



Member Spotlight: Dr. Rachel Meek Serving Tribal Members at Siletz Community Health Clinic



Coastal Cascades Dentist Society welcomes Dr. Rachel Meek to its council. Her position on the council reflects our efforts to have wider representation throughout our new, larger geographical area, as she is currently working for the Confederated Tribes of Siletz Indians near Newport. Dr. Meek is a member of the Cherokee Nation of Oklahoma, and she actively seeks opportunities to utilize advocacy and her work as a clinical dentist to address the need for care in Native American populations, particularly among children.

Dr. Meek is also actively involved as a leader at the State association level. Her involvement began as an ODA liaison while she was a student studying dentistry at Oregon Health and Science University. She is currently serving on the ODA's Legislative Task Force and its Regulatory Advisory Council.

Although Dr. Meek did not initially think she would pursue a career in the medical field, after working as an orthodontic assistant and volunteering on service trips, she decided that dentistry offered a way for her to truly help others' health. She also discovered that there are not that many native dentists, which led her to work at the Siletz Community Health Clinic after graduating. Plus, she wanted to stay in Oregon.

In addition to dentistry, the health services encompass all health services on the reservation, including medical, pharmacy, and laboratory services. There is also a natural health area featuring various herbs and spices to help alleviate common ailments. This holistic approach to health facilitates collaboration between dentists and other medical professionals, enabling them to refer patients to one another for specialized care.

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**Executive Director Message**

Nissa Newton



So much happening at CCDS! We had an excellent turnout for our February Medical Emergency class (pictures on page 6). During our lunch at our business meeting, we reviewed the budget and financials, voted to update our bylaws, and voted for our 2025-2026 council members. On April 1st Dr. Mercedes Del Valle will be our president. She also served as president 2023-2024.

After Dr. Trump presented Oral Ulcerations: What's Eating You in Corvallis, he gave a hands-on class in Eugene on Biopsies. The attendees were given a model of a mouth to practice biopsies on. (see pictures on page 7). On May 1st and 2nd, Dr. Greg Psaltis will be giving a total of three different presentations on pediatric dentistry for CCDS, one Thursday evening class in Corvallis and two Friday sessions in Eugene.

In addition to our classes we also have a couple of spring socials. April 15th we will have our spring social at 255 Madison in Eugene. We did this social last year. It is a great Eugene venue and best of all, you get to choose your own meal at their food trucks that are on location. We will also be providing two drink tickets. In Monroe, we will have a unique opportunity to have a happy hour with goats. Their will be wine and appetizers, along with the relaxing farm atmosphere along with goats. It should be a lot of fun!

I'm most excited about our August Newport Event. It would be great to mark your calendars now and take the time to plan to bring your family. We will have a Friday CE class with GC sponsored speaker, Dr. Timothy Bizga, at the Best Western Agate Beach, then on Saturday morning, there will be golf available at Agate Beach Golf Course, and then a family luncheon at the aquarium. The class will be free for CCDS members and \$125 for nonmembers. The cost for golf will be \$50 for everyone who plays, which includes the golf cart for four golfers and 18 holes of golf. The luncheon at the aquarium will be \$50 per adult and \$25 for children over 4. This will include lunch and aquarium admission. You can pick and choose what you want to participate in. In other words, you do not have to go to the class to play golf or go to the aquarium, but you should come enjoy Dr. Timothy Bizga's presentations "Efficient Fundamental Dentistry: Pathways to Procedural Mastery in 'Bread and Butter' Dentistry" & "Composite Restoratives to CAD/CAM & cementation."

**Newsletter Advertising Sizes and Cost**

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Special requests will be considered and will depend on availability.

Those purchasing advertising can also receive complimentary on-line classified listings on CCDS' website; however, newsletter classifieds are reserved and free for CCDS Dentist members and service opportunity providers.

**Due Dates for Articles and Advertising**

January/February Newsletter - January 15  
 March/April Newsletter - March 15  
 May/June Newsletter - May 15  
 July/August Newsletter - July 15  
 September/October Newsletter - September 15

Publication comes out the end of the first month.

**CCDS News - March/April 2025**

Published bi-monthly by the Coastal Cascades Dentist Society (CCDS) and distributed to members of the society as a benefit of membership. Statements of opinion in this publication are not necessarily endorsed by CCDS 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 May/June Newsletter is May 15, 2025. Send all items to [nissa@ccdentistsociety.com](mailto:nissa@ccdentistsociety.com)

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## Inadequate Staffing

### Dental Office Management Corner with Janette Douglas

We are all aware of the widespread staffing shortage. It impacts patient care, puts a strain on the practice, and stress on the existing team. What's the answer?

Invest in employee retention. Fact: pay is way down the list as to why someone leaves a practice. Poor leadership, bad culture, feeling overworked, and lack of communication are at the top of the list. Offer opportunities for professional growth. Have individual conversations with your team members and get to know what motivates or excites them. What are their challenges and what will help them? Show you care with actions, not just words.

The hiring process can be made easier with dental specific staffing agencies. Feel free to contact me if you would like some suggestions. Sign-on bonuses have become popular. Flexible working hours and/ or remote work are incredibly attractive offers when possible.

For administrative or dental assistant positions, be open to training the right person. Do you have a favorite server, cashier, or salesperson who is always friendly, smiles and recognizes you? Ask them if they would be interested in learning the dental field. Personality and attitude are the key to success!



**JD Dental Consulting**

**Janette Douglas**

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Tip # 1 File fees every 6 months.

Tip # 2 Job descriptions prevent misunderstandings.



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CCDS members can submit free classified ads to help find new employees. Please send any classified ads to [nissa@ccdentistsociety.com](mailto:nissa@ccdentistsociety.com) 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.

**Eugene Dental Group, the office of Elizabeth Vivona, DDS and Harmeet Kaur, DDS, is looking for an associate dentist for 2-3 days per week.** We are a close-knit team dedicated to high-quality and excellent customer service. Our office is well-organized, efficient, and has a stellar reputation. We invite you to look at our website and read our Google reviews. Any associate who joins our team will share the same qualities. **Job Details:** 2 or 3 days a week with two assistants per doctor, days of the week are negotiable, compensation is based on production, not collections (associates should expect to earn \$150,000 - \$250,000 per year depending on the number of days worked). At 3 days per week, health benefits would be included, as well as a 401k with profit sharing. **The right candidate should have:** At least one year of experience working in a private practice, excellent communication skills, empathy and the ability to work well within a team of doctors, ability to do bread and butter dentistry: composites, crown & bridge, removable prostheses, implant restorations, simple extractions and excellent diagnostic and treatment planning abilities, a clean license with no board restrictions, comfortable and knowledgeable with oral sedatives and nitrous oxide cases, up to date on BLS and other requirements. **Preferred but not necessary:** A minimal sedation or moderate parenteral conscious sedation permit, ACLS certified, advanced training (for example SPEAR institute etc...), Invisalign certified, knowledge of Eaglesoft. Interested candidates should submit their CVs to: [DrVivona@EugeneDentalGroup.com](mailto:DrVivona@EugeneDentalGroup.com).

## Caring Hands Worldwide

Caring Hands was able to serve 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. Upcoming Volunteer Opportunities:

- **Corvallis Dental Clinic:** April 12-13, 2025. Local dental volunteers are still needed for Sunday, April, 13, 2025.

For further information about this volunteer opportunity, please contact Randy Meyer at [randy@caringhandsworldwide.org](mailto:randy@caringhandsworldwide.org) or 541-556-5902.

**Courtesy of our Coastal Cascades Dentist Society Partner SPP (Saving Private Practice) Dental Partners, CCDS members can purchase your supplies and equipment through their group rates (savings upward of 20-25%).** SPP is a Dental Partnership Group, an alternative to a DSO where they create a partnership with practice owners still giving them full ownership of their practice. They have done the negotiating on behalf of the practices in their group to garner Maximum savings for our members! Contact Bryant Gibby 801-541-3484 or [bgibby@sppdental.com](mailto:bgibby@sppdental.com) for more information about using the discount.

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**Oral Uclerations: What's Eating You with Dr. Bryan Trump in Corvallis**




**Hands-On Biopsy with Dr. Bryan Trump in Eugene**



**COASTAL CASCADES  
DENTIST SOCIETY**


**Spring Dentist Social - 255 Madison - Eugene**  
**Tuesday April 15, 2025, 5:30 - 8:00 pm**



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

Free for Dentists- Guests of Dentists \$40  
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and two drink tickets.

255 Madison St.  
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## Goat Happy Hour

Free for dentists, \$45 for guests of dentists  
Thursday, May 22, 2025 6:00 -7:30 PM  
Original Goat Yoga - Monroe Oregon

Join us for Goat Happy Hour!

Event Registration Page:  
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**Motivated Seller in SE Portland** Long-standing, 4-op practice and building for sale with parking lot and street parking. OS and surgical implants referred out and most endo, so room for growth. Make this practice your own. (ORD178)

**Endodontist & GP Needed for Busy Eugene Practice** Current full-time endodontist and GP associate relocating out of state. New endo microscopes and cone beam. Rotary systems and other equipment provided. Experienced staff provided. (ORD175)

**Associate for Long-Term, Hi-Tech Dental Office in Scappoose, OR** Associate Dental Position in Scappoose, OR, 2-4 days per week. Future potential to buy-in. High-tech, organized, total health, successful practice looking for an associate to increase patient care. Practice owner is a Spear educator, utilizes a consultant and office manager. (ORD172)

**Gorgeous Portland Practice for Sale for \$200,000** This practice is focused on prevention, occlusion, restorative, TMD, and airway disorders. He takes 3-4 days off per week and schedules 30 minute breaks between each patient. Huge opportunity to make this practice what you want. (ORD179)

**Dental-Medical-Veterinary Building for Sale in Salem** Dental, medical, veterinary 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. (ORR105)



# Upcoming Coastal Cascades Dentist Society Events

Date	Event	Speaker	Location
4/15/2025	Spring Dentist Social at 255 Madison Sponsored by Columbia Healthcare Banking		Eugene - 255 Madison The Tasting Room
5/1/2025	The Latest & Greatest in Pediatric Dentistry (2 CEs)	Dr. Greg Psaltis	Corvallis Community Center Willow Room
5/2/2025	The Latest & Greatest in Pediatric Dentistry (3 CEs AM) Isn't it Just Baby Teeth? (3 CEs Pm)	Dr. Greg Psaltis	Eugene - Lane Community College
5/22/2025	Goat Happy Hour for Dentists		Monroe -Original Goat Yoga 26641 Bellfountain Rd.
6/10/2025	Retiree Luncheon		Eugene - Roaring Rapids Pizza
7/8/2025	The Top 10 Financial Planning Strategies for Dentists (2 CEs)	Loyd Burleson III Financial Freedom for Dentists	Eugene - Lane Community College
8/1/2025	Efficient Fundamental Dentistry: Pathways to Procedural Mastery in 'Bread and Butter' Dentistry: Composite Restoratives to CAD/CAM & cementation	Dr. Timothy Bizga Sponsored by GC	Best Western Agate Beach - Newport
8/2/2025	Morning Golf Social		Agate Beach Golf - Newport
8/2/2025	Family luncheon Social - Oregon Coast Aquarium		Oregon Coast Aquarium - Newport
9/12/2025	The Esthetic & Long Term Considerations of Cementation & Material Choice (4 CEs)	Dr. An Sponsored by Unbreakable Bonds	Eugene - Valley River In
9/13/2025	Oral Cancer Foundation Walk/Run <a href="https://ocf.donordrive.com/event/oregon">https://ocf.donordrive.com/event/oregon</a>		Corvallis-Willamette Park
9/23/2025	Fall Dentist Social Sponsored by Columbia Healthcare Banking		Eugene - TBD
10/9/2025	Contemporary approach to dental implant maintenance for long-term success	Lynn Peneck RDH MS Sponsored by Nobel Biocare	Eugene - Lane Community College
10/23/2025	Digital Work Flows in Implant Dentistry (2 CEs)	Dr. An Sponsored by Unbreakable Bonds	Albany Golf and Event Center
12/4/2025	Hands-On Stain & Glaze: Chairside Techniques to Set your Practice Apart	Max Thomas Sponsored by GC	Albany Golf and Event Center
12/5/2025	Hands-On Stain & Glaze: Chairside Techniques to Set your Practice Apart	Max Thomas Sponsored by GC	Eugene - Lane Community College
5/28/2026	Topic TBD (2 CEs)	Dr. Erin Elliot	Albany Golf and Event Center
5/29/2026	Topic TBD (3 CEs)	Dr. Erin Elliot	Eugene - Lane Community College

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[Umpqua Bank Healthcare Banking](#) (Platinum Speaker Sponsor and our exclusive banking partner), [Digital Systems Integrators, LLC](#) (Silver Sponsor) and [Sittner and Nelson](#) (Silver Sponsor)



**Thank you Business Associate Members for partnering with us in 2025:** [Omni Practice Group](#), [Assured Dental Labs](#), [Unbreakable Bonds](#), [Oral Biotech MFR CARIFREE](#)

## Dr. Greg Psaltis, DDS

### Refreshing your Pediatric Dental Knowledge and Skills



Speaker sponsored by Umpqua Bank Healthcare Banking, CCDS' exclusive banking partner Dr. Greg Psaltis has been a pediatric dentist for 48 years. While most of his experience has been in private practice in Olympia, Washington, he served three years in the US Navy and in the past 15 years created and ran two volunteer clinics in Mexico. His varied career has included authoring several articles for professional journals, speaking at every major dental meeting in the United States as well as several international meetings that have taken him to Germany, Mexico, Australia, Russia, Canada and Kuwait. He is the author of the recently published book, Into and Out of the Mouths of Babes, a memoir of his life and career. His engaging speaking style and sense of humor make learning both fun and interesting. Among his honors is the Gordon Christensen Speaker Recognition Award for excellence in dental education.

**Free for CCDS Members, \$50 Staff, \$125 Nonmember Dentists**

#### The Latest and Greatest in Pediatric Dentistry (2 CEs)

Thursday, May 1, 2025, 5:30 - 7:30 pm (dinner included)  
Corvallis Community Center - Willow Room  
2601 NW Tyler Ave, **Corvallis**, OR 97330

#### The Latest and Greatest in Pediatric Dentistry (3 CEs)

Friday May 2, 9:00 am - 12 pm (breakfast and lunch included)  
Lane Community College BLDG 19 Room 104  
4000 E 30th Ave, **Eugene**, OR 97405

#### The Latest and Greatest In Pediatric Dentistry: An Update in What's New in Care for Children

The indications for pulpotomies have changed, the need for full coverage crowns (versus large restorations) cannot be overstated, painless and faster anesthesia is now a real possibility, and the necessity of radiographs during a child's facial and dental development provides a clear rationale for parents who "don't want any x-rays taken." New restorative approaches, including a variety of primary tooth crowns have now entered into private practice more commonly. Know today's techniques, concepts, and materials to treat your youngest patients with confidence.

Course Objectives: \* Treat primary pulps with the greatest rate of success. \*List which developmental anomalies are asymptomatic. \*Provide pain-free injections and increase working time on children. \*Have a greater understanding of what primary crowns are now available.

#### But aren't they Just Baby Teeth? Answers to common questions from parents (3CES)

Friday, May 2, 1 - 4 pm  
Lane Community College BLDG 19 Room 104  
4000 E 30th Ave, **Eugene**, OR 97405

You've heard these words and can't help thinking, "Another ignorant parent." They aren't really ignorant— they're working from old beliefs or genuine concerns for their children. The ability to answer common questions ensures a better understanding of pediatric dental issues and creates more trust. This program covers questions routinely heard from parents of pediatric patients, including a broad spectrum of topics, among them primary anterior trauma, stainless steel crowns, local anesthesia, timing of initial examinations, and more. Practitioners who treat children will benefit from this engaging course.

Course Objectives: Participants in "But Aren't They Just Baby Teeth?" will be able to answer common questions asked by parents in a way that ensures a better understanding of dental issues topics including:

\* Anterior trauma \* Stainless steel crowns \* Local anesthesia \* Timing of initial examination



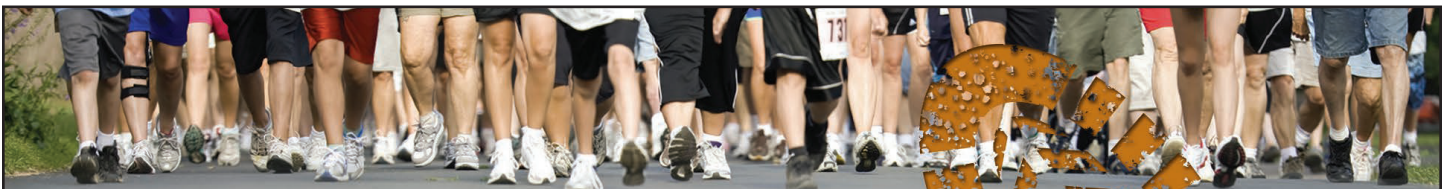
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CCDS is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this provider are accepted by AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a State or provincial board of dentistry or AGD Endorsement. The current term of AGD approval extends from 1/16/2023 to 1/15/2027.



**Saturday, September 13, 2025**

# **ORAL CANCER**

**FOUNDATION**



**Corvallis, Oregon Oral Cancer Walk/Run**  
**Join us in raising money for oral cancer research,**  
**public education and patient support.**

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

### **LOCATION:**

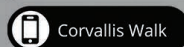
**Willamette Park**  
**1350 SE Goodnight Ave.**  
**Corvallis, OR 97330**

### **COST:**

**Walkers \$35 to pre-register, \$40 after 8-23-2025**  
**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>**



# **GIVE ORAL CANCER A VOICE!**

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



# Coastal Cascades Dentist Society

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## March/April 2025



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### Coastal Cascades Dentist Society Executive Council 2025-2026

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