

MONTEREY BAY

# SMILELINE



THE NEWSLETTER OF THE MONTEREY BAY DENTAL SOCIETY

WINTER 2018

- Monterey Bay Dental Society Annual Veteran's Stand-Down
- 2018 MBDS Shred-A-Thon
- A Veterans Day Gift—Dentistry4Vets

## HONORING OUR VETERANS



“ *Never was so much owed by so many to so few.* ”

— Winston Churchill



## A Message From Your Outgoing MBDS President

### Happy Holidays from your Dental Society!

As 2018 comes to an end we hope you had a rewarding and productive year both personally and professionally. On behalf of the dental society we wish you and your family health and happiness this holiday season. This year myself and the board worked hard to move our society forward and increase the value of your membership. We hope you enjoyed our Continuing Education courses, were able to give service at our community events, and had a chance to connect with fellow members. As a member of the Monterey Dental Society you never have to go it alone. All of our local, CDA and ADA resources are available whenever you need it. Please contact our Society office if you need assistance.

As we gather with loved ones this holiday season many of us will take some time to express gratitude. Being in Dentistry affords us a lot to be grateful for. We enjoy high job satisfaction, low unemployment, good compensation, and positive work life balance. Dentistry is ranked as the #1 job in healthcare according to US News and World Report. But, did you know that expressing gratitude has some real benefits? I'd like to share some that can make a positive difference in your life.

### Expressing gratitude opens doors to new relationships.

A 2014 study published in Emotion found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So, whether you thank a new patient for coming to see you or write a thank you note when a team member goes the extra mile, acknowledging other people's contributions can lead to new opportunities.

**Gratitude improves physical health.** Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in "Personality and Individual Differences." Not surprisingly, grateful people are also more likely to take care of their oral health.



Dr. Eric Brown, DDS

### Gratitude improves psychological health.

Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.

**Grateful people sleep better.** Writing in a gratitude journal improves sleep, according to a 2011 study published in "Applied Psychology: Health and Well Being." Spend just 5 minutes

jotting down a few grateful sentiments before bed, and you may sleep better and longer.

**Gratitude improves self-esteem.** A 2014 study published in the "Journal of Applied Sport Psychology", found that gratitude increased athletes' self-esteem, an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs—a major factor in reduced self-esteem—grateful people are able to appreciate other people's accomplishments.

On behalf of myself, our Executive Director Debi Diaz, and our Board of Directors, we are all thankful for your membership, support, and involvement in the Monterey Bay Dental Society. Thank you for helping patients improve their oral health, supporting our dental community, and making the world a better place...one smile at a time!

Sincerely,

Eric Brown, D.D.S.



## A Message From Your Incoming MBDS President

Dear friends and colleagues,

I am humbled and grateful to serve as your incoming Monterey Bay Dental Society President. Having been born and raised in Carmel Valley, it's been an incredible journey to return to the area and serve our community and on the MBDS board.

From small town Carmel, I attended university in Silicon Valley and then travelled to Southeast Asia for a four-year stint of living in Singapore and climbing the highest mountains of the Himalayas.

After returning to the States, I attended UCLA School of Dentistry, and then returned to my roots here on the Peninsula. The journey reminded me of the importance of community and service at every step of the way, from the Sherpa communities of Nepal to the small city state of Singapore. I have witnessed many groups in need through my travels.

I've been on the MBDS board for six years, and in that time have seen many pressing issues addressed by the California Dental Association and our local dental society. I have also seen a lot of change, from new volunteers coming into the board bringing fresh new ideas to witnessing a profound change in the dental landscape with the explosive growth of dental service organizations.

On a personal note, I've also experienced profound change during these six years I've been on the board: I purchased a dental practice, a house and had two children. With starting a family, the connection between dentistry and our larger community becomes even more apparent. From access to care, to mid-level providers, to helping our local veterans, we have many important issues to address.



Lindley Zerbe, DDS

This issue's theme will focus on serving our veterans. We have a tradition in the Monterey Bay Dental Society of giving back to our community, whether it's volunteering at the Big Sur International Marathon to raise money for our local hygiene program or giving back to our vets at the Veterans Stand-Down. We will continue this spirit of service this year in even more highlighted events.

As a dental society, the efforts of our board members make the organization the robust community institution that it has been for countless years. This year, we get to look

forward to a great continuing education line-up put on by Dr. Steve Ross, and also look forward to more social fun events put on by our New Dentist Committee Chairperson, Dr. Garret Criswell.

Thank you for entrusting me with this important role within our dental society. It is my honor to serve as your President for this upcoming year.

*Warm Regards,*

**Lindley Zerbe, DDS**  
**MBDS President**  
**2019**



# SmileLine

## The Newsletter of The Monterey Bay Dental Society

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Dr. Carl Sackett's mom,  
Barbara Sackett

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<b>A Message From Your Outgoing MBDS President</b>	<b>2</b>
<b>A Message From Your Incoming MBDS President</b>	<b>3</b>
<b>Table of Contents</b>	<b>4</b>
<b>New Members</b>	<b>5</b>
<b>Upcoming MBDS CE Courses and Calendar of Events for 2019</b>	<b>6</b>
<b>Editor's Column</b>	<b>7</b>
<b>Monterey Bay Dental Society Shred-A-Thon</b>	<b>8</b>
<b>Monterey Bay Dental Society Board of Directors</b>	<b>9</b>
<b>Monterey Bay Dental Society Board of Directors — Past Presidents</b>	<b>10</b>
<b>Honoring Our Veterans — Interview with Jon Dean, DDS</b>	<b>12</b>
<b>House Of Delegates —Doing Dentist Things in Disneyland</b>	<b>14</b>
<b>Installation Of Officers</b>	<b>16</b>
<b>A Veteran's Day Gift — Dentistry4Vets</b>	<b>18</b>
<b>Volunteer Opportunity to Promote Children's Oral Health in Our Community</b>	<b>21</b>
<b>Homeless Veteran Stand-Down</b>	<b>23</b>
<b>Got Intern?— Internship Providers Needed!</b>	<b>32</b>
<b>Job Postings for DAs and RDAs</b>	<b>33</b>
<b>Parting Shot</b>	<b>37</b>

## Welcome To Our New Members for 2018

### HOLLISTER

Leo Feril, DDS

### MONTEREY

Christopher Oviedo, DDS

James Stoddard, DDS

Roxana Shahnavaz, DDS

### PACIFIC GROVE

Sarah Frahm, DDS

### SALINAS

Rosa Estrada, DDS

Kevin McWilliams, DDS

Chung Truong, DDS

### CARMEL

Sawako Takeuchi, DDS

### SANTA CRUZ

Kathy Ansarinia, DDS

David Li, DDS

Liza Pomerantz, DDS

We encourage old members to reach out and welcome our new members if they have not done so already. We are excited and happy to have them join us! For information about contacting our new members visit the member only section of the website for the full member directory that includes addresses and phone numbers.

The MBDS would like to thank Anna Tadevosyan and Jason Greenland of Wells Fargo for sponsoring our Mixer Event on Thursday, November 15th at Blackhorse Bayonet Golf Club. Our members had a great time, and appreciate their generosity in hosting the social hour.

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## Upcoming MBDS Calendar of Events for 2019

### Continuing Education 2019

#### Friday, February 8, 2019

Jose Luiz Ruiz, DDS

“Implementing Occlusion into Everyday Dentistry Using the “Occlusal Disease Management System.”

Embassy Suites

1441 Canyon Del Rey Blvd., Seaside, CA 93955

9 AM – 5 PM 7 CE Units (Core)

(Satisfies Dental Board’s license renewal mandate)

Member dentists \$285; Non-CDA members \$385;

Auxiliary \$135

#### Friday, April 26, 2019

Eve Cuny, MS & Julia Goldman, Esq. (Goldman Law Firm)

“Infection Control & OSHA, California Dental Practice Act”

Embassy Suites, Seaside, CA 93955

1441 Canyon Del Rey Blvd., Seaside, CA 93955

8 AM – 1:30 PM 4.5 CE Units – (Satisfies Dental

Board’s License Renewal Mandate)

Member Dentists \$145~Non-CDA members \$245

Auxiliary \$75 Includes Breakfast (no lunch)

#### Friday, April 26, 2019 (limited space register early)

CPR for Health Professionals (Re-certification)

Embassy Suites, Seaside, CA 93955

2 PM – 6 PM (*Immediately following the Infection Control/OSHA & CDPA course*)

4 CE Units Course fee: \$85.00

#### MBDS Board Of Director’s Meetings

6:00 PM Dental Society Office

8 Harris Ct, A2, Monterey

(2nd Tuesday of every other month beginning in January)

Tuesday, January 8, 2019

Tuesday, March 12, 2019

Tuesday, May 14, 2019

Tuesday, July 9, 2019

Tuesday, September 10, 2019

Tuesday, November 12, 2019

#### 2019 CDA House of Delegates

Friday, November 15th – Sunday, November 17th  
(Sacramento, CA)

#### Friday, August 23, 2019 (Lecture Course)

Karl Koerner, DDS “Oral Surgery for the General Dentist: Making it Easier, Faster, and More Predictable.”

Tentative Course Location: Cabrillo College, Dental Hygiene Department

9 AM – 5 PM 7 CE Units (Core)

Member Dentists \$285~Non-CDA members \$385

Auxiliary \$135

#### Special 2-day Course Option (Space limited to 30 attendees)

Karl Koerner, DDS “Oral Surgery for the General Dentist: Making it Easier, Faster, and More Predictable.”

**Day One:** Friday, August 23, 2019: Lecture Course

9 AM – 5PM (Includes lunch – 1 hour)

**Day Two:** Saturday, August 24, 2019: Hands-on Training Course: 8:00 AM – 1:30 PM (Includes Bruch & Discussion on Saturday at approximately 10:30 am – ½ hour)

*Oral Surgery Kits will be provided for the course but will also be available for purchase.*

Tentative Course Location: Cabrillo College, Dental Hygiene Department

12 CE Units (Core)

Member Dentists \$1760~Non-CDA members

\$1960~Auxiliary \$270

*\*No refunds on cancellation less than 30 days prior to the*

*course. 50% refund if cancelled 30-60 days prior to the course.*

#### Friday, September 20, 2019

Michael DiTolla, DDS, FAGD

“The Modern Restorative Practice”

Embassy Suites, Seaside, CA 93955

9 AM – 5 PM, including lunch 7 CE Units (Core)

Member Dentists \$285 – Non-CDA members \$380

Auxiliary \$135

*Lunch is included with registration for all full day courses*

*Register now at [www.mbdsdentist.com](http://www.mbdsdentist.com)*

### MBDS Board Room available

Members can now utilize the board room at the dental society for a small fee to host study groups, meetings or staff events. For more information, contact the Dental Society at 831-658-0168



Dr. Carl Sackett, DDS,  
Editor

Creating the Winter Edition of the SmileLine has been yet another pleasure and joy. In this issue, we take time out to “Honor Our Veterans.” The men and women who opt to represent our country in this capacity deserve our utmost respect and admiration. It goes without saying that military duty is time-consuming, mentally and physically exhausting, and all too often unrecognized. In addition, those who serve spend inordinate amounts of time away from their families, and can even be put in dangerous situations. Not only are they risking injury and harm, but they can put their lives on the line as well. It is not a coincidence that we refer to them as the true heroes amongst us.

In compiling content over the past few months, I've taken time to reflect on Veterans who have impacted my own life. There are men within my family who have shared stories of their experiences. I also think back to the time when, in junior highschool, I was given the opportunity to place a wreath on the Tomb of the Unknown Soldier in Washington, D.C. (see our Parting Shot photo on page 38 of our newsletter.) Even though it was decades ago, the memories are still vivid in my mind. Obviously, the passing of **John McCain** earlier this year resonated throughout our nation as a whole.



The Monterey Bay Dental Society hosted our second Veteran's Stand Down event in September. I encourage you to read the article penned by Dr. Dick Kent, whose tireless efforts helped to bring it together. Our component is blessed to be able to help these individuals whose needs are greater than we could imagine.

And if you are wondering if the MBDS has member dentists who are veterans, the answer is a resounding **YES**. Dr. Jon Dean is just one of them, and we highlight him as he talks with us about his time in the Army.

Please enjoy this special issue, and I wish you all a safe and happy holiday season.

Warm Regards,

Carl Sackett, DDS  
MBDS SmileLine Editor

“ *A true hero isn't measured by the size of his strength, but by the strength of his heart.* ”

— Hercules

## Monterey Bay Dental Society Shred-A-Thon

On Thursday, Sept 13th, the Monterey Bay Dental Society hosted its first ever **Shred-A-Thon Event!** Member dentists were welcomed at Ryan Ranch to have their office documents securely collected to be shredded off-site.

In addition to paper waste and Xrays, participants were also invited to bring E-Waste for disposal.

The services of **Same Day Shred** [www.samedayshred.com](http://www.samedayshred.com) were utilized, and delicious tacos were served by **Tacos Don Beto**.

During the event, **198 boxes** were shredded and **53 e-waste items** were dropped off.

Also, **\$1020** was raised to support the CDA Cares, Modesto that will takeplace on Oct.26-27. It was a great success, and the MBDS looks forward to hosting another Shred-A-Thon in the near future.



TOP: Dr. Stephen Smith, Teresa Smith, Debi Diaz setting up. BOTTOM RIGHT: Dr. Dan Pierre dropping off documents for shredding. BOTTOM LEFT: Dr. Russell Cureton and friend, Bill Hardman, enjoying Taco Truck.



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President	<i>Eric Brown, DDS</i>
President-Elect	<i>Lindley Zerbe, DDS</i>
Vice President	<i>Steven Ross, DDS</i>
Secretary/Treasurer	<i>Jennifer Lo, DDS</i>
State Trustee	<i>Nannette Benedict, DDS</i>
Immediate Past President	<i>Richard Kent, DDS</i>
County Directors	<i>Rajneesh Dail, DDS Mark Ebrahimian, DDS, Jeanette Kern, DDS, Geralyn Menold, DDS, Ryan Payne, DDS, Joseph Robb, Matthew Wetzel, DDS &amp; Devin Bernhardt, DDS.</i>
Publications	<i>Carl Sackett, DDS</i>
Legislative Chair	<i>Daniel Pierre, DDS</i>
Community & Public Relations	<i>Lindley Zerbe, DDS</i>
Ethics Committee	<i>David Shin, DDS</i>
Peer Review Committee	<i>James Leamey, DDS</i>
New Dentist Committee	<i>Garrett Criswell, DDS</i>
Membership Committee	<i>Steve Ross, DDS</i>
Continuing Education Committee	<i>Lindley Zerbe, DDS</i>

## WELCOME TO OUR 2019 INCOMING BOARD OF DIRECTORS

President	<i>Lindley Zerbe, DDS</i>
President-Elect	<i>Steven Ross, DDS</i>
Vice President	<i>Matthew Wetzel, DDS</i>
Secretary	<i>Jennifer Lo, DDS</i>
Treasurer	<i>Richard Kent, DDS</i>
State Trustee	<i>Nannette Benedict, DDS</i>
Immediate Past President	<i>Eric Brown, DDS</i>
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Publications	<i>Carl Sackett, DDS</i>
Legislative Chair	<i>Daniel Pierre, DDS</i>
Dental Health Committee	<i>Lloyd Nattkemper, DDS</i>
Community & Public Relations	<i>Steve Ross, DDS</i>
Ethics Committee	<i>David Shin, DDS</i>
Peer Review Committee	<i>James Leamey, DDS</i>
New Dentist Committee	<i>Garrett Criswell, DDS</i>
Membership Committee	<i>Matthew Wetzel, DDS</i>
Continuing Education Committee	<i>Steve Ross, DDS</i>

## Monterey Bay Dental Society Board of Directors — Past Presidents

1980-1981	<i>John Rhoads, DDS</i>	1999-2000	<i>David Stein, DDS</i>
1981-1982	<i>Raymond Hansen, DDS</i>	2000-2001	<i>David Montgomery, DDS</i>
1982-1983	<i>Stephan Ferman, DDS</i>	2001-2002	<i>Rick McBride, DDS</i>
1983-1984	<i>Lewis Richardson, DDS</i>	2002-2003	<i>Mic Falkel, DDS</i>
1984-1985	<i>John Steel, DDS</i>	2003-2004	<i>Bryan Mansour, DDS</i>
1985-1986	<i>Barry Staley, DDS</i>	2004-2005	<i>Kevin Ippisch, DDS</i>
1986-1987	<i>Joe Mitchell, DDS</i>	2005-2006	<i>Lloyd Nattkemper, DDS</i>
1987-1988	<i>Gerry Tarsitano, DDS</i>	2006-2007	<i>Harry Stuart Osaki, DDS</i>
1988-1989	<i>Tom Gorman, DDS</i>	2007-2008	<i>William Francis, DDS</i>
1989-1990	<i>Christopher Keys, DDS</i>	2008-2009	<i>Chad Cassady, DDS</i>
1990-1991	<i>Kevin Landon, DDS</i>	2009-2010	<i>Marielena Murillo, DDS</i>
1991-1992	<i>Leon Cooper, DDS</i>	2010-2011	<i>Nannette Benedict, DDS</i>
1992-1993	<i>Mark Joiner, DDS</i>	2011-2012	<i>Corrine Cline-Fortunato, DDS</i>
1993-1994	<i>Gary Klugman, DDS</i>	2012-2013	<i>Daniel Pierre, DDS, MS</i>
1994-1995	<i>Geralyn Menold, DDS</i>	2013-2014	<i>Tim Griffin, DDS</i>
1995-1996	<i>Philip Bhaskar, DMD</i>	2015	<i>Carl Sackett, DDS</i>
1996-1997	<i>Bruce Donald, DDS</i>	2016	<i>Ariana Ebrahimian, DDS</i>
1997-1998	<i>Norman Jacobson, DDS</i>	2017	<i>Richard Kent, DDS</i>
1998-1999	<i>David Simonsen, DDS</i>	2018	<i>Eric Brown, DDS</i>

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## Honoring Our Veterans — Interview with Jon Dean, DDS



Dr. Jon Dean, DDS

enrolled in the U.S. Army, and completed an AEGD program there as well.

Please enjoy these insights from our local, veteran dentist, Dr. Jon Dean:

**CS:** *Tell us a little about your journey that led you to join the Military:*

**JD:** My father joined the Navy after medical school and did his anesthesia residency with them, so I was a bit of a military brat growing up. The Army started the HPSP (Health Professional Scholarship Program) during my

We are fortunate to have member dentists within our own MBDS component who have served our nation with honor and dignity. Jon Dean, DDS is among those, and I had the unique opportunity to talk with him about his time in the service. Dr. Dean has been an Endodontist with Monterey Peninsula Endodontics in Monterey since 2005. Prior to joining this practice, he was

second year of dental school. It looked like a good fit for me because I could also apply for the one-year AEGD residency and get more exposure to all the specialties while improving my general dentistry skills. I was selected for the scholarship and decided it was a great opportunity for me. I was able to have my last two years of dental school paid for and then went on to the AEGD residency plus two more years of doing general dentistry.

**CS:** *What led you into your particular dental specialty?*

**JD:** I had a couple of upperclassmen friends who were doing endodontic residencies and they told me early on to have a look at it. I really did not know a lot about the specialty when I first started dental school, but I found I really enjoyed it. In my AEGD residency, I had a great mentor in endodontics. He taught me so much and really galvanized my desire to pursue an endo residency after my Army commitment.

**CS:** *Did you find there was an extensive need for your specialty within the military?*

**JD:** There is a need but I'm not sure it's extensive for endo as most of the patients are in their twenties and are more in need of operative dentistry, hygiene and extractions.



**CS:** *What was your most memorable or inspirational experience during your time of service?*

**JD:** I can't say there is one experience but I will say my feelings of patriotism and pride for my country are much stronger now than they were prior to my military experience. I think it's because when you wear the uniform, common rituals like the playing of the national anthem become more serious. Plus, when you're on a military post, the national anthem is played every day at the end of the work day following Retreat. When the anthem starts, no matter what you're doing you have to stop, face the flag and, if in uniform, render a salute. When you do this almost every day for three years out of your life, it makes an indelible impression on you.

**CS:** *Typically, people in the military travel extensively. Did this apply to you? If so, where were you able to visit?*

**JD:** I was stationed in Korea during my second year so I was able to see a lot of Korea. While I was there I traveled to Hong Kong, Singapore and Thailand with a couple of my friends. I also took a scuba diving trip to Palau.

**CS:** *While serving, how were you able to balance work life, family life, and military life?*

**JD:** I was single while I served so it was not terribly difficult. After my three-year commitment, I was placed on inactive reserves for eight years but I was never called back into service.

**CS:** *What made you decide to exit the military and become a private practice doctor? Did you experience any challenges with the transition back to civilian life?*

**JD:** I moved every year while I served and I moved several times while growing up and I knew I did not want to continue that type of lifestyle in my adult life. Some people love it but I wanted to move back to California and sink some roots into a community. Transitioning back was not difficult but at times I still miss wearing the uniform.

**CS:** *Are you still able to have interactions with other military personnel, or veterans?*

**JD:** Yes, I still keep in contact with some of my friends from my AEGD program and I also see patients from the DLI, NPS and VA. I'm especially excited about a nonprofit program that Dr. George Yellich is starting called Dentistry4Vets. I'm on their Board of Directors. It's just getting started but I think it will be a great service to some of our veterans who are especially needy. The VA does a very good job of helping Vets out, but a lot of them can fall through the cracks and their dental care can really suffer which affects so many aspects of their lives.

**CS:** *Thank you for your service!*

**JD:** Honestly, the pleasure was mine! I enjoyed my time in the Army and am thankful to have had the experience.

“We often take for granted the very things that most deserve our gratitude.”

— Cynthia Ozick





## House Of Delegates —Doing Dentist Things in Disneyland



Debi Diaz, Executive Director MBDS, Dr. Eric Brown, DDS, GERALYN Menold, DDS, Devin Bernhardt, DDS, Nannette Benedict, DDS, Dick Kent, DDS, Lindley Zerbe, DDS

This was my first time attending the House of Delegates, which was held November 9th to the 11th at the Anaheim Hilton. If you don't know, the House of Delegates is an annual meeting where resolutions are voted on by delegates from every dental society in California. New policies are then adopted and implemented by CDA. These resolutions can be powerful and impact the future of dentistry in California. This year, the most talked about resolution had to do with allowing dentists to administer Botox and dermal fillers.

The conference gives you a perspective on the big picture of dentistry, which is something you lose track of in your own office. It can be helpful to know if your challenges are unique to you, or they are something bigger that dentistry as a whole is facing. The big ones this year are navigating dental insurance, and difficulty hiring assistants and front office personnel. Different task forces assigned to research these issues give recommendations on possible solutions to these problems. The task forces gave updates on their reports, but have not yet finished

their research. Nonetheless, I came away with a few takeaways:

- *If you are having difficulties with an insurance claim or have questions about dental insurance, call CDA. They only know insurance problems if they are reported, and they do have some power to resolve insurance issues.*
- *Dentists can be more involved in encouraging young people to pursue a career as an assistant. This could mean talking to local high schools, and supporting local community college or ROP programs for Dental Assisting.*

The first day we had several interesting lectures about a variety of topics. I learned about current trends in dentistry including the latest on DSOs, at-home clear aligners, and the next generation of patients. The following day, we started the actual House of Delegates.

The House is run in a parliamentary style — a balance between being efficient while allowing anyone that has



something to say the opportunity to speak. There are a lot of parliamentary rules and an order of conducting business, but things run pretty well. The job of the speaker of the House is to keep things moving in an orderly manner and to prevent confusion. On the first day of the House, we elected a new House Speaker for next year. We also discussed most of the resolutions, and assigned a Reference Committee to review them in more detail. They can then make any necessary recommendations to the House. The whole process reminded me of Congress, and may have even increased my understanding on how these government processes work as well.

Saturday night was the President's Dinner, with good food as well as a live band. The theme was "Rockstars," and there were some great costumes. Finally, on Sunday morning, the House voted on any final resolutions, and the meeting was concluded.

In all, it was an enjoyable and informative time, and I look forward to being able to attend again in the future.

Warm Regards,  
Devin Bernhardt, DDS



Dick Kent, DDS, Eric Brown, DDS, Nannette Benedict, DDS, Devin Bernhardt, DDS

“Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he best can, the same cause.”

— Abraham Lincoln

## Installation Of Officers 2018



TOP PHOTO: Dan Pierre, DDS, and Eric Brown, DDS BOTTOM PHOTO: Dick Kent, DDS and Eric Brown, DDS

On Friday, November 2nd, the Monterey Bay Dental Society hosted another fun Installation of Officers Meeting at the Nicklaus Club off of Pasadera Drive in Monterey.

Among those recognized were Dr. Eric Brown, who served as our President for 2018, and Dr. Lindley Zerbe, who will lead us in the upcoming year in the same role. Dr. Brown was an amazing leader for the Board of Directors this past year, and Dr. Zerbe hosted a number of recognized CE speakers for our component.

Congratulations as well to Dr. Dan Pierre, who was awarded the MBDS Dentist of the Year! Dr. Pierre is an Endodontist in Monterey, and has served on the Board of Directors in various capacities throughout the years. Currently, he serves as Chair of Cal-D-Pac, and always bring his valuable contributions to each of the bi-monthly meetings. Thank you, Dr. Pierre, for all your efforts and inspiration.

As always, the Outgoing Board of Directors was acknowledged, and the 2019 incoming Board was introduced. The “Wild Night Band” was a new addition, and provided musical entertainment for the evening. Indeed, it was an occasion to celebrate another successful year for the MBDS. Thank you as always

to all the volunteer members who dedicate their time and energy on behalf of our dental society.





## Installation Of Officers (Continued)



Eric Brown, DDS and Lindley Zerbe, DDS



Dick Kent, DDS, Ginger Kent, and Noel Kelsch, RDH



Eric Brown and his wife, Josie Brown



Our very own members, Dr. Robert Zernicke (General Dentist - Salinas) and Dr. Jeff Meckler (Endodontist - Monterey), displaying their musical prowess during the Installation Meeting. Dr. Zernicke plays guitar and Dr. Meckler plays drums in the *Wild Night Band*



Malia Seltzer, DDS and guest



Eric Brown, DDS and Debi Diaz



Lindley Zerbe, DDS and his wife, Laura Zerbe



## A Veteran's Day Gift — Dentistry4Vets

On Monday, November 12th (Veteran's Day), the local organization, Dentistry4Vets, was able to provide life-changing dental treatment for two deserving Veteran's in our community.

Founded by Navy Veteran, Dr. George Yellich and his wife, Patricia, Dentistry4Vets seeks to provide much-needed dental care for these individuals who have extensive unmet needs. Utilizing the office of Dr. Curtis Jansen in Monterey, the two surgeries were performed successfully during the course of the entire day.

74 year-old Army Veteran, Bernie McDermott, and 59 year-old, Tony White, were the recipients of the philanthropic endeavor, and received over \$90,000 in dental procedures. The treatment included eight implants for an upper and lower fixed bridge, as well as a lower arch full implant supported bridge.

KSBW and KION were present at the event, and links to the videos can be found below:

<https://www.kion546.com/news/local-veterans-receive-the-gift-of-a-new-smile-thanks-to-dentistry4vets/859375047>

<https://www.ksbw.com/article/two-local-veterans-get-the-gift-of-a-new-smile/25033665>

Both of these gentlemen have great stories to tell and are incredibly thankful for their new teeth.

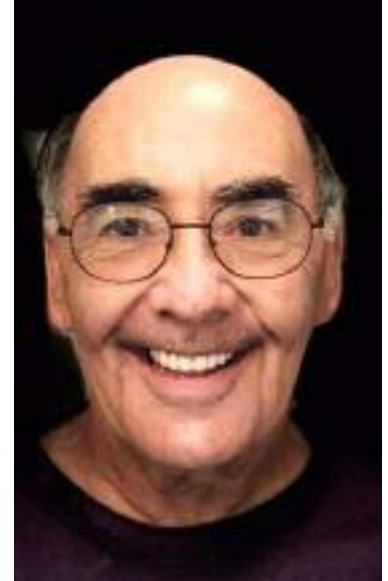
The Dentistry4Vets application for the official foundation has been approved for the 501c3. The Board of Directors has met already, and likely by next year will be in full operation for treatment of more deserving vets. The old Post Office facilities at Ford Ord may be utilized, but until then, local dental offices will be used.

If you are a dental professional who is interested in becoming involved with Dentistry4Vets, please email Dr. George Yellich at

[gmy@dentistry4vets.org](mailto:gmy@dentistry4vets.org)



Bernie McDermott — BEFORE



AFTER



Tony White — AFTER

“Honoring the sacrifices many have made for our country in the name of freedom and democracy is the very foundation of Veterans Day.”

— Charles B. Rangel

A graphic for Dentistry4Vets. On the left is a logo featuring an American flag, a caduceus, and the text "4 DENTISTRY VETS". On the right, it says "DR. GEORGE YELlich PRESIDENT ORAL AND MAXILLOFACIAL SURGEON". At the bottom, it provides contact information: "CELL: 408-858-3051 | GMY@DENTISTRY4VETS.ORG 552 MONMOLLAN ROAD CARMEL, CA. 93823".



# Dentistry4Vets

501 c (3) Charitable Foundation  
552 Monhollan Road  
Carmel, ca. 93923

## MISSION STATEMENT

The Mission of the Dentistry4Vets Foundation is to provide High Quality Dentistry and Dental Implant Care for the deserving Veterans of Monterey, Santa Cruz, and San Benito Counties through volunteer efforts within our community

### SERVICES WE PLAN TO OFFER

- ▶ DENTAL CLEANING/HYGIENE
- ▶ FILLINGS
- ▶ CROWNS
- ▶ ROOT CANALS
- ▶ EXTRACTIONS
- ▶ PATHOLOGY
- ▶ CANCER SCREENING
- ▶ DENTURES
- ▶ BRIDGES
- ▶ DENTAL IMPLANTS

We are hoping to engage members of our local dental community in this endeavor to treat our veterans

### HOW CAN YOU HELP

Practitioners available to treat patients  
Committee Positions | Volunteers  
Vendor Relations | Fee Schedules



We will have an informational meeting  
on January 23rd, 2019 6:00 PM  
Veteran Transition Center  
220 12th Street Marina  
Main Auditorium

- ☎ (831)744-VETS (8387)
- ✉ info@dentistry4vets.org
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783-07-146c (15/16)



## Volunteer Opportunity to Promote Children’s Oral Health in Our Community

### Background of the Monterey County Oral Health Program


In March of this year, the Monterey County Health Department launched the Prop 56 Oral Health Program, funded through the California Department of Public Health’s Oral Health Program (made possible by the state’s 2016 \$2 tobacco tax, Prop 56). The goal of the Monterey County Oral Health Program is to address the oral health needs of the Monterey County community through prevention, education, and capacity building.

### Interested in protecting and preserving young smiles?

The Monterey County Oral Health Program is seeking dental service professionals to screen and apply fluoride varnish to Head Start children 3-5 years of age. The goal of this effort is to screen young children, apply fluoride varnish (for those eligible), promote a “dental home” to families and refer to appropriate dental care.

Prevention and early detection of dental disease is critical to help fight tooth decay, especially with younger children. In California, more than 50 percent of children ages 3-5 have tooth decay, surpassing the national average of 33 percent. With your help, we can together assist underserved families in promoting oral health and preventing dental disease. Please join our efforts to protecting and preserving young smiles.

For more information on this volunteer opportunity or about the Monterey County Oral Health Program please contact Jairo Hernandez at 831-755-4752 or via e-mail at [hernandezja@co.monterey.ca.us](mailto:hernandezja@co.monterey.ca.us)



### Prop 56 Oral Health Program

The Monterey County Health Department is in preparation to launch the Prop 56 Oral Health Program, funded through the California Department of Public Health’s Oral Health Program (made possible by the state’s 2016 \$2 tobacco tax, Prop 56).

The goal of the Monterey County Oral Health Program is to address the oral health needs of the Monterey County community through prevention, education, and capacity building. The Oral Health Program is a five-year grant that will be implemented from 2018-2022.

#### Oral Health Program Objectives:

- Build capacity and engage community stakeholders to provide qualified professional expertise in dental public health for program direction, coordination, and collaboration.
- Assess and monitor social and other determinants of health, health status, health needs, and health care services available to Monterey County communities, with a special focus underserved areas and vulnerable population groups.
- Implement evidence-based fluoride programs to achieve California Oral Health Plan Objectives.
- Work with partners to promote a kinder oral health assessment, by developing and implementing prevention and healthcare policies and guidelines for programs, health care providers, and institutional settings (e.g., schools) including integration of oral health care and overall health care.
- Address common risk factors for oral diseases and chronic diseases including tobacco and sugar, and promote protective factors that will reduce disease burden.
- Create or expand existing local oral health networks to achieve oral health improvements through policy, financing, education, dental care, and community engagement strategies.



### HygieneWize

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Theresa McCarter, RDH, BSDH  
Dental Hygienist/Educator/Speaker  
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[Hygienewize@gmail.com](mailto:Hygienewize@gmail.com)  
[www.hygienewize.com](http://www.hygienewize.com)



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- Memory Upgrades
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Medication Safety Program



The Monterey Bay Dental Society is proud to partner with Prescribe Safe Monterey County, in an effort to combat the current opioid epidemic. For more information on Prescribe Safe, please visit the following website:

<https://www.chomp.org/prescribe-safe/#.W054PNVKiUk>



## Homeless Veteran Stand-Down

September 28th-30th, 2018

It was sunrise, September 28th at 7AM, and the gates to the Monterey County Fairgrounds opened to host the 2018 Homeless Veterans Stand-Down. The event was organized and funded by the Veterans Transition Center (VTC) of Monterey County led by Colonel Tom Griffin who chairs the VTC Board of Directors. This Board is composed of decorated Veterans from all branches of service and the VTC serves all veterans who are transitioning from military life to civilian. To serve with this distinguished Board is a true honor, for their dedication to our veterans and to our country is tireless. Time and space in this article prevent me from listing all the individual contributors, but the meetings to plan the event had begun in early spring and heated up to weekly two hour sessions in July. Most of the time there were over twenty members in attendance, each with their own various skills, to discuss ways to meet the needs of our many times forgotten heroes of the past.



*Stand-Down is a term used by our military for a time and place of safety, where one can come away from the vigilant battle, put down one's weapons and feel safe apart from the presence of the enemy. It's a well-guarded position of safety for rest and revitalization. Homeless Veterans need many things and this Stand-Down provided rest, services, and supplies for the purpose of helping them re-enter society as most of them dream to do.*





## Homeless Veteran Stand-Down (Continued)

Opening Ceremonies began at 1200 hours Friday around the Flag Pole to honor our country in The Pledge of Allegiance. The event drew veterans from beyond Monterey County and also drew the attention of many local Media Outlets. Our Congressman Jimmy Panetta also came to take part in the proceedings and show his support for this effort. Our part was simple: to provide much requested and much needed dental care to these worthy and yet underserved men and women who once served our nation.

What a great privilege for our Monterey Bay Dental Society. I was so proud that so many of you volunteered your time and talents to care for the underserved among our US Veterans. I thank you for the opportunity to organize the event this year. I'm convinced I was not the best choice for the job, but I was blessed to have so many people who supported me in the event. Debi Diaz was the backbone of the communications. Without her, none of this would have been organized and none of you volunteers would have been attracted or become interested. Special thanks go to Dr. Abel Loredo who master-



## Homeless Veteran Stand-Down (Continued)

mind the delivery system to 22 dental units and instruments all provided by Life Hope Network, a nonprofit operated by a Seventh-Day Adventist church.

Also, thank you Noel Kelsch, RDH MS, the director of Cabrillo College School of Dental Hygiene. She was key in the planning and operation of the clinic. She brought with her five faculty, 38 dental hygiene students, and 11 Pathways Students. Noel also provided light curing units and Cavitrons with Ultrasonic tips. She ran the Sterilization like a well-oiled machine! My wife, Ginger, helped her long hours on Saturday and others who hadn't even signed up showed up to help with Central Supply... Thanks Jenny!

Look in the mirror everyone as I say to you:  
“*You were Mahvelous!*” (from Billy Crystal of SNL)



Next time I'm hoping we have someone who has a little better event planning skills than me so some of the difficulties we encountered can be avoided. However, I have heard stories from many people who were there as spectators and from those who actually received care. They were all complimentary!

You all did a tremendous job!

Thank you,  
Richard Kent, DDS

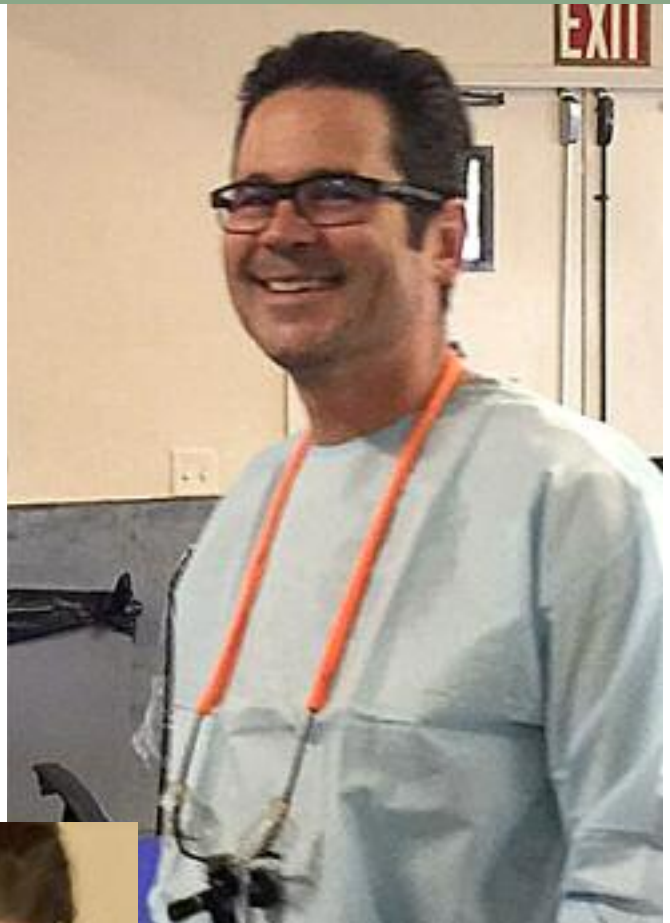


“For the veteran, thank you for bravely doing what you're called to do so we can safely do what we're free to do”

— Unknown



# Homeless Veteran Stand-Down (Continued)





# Homeless Veteran Stand-Down (Continued)



## Homeless Veteran Stand-Down (Continued)

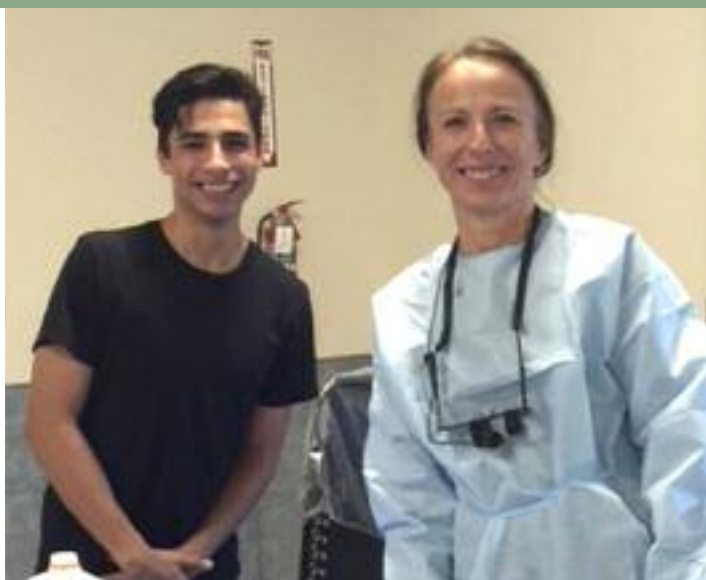


“ *The willingness of America’s veterans to sacrifice for our country has earned them our lasting gratitude.* ”

— Jeff Miller



## Homeless Veteran Stand-Down (Continued)



*“We often take for granted the very things that most deserve our gratitude.”*

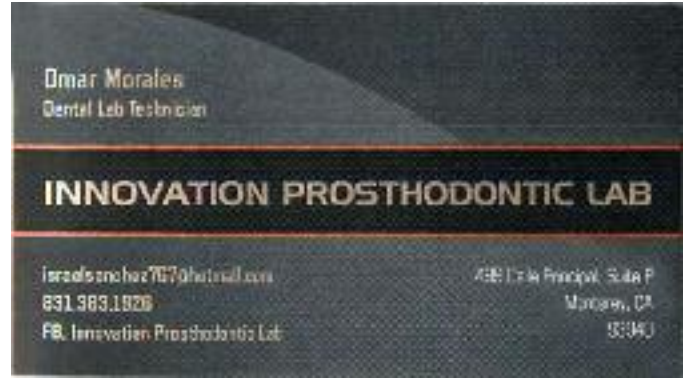
— Cynthia Ozick





As a re-cap of accomplishments, I'd like to first list the number of volunteers by Category and the different dental service businesses who deserve mention:

1. Supply Companies - Henry Schein (Nina Arman), Patterson (Leslie Wilson), Lang Dental (Keith Miles), Larell Dentures (Dr. Lawrence Wallace), Dentistry4Vets (Dr. George Yellich), Innovation Dental Lab (Omar Morales)
2. Dental Supplies (Free Products)- Ivoclar, 3M, Kerr, Sterisil, Larell, GC America
3. Cabrillo College Dental Hygiene School (Noel Kelsch RDH, MS)
4. Number of Dentists 37
5. Number of Hygienists 12
6. Number of RDA's 9
7. Number of DA's 8
8. Non-Clinical or Pre-License 15



Volunteers registered	81
Patients registered	129
Procedures completed	573
Total estimated value of all procedures	\$110,367.00

Here is a link to a video of the event:

<https://www.youtube.com/watch?v=73O-EZuUWlw&feature=youtube>



## Stand Down Volunteers

Richard Kent, DDS  
Matthew Wetzel, DDS  
Brian Sheppard, DDS  
Russell Cureton, DDS  
Matt Wetzel, DDS  
Mark Washburn, DDS  
David Shin, DDS  
George Yellich, DDS  
Vu Le, DDS  
Donald Yan, DDS  
Trischa Tuesta, DDS  
Nannette Benedict, DDS  
Pardis Tavakolian, DDS  
Ingeburg Hardy, DDS  
Debi Diaz, ED of MBDS  
Dave Li, Misc.  
Irene Valdez, RDA  
Joscelyn Tajan, RDA  
Cynthia Torres, RDA  
Tanya Veldkamp, RDH  
Amanda Cusimano, RDH  
Meghan Deupser, RDH  
Russell Catterlin, DDS  
Marion Catterlin, DA  
Joseph Robb, DDS  
Meredith King, RDA

Curtis Jansen Office —  
DDS, RDH, RDAEF, RDA, DA,  
Sterilization, Misc.  
Whitney Ishikawa, RDA  
Richard Browning, DDS  
Timothy Griffin, DDS  
Flavio Cheng, DDS  
Steven Ross, DDS  
Martha Hogan, RDAEF  
Michael Melek, DDS  
Noel Kelsch, RDHAP  
Sumeet Singh, DDS  
Myrna Santa Cruz, DA  
Maria Fernandez, DA  
Araceli Hernandez, DA  
Sabina Velasco, DA  
Melissa Nunes, RDA  
Alejandrina Vigil, RDH  
Ashley Cabael, DA  
Malia Seltzer, DDS  
Lea Segura, RDA  
Omar Morales, Misc  
David Higginbotham  
Sarah Frahm, DDS  
Fardad Tayebaty, DDS  
Gilbert Grio, DDS  
Amanda Cusimano, RDH  
James Stoddard, DDS  
Susan Stoddard, RDH  
Mirna Acuna Perez, DA, Sterilization  
Chona Pua, DDS

Kristen Comello, RDH  
Malia Seltzer, DDS  
Lea Sigueria, RDA  
John Jiminez, DDS  
Natalie Vanoli, Overseeing students  
Leeann Albers, RDH  
Peri Searson, RDH  
Gabbert Leslie, RDH  
Patricia Yellich, Misc  
George Yellich, DMD  
Rym Partridge, DDS  
Gracie Grio, Misc  
Giselle Grio, Misc  
Andre Grio, Misc  
Genny Klugman, RDH  
Gary Klugman, DDS  
Larry Wallace, DDS

Thank you to all those volunteers not mentioned above who just showed up that day for service!

“If you want to thank a soldier, be the kind of American worth fighting for”

— Unknown





## Got Intern?— Internship Providers Needed!

### Internship Providers Needed!

Currently, our dental communities in Santa Cruz County and Monterey County have been experiencing a shortage of educationally-qualified Dental Assistants. I'm hearing more and more of clinical opportunities for DA's, RDA's and Administrative Dental Assistants with no qualified applicants for those positions.

Here's the good news—We have twenty-five aspiring dental assisting students who are eager to learn and will be ready to assist our dental community in work-based opportunities (internships) beginning January 28, 2019!

*Our goal is simple, to articulate our dental assisting students in a dental office environment that will enhance and encourage our students abilities for "clinical hands-on" participation in all aspects of a chairside dental assistant as well as their work performance, work ethics, and professionalism.*

Whenever a dental office contacts me regarding employment opportunities, they ask for dental assistants who have clinical chairside experience. In many cases, it can be difficult for graduates of a Dental Assisting Program to seek employment when one of the requirements is "work experience." In order to provide our students with "work experience," we need your support in helping us to provide the "hands-on" clinical chairside training.

*Our students will have completed their mandated training in CPR certification, 2-Hour California Dental Practice Act and 8-Hour Infection Control certification for the Unlicensed Dental Assistant as well as their Dental Radiation Safety certification by January 22, 2018.*

*During internship, our student's initial scope of practice will include:*

- *Taking preliminary alginate impressions and bite registrations*
- *Perform basic dental laboratory procedures*
- *Perform infection control procedures*
- *Perform dental charting and basic patient record keeping*
- *Applied introduction to restorative dentistry*
- *Applied introduction to dental materials*

These preliminary procedures will prepare each student for the "chairside clinical training" portion of their internships. Additional applied training in restorative dentistry and dental specialties will continue during second semester.

Students are required to complete a minimum of 240 *clinical internship hours* up to 365 hours based on clinical competency skills for entry-level employment in a general practice. Students may participate in a dental specialty after they have completed a minimum of 120 clinical hours in a general practice. Students may work in both a dental specialty and general practice concurrently. *Our students will have completed their mandated training in CPR certification, 2-Hour California Dental Practice Act certification, the 8-Hour Infection Control certification as well as their Dental Radiation Safety certification by January 22, 2018.*

Generally, students are available to intern either all day Tuesdays or Thursdays as well as coordinate additional morning hours including Fridays and Saturdays based on their available and the dental office's needs. Students are asked to complete a minimum of 16 hours per week.

In our previous experiences, many of our students have obtained employment through their internship participation or via referral to offices seeking valuable employees. These experiences have proven to be "win-win" partnerships especially if an office utilizes these experiences as "working interviews" to employment. *Help our students develop and achieve their potential as a professional healthcare team member!*

*As one of three local dental assisting programs, we rely on the support of our dental community, and we appreciate all those individuals who have supported and provided clinical internship experiences for our dental assisting students.* Our dental assisting programs provide temporary, part-time, and full-time employees for the dental community! Please help us so that we can continue to serve the dental community!

If you should have any concerns or questions, please feel free to contact me. It has been my pleasure in serving the dental community for 23 years! Without your continued support, we would not be a success!

Respectfully yours,

Debbie M Reynon, CDA RDA AA AS BS  
Dental Assisting Program Coordinator/Instructor  
Santa Cruz County CTEP (Career Technical  
Education Partnership)  
399 Encinal Street  
Santa Cruz, CA 95060  
Email: dreynon@santacruzcoe.org  
Direct Line/Cell/Text: (831) 262-8617



*The Tooth Fairy soon realized that her collection of teeth had gotten out of hand. She was a hoarder and needed help.*

“My heroes are those who risk their lives every day to protect our world and make it a better place — police, firefighters, and members of our armed forces.”

— Sidney Sheldon

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Karoline Grasmuck, Dental Assistant Coordinator/Instructor for Monterey Peninsula College, would like to share an update to the MPC Dental Assisting Web Page.

A link has been created in which local dentists can post pertinent information about available positions at their practice. This will help to facilitate any DAs and/or RDAs that are pursuing jobs in the area. The link is posted below, and any additional questions can be directed to [kgrasmuck@mpc.edu](mailto:kgrasmuck@mpc.edu).

[https://docs.google.com/forms/d/e/1FAIpQLScgOh1Th3fjFSh7IVk-gRvbVLVd\\_La-z2qWzK65w6mbbWg8Tag/viewform](https://docs.google.com/forms/d/e/1FAIpQLScgOh1Th3fjFSh7IVk-gRvbVLVd_La-z2qWzK65w6mbbWg8Tag/viewform)



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- Law and Ethics Review
- (OAP) Ortho Assistant Permit
- Pit and Fissure Sealant
- RDA Clinical Proficiency Skills
- RDAEF2 Program
- Temporary Crown Fabrication
- Ultrasonic Scaling Certification
- X-Ray Certification(M)
- X-Ray Technique Refresher

(M) =Mandatory courses for the RDA application: Dental Practice Act, 8-Hour Infection Control, Coronal Polish, X-ray Certificate, Pit and Fissure Sealant is required upon the first renewal period of RDA license. The supervising licensed dentist will be responsible for ensuring that each unlicensed dental assistant who is in continuous employ for 120 or more, has successfully completed board-approved courses in Dental Practice Act, basic life support and an eight hour course in infection control within one year.



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## **GOLDMAN LAW FIRM**

55 Main Street

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## Parting Shot



Picture of me (Dr. Carl Sackett, DDS) in junior highschool, when I was given the opportunity to place a wreath on the Tomb of the Unknown Soldier in Washington, D.C.