



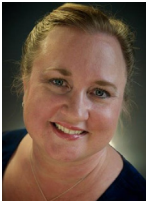
**LANE COUNTY  
DENTAL SOCIETY**



**SOUTHERN WILLAMETTE  
DENTAL SOCIETY**

**lcds & swds news**

**May/June 2024**



## ED Message: Potential Component Merger

Nissa Newton

The Oregon Dental Association has been working with its societies to find solutions to assist unstaffed components. Due to this initiative, Lane County Dental Society (LCDS) has been in discussions with Southern Willamette Dental Society (SWDS) leadership about joining the two components together to create the Coastal Cascade Dentist Association (CCDA). There would be benefits for both groups. For those in LCDS, their membership would also give them access to dental events in the Albany, Corvallis, and Newport areas. SWDS members would have more events in their area and access to events in Lane County. LCDS events are planned through the end of 2024, and I am actively working on scheduling events in Lane County for 2025. I am also working with Dr. Burnett, President of SWDS, planning summer, fall, and 2025 events in the SWDS area. SWDS is having CE classes and a business meeting at Albany Golf and Events Center on Friday, May 31st. At this event, there will be a business meeting during its member luncheon. I will be attending, and I look forward to meeting SWDS members!

For the remainder of 2024 events, Southern Willamette members are invited to attend LCDS continuing education events at the member rate of \$0. Should this merger be approved at the September House of Delegates, creating Coastal Cascade Dentist Association, the new component structure will go into effect on January 1st.

The Coastal Cascade Dentist Association membership dues portion will be \$500 (Lane County Dental Society's current dues rate). CCS will have socials and CE events throughout the current SWDS and LCDS areas. CCDA will continue the LCDS policy of having free CE for all its members regardless of where the event is. The CCDA council will have space available for new council members from all areas of the new association.

I am excited about this opportunity. Together, we will have more resources and opportunities for our members, not only to gain required CE credits, but also build relationships and friendships.

## Member Spotlight: Seth Holland DMD AKA Dr. Bert Walpack

*Dentists perform stand up without a Pre-Auth!*

**ORAL FIXATION  
Comedy**

*Dr. Bert Walpack*

*Dr. Brady Smith*

**upcoming shows**

**JULY 25TH • INFINITY ROOM • 7:30PM**

**JULY 27 • CURIOUS COMEDY THEATER ANNEX • 7:00PM**

**July 18, 7:00 Olsen Run- Eugene 7:00 PM**

Lane County Dental Society has a comedian in its membership. Eugene dentist Dr. Holland moonlights as Dr. Bert Walpack when performing comedy. He has an upcoming show, Oral Fixation, at the Olson Run Comedy Club on July 18th at 7 PM. This would be an entertaining event for dentists, assistants, and hygienists. Why not plan a fun night out for the whole dental office?

Dr. Holland's practice is Mount Pisgah Family Dental in Eugene. Although he grew up in rural New Jersey, Dr. Holland has lived in Oregon since 2007 and graduated from OHSU in 2013. He has advanced training in IV sedation, dental implants, and pediatric dentistry. He is also an Academy of General Dentistry Fellow. Dr. Holland's family enjoys outdoor activities such as skiing and mountain biking. They are also Oregon Duck Basketball fans.

**Oregon is your second home state; how did you end up here? Do you still have family in New Jersey?** I grew up in northern New Jersey and it was real pretty. There is a lot of farm land there and it reminds me of the Willamette Valley. I moved to New York after college to be an engineer but after a few years I decided to switch careers to become a dentist. I wanted to move to either Colorado or Oregon to go

Member Spotlight: Seth Holland DMD Continued on p. 7

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**LCDS & SWDS News - May /June 2024**

Published bi-monthly by the Lane County Dental Society (LCDS) and distributed to members of the society as a benefit of membership. Statements of opinion in this publication are not necessarily endorsed by LCDS Contributions to the newsletter are welcome in the form of articles, photos, announcements, or other items of interest for our membership. Notice of errors and corrections are appreciated. Deadline for July/August Newsletter is June 15, 2023. Send all items to [office@lanedentalsociety.org](mailto:office@lanedentalsociety.org).

**LCDS President's Message** Dr. Matthew Bahen, DMD

My name is Matthew Speedy Bahen and I have been working in the sleepy little town of Creswell for the last 15 years. I love being in a rural practice and participating in the small town activities but I haven't been able to meet and commiserate with the "big city" dental community as much as I'd like. Which is where the dental society comes in. Between the quality CE course offerings and the socials, I no longer feel like I'm alone on an island.

For the last several years, during the Lane County Dental Society meetings, I tried my best to keep my head bowed and my eyes cast downward whenever there were leadership positions to be filled. I wasn't paying enough attention this time around and when Nissa asked who could be the president of the society for this year, I was looking right at her. Since everyone else in the room had already served, I was stuck.

I'm glad to be of service though and hopefully will not disrupt the momentum that Nissa and the board have been working to build up. Our society has some exciting things happening this year and I personally look forward to meeting more of our members and enjoying this beautiful place we call home.

**SWDS President's Message** Dr. Kent Burnett, DDS

Hello to all Southern Willamette Dental Society members!

Please come for a day of CE and food at the Albany Golf and Events Center on Friday, May 31st.

Dr. Daniel Petrisor from OHSU will speak on Oral Cancer in the morning. Dr. Martin Friess from OHSU will speak on Hemostasis and Dentistry in the afternoon. The session will start at 9:30am and will go until 3:00pm with lunch. The lunch will be provided by Willamette Valley Smokehouse.

During the lunch break, I would like to have a short business meeting and discuss an opportunity to make some exciting changes to our component. It would be great to have as many members there as possible to discuss the future of the Southern Willamette Dental Society and get your feedback!

Please call my office at 541-754-1668, or e-mail Debbie Douglas at the ODA at [ddouglas@oregondental.org](mailto:ddouglas@oregondental.org) and let me know if you have questions!

Looking forward to seeing you there!

Dr. Kent Burnett  
 President of Southern Willamette Dental Society

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**Jennifer Kinkade**  
SVP, Healthcare Relationship Manager  
503-509-0073  
[jenniferkinkade@columbiahealthcarebanking.com](mailto:jenniferkinkade@columbiahealthcarebanking.com)



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Saturday, September 7, 2024

# ORAL CANCER FOUNDATION

**Corvallis Oregon Oral Cancer Fundraiser**

**Registration: 8:30 AM • Walk Begins: 9:30 AM**

**Join us in raising money for oral cancer research,  
public education and patient support.**

## LOCATION:

**Willamette Park  
1350 SE Goodnight Ave.  
Corvallis, OR 97330**

## COST:

**Walkers \$35 to pre-register, \$40 day of the event  
Oral Cancer Survivors are FREE  
Children 5 and under are FREE/Ages 6-10 \$15**

## REGISTRATION:

**For more information or to register, please visit:**

**<https://ocf.donordrive.com/event/oregon>**



 Register

# GIVE ORAL CANCER A VOICE!

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



## LCDS Golf Scramble Event Highlights



Over a year in the making, the much-anticipated Golf Scramble organized by a few enthusiastic members finally came to fruition at Shadow Hills. The council's decision to host the event at this picturesque location proved to be a stroke of genius, setting the stage for a memorable day of camaraderie and friendly competition.

May 10th was a fortunate pick, defying wet weather in previous days with dry fairways under clear skies. Five teams eagerly took to the course.

In a display of skill and teamwork, the quartet comprising Dr. Jonathan Backer, Todd Hass, Nate Bill, and Chad McDermott scored an impressive 61. The runners-up were Dr. Speedy Bahen, Peter Bahen, Matt Wendt, and Tyler Falk, who finished



with a score of 63.

Adam Bratland, Pierce Bratland, and Dr. Greg Grieves secured a respectable score of 64. Dr. Larry Over, Beth Over, and Scott Palmer, along with Dr. Norm Magnuson, Dr. Ryah Magnuson, Laurie Van Curler, and Dr. Leah Hickson, rounded out the field, each tying with a score of 77.

Columbia Healthcare Banking graciously provided lunch.

Looking ahead, the success of the Golf Scramble underscores the potential for future social events to further unite members who share common interests. Building upon this foundation, we aim to create more opportunities for networking and camaraderie.



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## The Shocking Truth About Infection Control in Dental Offices that Can Cost You Hundreds of Thousands of Dollars and Years of Court Costs

The majority of dental practices overlook essential infection control training and policies, putting both patients and staff at risk. Despite regulatory requirements mandating infection control education for license renewal, **most other team members are often left out**. Infection prevention training is paramount for every member of the clinical team, aligning with guidelines from the CDC and ADA. *Note: OSHA training is NOT the same as Infection Control training.*

Investing in ongoing infection control training isn't just a legal requirement—it's a crucial step toward safeguarding patient safety and avoiding potential legal repercussions.

Consider the case of **hundreds of children in Anaheim, California, where inadequate infection control measures led to over 200 court cases from parents of children diagnosed with oral infections that required high-level anti-biotics and multiple, often disfiguring, surgeries**. This highlights the real-world impact of neglecting proper protocols and underscores the importance of proactive measures. The journey toward improved infection control starts with comprehensive training and personalized protocols.

**Not sure where to start?** Scan this QR code to get your free Infection Control Plan.



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**Adam Bratland 541.520.5507**  
[adam@mydentalbroker.com](mailto:adam@mydentalbroker.com)

## Member Spotlight: Seth Holland DMD Continued from p. 1

to dental school so I chose Oregon because of its proximity to the ocean and at the time I was really into track and field.

**It sounds like your family loves the great outdoors. Did you play any sports or ski when you were younger?** I played a lot of basketball when I was growing up but I also did some downhill skiing. The snow in New Jersey and the East in general is very icy and not great for carving turns I feel spoiled skiing out here since I have yet to ski on sheet of ice in Oregon.

**Why did you choose dentistry as a career? Are you the first dentist in your family?** I was working as a fire protection engineer but not loving the job so I took a career test and it pointed me towards dentistry. I am not the first dentist in my family. My grandfather Albert Holland had a dental practice in New Jersey for 30 years.

**Are there any areas of dentistry you are interested in or want to do more of in your practice?** I take a lot of classes with the Oregon Academy of General Dentistry so it's a great birds eye view of what types of care you can provide for your patients. Currently I'm spending a lot of my learning about oral facial pain.

**When did you first start getting into comedy?** When I lived in New York City after college I did it for three years but then I took a 10 year break when I got busy with dental school and having a family.

**When did you create your stage name, and what inspired you?** I use a stage name because I was pretty bad at stand up when I restarted and I didn't want people to find out how bad I was. No one wants to see their dentist dying on stage.

**What is the funniest thing about dentistry?** I like reading the notes the hygienists write regarding the personal affects of the patients like: "Patient has a cat named Trudy and won a hot dog last summer on vacation in Iowa." You read the notes and you're like 'how would someone describe me in two sentences to make my dental seem more magical?'

**Do you have any advice for dentists who want to make their practice more fun for themselves, staff and/or patients?** I guess its obvious that you need to hire people you like being around so that its fun to come to work. Also I think you got to keep taking continuing education so you always have something you are excited about in dentistry.

**Is there anything else that you would like to share about yourself?** I performed in the Hell Yes Comedy Festival, the B4Udie Comedy Festival, the Portland Maine Festival and Don't Tell Comedy shows.

## Lane County and Southern Willamette Dental Societies Need Representation

Since the Merger of our two societies will be discussed at this year's ODA House of Delegates meeting, it is more important than ever to have representation! The Meeting is September 28, 2024, 9 a.m. - 12 p.m.



Registration for ODA's House of Delegates is open! Represent your local component society, hear first-hand ADA updates, and vote on elections and resolutions. We're starting bright and early on a virtual format, so you can relax with your cup of coffee and join us from anywhere! Register here: <https://bit.ly/2023odahod>





# March/April Event Photos

Smile and Sip with Food Truck Delights - LCDS Spring Social at 255 Madison



In April, Dr. Bryan Trump gave engaging program on soft tissue and radiographic pathology. We are planning to have him back next year for a hands on program.







ODA Wellness Ambassadors have a passion for helping dental colleagues and dental students at all stages of their career. Whether it comes from personal experience or the desire to support their colleagues, a Wellness Ambassador is enthusiastic about overall health and wellness. They agree to provide a compassionate ear and assistance to their colleagues in navigating resources for the next steps to improve stress, practice issues, debt, family obligations, mental health issues, addiction and other life challenges and obstacles. If you would like to speak with someone one-on-one or have a Wellness Ambassador attend one of your local meetings please fill the Request Form: [www.bit.ly/WELLNESSREQUEST](http://www.bit.ly/WELLNESSREQUEST)



**White Bird Dental Clinic Report**

**Itzel Ornelas**

At White Bird Dental, we offer restorative dental care Monday through Friday by appointment. Our services include comprehensive exams and hygiene cleanings. We accept OHP/Trillium/Pacific Source and private dental insurance. If you're uninsured, we will charge you on a sliding scale based on your income. In addition, we have an emergency walk-in clinic on Mondays and Wednesdays that starts at 7:45 A.M. to cater to individuals who are currently in pain. We also conduct sealant clinics within Eugene's Bethel school district. Our interns are dedicated to providing care to our patients while gaining valuable clinical experience. Currently, we are hiring additional Dental Assistants and would be delighted to welcome new members to our team! We appreciate all the support and donations from our local dentists that help us continue providing affordable dental care for anyone. We take pride in the care we continue to provide for our patients.

**Systems Yes!**

**Dental Office Management Corner with Jannette Douglas**

Yes, I get excited about systems! My question is, what are you waiting for?

Effective systems create structure, consistency, and efficiency in daily operations. They also increase productivity and reduce stress for staff, leading to a better work environment and higher job satisfaction.

Systems can include appointment scheduling, patient check-in and check-out, as well as treatment planning and case presentation. They can also include billing and insurance processing, inventory management, and infection control protocols.

Well-designed systems can improve patient experience by reducing wait times, ensuring accurate record-keeping, and providing clear communication between staff and patients.

Patients will feel more comfortable and confident in the care that they receive, leading to better patient

retention and referrals.

When systems are not in place, chaos and disorganization reign. This leads to decreased productivity, unhappy staff, and dissatisfied patients. Don't let that happen to your practice.

Implement effective systems today and improve patient care, streamline operations, and boost staff morale.



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 503-312-3269 [Janette@jddentalconsulting.com](mailto:Janette@jddentalconsulting.com)

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Tip # 1 File fees every 6 months.  
Tip # 2 Job descriptions prevent misunderstandings.

## LCDS & SWDS Upcoming Events

### CE Classes on Oral Cancer & Hemostasis with SWDS Business Luncheon



Friday May 31st, 9:30am - 3:00 p.m. Sponsored by Columbia Healthcare Banking  
Albany Golf and Events Center , 155 NW Country Club Ln, Albany, Oregon 97321

Dr. Daniel Petrisor from OHSU will speak on Oral Cancer in the morning.

Lunch will be provided by Willamette Valley Smokehouse.

Dr. Martin Friess from OHSU will speak on Hemostasis and Dentistry in the afternoon.

RSVP by calling Dr. Kent Burnett's office at (541) 754-1668

Event Registration Page:

[www.bit.ly/LCDSEVENTBRITE](http://www.bit.ly/LCDSEVENTBRITE)

### Retiree Luncheon

Tuesday, June 11th, 12 - 2 pm

Roaring Rapids Pizza Company

4006 Franklin Blvd, Eugene, OR 97403

Retired dentists (member or nonmember) are invited to LCDS Retiree Luncheon. Tickets are \$25 for each attendee. Can be purchased by card online: [www/bit.ly/LCDSEVENTBRITE](http://www/bit.ly/LCDSEVENTBRITE) or by check through the mail: Lane County Dental Society, 4736 Royal Ave, PMB 109142, Eugene, OR 97402.



Event Registration Page:

[www.bit.ly/LCDSEVENTBRITE](http://www.bit.ly/LCDSEVENTBRITE)

### Vino and Vango Party



Saturday, July 20th, 3-5:30 pm. Made possible through grants from ODA and ADA  
Don Dexter Gallery, 2911 Tennyson Ave, Eugene, OR 97408

Enjoy a funfilled afternoon of painting and wine. A Vino and Vango instructor will lead us through creating a masterpiece that you can take home or display in your office. (No painting experience necessary)

Free for Dentists. Tickets for guests of dentists are \$40 each.

### Science and Sandwiches: Inside Oral Bio Tech



Saturday, August 11, 2024 12:00 - 2:00 p.m. (time and date subject to change)

Oral Bio Tech, 421 Water Ave NE, #3200, Albany, OR 97321

Event Registration Page: [www.bit.ly/LCDSEVENTBRITE](http://www.bit.ly/LCDSEVENTBRITE)

Dr. V Kim Kutch and Oral Bio Tech (CariFree products) welcomes Lane County and Southern Willamette Dental Societies to their facilities for a noon social and tour of their facility. Learn more about the science behind the CariFree products, enjoy the company of dentists from both societies with wine and sandwiches.

### SAVE THE DATE: September 6, 2024, Nobel Biocare Emerald City Dental Expo

A one-day educational event where the latest innovations in dentistry meet practical clinical application. Dive into the latest advancements and trends shaping the field of dentistry. This expo offers a platform to discover cutting-edge techniques, technologies, and treatments.\* Hands-on demonstrations for the whole office \*Hygiene and dental assisting workshops \*Navigated Surgery and X-Guide Demo \*Socket Preservation & Bone Grafting \*Digital Workflows using Intraoral Scanners, Sprint Ray, DTX Studio, & More!

**Event will be held at UO Ford Alumni Center, Time: TBD**





**Oral Cancer Foundation: Corvallis Oregon Oral Cancer Fundraiser**

Saturday, September 7, 2024, Registration 8:30 a.m. Walk Begins 9:30 a.m.

Willamette Park  
1350 SE Goodnight Ave.  
Corvallis, OR 97330

Register <https://ocf.donordrive.com/event/oregon>

**LCC Dentist Social At the New Healthcare Professionals Building**

Event Registration Page:

[www.bit.ly/LCDSEVENTBRITE](http://www.bit.ly/LCDSEVENTBRITE)

Sponsored by: Columbia Healthcare Banking

Tuesday, September 17, 2024

Healthcare Professionals Building

Lane Community College, 4000 E 30th Ave, Eugene, OR 97405

4006 Franklin Blvd, Eugene, OR 97403



Join other dentists and LCC dental staff for a great evening of socializing, food, drinks, and see the finished building that will be housing the LCC's dental assisting and hygiene programs.

**Suturing for Success, Nabeel Cajee, DDS (3-5 CEs) optional hands-on session**

Event Registration Page:

Friday October 18, 2024, LCC 4000 E 30th Ave, Eugene, OR 97405

[www.bit.ly/LCDSEVENTBRITE](http://www.bit.ly/LCDSEVENTBRITE)



**Speaker: Dr. Nabeel Cajee, D.D.S.** Dr. Cajee completed his dental training at University of the Pacific and an advanced education in general dentistry residency at Highland Hospital, a regional trauma center for Northern California. He is recognized as a Master in the International Congress of Oral implantologists and Fellow of the American Academy of Implant Prosthodontics. In 2021, Dr. Cajee earned the "Top 40 under 40 award from Incisal Edge magazine, a national publication. Dr. Cajee lectures in the areas of implant surgery techniques and 3D printing. He maintains an implant dentistry focused private practice in Manteca, California.

**Lecture 9:00 a.m - 12 p.m.** The morning session will begin with a lecture on the elements of suturing comprised of instruments, the anatomy of a suture, and the biology of wound healing. We will proceed to a demonstration of needle and thread handling, locking knot tying (surgeons knot and modifications), and basic suturing throws (single interrupted, Continuous, Mattresses, Singing Sling, Figure of 8). Time will be provided to discuss areas where course participants have faced roadblocks in suturing. Objectives: Participants will understand suturing fundamentals, armamentarium and best practices for material/ instrument handling. Participants will develop an understanding of locking knots; learn the surgeon's knot, modified surgeon's knot, and hand ties.

**Lunch Social 12 p.m. - 1 p.m.**

**Hands-On Workshop 1 p.m. - 3 p.m** limited to 30 participants, option available as a ticket add-on. There is no extra cost.

LCDS is an ADA CERP recognized provider approved by the Oregon Dental Association. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.

LCDS is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this provider are accepted by AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a State or provincial board of dentistry or AGD Endorsement. The current term of AGD approval extends from 1/16/2022 to 1/15/2027.

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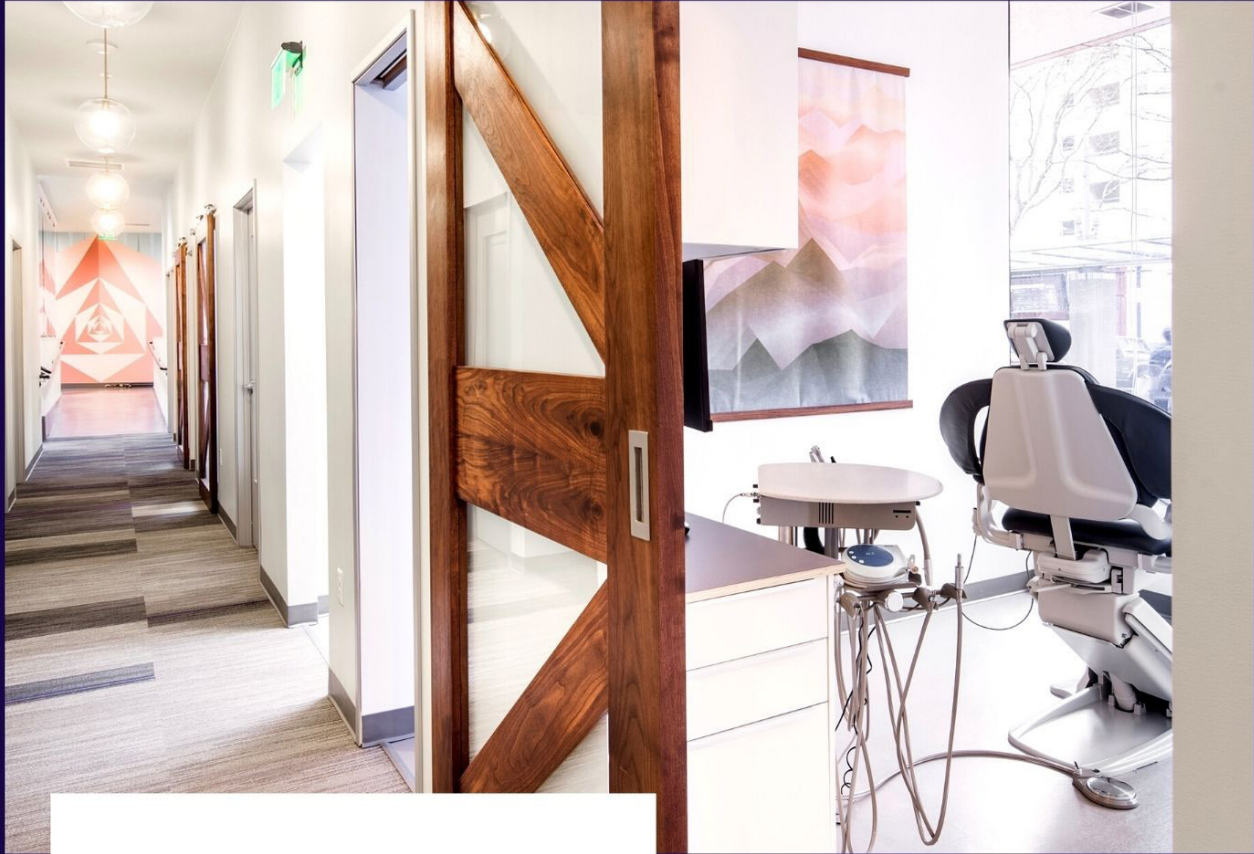
**Advances in Dental Pharmacotherapy with Professor Karen Baker**

Event Registration Page: [www.bit.ly/LCDSEVENTBRITE](http://www.bit.ly/LCDSEVENTBRITE)

**December 6, 2024, 9 a.m. - 12 p.m. (3 CEs)**

Antibiotic stewardship has taken on new importance with the emergence of superbugs and the decline in effective and available oral antibiotics. Karen will update the dental team on recent developments in dental antibiotic prescribing and outline strategies for prescribing to ensure therapeutic success with minimum risk. Karen will discuss difficult questions about antibiotic prophylaxis and all relevant guidelines and decision tools will be included. Opioid prescribing remains controversial, especially in young, opioid naïve patients. We will explore alternatives and strategies that benefit patients and reflect positively on your practice.





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# Classified Ads

**LCDS & SWDS members can submit free classified ads to help find new employees. Please send any classified ads to [office@lanedentalsociety.org](mailto:office@lanedentalsociety.org), which will be posted on our website and in our following newsletter.**

Here are some other resources that could be helpful for our members seeking employees: [www.adha.org/career-center](http://www.adha.org/career-center), [www.dentalworkers.com](http://www.dentalworkers.com), and [www.oregondental.org/member-center/oda-connect](http://www.oregondental.org/member-center/oda-connect). For those seeking employment, you may also email your resume to be uploaded to the member portion of our website. That way, our members can log in and view your resume while looking for help.

## **Whitebird Dental Clinic Seeks Dental Assistant.**

Are you a dental assistant passionate about helping patients achieve their best oral health? Look no further because White Bird Dental is looking for you! We're seeking a dental assistant to join our team. The ideal candidate should be certified in radiology, and or have an EFDA, and be passionate about dental care and helping those in our community. For more information contact our office at 541-344-8302 and ask to speak to Itzel.

## **Oregon Family Dental Seeks Dental Hygienist.**

We are a State of the Art, General Dentistry Practice seeking a Registered Dental Hygienist who shares the same goals of providing exceptional dental care to our amazing patients. The ideal candidate must have compassion, confidence, strong chairside skills with a current Oregon RDH license. Position has flexibility to be 3 or 4 days/week. Benefits include: Paid vacation, Paid sick leave, Wellness Pay, Holiday Pay, Section 125 Cafeteria Plan, 401k Matching for 4 day/week position, Medical Insurance or Medical Stipend, Dental Benefits, Gym Membership and DRAMA FREE office! Immediate Position Available. Please email resume to: [mbain@oregonfamilydental.org](mailto:mbain@oregonfamilydental.org) (5/3/2024)

**Lane Community College is excited to invite you to join one of our upcoming hard hat tours of our Health Professions Building.** We broke ground on the 32,000 square foot Health Professions Building II in December 2022. The project is well underway and scheduled for completion in summer of 2024. The facility will house Lane's Medical Assisting, Emergency Medical Technician, Dental Hygiene, and Dental

Assisting programs. Come check out the incredible progress! We are limited on the number of people for each tour. Please email [tiana@laneccfoundation.org](mailto:tiana@laneccfoundation.org) with the date you would like to attend to reserve your space. All tours begin at 3:00 pm on Lane's Main Campus. Health Professions Building Tour Dates: 6/12/24, 6/18/24. Important note: This is an active construction site. Closed-toe shoes are required. No high heels may be worn on site. Attendees will be required to wear hard hats and safety glasses which will be provided upon arrival.

## **Corvallis Oregon Oral Cancer Walk September 7, 2024: The 3rd annual OCF 5k (Sponsor or Participate)**

Every dollar raised goes directly to The Oral Cancer Foundation; donations are tax-deductible. Please reach out if you would like more info and help us spread the word! <https://ocf.donordrive.com/event/oregon>

## **Caring Hands Dental Clinic and Lane County Fairgrounds: November 9 -10, 2024.**

Caring Hands served almost 200 veterans, elderly, and low-income families with free dental exams, digital x-rays, fillings, extractions, and dental cleanings this year for an estimated total of \$80,000 in free dental care. If you want to volunteer next year, the dates will be November 9th and 10th at the Lane County Fairgrounds Auditorium. For further information, please contact Randy Meyer at [randy@caringhandsworldwide.org](mailto:randy@caringhandsworldwide.org) or 541-556-5902.

**LCDS Members can view council minutes online with their ADA login:**

[www.bit.ly/LCDSMINUTES](http://www.bit.ly/LCDSMINUTES)

## **LCDS DIRECTORY CORRECTION**



The wrong picture was used for Dr. Daniel C Harper, Periodontist, 2567 Cal Young Rd, Eugene, OR 97401. Here is the picture that will replace the wrong picture on the online directory.

The 2025 print directory will be made April 2025. Please contact [office@lanedentalsociety.org](mailto:office@lanedentalsociety.org) for any corrections or updates.

## Could You Benefit from an HSA?

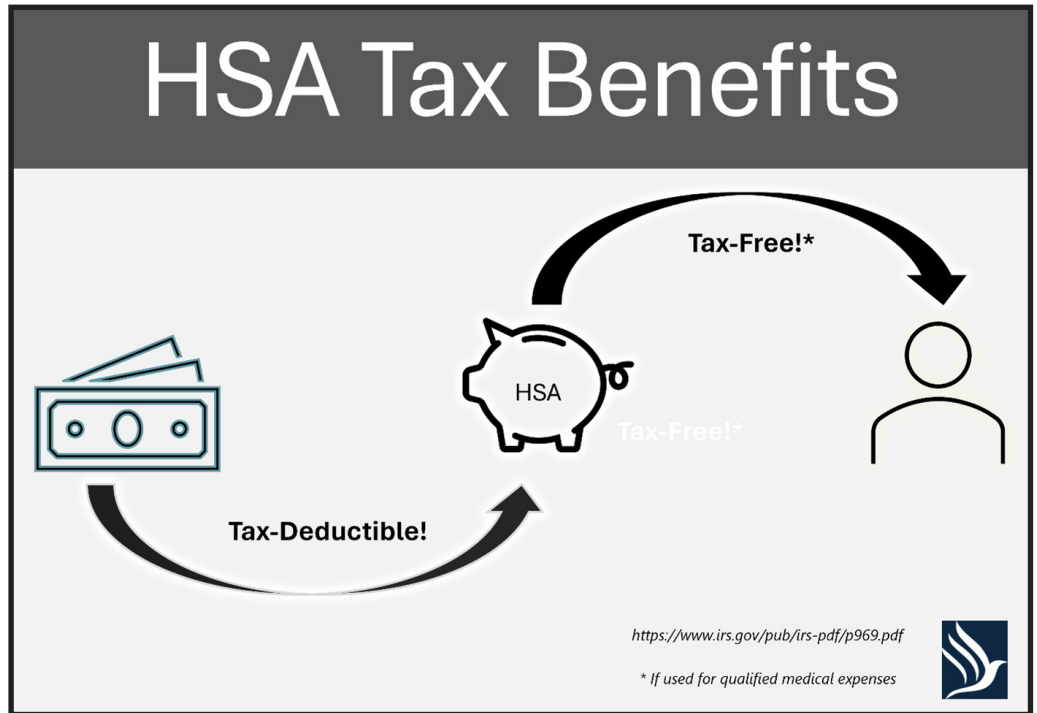
Financial Tip Provided by Financial Freedom For Dentists

Could You Benefit from an HSA? Many dentists are in a high tax-bracket, searching for tax-deductions. Funding a Health Savings Account (HSA) can be an important part of a financial plan. The IRS defines an HSA as a tax-favored account which you can set up to accumulate money to pay for qualified health care expenses. If you're looking for a way to afford skyrocketing health care costs, while having the ability to grow your money, HSA's offering the following valuable benefits:

- Tax-deductible contributions, regardless of your income.
- Tax free growth on HSA account.
- Withdrawals from an HSA are not taxable as long as they are used for qualified medical expenses. (See IRS Publication 969, page 9)

Because HSAs grow tax-free, some dentists choose to invest those funds in stock-based investment options as an effective investment strategy for future medical expenses inevitable in retirement, the longer these funds can grow tax-free, the better.

The chart on the right illustrates the tax benefits, comparing an HSA to retirement plan and Roth IRA. Retiring dentists can plan to withdraw HSA funds to pay for qualified medical expenses.



For more information, see the following article, "Could I Benefit from a Health Savings Account?" here: [www.financialfreedomfordentists.com/post/could-i-benefit-from-a-health-savings-account](http://www.financialfreedomfordentists.com/post/could-i-benefit-from-a-health-savings-account).

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|                                 | Contributions<br>Tax-Deductible? | Account Grows<br>Tax-Deferred? | Distributions<br>Tax-Free? |
|---------------------------------|----------------------------------|--------------------------------|----------------------------|
| Retirement Plan                 | ✓                                | ✓                              | ✗                          |
| Roth IRA                        | ✗                                | ✓                              | ✓                          |
| HSA<br>(Health Savings Account) | ✓                                | ✓                              | ✓*                         |



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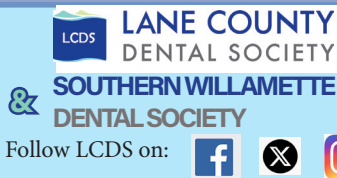
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