

The REVEILLE

Newsletter of the Isaac Knapp District Dental Society

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SLEEP, BREATH, HEAL, LIVE

By Dr. Rob Chenoweth

It would seem we don't truly appreciate our body's ability to naturally heal itself. Our society wants a quick fix with minimal effort. We would rather take a pill and continue in a harmful lifestyle rather than make changes to promote a healthy lifestyle.

We as dentists can relate. How many times have you heard a patient say, "My father (or mother) had dentures so I am going to need them." Or, another common rationalization is, "My parents always had cavities due to their weak teeth and they must have passed this on to me." Yes, I'm sure it was genetics that caused all this decay, not the Mountain Dew he or she was just drinking. (No sarcasm here!) What is true, is that if a patient's parents had a diet full of sugar, smoked cigarettes, and brushed their teeth only occasionally..... and this patient is doing the same thing, then he or she is likely heading down the path of dentures just as the parents. On the flip side, **if better diet and hygiene changes are made, incipient lesions will arrest, gum disease will improve, and the patient will be able to keep his or her teeth.**

This analogy can be seen in the rest of the body as well. **BBC News** published an article last year titled, "Lungs 'Magically' Heal Damage from Smoking." The article analyzed a study in *Nature* which showed the lungs of patients who had smoked for 40 years had the ability to heal their damaged lung tissue. The article determined that the majority of the cells in the airway were mutated after years of smoking, however, there were a few cells that were able to prevent mutation and "exist in a nuclear bunker." **Once smoking ceased, these cells came out and were able to take over and heal the damaged tissue.**

Another journal, **Pharmaceutical Research**, published an article titled, "Cancer is a Preventable Disease that Requires Major

Lifestyle Changes." This study noted that only 5-10% of all cancer causes can be attributed to genetic defects, whereas the remaining 90-95% have their roots in the environment and lifestyle.

Proper breathing works in much the same way. **James Nestor**, our **January CE** keynote speaker and Investigative Journalist, suggests that slight adjustments to the way we inhale and exhale can increase athletic performance, rejuvenate internal organs, halt snoring, improve asthma and reduce autoimmune disease, as well as straighten scoliotic spines. While all this does not seem possible, this is another example of the body "magically" healing itself. It just needs to be given the opportunity.

I encourage you all to register for the upcoming IKDDS CE event and listen to **Mr. James Nestor** as he takes us down a journey of breathing from how instrumental it was in ancient civilizations in promoting healing and overall health, to where we are now having lost this ability.

In addition, Neurologist **Dr. Stasha Gominak** will join Mr. Nestor as she will discuss her research in vitamin deficiencies and their relation to sleep and our immune system. See you all there! -**Dr. Rob Chenoweth, IKDDS President**



Dr. Rob Chenoweth
IKDDS President

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isaac knapp
district dental society

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Do you know a member dentist who is doing something great in our community or has a story to share? If so, please email story ideas to jlock@ikdds.org



Peak Planner

FROM THE EDITOR -

By Dr. Ben Clinkenbeard

Happy New Year, Isaac Knapp! May this year be the best one yet for you and your family. With the turn of the calendar, we often reflect on the past year...the ups and the downs, the ins and the outs, the roller coaster of life.

We often look back at our celebrations, our achievements, our family vacations, our office success and relish in those great times. **Praise be to God!** And, just as that roller coaster of life has unexpected twist and turns, unfortunately, we can often lose focus of the peaks and turn our attention to the valleys of life, too...an injury, a family illness, a death of a loved one, personal strife. I think its human nature...we can't be on that "high" of life at all times. And, as we take time to reflect on last year and begin to plan for the months ahead, I **challenge us to focus on those positive moments!**...Those life experiences which brought a smile to our face and to the faces of our friends and loved ones, those times when we were on that "high", those times when we had not a care in the world!

Whether it be the 8-hour day or the 6-month chunk, we in the dental profession are experts in planning. As we focus our energy this 2022 on establishing a plan for our offices, our patients, our staff and families, the challenge is also and more importantly to have a plan for ourselves. A plan that will help us reach our full potential, a plan to better ourselves, a plan that focuses on the positives, a plan that gets us back to the peaks of life. May God bless you with productive and healthy 2022.

PS...part of that planning is getting you and your staff signed up for the **2022 Midwest Dental Assembly in Fort Wayne!** All information can be found here:

<https://indental.org/register/>

Make it a great year!

Ben Clinkenbeard, IK Editor and Chair of the Midwest Dental Assembly



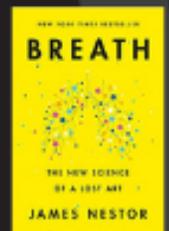
PRE-ORDER
"BREATH"
by James Nestor

Sponsored by



Order a copy of James Nestor's book "Breath" to be picked up at the IKDDS Booth at the Half Day Meeting!

Five lucky people who order will receive a copy signed by James Nestor!



Click here to order your copy!

HALF DAY MEETING

Featuring Best-Selling Author, James Nestor & Sleep Expert, Dr. Stasha Gominak



FRIDAY, JANUARY 28, 2022
GRAND WAYNE CONVENTION CENTER

4 CE HOURS | 8:00 AM - 1:00 PM | CHECK-IN BEGINS AT 7:30 AM
BREAKFAST AND SNACKS WILL BE SERVED

BREATHE...SLEEP...HEAL...LIVE!



"Three Simple Steps for Healthier Sleep" Taught by Dr. Stasha Gominak:

Dr. Gominak attended college in California and medical school at Baylor College of Medicine in Houston, receiving her MD degree in 1983. She completed a Neurology residency in 1989 at the Harvard affiliated, Massachusetts General Hospital in Boston. From 1991-2004 she practiced as general neurologist in the San Francisco Bay area. In 2004 Dr. Gominak moved to Tyler, Texas and began to concentrate on treating neurological illness by improving sleep. She has published two articles since then that have revolutionized the study of sleep.

About James Nestor:

Even before the pandemic hit, rates of workplace stress were on the rise. Add to that anxiety about finances, job security, and health, and you're left with millions of people feeling burned out. Reminders to "breathe" during a time of such uncertainty and isolation run the risk of sounding banal. But according to science journalist **JAMES NESTOR**, it's actually the key to transforming our lives—more than diet, sleep, or exercise. In his instant *New York Times* bestseller *Breath*, Nestor deep-dives into an often overlooked pillar of health, and shows us how even slight adjustments to our breathing can profoundly improve everything from workplace efficiency and athletic performance, to anxiety, asthma, and sleep.

Learning Objectives:

Introduce new developments in sleep study. | Learn how to improve outcomes in sleep dentistry. | Review how breath can be utilized to improve wellbeing. | Review and draw out applications of sleep and breath and what that means for patients.

Make checks out to **IKDDS** and mail to PO Box 97, Arcola, IN 46704 or Scan QR Code to pay via credit card

CONTACT NAME:

DENTAL GROUP:

MAILING ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

If registering for more than 1 person, please list their names below:

(These names will be on their name tags)

Registration:

(Includes breakfast, snacks, and event registration)

QTY:

<input type="checkbox"/>	IKDDS MEMBER DENTIST - \$180	<input type="text"/>
<input type="checkbox"/>	FWMS MEMBER DOCTOR - \$180	<input type="text"/>
<input type="checkbox"/>	IKDDS MEMBERS' STAFF - \$80	<input type="text"/>
<input type="checkbox"/>	NONMEMBER DENTIST - \$200	<input type="text"/>

AMOUNT DUE:



PAYMENT METHOD:

Cash Check #



For more information, contact: Jamee Lock | jlock@ikdds.org



Isaac Knapp District Dental Society (IKDDS) is an ADA CERP provider approved by the Indiana 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 quality courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. IKDDS designates this activity for 4 continuing education credits.



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THE REVEILLE | JANUARY ISSUE



isaac knapp dental education foundation

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The Foundation receives income from member dentists, an annual golf outing, fundraising, memorials, estate giving, and corporate sponsors.



WAYS TO SUPPORT

Donate TODAY!

- 1 If you are an Isaac Knapp member dentist, when you renew your membership, select Isaac Knapp Dental Education Foundation in the voluntary contributions section.
- 2 Mail a check to:
IKDEF
PO Box 97
Arcola, IN 46704
- 3 Support foundation events, such as the annual spring fundraiser Golf Outing
- 4 Remember IKDEF in your estate planning. Please contact our office for more information on your charitable gift.



Foundation News

IKDEF PRESIDENT - *Dr. Jason Glassley*

I hope you all had a wonderful Christmas and are off to a great start in this new year! I am excited to see what 2022 will bring. At the foundation we had another great year helping support many causes that are near and dear to us as dental professionals in northeast Indiana. Below you will see some of the many ways our foundation was able to provide financial support to worthy causes and students in the dental community.

The foundation is also very excited for a few changes that we will see this year. After a lot of thought and discussion we have decided to combine our annual spring golf outing and fundraiser with the fall Isaac Knapp golf outing. Instead of having two separate golf outings we have decided to combine our efforts and host one large golf fundraising event in the fall that will help support both the foundation and the society. There will be more details about this event in the coming months so please be on the look out for more information coming this spring.

2021 has been another wonderful year for the foundation. We were able to fulfill all the grant requests that we received

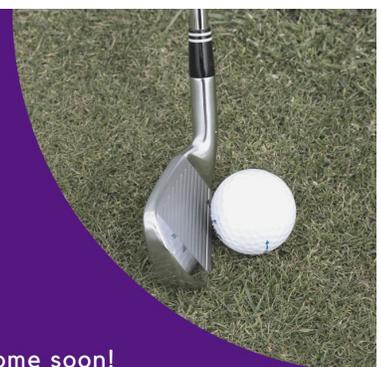
providing much needed support for area clinics including; **Mathew 25, Neighborhood Health, McMillen Health Center, and St. Martin's Health Clinic.** The foundation was able to provide **\$16,000 in scholarships** to very deserving 3rd and 4th year dental students, as well as IUFW dental hygiene, assistant, and lab tech students. With some help from the TowneHouse Retirement community we were able to provide and distribute toothpaste and tooth brush kits to 3,384 adults and 4,680 children this year through the **Diane Velpel Community Toothpaste/toothbrush Project.**

As you can see the foundation is doing some great work in our community helping support many wonderful causes near and dear to us. **Please keep the Foundation in mind when you renew your upcoming dues for IKDDS, IDA, and ADA.** The Foundation dues check off during renewal is one of the main sources of funding the foundation receives each year. We should all be very proud of the Foundation and our strong dental community here in Northeast Indiana. I wish you all a wonderful start to 2022 and look forward to another great year of giving in the year ahead.

Sincerely,
Dr. Jason Glassley, IKDEF president

IKDEF & IKDDS GOLF OUTING & HAPPY HOUR

FRIDAY, SEPTEMBER 16, 2022
ORCHARD RIDGE COUNTRY CLUB
Cost: \$125 IKDDS Members | \$100 Guests
Hole Sponsorships Available! More info to come soon!



Support the **Isaac Knapp Dental Education Foundation** at our annual golf outing. This year, both the Isaac Knapp District Dental Society and the Isaac Knapp Dental Education Foundation are sharing the golf outing!

Sponsorships will be sent to IKDEF (a 501 c3 organization) and Golf registrations will be sent to IKDDS.

Isaac Knapp Dental Education Foundation TIN: 35-1710974



Save the Date!



2021 IKDEF SCHOLARSHIP

COURTNEY MCGREW

IUSD STUDENT
EXPECTED GRADUATION
IN MAY 2023

HIGH SCHOOL: HOMESTEAD HIGH SCHOOL

"With her dedication, professional abilities, and caring personality, Ms. Courtney McGrew would be a commendable recipient for the Isaac Knapp Education Foundation Scholarship." - Michele L. Kirkup, DDS

2021 DR PHILLIP E O'SHAUGHNESSY SCHOLARSHIP

DENTAL ASSISTING:

- Peyton Bedford
- Amanda Hartranft

LAB TECH:

- Morgan Pedroza
- Andee Grime

DENTAL HYGIENE - 3RD YEAR

- Sarah Belcher
- Lindsey Brown

DENTAL HYGIENE - 4TH YEAR

- Emma Houser
- Kaylee White

2021 DIANE VELPEL PROGRAM



Impact in 2021

Thanks to generous donors like you, Isaac Knapp Dental Education Foundation was able to disburse the following last year:

- \$15,700** GRANT DISBURSEMENTS TO LOCAL NONPROFITS FOR DENTAL EDUCATION PROGRAMS AND DENTAL CLINICS
- \$10,000** DENTAL STUDENT SCHOLARSHIPS
- \$5,500** IUFW ALLIED DENTAL STUDENT SCHOLARSHIPS
- \$5,843** DIANE VELPEL TOOTHPASTE/TOOTHBRUSH COMMUNITY PROGRAM



The following organizations were recipients of toothpaste/toothbrush kits thanks to your donation!

- A HOPE CENTER | ADAMS ELEMENTARY SCHOOL
- ARLINGTON ELEMENTARY SCHOOL
- CANI (BRIGHTPOINT) | CHRISTIAN COMMUNITY HEALTH CARE | CRONINGER ELEMENTARY SCHOOL | FRANCISCAN CENTER
- FWCS CAREER ACADEMY | HALEY ELEMENTARY SCHOOL | HOLLAND ELEMENTARY SCHOOL
- INDIAN VILLAGE ELEMENTARY SCHOOL
- LIFELINE YOUTH & FAMILY SERVICES
- MATTHEW 25 | MERIDIAN HEALTH SERVICES
- VISIT FORT WAYNE | YWCA NORTHEAST INDIANA

2021 IKDEF GRANT RECIPIENTS

VISIT FORT WAYNE

- NCAA collaborative service project to serve families of Vincent Village

JUNIOR ACHIEVEMENT OF NORTHEAST INDIANA

- JA Job Spark

MCMILLEN HEALTH

- Brush Digital Early Learning Oral Health Curriculum

MATTHEW 25

- Supplies and instruments for Dental Hygiene at clinic

NEIGHBORHOOD HEALTH CLINIC

- Dental Sealant Program

ST MARTIN'S HEALTHCARE

- Support for dental services provided at clinic

TO IMPROVE THE ORAL HEALTH OF THE PUBLIC WE SERVE BY PROVIDING A SOURCE OF FUNDING FOR ACCESS TO CARE AND DENTAL EDUCATION PROGRAMS THROUGHOUT NORTHEAST INDIANA.

YDC OFFICERS

Dr. Margaret Neese— *Chair*
Dr. Brendan O'Hara - *Vice-Chair*
Dr. Kate Welch— *Secretary*
Dr. Tom Blake - *Mentor*
Dr. George Cooper, IV
Dr. Chase Ellinwood
Dr. Adam Everhart
Dr. Alyssa Fisher
Dr. Phil Ruckman, III
Dr. Jill Torqueo

Email:
youngdentist1@gmail.com

Please email to request to be placed on the YDC's email distribution list.



Join the private **YDC - IKDDS** Facebook group for discussion groups & updates!

What is the YDC?

The Young Dentist Committee was created with the intent to focus on specific events to bring newer dentists together to form relationships and unique programming to bring young dentists together and opportunities to meet more seasoned dentists for opportunities for mentorship.



FROM THE YDC

By Dr. Margaret Neese

With the beginning of the new year, I would venture to guess that many of us have made **improving our physical health a priority**. For some this means taking more walks with the dog, and for others this means training for a marathon.

My regimen for "staying in shape" has shifted from a line-up of strenuous cardio and strength workouts to a targeted strengthening approach after surviving several episodes of a spasmed lower back. This **change in workout mentality is meant to ensure I can practice dentistry comfortably for the next 30 years by strengthening muscles** that will keep my back from spasming, stretching the right fascial chains to reduce my symptoms of carpal tunnel, and doing just

enough cardio to make sure my white coat still fits.

Unfortunately, I know I'm in good company with my physical woes- dentists are constantly fighting against the physical demands of the job. I'm encouraging **ALL Isaac Knapp members to attend** the YDC's continuing education event **"Optimizing Dental Performance Through Self Care"** on **Wednesday, February 24**. Our speaker, **Josh Rifkin** from Synergistic Body, will teach us how to perform corrective exercises to stretch, release trigger points, and strengthen the most commonly problematic areas for dentists. As part of his presentation he will **demonstrate and actually walk us through** a general self-care program.

I'm looking forward to learning more about staying physically fit for long career in dentistry, and I hope to see you all there with me!

Do I have to be a member of Isaac Knapp to attend events?

While we are transparent and hope that you will see the value in membership, YDC events are unique because you do not have to be a member to attend.

YDC Welcome Event



August 4, 2022 - TinCaps Game
Everyone loves America's pastime - baseball! Parkview Field is the perfect venue for a fun social event with some baseball going on in between. This is open to ALL newer dentists to the Fort Wayne area and any dentist who has graduated in the past 10 year.

OPTIMIZING DENTAL PERFORMANCE THROUGH SELF CARE

Featuring Josh Rifkin, Corrective Holistic and High-Performance Exercise Kinesiologist

THURSDAY, FEBRUARY 24, 2022
COURTYARD BY MARRIOTT

2 CE HOURS | 6:30 PM - 8:30 PM | CHECK-IN BEGINS AT 6:00 PM | DINNER WILL BE SERVED

Presented By
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REGISTRATION INCLUDES CE, DRINK TICKETS, AND MEAL:

YDC DENTIST OR IKDDS DENTIST | \$30

(AFTER FEBRUARY 10TH, REGISTRATION INCREASES TO \$40)

Description:

This course or presentation is designed to share information to Dental professionals about occupational specific challenges as it relates to their body. This course will also teach and demonstrate self-care methods to help combat these challenges and improve the wellness, performance and longevity of the practitioner.

Lecture Objectives:

Discuss common postural and ergonomic challenges for the dental professional | Discuss the anatomy or function of different muscles, connective tissue or fascial slings and how it relates to those postural challenges, the body and pain | Discuss at home self-care modalities to combat pain and postural problems | Learn how to program the self-care modalities for practical use | Demonstrate and "walk through" a general self-care program for the dental professional



YOUNG DENTIST COMMITTEE
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pull together,
every day is a
giant leap
forward.



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Leadership!

When you think of leadership, the term servant leader is often mentioned in reference to those who lead by example and has a focus on others versus themselves. IKDDS Member, Dr. David A. Bleeke, has consistently demonstrated what that looks like.

DAVID A BLEEKE CLINIC

In November, IUPUI Chancellor Nasser H. Paydar was joined at the dedication of the IU School of Dentistry David A. Bleeke, DDS Dental Clinic at IU Fort Wayne. In addition to providing a generous gift in support of the renovation, Dr. Bleeke also established a scholarship for students in the allied dental programs of the School of Dentistry at IU Fort Wayne. The event included a tour of the renovated facility, a signing ceremony, as well as remarks by Dr. Bleeke, the chancellor and representatives from the IU School of Dentistry.

ISAAC KNAPP DENTAL EDUCATION FOUNDATION

Dr. Bleeke's generosity does not just stop with his investment into the future of the IUFW Clinic. He has also made significant contributions to the Isaac Knapp Dental Education Foundation to expand the scholarships given to Dental Hygiene students, which will be debuted later this year!

LEGACY

While his commitment to equip allied dental programs will last for a very long time, Dr. Bleeke has also left a legacy amongst his peers by his relationship with other Isaac Knapp members. As IKDDS president in 1976-1977, Dr. Bleeke led during a time when technology was starting to make an introduction into dentistry.

Dr. Bleeke was honored in 2006 as the IDA

American College- In Section Ethics Award and the 2016 Component Honor Dentist.

However, perhaps his greatest impact on dentistry is found in the lives he has touched and changed over the years. During the David A Bleeke Clinic dedication, many acknowledged the fact that they started a career in dentistry thanks to the influence of Dr. Bleeke.

Several dentists attributed their entry into dentistry to Dr. Bleeke. When they were at a stage of life of trying to decide what to do with their lives, Dr. Bleeke encouraged them to go into dentistry and forever changed the course of their lives.

We are so proud of Dr. David Bleeke and his contributions to our community, but most of all we are so thankful for his positive influence he shares with everyone around him.





FOUR WAYS TO FIND THE RIGHT PARTNER FOR YOUR HEALTHCARE PRACTICE - By Kevin E. Patrick, CMPE

Vice President, Healthcare Business Banking, PNC-Certified Women's Business Advocate

There are several considerations you'll need to make when you're looking for a new professional to join

your business as a partner. Besides the obvious skills and background that will be necessary to do the job well, you'll want someone who's personable and friendly with clients, and someone you can get along with, as well. With millions of Americans [i] leaving their jobs following the pandemic, now is a good time to be in the market for new talent. Following a few key steps can help you find the right person from a sea of qualified candidates.

STEP 1: START WITH THE BASICS

When searching for a candidate, you're likely to find plenty of people who look good on paper and are highly qualified. Remember, though, that you'll be working with this person day-in and day-out, and likely making important decisions about the practice together. Ensuring that your personalities work well together is also an essential element to finding someone for the long haul. In fact, one study [iii] found that while job experience alone only allowed for predicting job performance with 16 percent accuracy, using a combination of cognitive ability and personality led to a 78 percent accuracy in future performance prediction. Other things to consider include:

- While a certain level of personality match is nice, you should ultimately try to find someone who brings different talents to the table than you do. For example, if you're book-smart but shy, try finding someone who is more personable and outgoing.
- **Can this person help bring in new business to the practice?** Are they already well-known in their field, for example, or do they excel at finding

new people to work with?

- **Is this person financially stable?** Especially if you'll be including your new partner in any financial decisions for the practice, you'll want to make sure that they are good at managing their own personal finances, and that they haven't left behind a trail of failed businesses or bankruptcies in the past.

STEP 2: WRITE DOWN WHAT YOU'RE LOOKING FOR

Rather than working from memory, take pen to paper and write down what you're hoping to achieve with a new partner. This can include both general things like the background and experience you want the person to have, as well as your broad view on overarching achievements you hope to reach for the business with this person on board. Studies [iii] show that people who write down their goals are 42 percent more likely to achieve them.

STEP 3: BROADEN YOUR SEARCH RANGE

Whether you're new to the hiring process or you've built companies from the ground-up before, it's important to be thoughtful before casting your net to find a new partner. Besides traditional methods, there are many additional ways to go about finding new people who might be a good fit for your practice.

Some examples include:

- **Scope out healthcare conferences.** Attending healthcare conferences is not only a great way to stay up to date on the happenings in your field, but they're also great places to scope out potential new talent. Even if you aren't in the market for a partner right now, consider jotting down the names of any speakers who pique your interest, or interesting colleagues you meet. This way you can keep them in mind down the road if/when you are looking for a new partner.
- **Keep up with new research and publications.** Along with conferences, publications can provide a wealth of opportunities for reaching out to new talent. If you're interested in new research being conducted or a particular article that was recently written, chances are you might benefit from learning more about that author's work.

- **Tap into referral services.** If you're lucky enough to have a tight network of physicians who refer patients to you, and who you trust and have worked with for years, consider leaning on them for any additional doctors within their network that they think might make a good fit for your practice. This is a good way to go about finding a potential new partner because it always helps to have an outside perspective during the search for someone new.

STEP 4: CONSULT WITH AN ATTORNEY

The search for a new partner is usually the fun part. Once that's done, it's time to move on to the business side of the process. Whether you've worked with a lawyer for new hires before or not, using one during the process of hiring a new partner can be a big help. A qualified attorney will help you make sure everything is fair and equitable for all parties involved, and they should be able to identify and present possible situations and solutions that you might not even consider. This might include things like:

- How work is expected to be divvied up
- How big decisions will be reached
- How disputes will be handled
- What equity each partner will hold
- When and how to include non-compete clauses
- Fair compensation of both salary and bonuses for everyone involved, as well as vesting schedules
- Exit strategies — including termination and equity issues, as well as the sale of the company — should that ever become an option

Bringing on a new partner can ease a lot of your burdens, both financially and in terms of your time and schedule, but it's a process that shouldn't be entered into lightly. Use the steps above to help you cast a wide net to find the perfect person based on research and due diligence.

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"...job experience alone only allowed for predicting job performance with 16 percent accuracy, using a combination of cognitive ability and personality led to a 78% accuracy in future performance prediction."



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Fort Wayne, Indiana 46802

Southeast Location

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Fort Wayne, Indiana 46816

*Congratulations!
IKDDS Members
Making a Difference!*



**DR. MATTHEW
KOLKMAN**

Recently appointed by Governor Holcomb to serve on the Indiana State Dental Board. Kolkman replaces Dr. Mark Stetzel, who served faithfully for many years.



**DR. DAVID
MATTHEWS**

Received the IUSD Alumni Distinguished Service Award



**DR. STEVEN
ELLINWOOD**

Recognized for leadership on the IDA Covid Taskforce by the IUSD Alumni Association

*Do you have news you want to share?
Submit ideas to jlock@ikdds.org*

How can we help?

At ddsmatch, our Professionals are here to help you **transition on your own terms**



Successfully connecting the dentist's present with their future

It all starts with a **confidential conversation** we call the **Conceptual Transition Experience**

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HIRE ASSOCIATE?

TRANSITION IN 2-5 YEARS?

The Trusted Transition Experience™

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Trusted Valuation Analysis
↓
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FROM THE EXECUTIVE DIRECTOR

By Jamee Lock

Happy 2022! I hope the beginning of this year has brought you positivity for this year. You have all been through a rough few years and while we aren't out of the woods yet, at least you can say you are wiser and have shown what perseverance looks like.

I am so excited to welcome both **James Nestor and Dr. Stasha Gominak** to our **Half Day CE in January**. In preparation, I began reading Nestor's book. WOW! I encourage you to make time to attend! I feel everyone will definitely gain from this Half Day CE! Dr. Stasha Gominak is a pioneer in her own right and as I learn more about her teachings, we are going to be blown away! **Registration closes January 21st, so please register TODAY!**

I feel a little repetitive when I express my deep admiration and appreciation for being a small part of Isaac Knapp! Every day, I am shown examples of how dentistry is on the cutting-edge of health and science and also how you are as people. **Thank you sincerely** from the bottom of my heart for how you represent us to our community and how you serve people daily.

That leads me into two things that I want to highlight. It is renewal time for your membership! We are gaining momentum and I want to make sure EVERY dentist in northeast Indiana has access to the exciting things that are happening in 2022! If you are a new dentist and are just transitioning, please know that Isaac Knapp is here to help every member! Call us if you have any questions! We are here to serve YOU!

As you know, advocacy is an important benefit of your membership. You should be

aware of SB136 that Senator Andy Zay is carrying for us. If you attended our Legislative Forum last October, you know that there was a robust discussion surrounding dental insurance reform. This bill will be highly contested by those in the insurance world, however, we know that the results will benefit both you and your patients! I've included a fact sheet. **Jill Torkeo** is the chair of our Government Affairs committee and has done an excellent job communicating to our contact dentists. Reach out to her if you'd like to become involved. Also, please take time to reach out to your representative to express how important this bill is to you. It truly does **make a difference when they hear from you!**

Monday, January 24th is Dental Day at the state capitol. If you are able to attend, please register on IDA's website. This is your chance to be heard!



MAKING A DIFFERENCE IN DENTISTRY!

Senators Liz Brown and Andy Zay and Representatives Martin Carbaugh, Phil GiaQuinta, and Denny Zent attended our Legislative Forum last fall, along with several IKDDS dentists.



*Legislative Forum
October 26,
2021*



IKDDS Government Affairs Committee: Jill Torkeo, Chair; Waseem Taraji, Bryan Thompson, & Jim Thompson

We Support:



Dental Insurance Reform: SB136

Sen. Andy Zay

Legislation is needed to remedy an inequity in the dental insurance system. **Dental insurance plans are now dictating fees for dental services that the insurance company does not even cover for enrollees.** This practice is fundamentally unfair and unnecessarily interferes with the patient-dentist relationship. The IDA supports the effort to stop this unfair practice and now asks policymakers to support Indiana's small business dental practices by passing this critical legislation.

Why do insurance companies dictate fees for dental services?

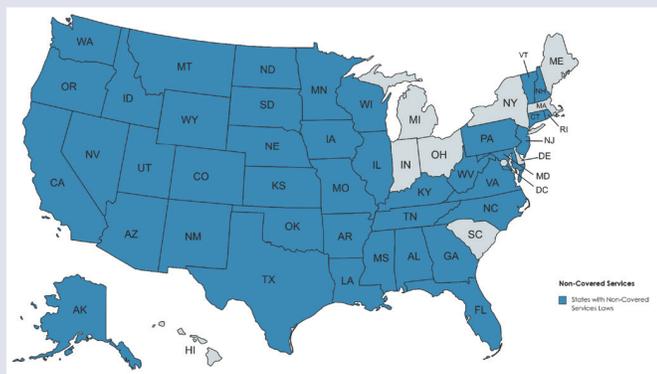
Dental insurers are dictating fees for non-covered dental services to make their plans appear more attractive in the marketplace. However, it does not produce any overall savings, but instead results in a cost shifting from those covered under the plan to others, including those who do not have dental insurance and may be the least able to afford dental services. This scheme may be a money maker for dental insurers, but is not a cost savings for those who pay for and utilize dental services.

What are these non-covered services?

Different policies have different non-covered services. Cosmetic procedures, sealants for adults and various implant procedures are often among the uncovered services. The fees that may be allowed for these uncovered services may not adequately cover the cost of delivering them and therefore would not be offered to the patient as a treatment option.

Protect Dental Practices as Small Businesses

Dental offices are surgical sites, and hence have higher than average overhead for small businesses, upwards of 65%. Without action, these unfair insurance practices could impact the viability of some practices, particularly those in low-income and underserved areas. Dental practices are an important part of Indiana's economy through the payments of wages and taxes and the purchase of services, supplies, and equipment.



41 States Have Already Adopted NCS Laws Banning This Practice

Forty-one states now have laws banning this practice by dental insurers with no reported increase in costs to consumers. Additionally, the National Conference of Insurance Legislators (NCOIL) thoroughly studied the issue and adopted a model act for addressing this concern. The NCOIL model act serves as the basis for Indiana's legislation.



Transparency in Network Leasing

The National Coalition of Insurance Legislators (NCOIL) has adopted model legislation regarding network leasing. Network leasing by dental insurers has become a challenge in several states, including Indiana. The IDA supports legislation that models NCOIL's recommended language.

The model act is about providing transparency for dentists who often inadvertently sign into contracts with leasing companies and/or dental plans with-

out full knowledge they have agreed to a leasing arrangement that opens their office to both existing and new patients at a fee level that is below their usual and customary fees. The IDA supports this model legislation to bring much needed transparency to network leasing and to provide consumer protections for all Hoosiers.

What problem does this provision address?

This language allows dentists the opportunity to choose whether to participate in leased networks at the time a contract is executed and upon that contract's renewal.

Why are leased networks a problem?

Some insurance carriers lease their dental provider networks to other insurance companies *without the dentist's knowledge or authorization*. This results in dentists unknowingly having to comply with terms as an "in-network" provider with other carriers' networks – even though they have never directly engaged in negotiations or agreed to the new carrier's terms.

How does fixing this problem help patients?

Leased networks create confusion for patients who are unaware of their out-of-pocket costs. When dental insurance carriers use this practice, a dental office is unaware of its network status until the service has been provided, a claim submitted, and an Explanation of Benefits (EOB) is received. It is only at this point that both the patient and the dentist know what is covered and what the out-of-pocket expense will be. This leads to misunderstandings between the patient and the dental office and can undermine the doctor/patient relationship. Transparency in network leasing provides patients with better upfront information on what their out-of-pocket expenses will be.

The IDA supports transparency in network leasing so that the doctor-patient-and insurer are on the same page. It is imperative that our state provide protections for our practicing dentists and their patients, so that dentists can continue serving our communities.

McMillen Health is working with the Delta Dental Foundation, AWS, and Project Accessible Oral Health to conduct a needs assessment study on oral health and disabilities throughout the state of Indiana. We want to know more about the experiences that adults with disabilities, their caregivers, and dental providers have when it comes to oral health and disabilities.

Individuals with disabilities are vulnerable to oral health disease and simultaneously have difficulty accessing oral health care, due to a variety of barriers. We want to know more about the barriers faced every day in Indiana and what can be done about them.

They want to hear from the people with whom you work. Participants can take part in a one-on-one interview or in a focus group. They will be asked to talk about experiences they have had with their oral health and what they wish could be done to make the experience better in the future. Participants will receive a \$50 gift card as a thank you for their time and efforts.

We want to hear from you!

If you live in Indiana and:

- Have a disability
- Provide care for someone who has a disability
- Have thoughts about dental care for people with disabilities



YOU MAY BE
ABLE TO TAKE
PART IN A
VIRTUAL FOCUS
GROUP AND/OR
INTERVIEW!



Each person interviewed will receive a \$50 gift card for participating in this project. Schedule today!

Deadline to sign up is
3/1/22

To sign up:

Contact Megan Wilkinson
mwilkinson@mcmillenhealth.org



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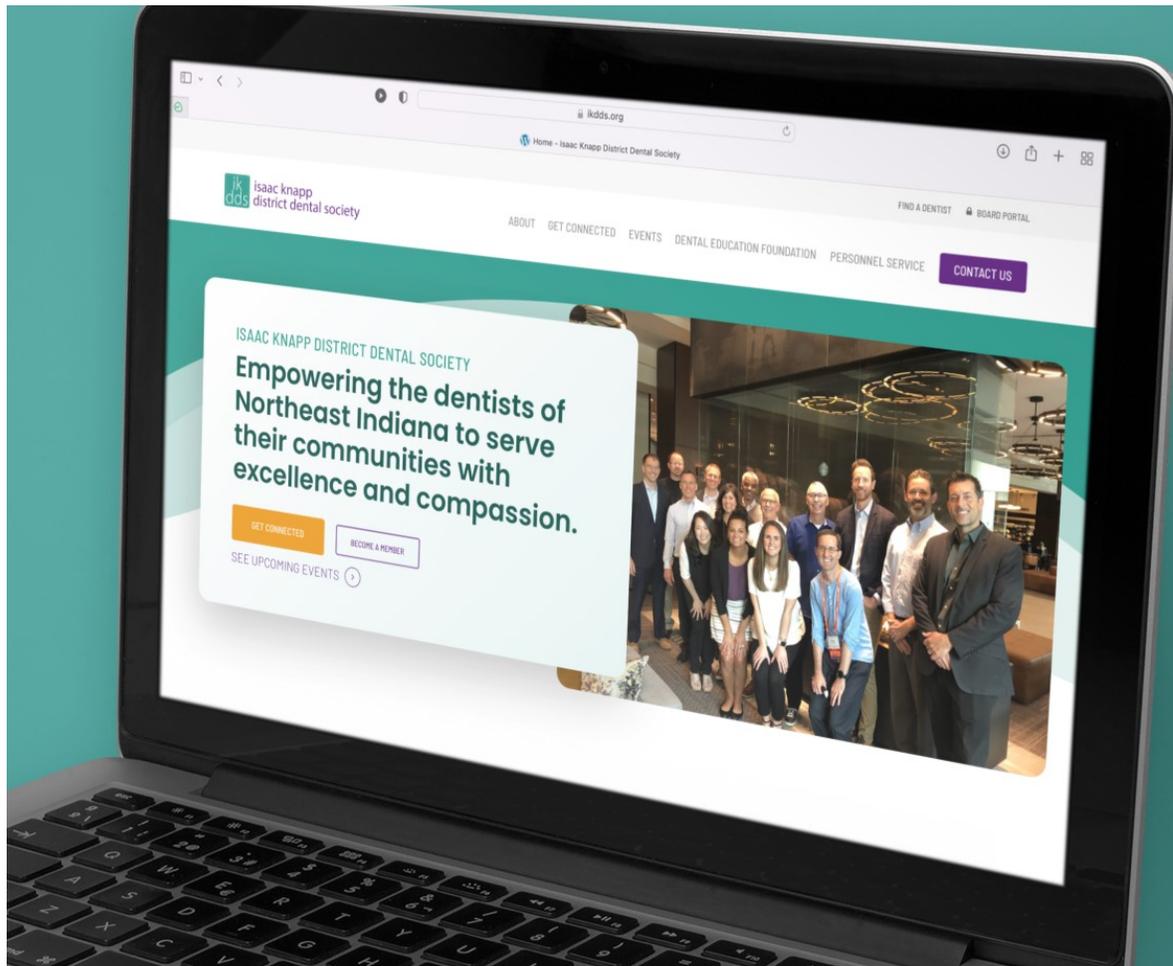
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Check out our updated website for event information, IKDDS news, and resources for YOU!

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Outlook interface showing an email from Isaac Knapp District Dental Society. The email subject is "[Test] July issue The Reveille". The sender is Isaac Knapp District Dental Society <jlock@ikdds.org> (Isaac Knapp District Dental Society via mail). The email contains a link to "View this email in your browser" and a list of articles from the July issue of The Reveille.

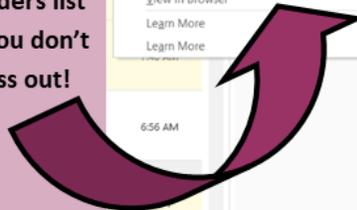
July Issue of The Reveille

Read it today and check out the following articles!

- **Sleep, Breathe, Heal, Live:** IKDDS President, Dr. Rob Chenoweth (front page)
- **From the Editor:** Dr. Ben Clinkenbeard (pg 2)
- **Foundation News:** IKEF President, Dr. Isaac Knapp & 2021 Grant Recipients (pg 4)

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Ethics & Jurisprudence
November 10, 2021



Presented By



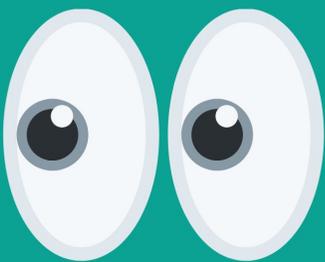
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Dental offices in NE Indiana are hiring!

Visit ikdds.org/job-postings/ and find



THE RIGHT JOB FOR YOU!



You can also upload your resume on our resume portal and we will distribute it.

WELCOME

NEW

MEMBER



DR. ANNA BETLEJ

TO ISAAC KNAPP

OPTIMIZING DENTAL PERFORMANCE THROUGH SELF CARE

Featuring Josh Rifkin, Corrective Holistic and High-Performance Exercise Kinesiologist

**THURSDAY, FEBRUARY 24, 2022
COURTYARD BY MARRIOTT**

2 CE HOURS | 6:30 PM - 8:30 PM | CHECK-IN
BEGINS AT 6:00 PM | DINNER WILL BE SERVED



About Josh Rifkin:

Through Josh's experience as a young athlete, high school and collegiate athlete, professional athlete, sports coach, performance coach and trainer he has a wide range of experience across the whole spectrum of performance, sport and training. Understanding the challenges of performance from both a players perspective and a coach helps deliver practical training for success. Josh uses his passion in continued education in the health and performance field along with his interpersonal skills and desire to help guide others on their own journey to "performance for life." In 2012, Josh founded Synergistic Body, a private training studio training sport specific athletes, general population clients, and anyone looking to improve their performance in their life or sport using a holistic approach to health, fitness, and performance. He spent 2016-2020 in Austin, Texas directing the fitness program, training, and coaching the athletes at The Austin Tennis Academy. He then returned to Fort Wayne and reignited Synergistic Body.

Description:

This course or presentation is designed to share information to Dental professionals about occupational specific challenges as it relates to their body. This course will also teach and demonstrate self-care methods to help combat these challenges and improve the wellness, performance and longevity of the practitioner.

Lecture Objectives:

Discuss common postural and ergonomic challenges for the dental professional | Discuss the anatomy or function of different muscles, connective tissue or fascial slings and how it relates to those postural challenges, the body and pain | Discuss at home self-care modalities to combat pain and postural problems | Learn how to program the self-care modalities for practical use | Demonstrate and "walk through" a general self-care program for the dental professional

Make checks out to IKDDS and mail to PO Box 97, Arcola, IN 46704 or Scan QR Code to pay via credit card

NAME:

DENTAL GROUP:

MAILING ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

If registering for more than 1 person, please list their names below:

(These names will be on their name tags)

Please indicate entrée choice on registration.
Oven Baked Chicken Breast or Butternut Squash Ravioli

Registration:

(Includes dinner, 1 drink ticket, and event registration)

QTY:

- YDC DENTIST | \$30**

Dinner Choice: Chicken _____ Vegetarian _____

- IKDDS MEMBER DENTIST | \$30**

Dinner Choice: Chicken _____ Vegetarian _____

- LATE REGISTRATION FEE | +\$10**

Please add \$10 if registering after February 10, 2022



AMOUNT DUE:

PAYMENT METHOD:

Cash Check # _____



ADA CERP® | Continuing Education Recognition Program



For more information, contact: Jamee Lock | jlock@ikdds.org

Isaac Knapp District Dental Society (IKDDS) is an ADA CERP provider approved by the Indiana 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 quality courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. IKDDS designates this activity for 2 continuing education credits.

PAST PRESIDENT'S & FUTURE LEADERS

Featuring entertainment from Keegan Ferrell from The Voice



**THURSDAY, MARCH 10, 2022
PAPER MILL ON THE LANDING**

6:00 PM - 9:00 PM | CHECK-IN BEGINS AT 6:00 PM

\$75/PERSON OR \$140/COUPLE (Includes food, alcohol, and entertainment)

About Keegan Ferrell:

Keegan Ferrell is a 22 year old singer, songwriter, producer and multi-instrumentalist based in Nashville, TN. He was born in China, but was adopted and raised in Fort Wayne, IN. He was a contestant on Season 20 of NBC's "The Voice."

Official IKDDS Business:

Join us as we celebrate previous IKDDS presidents, pass the gavel from Dr. Rob Chenoweth to Dr. Yash Singh. Society awards will be given out also. We will have a brief formal business meeting to approve the budget and elect officers. Then, we will have a wonderful time with our entertainment!

Copies of the budget and the 2022 ballot will be places on the IKDDS website by February 10th for your review.

Parking and Venue Information:

We recommend parking at the City County Garage across the street from the landing (515 S Calhoun). It is paid parking. The venue is located in between The Landing Beer Company & Utopian Coffee & Kitchen. Enter the door marked 118 Columbia Street and take the elevator to the 3rd floor. An attendant will be in the elevator to assist you. Food will be catered by The Orchid and an open bar will be provided.

Make checks out to **IKDDS** and mail to **PO Box 97, Arcola, IN 46704** or
Online registration opens in February 2022

NAME:

DENTAL GROUP:

MAILING ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

If registering for more than 1 person, please list their names below:

(These names will be on their name tags)

Please indicate any food allergies or special dietary concerns with their name

Registration:

(Includes dinner, 1 drink ticket, and event registration)

QTY:

- IKDDS MEMBER DENTIST - \$75**
Dietary Considerations
- COUPLE - \$140**
Dietary Considerations
- NONMEMBER DENTIST - \$150**
Dietary Considerations

Online registration opens in February

AMOUNT DUE:

PAYMENT METHOD:

Cash Check #

For more information, contact: Jamee Lock | jllock@ikdds.org

IKDDS EVENTS

SOCIAL EVENTS, YDC EVENTS, AND
CONTINUING EDUCATION EVENTS

There's something for everyone!



DIFFERENT EVENTS AND WHAT YOU CAN EXPECT!

Social Events:

These events are for EVERY member of the Isaac Knapp family. IKDDS hosts 3 main social events per year; the annual **Golf Outing**, the **Fall Social** and the **Past President's & Future Leaders Night**. Even if you aren't a serious golfer, the annual Golf Outing in September is a fun way for members to invite friends to interact either by playing your own ball or scramble format. The Golf Outing is also a way to raise money for dental education scholarships and grants for the Isaac Knapp Dental Education Foundation. If you aren't a golfer, you can register to attend the Happy Hour for drinks on the course. The Fall Social is a free event that is an opportunity to meet other members in a casual environment with appetizers and beverages provided. Past President's & Future Leaders Night is another fun event that will have either entertainment or an activity for everyone. It is held in the spring every year and has a fee to attend. A meal is served at this event and sometimes we even have official society business that needs to take place (ie voting for board members or other general membership business).

YDC Events:

IKDDS is known for developing leaders and our Young Dentist Committee (or YDC for short) is a great example of the young leaders we have! Our YDC plans 2 events annually: **Welcome TinCaps Game** and a **Continuing Education** event in February. The late summer TinCaps game is for ANY new dentist (graduated within the past 10 years) and is a fun, social opportunity for dentists to meet others in the same stage of their career while enjoying our local MiLB team, the TinCaps. The February CE Event is hosted by the YDC and is for both new dentists and member dentists. Our YDC leadership team picks the speaker. Meals are served at both events and the cost to attend is less than other events to help encourage dentists starting out to attend.

Continuing Education Events:

The state of Indiana requires dentists to have 20 hours of continuing education in the 2 years licensing cycle. We offer 4 opportunities annually for dentists to obtain credits. In October, we offer a local **OSHA/BLS training** during the day. In **November** and **January**, we offer either a clinical or practice management courses. Typically, in the spring, we will offer a **Half Day CE** on a Friday with a top notch speaker geared for the entire dental team! In 2022, this Half Day CE will be held in January. Also, in 2022 Fort Wayne will be the host city to the **Midwest Dental Assembly!**

2022 Event Calendar

Check emails, social media, and website for registration information or updates

FRI, JANUARY 28, 2022
HALF DAY CE

THURS, FEBRUARY 24, 2022
YDC CE

THURS, MARCH 10, 2022
PAST PRESIDENTS & FUTURE
LEADERS NIGHT

THURS, APRIL 28, 2022
FUNDRAISER FOR REP.
DENNY ZENT

FRI-SUN, MAY 20-22, 2022
MIDWEST DENTAL
ASSEMBLY

THURS, AUGUST 4, 2022
YDC WELCOME TINCAPS GAME

FRI, SEPTEMBER 16, 2022
IKDDS/IKDEF GOLF
OUTING

WED, OCTOBER 5, 2022
OSHA/BLS CE

WED, NOVEMBER 9, 2022
IMPLANTS COMPLICATIONS CE

Other Special Events:

Advocacy is an important part of your membership! Isaac Knapp has a thriving Government Affairs Committee and was the 2021 recipient of the Russell L Heyde Legacy Award for outstanding achievement in the political advocacy for the dental professional by the Indiana Dental PAC. We annually host a **Legislative Forum** in the fall and occasionally host **fundraisers** for political legislators who impact dentistry. Watch your emails for information regarding those events.



For more information, contact: Jamee Lock | jllock@ikdds.org