

# So Cal Dental Quarterly

Volume 4 Issue 01 January—March 2017



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Staying Connected.....

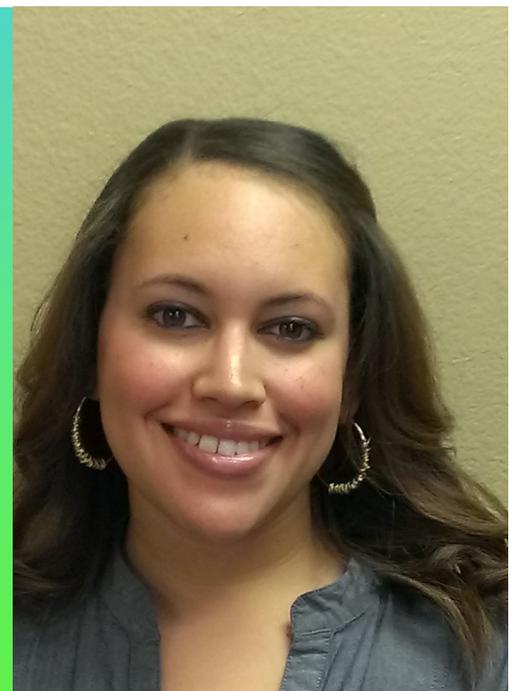
**Water Cooler Chat With  
Jenna Freeman**

## "OUR MISSION STATEMENT"

To serve our patients with unparalleled excellence demonstrated through the passion and integrity of our services;

To serve our Team Members by providing exceptional working environments, competitive benefit packages, and a philosophy of empowerment and personal accountability, that can create the potential for professional growth and fulfillment;

To conduct our activities with sound social and ethical values, to better guide our growth objective to be the dental services company that our competitors strive to emulate.



### **Corporate**

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Fax: 909.381.2981

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Tel: 760.772.0725 (Specialty)



# SC Q Magazine

So Cal Dental Partners Quarterly Magazine

Newsletter Date January - March 2017  
Volume 4, Issue 1

## From the News Room



Hi Team,

Happy New Year!

The Halloween costume contest was great. Everyone was so creative. We didn't realize how competitive some of the offices were! We might have to dial back next year. For all the pics and videos, go to our corporate website.

Second, we're so excited to sponsor *The Salvation Army* for our annual charity drive this year and so proud of the team members that were able to donate to a worthy cause. See page 20 for more info.

Also strong to our word, we did our first fellowship fitness hike on Dec. 4th, 2016. Thanks for coming! See page 24 for details and be on the look out for our next hiking adventure coming soon.

Don't forget to send us pics so we can salute the great things you are doing in the next newsletter.

Of course, we have some fun raffles and contests. Participate, IT'S MORE FUN!

Congratulations to last issue's winners of finding the "tooth": Barbie Maher from Heritage Court, Jenna Freeman of SC & Jennifer Garnatz of IDC-SB. Each winner received a gift card. The location was on page 4 In the blinds. Jennifer Garnatz was the big winner, she also won the paperclip contest where she guessed the exact amount of paperclips 777! Way to go.

For this issue to be eligible for the tooth drawing you MUST submit your guess through the corporate website. See complete directions on page 10. The first 3 names drawn will be the winners (note this is a sample not the new location)

.....Happy searching. Debbie

### SC Q Editors-in Chief

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# MILESTONES

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So Cal Dental Partners recognizes that you have a choice where you spend your time. We are proud to recognize the following employees this quarter who will celebrate their milestone anniversaries.

## 5 Years

Akta Amin—Inland Dental Center

Jenna Freeman—SC Dental Care

## 20 Years

Connie Phan—Sea Country Dental

## 10 Years

Kelly Alvarez—Rancho Niguel Dental

## 25 Years

Sharon Bailon—Highland Dental



## January

JESSICA LAU  
ROBYN ATKINS  
MERCEDES MATA  
ANGELICA PADILLA  
DR. GARY MAR  
MONICA DUBOIS  
MARLENE MARTINEZ  
LILIANA JONES  
JAEOK KIM  
DEBORAH ARZALUZ  
ELMA TILEI  
ANA LOPEZ-FLEMING  
LAUREN LEMUS  
GINA MARTIN  
CYNTHIA CARDENAS  
VIRGINIA VAZQUEZ  
DR. ANGELA HSIAO  
DR. CALVIN MCLEMORE

## February

ASHLEY JOHNSTON  
ADRIANA NAVARRO  
MONICA SALCIDO  
CRYSTAL SANTOS  
JP LEMANN  
MICHAEL MORALES  
HILARIO SANTILLANES  
GLORIA HERSHBERGER  
GERARDO RODRIGUEZ  
EVA FLORES  
DR. HUGH MURRAY  
AKTA AMIN  
DR. KEVIN LEE

## March

DR. ANDY BOYD  
DONNA WILLIAMS  
DOREEN ROBLEDO  
LYNNE TROY  
CARISSA ROBITAILLE  
MARIA TRIMBLE  
SONIA EBRAHIMI  
JUNGIM ROMERO  
DOLORES CRUZ  
FARIDEH AGHAJAN  
LINDA SOTO  
NURCIN HANSEN  
DR. MELVIN GLICK  
DR. ROBERT VACA  
DR. SHIRIN MOSHREFI

# Happy Birthday!

SEA COUNTRY  
DENTAL  
CELEBRATING  
OFFICE  
BIRTHDAYS IN  
DECEMBER



IDC  
HIGHLAND  
GOES OUT  
TO  
CELEBRATE  
JOLENE'S  
BIRTHDAY!



**Alicia Mission Viejo and South Coast Dental Specialties (left) and IDC Heritage Court (below) dress up as Grease!**



**Inland Dental Center San Bernardino (right) dresses up as "Dinosaur on the Loose!"**



**So Cal Dental Corporate (left) dress up as judges for Halloween**



**Highland (left) and Rancho Niguel (below) dress as superheroes!**

**SC Dental Care (below) dress as Orange is the New Black**



**Sea Country Dental (below) dresses up as the presidential debate**

**THANK YOU!**  
**A BIG THANKS TO EVERYONE WHO PARTICIPATED IN DRESSING UP FOR HALLOWEEN YOU ALL DID A WONDERFUL JOB!**



# HAPPY HALLOWEEN

INLAND DENTAL CENTER CELEBRATES HALLOWEEN AT ROCK N FONDUE



Congratulations

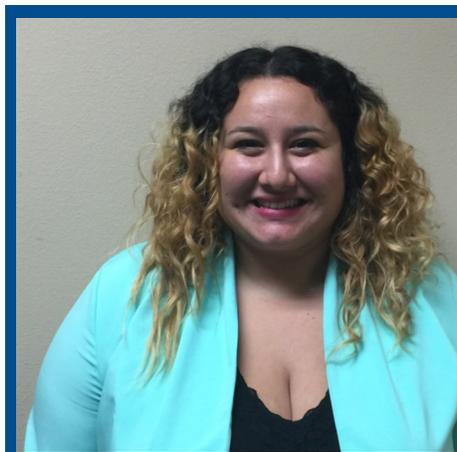


**HAPPY 25TH ANNIVERSARY TO RANCHO NIGUEL DENTAL GROUP!**

# WELCOME ABOARD



Barbie Maher  
Heritage Court  
Dental Assistant



Adriana Reyes  
Heritage Court  
Front Office



Jessica Hawk  
IDC Highland  
Dental Assistant



Cynthia Cardenas  
Rancho Niguel Dental  
Dental Hygienist



Nikki Smith  
South Coast Dental Specialties  
Oral Surgeon Assistant



Elizabeth Hernandez  
Heritage Court  
Dental Assistant



# Finding The Tooth

Once you find the tooth in the magazine, follow the directions below to submit your guess for the tooth location. Everyone who guesses correctly will be entered in a drawing to win a prize! Instead of emailing it to us directly this time, you will need to submit the answer on our website.

1. Go to [www.socaldentalpartners.com](http://www.socaldentalpartners.com)
2. Click employee portal and log in with your email and password. If your unsure of what your email and password is, contact your manager or email [ashleyj@socaldentalpartners.com](mailto:ashleyj@socaldentalpartners.com) to get this information.
3. After you log in, you will see a button that says "Tooth Guesses". Click this button.
4. Specify the location of the tooth, and your first and last name, and press submit.

Here is a sample of what the tooth looks like →



# Fun Facts with Dr. Angela Hsiao

**What is your favorite type of food?** I love Japanese food.

**Do you play any instruments?** As a child I used to play the violin and piano, although I am not sure how good I would be now.

**What has been your favorite vacation destination?** I have two—Bora Bora, which I visited when I was on my honeymoon, and South Africa. I went to South Africa with my sister and some friends, it was amazing!

**What is your favorite movie?** I don't really have a favorite movie, but I have a favorite type of movie. I really enjoy action and science fiction movies.

**What is your favorite song or type of movie?** I like hip hop. In fact I might have to think about listening to radio friendly versions because my daughter Madison is starting to repeat everything.

**Who is your celebrity crush?** I have two—Hugh Jackman and Ryan Reynolds.

**What is your biggest pet peeve?** That's easy, the gunk around the toothpaste tube. I absolutely hate it!

**What is your proudest accomplishment?** This might sound so cliché, but creating my daughter Madison. She is the best thing that has ever happened to me. I just love her so much!



# A Conversation with Dr. Angela Hsiao



Dr. Angela Hsiao started with South Coast Dental Specialties in 2010. This year will bring exciting change for the office as we are happy to announce that Dr. Hsiao is now going to be a partner at South Coast Dental Specialties. Prior to working for the So Cal Dental Partners family, Dr. Hsiao grew up in Redlands. As a teenager in high school she enjoyed outdoor sports and was on the swim team. Although she loved competing in sports and doing outdoor activities, she chose to focus on her studies before she went off to college. After high school, she left Redlands and went on to study at the University of California Los Angeles (UCLA), where she received her Doctorate of Dental Surgery Degree in 2005. In 2007, Dr. Hsiao pursued additional specialty training in endodontics and completed her residency at the Baylor College of Dentistry in Dallas, Texas.

Shortly before 2010, Dr. Cecilia Kao, So Cal's associate Pedodontist and a friend of Dr. Hsiao's told her about a possible job opportunity with So Cal Dental Partners. Although initially approached with the idea of working at our Indio office, she was happy to get a call about a position that opened up in Orange County. At the time, she was living in Los Angeles and making the commute to Orange County. It was a lot easier for her than commuting to Indio. She started with South Coast Dental Specialties, and has been happy to call it home ever since. While working with us, Dr. Hsiao began teaching dental students at UCLA, and it was during this time that she met her now husband, Dr. Otis Chong. They got married in 2014 and currently reside in the city of Irvine.

After Mary retired in 2015, So Cal Dental Partners was eager to seek out another partner to continue to grow the specialty practice. She expressed interest in partnering with So Cal previously and she knew it was the perfect time for her to re-approach the question with the partners. However, there was one small hurdle for her - she was pregnant with her first child. Knowing this, the partners asked her to give it some thought before she made a final decision. Motherhood can change anyone's perspective and they wanted to give her ample time to process that decision. While on maternity leave her husband, Dr. Chong, filled in for her and continues to still practice with at South Coast Dental Specialties two days a week. After giving birth to her beautiful daughter Madison, who is now one, she once again discussed the possibility of a partnership. We are thrilled to announce that the partnership between Dr. Hsiao and South Coast Dental Specialties will be official as of January 1, 2017.

When asked what Dr. Hsiao loves most about this company, she said "it is like working with family!"



# CONGRATULATIONS, LOURDES!



**LOURDES FROM SOUTH COAST DENTAL SPECIALTIES IS MOVING TO WASHINGTON. GOOD LUCK ON YOUR BIG MOVE LOURDES, YOU WILL BE MISSED!**





**Karen Garza  
welcomed her  
beautiful bundle of  
joy, Nora Grace  
Garza, on July 20,  
2016. She was 7  
lbs 7 oz and 19.5  
inches.**

**Congratulations,  
Karen!**

# Jenna, would you rather...?

**Would you rather be hairy or completely bald?** Bald, I'd rather wear wigs than spend forever shaving and waxing!

**Would you rather be invisible or able to read minds?** I'd rather be a mind reader—problem solving would be much easier!

**Would you rather be stranded on an island alone or with someone you hate?** With someone I hate—I'd go nuts by myself!

**Would you rather not be able to use your phone or email again?** Email, it's just a bunch of spam anyway

**Would you rather only be able to whisper or only be able to shout?** Whisper, I'm so loud already!

**Would you rather eat poison ivy or a handful of**

**bumblebees?** Poison ivy—I'd rather eat a plant than a bug!

**Would you rather always lose or never play?** Always lose I guess, playing is half the fun

**Would you rather be able to stop time or fly?** Stop time so I could keep my little guy young forever

**Would you rather go to an amusement park or family reunion?** Family reunion, my family is all over the place and I'd love to be with them all at once

**Would you rather have one wish granted today, or 3 wishes granted in 10 years?** One wish today—world peace!

**Would you rather have xray vision or bionic hearing?** Xray vision since my hearing is already pretty good as it is!

**Would you rather know it all or have it all?** Have it all, knowledge is overrated

**Would you rather be 3 ft taller or 3 ft shorter?** 3ft taller, I've been short my whole life

**Would you rather get even or get over it?** Get over it for sure. I'm a

Libra, it's impossible for me to hold a grudge

**Would you rather give bad advice or take bad advice?** Give bad advice, because I feel like

everyone's going to do what they want to do at the end of the day anyways, regardless of my advice





# Water Cooler Chat with Jenna Freeman

This February Jenna Freeman from our SC Dental Care office will be celebrating her 5 year anniversary with the company. Before she made California her home, Jenna grew up in New Jersey. Along with her mom, dad and two younger sisters, they arrived in California in 2005, soon after Jenna completed high school. A short time after she arrived in California with her family, Jenna met her fiancé, Jack. They have been together 10 years and they have 5 year old son named Jamison. In 2015 on Christmas Eve, Jenna was in big bear with Jack and some of her family, when he proposed to her. They have been planning their wedding ever since and are due to get married on April 30, 2017. Although very busy with the wedding planning, Jenna spends a lot of quality time with her fiancé and son. Getting outdoors and hiking are among some of her favorite activities to do with her family. They also enjoy just being home together and watching television. Jenna enjoys eating sushi, cookies and brownies, but hates peanut and nuts.



Jenna has always seemed to be destined to work for So Cal Dental Partners. In 2007, Jenna started working for an orthodontic office which So Cal Dental Partners once managed. She worked there for about 5 months, when she decided to move from Mission Viejo to Corona and had to quit. When she moved back to Orange County with her fiancé and son, she worked for a dental office which was across the street from Rancho Niguel Dental. Unhappy with office where she was working at the time, Jenna started to search for other possible job opportunities. She saw opening at Sea Country Dental and interviewed with Gina. To her surprise she realized that they were affiliated with the orthodontic office she had briefly worked for in 2007. After talking with Gina, they realized she would be a better fit at Rancho Niguel Dental and eventually worked her way up from the Front Office to the Treatment Coordinator position. After making the commute from Placentia to Laguna Niguel for three years, in 2015 a position had opened up as Hygiene Coordinator at SC Dental Care. She decided that she wanted to apply for the position, as it was a great job opportunity and would make her commute just a little easier on her. With Gina's blessing, Jenna made the switch from Rancho Niguel to SC Dental Care.



After being part of So Cal Dental Partners team for 5 years Jenna says she loves working for the company and that it feels like a second family to her. She says "you always feel very secure and take care of!"

# CPR TRAINING

Get trained. Save a life. You'll be glad you did.

**ORANGE COUNTY OFFICES LEARNING TAKE CARE OF BUSINESS (AND PATIENTS) AT THEIR YEARLY CPR TRAINING!**



# Marketing with Heritage Court



**MONICA DUBOIS (OFFICE MANAGER/PARTNER), PAULA ZARAGOZA (MANAGER OF INLAND DENTAL SPECIALTIES), AND LYNNE TROY (MARKETING DIRECTOR) OF HERITAGE COURT REPRESENTED ANTHEM BLUE CROSS AT THE VINTAGE COUNTRY CLUB EMPLOYEE'S HEALTH FAIR.**

*Inland Dental Center*

*San Bernardino*

*Ugly Christmas Sweater Day*



# *Tis the Season To Be Giving*

Thanks to the generosity of our So Cal Dental Family we were able to raise a total of \$748 for The Salvation Army of San Bernardino.

On behalf of the partners: \$250

Inland Dental Center San Bernardino: \$40

Rancho Niguel Dental Group: \$80

SC Dental Care: \$185

Sea Country Dental: \$67

So Cal Dental Partners Corporate: \$105

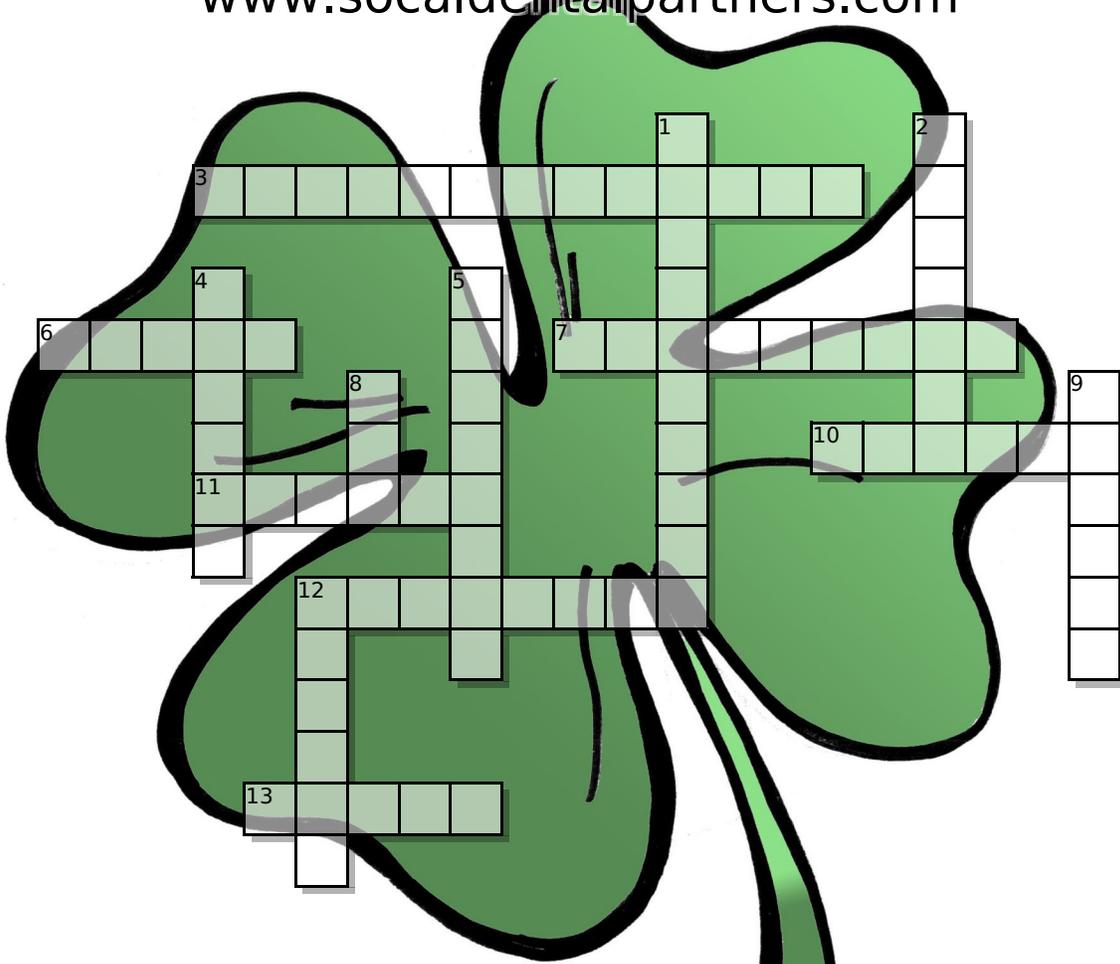
South Coast Dental Specialties: \$21

A big thank you to everyone who participated and donated money to this wonderful cause!



# SQ MAG PUZZLER

VOL. 4 Issue 1 Answers at  
[www.socaldentalspartners.com](http://www.socaldentalspartners.com)

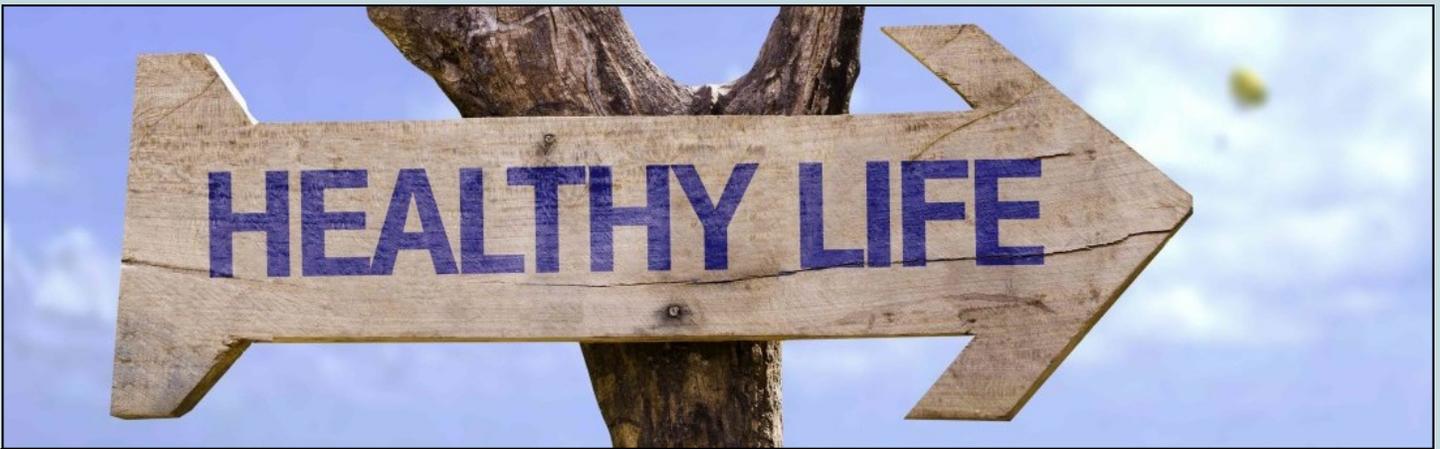


## ACROSS

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- 11 FIRST NAME OF TEAM MEMBER CELEBRATING 25TH ANNIVERSARY
- 12 LAST NAME OF A TEAM MEMBER FROM CORP. CELEBRATING A FEB BDAY
- 13 FIRST NAME OF WATER COOLER CHAT TEAM MEMBER

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- 12 WHAT WAS CORPORATES HALLOWEEN THEME?



# The Power of Planning

## (and how it can transform your health)

**1. Plan your daily food.** Keeping a simple food journal can help you be more mindful of what you're eating. Also, setting specific goals like "eat less junk food after 6 p.m." leaves you with no questions about what you need to do. Using weekends to make a game plan for the week is also extremely helpful.



**2. Plan your exercise.** If you struggle with getting to the gym, setting up a schedule with specific days and times that you factor into your day can help you achieve your goals. Also, doing exercise that you actually enjoy is essential in motivating yourself to work out. If you're not sure what you enjoy doing, try going to fitness classes at the gym and try different things! Also, setting up

workout goals can help motivate you. For example, if you currently run a mile in 10 minutes, making a goal to run a mile in 8 minutes gives you something to work toward.

**3. Reward yourself.** Rewarding yourself is an essential part of fitness! Experts say that non-food-related rewards are best if your goal is to lose weight. Some great rewards include going to get a massage if you meet all your fitness goals, buying yourself new workout clothes, or getting a cool new gadget that you've been wanting.

**SMALL DAILY  
IMPROVEMENTS  
ARE THE KEY TO  
STAGGERING  
LONG-TERM  
RESULTS**



HEALTHY LIFE

JUST AHEAD



**Staying fit from our  
toes to our teeth!**



# THE RED ROCK CANYON TRAIL FOOTHILL RANCH

Miles: 4.5

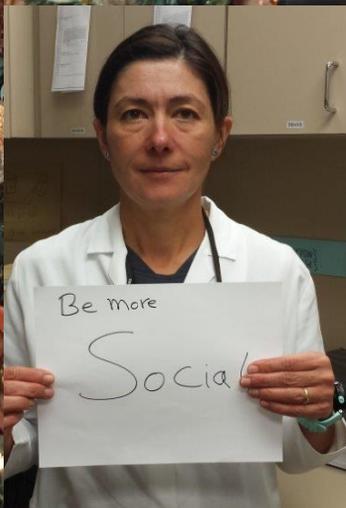
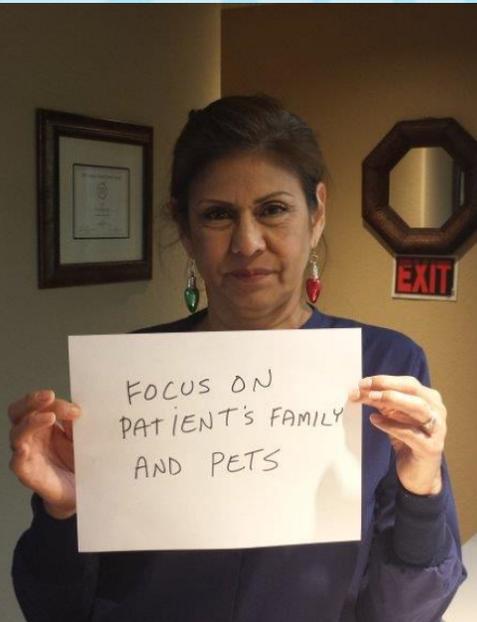
Steps: Over 10,000!

Calories Burned: 700

Good food & good company: Priceless

# NEW YEAR.

## *New Resolutions.*



# NEW YEAR.

## *New Resolutions.*

