President’s Message
Dr. Ashley Ulmer

Hello!

Can you believe summer is already over and autumn is just around the corner?

Welcome back to SDDS!

Have you already reserved your seat at the Foundation Gala, September 28th after the WSDA House of Delegates? Its going to be a blast! Don’t miss out on the fun, food and, most importantly, wine!! You can register for this event and all other Society events online, through the links in the email updates Wendy sends out to you.

We have had a busy summer planning all the events and meetings for the Dental Society this year.

We are starting the year with our first membership meeting on September 10th featuring a lecture by our own Dr. David Engen! He has written a book on retirement planning and would like to share his expertise with the Dental Society.

October 4th is the date for our first Dr. Mark Paxton Scholarship lecture! Dr. Paxton had a passion for teaching medicine and helping students learn so we would like to honor his legacy by inviting the Spokane community to hear Dr. Amy Doneen from the Heart Attack and Stroke Prevention Center speak about the Bale/Doneen Method for Guaranteed Arterial Wellness and the role oral health plays in our overall health. Those of you who have heard her present in the past will remember how interesting her presentation material is and what a privilege it is to have her kick off this worthwhile CE event benefitting the scholarship fund. You will want to register early for this meeting because seating will be limited!

At the close of last year (May 2019) the membership approved a couple of changes to our society by-laws. This first change is the addition in the appeal process for denial of membership in the dental society. The second changes the number of membership meetings we will hold in the year. Responding to the feedback we received in the membership survey we conducted last spring, the Executive Council decided to decrease the number of meetings but increase the amount of time for the CE lecture at each meeting. Membership meetings will be held in September, November, January, March and May on the 2nd Tuesday of each month. The SDDS leadership also met this summer to plan some fun social events in the months we do not have regular membership meetings scheduled so that we can stay in touch with one another regularly throughout the year.

Be on the lookout for these events as they are scheduled so that you can plan to attend!

Thank you all for your continued support of our community and the work you do to improve our profession!

Let me know if I can help you in any way!

See you September 10th for the first SDDS Membership Meeting!

Ashley Ulmer DDS
SDDS President
ANNOUNCEMENTS

WELCOME
NEW SDDS MEMBERS

Dr. Logan Goulet
General
Midwestern University, 2019
3150 East 27th Ave
Spokane, WA  99223
Practicing with Dr. Richard Witter

Dr. Jordan Sanger
General
University of Utah, 2019
50 SE Bishop Blvd
Pullman, WA  99163
Practicing with Dr. Jonny Fisher

Dr. Anthony Nguyen
General
Howard University, 2019
9405 N Newport Hwy
Spokane, WA  99218

Dr. Alex Snyder
Pediatric
Nova Southeastern University, 2014
1327 N Stanford Ln Ste B
Liberty Lake, WA  99019
Practicing with Dr. Jared Evans

Dr. Mikelle Kernig
Oral and Maxillofacial Pathology
E Mansfield Ave
Spokane Valley, WA  99216
University of Maryland Dental School, Baltimore College of Dental Surgery, 1999

REMINDER!

A licensed dentist who prescribes opioids must register for the Prescription Monitoring Program (PMP)!!

Steps for PMP online account Registration:

1. Go to www.doh.wa.gov and type in “PMP” in the search bar. Click on the first result. Click on “Provider Login” and then accept the terms and conditions.

2. Logon to your SAW account. No account? Select 'sign up"


4. Select “New User” and fill out the PMP registration.

PMP staff members can assist with registration by phone at 360-236-4806 or by email at prescriptionmonitoring@doh.wa.gov
What you should know about long-term care

Like many things, longevity can be a double-edged sword. With advancing age, also comes an increased likelihood of a costly healthcare event — an event that could rapidly deplete a lifetime’s worth of savings without proper planning. Approximately 70% of Americans who are currently age 65 or older will require some type of long-term care during their lifetime. Given this strong likelihood that you will need care, there are a number of important long-term care related questions that you should address and plan for:

* Who will be your primary caregiver?
* In what setting do you want to receive care?
* How will you pay for your care?
* And how will your care impact your family and finances?

Long-term care insurance helps ensure that you’ll have access to high-quality care should you ever need it, without having to spend down your life’s savings in order to pay for it. And when it comes to coverages and payments, you have a growing number of options available to fit your individual needs and preferences. A financial strategy that fails to address healthcare costs — both those you expect and those that are less predictable such as a need for long-term care — leaves you far more vulnerable to depleting your savings and wiping out any potential to leave a meaningful legacy.

Getting started

For more information about long-term care insurance and for help in reviewing the options available to fit your needs, please feel free to reach out to me.

**Ryan M. Holcomb**

**Financial Advisor**

Merrill Lynch, Pierce, Fenner & Smith Inc.

509-459-4541
CONTINUING EDUCATION REQUIREMENTS

How many hours of continuing education do I need to renew my dental license?

Sixty-three hours every three years. State law details continuing education requirements for dentists

When does my three-year reporting period start?

The three-year continuing education reporting period for a dentist licensed in Washington before 2019 began January 1, 2019. Verification of completion of continuing education hours will be due on the dentist’s annual license renewal date in 2022, and every three years thereafter.

The three-year continuing education reporting period for a dentist initially licensed in Washington in 2019 or later begins upon date of licensure and every three years thereafter.

The commission has determined it will accept appropriate continuing education completed during the old reporting period of 2018-2019. To clarify, appropriate continuing education completed after a dentist’s birthdate in 2018 through December 31, 2018, may be counted for the new three-year reporting period that ends in 2022.

Why was the continuing education reporting period changed to three years?

The commission determined a three-year reporting period provides more flexibility for dentists to complete continuing education. Some dentists earn more than 21 hours in one year and will now be able to claim all hours within their specific three-year reporting period. Better quality continuing education can be sought, rather than dentists taking any course to meet the one-year deadline. Additionally, many other states have two- or three-year reporting periods. This change creates consistency with other states.

<table>
<thead>
<tr>
<th>Credential Type</th>
<th>Annually</th>
<th>Every three years</th>
<th>Every five years</th>
<th>One-time only</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dentist license</td>
<td></td>
<td>63 hours</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minimal sedation by inhalation (nitrous)</td>
<td></td>
<td></td>
<td>7 hours</td>
<td></td>
</tr>
<tr>
<td>Minimal sedation</td>
<td></td>
<td></td>
<td>7 hours</td>
<td></td>
</tr>
<tr>
<td>Moderate sedation permit</td>
<td></td>
<td></td>
<td>7 hours</td>
<td></td>
</tr>
<tr>
<td>Moderate sedation with parenteral agents permit</td>
<td></td>
<td></td>
<td>18 hours</td>
<td></td>
</tr>
<tr>
<td>General anesthesia permit</td>
<td></td>
<td></td>
<td>18 hours</td>
<td></td>
</tr>
<tr>
<td>Dentist suicide prevention education</td>
<td></td>
<td></td>
<td></td>
<td>3 hours</td>
</tr>
<tr>
<td>Dentist opioid prescribing education</td>
<td></td>
<td></td>
<td></td>
<td>3 hours</td>
</tr>
<tr>
<td>Healthcare provider basic life support (BLS)</td>
<td></td>
<td>Current certification required</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Spokane District Dental Society
General Membership Meeting
TUESDAY, SEPTEMBER 10, 2019

CenterPlace Regional Event Center
Program Starts at 6:00pm (doors open at 5:30pm)

Retirement Planning for Young and Old
Presented by: David W. Engen, D.D.S., PS

Most Americans dream of retiring and living the good life. Sadly, when the majority reach their golden years they find themselves financially ill-prepared. In this lecture, Dr. Engen will review the myriad of retirement options (IRA’s, 401k, pensions, defined benefit plans, etc…) so that you can properly prepare for the good life at retirement. Not only will you be able to prepare, but you will learn how to keep the tax man away from your money.

Everyone who attends will receive a complimentary copy of the book "Grab the Dream: Your step-by-step guide to wealth management"

Upcoming Meetings

November 12, 2019
CE Program: Solutions for Neck, Arm and Back Pain in Dental Professionals
Presented by: Kenneth R. Van Dyken, D.C.

January 14, 2020
CE Program: Developing and Leading High Performing Teams
Presented by: Jason Swain

March 10, 2020
CE Program: The Gut-Brain Connection
Presented by: Dr. Hunter Petersen

May 12, 2020
CE Course TBD
Presented by: Roderick W. Tataryn, DDS, MS

Return form to: 509-838-5040 (fax) or wendy@spokanedentalsociety.org

YES, I will attend September 10 ______ Ordering dinner? Yes _______ No _______

NAME _____________________________________________________________________________

Dinner (beer/wine ticket included): $30
Visa/Mastercard/AMEX_______________________________________________________________
Exp. Date____________________   Billing Zip Code ______________________  Total $ __________
Signature ___________________________________________________________________________

*Checks can be made to SDDS and mailed to: 23403 E Mission Ave #104, Liberty Lake, WA 99019
*Payments with a credit card can also be taken by phone, 509-838-0436
SPOKANE DISTRICT DENTAL SOCIETY EVENTS

SDDS Foundation’s 8th Annual Gala
Saturday, September 28th
The Historic Davenport Hotel
5:30pm
$100/per person
$1500 Table Sponsorship (includes 10 tickets)
Join us for an unforgettable night.
This formal affair will boast exhilarating aerial performers, fabulous food & libations, live music & dancing!

Dr. Mark Paxton Dental Scholarship - CE Event
Friday, October 4, 2019
8:00am - Noon
$50 per person (Light breakfast and lunch are included)
All proceeds will benefit the Dr. Mark Paxton Dental Scholarship
CE Program:
Dr. Amy Doneen will be presenting at our first annual CE event benefitting the Dr. Mark Paxton Dental Scholarship Fund. Dr. Doneen is Medical Director, Heart Attack & Stroke Prevention Center and Co-Founder of The Bale/Doneen Method.
Synopsis:
This course will elucidate essential elements for establishing and maintaining cardiovascular wellness. The dental profession is positioned to play a profound role in this regard. Oral health staff and providers will learn concurrent health issues and physical traits their patients may have which heighten CV risk. Attendees will be informed about the wisdom of utilizing technology to detect asymptomatic CV disease (CVD). This course will provide education regarding inflammation as the cause of CVD. A special focus will be directed toward oral health as a cause of arterial disease and potential trigger of CV events. The Bale/Doneen Method bridges the gap between medicine and dentistry to promote arterial wellness. Students of this course will be in position to enhance their own CV health as well as their patients.

2019-2020 SDDS MEMBERSHIP MEETINGS
SDDS Members Only
Program Starts at 6:00pm (doors open at 5:30pm)
Please RSVP with wendy@spokanedentalsociety.org
Location: CenterPlace Regional Event Center (Spokane Valley)
Mtg & CE are FREE (dinner does not need to be ordered to attend)

September 10, 2019
CE Program: Retirement Planning for Young and Old
Presented by: David W. Engen, D.D.S., PS

November 12, 2019
CE Program: Solutions for Neck, Arm and Back Pain in Dental Professionals
Presented by: Kenneth R. Van Dyken, D.C.

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May 12, 2020
CE Program: Title TBD
Presented by: Roderick W. Tataryn, DDS, MS

INDC - April 23-25, 2020 - Northern Quest Resort
Spokane District Dental Society Foundation
8th Annual Gala
Saturday, September 28
Historic Davenport Hotel

Join us for an unforgettable night. This formal affair will boast exhilarating entertainment, wine/beer tasting, fabulous food & libations, live music and dancing!

Dinner Tickets: ______ $100 each  Table Sponsor (includes 10 tickets): ______ $1500

I am unable to attend, but wish to contribute my tax deductible gift, to the success of this event, for $ ______________

Contact Name _______________________________________________________________

Names of those attending: ______________________________________________________

____________________________________________________________________________

Office_______________________________________________________________________

Address _____________________________________________________________________

City __________________ State _______________ Zip _______________

Fax__________________________________ Phone ________________________________

Email   _______________________________________________________________________

_____Check   _______ Send Invoice  ________ Card (Visa, MasterCard, AMEX)

CARD# ______________________________________________________________________

Expiration Date: __________________________ Billing Zip Code: _____________________

Signature: ___________________________________________________________________

Please complete this form and return it along with your payment to:
Spokane District Dental Society Foundation
23403 E Mission Ave, Suite 104, Liberty Lake, WA 99019
Or send form to: 509-838-5040 Fax | wendy@spokanedentalsociety.org
Dr. Mark Paxton Dental Scholarship
CE Event for the Entire Dental Team
Friday, October 4
8:00am - 12:00pm
CenterPlace Regional Event Center

The Bale/Doneen Method

Presented by: Dr. Amy L. Doneen, DNP, ARNP

Dr. Amy Doneen will be presenting at our first annual CE event benefitting the Dr. Mark Paxton Dental Scholarship Fund. Dr. Doneen is Medical Director, Heart Attack & Stroke Prevention Center and Co-Founder of The BaleDoneen Method.

This course will elucidate essential elements for establishing and maintaining cardiovascular wellness. The dental profession is positioned to play a profound role in this regard. Oral health staff and providers will learn concurrent health issues and physical traits their patients may have which heighten CV risk. Attendees will be informed about the wisdom of utilizing technology to detect asymptomatic CV disease (CVD). This course will provide education regarding inflammation as the cause of CVD. A special focus will be directed toward oral health as a cause of arterial disease and potential trigger of CV events. The Bale/Doneen Method bridges the gap between medicine and dentistry to promote arterial wellness. Students of this course will be in position to enhance their own CV health as well as their patients.

Educational Objectives
• Recognize health issues identifiable in a dental practice that are associated with increased CV risk.
• Analyze the difference in determining CV event risk based on risk factors versus presence of atherosclerosis.
• Comprehend inflammation as causal of arterial disease.
• Appraise oral health as a potential driver of arterial inflammation.
• Synthesize the above components into a method focused on assessing CV risk.

$50 per person
(light breakfast and lunch are included)
ALL PROCEEDS BENEFIT The Dr. Mark Paxton Dental Scholarship

Office: ________________________________
Names of those attending: ________________________________

Email/Phone ________________________________
Check Send Invoice Card (Visa, MasterCard, AMEX)
CARD# ________________________________
Expiration Date: ____________________ Billing Zip Code: ____________________
Signature: ________________________________

Please complete this form and return it along with your payment to:
Spokane District Dental Society
23403 E Mission Ave, Suite 104, Liberty Lake, WA 99019
Or send form to: 509-838-5040 Fax | wendy@spokanedentalsociety.org