

So Cal Dental Quarterly

Volume 3 Issue 04 October—December 2016



Staying Connected.....

In This Issue:

- Letter From the News Room Pg. 1
- Happy B-day Pg. 2
- B-Day Parties Pg. 3-4
- Milestones Pg. 5
- Pamper Time at SCDS & Alicia Pg. 6
- Halloween Contest Pg. 7
- Fall Charity Drive Pg. 8
- Welcome Aboard Pg. 9-10
- Patient Drawing Pg. 11
- New Office Under Construction Pg. 12
- Partners Spotlight Pg. 13-14
- Meet Dr. Jeon Pg. 15
- Meet Dr. Rehak Pg. 16
- Sharks in the desert! Pg. 17-18
- Water Cooler Chat Pg. 19-20
- Guess How Many Drawing Pg. 21-22
- Health Ins. Open Enrollment Pg. 23-24
- Getting Fit Pg. 25-26
- Are you expecting? Pg. 27
- Special Delivery Pg. 28
- Sea Country goes to the Big A Pg. 29
- Puzzler Pg. 30

Water Cooler Chat With Kristyn Bennett

“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

So Cal Dental Partners Corporate
27 Spectrum Pointe Dr. Ste. 308
Lake Forest, CA 92630
www.socaldentalpartners.com
Tel: 949.600.7046
Fax: 949.600.9899

Orange County

Sea Country Dental
32341 Golden Lantern, Ste B
Laguna Niguel, CA 92677
www.seacountrydental.net
Tel: 949.496.7910
Fax: 949.496.3778

Rancho Niguel Dental
30140 Town Center Drive
Laguna Niguel, CA 92677
www.ranchnigueldental.com
Tel: 949.249.4180
Fax: 949.249.4185

South Coast Dental Specialties
30190 Town Center Drive, Ste. A & B
Laguna Niguel, CA 92677
www.scdentalspecialties.com
Tel: 949.363.2540
Fax: 949.363.3352

SC Dental Care
22972 Moulton Parkway #106
Laguna Hills, CA 92653
www.scdeentalcare.com
Tel: 949.770.3010
Fax: 949.837.5410

Alicia Orthodontic & Pediatric Dental
Specialties
24481 Alicia Parkway #B-3
Mission Viejo, CA 92691
www.aliciaopds.com
Tel: 949.586.9800
Fax: 949-586-7659

Inland Empire

Inland Dental Center- Highland
6982 Boulder Ave
Highland, CA 92346
www.idchighland.com
Tel: 909.861.2121 (GP)
Tel: 909.863.7998 (Ortho/Pedo)
Backline: 909.863.5696

Inland Dental Center- San Bernardino
362 East Vanderbilt Way
San Bernardino, CA 92408
www.idcsanbernardino.com
Tel: 909.384.1111
Fax: 909.381.2981

Arrowhead Dental Specialties
Same address as IDC- San Bernardino
Tel: 909.381.3131
Fax: 909.384.9931

IDC- Heritage Court
44100 D. Jefferson Street #404
Indio, CA 92201
www.idcheritagecourt.com
Tel: 760.772.0214 (General)
Fax: 760.772.0583
Tel: 760.772.0725 (Specialty)

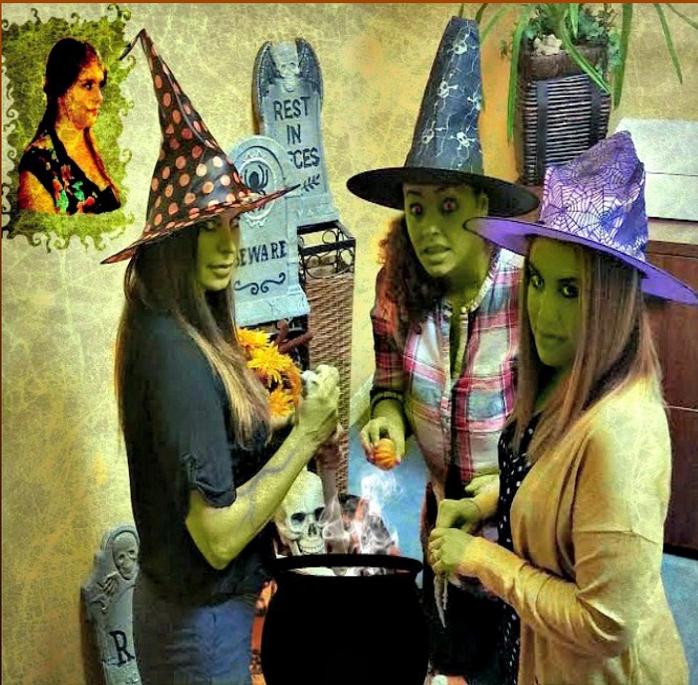


SC Q Magazine

So Cal Dental Partners Quarterly Magazine

Newsletter Date October - December 2016 Volume 3, Issue 4

From The News Room



Left to right: Ashley (top left) Debbie, Jessica, Denise

So Cal Dental Partners Editors

SC Q Editors-in Chief

Debbie Canu	dcanu@socaldentalpartners.com
Ashley Johnston	ashleyj@socaldentalpartners.com
Denise Rodriguez	deniseg@socaldentalpartners.com
Jessica Hollowell	jessicah@socaldentalpartners.com

Hi Team,

We are already in the last stretch of the year! We are excited to introduce a few new things for this quarter. Our ultimate company goal is to come together as a team and as friends. With that in mind, we have altered a few holiday contests and added some outside of work activities.

First, we are having our first TEAM BASED Halloween costume contest. See page 7 for details.

Second, we are going to gradually implement our fitness slogan, "Getting fit from your toes to your teeth," with some team building outdoor activities. See page 25-26 for details.

Also, we are excited to sponsor *The Salvation Army* for our annual charity drive for Thanksgiving. See page 8 for more info.

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

Congratulations to last issue's winners of finding the "tooth": Eva Flores & Liz Ollarsaba from Inland Dental Center and Leticia Estrada from Highland. Each winner received a \$10 gift card. The location was on page 3 on the top left picture on the white pants.

Email this issues tooth location to Denise and you will be put into a raffle by October 31, 2016. The first 3 names drawn will be the winners (note this is a sample not the new location)

Email to: Deniseg@socaldentalpartners.com and put SQ MAG TOOTH in the subject line.Happy searching. Debbie





October

Nicole Camp
Kendra Chappell
Catherine Dang
Jenna Freeman
Kristine Garza
Jessica Hollowell
Jessica Kelly
Laurie King
Rosario Larrea
Frances Madore
Regina Meza
Sara Nguyen
Charito Pugh
Tanya Ransier
Ana Sanchez
Paula Zaragoza
Rachel Zikoski
Dr. Juliana Carvalho
Dr. Katie Stern
Dr. Mark Johnsen
Dr. Melissa Khurasany
Dr. Susan Bae

November

Sharon Bailon
Simfany Brooks
Daniel Enriquez
Kirra Garvey
Katherine Hudgins
Vivian Jimenez
Sabrina Martinez
Kim McCabe
Angelica Mendoza
Marissa Montgomery
Luz Montoya
Connie Phan
Denise Rodriguez
Phyllis Soltis
Kimberly Van Dyke
Wendy Wu Sotelo
Dr. Devin Anderson
Dr. Victor Cuccia
Dr. Wael Oweity

December

Gracie Alvarez
Kelly Alvarez
Cecilia Arellano Gravidahl
Anjaleena Barclay
Doris Barrueto
Kristina Borngrebe
Michelle Chu
Barbara Dooley
Maria Erdelyi
Leticia Estrada
Aaron Fuentes
Auriestela Gomez
Janet Meza
Romalaina Mincey
Veronica Villa
Dr. Hiep Nguyen
Dr. Karin Johnsen
Dr. Michael Lim

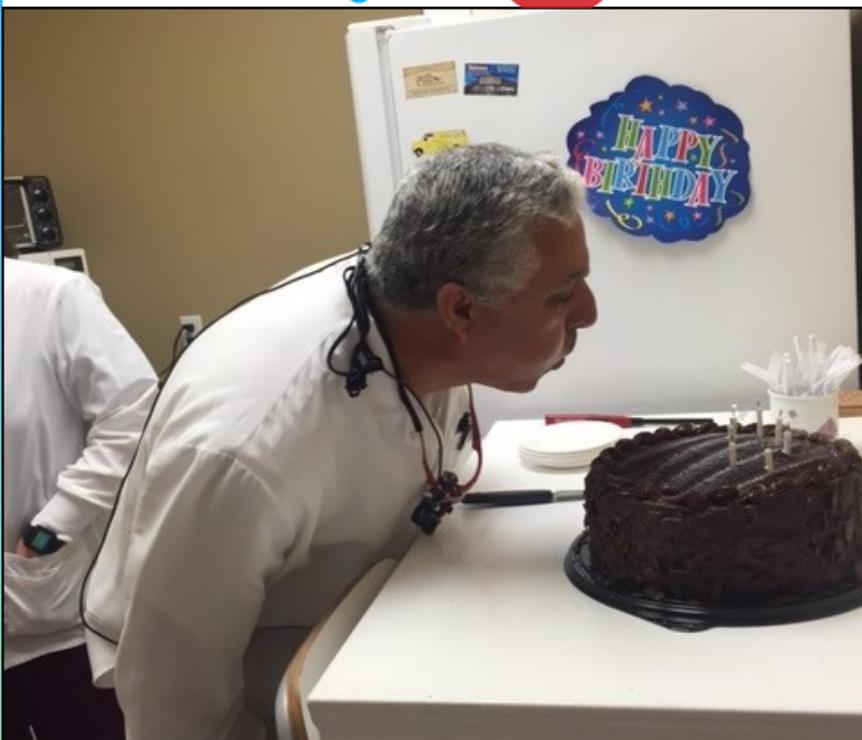
BIRTHDAY PARTIES



**SC Dental Care
had a birthday
party to celebrate
birthdays for Dee
Devane & Danny
Oliveros
Happy Birthday!**



BIRTHDAY PARTIES



**Wishing a very Happy
Birthday to Dr.
Ontiveros of Rancho
Niguel Dental and
Debbie from
Corporate**





MILESTONES

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

Kristyn Bennett—Highland Dental

Elyse Epperson—Rancho Niguel Dental

Frances Madore—Inland Dental Center

Summer Fun at So Cal Dental!

Alicia Ortho & Pedo and South Coast Dental Specialties go to lunch and have mani-pedi's to celebrate the summer





HALLOWEEN COSTUME CONTEST

This is to announce our third annual So Cal Dental Partners companywide costume contest. This year will be the start of our **Team Themed Contest**. Instead of individual costumes, we are asking that each of the offices come together as a team and create a theme. You will then enter the costume contest as group. Should you choose to participate, please come dressed in your best, work appropriate costume, on Monday, October 31st. Your manager will then forward pictures of the team members who participated to the corporate office. The corporate office will then select the best team and award 1st, 2nd, and 3rd place winners from the photos that were submitted. *Prizes will be awarded based on originality, creativity, and best execution. Good Luck!!!*

Giving Thanks & Giving in November

This year our charity of choice will be going to the San Bernardino Corps of the Salvation Army. The Salvation Army goes beyond assistance with basic needs such as food, shelter, clothing and safety. In addition, The Salvation Army strives to provide programs that will help children thrive during crucial developmental years, from after school programs and summer camp, to childcare and toys at Christmas.

We would love for all of us to come together as a company and donate to this amazing charity. The partners are generously starting us off by donating \$250.00 to the Salvation Army on behalf of So Cal Dental Partners. We will be collecting donations, until the last week in November (11/30/16). Please put your donation in a sealed envelope with your name and office name on the front and have your manager courier it to the corporate office. A memo will be sent out each week to your managers to let you know the amount we have collected to date by office.

*Your spare change
can make a
difference!!*





Welcome Aboard



Renee Pimentel
IDC San Bernardino
Oral Surgery Assistant



Cheryl Van Dongen
South Coast Dental Specialties
Front Office



Kristina Borngrebe
IDC San Bernardino
Registered Dental Assistant



Deidra Spinler
Mission Dental Implant Center
Periodontic Assistant



Jessica Vickers
Mission Dental Implant Center
Periodontic Assistant



Welcome Aboard



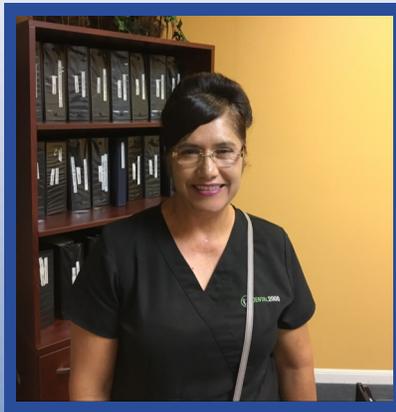
Irving Velazquez
IDC San Bernardino
ADS Oral Surgery Assistant



Simfany Brooks
South Coast Dental Specialties
Dental Assistant



Laurel DenHaan
IDC Heritage Court
Insurance Specialist



Raquel Robles
Mission Dental Implant Center
Periodontic Assistant



Juliana "Betsy" Rodriguez
IDC Heritage Court
Front Office

Disney Raffle at Heritage Court

Donna Williams at Heritage Court coordinated a Disney theme in the orthodontic department for the month of July. There was a patient incentive to start that month, tickets for 4 to Disneyland, valued at \$425. She had 29 Consults and started 17 cases. The winning family was crazy happy! Congratulations Donna!





Coming Soon!

Inland Dental Specialties

Opening Fall 2016

44100 D. Jefferson Street, Suite E506 E506

TENANT IMPROVEMENT
44100 D. JEFFERSON ST, SUITE 506 INDIO CA 92201

VICINITY MAP

GENERAL REQUIREMENTS

PROPOSED TENANT IMPROVEMENTS / CONVENING CODES / CURRENT EDITIONS:

- The 2015 California Building Code (CBC)
- The 2015 California Mechanical Code (CMC)
- The 2015 California Electrical Code (CEC)
- The 2015 California Fire Code (FC)
- The 2015 California Fire Alarm Code (FAC)
- The 2015 California Fire Code (FC)
- The 2015 California Fire Code (FC)

ALL NEW WORK SHALL COMPLY WITH THE ABOVE LISTED EDITIONS OF THESE CODES. THE EXISTING WORK SHALL BE IMPROVED TO MEET THE ABOVE LISTED EDITIONS OF THESE CODES.

LEGAL INFORMATION:

PLANNING AND ZONING DEPARTMENT
44100 D. JEFFERSON ST, SUITE 506
INDIO CA 92201

PERMITS REQUIRED: BUILDING, MECHANICAL, ELECTRICAL, FIRE ALARM, PLUMBING, GAS, AND FIRE SAFETY.

APPROVED BY: [Signature]

PROJECT DIRECTORY

ITEM NO.	DESCRIPTION
1	GENERAL NOTES / DETAILS
2	CEILING DETAILS / CEILING PLAN
3	HVAC PLAN, NOTES & DETAILS / MECH ROOM
4	PLUMBING PLAN, NOTES & DETAILS / ISOMETRIC
5	VACUUM & AIR COMPRESSOR ISOMETRIC
6	WATER LINE ISOMETRIC, DETAILS
7	PLUMBING NOTES / PLUMBING NOTES
8	ELECTRICAL PLAN
9	FIRE ALARM PLAN
10	GENERAL NOTES

NO MEDICAL GAS WORKS FOR THIS PROJECT.

NOTES:

THE CONTRACTOR SHALL BE RESPONSIBLE FOR OBTAINING ALL NECESSARY PERMITS AND APPROVALS FROM THE CITY OF INDIO. THE CONTRACTOR SHALL BE RESPONSIBLE FOR OBTAINING ALL NECESSARY PERMITS AND APPROVALS FROM THE CITY OF INDIO. THE CONTRACTOR SHALL BE RESPONSIBLE FOR OBTAINING ALL NECESSARY PERMITS AND APPROVALS FROM THE CITY OF INDIO.

GENERAL NOTES:

- VERIFY MEASUREMENTS WITH CONSTRUCTION CONDITIONS PRIOR TO BEGINNING CONSTRUCTION.
- FINISH ELEVATIONS ON ARCHITECTURAL DRAWINGS ARE FINISH ELEVATIONS ABOVE THE FINISH FLOOR ELEVATIONS. THE CONTRACTOR MUST COORDINATE FINISH ELEVATIONS WITH ARCHITECTURAL DRAWINGS.
- FINISH ELEVATIONS SHOWN ON WALL DRAWINGS.
- WALL DIMENSIONS SHOWN ARE TO FACE OF WALL FINISH UNLESS SPECIFICALLY NOTED OTHERWISE.

LEGISLATIVE INFORMATION:

COMMUNITY PLANNING ACT, CITY OF INDIO, STATE OF CALIFORNIA

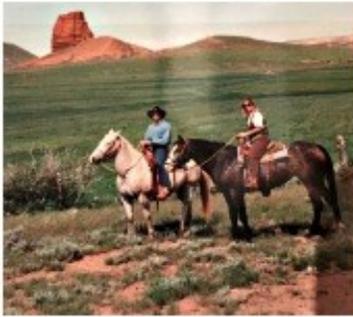
PURPOSE: TO PROVIDE FOR THE IMPROVEMENT OF THE PROJECT SITE.

SCOPE OF WORK: TO PROVIDE FOR THE IMPROVEMENT OF THE PROJECT SITE.

PROPOSED IMPROVEMENTS:



FUN PICS WITH MONICA



A Conversation with Monica Dubois

Most of us who know Monica Dubois as the manager of the Heritage Court office in Indio. What many of us do not know about her is that she is also part owner of the Indio office and before I tell you just how that came to be, I am going to give you a little background on her. Monica was born in Santa Monica, California. She has two sisters and a younger brother. Monica excelled in school which eventually led to her skipping two grades and being the youngest in her class. When she was in the 6th grade her family moved out to Rubidoux. It was a hard transition for her, being in a new school and being the youngest in her class she did not feel the warmest welcoming from everyone.

In high school, Monica says "sports were not cool for girls" so instead of sports she opted for extracurricular activities such as modern dance & cheerleading. At one point Monica entered into a dance contest with a boy by the name of Rauland Bailon. If that last name sounds familiar to you, it is because that boy is the older brother of Sharon Bailon, our office manager at our Highland location. Rauland & Monica went on to win this dance contest and were awarded a wooden tennis racket for their 1st place prize, which is odd because although she didn't know it at the time, Monica would eventually grow to have a great love for the game of tennis.

After graduating from Rubidoux High School, Monica was accepted to Pepperdine University. Feeling very young and unprepared for the University, Monica opted to attend Riverside City College. She wrote for the sports section of the RCC paper while she was there. She may have possibly inherited her knack for writing and editing from her mother who was an editor for the United States government. Her mother would happily proofread some of Monica's papers and return them with proofreading marks from top to bottom. Around the time that Monica was in college, at the young age of 17, she recalls what she refers to as a "life changing event." She ended up having the worst toothache ever, so she went to see a dentist. His name was Dr. Miller, a name she still remembers very vividly, possibly because of how kind he was with her. She remembers this experience as the moment that sparked her interest in dentistry.

She eventually decided she was going to become a dental assistant and went to Bryman's school for Dental Assisting and got a job at a private practice. It was well she working there, that the Doctor told her the state was making everyone take this silly exam and that she needed to take it. With no preparation, she went on to be one of the first 2000 people in the state of California to take and pass the exam to be a licensed Registered Dental Assistant.

While working at this private practice, an opportunity presented itself to leave dentistry and work at Hospital in Riverside for an eye surgeon. After one year, Monica had enough and was not happy with this new transition. She started searching in the paper for a new job and came across an advertisement for a dental office that was looking to hire an office manager. She went in to meet with Dr. Malman and was hired! If you read Dr. Andy Boyd's SQ "owners spotlight" edition, you might already know that Dr. Malman was the initial owner of the original office in San Bernardino and ultimately sold his practice to Dr. Andy Boyd.

When Monica and her husband decided that they wanted to move out toward the desert,

she informed Dr. Boyd about her move and assured him that she would be fine making the commute to work. Then one day she receives a call from Dr. Boyd who told her that him and the partners were discussing expansion out toward the desert and asked her to do a little research for them since she was already living out there. Monica did just that and presented the partners with her research. They in turn then proposed that she go in on this venture with them as partner, to which she agreed. One of Monica's first memories of opening that office, is receiving the keys to the suite and walking in with nothing but her lawn chair, cell phone and a rolodex. Heritage court now has approximately 30 employees and on any given day have 2 to 3 General Doctors, 1 to 2 Specialists, and 3 Hygienists. At the moment they are the only office to have all specialty departments in one location. They will be expanding their specialty departments to a new office; Inland Dental Specialties is expected to open its doors in November of this year.

Monica currently resides in Palm Springs with her husband Mark, whom she has been married to for 26 years. They have three "children" as she refers to them, Harlee and Daisy, her dogs and Boomer the parrot. They share a passion for tennis, which also happens to be what brought them together. They met on the tennis court as friends and it was not long after, that more than just a friendship ensued. Although her husband spent many years working as an airline manager, he now is the director of Tennis for a Private Country Club in the desert. In addition to their love of tennis, the pair is also very fond of older buildings and architecture. These two interests have taken them to visit places such as London, Italy, Mexico, and France.

When asked what Monica loves most about this company she says that she "loves the creative freedom this job has afforded me and the trust all the partners have given to me."



Meet Dr. Joseph Rehak our new associate dentist at Heritage Court

Please welcome Dr. Joseph Rehak to the team! Dr. Rehak grew up in Southern California and now resides in Palm Desert. When he is not treating patients, you can find Dr. Rehak almost anywhere! He enjoys playing tennis,



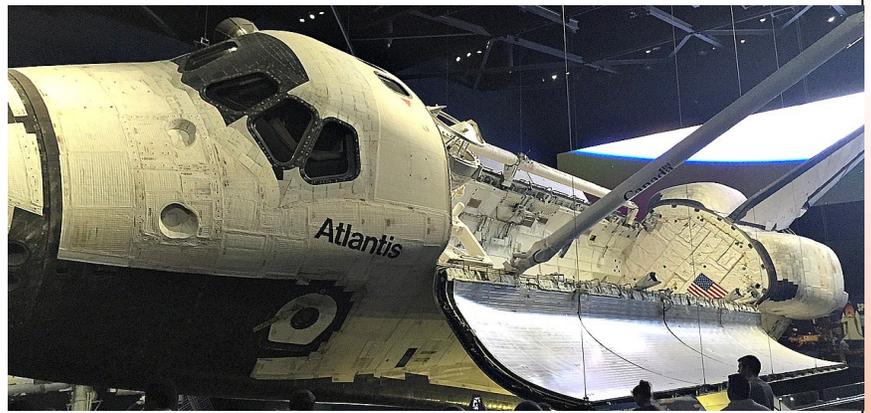
From all the activity, he works up quite the appetite and heads either to The Cheesecake Factory or Ruth Chris Steakhouse. Afterwards, he may head to a restaurant or bar that has pay per view boxing or UFC fights to watch with friends.



Dr. Rehak loves to travel and has done more traveling since his dad retired. He enjoys traveling via the sea and snapping sunset pictures. When he gets home from traveling he loves to be greeted by his Dachshunds (wiener dogs) and his Cockatiel bird.

When we asked Dr. Rehak what he loves about being a dentist he said, "I love helping people and the way they look after you give them a great smile, it's heartwarming."

Welcome to the family Dr. Rehak!



Meet Dr. Christopher Jeon, our new dentist at Heritage Court



Heritage Court is so happy to welcome our new associate dentist, Dr. Christopher Jeon. Although he currently resides in Palm Springs with his fiancé, Jessica-Youk, and his two Australian cattle dogs, Pepper and Curry, Dr. Jeon grew up in San Jose, California with his parents and his sister. Dr. Jeon is a huge basketball fan and a Golden State Warriors supporter. Actually, any team that is based in the Bay area has his allegiance. He loves eating Korean

barbecue and Carne Asada burritos, especially those from a market called, *Chavez*, in Sunnyvale, CA. There are two things he loves about dentistry, one is making things whole again. It gives him great pleasure knowing



that he is alleviating pain or a patient's anxiety, whether it be treating cavities or placing crowns.

Second, he loves interacting and talking with people, developing relationships with patients, the team, and other dentists. He wants to be in the mix and the action. Sorry ladies, Dr. Jeon will be off the open market at the end of 2016 when he marries his love, Jessica-Youk. Welcome to the team, Dr. Jeon!





**WARNING:
THERE HAVE BEEN
SHARK SIGHTINGS
IN THE DESERT IN
INDIO**



Kristyn, would you rather...?

Would you rather be an amazing dancer or an amazing singer?

Singer. I already like to sing and do it often.

Would you rather live a short life and be rich or have a long life and be poor?

Long life and be poor...I guess. Ha. I don't value money enough to trade it for life experiences.

Would you rather it be hot all the time or cold all the time?

I'd rather it be hot all the time. I don't adjust well to cold, especially after growing up in southern California. 70 degrees is hoodie weather, for us. Also, because beaches.



Would you rather have a song of your choice play repeatedly 24 hours a day for a year or have songs that you have no control over play 24 hours a day for a year?

I'd rather have songs that I have no control over play for 24 hours a day for a year so that I didn't get bored.



Would you rather be completely alone for 5 years or constantly be surrounded by people and never be alone for 5 years?

I can imagine that this is how people with kids feel. While I greatly value my alone time, I'd rather not be alone for 5 years.

Would you rather have no internet or no cell phone?

I'd rather have no cell phone. I might die but I'd rather have internet. There are tons of options for internet voice calling/messaging.

Would you rather have no one show up to your wedding or funeral?

I'd rather have no one show up to my funeral. I won't be around to know the difference.

Would you rather live without music or TV?

I currently don't really watch TV unless it's House of Cards or How to Get Away with Murder on Netflix. I could easily live without TV but never music.

Would you rather be rich and ugly, or poor and good-looking?

I'd rather be poor and good looking and hopefully, I'll have ugly rich friends because of it.

Would you rather find true love or 10 million dollars?

Ten million dollars. The End.





Water Cooler Chat with Kristyn Bennett



This October, Kristyn Bennett at our Inland Dental Center Highland office will be celebrating her 5 year anniversary with the company. We are taking this opportunity to get to know Kristyn a little better. Kristyn grew up and attended school in Riverside. Shortly after High School, she left California to live in Portland, Oregon where she stayed for one year.

When she returned to California, Kristyn started school for Dental Assisting. Through her internship she met Elma, who urged her to apply when there was an opening. Kristyn applied and was hired as a dental assistant. After she completed school she was given the opportunity to be the Benefits and Eligibility Coordinator, which she was eager to accept.

Kristyn is the middle child; she has an older sister and a younger brother. She is very close to her mother who is a Registered Nurse at San Bernardino Community Hospital. Her mom recently went back to school and obtained her BSN, which has inspired Kristyn to keep pursuing her dreams.

This year, Kristyn received her Associates of Arts degree in both Humanities and Philosophy from Riverside Community College. She is currently attending Cal State San Bernardino and is expected to graduate in 2018 with a B.A. in Administration Sports and Entertainment Marketing. It's hard to believe she has time for anything else, given that she is a full-time student and employee, but somehow Kristyn finds the time to still fit in her hobbies and love for the beach.

Although she would love to one day move out towards the beach, she currently settles for visiting up to four times per week. She also enjoys hiking, art & music festivals, plays, and live poetry events. Some of her favorite hiking locations are crystal cove and the Santa Monica Mountains. She recently also got to see one of her favorite Broadway musicals at the Pantages in Hollywood, Cabaret, which she highly recommends going to see. Another favorite of Kristyn's is having brunch with her friends, which she pretty much does every Sunday. Bottomless mimosas at the Federal Bar are one of her favorite places to go.

When I asked Kristyn what she loves most about the company, she said "I love that they give me the freedom to be creative and figure out what works best for company!"



Guess the Stress Outcome

Liz
40

Maria
43

Jolene
42

Charito
36

Laina
42

Virginia
50

Janet
50

WINNER

Barbara
44

WINNER

Anna
40

Debbie
42

Priscilla
25

Sandra
43

Gerardo
42

Kirra
38

Daniel
40

Christelle
32

Eva
54

Angela
42

Dr. Vaca
652

Lauren
38

Dr. Bae
36

Vivian
78

Give us your Best Guess

Are you good at estimating? Tell us how many paperclips you think are in this jar! The person who guesses the number closest to the amount in the jar will win a prize. Good luck and happy guessing!



to the amount in the jar will win a prize. Good luck and happy guessing!



Email your guesses to Debbie at dcanu@socaldentalpartners.com with the subject line "PAPERCLIPS GUESS".



Last Month's Guessing Winner



The winner of "Guess the Stress" last month was Barbara Dooley! She was the only one to correctly guess that there were exactly 44 balls in the vase. Way to go Barbara, and a big thank you to everyone who participated in the contest!

Tis the Season

to sign up for health insurance!



Open enrollment for health insurance begins in December for January 1st, 2017 effective date. Our current Health Insurance Company is Blue Shield and enrollment forms are on the website: www.socaldentalpartners.com, Under Employee Forms: Blue Shield. Simply print and complete the form completely and legibly and courier to the corporate office.

Keep your eyes peeled for the open enrollment memo that will circulate at your practice in early December that will show rates and benefits.

What happens if I get hurt outside of work?

In Addition to our Health Insurance, open enrollment for our Supplemental Insurance through Colonial Life, will be held in the beginning of the year for March 2017 enrollment. For those of you not familiar with Colonial Life, it is a supplemental insurance to cover you in case of an accident, disability, cancer, critical illness, hospital confinement & Life insurance. All Premiums are paid 100% by the employee from their paycheck, pre-tax or post-tax depending on your preference.



The Advantage of Choice

Disability Insurance – Replaces a portion of your income to help make ends meet if you become disabled from a covered accident or covered sickness.

Accident Insurance – Helps offset the unexpected medical expenses, such as emergency room fees, deductibles and copayments, that can result from a fracture, dislocation or other covered accidental injury.

Cancer Insurance – Helps offset the out-of-pocket medical and indirect, non-medical expenses related to cancer that most medical plans don't cover. This coverage also provides a benefit for specified cancer-screening tests.

Critical Illness Insurance – Complements your major medical coverage by providing a lump-sum benefit that you can use to pay the direct and indirect costs related to a covered critical illness, which can often be expensive and lengthy.

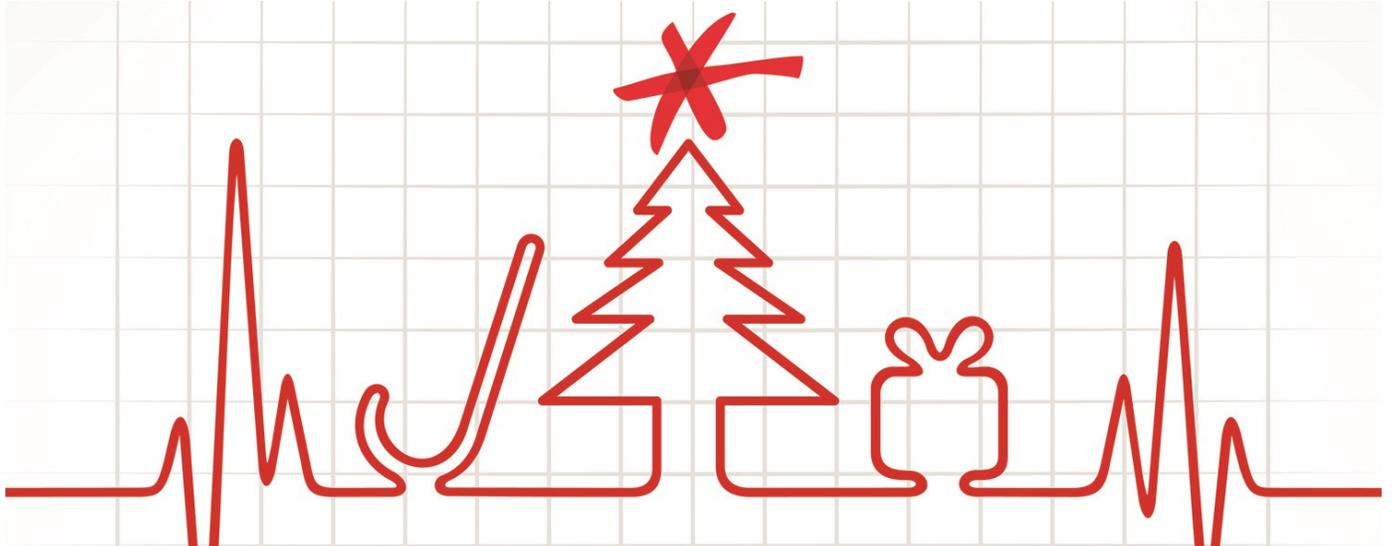
Hospital Confinement Insurance – Provides a lump-sum benefit for a covered hospital confinement and a covered outpatient surgery to help offset the gaps caused by copayments and deductibles that are not covered by most major medical plans.

Life Insurance – Enables you to tailor coverage for your individual needs and helps provide financial security for your family members. *A helpful rule of thumb to determine the amount of life insurance you may need is to multiply your current salary by five to eight years.*

New Products and updates to existing are expected to be introduced this year!

Colonial's coverages share important features:

- Coverage is available for your spouse and children with most products.
- Benefits are paid directly to you, unless you specify otherwise.
- With most plans, you can continue coverage when you retire or change jobs, with no increase in premiums.
- With most plans you receive benefits regardless of any other insurance you may have with other insurance companies.



Winter Wellness

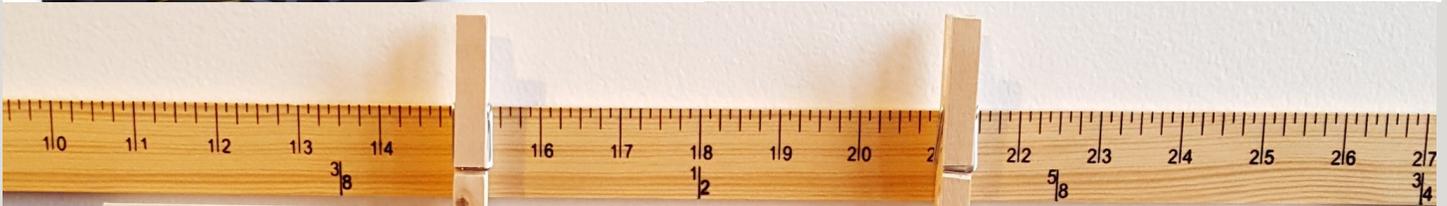


Winter Wellness



How to make a Lunch Break Workout, WORK OUT!!

- Pack your things
- Plan the workout
- Have a freshen up kit
 - Grab a friend
- If all else fails, just walk!



Coming Soon!

“Getting Fit from your toes to your teeth”

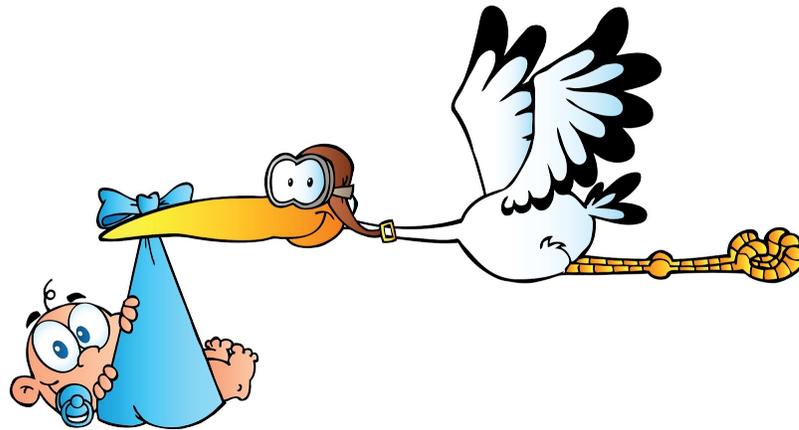
Coming Soon to a Trail Near You

So Cal Dental Partners is sponsoring health hikes... we would love for you to join us!

More information is on it's way

ARE YOU PREGNANT?

LET US HELP YOU!



First and foremost it is important for you to know that we are here to help you. When the time comes to have your baby, we want you to feel knowledgeable so that you can focus on your baby! Below are a list of questions and answers to help you get through the process.

1. Who should I notify first?

We suggest that you always keep your manager in the loop at all times. However, it is important to *contact the corporate office directly*. Please do not rely on your managers to do this. We need to speak with you directly.

2. When should I notify the corporate office?

The corporate office would like to know as soon as you inform your manager. In the event that any health concerns come up during your pregnancy, this gives us adequate time to get all your paperwork to you so that you can prepare for your time off.

3. How do I contact the corporate office?

The corporate office is open Monday through Friday from 8 AM–5 PM. The number you can reach us at is (949) 600-7046. You can also email Denise at: deniseg@socaldentalpartners.com.

4. What kind of information will you need from me?

The corporate office will ask you about your expected due date and follow up with you before the date to find out when you plan to go out on maternity leave. This gives enough time to send out all the paperwork and informational pamphlets to you so that you have time to read through everything.

5. What if there is an emergency and I can't return unexpectedly?

This is another reason why it's important to let the corporate office know you are pregnant as soon as possible. We understand that this happens and want to help make this experience less stressful. First, call your manager. Second, call or email the corporate office.

Special Delivery...

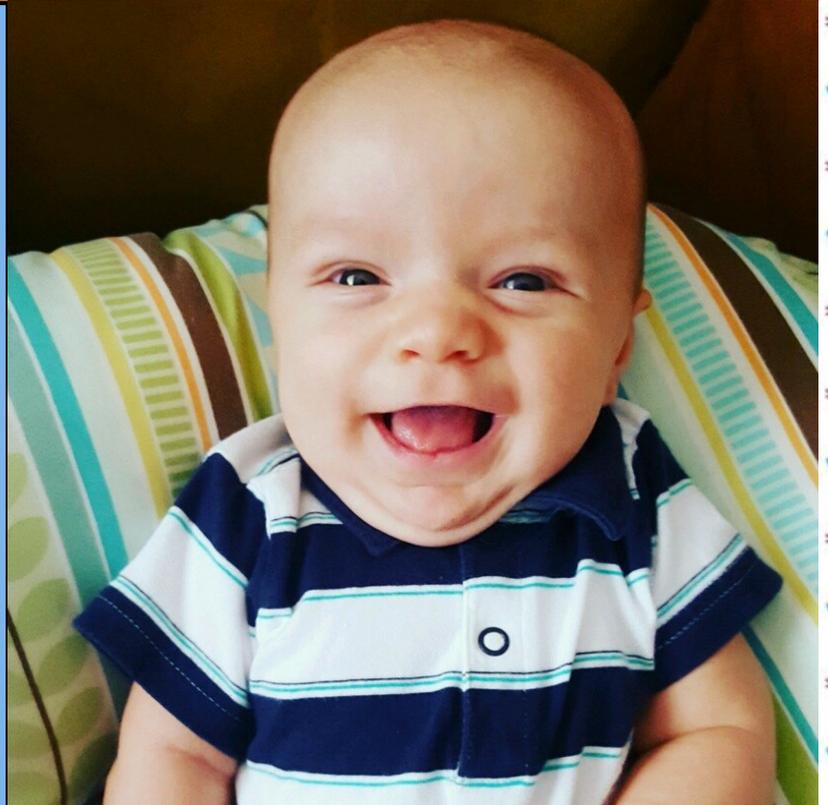


Auri of Sea Country Dental
welcomed baby, Nicholas,
in early June.

Congratulations!

Kendra of Heritage Court
welcomed baby, Ian, on
May 20.

Congratulations!



ANGELS

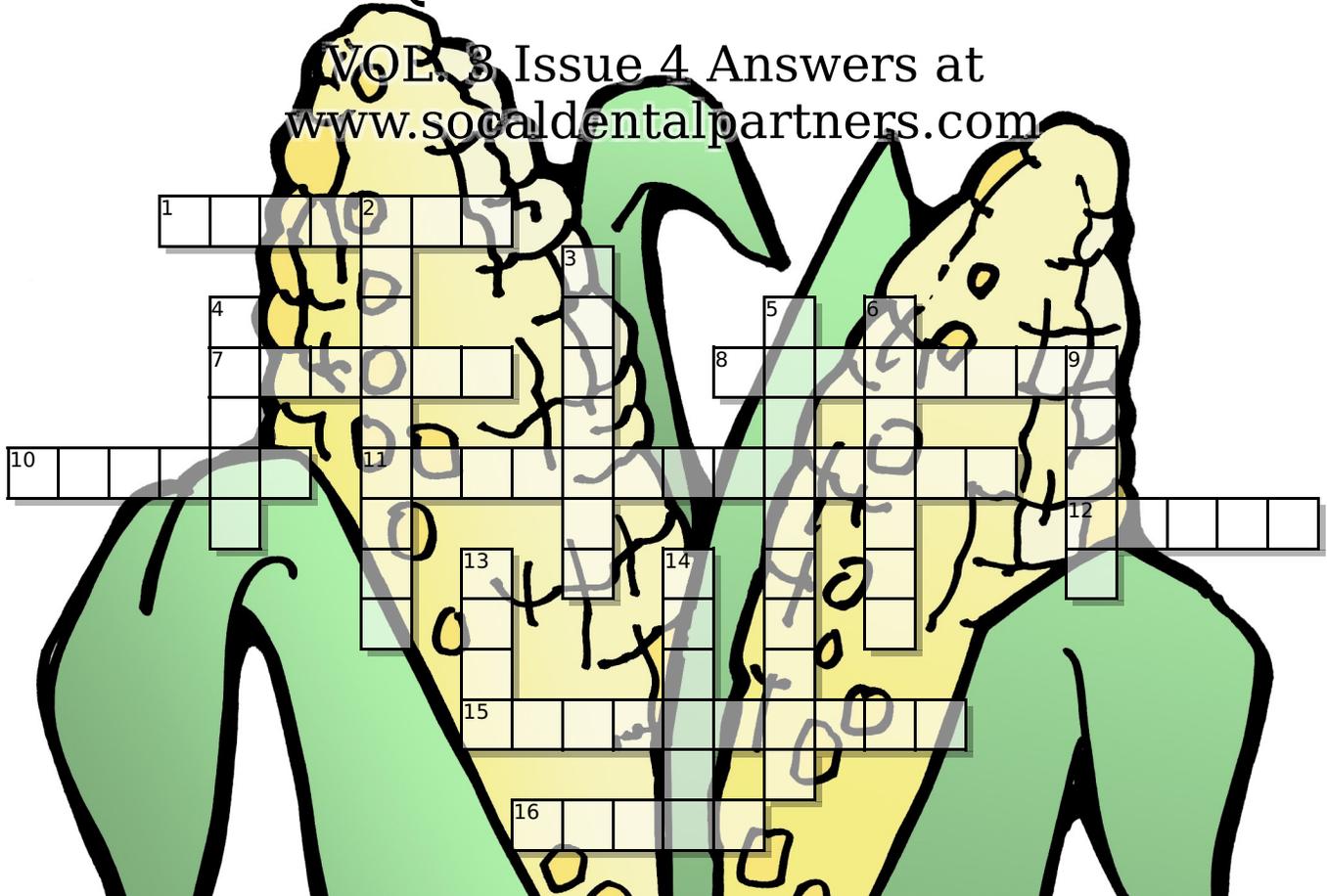
Summer Fun with Sea Country Dental

In July, Sea Country Dental kicked off the summer with the Angels! The group enjoyed food, drinks, and good baseball. See the website for more pictures of the event!



SO MAG PUZZLER

Vol. 3 Issue 4 Answers at
www.socialdentalpartners.com



ACROSS

- 1 LAST NAME OF AN OFFICE MANAGER CELEBRATING HER BDAY IN DECEMBER
- 7 WHAT BASEBALL TEAM DID SEA COUNTRY GO SEE IN JULY?
- 8 FIRST NAME OF AURI FROM SEA COUNTRY'S NEW BABY BOY
- 10 FIRST NAME OF A NEW TEAM MEMBER FROM IDC (REHIRE)
- 11 NAME OF THE CHARITY BEING SPONSORED THIS YEAR FOR T-DAY
- 12 LAST NAME OF ONE OF OUR NEW ASSOCIATE DENTIST'S THIS QUARTER
- 15 WHAT OFFICE INSPIRED US TO START THE HALLOWEEN GROUP THEME CONTEST?
- 16 A FIRST NAME OF A TEAM MEMBER CELEBRATING THEIR 5 YEAR ANNIVERSARY

DOWN

- 2 WHERE IS KRISTYN BENNETT FROM?
- 3 WINNER OF THE STRESS BALL CONTEST
- 4 FIRST NAME OF SOMEONE THAT CELEBRATED A BDAY PARTY, WEARING A HALO
- 5 WHAT TICKETS DID A FAMILY OF FOUR WIN FROM HERITAGE COURT ORTHO DEPARTMENT?
- 6 FIRST NAME OF A TEAM MEMBER CELEBRATING A BDAY IN OCTOBER FROM IDC-SB
- 9 WHAT SEA ANIMAL DID THE KIDS FROM PEDO IN INDIO TAKE PICS WITH?
- 13 FILL IN THE SO CAL DENTAL PARTNERS FITNESS SLOGAN, "GETTING FIT FROM YOUR - - - - TO YOUR TEETH"
- 14 LAST NAME OF THE PARTNER SPOTLIGHT FEATURED IN THIS ISSUE

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