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### OLYMPIA

Sat Apr 29<sup>th</sup>

Hilton Garden Inn

### ANCHORAGE

Fri Mar 31<sup>st</sup>

Captain Cook Hotel

### EVERETT

Fri May 19<sup>th</sup>

Delta by Marriott

### SEATTLE

Sat May 20<sup>th</sup>

Hilton Sea-Tac Conf. Ctr.

### BOZEMAN

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### IDAHO FALLS

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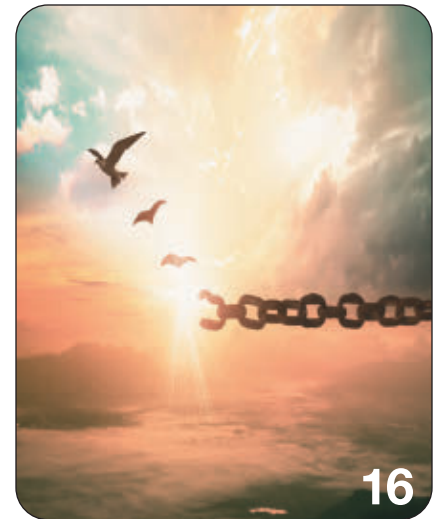
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-  **OregonDental channel**
-  **Oregon Dental Association (private group)**
-  **@oregondental**

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# New Tools for Better Solutions



By Alayna Schoblaske

## IN HER ESSAY *THE MASTER'S TOOLS WILL*

*Never Dismantle the Master's House*, Audre Lorde states, "Difference must be not merely tolerated, but seen as a fund of necessary polarities between which our creativity can spark like a dialectic. [...] Only within that interdependency of difference strengths, acknowledged and equal, can the power to seek new ways of being in the world generate, as well as the courage and sustenance to act where there are no charters."<sup>1</sup> She goes on to explain that, if we want to create effective solutions to dismantle systems like racism and sexism, it is important to use different tools (and include different people) than the ones that formed those systems in the first place. By embracing "difference strengths," we can collaborate to face seemingly insurmountable challenges. By working together, we can explore areas "where there are no charters."

As the American Dental Association (ADA) turns its eye to diversity and inclusion, I have been encouraged to see them implementing some new tools. One of those tools is the

Diversity & Inclusion (D&I) Champions Network. The network is a group of ADA members and leaders, as well as ADA staff, that use two virtual platforms to discuss issues related to diversity, equity, inclusion, and belonging. The first platform is called Basecamp – it is a discussion board that allows network members to communicate in real-time. The second is Zoom – all network members are invited to a group call every 2 months to brainstorm solutions to D&I challenges.

The network focuses on three programmatic pillars: change management, transformational leadership, and intercultural competence.

The ADA does also have a Diversity & Inclusion Committee that meets to address challenges more formally. This year, I get to serve on that committee as the new dentist liaison. The Champions Network – which I am also a part of – is a way to engage voices and perspectives from across our vast membership. As Ms. Lorde said, tools like the Champions Network allow the ADA to spark creativity by celebrating different strengths. It also allows any ADA member interested in diversity and inclusion to get involved with the conversation – in fact, if you want to join the D&I Champions Network, you can sign up online at <https://www.ada.org/about/principles/diversity-and-inclusion/champions-network>.

Just this month, I saw two members express concern about legislation in Florida that would ban state colleges and universities from funding programs that "support or maintain any programs or campus activities that espouse diversity, equity, or inclusion."<sup>2</sup> These members were concerned that this would limit the ability of the University of Florida College of Dentistry to include topics like cultural competency or health equity in their curriculum. The members were able to express their concerns and provide constructive feedback on next steps the ADA could take. ADA leaders were able to engage with the members, and while an official action had not been taken at the time of this editorial (written in mid-March), I am certain that everyone involved learned and became more aware because of the conversation.

We are always learning together, and just like in all other areas of organized dentistry, our members' collective knowledge and influence is what the American Dental Association – and the D&I Champions Network – is all about! ●

## References

1. Lorde, Audre. "The Master's Tools Will Never Dismantle the Master's House." 1984. *Sister Outsider: Essays and Speeches*. Ed. Berkeley, CA: Crossing Press. 110-114. 2007. Print.
2. Mandler, C. "Florida bill targeting 'diversity, equity, or inclusion' on college campuses advances to state Senate." CBS News, 16 March 2023, <https://www.cbsnews.com/news/florida-hb-999-diversity-equity-inclusion-college-campus-bill-advances>.

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**WELCOME TO OUR NEWEST MEMBERS!** Please reach out to these new members and welcome them into the ODA community.

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Lane County Dental Society

**Samantha Ayala, DMD**  
Lane County Dental Society

**Alexandra Dahm, DDS**  
Multnomah Dental Society

**Sareena Gillani, DMD**  
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**Corey Shook, DMD**  
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**Claire Skach, DDS**  
Lane County Dental Society

**Geoffrey Skinner, DDS**  
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# Events & Education Component CE Calendar

CONTINUING  
EDUCATION

Calendar provided by Mehdi Salari, DMD

This calendar is current as of April 18, 2023.

Due to the COVID-19 pandemic, events may be altered or postponed.

Please visit the host dental society website for the most up-to-date information.

Date	Dental Society	Course Title	Speaker	CE	Location	More Information
04/25/23	Clackamas County	Clear Aligners	TBD	2	Oregon City (PWFCC)	Register: <a href="mailto:executivedirector@clackamasdental.com">executivedirector@clackamasdental.com</a>
05/09/23	Marion Polk	Sleep Dentistry	Dr. Michelle Aldrich	1.5	Salem (Roth's Event Center)	Register: <a href="http://www.marionpolkdental.org/education">www.marionpolkdental.org/education</a>
05/12/23	Lane	Lasers in the Hands of Dental Hygiene	Janet Press, RDH	6	Eugene (Lane Community College)	Register: <a href="http://www.bit.ly/LCDSEVENTBRITE">www.bit.ly/LCDSEVENTBRITE</a>
05/17/23	Multnomah	Table Clinics	-	2	Portland (Kennedy School)	Register: <a href="http://www.multnomahdental.org">www.multnomahdental.org</a>
05/23/23	Clackamas County	Botox	TBD	2	TBD	Register: <a href="mailto:executivedirector@clackamasdental.com">executivedirector@clackamasdental.com</a>
06/13/23	Marion Polk	Telehealth Dentistry	Dr. Richie Kohli	1.5	Salem (Roth's Event Center)	Register: <a href="http://www.marionpolkdental.org/education">www.marionpolkdental.org/education</a>
10/06/23	Lane	Mini Conference: Improve the Health of Your Practice	Dr. Joshua Austin, DDS, MAGD	5.5	Eugene (Lane Community College)	Register: <a href="http://www.bit.ly/LCDSEVENTBRITE">www.bit.ly/LCDSEVENTBRITE</a>
10/12/23	Southern Oregon	Back to Basics Oral Surgery	Dr. Bryan Clevenger & Matt Myers	1	Medford (West Orthodontics)	Info/Register: <a href="mailto:sodentalsociety@gmail.com">sodentalsociety@gmail.com</a>
11/16/23	Southern Oregon	Back to Basics Ortho	Dr. Dana Schmidl & Dr. Keyon Botsford	1	Medford (West Orthodontics)	Info/Register: <a href="mailto:sodentalsociety@gmail.com">sodentalsociety@gmail.com</a>
12/08/23	Lane	Refreshing Your Pediatric Dental Knowledge and Skills	Dr. Greg Psaltis, DDS	6	Eugene (Lane Community College)	Register: <a href="http://www.bit.ly/LCDSEVENTBRITE">www.bit.ly/LCDSEVENTBRITE</a>

Find this calendar online at [www.oregondental.org](http://www.oregondental.org). Click "Meetings & Events" > "Calendar of Events".

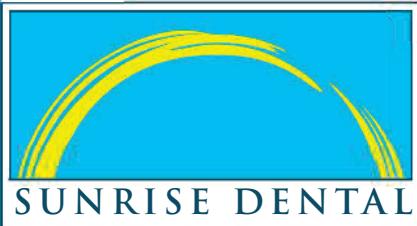
Due to the COVID-19 pandemic, many component meetings were canceled or postponed. Looking for additional ways to get CE? The American Dental Association has a large collection of webinars and on-demand video learning opportunities available, many of which are free to members. Visit [adaceonline.org](http://adaceonline.org) to catch up on the latest offerings on your own schedule. 🎧

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# Board of Trustees Meeting Highlights

Oregon Dental Association  
Board of Trustees Meeting  
**Friday, January 27, 2023**

- Dr. Landis Kwong and Dr. Elizabeth Tomczyk were appointed to the Oregon Dental Foundation's Board of Directors.
- Met with OHSU School of Dentistry administrative leaders to discuss opportunities for collaboration.
- Reviewed our lobbyists' current efforts to monitor and influence dental-related legislation in Salem.
- Discussed the 2023-25 strategic plan, which was finalized at the March meeting. 📄

## ODA REGIONAL EVENT NOVEMBER 4, 2023

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The Oregon Wellness Program has long promoted the health and well-being of Oregon's medical community. Thanks to a generous three-year grant from Permanente Dental Associates, the state-wide program was extended in September 2021 to include Oregon dentists, meaning ODA members can now receive up to eight (8) free counseling sessions with one of the Oregon Wellness Program's mental health providers, who are all experienced and vetted clinicians. A standardized process ensures consent and confidentiality, and many providers offer telemedicine services.

Please visit the Oregon Wellness Program website at [www.oregonwellnessprogram.org](http://www.oregonwellnessprogram.org) or call (541) 242-2805 to schedule an appointment. 📞

## Moda Holdings Group, Inc. Board of Directors -

### Call for Applicants

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The call for applicants is open for one dental director position on the Moda board, for a 4 year term. The incumbent in this position is running for re-election.

Interested in serving on the Moda/ODA Board? Submit a letter of interest, CV/resume, and 3-5 references (no family and one non-dental) to [leadership@oregondental.org](mailto:leadership@oregondental.org) by July 1, 2023.

# Mental Health Support Available Through ODA Ambassadors, Oregon Wellness Program

By Melody Finnemore

**JULIE DRANK WITH FRIENDS IN DENTAL SCHOOL** for fun, but didn't everybody? After a few years in private practice, the Oregon dentist found herself having a glass of wine after work every night. One glass became two, which later became a bottle. When the wine stopped doing the trick, she turned to vodka.

She could make the excuse that she had a lot of stress. Graduating with six figures in student loans, she had just bought a new practice, had four young children and was the primary breadwinner in her household. She could say she needed to relax at the end of a long day or long week. There were no excuses. Julie had simply

become addicted to the effect alcohol produced, to the numbing, addicted to checking out of life for a bit.

After a while, she knew she needed to make a change and could not go on like this. She negotiated with herself. She was going to only drink wine, she would swear off alcohol completely, or maybe she would drink only on weekends. It would work for a week, but then she was worse than ever. She needed help but didn't know where she should go. Julie practiced in a very small town and knew everyone.

Three more years passed, and she thought maybe she would go out of state and use a different name. She

was drinking every night, desperate and sick and tired of being sick and tired. The guilt and shame for a behavior out of her control was overwhelming. Fearing she was going to lose everything — her license, her family, and her life — she decided to go to an AA meeting. There, she saw some of her patients, local physicians, realtors, and attorneys. They said, "If you feel you need to be here, we're happy you're here."

## Free, Confidential Help Available

Julie is far from alone. According to the *2021 Dentist Health and Well-being Survey* conducted by the American Dental Association, the majority of



dentists are reporting moderate or severe stress at work. As a result, many dental students and practitioners are dealing with burnout, substance use disorders, and other conditions that may impair their abilities to practice competent dentistry.

The ADA notes that no one is completely immune from addictive behaviors, psychiatric illnesses, infectious disease, family and relationship problems, and many other varieties of human challenges. For dental professionals, training instills values and behaviors antithetical to self-care, including deferring other life goals during long and rigorous educational programs and placing a patient's needs ahead of one's own.

Other factors that put dental professionals at risk include focusing on professional goals from an early age, which may have jeopardized their development of crucial emotional and relationship skills.

Some aspects of dental practice such as isolation, access to controlled substances, a DEA number, nitrous oxide, the knowledge about how drugs work and an office in which to use, may create an environment that actually aids in the development of problems.

In addition, dentists in solo private practices work without the interaction and scrutiny of peers that is often available in a hospital or clinic setting. In a solo practice setting, co-workers are subordinates and the dentist holds the power of authority and money, making it very difficult for staff to intervene in a problematic situation, the ADA states.

### **A Preventive Approach to Well-Being**

The ADA has established its own Health and Wellness Program and points out that state dental societies are in an ideal position to facilitate much-needed support to members.

The Oregon Dental Association is among those that have established a formal wellness initiative that includes a Peer to Peer Ambassador Program.

Through the program, a robust network of compassionate colleagues is armed with resources — and, often, personal experiences — to help support dentists and dental students who are dealing with wellness issues. These include but are not limited to stress management, practice issues, debt, fraud, family obligations, illness, isolation, injury, depression, loss, grief, and addiction.

In 2021, the ODA partnered with the Oregon Wellness Program and Permanente Dental Associates to offer free access to well-being resources for all licensed dentists. The Oregon Wellness Program was created in 2018 to promote Oregon's health-care professionals' well-being through education, coordinated regional counseling services, telemedicine services and research.

The expansion of the statewide program to include Oregon dentists means ODA members can now receive up to eight free counseling sessions with one of the program's mental health providers, who are all experienced and vetted clinicians. A standardized process ensures consent and confidentiality.

For Julie, the jumping off point to seeking help came when she realized she couldn't imagine her life without drinking but she also knew she couldn't continue. She felt humbled to know that some people have thoughts of suicide as they are contemplating how to resolve their problems.

"As dentists, we want to take a preventive approach with our patients. Why can't we take that approach with our own health?" she said. Her message to others: "You don't have to struggle, even if you feel, 'Well, I'm not that bad.'"

Julie recently celebrated 16 years of sobriety and works to help others

seek help and gain sobriety as well. These include one young woman who was addicted to pills and eventually became Julie's dental assistant. She graduated from dental school last year.

"My way of recovery is to help others recover," Julie said. "We have to reduce the stigma because these are highly functional people. People like that are not less-than, and they should feel no shame."

The ODA will offer a Wellness Track at the Oregon Dental Conference with classes on many areas to improve well-being. Its Wellness Ambassadors also will be present with more information for dentists, dental students, and hygienists. ●



*Dr. Julie Spaniel*

*Dr. Spaniel is the Chair of the ODA Wellness Committee, on the ADA Wellness Ambassadors' first cohort, and on the ADA Dental Wellness Advisory Council*

To learn more about available resources, please visit

<https://www.ada.org/resources/practice/wellness>

<https://www.oregondental.org/member-center/benefits-of-membership/wellness-initiative>



# Are We Well? A Reflection on the Health of the Dental Profession

WELLNESS

By Amisha Singh, DDS

**IT FEELS LIKE A CLIFF, A STEEP** and sudden drop off into a fog of melancholy clouds. I have experienced burnout in dentistry, and I never saw it coming, even when I was right on the edge. I thought I was fine. I thought I could manage. I thought I was just busy. But it was a lot more than just the management of daily stress and being overwhelmed. It was a pervasive feeling of sadness and apathy that I just could not shake. It was deep breaths and the brink of sanity in between patients. It was a longing I could not quantify or, at times, even acknowledge. I was losing myself in it.

Burnout is something that is prevalent in our field, regardless of practice modality. The ADA Dentist Health and Well-Being Survey of 2021 stated that 84% of dentists reported feeling burned out at some point in their careers.<sup>1</sup> Burnout is related to depression and anxiety, two other conditions which impact our personal and professional wellness. In this same survey, 86% of dentists reported moderate to severe occupational stress. Anxiety was the second most prevalent condition noted in this report, impacting 16% of dentists nationally. *The*

*Journal of the Canadian Dental Association* published an article that stated dentists in North America were at a higher risk for dysthymia, which is defined as “a persistent depressive disorder, mild but long term.” It hit home when I read this definition: “...mild but long term.”<sup>2</sup> It never stopped me from getting out of bed. I still did good dentistry. I still showed up for my patients and my team. I still functioned, but it was a battle on some days, which got more and more frequent. It started out as a dull rumble and grew steadily to a roar inside of me over time.

So many dentists I know allude to this long-lasting, lingering feeling. Some say it resembles sadness, while others say it feels more like unrest. For some of us, it is still a rumble. For others, it is deafening. We speak about it in hushed corners during networking events and in small circles of safety among dental friends. I have experienced that my dental peers understand it better than my loved ones. They understand this idea of linking your self-worth to patient outcomes and this drive for perfection, which becomes a double-edged sword. There is an

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unspoken bond we share in the dental community, and a part of that bond is understanding the pain and challenges we face. We, as an industry, are getting a lot better about discussing it on national stages and on national platforms. In part, this is likely because this feeling is impacting us en masse. It's changing our relationships with our profession, and, beyond that, it is changing our relationship with our lives and loved ones. It is changing our relationship with ourselves.

We are recognizing the exceeding toll that illness is taking on our professional and personal lives. Vivek Murthy, the Surgeon General of the U.S., recently launched a framework for Mental Health and Wellbeing in the Workplace. The World Health Organization moved to change the definition of burnout to better quantify and diagnose it and added it to the ICD-10, International Classification of Diseases Diagnostic Manual. The American Dental Association's 2021 House of Delegates passed a resolution on wellness which led to the creation of the ADA Wellness Ambassador program, something I am fortunate enough to participate in.


This profession is beautiful, and I consider dentistry to be one of the greatest gifts of my life. I love being a dentist. But I had to listen deeply to my intuition and make some pretty big changes in my life to be able to find a place in dentistry that filled me up and gave me fulfillment, alignment, and bliss. I had to move. That is exactly what pain makes us do... move. Just like the pain which occurs when resting a hand on a hot stove that sends a signal to move the hand before further damage is caused, I needed to listen to my pain to move into a life that better aligned with my purpose, my goals, and my intended legacy. I did not do that alone. Mentors, like Dr. Brett Kessler, asked

me probing questions that challenged the limiting beliefs I was harboring. I got a coach, Dr. Laura Brenner, who guided me and equipped me to pull myself out of the darkness. I leaned into my social support system to survive and regain my light.

After having been in a dark place, I promised myself I would never let myself get there again. I was vigilant, and I worked habits of wellness into my daily life. But, despite all that, I have gotten close, again traversing that cliff in subsequent chapters of my life. I learned I flutter to the edge of that cliff on autopilot, like a moth to a flame, if I am not careful. I tend to work too hard and too long. I tend not to honor my wellness or my boundaries. I stop listening to my mind and my body. Patients automatically come before my own health. I internalize work stress and fail to extricate my self-worth from my clinical outcomes, my productivity, and my professional challenges. And in those moments, when I feel like isolating, I remind myself to lean into the love of my community and family. I lean into awareness. I notice the pain and I move intentionally. It takes work, but when I pause, notice, and change my course, I can regain the balance I need to avoid that cliff. It is something I still work on, daily.

If you are feeling pervasively exhausted or depleted, indifferent toward a profession you used to love, or feel like the darkness is gathering around you, know that you are not alone and know that there is support. Alone, we may falter. Together, let us rise.

If you or someone you know is experiencing suicidal thoughts or a crisis, please reach out immediately to the National Suicide Prevention Lifeline by dialing 988 or text HOME to the Crisis Text Line at 741741. These services are free and confidential. For additional

resources on wellness, please see [cdaonline.org/dentalprofessionals/well-being-programs](https://cdaonline.org/dentalprofessionals/well-being-programs) or [www.ada.org/wellness](https://www.ada.org/wellness). 

## References

1. American Dental Association (2022). 2021 Dentist Well-Being Survey Report.
2. Frey R. When professional burnout syndrome leads to dysthymia. *J Can Dent Assoc.* 2000 Jan;66(1):33-4. PMID: 10680331.



*Dr. Amisha Singh*

*Amisha Singh, DDS, is a Denver native and loves living in beautiful Colorado. She serves as Director of Diversity and Inclusion Programming at the University of Colorado School of Dental Medicine. Dr. Singh is an active member of the American Dental Association, Colorado Dental Association and Metro Denver Dental Society. She was recognized as one of the 2018 Top 10 Under 10 ADA Dentists nationally. In addition, she serves on the CDA House of Delegates, on the ADA Dental Wellbeing Advisory Committee and as co-editor of MDDS's Articulator magazine. She is also a blogger and professional speaker who works with IgniteDDS.*

# Leadership Academy Profiles

**THE OREGON DENTAL ASSOCIATION KICKED OFF** the sixth year of the Leadership Academy in January. The Academy provides participants with a unique backstage pass to ODA offerings and experience, while developing and enhancing leadership and interpersonal skills. Learn more about the 2023 class below:



**Dr. Travis Baskerville**

*What most excites you about being part of the 2023 ODA Leadership Academy?*

I'm exciting to be a part of the leadership academy and learn about how I can have a first-hand impact on issues for dentists. I'm interested in the politics of dentistry. I look forward to finding out how seemingly innocuous legislation can affect our profession. I look forward to seeing how much ground we can cover to protect our interests as healthcare providers when communicating with our elected leaders in state and federal congress. I also look forward to meeting with newer and experienced dentists. I

think I have a lot of knowledge to share in our profession, and I think I still have a lot to learn.

*What do you think the true role of a leader is?*

I think the role of a leader is to be the example. I personally believe that everyone is fallible, and we shouldn't panic in the face of failure. I think leaders should embrace failure. If I, as a leader, can comfortably discuss the times I've come up short in life, then people who support me may feel empowered to freely talk about their foibles as well. The more open and honest we are, the better we can diagnose functional problems and develop long-lasting change.

*Who has been a primary mentor/ influential person in your life, and what have you learned from him/her?*

My primary role model I've had in my life is my father. Paul Baskerville is a carpenter by trade. I never dabbled in the family business, but I decided to still work with my hands.

Paul has been dedicated to his craft since 1979, and only through learning dentistry have I begun to understand the pride he takes in his work. When I cut a crisp margin, I think about the way he cuts a crisp joint. When he's finished with a home, I think about a healthy mouth. I don't think the care for detail was something my dad directly taught me, but it was modeled for me for decades.

*What do you most appreciate about the profession of dentistry?*

In dentistry, I'm grateful that people are willing to come to me and allow me to help them solve problems. There are many things to devote stress to in our lives. Not even one of us has all of the answers to all of the questions. In dentistry, I don't claim to have all of the answers. But patients are willing to allow me to help them figure it out. I enjoy trying to figure out puzzles, and I certainly enjoy putting those puzzles together. Patients are willing to put their faith in me and let me find the answers.



**Dr. Casey Caraher**

*What most excites you about being part of the 2023 ODA Leadership Academy?*

I'm excited to have this opportunity to connect with other dentists, working together to develop new skills and experience. There is so much about organized dentistry that I haven't yet had the chance to fully understand and appreciate, and I'm

hoping this will help me to become more involved in the profession.

*What do you think the true role of a leader is?*

A leader's goal should be to inspire and empower those around them. I've also found the best leaders are good listeners, valuing input from all different perspectives.

*Who has been a primary mentor/ influential person in your life, and what have you learned from him/her?*

I've been lucky to be surrounded by so many helpful and knowledgeable dentists, both throughout dental school and also in these early years of my career. However, I've been especially influenced by the women

in my life. My mother raising me as a single parent, my fellow female dentists, and girlfriends juggling both kids and careers, have shown such strength and independence that I find incredibly inspiring.

*What do you most appreciate about the profession of dentistry?*

While I love the art and craftsmanship that goes into dentistry, what I appreciate most about our profession is the opportunity to serve. Being able to work as a team to help patients improve their health and confidence is so fulfilling, and I strive to continually learn and grow to better serve them.



**Dr. Yolanda Ho**

*What excites you most about being part of the 2023 ODA Leadership Academy?*

As a recent transplant to the state, I wanted to have a space to build meaningful connections with others who also have a determination in improving dental care. I also gravitate toward making an impact in my environment, which naturally draws me to leadership positions, like serving as class president in dental school or chief in residency. I look forward to joining an academy that will give me insight into the inner workings of organized dentistry, which can provide structure to meaningful work and spark interest in serving in existing programs.

*What do you think the true role of a leader is?*

I think a leader is an earpiece and mouthpiece for the constituents they are serving. I have learned the most from leaders who make themselves

approachable and facilitate/ encourage ideas, while giving credit and recognition to those responsible on a team. To me, a leader cannot feasibly micro-manage or they face overextension, so the biggest gift is to be able to recognize gifts within the group and direct efforts accordingly, while also having the capacity to understand and help as needed.

*Who has been a primary mentor/ influential person in your life, and what have you learned from him/her?*

From my first year in dental school at UCSF, I was introduced to Pinelopi Xenoudi, the pre-doctoral periodontal director at the time. An upper classman had introduced me when I mentioned an interest in periodontics as a specialty. Dr. Xenoudi made a point to make herself available for lunches where she let me pick her mind about all topics within and beyond the field of dentistry, ranging from technical, procedural questions to philosophical questions about our purpose in life. She always formats her education in a Socratic method, encouraging questions rather than preaching dogma.

It has been a decade since we've met, and at each crossroad, she has always been there for support. She encouraged me to explore residency abroad at Tufts, she

served on my master's committee, she helped coach me through oral boards preparation. She taught me that oftentimes a leader is not an unapproachable figurehead and instead their primary role should be in listening and supporting.

Time and time again, she has always shown a deep personal connection with her students, and that is a gift I will treasure and an inspiration I would like to follow when I also venture into academia.

*What do you most appreciate about the field of dentistry?*

As a child of parents who owned a chocolate shop, I joked at my dental school interview that I was pursuing dentistry to atone for my parents' sins. Having grown up with direct access to chocolate and parents who were not aware of oral care, I had severe decay and an even more severe dental-phobia. Dentistry to me is unique in that patients often come with severe anxiety and apprehension. It is so rewarding to be able to meet patients at their most vulnerable and connect with them on a human level. My goal is always to educate patients on what their current condition is and to best aid them on their road to rehabilitation. I think dentistry really has the capacity of bringing deep healing with mistrust in medical environments.



**Dr. Octavia Lively**

*What most excites you about being part of the 2023 ODA Leadership Academy?*

The opportunity to work with and learn from experienced and established leaders within organized dentistry. I've enjoyed being involved with my component society for years, but I know there are many facets on the state and national level that I have no exposure to. I'm excited to learn more about what conversations are happening and what's being done to shape the future of dentistry.

*What do you think the true role of a leader is?*

A leader's role is to provide guidance, inspiration, and empowerment to others to work together toward a shared vision. This requires creating a work culture that values collaboration and innovation, and offering the necessary resources and support for the team to succeed. In addition, a leader should help team members develop their skills and potential, and make difficult decisions while remaining accountable and ethical.

*Who has been a primary mentor/ influential person in your life, and what have you learned from him/her?*

My father was a retinal surgeon in Anchorage, Alaska who was still operating until his retirement at the age of 70. For many, many years he and his partner were the only retinal surgeons in the state, and a retinal detachment, when it occurs, requires

surgery without delay. Any day or time, if he was needed, he would operate. It didn't matter to him if a patient was unable to pay for their surgery – he was the only one able to save their vision, and he would do it regardless of their ability to pay. I have deep pride and admiration for his compassion and generosity of spirit.

*What do you most appreciate about the profession of dentistry?*

I enjoy the variety in career paths that dentistry offers – from clinical dentistry to academics and everything in between. As a residency director, I spend a good portion of my week managing my GPR program and serving as an attending for my four residents. The remainder is spent treating my own patients, including all aspects of general dentistry from full mouth extractions to full mouth rehabilitations. Many days are hard, but they are never boring!



**Dr. Rachel Meek**

*What most excites you about being part of the 2023 ODA Leadership Academy?*

The most exciting aspect of being a part of the 2023 ODA Leadership Academy is the opportunity to explore all of the different ways to be a leader in our profession. Some of the best mentors in our state are helping us determine our strengths and find where our skills and passions can fit in the big picture. I'm excited for the exploration and diverse opportunities.

*What do you think the true role of a leader is?*

I believe that the role of a true leader is recognizing the strengths and potential in others to curate efficient, effective, and passionate teams. Development of these teams requires leaders to set the example of a positive, patient, and resilient team member, themselves. The best leaders that I know have clear goals that they communicate well and inspire others to share.

*Who has been a primary mentor/ influential person in your life, and what have you learned from him/her?*

One of the primary mentors in my life and dental career is Dr. Mark Miller, our current ODA President. I am, admittedly, a bit of an emotional perfectionist. While I was in school at OHSU, I think it surprised some people that my anxiety and highly structured approach to the clinical experience

actually meshed with Dr. Miller's casual personality and open-ended questions. It was his approach to clinical care with a growth-mindset, questioning my need to be perfect always, that made me a better student and provider. I learned many things from him but most notably that every minute of chair time with a patient is the opportunity to learn something new and that every failure is the opportunity to get it right the next time. Mark taught me that the best providers aren't already excellent in everything but instead strive for excellence in all things.

*What do you most appreciate about the profession of dentistry?*

I most appreciate the challenge of dentistry. Dentistry pushes me every day – every hour – to learn something new, to improve my skills, to connect with people on my team and in the chair, and to be persistent. The extra perk of our profession is



that the challenge is rarely met alone. I deeply appreciate the mentorship, connections, and membership innately

associated with dentistry, as well. My mentors, peers, team members, and patients support me through every

challenge. Every day I leave my office or an ODA meeting, I am a better provider, clinician, and person.



## Dr. Yashar Sekhavatmandi

### *What most excites you about being part of the 2023 ODA Leadership Academy?*

I am most excited about the opportunity to connect with members of the ODA and get a better understanding for how the organization works. There are so many individuals within the organization who are eager to share their knowledge and experience. I hope to be able to learn as much as I can from them.

### *What do you think the true role of a leader is?*

I believe a leader serves many different roles, but most importantly they should be someone who empowers their teammates and helps them become the best version of themselves. A leader does not need to have all of the answers, but they should be a person who helps their team find solutions on their own. Leaders are there to serve those they lead. This is done through humility, detachment, and an ability to stay calm through the ups and downs of a busy day.

### *Who has been a primary mentor/ influential person in your life, and what have you learned from him/her?*

One of the most influential people for me has been one of my mentors from dental school, Dr. Jon Clemetson. He showed me how to have fun and bring humor into the clinic while also emphasizing the importance of staying calm and

composed in stressful situations. I was lucky enough to travel with him to provide dental work abroad and learned to spread love and compassion through our work. More importantly, he highlighted the necessity to take care of your team. "Can your assistant see? Are they comfortable? It's not always about you." I still hear him asking me these questions when I catch myself getting caught up in a busy day.

### *What do you most appreciate about the profession of dentistry?*

I most appreciate the ability to serve a broad population of patients. Seeing adults as well as children has been extremely fun and rewarding. They each have their own unique challenges which keep things interesting and different on a daily basis. The variety keeps me constantly learning and growing with my team.



## Dr. Kevin Sunitsch

### *What most excites you about being part of the 2023 ODA Leadership Academy?*

Gaining a deeper and broader understanding of organized dentistry and its role in our communities and within our profession. I am excited to learn how I can be a part of the ODA and contribute positively toward its goals.

### *What do you think the true role of a leader is?*

I view the true role of a leader as someone who is actively inspiring and bettering the lives of those they lead or represent through their daily actions, work, and contributions.

A true leader is someone who individuals gravitate toward because they help them bring out the best in themselves and their relationships with others/community.

### *Who has been a primary mentor/ influential person in your life, and what have you learned from him/her?*

It is very difficult to name just one person here, but I would have to say that my primary mentor has been my mother, Kelley Fritz. She has shown

me what hard work, perseverance, and trust in others can help an individual accomplish. She taught me how to have pride while maintaining humility, but most importantly how to value others through respect and kindness.

### *What do you most appreciate about the profession of dentistry?*

I really appreciate that I get the opportunity to interact with people on a daily basis who are both at their best and worst, and I get to help improve their lives in small but impactful ways. I really appreciate that as a dentist I also am afforded the opportunity to be an employer who doesn't only positively affect the lives of my patients but also the lives of the people who work with me.



# An Interview with Dr. Landis Kwong, New Dentist and Wellness Ambassador on the ODA Wellness Committee

By Dr. Ty Finmor, ODA New Dentist Council Member

## For those who aren't familiar with the program, what does the ODA Wellness Initiative look like?

Dentistry (and life) can be stressful and isolating at times. The Wellness Initiative was created to support the well-being of Oregon dentists by providing support, community, and peer connections. We work to provide shared perspectives and connections and to break down stigmas around mental health.

One of the key components of the Wellness Initiative is an Ambassador program that provides peer support. If a dentist is experiencing practice-related issues or concerns, family or personal loss, and/or life issues, they can reach out to be matched with another dentist who has similar experiences.

The Ambassador program is like a small support group. We are peers, not trained counselors or psychologists. For

those who are interested, all ODA members are eligible for eight free counseling sessions with vetted mental health providers through the Wellness Initiative.



Dr. Landis Kwong

## What sparked your interest in the ODA Wellness committee?

I was a part of the Wellness Committee through ASDA starting in the second year of dental school. I felt that the personality types of many people who are interested in dentistry leads to individuals forgetting to take care of themselves. As someone who prioritizes taking care of myself, I wanted to share that with other dental students. It was a natural path to continue working with the ODA on the Wellness Initiative after graduation.

## What has your experience as a Wellness Ambassador been like?

I've been able to connect with a few newer grads as an Ambassador. It's like having a friend who is unbiased who you can talk with. Dentistry can really be isolating, especially for solo practice doctors, and burnout is real. The Ambassador program is a two-way street where both parties can share and support each other. And the information is not shared with others, including medical underwriting.

## What else would you like to share with ODA members?

There are resources available. Anyone who is feeling in need of support, there are always people in the dental community who want to support you. Nothing is a competition or judgment. We are here to provide transparent communication and to help each other out.

Dr. Kwong graduated from OHSU in 2020 and practices general dentistry at a Federally Qualified Health Center in Longview, Washington.

If you are interested in learning more about the ODA's Wellness Initiative and its offerings, more information can be found on the ODA website:

<https://www.oregondental.org/member-center/benefits-of-membership/wellness-initiative>



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**Annual Meeting**  
June 9-10, 2023  
Fairbanks, Alaska

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# 2023 ADA and ASDA Dentist and Student Lobby Day

**ODA MEMBERS AND OHSU ASDA STUDENTS GATHERED** in Washington, D.C., March 5-7 for the ADA ASDA Dentist and Student Lobby Day. The first year Oregon participants have been back to this event post-pandemic, it was a great few days of learning, networking, and advocacy. Oregon's delegation joined more than 1,000 ADA members from across the country to advocate for issues on student debt; Medicaid access; and non-covered services. Oregon's delegation met with every Congressional and Senate office, meeting with legislators and their staff.

Thank you to Oregon's delegation who took time away from their studies, patients and families to advocate for the profession! Learn more about the issues at <https://www.ada.org/advocacy/advocacy-dentist-and-student-lobby-day>.



**Oregon's 2023 Delegation:**

*Stacey Geisler, DDS, PhD; Mark Miller, DMD, MAGD;  
Mark Mutschler, DDS; Fariba Mutschler, DDS;  
Lisa Yarborough, DDS  
OHSU Students: Ido Almog; Ayle Armonstrong;  
Christopher Elkhali; Jaskiran Gill*



*ODA delegation with Congressman Cliff Bentz*



*ODA delegation with Congresswoman Andrea Salinas*



# Give Kids A Smile Creates Abundant Smiles

COMPONENT  
NEWS

By Lora Mattsen, Multnomah Dental Society Executive Director

**“VOLUNTEERS DO NOT NECESSARILY HAVE THE TIME; THEY HAVE THE HEART.”** Multnomah Dental Society held its 21st annual GKAS day on Saturday, February 4th with resounding success. Members, dental students, and many others volunteered their time to evaluate, educate, and treat underserved children in East County.

Nearly 130 kids attended our event at Powell Butte Elementary School, where they received dental screenings, cleanings, education, and many were treated for urgent needs on the MTI mobile dental van. A variety of other health and safety screenings and resources were available for the entire family. Everyone received a free lunch and a goodie bag containing a toothbrush, toothpaste, prizes, and entertainment.

OHSU dental students, with dental supervision, provided the dental screenings as well as services on the dental van. These students showed great enthusiasm and have become essential to our GKAS program. We are also very proud of our member dentists who contribute to the success of our event.

GKAS not only provides much needed awareness to dental access and services to a vulnerable segment of our community, but is a great community outreach program for volunteers to have the opportunity to serve. Smiles were abundant the entire day! 🌟



MULTNOMAH DENTAL SOCIETY STAFF



# 2022 oda Annual Report



Barry Taylor, DMD,  
ODA Executive  
Director

## *A Message from ODA Executive Director Barry Taylor, DMD*

**ONE OF MY FAVORITE MUSICIANS, DAVID BOWIE**, sang about changes. However, unlike Bob Dylan's lyrics, the answer isn't always just blowing in the wind. As we come out of the crisis of the COVID pandemic, we are still learning what things have returned to pre-pandemic status and what things are permanently changed. The good news is that we are now able to meet in person, and business activity is almost back to pre-pandemic levels. Our 2023 legislative workforce package is addressing challenges, such as staffing shortages, that were exacerbated by the pandemic, while other issues, such as the continuing education marketplace, are still sorting out as we proceed in 2023.

With increased regulations, insurance companies continuing to place pressure on bending the reimbursement curve downward, and overall stress in the dental workplace, the attraction of ODA membership is stronger than ever. There is strength in membership, and there are many commonalities to draw our diverse community together. As the ADA has stated, "Alone we are smart. Together we are awesome."

## COMMUNITY

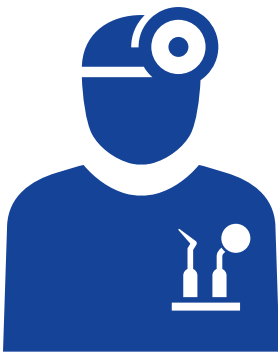
### Membership

Bringing our community safely back together was a primary objective for the ODA team in 2022. This was evident in the multiple ODA and local dental society in-person meetings and events held throughout the state. The ODA staff also continued our concentrated effort on strengthening communication and support for the 16 local dental societies throughout Oregon. We attended six in-person meetings, and this effort will continue as local components ramp up their efforts to hold in-person meetings in 2023. Staff attended and offered support at five local component events, including the multi-component tailgater held in September in the ODA parking lot, where

five local dental societies gathered for comradery, food, and fun. In addition to the 2022 Oregon Dental Conference, the ODA staff planned and executed three new community events, two of which were targeted at new dentists. We worked closely with local component leadership to retain and recruit members throughout the state using a variety of methods. Member engagement was focused on email, direct mail, digital ad campaigns, and social media. Moving forward, component leadership is critical to membership satisfaction and the recruitment of new members.

The ODA has continued highlighting member value to new dentists and OHSU dental students. The New Dentist Council

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**2,106**  
Total Members

continued work on the redesigned ODA Mentor Program. The program currently has three in-person pods and two virtual pods, with 61 mentees participating and 27 mentors who meet monthly to discuss life in dental school, interesting cases, wellness, and life after dental school. The entire mentor program had two opportunities to meet, which enabled greater engagement across mentor pods during the New Dentist Social at the 2022 Oregon Dental Conference and at a summer barbecue gathering. After limited ability to hold in-person programming at OHSU over the past few years, a concentrated effort at the dental school led to 12 touchpoints/programs in 2022 — of which four were new. We will continue to partner with OHSU and ASDA to have an ongoing presence.

We are pleased to share that, with the support and hard work of our volunteer leaders and staff across the state, we exceeded our strategic plan retention goal, retaining 94% of membership. Welcoming 133 new members into ODA in 2022, we ended the year with membership totaling 2,106 dentists throughout the state. This represents 53% of active dentists. As we move forward into 2023, we will continue to concentrate on retention of current members while demonstrating the value of membership. Our strength comes in numbers, and we urge you to share your community experiences with colleagues in hopes that they will join your association! We thank you for your support of organized dentistry.

### Wellness Initiative

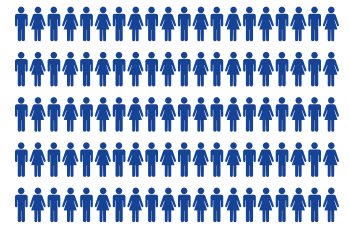
Like all health care providers, dentists sometimes suffer from burnout and other stressors. As a member, you have access to specialized resources to support your physical and mental well-being. In 2022, ODA hosted two wellness webinars, continuing a series that started in 2021 to educate members about issues around wellness.

The Wellness Committee, composed of more than 15 Wellness Ambassadors, met twice in person in 2022 and continues to search for ideas and initiatives to promote ODA's Wellness Initiative. At the May meeting, Wellness Ambassadors heard a presentation from Bailey Anderson, LMSW, about "Understanding Suicidal Ideation," and joined a discussion with Carrie Bates, senior outreach manager at Hazelden Betty Ford Foundation, regarding "reducing stigma around mental health & addiction." The Ambassadors met again in November to discuss how to increase awareness of the Wellness Initiative. The group is now looking forward to the 2023 Oregon Dental Conference, which will feature a wellness track.

In addition to the continual promotion of the Wellness Ambassador peer-to-peer support, the ODA was also successful in advocating for the Oregon Board of Dentistry to include funding for the Oregon Wellness Program in its proposed 2023-25 budget. This funding proposal is now awaiting legislative approval.

### Dental Foundation of Oregon

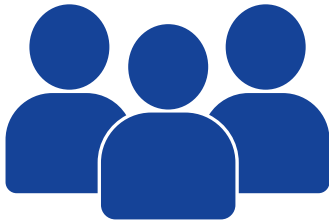
The ODA's charitable arm, the Dental Foundation of Oregon (DFO), finished another year making huge strides in advancing oral health education and providing charitable care for Oregon's children and vulnerable communities. The DFO's flagship program, the Tooth Taxi, began serving children at schools throughout Oregon in 2008 and has not stopped changing lives. Since the Taxi started rolling, the team has provided oral hygiene education in the classroom to **25,785** students, screened 25,568 patients and provided **\$8,786,190** in care during **15,409** appointments. These impressive statistics are possible due to the generous support of ODA members, DFO partners, and the broader community. Looking ahead to 2023, the DFO is excited to officially unveil Tooth Taxi 2.0 in early summer!



**133**  
New Members



More than  
**15**  
Wellness Ambassadors



**2,299**  
in-person attendees



**1,395**  
Virtual conference attendees

## EDUCATION & PRACTICE SUPPORT

### 2022 Hybrid Oregon Dental Conference

The 129th Oregon Dental Conference (ODC) was held as a hybrid conference. On-site at the Oregon Convention Center, 54 speakers presented 80 scientific continuing education sessions. The virtual portion of the conference offered 10 sessions presented by 12 speakers and co-speakers. The virtual courses were pre-recorded and made available to attendees for 39 days. The in-person conference started on April 7 and continued through April 9. The virtual portion of the conference started on April 7 and was made available to attendees 24 hours a day through May 15.

Offering over a month of virtual content access allowed registered attendees additional time to earn up to 26 hours virtually. Those who attended in person were able to earn up to 18 hours in three days.

The 2022 ODC Solutions Marketplace exhibit hall was offered in-person only. The exhibit hall featured 119 dental-related companies.

A total of 2,299 individuals attended the in-person portion of the conference (1,843 dental professionals and 456 exhibitor personnel). About 1,395 individuals attended the virtual portion of the conference. Total combined attendance (in person and virtual) was 3,694 individuals. We thank everyone who attended and supported the 2022 hybrid ODC!

In 2023, the ODC will be offered 100% in-person. It will feature 66 speakers and 83 courses at the Oregon Convention Center in Portland from April 13 to 15. We look forward to bringing the Oregon Dental Conference back in person and providing our community with the opportunity to Connect, Learn, and Grow!

### Webinars and Other Educational Opportunities

In addition to the hybrid Oregon Dental Conference, ODA offered members additional educational opportunities throughout 2022.

The New Dentist Council offered an in-person CE event at Providence Park in Portland, where Dr. David Dowsett presented his sports dentistry lecture, "Heroes on the Sideline: Sports Dentistry and Today's Athletes." Following the lecture, attendees attended a Portland Thorns soccer game while enjoying dinner and drinks. Open to all ODA members as well as non-members, this event was attended by 44 people, including four non-members, three guests, and seven dental students.

On November 5, the ODA offered its first regional event at Belle Fiore Winery in Ashland. The event featured two speakers. Dr. Daniel Petrisor presented a two-hour implant lecture entitled "Site Development in Implant Dentistry: Building a Solid Foundation for Long-term Stability." The second speaker was psychologist Bruce Christopher, who presented a three-hour lecture entitled "The Psychology of Success: Secrets the Superstars Know." Attendees were able to earn five hours of CE credit. Following the day of lecture, a wine-tasting social allowed attendees to wind down after a day of learning and connect with their fellow dental professionals. This event was open to all ODA members as well as non-members and dental team members, and the room was near capacity! We also had seven different sponsors, connecting participants with services and opportunities.

ODA's next regional event is scheduled for November 4, 2023, at Driftwood Shores in Florence. Save the date and watch for registration to open soon!

# ADVOCACY

## 2022 Legislative Session

The Oregon Legislature met for a short, one-month session in February 2022. Given the short session timeline and continued virtual nature, ODA chose to prioritize partnering with others on legislation impacting dentistry. Our efforts focused on expanding the ability of out-of-state dentists to provide volunteer charitable care, and on creating oral health coverage for low-income veterans and Oregon's Compact of Free Association population (Micronesia, Marshall Islands, and the Republic of Palau). ODA also formed a dental coalition of partners including Dental Care Organizations, dental care providers, OHSU, and other education institutions to advocate for real workforce solutions: funding for dental assisting programs and resources for dental students to practice in rural and underserved areas. Our efforts laid the groundwork for 2023 and beyond.

## 2023 Legislative Agenda Development

ODA's Regulatory Affairs Council spent 2022 exploring ideas to address the auxiliary staff shortage crisis in Oregon. Collaborating with education, government, and other partners, ODA is pursuing short- and long-term solutions that will help to resolve urgent workforce needs, expand access to care for underserved Oregonians and improve the diversity of the dental care workforce. We believe it is a critical time for the Oregon Legislature to invest in oral health across the state. Using our 2022 efforts as a launching point, ODA developed a 2023 legislative

agenda including a \$20 million general fund investment in Oregon's oral health workforce. Funds will be focused on K-12 programs, community college programs, provider incentives and the creation of a chairside training toolkit. Watch for opportunities to engage on this legislative package in 2023!

In addition to the workforce package, ODA's Board of Trustees approved a 2023 legislative agenda addressing two key insurance transparency issues: virtual credit card fees associated with reimbursements and network leasing. Oregon dentists and their patients are navigating increasingly complex and opaque dental insurance practices that raise health care costs and harm access to care. When dental plans are not transparent, dentists are unable to quote accurate costs before they provide services, and patients may forego receiving the care they need or using the benefits to which they are entitled. This legislation will improve access to care, oral health outcomes and public understanding of health care costs by requiring provider network transparency and claims reimbursement transparency.

## Regulatory Affairs

2022 brought ample opportunity for ODA to engage with key regulatory bodies on behalf of members. Regulatory wins included decreasing OR-OSHA PPE requirements for providers; protecting small businesses in new OHA mergers and acquisitions rules; and ensuring new dental therapy rules align with negotiated statutory language.



**ODA's Board of Trustees  
approved a 2023  
legislative agenda**





## LEADERSHIP

ODA leaders are the livelihood of the organization, giving their time and expertise to advance the association, profession, and patient care. We continue to see record participation in leadership and opportunities for membership engagement. This is in part due to our highly successful Leadership Academy, which offers members the opportunity to experience a backstage pass to ODA experiences and offerings while developing and enhancing their leadership and interpersonal skills. Seven members participated in the Leadership Academy in 2022, two of whom are now participating in ODA committees.

### Diversity, Equity and Inclusion

When you belong to the ODA, you belong to a community that respects and appreciates our differences, whether in age, ethnicity, race, national origin, sexual orientation, gender, disability, economic status, religion, or any other distinguishing characteristic or trait. We are striving to ensure that ODA is a diverse, inclusive, and supportive community where every member is respected, valued, and seen. In October, we hosted a unique DEI training for 43 ODA leaders to continue to drive our organization forward with a focus on equity and inclusion. The webinar, “Diversity, Equity, and Inclusion Training for ODA Leaders,” presented by ADA Client Services Manager Val Eyssen, ADA Manager of Diversity, Equity, and Inclusion Susana Galvan, and ADA DEI

contractor Daniel Bahner, focused on ensuring ODA leaders have the tools to continue to drive the ODA forward as a leader.

### Strategic Planning

ODA’s Board of Trustees spent significant time in 2022 envisioning what type of organization ODA should be in the coming years and developing the next three-year strategic plan, which will focus on membership growth, increasing non-dues revenue, and strengthening our advocacy efforts.

### House of Delegates

The 2022 House of Delegates was offered virtually on September 24. A total of 66 delegates from throughout the state came together to discuss important issues and vote on resolutions that will guide the association moving forward. Participants also had the unique opportunity to engage with all three gubernatorial candidates in a special election forum.

### Closing Message

As an ODA member, you are part of something bigger. The successes outlined in this report are due to the collective efforts of the ODA community, including members, leadership, partners, and staff. Thank you for your individual contributions and for your ongoing support of the association and the profession. We are truly stronger and can accomplish more together! ●

### PRACTICES FOR SALE

Outdoor Lovers Paradise. Spend your time on the homestead, hunting, fishing, and horseback riding in the Northwest Sportsman's Paradise, while providing cutting-edge dentistry only 3 days per week. All digital, state-of-the-art, chart-less network with CBCT and loyal patients. Contact Megan Urban, Broker with OMNI Practice Group 503-830-5765 or [megan@omni-pg.com](mailto:megan@omni-pg.com). (OD139)

Healthcare Building for Sale in Southern Oregon. 1200 sq. ft. building in beautiful rural area near CA. Good for dental, veterinarian, healthcare, or other business. Contact Megan Urban, Broker with OMNI Practice Group 503-830-5765 or [megan@omni-pg.com](mailto:megan@omni-pg.com). (OR104)

Exceptional General Practice for Sale in Eugene CBCT, CEREC, 4 ops in 1500 sq. ft., great reputation, and location. On track to collect over \$758,000 working 29 hours per week. Contact [Megan@omni-pg.com](mailto:Megan@omni-pg.com), 503-830-5765. (ORD131)

West Beaverton Dental Practice and Space for Sale. Mature general practice in great location. 3 ops in 1100 sq. ft. and more space available. Fantastic growth opportunity as OS, ortho, endo, perio, implants referred out. Currently working 3 days per week collecting about \$350,000. Contact Megan Urban at [megan@omni-pg.com](mailto:megan@omni-pg.com), 503-830-5765. (ORD153)

Great building and practice available in Eugene/Springfield. Collecting over \$900,000. 5 ops and room for more and/or rent out upstairs space. Contact [Megan@omni-pg.com](mailto:Megan@omni-pg.com), 503-830-5765. (ORD157)

Salem/Keizer Dental Practice and Building for Sale Long-standing general practice collecting over \$600,000 in 4-8 ops, 4 equipped. Growth potential as most OS and endo referred out. Hygiene 6.5 days per week. Contact [megan@omni-pg.com](mailto:megan@omni-pg.com), 503-830-5765. (ORD162)

Dental Building for Sale in Salem. Dental building for sale on main street, 2784 SF, 4+ ops. On-site parking. Dental lab currently renting basement. Upstairs could potentially be rented out as office space or ADU. Contact Megan Urban, Broker with OMNI Practice Group 503-830-5765 or [megan@omni-pg.com](mailto:megan@omni-pg.com). (ORR105)

Portland Dental-Veterinarian-Medical Building for Sale. 1776 sq. ft. on 2 levels. New HVAC and vinyl windows. Please contact [Megan@omni-pg.com](mailto:Megan@omni-pg.com), 503-830-5765. (ORR156)

Dental Lab and Free-Standing Building for Sale. Dental Lab and Free-Standing Building for Sale. Beautiful building in great location with nearly 5,000 sq. ft. Dental lab is primarily fixed products and implant restorations with all the technology and bells and whistles. It has been in business for over 40 years with an outstanding reputation. Projected 2022 production is nearly \$3.0M. Contact [megan@omni-pg.com](mailto:megan@omni-pg.com), 503-830-5765. (ZZD158)

Associate Positions and Partnerships Available in Portland. Quality practices with opportunity for high income. Some positions are long-term, some can be short-term. Contact Megan Urban, Broker with OMNI Practice Group 503-830-5765 or [megan@omni-pg.com](mailto:megan@omni-pg.com).

Yamhill County. Beautiful spacious facility. 6 operatories, 5 equipped. Up-to-date office with 3d imaging. No upgrades needed. Practice collects \$600K. Contact Paul at [paul@mydentalbroker.com](mailto:paul@mydentalbroker.com) 866-348-3800 or Adam at [adam@mydentalbroker.com](mailto:adam@mydentalbroker.com).

Awesome Perio Practice. High Producing and efficient perio practice located in Oregon's beautiful Willamette Valley. Contact Adam at 541-520-5507 or [adam@mydentalbroker.com](mailto:adam@mydentalbroker.com).

Large Southern Oregon practice collecting \$2.5M. The office is beautiful and located in a newer spacious facility. Exceptionally well managed practice and efficient team. Contact Adam at [adam@mydentalbroker.com](mailto:adam@mydentalbroker.com) or 541-520-5507.

3 op FFS boutique practice located in Gresham's downtown district. Many upgrades throughout; Adec chairs, pano, instruments, and more. Collecting 300K+ with awesome opportunity to increase revenue. Contact Adam at 541-520-5507 or [adam@mydentalbroker.com](mailto:adam@mydentalbroker.com).

Eugene. Beautiful 5-op practice. Consistent revenue of \$900K+ on less than 160 days per year with 8 weeks of vacation. Real estate is also available. Contact Adam at [adam@mydentalbroker.com](mailto:adam@mydentalbroker.com) or 541-520-5507.

Tigard. 5 operatory long-established practice in highly desirable area. Conservative retiring dentist with strong hygiene program. Collections over \$800K. Real estate is also available. Contact Adam Bratland at [adam@mydentalbroker.com](mailto:adam@mydentalbroker.com) or 541-520-5507.

Well-Established Luxurious General Dental Practice with Amazing Island Lifestyle. Rare opportunity to own a successful, well-respected practice on beautiful San Juan Island overlooking Friday Harbor. Motivated seller willing to carry portion of financing. Over \$700K in only 15 working days per month. Three operatories with potential for four. Heavy C&B and restorative. Most endo, perio, OS, and pedo referred. Huge potential for additional income if you book 5 days/week or add in above procedures. Two hygienists FULLY BOOKED! Delightful, drama-free, motivated, and knowledgeable staff willing to stay. Waterfront home with mooring and beach available to rent if desired. Contact [rod@omni-pg.com](mailto:rod@omni-pg.com); 206-979-2660. (WAD397)

Oregon Coast Dental Practice and Building for Sale Oregon Coast Dental Practice for Sale. Beautiful space with 6 ops, 4 equipped, in 2511 sq. ft. pre-covid collecting nearly \$800,000, and last year nearly \$700,000, working 4 days per week. Ortho is referred out, as well as much of OS and Perio. In-network with Delta Premier only. Contact [megan@omni-pg.com](mailto:megan@omni-pg.com), 503-830-5765. (ORD159)

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**LEADERSHIP ACADEMY PROFILES...**

*Continued from page 23*



**Dr. Nicole Tasooji**

*What most excites you about being part of the 2023 ODA Leadership Academy?*

I am excited to be in conversation and interacting with individuals who are shaping the future of our profession. I am also excited to grow as a leader through the experience gained from the Leadership Academy and be able to apply those skills in my daily practice.

*What do you think the true role of a leader is?*

I think that the true role of a leader is not necessarily what they can do

themselves, but more their ability to recognize the strengths in others and help put those individuals in positions where those strengths and abilities can be magnified to set them and the team up for success. A true leader has the ability to see and narrow in on the value of the others around them and empower those people collectively to achieve a common goal.

*Who has been a primary mentor/influential person in your life, and what have you learned from him/her?*

My husband, who has been my partner for almost 10 years now, has always been someone that I look to for guidance. His conviction, character, dedication, and ability to bring people together have always been something I have admired and learned from.

*What do you most appreciate about the profession of dentistry?*

I love that no day is the same. As a dentist you get to build relationships with people — patients, staff, and colleagues. I have always appreciated and been empowered by the trust that our patients put into us, and I love having the opportunity to provide care that makes a difference in my patients’ lives and health. 🌟

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- Lani Grass, East City Dental

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## Bethany Profitable Practice For Sale - #ORD169

### Key Highlights:

- Collections over \$1.0M
- 4 ops
- 1900 square feet
- Surgical implants and OS referred out



## Oregon Coast Dental Practice and Building for Sale - #ORD159

### Key Highlights:

- Collections approximately \$800,000
- 6 ops, 4 equipped
- 2511 square feet
- Ortho, OS and perio referred out

**For more information: [omni-pg.com/listings](https://omni-pg.com/listings)**

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