County Dental Society.

Pending Applicants:

Naghmen Asbaghi Mamaghani, DDS
Pratik Makadia, DDS
Eudora Mkorombindo, DMD

Congratulations to Our New Retired Members!

Garry Barone, DDS
Florence Chiang, DDS
M. Franklin Godfrey, DDS
Kerry Hanson, DDS
Gloria Nollie, DDS
Amandeep Sandhar, DDS
David Seman, DDS
Paul Simon, DDS

TOTAL ACTIVE MEMBERS:
1,337

TOTAL RETIRED
MEMBERS: 346

TOTAL DUAL
MEMBERS: 9

TOTAL AFFILIATE
MEMBERS: 10

TOTAL STUDENT
MEMBERS: 92

TOTAL CURRENT
APPLICANTS: 4

TOTAL DHP
MEMBERS: 47

TOTAL NEW
MEMBERS FOR 2023: 31

Wondering if you have the right tax strategies?

Free Review of your Last 3 years Tax Returns!

- Quarterly Tax and Business Planning
- QuickBooks setup, Training and Consulting
- Work with over 100 Dental Practices
- Assistance with Practice Purchases
- Review of Proper Business Structures
- Business Valuation
- Real Estate and LLC's



WWW.MUNDENTAL.COM

Call us today! 916-774-4208
or email dlg@muncpas.com

In Memoriam



Dr. Mayo Jack passed away on February 6, 2023 after a short illness. He earned his degree in dentistry at University of St. Louis and served his country as an Army Captain in Okinawa. Dr. Jack was an SDDS member for 56 years and practiced General Dentistry in Sacramento until his retirement in 2003.



Dr. Gerard T. Ortner passed away on March 20, 2023. He earned his degree in dentistry at Creighton University. He co-founded Smiles for Kids in 1991. He was the founding partner of Sutter Terrace Dental Group in Midtown Sacramento and Designs in Dentistry in Folsom. He was an SDDS member for 37 years.



Dr. Steven K. Kirkpatrick passed away last year. He earned his degree in dentistry at UOP in 1973. He worked in Placerville for 42 years. He was an SDDS member for 46 years and served on the Board of Directors in 2000.



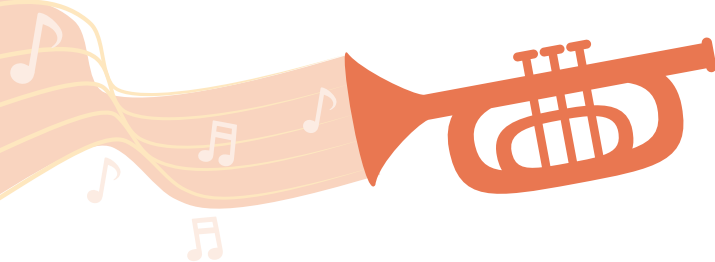
Dr. Brett T. Peterson passed away on March 29, 2023. He earned his degree in dentistry at UCSF in 1985. He was an SDDS member for 37 years and served as Chair of the Peer Review Committee from 2013 to 2016. He was a Smiles for Kids volunteer.

IMPORTANT NUMBERS

SDDS (doctor's line) (916) 446-1227
ADA (800) 621-8099
CDA/TDIC (800) 736-8702

Denti-Cal Referral (800) 322-6384
Central Valley
Well Being Committee . . . (559) 359-5631

We're Blowing your horn!



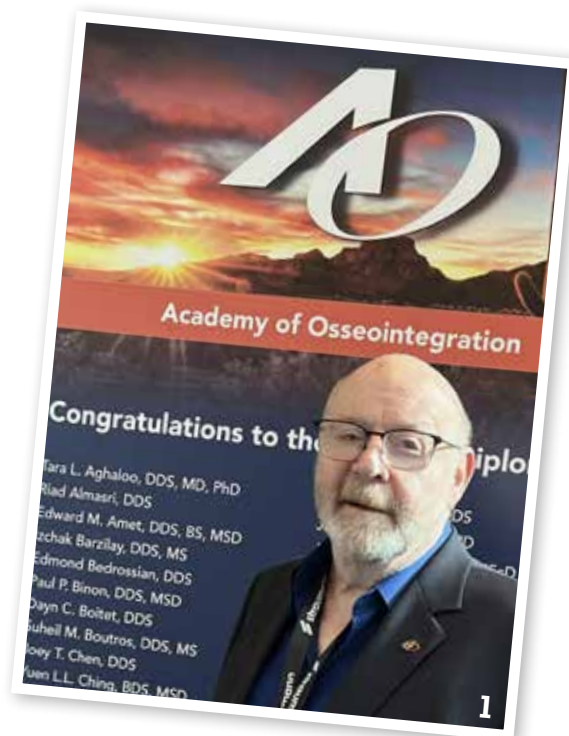
Congratulations to...

Dr. Paul Binon for being among the first to be awarded Academy of Osseointegration Diplomate status. **(1)**

Dr. Eric Wong for teaching "stop the bleed" to the AGD Board, Executives and staff in Savannah, GA. **(2)**

Dr. David Keating and his wife Adriana on their wedding in Quito, Ecuador! **(3)**

Dr. Ash Vasanthan for putting together a truly unique April General Meeting, featuring Kevin Keating, MS, DDS (Dean of CNU), Nader Nadershahi, DDS, MBA, EdD (Dean of UOP) and Michael Reddy DMD, DMSc (Dean of UCSF) **(4)**



LET US KNOW YOUR NEWS!

Send us your news to sdds@sdds.org to let everyone know about the great things that are happening!

Vendor Member SPOTLIGHT

we love
our Vendor Members!



For thirty years, MGE Management Experts has provided practice management education and coaching to dentists and their teams teaching them how to stimulate growth, implement reliable management systems, and increase profitability in their practices.

Benefits, Services, Special Pricing and/or Discounts Extended to SDDS Members:

For SDDS members we're offering our two-day online seminar "The New Patient Workshop" at a discounted rate and we also provide SDDS members a complementary practice analysis (a sixty minute one-on-one zoom meeting with a practice management specialist to analyze your practice and see where immediate improvements can be made).

ph: (757) 530-4277 | mgeonline.com
info@mgeonline.com

Dan Brown

danb@mgeonline.com



Olson Construction, Inc. is a design/build construction firm who will take your office from design to finish. They have proven themselves to be the go-to company when you want your dental office done on time and within budget.

ph: (209) 366-2486 | www.olsonconstructioninc.com

David Olson

info@olsonconstructioninc.com



We strive to be your single source for all your dental office needs and to provide you with the best customer experience and personalized service available.

ph: (800) 736-4688 | www.pattersondental.com

James Samsel Operations Manager

ph: (801) 635-8604

James.Samsel@pattersondental.com



Columbia Healthcare Banking, a Division of Umpqua Bank, is a dedicated healthcare lending group specializing in professional practice financing.

Dental, Veterinary, Medical practice financing for transitions, expansion, commercial real estate, lines of credit, equipment and more.

ph: (916) 858-9705 | umpquabank.com

Paula Bravo

paulabravo@columbiahealthcarebanking.com

Amanda Mombert

amandamombert@columbiahealthcarebanking.com



As a dental professional, you have many options today for how your practice is set up and managed. Depending on your situation, you may want to purchase or refinance an existing practice or buy out a partner. Or it may be time to purchase or improve your office space—or update your equipment. Whatever your goals, count on Banner Bank to help you make the most of opportunity.

ph: (916) 648-2100 | bannerbank.com

Tim Hughes, VP, Business Banker

ph: (408) 892-1650 | Tim.hughes@bannerbank.com

Justin Curry, VP, Business Banker

ph: (541) 580-6898 | Justin.curry@bannerbank.com



learn more
about these Vendor Members!



California Northstate University (CNU) is an educational institution dedicated to educating, developing, and training individuals to provide competent, patient-centered care. The University offers bachelor's (BS) and graduate degrees (MS, MHA, MA) as well as terminal professional degrees (MD, DMD, PsyD, PharmD) all focused in various areas related to practice and management of healthcare.

ph: (916) 686-7300 | cnsu.edu

Heather Brown, PhD

Heather.Brown@cnsu.edu

Kevin Keating, MS, DDS

Kevin.Keating@cnsu.edu



California
Employers
Association™

CEA's services are dedicated to those business professionals who demand accurate, immediate and cost-effective solutions to human resource and labor relations issues.

HR Hotline: 1-888-784-4031

ph: (916) 921-1312 | www.employers.org

Kim Gusman, President/CEO

ceainfo@employers.org



We exist to serve private practice Dentists. Our background with CDA and big DSOs gives us the perfect mix of tools to help you balance efficient systems with your unique and valuable brand. Let us help solve your practice pains or simply give you the extra boost you need to make this the best year yet. All of our client solutions are custom, let's build one for you!

Benefits, Services, Special Pricing and/or Discounts Extended to SDDS Members:

Half off your first months services for SDDS members.

ph: (866) 232-7640 | Adamsdentalconsulting.com
hello@adamsdentalconsulting.com

Ashlee Adams

ph: (916) 247-6544

ashlee@adamsdentalconsulting.com

Analgesic Services, Inc.

Steve Shupe, President
916.928.1068
asimedical.com



Since 2004

we love
our Vendor
Members!

DESCO Dental Equipment

Tony Vigil, President
916.259.2838
descodentalequipment.com



Since 2012

Henry Schein Dental

Nick VanZant
916.626.3002
henryschein.com



Since 2005

Patterson Dental

James Samsel
801.635.8604
pattersondental.com



Since 2003

Straumann US, LLC

Todd Allington
916.508.9218
straumanngroup.us



Since 2021

Supply Doc

Amin Amirkhizi, Founder & CEO
877.311.7373
supplydoc.com



Since 2022

The Dentists Insurance Company (TDIC)

Casandra Lopez
888.627.3318
tdicinsurance.com



Since 2011

Many of
our vendor
members
have special
offers for SDDS
members

Dental Labs

Dental Masters Laboratory

Michael Kulwicz, CDT
800.368.8482
dentalmasters.com



Since 2021

NEO Dental Laboratory

Frank Sanchez
916.271.7536
neodentallab.com



Since 2021

Olson Construction, Inc.

David Olson
209.366.2486
olsonconstructioninc.com



Since 2004

BPE Law Group, PC

Keith B. Dunnagan, Senior Attorney
Diana Doroshuk, Firm Administrator
916.966.2260
bpelaw.com/dental-law



Since 2016

CA Employers Association

Kim Gusman, President/CEO
800.399.5331
employers.org



Since 2004

The Fortune Law Firm

Joshua Johnson
985.956.3883
thefortunelawfirm.com/info



Since 2022

Kids Care Dental & Orthodontics

Jeff Summers
916.661.5754
kidscaresdental.com



Since 2016

Star Dental Refining

Elizabeth Reynoso
209.623.9332
starrefining.com



Since 2009

Practice Sales

DDSmatch

Roy Fruehauf
916.918.5752
ddsmatch.com



Since 2020

Integrity Practice Sales

Nelson Reynolds
510.501.1959
integritypracticesales.com



Since 2014

Professional Practice Sales

Ray Irving
415.899.8580
PPSsellsDDS.com



Since 2017

Comcast Business

David Vizcarra
916.836.6700
business.comcast.com



Since 2014

Education

CA. Northstate University

Heather Brown, PhD
916.686.0468
Kevin Keating, MS, DDS
916.686.7300
cnsu.edu



Since 2023

The Foundation for Allied Dental Education

LaDonna Drury-Klein
916.358.3825
thefade.org



Since 2015

IBS Implant & Academy of Minimally Invasive Implantology

Victor Arreola
844.694.2787
www.amiitv.org/sdds



Since 2021

MEMBER
BENEFIT!

SDDS VENDOR MEMBER SUPPORT IS A WIN-WIN RELATIONSHIP!

SDDS started the Vendor Member program in 2002 to provide resources for our members that would best serve their needs. We realize that you have a choice for vendors and services; we only hope that you give our Vendor Members first consideration since they directly support SDDS.



Learn more about what
these Vendor Members
have to offer!

Financial Services

Banner Bank

Justin Curry, VP,
Business Banking
541.580.6898
bannerbank.com



Since 2017

Columbia Healthcare Banking, A Division of Umpqua Bank

Paula Bravo
916.858.9705
umpquabank.com



Since 2023

First US Community Credit Union

Bob Miller
916.576.5679
firstus.org



Since 2006

MUN CPAs

John Urrutia, CPA, Partner
Clint Bedolido, CPA, Partner
916.724.3962
muncpas.com



Since 2010

Financial Services

Provide, Inc.

Jason Schneller
818.561.8106
getprovide.com



Since 2022

Thomas Doll

Brett LeMmon
925.280.5766
thomasdoll.com



Since 2019

Trek Financial

Evan G. Mathew
530.757.4460
trekfinancial.com



Since 2021

US Bank

John Smythe
279.200.2944
usbank.com



Since 2017

Retirement Planning

California Dentists' Guild

Elizabeth Clark
800.851.0008
cadentistsguild.org



Since 2021

All of our
vendors help
to keep your
membership
dues low!

Empl./Staffing/Assoc.

Resource Staffing Group

Wendie Richards
916.993.4182
resourcestaff.com



Since 2003

Swiss Monkey

Christine Sison
916.500.4125
swissmonkey.io



Since 2016

Dental Plans

Access Dental Plan

Chris Llamas
916.317.6803
premierlife.com



Since 2017

Health Net of California

Felisha Fondren
877.550.3868
hndental.com



Since 2018

LIBERTY Dental Plan

Cherag Sarkari, DDS
800.268.9012
libertydentalplan.com



Since 2016

IT & Dental Billing

SD Reliance Management

Dennis Krohn Jr.,
President/Partner
916.367.4252
sdreliance.com



Since 2021

Compliance Services

Abyde Compliance

Travis Watson
727.977.6077
abyde.com



Since 2022

B & W Compliance, Inc.

Donna Boyd
510.560.6191
BandWcompliance.com



Since 2021

Practice Management

Adams Dental Consulting

Ashlee Adams
866.232.7640
adamsdentalconsulting.com



Since 2021

MGE Management Experts

Dan Brown
805.418.0463
mgeonline.com



Since 2022

Advertiser INDEX

Compliance Services & Consulting

Vendor Member	Abyde Compliance.	61
Vendor Member	B & W Compliance, Inc.	15, 61

Dental Supplies, Equipment, Repair

Vendor Member	Analgesic Services Inc.	60
Vendor Member	Desco Dental Equipment.	11, 51, 60
Vendor Member	Henry Schein Dental.	13, 60
Vendor Member	Patterson Dental.	59, 60
Vendor Member	Straumann US, LLC.	60
Vendor Member	Supply Doc.	60

Dental Labs

Vendor Member	Dental Masters Laboratory	60
Vendor Member	NEO Dental Laboratory.	60

Dental Plans/Programs

Vendor Member	Access Dental Plan.	61
Vendor Member	Health Net of California	61
Vendor Member	LIBERTY Dental Plan	61

Dental Practices

Vendor Member	Kids Care Dental and Orthodontics	60
---------------	--	----

Education & Professional Development

Vendor Member	California Northstate University.	59, 60
Vendor Member	The Foundation for Allied Dental Education.	60
Vendor Member	IBS Implant & Academy of Minimally Invasive Implantology.	60

Financial Services

Vendor Member	Columbia Healthcare Banking	59, 61
Vendor Member	Banner Bank.	59, 61
Vendor Member	First US Community Credit Union.	61
Vendor Member	MUN CPAs	57, 61
Vendor Member	Provide, Inc.	61
Vendor Member	Thomas Doll.	61
Vendor Member	Trek Financial.	61
Vendor Member	US Bank.	61

Human Resources & Legal

Vendor Member	BPE Law Group	60
Vendor Member	California Employers Association (CEA)	59, 60
Vendor Member	The Fortune Law Firm.	51, 60

Insurance Services

Vendor Member	TDIC & TDIC Insurance Services	60
---------------	-------------------------------------	----

IT & Dental Billing

Vendor Member	SD Reliance Management	61
---------------	-----------------------------	----

Mobile Anesthesia

Samuel Seiden, MD, FAAP.	19
-------------------------------	----

Office Design & Construction

Vendor Member	Olson Construction.	15, 59, 60
---------------	--------------------------	------------

Practice Management

Vendor Member	Adams Dental Consulting.	59, 61
Vendor Member	MGE: Management Experts	59, 61

Practice Sales

Vendor Member	DDSmatch	60
Vendor Member	Henry Schein Practice Transitions	53
Vendor Member	Integrity Practice Sales	60
Vendor Member	Professional Practice Sales.	60

Real Estate Buildings

Dean Sands, DDS.	8
Ethan Conrad Properties	2
RE/MAX Commercial	20

Refining - Gold/Metal

Vendor Member	Star Dental Refining	60
---------------	---------------------------	----

Retirement Planning

Vendor Member	California Dentists' Guild.	61
---------------	----------------------------------	----

Technology Services

Vendor Member	Comcast Business.	60
---------------	------------------------	----

Employment/Staffing/Associates

Vendor Member	Resource Staffing Group	61
Vendor Member	Swiss Monkey.	61

Job Bank

The SDDS Job Bank is a service offered only to SDDS Members. It is for job seekers to reach other Society members who are looking for dentists to round out their practice, and vice versa. If you are a job seeker or associate seeker contact SDDS at (916) 446-1227, we can also provide contact information for the members listed below.

MEMBER
BENEFIT!

ASSOCIATE POSITIONS AVAILABLE

Christopher Chan, DDS • Sacramento • GP • PT
 Krystle Fenton, DDS • Elk Grove • GP • PT/FT
 Jay Anderson, DMD, MHSA • One Community Health • GP • PT/FT
 Steve Kim, DDS • Carmichael • GP • PT
 Michelle Kucera, DDS • Lincoln, Grass Valley • PT/FT • Pediatric
 Lawrence Lau, DMD • Elk Grove • PT • GP
 Mignon Mapanao, DMD • Rocklin • PT • GP
 Monica Crooks, DDS • Sacramento • PT/FT • GP
 Michael Narodovich, DMD • Roseville • PT • GP
 Nima Aflatooni, DDS • Gold River • PT • GP
 Calvin Garland, DDS • Sacramento • PT • GP
 Anthony Dang, DDS • Rancho Cordova • PT • GP
 Cassandra Krupansky, DDS • Placerville/ Cameron Park • FT • GP
 Bruce Thomas, DDS • Davis • PT/FT • GP
 Christopher Schiappa, DDS • Pioneer • PT • GP
 Mahnaz Moussavi, DDS • Folsom • FT • GP
 Jonathan Chan, DDS • Roseville • PT • GP
 Hung Le, DDS • Elk Grove • PT • GP
 Carlos Bonilla, DMD • Sacramento • PT • Endo
 David Park, DDS • FT/PT • GP
 Elizabeth Johnson, DDS • various WellSpace locations • FT/PT/Fill-In • GP

DOCS SEEKING EMPLOYMENT

Amandeep Brar, DDS • Rocklin • FT/PT • GP
 Ramsen Warda, DDS • Roseville • PT • Perio
 Shahram Khodai, DDS • Roseville • FT • GP
 Ruth Kenworthy, DDS • Grass Valley • PT • GP
 Yang Chai, DDS • FT • Ortho
 Sabrina Franciosa, DDS • STUDENT • FT • GP
 Bruce Taber, DDS • Fill-In • GP

Classified Ads

EMPLOYMENT OPPORTUNITIES

Fully equipped practice with in-house lab. Owner dentist reduced hours. Looking to share space. Ideal for someone who wants to work part time without the hassle of setting up. Call (559) 239-5814 or email pristinefd@gmail.com 5-6/23c

Looking for an amazing General Dentist to join our team 2-3 days a week. We have an incredible community and pride ourselves on the care we provide our community. Contact: admin@calkidz dental.com 7-8/22

SUPERSTARS WANTED! The Spot for Smiles is seeking an AMAZING pediatric specialist (or GP who loves kiddos). Come find out why we are THE SPOT for kids dentistry in the greater Sacramento area. Email CV and cover letter to derekb@spotforsmiles.com 4/22

Kids Care Dental & Orthodontics seeks orthodontists to join our teams in the greater Sacramento and greater Stockton areas. We believe when kids grow up enjoying the dentist, healthy teeth and gums will follow. As the key drivers of our mission—to give every kid a healthy smile—our dentists, orthodontists and oral surgeons exhibit a genuine love of children and teeth. A good fit for our culture means you are also honest, playful, lighthearted, approachable, hardworking, and compassionate. Patients love us...come find out why! Send your resume to talent@kidscaredental.com. 6-7/17

WELLSPACE HEALTH ORGANIZATION (an FQHC) is taking applications for fill-in/part-time/full-time dentists. Send your resume/CV to eljohnson@wellspacehealth.org. 1/15

EMPLOYMENT OPPORTUNITIES

Kids Care Dental & Orthodontics seeks dentists to join our teams in the greater Sacramento and greater Stockton areas. We believe when kids grow up enjoying the dentist, healthy teeth and gums will follow. As the key drivers of our mission—to give every kid a healthy smile—our dentists, orthodontists and oral surgeons exhibit a genuine love of children and teeth. A good fit for our culture means you are also honest, playful, lighthearted, approachable, hardworking, and compassionate. Patients love us...come find out why! Send your resume to talent@kidscaredental.com. 6-7/17

PRACTICES FOR SALE

General Practice for sale centrally located in Elk Grove. Fee for service & PPO collections \$ 650,000.00 on 20 Hours of work week. No HMO's or MediCal. 25 years goodwill. Email: DenselnDente@gmail.com 3-4/23

Practice for sale: Seller motivated: Practice collected over \$1-219M in 2021. 3200SF w/7 fully equipped ops and plumbed for 3 additional \$850k. Contact acostacuevasfamilydental@frontiernet.net 1-2/23

LOWER FOOTHILLS ALONG I-80: 2022 collected \$620,000 on 3.5-day week. Strong hygiene department. Well-maintained building also included. **SACRAMENTO VALLEY ORTHO PRACTICE:** Small metro area renowned for family atmosphere. 3-day week collected \$619,000. Seller is retiring. Loyal referral base of colleagues have also been retiring. Successor shall enjoy advantage of networking with younger generation of GPs. Asking \$255,000. To learn more on these opportunities, go to www.PPSsellsDDS.com. 9-10/22

Omni Practice Group has several listings in the Sacramento area:

Amazing south Sacramento County growth opportunity practice. High visibility location. Underserved community and 6 operatories. (CAD125).

Elk Grove practice with a great reputation, 4 fully equipped ops, growing collections, and customer base. Highly desirable medical building, over \$800k in annual collections. (CAD124).

For more information, contact Chris Barbour (#2135925) at chris@omni-pg.com or call (916) 792-5038. 4/22

FOR LEASE

Dental Building for Sale or Lease/PLACERVILLE CALIFORNIA see full page ad page 55. 5-6/23c

Beautiful, state of the art dental office in Roseville will soon be available for a lease transfer. This is a wonderful opportunity for a single provider general practice, specialty office or satellite location. This corner suite has five fully equipped operatories, ample storage space and a bright open feel. Please call (916) 783-5600 with inquiries. 5-6/23c

Fair Oaks Dental Village will have 1927 sq. ft., 6 operator suite available mid-summer. Included is central air, vacuum, some equipment, and use of a Panorex. Call (916) 719-0920 5-6/23c

Brand new construction Roseville dental offices, Sacramento Orthodontic office; Lincoln, Sacramento Dental suites for lease; Ranga Pathak, Broker Associate, RE/MAX Gold, DRE01364897; Tel: (916) 201-9247; Email: ranga.pathak@nocalgold.com. 8-9/21

1150 sq ft. Carmichael Dental office. Three operatories, some dental equipment included in lease. Turnkey Dental office. Garbage & sewer included in lease. Property is fenced, no homeless issues. \$1900 per month. 2447 Mission Ave. #B. Please call 916-483-2484 7-8/22

Greenhaven Dental Office For Lease. Professional Dental Building 930 Florin Road Ste 100. 1,396 S.F. \$1.85 PSF Plus Utilities. Contact agent (916) 443-1500 CA DRE Lic. #01413910 11/20

SACRAMENTO DENTAL COMPLEX has one 3 unit suite which is equipped for immediate occupancy. Two other suites total 1630 sq. ft which can be remodeled to your personal office design with generous tenant improvements. 2525 K Street. Please call for details: (916) 448-5702. 10/11

SDDS member dentists can place one classified ad

FOR FREE!

MEMBER BENEFIT!

Selling your practice? Need an associate? Have office space to lease? SDDS member dentists get one complimentary, professionally related classified ad per year (30 word maximum). For more information on placing a classified ad, please call the SDDS office at 916.446.1227 or visit <http://www.sdds.org/publications-media/advertise/>

ADDRESS SERVICE REQUESTED

SDDS CE COURSE CALENDAR



MAY

- 9** General Membership Meeting
Premalignant and Potentially Malignant
Lesions of the Oral Cavity
M. Anthony Pogrel, DDS, MD, FRCS, FACS
3 CEU, Core / Hilton Arden West
- 17** Licensure Renewal
Infection Control
Leslie Canham, CDA, RDA
2 CEU, Core / 6:30–8:30pm / Webinar*
- 18** Business Forum
Embezzlement: Are You a
Victim? How Do You Know?
Christine Taxin
2 CEU, 20% / 6:30–8:30pm / SDDS Office

- 19** Continuing Education Course
Insurance Coding & Billing; Navigate
Your Practice to a Wellness Center
Christine Taxin
4 CEU, 20% / 8:30am–12:30pm
SDDS Office
- 24** Licensure Renewal
CA Dental Practice Act (Includes Ethics)
Leslie Canham, CDA, RDA
2 CEU, Core / 6:30–8:30pm / Webinar*

For more calendar info and
to sign up for courses online,
visit: www.sdds.org

See page 49 for upcoming
committee meetings

JUNE

- 13** HPT Webinars
Harassment Prevention
California Employers Association
(SDDS Vendor Member)
For Employees
1 CEU, Core / 9–10am / Webinar*
For Supervisors
2 CEU, Core / 11am–1pm / Webinar*
- 13** Licensure Renewal
A Safe Approach to Opioids
in Dental Practice
Reb Close, MD and Casey Grover, MD
2 CEU, Core / 5:30–7:30pm / Webinar*

* This is a LIVE Webinar



Dental Day with the River Cats
River Cats vs. Reno Aces | June 28, 2023 | Sutter Health Park

Upcoming GENERAL MEETINGS

MAY
9

Premalignant and Potentially Malignant Lesions of the Oral Cavity

Tuesday • 3 CEU, Core • \$80

Presented by M. Anthony Pogrel, DDS, MD, FRCS, FACS

Upon completion of this lecture, attendees should:

- Be aware of the classification system for premalignant lesions of the oral cavity
- Be able to evaluate the available aids for early diagnosis of oral cancer
- Understand the available preventive measures and treatment options for intraoral dysplasia

SEP
12

Sleepless in Sacramento: The Battle Against Sleep Disorder Breathing

Tuesday • 3 CEU, Core • \$85

Presented by Brandon Martin, DDS, MS; Ken Moore, DDS; and Randall Ow, MD

Learning Objectives:

- Understand the importance of identifying and evaluating SDB/OSAS
- How to effectively screen patients for SDB/OSA in the dental office and when to refer.
- Learn more about the complex etiology of SDB/OSA and the treatment options available (surgical and non-surgical)
- Review effective multidisciplinary management of SDB/OSA and the role of the dentist as a member of this team.

5:45pm: Social & Table Clinics | **6:45pm:** Dinner & Program
Hilton Sacramento Arden West (2200 Harvard Street, Sac)