

The REVEILLE

Newsletter of the Isaac Knapp District Dental Society

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 IKDDS | PO Box 97, Arcola, IN 46704
www.ikdds.org | ikdds@ikdds.org
 260-459-9441

LEADERSHIP & GROWTH

By Dr. Matt Kolkman, IKDDS President

Greetings all Isaac Knappers! I consider myself extremely blessed to be a member of this great dental society, and I am honored and privileged to serve as your president for the next year. My hope is that each of you feel a similar sense of gratitude and respect for both our profession and our local dental society. My challenge to you is for you to **find a way to share your passions and talents with IKDDS at some point in your career.**

My journey to involvement in organized dentistry began a few years after dental school. It was seeded through the mentorship of many individuals that have served our organization prior to me. Without their interest in me, and an open invitation to become involved, I would not be where I am today. **I believe mentorship (at the local level) is the secret ingredient which allows organized dentistry to thrive.** My main goal for this next year is to help further spread the seeds for leadership and provide opportunities for growth to all the future generations of dentists and dental professionals in our area.

One way we are doing this is through a new leadership development program called



Dr. Matt Kolkman
IKDDS President

“Future Leaders of Isaac Knapp”.

Our mission for “FLIK” is to provide dentists opportunities for growth through self-discovery, business planning, clinical development, and mentorship.

The program is comprised of seven modules each with a focus on developing the key leadership traits of **VISION, COMMUNICATION,** and **EXECUTION.** This program is unique to any other leadership development program because it is **created by dentists for dentists** and will focus on the key aspects of running a dental practice including creating your ideal practice, personal goal setting, leading your team, team goal setting, team reviews, treatment planning, financial planning, taking control of your schedule, utilization of technology, and more.

Each module will include time for case review to brainstorm solutions for the challenges we face in practice. Additionally, the program will conclude with a day of giving

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FUELING OUR MACHINE

By Dr. Jake Yager

Envision this: you pull into the gas station and see a Ferrari sitting at the pump next to you. You instantly admire the appearance of it - suppressing a hint of jealousy as you look it over. You look a little closer and can't help but notice 87 octane is being put into the gas tank!

We cringe hearing stories like this. It makes no sense to fuel a high-end automobile with low-grade fuel. But when it comes to our bodies, we may be

committing the same sins. The dental profession is more physically taxing than the general public would realize. It's one thing to have one long day of procedures, but as dentists, we are tied to procedures every day we work. These procedures can be taxing on our physical health.

At the **2023 Midwest Dental Assembly**, one of the courses was offered by Uche Odiatu, dentist and wellness speaker. He speaks on well-being and the importance of overall health in our field. The cliff notes version of that course are as follows:

Our bodies will tell us if there is an imbalance in the system. Meaning, do you feel tired after eating? Or do you have acid reflux? Particularly after sitting for 6+ hours a day. These can be red flags that our body is trying to tell us something is off and needs to be addressed.

In order to ensure your metabolism is working optimally, fueling your body with optimal food choices is key. This is not a new concept, but it is a simple one that we have in our control - to incorporate more whole foods that are minimally processed, into our daily diet regime.

Another key talking point shared by Dr. Odiatu is the role fiber can play in contributing to overall well-being. Fiber is a primary component to reducing inflammation in the body, thus reducing further risk of disease development. Recommended daily fiber intake is 20 grams for women and 25 grams for men.

Two easy ways to jumpstart this are:

- **Eat 1 whole avocado every day (10g fiber)**
- **Eat 1 apple every day (5g fiber)**

As we know, our diet must be accompanied by regular exercise to maintain a healthy balance. Just as brushing goes along with flossing to keep plaque and gingivitis at bay. However, with a high stress career, frequent high-intensity workouts may not be what your body needs.

Dr. Odiatu states, it is just as important to **“work-in”** as it is to **“workout”**, particularly with an adrenaline-infused career. Meaning, modifying the intensity of your workouts is crucial and can be as simple as doing wall-sits to challenge yourself and yet, not overdo it. Alternating your high intensity workouts with stretching, yoga, meditation, or a leisurely bike ride/walk will prove beneficial in the long run. Allowing your body time for rest, recharging, and reset is a great way to focus on **“working-in”**.

Lastly Uche touches on the importance of our bodies in our career which is not limited to our hands. It is all encompassing, which includes our hearing. Protecting our ears from the ongoing high-pitch drilling sound is vital to prevent hearing loss. Hearing loss is attributed to social isolation and increased atrophy of the brain. Mild hearing loss doubles the risk of dementia, moderate hearing loss triples it, and those with severe hearing loss are 5x more likely to develop dementia.



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FOUNDATION NEWS

By Dr. Jason Glassley, IKDEF President



Spring is in the air, and I am sure all of you are ready to come out of hibernation and begin enjoying the outdoors and longer days. This is always an exciting time of the year here at the foundation as we plan for the year

ahead and begin to allocate funds for the many scholarships and grants to local non-profit dental clinics in Northeast Indiana.

This year we are especially excited to help support a new program you may have heard of recently; the **Future Leaders of Isaac Knapp** also known as the **FLIK program**. This program will begin its inaugural year starting this fall as a pilot program. The Isaac Knapp board has been working diligently to bring this leadership program into existence for the betterment of our members and our society.

The foundation was asked to help fund the establishment of the program as well as provide on going support in the years ahead. The board felt strongly the FLIK program falls directly in line with the mission of the foundation. **The foundation was established to help provide financial support to help dentists in IKDDS obtain quality continuing education and growth opportunities.** The success of the foundation over time led to other areas of giving financial support to many local non-profit

dental clinics as well as scholarships to dental students, hygienists, assistants, and lab techs.

Fortunately, the foundation is in a strong financial position **through the generosity of our membership**, and we believe strongly we can continue to provide grants and scholarships as well as help fund this new program which will benefit so many of our members. With the foundation's support of this leadership program, we believe this will open up opportunities for us to apply for grants from local foundations that have an interest in supporting our local community and leaders.

We have begun applying for grants through a few foundations. I would like to ask our IKDDS community for help with this as well. **If you know of any foundations that may be interested in supporting what we are doing**, please let Jamee or I know and we will be happy to reach out to them.

One other item I would like to bring to your attention is our **annual golf outing at Orchard Ridge** has

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

ISAAC KNAPP
DENTAL EDUCATION FOUNDATION

GOLF

TOURNAMENT

FRIDAY SEPTEMBER 15, 2023

Support the **Isaac Knapp Dental Education Foundation** at our annual golf outing at the beautiful Orchard Ridge Country Club.

All proceeds from sponsorships and registrations will benefit Dental Education Programs and Dental Scholarships in Northeast Indiana.

Register TODAY to reserve your spot!
Tickets are limited!



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FOURSOME - \$425
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CHECK-IN STARTS
AT 10:00 AM
SHOTGUN START
AT 11:30 AM

REGISTER AT [HTTPS://IKDDS.ORG/EVENTS](https://ikdds.org/events)



YDC NEWS

By Dr. Phil Ruckman, III - YDC Chair



The **Young Dentists Committee (YDC)** would like to extend a warm welcome to all the new dentists joining the IKDDS community. Our goal is to provide dentists in their first 10 years of practice beneficial programming and CE to expand their dental knowledge and pursue career growth.

We want to encourage young dentists to engage with their colleagues and become involved in the society.

Our first event will be held on **August 2nd at the Tin Caps game**. This is a social event and an excellent opportunity to connect with new dentists. Food and beverage will be provided, and the cost is only \$25 per person. Guests are welcome to attend as well. We would like to thank **Premier Bank** for sponsoring the event.

Mark your calendars for our future events. The YDC and the IKDDS Membership Committee will

be hosting the **Fall Social at Camp Red Cedar** on **October 12th** and a **CE event February 8th** with **Dr. Chris Salierno at Electric Works**.

Please also add us on **Facebook (YDC-IKDDS)** for reminder posts about our future events, as well as instructional posts from "Ask the Expert" and "Pearls of Wisdom". If there is anything you would like to see from the YDC, please reach out to Jamee Lock or myself.



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



YDC WELCOME EVENT TINCAPS GAME



Bring a guest as we cheer on the TinCaps as they battle the Great Lakes Loons. Connect with new dentists who graduated within the past 10 years, some board members, and some amazing sponsors.
Cost includes game ticket, food, and beverages (beer and wine included).
Enjoy the postgame fireworks after the game! You are encouraged to bring a guest.
Only 75 tickets will be available so register early!

Parkview Field | The Summit

Wed., August 2nd | 6:30 PM (Game starts at 7:05 pm)

YDC LEADERSHIP TEAM

Dr. Phil Ruckman, III - *Chair* | Dr. Adam Everhart - *Vice-Chair* | Dr. Kate Welch— *Secretary*
Dr. Tom Blake - *Mentor* | Dr. George Cooper, IV | Dr. Jesse Blair | Dr. Jas Kaur | Dr. Jill Torkeo
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Email: youngdentist1@gmail.com Please email to request to be placed on the YDC's email distribution list.



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5 QUESTIONS WITH BEN HUDSON

CO-FOUNDER/CEO OF SENSORY HEALTH

Recently, at our local **Access to Care Symposium** Ben Hudson of Sensory Health helped our local dental providers understand sensory processing and offered some practical changes providers can make to help make their dental office. His presentation was a highlight of the event and we wanted to share more about his efforts with the entire Isaac Knapp Community!

His organization, Sensory Health, works with providers to make their environments more accommodating as well as offer training to help dental teams work with patients who have sensory needs.

Patients with intellectual and development disabilities (such as Autism or Down's Syndrome) often have heightened sensory needs. Additionally, patients with ADHD or PTSD may also face sensory processing challenges. It is estimated that **up to 36% of the population experiences severe dental anxiety, which may prevent them from receiving regular dental care.**

Sensory Overload describes what happens when individuals with sensory needs become overwhelmed and more susceptible to enter a crisis state. Often, providers are trained to restrain or sedate patients when this happens. However, we are learning about better approaches to manage sensory crises. We asked Ben five questions to help bring awareness of opportunities to help treat patients with sensory issues.

What area do you focus on when the potential for sensory overload is present?

All of our work is focused on being proactive in creating environments which reduce the chances of sensory overload, as opposed to being reactive to a patient's stress response. With that in mind, it's critical to both set clear expectations in advance to

avoid surprise sensory triggers, as well as to create an environment that feels more accommodating than clinical. Clear expectations come through pre-appointment work such as social stories for patients, providers who clearly explain all steps of an appointment before they occur, and a commitment to not deviating from agreed upon treatment approaches. **The environment itself can be drastically transformed with simple interventions,** such as:

- **Color-variable LED backlighting**, which provide soothing indirect light and remove the need for harsh overhead fluorescents
- **Aurora-style projectors** on the ceiling above the patient to both calm the patient and engage them such that they keep their focus above them
- Addressing noise through **improved soundproofing around doors and windows**
- **Allowing patients to bring in** tablets, fidgets, or other items which support regulation and do not interfere with the provider's ability to perform their tasks.

Your organization helps to identify practical areas that dental offices can adjust to better accommodate patients struggling with sensory issues. At the Symposium, you mentioned the importance of a thorough Sensory intake form.

What questions are often overlooked at the time

5 Questions with Ben Hudson – continued from page 7...

of booking a patient that can be asked prior to booking the first appointment that can help lead to the patient having a successful appointment?

I've read dozens upon dozens of studies, interviews, and focus groups with both patients with sensory needs and parents of those patients. **The single most common request from patients and families is simply "ask us what works best for us."** For example, some patients with sensory needs may have no trouble at all in a crowded waiting room, while others begin to experience an extreme stress response at merely the sight of the waiting room. **Asking the patient or caretaker what works best in advance eliminates the unknowns, gives the provider actionable information on how to support a successful appointment, and critically establishes a report between provider and patient/caretaker.**

Sensory Health offers training programs for dental teams to help increase their confidence with working with patients who have sensory needs or dental anxiety. **What is the most common misperception that you see that dental teams may have when working with these types of patients?**

The biggest misconception providers have is that they aren't qualified to treat patients with sensory needs. A major aspect of our dental training module is helping fill in the educational gaps many providers have around sensory processing and sensory overload, as we understand that most dentists and hygienists did not receive any formal training on these topics in school. However, they are more than capable of providing high-quality, equitable care if they have the right tools! By giving providers some basic roadmaps around understanding sensory needs, interacting with patients who have sensory needs, and best

practices for sensory modulation, we can support those providers in gaining the confidence they need to do what they do best!

Why should a dental office consider making environmental adjustments to their office to better support patients with sensory needs?

Beyond the clear benefits to patients who have sensory needs, everybody who interacts with an intentionally designed, sensory-friendly space will benefit from it. As an example, a clinic we worked with engaged us to adapt two of their four closed operatories. A few weeks later, I got a note telling me that the providers had started arguing over who

Continued on page 10....

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Adapted Operatories

Designed to integrate seamlessly with your existing space, our operatory modifications provide a welcoming environment that supports sensory needs.



Sensory Waiting Rooms

Waiting rooms can be a sensory nightmare! Our custom-designed, themed sensory waiting rooms help patients avoid dysregulation prior to and after appointments.



Training Programs

Understanding sensory needs is critical to confidently working with this patient population. Our trainings have been delivered at various state conferences, as well as the NYU College of Dentistry.

contact us :



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www.sensory.health



info@sensory.health

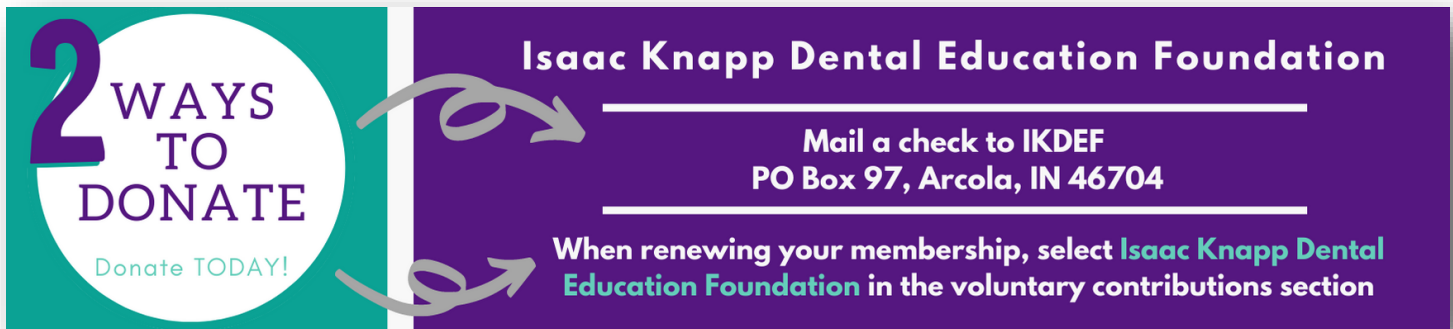
FOUNDATION NEWS – Glassley continued from page 4...

been set for **Friday September 22, 2023** with a shotgun start at 11:30am. **This year all the funds raised will go directly to supporting the foundation.** Please mark your calendars and plan to attend and/or sponsor a hole to help make this annual fundraiser our best yet. **Thank you again for you continued support of the foundation and please don't hesitate to reach out with any questions.**



Looking for a new opportunity?
Dental offices in NE Indiana are hiring!
 Visit ikdds.org/job-postings/ and find
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 You can also upload your resume on our resume portal and we will distribute it.

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isaac knapp dental society



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 PO Box 97, Arcola, IN 46704

When renewing your membership, select **Isaac Knapp Dental Education Foundation** in the voluntary contributions section

5 QUESTIONS WITH BEN HUDSON – continued from page 7...

got to work in the adapted operatories because they so preferred working in those environments, and could tell that their reduced stress positively impacted their patients as well! While not everybody who goes to the dentist has sensory needs, everybody benefits from being in a space designed to be adjustable and soothing.

If a dental office wanted to start to make environmental adjustments to their office, what adjustment would you recommend as a practical and relatively low-cost solution to better accommodate patients with sensory needs as a starting point?

Start with the basics: light and sound. Before even considering color-variable LEDs or anything that requires installation, think about how to use indirect lighting instead of the overheads. Can you put a lamp in a corner behind the patient? Are the

overhead lights dimmable? Instead of using the dental chair lamp, can you use a headlamp that focuses the light into the patient's mouth instead of their eyes? Regarding sound – weather stripping around the door is an effective, low-cost way to reduce sound transfer between spaces. White noise machines are readily available at a variety of retailers, and many medical offices already have HEPA filters or other air purifiers in operatories that can serve a similar purpose. Separately, providing a sensory kit at the front desk is a low-cost and effective way of providing patients with interactive items. The kit should contain noise-blocking headphones, sunglasses, and a variety of fidget toys or weighted lap pads. These items are all inexpensive, but show patients that the provider understands sensory needs and is committed to supporting their patients.

Oral Health Access to Care Thinktank & Symposium

Together we can better serve
IDD patients

FRIDAY
April 21st



In Collaboration with:



FUELING OUR MACHINE – Yager continued from page 2...

Ear plugs are an essential and affordable way to protect your body. Another option is to consider the dental equipment you're using. Exposure to equipment over 85-90dB on a daily basis is harmful to your hearing. Consider an electric handpiece that may be quieter. Also consider having a baseline of your hearing done, which will help monitor the effects of harmful sounds over time.

These small changes will have a positive impact on both your daily career and benefit you in the long-run. Some of these benefits include reduced risk of obesity, high blood pressure, depression, and dementia.

Back to the car:

Driving the Ferrari with hearing aids or having a hard time getting in and out of the car doesn't sound ideal either. Next time you sit down to eat, exercise, or work - remember that **YOU are the Ferrari.**

Ask yourself - am I putting high octane fuel into my body with this meal? Am I taking care of myself physically? And am I protecting my body in a necessary way? Your future self will thank you.



LEADERSHIP & GROWTH – Kolkman, continued from page 1...

back to our community by working together at Matthew 25 and receiving hands-on CE. There is 40+ hours of CE credit included in the program. If you are interested in joining a future class of "FLIK" contact **Jamee Lock** at jlock@ikdds.org for more information.

Another way we are providing opportunities for growth is through the programming we will be offering. The programming this year is all centered around the use of technology in our lives and in our practices. When used appropriately, technology can make us better clinicians, better communicators, more efficient, and energized. However, there is also a dark side to technology which can cause us to become lazy, complacent, overly reliant, and frustrated.

In November, we will have **Clinton Faupel** speak to us on the effects technology has on our mental health and how we can best self-regulate our usage of it. In January, we will have **Dr. Mark Benavides** speak to us on cybersecurity and how we can protect ourselves and our business to the seemingly never-ending onslaught of ransomware. In February, the YDC is having **Dr. Chris Salierno** speak to us on using dental technology to get patients engaged in their care and increase case acceptance. And, finally,

in March we are having **Dr. John Cranham** and **Lee Culp**, CDT speak to us how to incorporate technology into a team-based treatment approach which includes the dentist, dental team, dental technicians, and specialty providers. This annual meeting is geared towards everyone on the dental team, no matter the current understanding of dental technologies.

In addition to these educational opportunities, we have several social events planned this year. Please mark your calendars and plan to attend as many as possible. Most importantly, **I challenge all of you reach out to a friend or colleague who has not regularly attended our events and invite them along. While it may seem small, it is often these small things that create a ripple effect and can have lasting outcomes.** Afterall, if I had never received a formal welcome and invitation to attend a meeting 10 years ago, I would not be sitting here addressing you all as president of IKDDS. I look forward to a great year. Have a fantastic summer and I am excited to see you all soon!

thank you all for giving me this opportunity and trusting me with leading IKDDS this year. I wish the upcoming president the very best.

SENSORY BAG RESOURCES

SPECIAL THANK YOU TO AWS FOUNDATION FOR INFORMATION IN THIS RESOURCE!

27%

HOOSIER ADULTS

Have a disability.
Specifically 13% have a
cognitive disability

IKDDS Top Priorities identified in order to treat patients with IDD effectively with dental services



Increased reimbursement to support longer dental visits and procedures



More specialized training for dental professionals in northeast Indiana



Work with local hospital systems to solve OR access room barriers for dental providers

WHAT IS A SENSORY BAG/KIT?

Sensory kits help people with sensory processing disorders or anxiety engage their touch, smell, sight, taste, hearing, movement and balance. They enhance the brain's development while helping the person relax, remain calm and overcome fears in a warm and natural environment at home or school. The #1 health need for people with disabilities is adequate dental care. Behavioral modification techniques and resources such as sensory kits can often help individuals with intellectual and developmental disabilities have successful dental visits.

Sensory Bags are an inexpensive investment that can help patients with Sensory issues have a successful appointment when used with other techniques.

CONTENT RECOMMENDATIONS:

Variety of Fidget Toys

Are used for self-regulation and help with attention, focus, and sensory processing.



Introduce it as a 'tool' not a toy, that will help the person relax or stay calm while in the office or in the dental chair. Remind them that they need to leave the tool here for next time.

Could have small similar fidgets in your toy box to replace what was used while there. Not all fidgets work for all people. Allow choice, then make a note for next time what the child chooses.

Weighted lap pads/blankets

Can provide a sense of safety and calm. Can help when there is sensory overload. Not all people like additional weight.

- Should not be used for infants or small toddlers
- Typically should be no more than 5% of body weight



Noise reduction headphones

Can be used both in the waiting room and in the exam room.

Dental noises can be anxiety producing; these help muffle the sound.

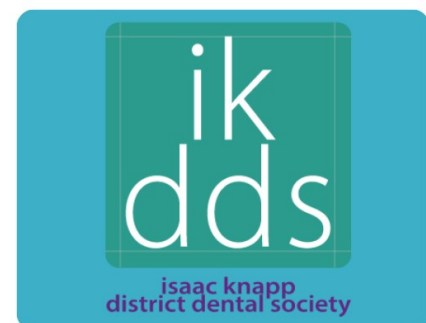


Mindful Maze

Helps children or adults focus on their breathing and relaxing by repetition. Encourage child to trace the patterns while they breathe to relax. Good to use in the waiting room when a person is anxious.



IKDDS would like to thank the AWS Foundation for donating Sensory Bags for dental offices who attended the Access to Care Symposium in April!



[HTTPS://IKDDS.ORG/](https://ikdds.org/)



Additional benefits when you need them: Delta Dental's Special Health Care Needs Benefit

Your Delta Dental group benefits plan includes enhanced benefits for covered members (children and adults) with a qualifying special health care need.



What are special health care needs? As defined by the American Academy of Pediatric Dentistry, special health care needs include any physical, developmental, mental, sensory, behavioral, cognitive, or emotional impairment or limiting condition that requires medical management, health care intervention, and/or use of specialized services or programs. The condition may be congenital, developmental, or acquired through disease, trauma or environmental cause, and may impose limitations in performing daily self-maintenance activities or substantial limitations in a major life activity.

What is included in the benefit?

- Additional visits to the dentist's office and/or consultations that can be helpful prior to the first treatment to help patients learn what to expect and what is needed for a successful dental appointment. Additional exam benefits will be allowed for this purpose.
- Up to four total dental cleanings in a benefit year.
- Treatment delivery modifications, including anesthesia and nitrous oxide, necessary for dental staff to provide oral health care for patients with sensory sensitivities, behavioral challenges, severe anxiety or other barriers to treatment.

How do I/my spouse/my dependent use this benefit?

- Members with a qualifying special health care need should let their dentist know that their group Delta Dental plan includes the Special Health Care Needs Benefit and that they have a qualifying special health care need.
- To help your dentist better understand the benefit and how to bill Delta Dental for services provided, we suggest you take the "Special Health Care Needs Benefit Provider Instructions" flyer with you to your next dental visit (*download the flyer at deltadental.pub/shcn-provider or scan the QR code*).



**When people
pull together,
every day is a
giant leap
forward.**



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Meet the 2023-2024 Inaugural FLIK Cohort

What is a FLIK??

FLIK is a new program made for dentists by dentists! These leaders in Isaac Knapp will complete 7 training modules that will equip them to be leaders in their professional and personal lives. They will receive 40+ hours of CE and participate with clinical roundtables and hear from some amazing speakers to help them elevate their abilities as leaders!

VISION

Lead Yourself

COMMUNICATION

Lead your Team

EXECUTION

Lead your Patients



Dr. Robert Chenoweth



Dr. Jason Glassley



Dr. Jonathan Hale



Dr. Claire Hemphill



Dr. Doug Jansen



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Dr. Joseph Platt



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The James Foundation

Thank you to these supporters!



Visit ikdds.org/events to view all upcoming events

2023 SPRING FLING: PAST PRESIDENTS & FUTURE LEADERS

In April, many members and their special guests gathered for the Isaac Knapp **Spring Fling: Past Presidents & Future Leaders** event. The evening spotlighted the former Presidents of Isaac Knapp while simultaneously celebrating present and future leaders!

Located at the beautiful, historic Baker Street Train Station, guests were entertained by local favorite band, Honey in the Sun!

IKDDS Past Presidents in attendance for the event were: **Dr. Angela Becker, Dr. Tom Blake, Dr. Rob Chenoweth, Dr. Steven Ellinwood, Dr. Geoffrey Glogas, Dr. John (Jay) Hayes, Dr. David Matthews, Dr. Ralph Merkel, Dr. Catherine Periolat, Dr. Brenda Valliere, Dr. Roger Valliere, Dr. Wayne Walker, and Dr. Ben Yoder.**

Recognition was given to the IKDDS Delegates and Alternate Delegates who served at the Midwest Dental Assembly.

Dr. Jason Glassley provided an update on what the Isaac Knapp Dental Education Foundation is doing and the amazing impact it has had in our community.

As part of the celebration, we were able to recognize two Isaac Knapp members who stand above and beyond!

Dr. Steven Ellinwood was named Isaac Knapp's **Component Honor Dentist** for his commitment to dentistry and our local component.

Dr. Roger Valliere received a President's citation as the **Spirit of Isaac Knapp** recipient for the work he does in our community and his servant leadership in Isaac Knapp!

In a moving ceremony, **Dr. Matthew Kolkman** accepted his role as IKDDS President from **Dr. Yash Singh** during our installation of officers.

Special thank you to **Galecki Financial** for sponsoring our event and helping to make the evening a success!

REDUCING DISPARITIES IN ORAL
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HOSTING A 4TH YEAR
DENTAL STUDENT IN YOUR
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INDIANA UNIVERSITY
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Congratulations! 



Dr. Waseem Taraji and his wife, Sarah, welcomed home a beautiful daughter, Scarlett Eve on May 19, 2023. She weighed 6 lbs, 3 oz and was 19 in. long.

PAST PRESIDENTS & FUTURE LEADERS 2023

FEATURING HONEY IN THE SUN



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**Check out our Facebook
page for more pictures!**

2023 IDA MIDWEST DENTAL ASSEMBLY

INDIANAPOLIS | May 19-21

ISAAC KNAPP WELL REPRESENTED AT 2023 MDA IN INDY!

In another successful Midwest Dental Assembly, Isaac Knapp leaders continue making an impact in dentistry in the state of Indiana.

While many Isaac Knapp dentists attend the Midwest Dental Assembly to connect with peers and receive continuing education, we also send dentists to represent Isaac Knapp members in reference to official business for the Indiana Dental Association.

The following members represented IKDDS at the Midwest Dental Assembly House of Delegates as Delegates or Alternate Delegates: **Dr. Todd Briscoe, Dr. Ben Clinkenbeard, Dr. Caroline Derrow, Dr. Tyler Kimmel, Dr. Matt Kolkman, Dr. Joseph Platt, Dr. Wayne Walker, Dr. Jay Hayes, Dr. Adam Everhart, Dr. Doug Jansen, Dr. Phil Ruckman, III, Dr. Connie Shim-Middleton, Dr. Jill Torkeo, and Dr. Jeffrey Valliere.** **Dr. Ben Yoder**, our IKDDS Trustee, was instrumental in leading our group to have a successful House of Delegates.

ISAAC KNAPP 2023 IDA AWARD RECIPIENTS

Rising Star Award...**Dr. Jill Torkeo**
 Charles W. Gish Award...**Dr. Tyler Kimmel**
 Dr. Norwin M. Niles Legislative Excellence Award...**Senator Liz Brown**
 Component Honor Dentist...**Dr. Steven Ellinwood**
 IDA AIR Program...**Dr. Jill Torkeo**

MDA kicked off with its **2nd annual IDPAC Golf Outing**. As Gold Sponsor for the event, Isaac Knapp filled a team with **Dr. Ben Yoder, Dr. Wayne Walker, Dr. Jay Hayes, and Senator Andy Zay**. The outing was held at Old Oakland Golf Club in Indianapolis. The IKDDS Foursome brought home the trophy and left the outing as Champions!

Our very own, **Dr. Caroline Derrow (AKA The Queen)** helped kicked off the Midwest Dental Assembly House of Delegates with her riveting Report on the Committee on Credentials.

The Awards Ceremony that evening was a joyous event with many Isaac Knappers receiving recognition. **Dr. Jill Torkeo** received recognition for her completion of **IDA's AIR Program** and was the recipient of the **Rising Star Award**. **Dr. Tyler Kimmel** was recognized for his leadership and involvement leading to significant improvement and/or positive impact in the overall dental health within a given community with the **Charles W. Gish Award**. **Dr. Steven Ellinwood** received recognition for being the IKDDS **Component Honor Dentist**, and **Senator Liz Brown**, who serves in the Isaac Knapp District, was recipient of the **Dr. Norwin M Niles Legislative Excellence Award**.

Several Isaac Knapp members were recognized as Life Members and **Dr. BDK Brown** and **Dr. Robert Gebfert** were recognized for being members for 50 years!

RECOGNITION OF LIFE MEMBERS

Life Members must have been IDA members for 30 consecutive years or a total of 40 years

Dr. Eric L. Dellinger	Dr. Gina Dilger-Dewald
Dr. Matthew Eckert	Dr. Mark Friedrich
Dr. Daniel Gabrek	Dr. Dionne Hladin
Dr. Timothy Lynch	Dr. David Painter
Dr. Steven Salkeld	
Dr. Michael Stroncsek	

Congratulations to our 50-year members

Dr. BDK Brown
Dr. Robert Gebfert



2023 **IDA** MIDWEST DENTAL ASSEMBLY
INDIANAPOLIS | May 19-21



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MIDWEST DENTAL ASSEMBLY— cont. from page 19...

IDPAC hosted an Indy 500 themed Reception where the creativity of Indiana dentists were on display!

During the second session of the House of Delegates, several Isaac Knapp members rolled onto leadership roles with IDA. **Dr. Joseph Platt** was elected as IDA's Vice Speaker of the House.

Dr. Doug Jansen and **Dr. Jill Torkeo** will join others to serve as IDA delegates to ADA's 2024 and 2025 House of Delegates. They join **Dr. Steve Ellinwood** and **Dr. Matt Kolkman** as IDA Delegates. **Dr. Phil Ruckman** will serve 2 years as the IDA New Dentist Delegate in 2023 and 2024.

While all of these achievements should make you proud, we were most excited to welcome our very own Dr. Tom Blake as IDA President for the 2023-2024 term. The impact that he has had on so many individuals was evident and his impact to dentistry has been great! We are so proud of him.

You can listen to his amazing acceptance speech on our YouTube channel.

We are already looking forward to the MDA to be held in French Lick in 2024. We hope you consider attending! You won't be disappointed!

IDA INDIANA DENTAL
association

ISAAC KNAPP MEMBERS ELECTED TO LEADERSHIP



Dr. Tom Blake
IDA President
2023-2024



Dr. Joseph Platt
IDA Vice Speaker
of the House



Dr. Doug Jansen &
Dr. Jill Torkeo
ADA Delegates
2024-2025



8 OUT OF 10
DENTISTS IN
NORTHEAST INDIANA
ARE MEMBERS OF
ISAAC KNAPP

CLICK HERE FOR

CURRENT JOB POSTINGS

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IKDDs ALL DAY MEETING

DIGITAL DENTISTRY

Featuring Lee Culp & Dr. John Cranham



FRIDAY, MARCH 8, 2024 - GRAND WAYNE CENTER - 8 AM - 3 PM
Projected Attendance: 200-300 Attendees



CHOOSING “HARD”

By Jamee Lock IKDDS Executive Director

“If it were easy, everyone would do it.” In 2018, I went back to college to complete a degree that I had started 20 years prior. Two years ago, I was able to finally hang that degree on my wall. During those 2 1/2 years of juggling family, work, and school, that phrase would push me to do the assignments I didn’t want to do or to study for tests when I was exhausted. It really isn’t a

pretty phrase and really isn’t motivating, but it was enough to remind me that I didn’t sign up for “easy”.

I wish I could say that I don’t have to remind myself of that phrase as often as I did back then, but I have found myself using it again regularly. IKDDS is at an amazing point where we are growing and doing new and exciting things. All of which encourage me. However, there are moments when I reflect at what others are doing and question if I am making things harder than I need to.

While there may be a hint of truth to that, I am recognizing that **growth is hard, but worth it.** We weren’t meant to take the easy road. Sure, there are seasons in life where we are called to rest, but there are others where opportunity and time collide that I feel the regret of not trying would be unbearable.

Earl Nightingale, a radio show host in the 1950s, said, ***“We are at our very best, and we are happiest, when we are fully engaged in work we enjoy on the journey toward the goal we’ve established for ourselves. It gives meaning to our time off and comfort to our sleep. It makes everything else in life so wonderful, so worthwhile.”***

While I don’t fully understand what struggles that dentists undergo on the daily, I do know that like everything in life, you get out of it what you put into it. We have a highly respected dental society

because we have member dentists who continue to strive for their best and serve their patients, peers, and community well.

I am encouraged that there are several of our members who have agreed to be a part of our inaugural cohort of FLIK. They will begin a journey this fall to do the work that will help them identify how to use their talents in dentistry to achieve both career and personal goals.

I know it won’t be easy, but it will be worth it—for them and for the Isaac Knapp community. While FLIK is a new opportunity for Isaac Knapp, we also have several members involved with committees and other leadership roles who are choosing to do hard things, which will have impact for many years to come.

We have some wonderful continuing education and social events that I am certain will stretch you and grow you! If you know a peer who hasn’t attended and Isaac Knapp event in years, please encourage them to try one out. We have a variety of topics and fun activities that the relationships built alone will be of value. I understand that sometimes it is easier to ignore these opportunities and choose to stay home, but what if you missed a life-changing lesson or connect with a new colleague that leads to an opportunity you didn’t know existed?! I want to encourage you **to not settle for easy this year and instead push through!**



ISAAC KNAPP LEGISLATIVE FORUM THIS IS YOUR OPPORTUNITY TO BE THE VOICE OF DENTISTRY!

CURRENT TOPICS THAT IMPACT DENTISTRY:
TOPICS TBD

TUESDAY, SEPTEMBER 26 | 6:30 - 8:00 PM

LOCATION TBD

*REFRESHMENTS WILL BE SERVED

**RSVP ONLINE OR EMAIL
OFFICE.IKDDS@GMAIL.COM**

THIS IS A FREE EVENT, BUT PLEASE RSVP!

INVITED LEGISLATORS: SENATORS LIZ BROWN, JUSTIN BUSCH, SUSAN GLICK, DR. TYLER JOHNSON, & ANDY ZAY
INVITED REPRESENTATIVES: DAVID ABBOTT, MARTIN CARBAUGH, PHIL GIAQUINTA, DAVE HEINE, CHRIS JUDY, MATT LEHMAN, DAN LEONARD, BOB MORRIS, BEN SMALTZ, AND DR. DENNY ZENT



2023 OSHA Compliance & Infection Prevention Practices and BLS Recertification & HIPAA



Wednesday, September 27
PFW Busse Alumni Center

[REGISTER ONLINE](#)

2023 FALL SOCIAL FREE EVENT!



**THURSDAY, OCTOBER 12, 2023
CAMP RED CEDAR LODGE**

6:00 - 9:00 PM

**COMPLIMENTARY FOOD AND BEVERAGES
WILL BE SERVED**

RSVP AT [IKDDS.ORG](https://www.ikdds.org)

It's time to celebrate Isaac Knapp! You and a guest are invited to attend our annual fall social at the beautiful Camp Red Cedar Lodge. The evening will allow plenty of time to connect with other dentists from northeast Indiana!

We will have opportunity to hear from Isaac Knapp President, Dr. Matt Kolkman, Isaac Knapp Dental Education Foundation President, Dr. Jason Glassley, and other leaders in dentistry!

This is a free event, but you must RSVP to attend. We look forward to seeing you!

STAY ENGAGED



IKDDS.ORG,
FACEBOOK, & EMAILS



ATTEND IKDDS &
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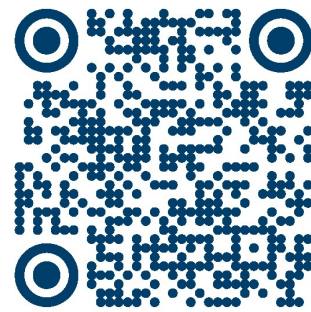
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