

So Cal Dental Quarterly

Volume 3 Issue 03 July—September 2016



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Staying Connected.....

Water Cooler Chat With Jonatan Ortega

“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

Mission Dental Implant Center
26800 Crown Valley Pkwy, Ste 425
Mission Viejo, CA 92691
www.missionimplantcenter.com
Tel: 949.364.2935
Fax: 949.364.2870

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)

For additional information or feedback on SCQ magazine, please contact us via email:
dcanu@socaldentalpartners.com
deniseq@socaldentalpartners.com
Ashleyj@socaldentalpartners.com
jessicah@socaldentalpartners.com

SC Q Magazine

So Cal Dental Partners Quarterly Magazine

Newsletter Date July-September 2016 Volume 3, Issue 3



Left to right: Debbie, Jessica, Denise (Ashley in spirit)

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

From The News Room

Hi Team,

We have a lot of announcements!

First, our 401k is now officially transferred from American Funds to Empower investments. By this time, you all have signed a lot of paperwork and possibly have listened in on our Webinar held in June or have met with Amir or Glen regarding investments and retirement. Please see page **21-22** in this newsletter for more info on the 401k and Empower.

Secondly, we are so proud of Ashley, she got a full time job as an internal auditor for Tuttle Click Ford. She will still be helping us out part time (behind the scenes) on the newsletter and projects. We were lucky to find Jessica to fill her shoes, she started at corporate in mid June and is fitting in perfectly with the company. Jessica is originally from Germany and moved to Texas when she was 11. She relocated to Nebraska then Ohio with her husband (a football coach); she had only been in California a few months when she found us.

Congratulations to last issue's winners of finding the "tooth": Gracie Alvarez, Barbara Dooley & Eva Flores. Each winner received a \$10 gift card. The location was on page 20 on Veronica Villa's new car license plate.

Also, don't forget to enter the "read me" drawing for a chance to win a gift card. Details are on page 18. Last issue's winner of a \$10 gift card was, Angela Manzaneda Toro. Check out what she liked about last issue's newsletter.

Email this issues tooth location to Denise and you will be put into a raffle by July 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





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

Ana Robledo—Heritage Court

Periodontic Assistant

Terry Luna—Heritage Court

Dental Assistant

10 Years

Jonatan Ortega—SC Dental

Dental Assistant

15 Years

Linda Soto—Inland Dental Center

Endodontic Assistant

GUESS THE STRESS



Can you guess how many So Cal Dental Partners stress balls are in the vase to the left?

To participate in the competition, please send your guess to Debbie at dcanu@caldentalpartners.com.

The person who guesses the number closest to the amount of balls actually in the vase, without going over the actual number, will receive a gift card. Ties will have a drawing.

Please send your guesses to Debbie by July 31st and in the email make the Subject Line say: " Stress Balls"

Good luck!



July

Gabriella Bailon
Arianna Castaneda
Dennise Devane
Wendy Douglas
Elyse Epperson
Lisa Estrada
Marina Gambino
Lindy Habaradas
Vangie Lee
Sandra Molina
Jazmin Moreno
Danny Oliveros
Jonatan Oretga
Albert Rodriguez
Dr. Arthur Ontiveros

August

Lauren Basin
Regina Calderon
Connie Cousino
Briann Farrell
Jennifer Garnatz
Sylvia Geren
Jacalyn Goodhope
Debbie Canu
Elisa Montoya
Selina Moreno
Thuy Nguyen
Chanlina Nou
Lizett Ollarsaba
Helen Perez
Jessica Pinette
Yeraldin Villa Peralta

September

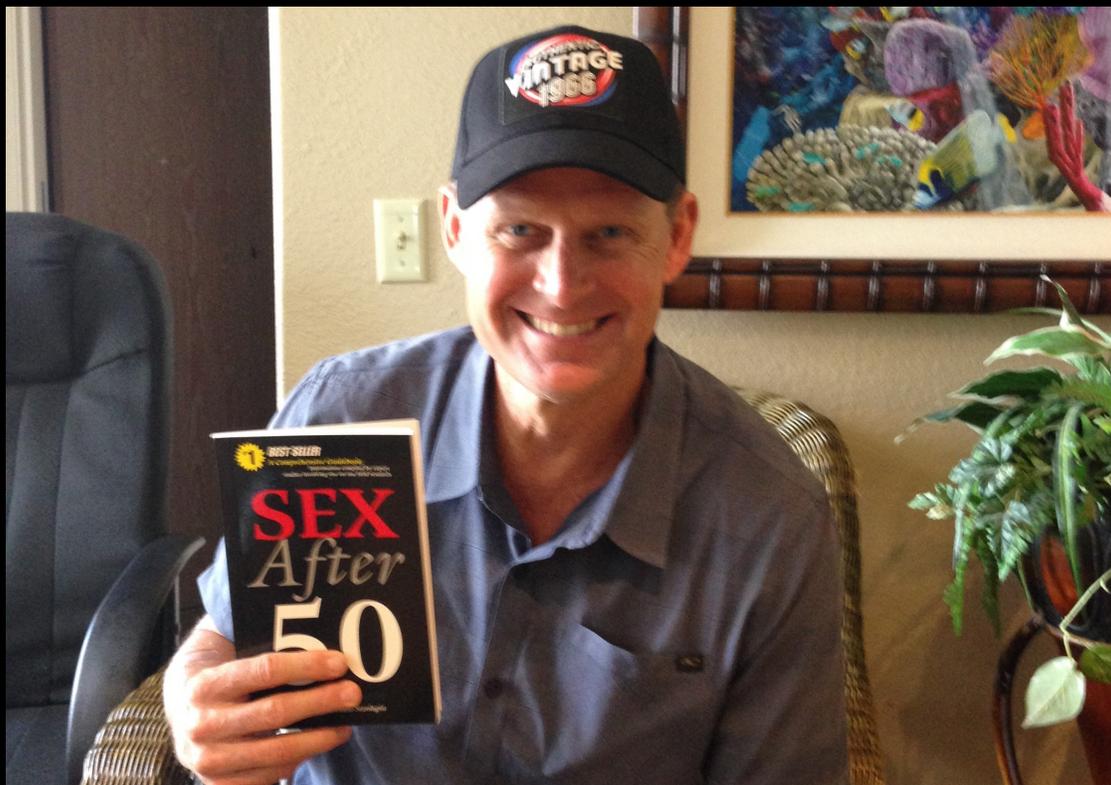
Gabriel Aguirre
Aisha Munoz
Cheryl Baker
Danielle Brucks
Judy Bruins
Ariana Cisneros
Stephanie Dartt
Megan Desario
Alejandra Figueroa
Christine Galindez
Karen Garza
Sessaly Luis
Terry Luna
Angela Manzaneda Toro
Jennifer Pacheco
Lucrecia Rodriguez
Carla Sabo
Jolene Tweedie
Dr. Al Manesh
Dr. Cecilia Kao



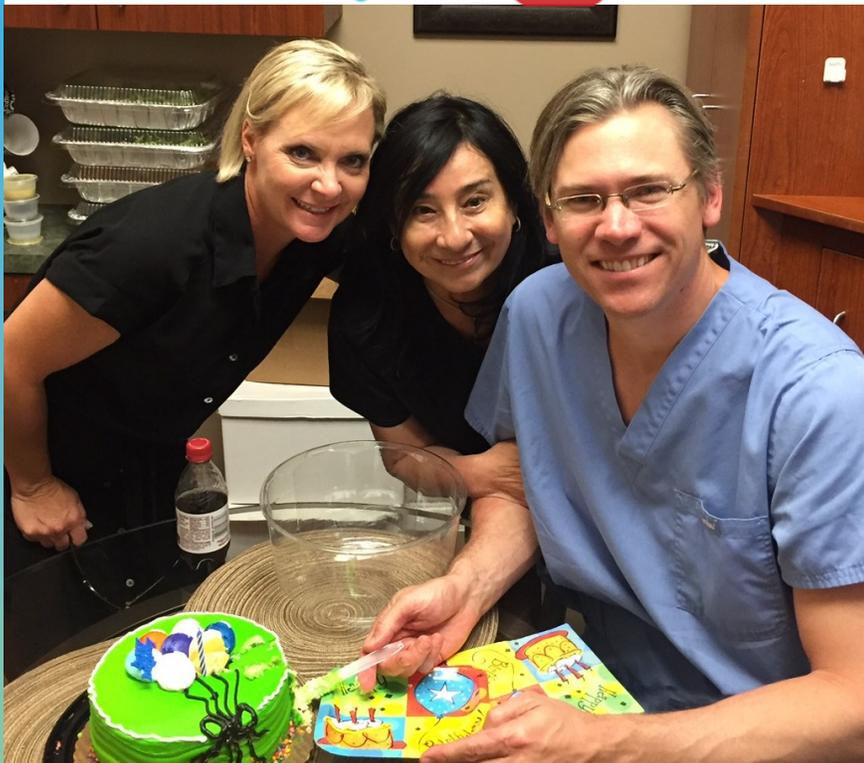
Happy Birthday Dr. Boyd!

This past quarter our very own Dr. Boyd celebrated his 50th birthday. Thanks Dr. Boyd for everything you do for So Cal Dental Partners and your continued dedication toward making this a wonderful company.

Happy 50th!



BIRTHDAY PARTIES



**South Coast Dental
Specialties had a
birthday party to
celebrate birthday's
for Lisa Mukanos, Liz
Shaw, Dr. Westernoff
& Dr. Marks.
Happy Birthday!**

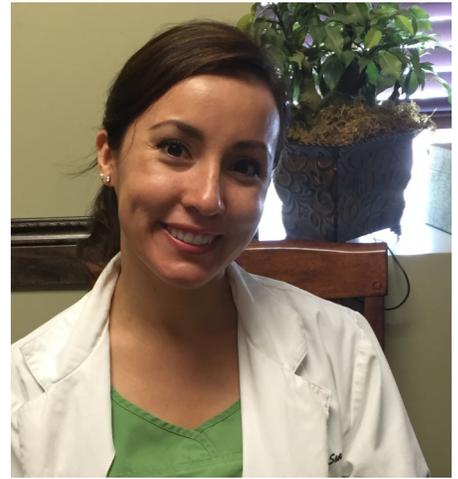




Jessica Hollowell
Corporate
Accounting



Monica Salcido
IDC Heritage Court
Front Office



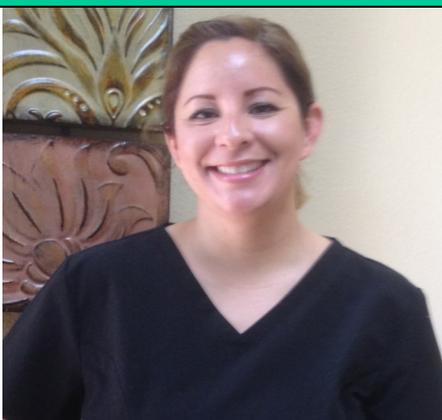
Ana Sanchez
IDC Highland
Dental Hygienist



Noelle Poropatich
Rancho Niguel
Front Office



Pearl Soffel
Rancho Niguel
Treatment Coordinator



Monique Rico
IDC San Bernardino
Dental Assistant



Daniel Enriquez
IDC San Bernardino
Dental Assistant



WELCOME ABOARD

SUMMER KICK OFF WITH SOUTH COAST DENTAL SPECIALTIES!



**South Coast
Dental Specialties
kicked off the
summer fun at So
Cal Dental
Partners with a
barbeque and
leis... thanks for
the fun times,
Specialties!**



Fun Facts with Dr. Robert Vaca



What makes you laugh the most?

My family! My youngest, for instance, once said that she wants to move to North Dakota so she can learn Canadian!

What was the last movie you went to? What did you think?

I took my girls to see Captain America: Civil War. It was action-packed! I liked it, but it was very long and a little too "busy." It could have been 30 minutes shorter and still good.

What did you want to be when you were a child?

I dreamt of being two things: a famous actor or a wide receiver for the Pittsburgh Steelers.

What is your favorite game or sport to watch & play?

Football, hands down! Not even close.

What song would you sing at Karaoke night?

I have a whole repertoire of songs. My favorite go-to is *Blaze of Glory* by Jon Bon Jovi. *Fight for Your Right* by The Beastie Boys is a close 2nd.

If you could only eat one meal for the rest of your life, what would it be?

Bean, rice, and cheese burritos. It's easy and comforting to me.

Have you ever had a nickname? What is it? How did you get it?

Bobby Vegas and Fun Bobby. In dental school, I had this group of friends that I would always play cards with. They called me Bobby Vegas because I loved to gamble. The other name comes from an episode of Friends. Monica dates a guy who's so much fun when he drinks. My friends thought the name suited me.

Aside from necessities, what is one thing could you not go a day without?

Other people. I need someone to talk to at some point in the day.

If you could share a meal with any 4 individuals, living or dead, who would it be?

All four together at the same time, right? That's easy...Quentin Tarantino, Adam Carolla, Chris Rock, and Andy Boyd. Not sure who would control that conversation.

What is your favorite holiday? Why?

Thanksgiving, because you get two days off and you don't have to worry about buying gifts for anyone. You just hang out with family and friends and you all stuff yourselves. What could be better?

Is your glass half full or half empty?

Neither, it's 3/4's full.

Do you collect anything?

Just memories

What is the most unusual thing you have ever eaten?

Alligator

What was your first job?

I operated and programmed a Computer-Numerical-Control lathe. That's fancy-talk for I pushed some buttons on a big, loud machine that cut and carved stuff.

Who knows you best?

My wife

What is the one thing you will never do again?

Dental School

A Conversation with Dr. Robert Vaca



Dr. Robert Vaca had just graduated from Loma Linda Dental School in 2006, when he was offered a position for 4 days a week at another dental office. It was during that time that he received a phone call from a guy by the name of Andy who left him a voicemail. He returned the call only to find out that this guy was not the office manager but he was the owner and a practicing dentist. After speaking with Dr. Boyd, the fact that he seemed so humble really stood out to Dr. Vaca. They decided to meet, and it was during this meeting that Dr. Vaca expressed his concerns for working with an HMO office. Dr. Boyd quickly put his concerns to rest by telling him that he only expected him to look at each patient and diagnose according to what he felt was the best care for that individual. He told him that he wanted him to look at each patient as if it were his mom or his dad and to not worry about the insurance. Eventually quitting the other dental office Dr. Vaca joined the Inland Dental San Bernardino team!

A few years after working for the San Bernardino office, he was initially given the opportunity to buy into our Indio office but ultimately opted out because of the distance. Dr. Vaca was extremely excited when Dr. Boyd and Steve approached him once again and told him about the upcoming changes to the San Bernardino office. They told him that they were planning on moving locations and giving the office a much needed face lift. He loved the idea of buying into a newer facility, a place close to his home, and a location in which he had already built such a great history with. In 2012, it was made official and Dr. Vaca became a partner in the Inland Dental Center San Bernardino office. This October Dr. Vaca will celebrate 10 years with the company!

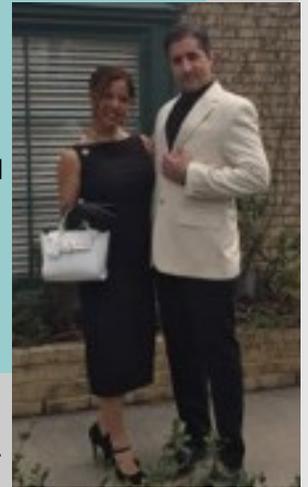
Prior to practicing dentistry, Dr. Vaca worked as a Full-time junior high math and science teacher for four years. As he considered moving from junior high to high school, his now wife Tina, asked him to consider dentistry. He gave it some thought and told her that he didn't think he had the personality or the grades to become a dentist. After giving it more consideration, he decided to do it. Given that it was one of the hardest decisions he has had to make, he credits his in-laws for being very supportive during this transition. After two years at Cal State San Bernardino, he finished all his prerequisites and applied to Loma Linda Dental School. He decided that he would apply to only one school and that if he did not get accepted he would not apply again, nor would he apply to any other schools. Everything worked out just perfectly and he was accepted into dental school at the age of 31. He says that it's never too late to take a chance and encourages everyone to reach for their dreams!



Growing up in El Monte, California Dr. Vaca is one of six children. Both of his parents were born in Mexico, making him and his siblings all first generation Mexican-Americans. His father was a business owner who worked hard to pay for all his children to attend a private Christian School. Dr. Vaca and his wife of 19 years, Tina, now carry that tradition on by sending their two daughters, Madylyne, 14 & Madyson, 12 to a private Seventh Day Adventist Christian School.

Dr. Vaca loves spending his free time with his family. Together they enjoy doing everything from watching movies together and playing board games to getting out doors and going on vacations. They often take what they like to call a "staycation," meaning that they don't go too far from but home, but instead enjoy staying fairly local. Some of their favorite destinations are La Jolla and San Diego. They enjoy activities such as paddle boarding, kayaking, rollerblading and riding bikes.

When asked what Dr. Vaca likes most about the company, he says that, "I have always been treated respectfully and fairly, and my opinion always matters! I also really appreciate the fact that they look for people who are loyal and they reward that. I know they don't offer partnerships to everyone and I feel very appreciative that they gave me the opportunity to be a partner. I have their back and I know they have mine!"



A Night at the Theatre with Dr. Vaca



Our very own Dr. Vaca is an actor too. He performed Agatha Christie's "Black Coffee" at the Riverside Community Players Performance Venue. Sylvia Geren and Maria Trimble made it to the play too.. Can we get this autographed, Dr. Vaca?



Robert Vaca – (Hercule Poirot) – This is Robert's fifth role in



community theater. Three previous performances were at Redlands Footlighters where he has played Butch in *Leading Ladies*, Ben Silverman in *The Sunshine Boys*, and Richard Bravo in *The Bad Seed*. Robert also performed the role of

Jean Passepartout in *Around the World in 80 Days* at Riverside Community Players which earned him RCP's Scotty Award.

He would like to thank Pat for the opportunity to play this iconic character, Carol for her patience on book and the cast for their awesome energy. A special thanks goes to his wife, Tina, and their daughters, Madylyne and Madyson, for letting him live out a childhood dream. but don't worry, I'm not quitting my day job!"

... Hastings) – This is Sean's debut on



CINCO DE MAYO LUNCH AT ALICIA MISSION VIEJO

FOR MORE PICTURES OF THIS EVENT GO TO:
WWW.SOCALDENTALPARTNERS.COM

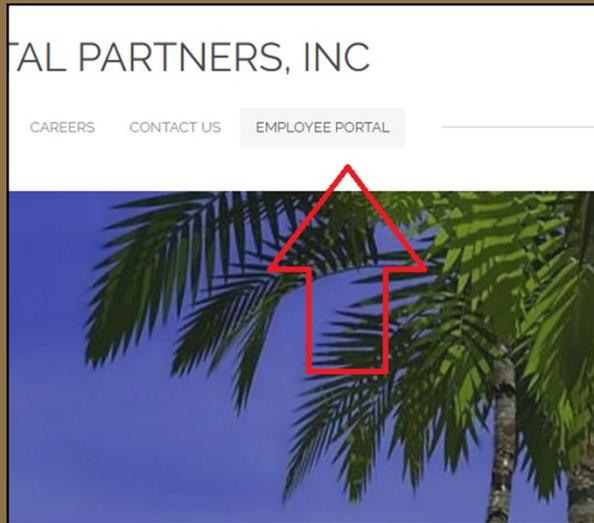




ACCESS OUR WEBSITE

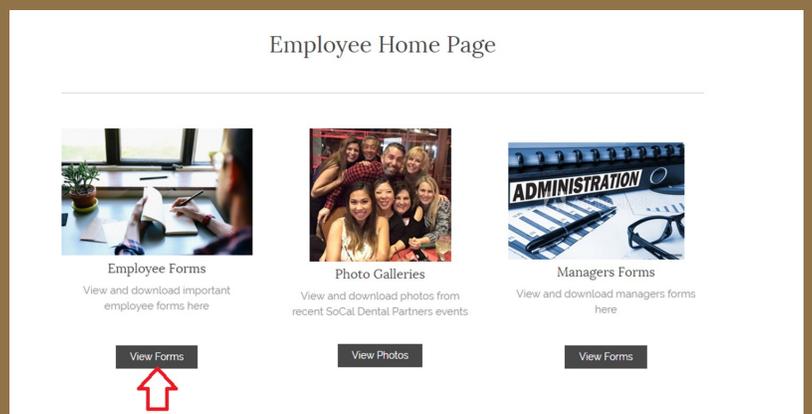
We recently gave the So Cal Dental Partner's website a makeover. Please take this opportunity to explore the new website and all the important information that is available to you. Keep in mind that when looking for employee forms, benefit information, and company policies, the website should be the first place you visit. Below is a tutorial on how to access the website.

**Step 1: Go to
socaldentalpartners.com**



Step 2: Click on employee portal on the navigation bar at the top of the web page. Your login information is your email, and your password is your last name and clock in code. Your manager will also have this information.

Step 3: Click view forms under employee forms to view the employee manual, benefit forms, and other employee forms.

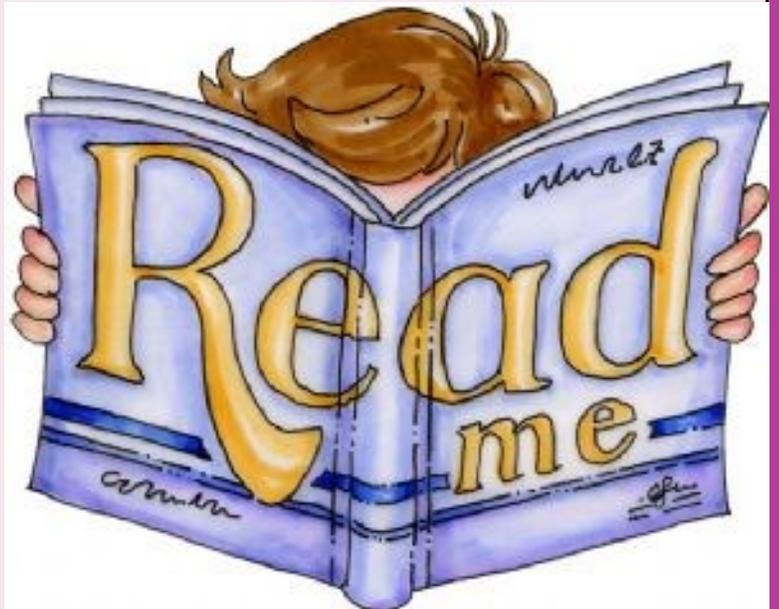




Congratulations to last quarter's winner of the Read Me Drawing, Angela Manzaneda from Sea Country Dental! Her favorite thing about the last newsletter was the Red Carpet page in Indio. She said, "Who doesn't like to dress up and take pictures? It is so creative to have the patients come in and have a good time. I think every office should have a red carpet day. Love the idea, good job Indio!" Thanks for your feedback Angela!

Magazine Read Me Drawing

This quarter for our drawing we will be doing a contest based on who reads the magazine. We love feedback on the magazine and participation from our team. To enter the contest please email Ashley (ashleyj@socaldentalspartners.com) what your favorite thing about the magazine was this quarter. Please make the subject line "My Favorite Thing About SQ". All participants will be entered into a drawing and eligible to win a gift card.



Jon, would you rather...?

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

I would rather be a dancer, because singing doesn't do it for me.

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

Long life and be poor, health makes you happy not money.

Would you rather be able to run incredibly fast or jump incredibly high?

I would rather run incredibly fast because that would come more in handy for me since I don't play basketball.

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

Hot all the time. I get allergies during the cold weather.



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 would rather hear random songs all day every day for a year, because even the best songs can get old. I like diversity.

Would you rather never be able to eat warm food or never be able to eat cold food?

I would rather never be able to eat cold food, because warm food just tastes delicious.

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

I rather be around people. Being alone gets to you.

Would you rather have no internet or no cell phone?

No internet. I rather be able to talk to the people I want to.

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

Probably my wedding so it would be cheaper.

Would you rather live without music or TV?

TV, because I appreciate music more than tv.





Water Cooler Chat with Jonny Ortega

Jonatan "Jonny" Ortega from SC Dental will be celebrating his 10 year anniversary with the company this July as a Dental Assistant and we thought this would be the perfect time to interview and get to know him better in this quarter's issue of the SQ Newsletter.

Born in Mexico, Jonatan came to California with his parents, Javier & Maria, when he was just 7 years old. He grew up in the city of Orange and attended Orange High School. It was during his senior year that he had interest in dentistry. Enrolled in an RDP class, Jonny started taking dental assisting classes and even did an internship. It was during this internship that Jonny got his first job opportunity as a dental assistant. At this point Jonny had graduated high school and went on to attend Cypress College. He decided that he wanted to try something different, and that's exactly what he did! For a short time he had started working at an air conditioning company, just to give something different a try.



It was while he working at this air conditioning company that he received a call from an employee of SC dental who had already resigned but was trying to help them find a replacement. She told Jonny to come in for a working interview and so he agreed. He went in one day and loved working with the employees at SC Dental. They offered him the position and he immediately accepted and did not hesitate to quit his job with the air conditioning company. Jonny says he now loves working at SC Dental so much that he cannot imagine ever leaving.



Some of his favorite things to do on his free time are to be active. He hates just sitting around and doing nothing. He likes watching and playing sports. He even plays on a soccer team and spends a lot of time working out and just staying active. He also loves to eat. Although his favorite type of food is Asian food, he says that when it comes to food, "he has no discriminations!"

We are also taking this time to announce that he will be expecting his first child with his girlfriend of three years. Although, they don't know the sex of the baby Jonny is extremely excited for the arrival of his first child and says that when it comes to the gender he doesn't care if it's a boy or a girl, he just wants a healthy baby!

When I asked Jonny what he liked most about working with the company, he says that "the staff at SC Dental is just so great, they make my day go by so smoothly, all while having fun! I also work with three great doctors who I have a great rapport with and that makes me want to stay!"





Are you investing in your 401k?

What is a 401k?

Many employers sponsor a retirement savings plan for their employees. Under these plans, also commonly known as defined contribution plans, you can save money toward your retirement on a tax-deferred basis – that is, you don't pay federal or state income taxes on your savings or their investment earnings until you withdraw the money at retirement.

Most people's taxable income – and therefore, their tax rate – is lower at retirement than during employment, so they end up paying considerably less in taxes on their savings.

How does a 401k Plan Work?

With a regular 401(k) plan, money is deducted from your paycheck before taxes are withdrawn, which lowers your taxable income, and therefore, lowers your taxes.

401(k) vs. Stocks

Why would you be better off contributing to a 401(k) plan than you would be, say, investing in stocks on your own? After all, with your own investments at least you're not penalized when you sell them.

There are several advantages to a 401(k) over your own investments. Of course, that doesn't mean you shouldn't do both. It is always a smart move to diversify (or spread out) your overall financial investments. The primary advantages to a 401(k) are that **the money is contributed before it is taxed**. Therefore, your taxable wages are lower.

For example, a person in the 15% tax bracket earning \$1,000 each payday would normally have \$150 withheld from his or her paycheck for taxes. But if that person makes a \$100 contribution to a 401(k) plan every payday, then his or her taxable income is reduced by that amount, to \$900. As a result, his or her tax withholding would be just \$135. Any amount you contribute in excess of your plan's limits does not qualify for tax deductions.

401(k) Rules for Borrowers

Borrowing from your 401(k) plan may seem like a great way to get your hands on some easy money, but it could do more harm than good. Therefore, So Cal Dental Partners does NOT permit plan borrowing .

Open Enrollment

Yes, That's Your Nest Egg:

So Cal Dental Partners has reinstated the 1% employer match. This means that up to 1% of your gross wages will be matched in your 401k but not to exceed your contribution. The only catch is that you must enroll by July 15, 2016 (not our rules, IRS requirement). **NO LATE ENROLLEES WILL BE ACCEPTED.** ****Note that the match may evolve or change in 2017 while we are revamping the plan.**

Eligibility Requirements:

Must be 18 years of age.

Complete 12 months of service

Completed minimum of 1000 hours

Enrollment can take place thereafter during open enrollment only

Interested in signing up for 401k?

Q: Are you are interested in saving for your future and reducing your taxable income?

Go To :

- ◆ www.socaldentalpartners.com and login
- ◆ Click on Employee Portal
- ◆ Insert your email and employee password
- ◆ Click Employee forms, then click 401k forms/info
- ◆ Complete the application and courier to the Corporate Office

Your 401k is now with Empower Retirement Services

Effective July 1, 2016 we are now using Empower Retirement Services to host our 401k investments. With this change, you have access to more investment choices, advice, and tools for you to make more informed investment choices. With the transition from American Funds, your investments have DEFAULTED to a **Target Retirement Date** investment unless you previously completed and turned in a new enrollment page to the

Corporate office. This just means that the system will have looked at your birthdate and changed your investment **Asset Allocation** to fit your estimated retirement age. If you wish to choose or change your investments instead of using the default target date you can simply log into Empower's website and change your investments at any time. If you need help with your investments you can contact a financial advisor with Empower directly or you can call our Financial advisor, Amir Arbabi at 949-378-6161



****It is important to note that you must log into your retirement account with Empower and designate your beneficiary of your 401k. Your**

previous designation was NOT transferred over from American Funds.

All new team members hired after or on July 1, 2016 will automatically be enrolled in the 401k when eligible (see socialdentalpartners.com for eligibility requirements) unless you complete the declination / opt out forms before your enrollment date.

To access your investments go to: <https://www.empower-retirement.com>

We have put several instructional and educational links to Empower on our website for you to read/watch or listen to. Please log into the corporate website / employee portal for more information at:

www.socialdentalpartners.com



Inland Empire Mud Run



On May 1, 2016 the Inland Empire crew got down and dirty at the mud run at Glen Helen Raceway in San Bernardino. The mighty Bi-Molars had an awesome time competing in the race. Way to get out there and get active!





Sharon, Paul & Bill enjoying a refreshment after the mud run!





RANCHO NIGUEL DENTAL GROUP IS NOW OFFERING MTM (MINOR TOOTH MOVEMENT) TO PATIENTS

USING DENTSPLY

For over a century, DENTSPLY International has been committed to providing innovative, high quality, cost effective dental products. Founded in 1899, DENTSPLY International has grown to become one of the largest professional dental products companies in the world. Dental professionals depend on DENTSPLY International for innovative, new solutions that advance the practice of dentistry and improve oral health for patients throughout the world. Find out more about [DENTSPLY International](http://www.dentsply.com).

Q: What does the "MTM" in MTM® Clear•Aligner mean?

"MTM" stands for "Minor Tooth Movement" – a process for aligning upper and/or lower teeth requiring minimal movement.

MTM® Clear•Aligner uses a series of clear, comfortable, removable plastic aligners to achieve rapid results. It's the virtually undetectable way to improve your smile.

Q: What is the difference between invisible braces, clear braces, lingual braces and MTM® Clear•Aligner?

The term "invisible braces" may be used to refer to either "clear braces" or "lingual braces". Clear braces are similar to regular wire braces except that the brackets are made of a clear material instead of metal. Lingual braces are placed behind the teeth so they are not easily visible. Both clear braces and lingual braces are attached to your teeth, and removable only by your orthodontist.

MTM® Clear•Aligner is fully removable, making it easier to eat, brush and floss.

Q: How clear are the aligners?

The plastics used for **MTM® Clear•Aligner** are manufactured for "contact clarity", meaning they are almost invisible when applied to the teeth. **MTM® Clear•Aligner** uses only quality proprietary plastics, for a virtually undetectable solution for straightening teeth discreetly.

Q: Are the aligners comfortable?

MTM® Clear•Aligner is custom-fit to your individual needs. When you begin treatment,

the aligner(s) may feel a little foreign in your mouth – but after a day or two, most people hardly notice them.

Q: How long do I have to wear the aligners each day?

As with other aligner treatments, for optimum results, you will need to keep your aligner(s) in your mouth at all times except when you are eating, drinking hot liquids, or brushing your teeth.

Q: How long does the MTM® Clear•Aligner treatment take?

Because **MTM® Clear•Aligner** treats cases requiring only minor anterior tooth movement, you can often achieve your desired outcome more quickly than with full orthodontic treatment, sometimes in as little as 3 to 6 months.

Q: Will I have to wear a retainer after my treatment has concluded?

Yes. As with any orthodontic procedure, a retainer is essential to maintaining your new tooth alignment. There are several options for this. Your dental professional can explain them and help you choose the one that best meets your needs.

Q: Is MTM® Clear•Aligner recommended for all age groups?

MTM® Clear•Aligner is recommended for patients who have all of their permanent teeth (all second molars), and are able to consistently adhere to the program's [use and care](#) requirements.

Q: How long has MTM® Clear•Aligner been around?

MTM® Clear•Aligner is based on a proprietary system developed by an orthodontist more than 10 years ago. Since then, dental professionals have been successfully treating patients using **MTM® Clear•Aligner** as an alternative to other clear aligner treatments and conventional wire braces.

Q: How does the price compare to other aligner treatments or clear braces?

Each case is different, so individual costs will vary. However, **MTM® Clear•Aligner** typically costs a fraction of other aligner options or full-mouth braces (both wire and clear). Your dental health professional can offer you a comparison of the alternatives that may be right for you.

Q: What are the aligners made of?

MTM® Clear•Aligner uses plastic that does not contain PVC or BPA.

Q: Are there any health benefits associated with MTM® Clear•Aligner treatment?

MTM® Clear•Aligner can in many cases contribute to better oral hygiene, helping your teeth and gums to stay healthy. Improperly aligned teeth can make cleaning and brushing more difficult and lead to tooth decay, gum disease and possibly tooth loss.

Source: <http://www.mtmclearaligner.com/pub/What-Is-Clear-Aligner2>

Operation Turkey Dog



Cheryl Baker from Sea Country Dental adopted a Golden Retriever from Turkey. Why Turkey you may ask? Once considered a status symbol by the wealthy in Turkey, Golden Retrievers became more common and less valued, and hundreds ended up being released onto the streets. Golden Retrievers don't survive well on the streets and they are not good pack animals and won't fight back. So many were attacked by other dogs and became prey of other feral dogs around the city.

Operation Turkey Dog is dedicated to rescuing these dogs from the streets of Turkey in a hope to get them a better home in the United States. Since May 2015, 145 Golden Retrievers have been adopted from Turkey.

Cheryl's dog, renamed, Indy, was rescued from a shelter in Turkey by a lady who was an animal hoarder. She was only 42 pounds when she arrived to the United

States but has been putting on weight consistently since her adoption. She can't wait to go to nursing homes with Cheryl and her other dog Angel. If you would like more information about Operation Turkey Dog you can go to the websites below:

Here is a video that was made when Atlanta first helped with the transport, courtesy of CNN <https://youtu.be/WQ55S2IU9fc>

Press Release : SCGRR will be bringing in 10 dogs from Istanbul on Valentine's weekend; February 13th, 2016! <https://www.prlog.org/12528547>

The CNN story of Turkey's Abandoned Street Dogs <http://www.cnn.com/2015/12/13/world/turkey-stray-golden-retrievers-atlanta/index.html>

Congratulations, Jackie!



Jackie Glass's retirement party from South Coast Dental Specialties at Riptide in Mission Viejo. Thank you, Jackie, for all your hard work the past 18 years with the company. Good luck in Florida, basking in the sun! We will miss you!

MARCH MADNESS AT HERITAGE COURT PEDO



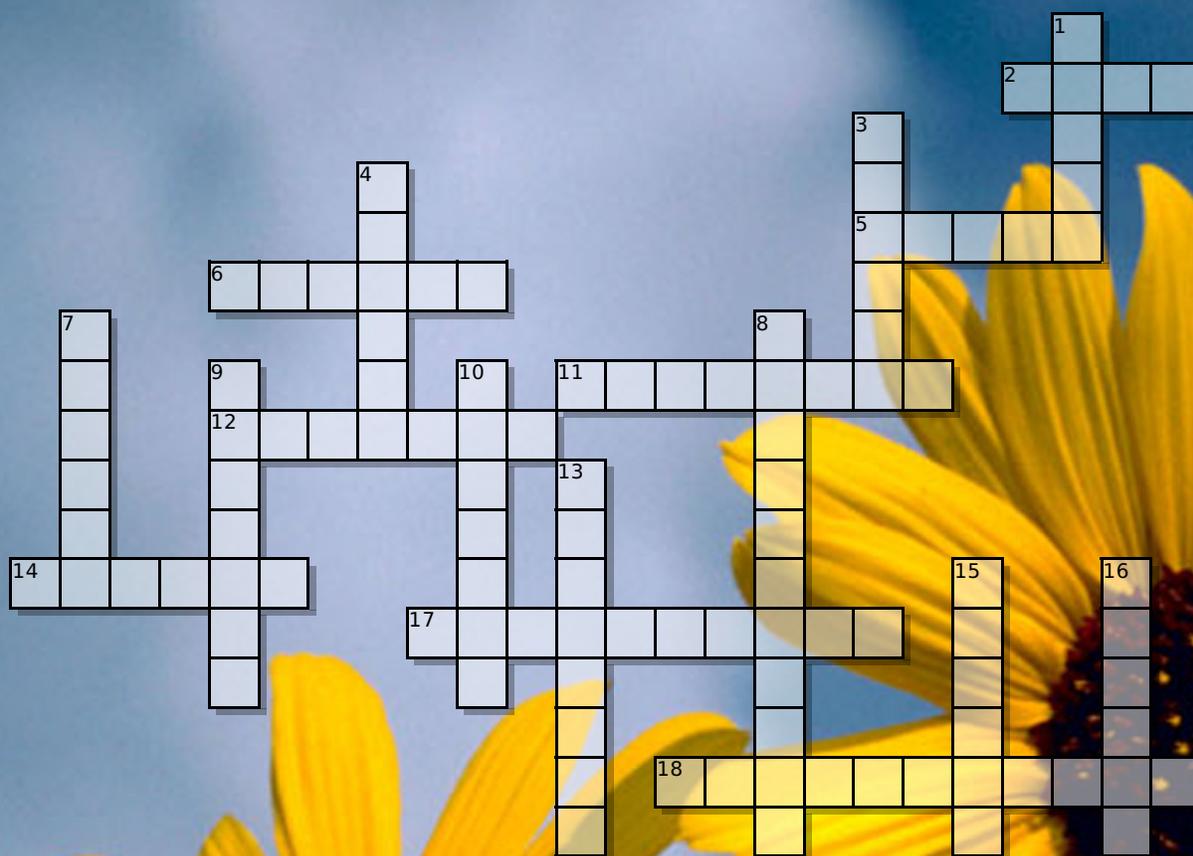
The Tooth Fairy Visits Local Schools



On March 19, 2016 the tooth fairy paired up with the staff of Alicia Orthodontic and Pediatric to do presentations for kids at local schools and teach them about dental health!

SQ MAG PUZZLER

VOL. 3 Issue 3 Answers at www.socaldentalpartners.com



ACROSS

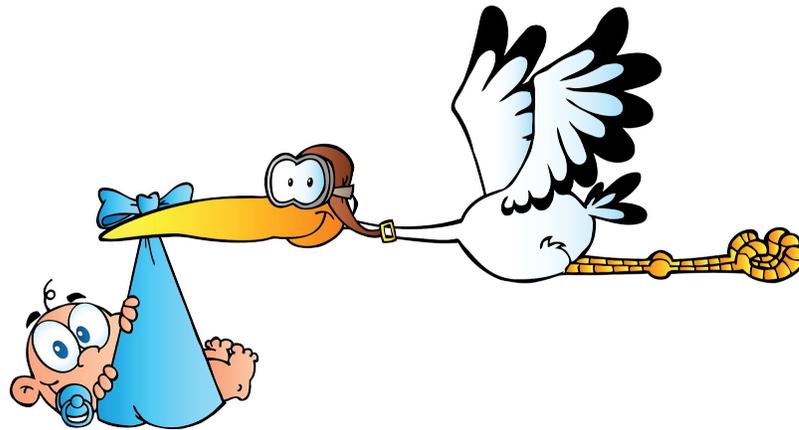
- 2 NAME OF DEPARTMENT THAT HAD MARCH MADNESS AT HERITAGE COURT
- 5 WHAT IS JONNY ORTEGA'S FAVORITE TYPE OF FOOD?
- 6 WHAT PAGE WAS LAST QUARTERS 'TOOTH' ON?
- 11 NAME OF OFFICE THAT JUST CELEBRATED THEIR 10 YEAR ANNIVERSARY
- 12 NAME OF NEW 401K INVESTMENT COMPANY
- 14 FIRST NAME OF TEAM MEMBER THAT RETIRED FROM SO CAL DENTAL PARTNERS
- 17 LAST NAME OF ONE OF THE DOCTORS THAT HAD A BDAY PARTY AT SPECIALTIES
- 18 WHICH OFFICE HELD THE SUMMER KICK OFF PARTY?

DOWN

- 1 FIRST NAME OF TEAM MEMBER CELEBRATING A B-DAY IN AUGUST
- 3 FIRST NAME OF JESSICA PINETTES NEW BABY GIRL
- 4 NAME OF OFFICE THAT IS NOW OFFERING MINOR TOOTH MOVEMENT FROM DENTSPLY
- 7 NAME OF OFFICE THAT HELD THE CINCO DE MAYO LUNCH
- 8 NAME OF PLAY THAT DR. VACA ACTED IN
- 9 FIRST NAME OF NEW TEAM MEMBER AT CORPORATE
- 10 WHAT WAS DR. VACA'S JOB BEFORE HE WAS A DENTIST?
- 13 NAME OF DR. VACA'S FAVORITE SPORT
- 15 FIRST NAME OF LAST ISSUE'S 'READ ME DRAWING' WINNER
- 16 NAME OF COUNTRY THAT CHERYL BAKER RESCUED HER DOG FROM

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.

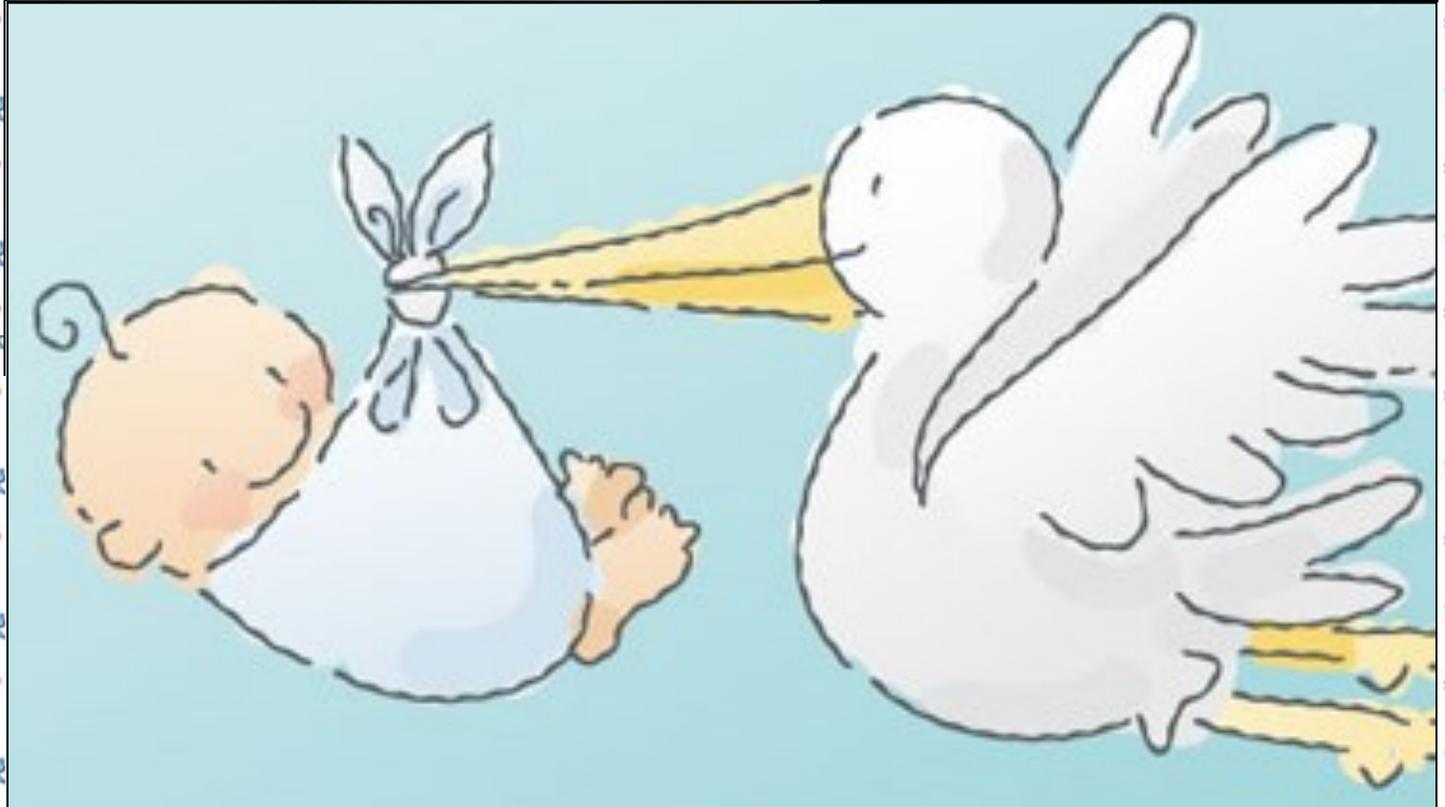
Special Delivery...



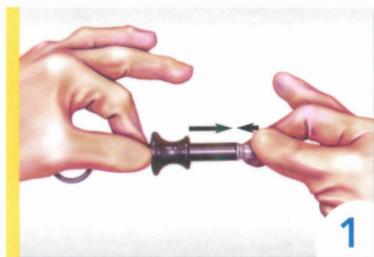
Jessica Pinette of Sea
Country Dental welcomed
baby

Gracyn Ann, 6lbs 8oz, born
March 25, 2016

Congratulations!



Tips for Use



Insert the ARESTIN[®] (minocycline HCl) Microspheres, 1 mg cartridge into the handle while exerting slight pressure.



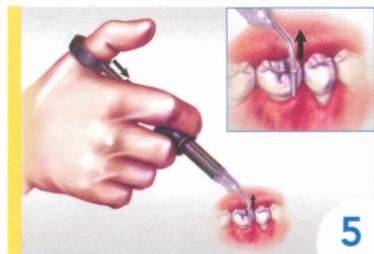
Twist until you feel and hear the cartridge "lock" into place.



Place the cartridge tip into the periodontal pocket, **parallel to the long axis of the tooth**. Be sure not to force the tip into the base of the pocket.



In a "tight" pocket, a probe or plastic instrument may be gently inserted to retract the tissue before inserting the tip of the cartridge. Sometimes the cartridge tip can be more easily inserted subgingivally on an adjacent tooth surface and "walked" around the tooth.



Gently press the thumb ring to express the ARESTIN powder **while withdrawing the cartridge tip away from the base of the pocket**. If you feel any resistance during delivery, withdraw the device further.



Once delivery is complete, retract the thumb ring and remove the ARESTIN cartridge with your free hand. Appropriately discard the cartridge and sterilize the handle prior to reuse.

INDICATION

ARESTIN[®] (minocycline HCl) Microspheres, 1 mg is indicated as an adjunct to scaling and root planing (SRP) procedures for reduction of pocket depth in patients with adult periodontitis. ARESTIN[®] may be used as part of a periodontal maintenance program, which includes good oral hygiene and SRP.

IMPORTANT SAFETY INFORMATION

- ARESTIN[®] is contraindicated in any patient who has a known sensitivity to minocycline or tetracyclines. Hypersensitivity reactions have been reported with its use. Post-marketing cases of anaphylaxis and serious skin reactions such as Stevens Johnson syndrome and erythema multiforme have been reported with oral minocycline, as well as acute photosensitivity reactions.
- THE USE OF DRUGS OF THE TETRACYCLINE CLASS DURING TOOTH DEVELOPMENT MAY CAUSE PERMANENT DISCOLORATION OF THE TEETH, AND THEREFORE SHOULD NOT BE USED IN CHILDREN OR IN PREGNANT OR NURSING WOMEN.
- Tetracyclines, including oral minocycline, have been associated with development of autoimmune syndromes. In symptomatic patients, diagnostic tests should be performed and ARESTIN[®] treatment discontinued.
- The use of ARESTIN[®] in an acutely abscessed periodontal pocket or for use in the regeneration of alveolar bone has not been studied.
- The safety and effectiveness of ARESTIN[®] has not been established in immunocompromised patients or in those with coexistent oral candidiasis. Use with caution if there is a predisposition to oral candidiasis.
- In clinical trials, the most frequently reported nondental treatment-emergent adverse events were headache, infection, flu syndrome, and pain.

Please see accompanying full Prescribing Information.

ARESTIN is a trademark of Valeant Pharmaceuticals International, Inc. or its affiliates.

The cartridge tip was designed to be flexible to help reach anatomically challenging areas in the mouth. However, bending or flattening the tip may cause the cartridge to malfunction.

HAPPY 4TH OF JULY

Red, White, and Blue Fruit Skewers with Cheesecake Yogurt Dip

Ingredients:

For the cheesecake dipping sauce

- 4 oz 1/3 less fat cream cheese, softened
- 1 cup fat free Greek yogurt
- 1 tsp vanilla
- 1/4 cup raw sugar

For the skewers

- 14 oz angel food cake, cut in 1-inch cubes
- 72-84 strawberries, stems removed
- 1 pint blueberries

Makes 24 to 28 skewers



Directions:

1. In a medium bowl, combine the cream cheese with yogurt, vanilla, and sugar. Mix well until sugar dissolves; set aside.
2. Thread 3 strawberries and 2 cubes of cake onto each skewer, alternating between strawberries and cake. Finish each skewer with 3 blueberries. Place finished skewers on a platter and refrigerate until ready to eat.

Do you have a recipe you would like to share? Please email Debbie the recipe, your name and a picture of the food to: dcanu@socaldentalpartners.com

Taken from Skinnytaste.com

Servings: 24 • Size: 1 skewer, 1 tbsp dip • Old Points: 2 • Weight Watcher Points+: 2 pt

Calories: 85 • Fat: 1 g • Carb: 16 g • Fiber: 1 g • Protein: 3 g • Sugar: 6 g

Sodium: 128 mg • Cholest: 0 mg