

So Cal Dental Quarterly

Volume 2 Issue 01 January—March 2015



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Staying Connected.....

“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.

Water Cooler Chat With JP Lemann



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For additional information or feedback on SCQ magazine, please contact Debbie or Denise via email:

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From The News Room



So Cal Dental Partners Editors

Happy New Years from the So Cal Dental Corporate Office. A huge thank you to all the offices for their hard work in 2014! We really came together this year as a team in so many different aspects. Whether it was walking for MD, our first company wide Halloween contest or charity giving event, coming together as one makes us feel like we are a part of something bigger. Last but not least we are so proud that 2014 was our first debut of the SQ MAG.

It is our goal for 2015 to add to these past times and create new ones. We look forward to hearing your feedback and getting to know more employees through the 'water cooler chat' sections of the magazine.

This issue was placed in your complimentary So Cal Dental Partners Fitness & Gift Bag. The Partners hope that it will encourage you and your loved ones to Get Fit and Stay healthy. Our health motto, "Getting Fit from your toes to your Teeth" was the inspiration behind these generous gifts.

Congratulations to last issues winner of finding the "tooth" to Gina Martin, Administrator for Rancho Niguel Dental. She found it in record time on page 17 in the page Title Tis the Season, between the 'e' in the and the 'S' in Season.

Be the first person to email Denise this issue's tooth location and win a prize! See a sample to the right.



Deniseg@socaldentalpartners.com and put SQ MAG TOOTH in the subject line.

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January

Dr. Shakir
 Dr. Hsiao
 Dr. Mar
 Dr. McClemore
 Robyn Atkins
 Monica DuBois
 Maria Gutierrez
 Jessica Lau
 Lauren Lemus

Ana Lopez-Fleming
 Gina Martin
 Marlene Martinez
 Mercedes Mata
 Elma Tilei
 Virginia Vazquez

February

Dr. Seheult
 Dr. Hugh Murray
 Akta Amin
 Evangelina Flores
 Jessica Hernandez
 Gloria Hershberger
 Jean-Paul Lemann
 Adriana Navarro
 Crystal Santos

March

Dr. Anthony Boyd
 Melvin Glick
 Wes Lee Hill
 Dr. Moshrefi
 Dr. Vaca
 Farideh (Naz) Aghajan
 Dolores Cruz
 Brandi Darsow
 Alissa DaSilva

Yesenia Estrada
 Rita Feduska
 Nurcin (Farrah) Hansen
 Victoria LeBlanc
 Carissa Robitaille
 Jungim Romero
 Linda Soto
 Maria Trimble
 Donna Williams
 Adilene Zamora



Welcome Aboard...

So Cal Dental Partners.....

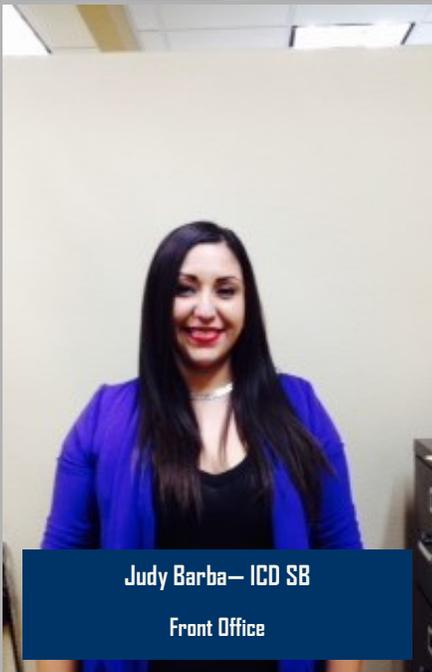
New Employees Not Pictured:

Angelica Padilla—Highland
Pedo Assistant

Selina Moreno— Heritage Court
Registered Dental Hygienist

Jacqueline Ashlyn—Heritage Court
Registered Dental Hygienist

Aaron Fuentes— Heritage Court
Dental Assistant



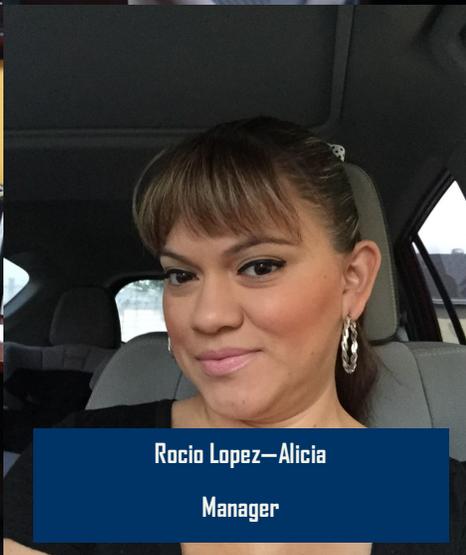
Judy Barba— ICD SB
Front Office



Kirra Garvey—Sea Country
Treatment Coordinator



Ashley Johnston—Corporate
Office Assistant



Rocio Lopez—Alicia
Manager



Hilario Santillanes— Heritage Court
Dental Assistant



Water Cooler Chat

With JP Lemann

John Paul Lemann, or JP as most people call him, has been with So Cal Dental since March 22, 2000; working at Rancho Niguel Dental as the Insurance Coordinator. His nearly 15 years of dedication to our company and enthusiastic personality are only a couple of reasons why we took this opportunity to get to know him a little better.

JP was born in Long Beach and grew up in San Juan Capistrano. He is the son of Kathy and PT Lemann, who have been happily married for 46 years. This happens to be something JP says with much pride. He also has a younger sister named Andrea. He considers himself to be a movie fanatic, liking pretty much everything with the exception of chick-flicks. One of JP's all-time favorite movies is Star Wars, Empire Strikes Back. He is also an avid gamer and football buff. If you are wondering what JP is doing on a Sunday, you can probably bet he is somewhere watching football. He calls Sunday his, "sacred football days!" Other things that JP enjoys are a good cheeseburger from Red Robin and Country music. His favorite country band is Lady Antebellum, whom he has seen in concert a few times.

In 1997, JP graduated from Cal State Fullerton with a Bachelors of Arts in History. Through college, JP worked at the YMCA, with his now wife, Debbie. Although they had been friends since high school, it wasn't until after high school when they were working together that a relationship developed. By luck, they both got stood up on New Years Eve and decided to go to dinner with each other. That night they stayed up till 3am talking and found they had a lot in common. Their relationship quickly developed from here. It was during this time that JP and Debbie came to know Dr. Rodney Boyd and Dr. Gary Mar. In fact Debbie babysat for Dr. Boyd's daughters, who are now in college. After JP graduated he went on to become a 5th grade teacher. One of his greatest achievements was taking a class with a 3rd grade average reading level to a class who had advanced to a 6th grade average reading level and furthermore found joy in reading. JP even stayed in contact with some of his students till they were in college. Sadly in December of 1999, JP was laid off from his teaching job and decided that he needed a job with more job security. At this time his wife had still been babysitting for the Boyd's. When Dr. Rodney Boyd found out about what happened to JP, he offered to set up an interview for him with the office manager at the time, Mary Stay, and the rest is history.

In 2001, a year after JP started at Rancho Niguel Dental he was all set to marry his girlfriend (and now wife) Debbie. Feeling tired, constantly sick, never hungry and losing weight rapidly JP went to see a doctor. They ran test after test. Checking him for everything you could possibly think of. Finally the doctor told JP nothing was wrong with him. JP disagreed and said he knew something was wrong and begged the doctor to run a scan on him. He promised that if everything came out negative he would stop coming to the doctors. The doctor agreed to order a scan and later called JP to tell him he had cancer and referred him to an oncologist. Two months before his wedding JP was diagnosed with non-Hodgkin's lymphoma. He was told by the oncologist that it is "the best cancer to get," in his case referring to the fact that it is the most treatable type of cancer. He told his fiancé that if she wanted to run, that now was the time. JP started treatment and on November 30, 2001 he walked down the aisle with a bald head and married Debbie. I can happily report that in May of this year JP celebrated 12 years being cancer free and this November will mark the 13 year wedding anniversary for he and his wife. A year after being cancer free JP and his wife went on a Caribbean cruise to celebrate. Last November they went to Rome to celebrate their 12 year wedding anniversary and even spent Thanksgiving there.

When I asked JP what has kept him with the company for so long, he says, "My co-workers! When you enjoy working with your co-workers, then you don't want to let them down."



Optimism Saves the Day

By Harvey Mackay Aug 19 2014 shared by Mary Stay

U.S. President Harry S. Truman once said, "*A Pessimist is one who makes difficulties of his opportunities and an optimist is who makes opportunities of his difficulties.*"

Which do you think reach their goals, live a happy life, and achieve their dreams?

Imagine interviewing two people who have identical skills, but one is always grumbling about how unfair life can be, while the other one talks about what wonderful possibilities exist. Who would you want to hire? Whom do you think would do a better job?

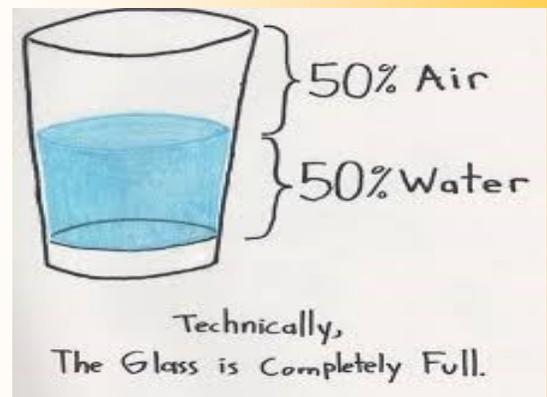
Pessimism is nothing more than *self-sabotage*. Expecting only the worst is not being realistic. Realists hope for the best but prepare for the worst. Pessimists can't imagine the best, so only prepare for the worst.

And then if the worst never happens? Pessimists often find the worst possible result simply to prove that their concerns were right.

The question becomes, would you rather be right than happy? That's not being realistic either. That's being self-defeating. Pessimism can rob you of your energy, sap you of your strength, and drain you of your dreams.

Optimism is the remedy. Optimism doesn't mean pretending life is always wonderful. Optimism means embracing reality. You accept that there will be bad days, but also good days. When you're grounded in reality, you know where you are and how far you need to go. Once you know how far your goal may be from where you are, optimism can give you the motivation to make plans to get to where you want to go.

Pessimists see life as one problem after another. Optimists see life as one opportunity after another.



The Habits of Happiness, by Mary Mueller in her book, "Taking care of me." **Optimism** is based on three basic tenets.

1. Bad things do happen in life, but they are temporary.
2. Bad things in life are limited to scope and tend to be small or insignificant.
3. People have control over their environments.

Pessimists reverse the tables

1. Good things in life are temporary.
2. Good things in life are limited –small or insignificant.
3. People have no control over their environments.

Now do you want to be a pessimist and have no hope for a better future? Or would you rather be an optimist and believe you can achieve a better future? There once was an old man who had many troubles. No matter what hardship life handed him, he face each obstacle with a smile and cheery disposition. A friend finally asked him how he stayed so happy, the old man answered, "Well, the Good Book often says, 'And it came to pass,' but never one does it say, "It came to stay." **The Moral: Attitude is the mind's paintbrush—it can color any situation.**

Fun Facts with

Dr. Andy Boyd



What is your favorite type of food?

Thai & Mexican

Who is your Celebrity Crush?

Brooklyn Decker, if we are judging on pure hotness!

Where is your favorite place to vacation?

It's a tie between skiing in British Columbia or Lake Powell with the family.

What is your favorite movie?

Old School if we are talking comedy and Braveheart if its drama.

How long has it been since you cut your hair & why?

I haven't cut my hair in 4 years. No particular reason other than for lack of time.

What kind of candy do you like?

I don't really like sweet treats, I much rather eat something salty.

Tell me a fun fact or something interesting that not many people know.

I once fasted for 3 1/2 days just to see what it was like. At first, I was hungry. Then realized how much more time I had, because I wasn't constantly thinking about food. I don't think we realize how much we think about food in a day.

On his iPod:

- Little Big Town
- Yo-Yo Ma
- 9 Inch Nails
- Eminem



A Conversation With Dr. Andy Boyd

Dr. Anthony Quintin Boyd was born in California. His parents are Wayne and Ellen Boyd; they have been married for over 50 years. He has two siblings, an older sister named, Tanie and a younger brother, who most of you might already know, Rodney. Dr. Boyd attended Loma Linda University in Loma Linda, California and following graduation he attended The Loma Linda School of Dentistry. During college, Dr. Boyd met Caroline whom he dated for 8 years before they were married. Together they have 3 children, a son named, Chase, and two twin daughters named Izzy and Zoe.

You may wonder how Andy and Rodney became partners with So Cal Dental? Before Inland Dental Center merged together with the Orange County offices, Dr. Herbert Malmon owned the practice. Dr. Boyd eventually obtained partial ownership of Inland Dental Center. Soon thereafter, Andy, Steve and Rodney approached Dr. Malmon and offered to buy the practice from him. The Malmon's agreed, at which point Boyd Dental Corporation was born. As you all may already know, Boyd Dental Corporation now has 4 total locations, with the 4th opening up soon in Orange County.

As busy as Dr. Boyd is with all the practices, he still finds time to spend with his family. His 15 year old twin daughters are your typical teenagers who drive their parent's nuts. As they are both proficient violin and cello players, Dr. Boyd still finds time between his busy work schedule and their recitals. Additionally, Dr. Boyd was very devoted to his son, Chase, whom sadly passed away this past year at age 19, due to complications stemming from his Muscular Dystrophy. This recently inspired The Boyd Family to create *The Chase Challenge*. While performing *The Chase Challenge*, you are asked to wear a wrist band which is a reminder to go 21 days without complaining. This Challenge was inspired by the fact that Chase always had a positive attitude despite his challenges.

Along with many other interests, Dr. Boyd enjoys long distance cycling. It is something he has done for many years now. In fact he is involved in several long distance events throughout the year with his brother, Dr. Rodney Boyd. Every October they participate in the Furnace Creek 508. It starts in Santa Clarita and ends at Twenty-nine Palms. The race is named after the total length of its course (508 miles) and the location of its midpoint (near Furnace Creek, California). Almost immediately following this race they work with the Challenged Athletes Foundation to do a 620 mile journey down the California coastline from San Francisco to San Diego. The mission of the foundation is, "to provide opportunities and support to people with physical challenges so they can pursue active lifestyles through physical fitness and competitive athletics."

When asked what he likes most about the company, Dr. Boyd said, "It has always been a dream to work with my brother, Rodney. It's the ideal situation because the way that So Cal Dental Partners is shaped, we work together, but also separately. Furthermore, the longevity, loyalty and history of so many of our employees, makes coming to work that much better."



Want to go on a Dream Trip?

Get a new car? Pay off debt?

Do you have an Emergency Fund for life's unexpected mishaps? Well you can get closer to these targets if you start the new year off by setting financial goals.

First, write down your short term and long term goals. Goals that are reachable given some minor adjustments to our habits and a little sacrifice.

Food:

- ◆ Substitute coffee for expensive coffee drinks. The \$2 a day you save would allow you over the course of a year to completely fund a \$500 emergency fund.
- ◆ Eat out two fewer times each month. If it costs you \$25 to eat out but only \$5 to eat in, you save \$40 a month x 12 = \$480 year
- ◆ Shop for food with a list and stick to it. People who do food shopping with a list spend much less money than those who don't.
- ◆ Use Coupons for grocery shopping and when eating out



Savings: Aim for short term saving goals, such as setting aside \$20 a week or month rather than long term saving goals only such as \$200 over a year. People save more successfully when they keep the short-term goal in sight.

- ◆ *Use debit and credit cards prudently.* To minimize interest charges, try to limit credit card purchases to those you can pay off in full at the end of the month. Avoid late fees and finance charges, they are a waste of money.
- ◆ *ATM Charges.* Just by using the ATM from your bank you can save over \$6.00 in bank transaction fees each time vs using any ATM that is close by you. This could be \$300 a year in savings

Shop Around For Insurance

- ◆ Shop around for Auto & Homeowners Insurance before renewing existing policies
- ◆ Raise the deductibles on auto and homeowner insurance (just remember to try to have the deductible in savings)

Clothing: Yeah those places are annoying but setting that aside, *discount retailers* offer a huge savings over regular department and specialty store prices.

- ◆ Clean clothes inexpensively. Wash and iron clothes yourself. Try to get clothes that aren't dry clean only. If you use a drycleaner, compare prices, use coupons.

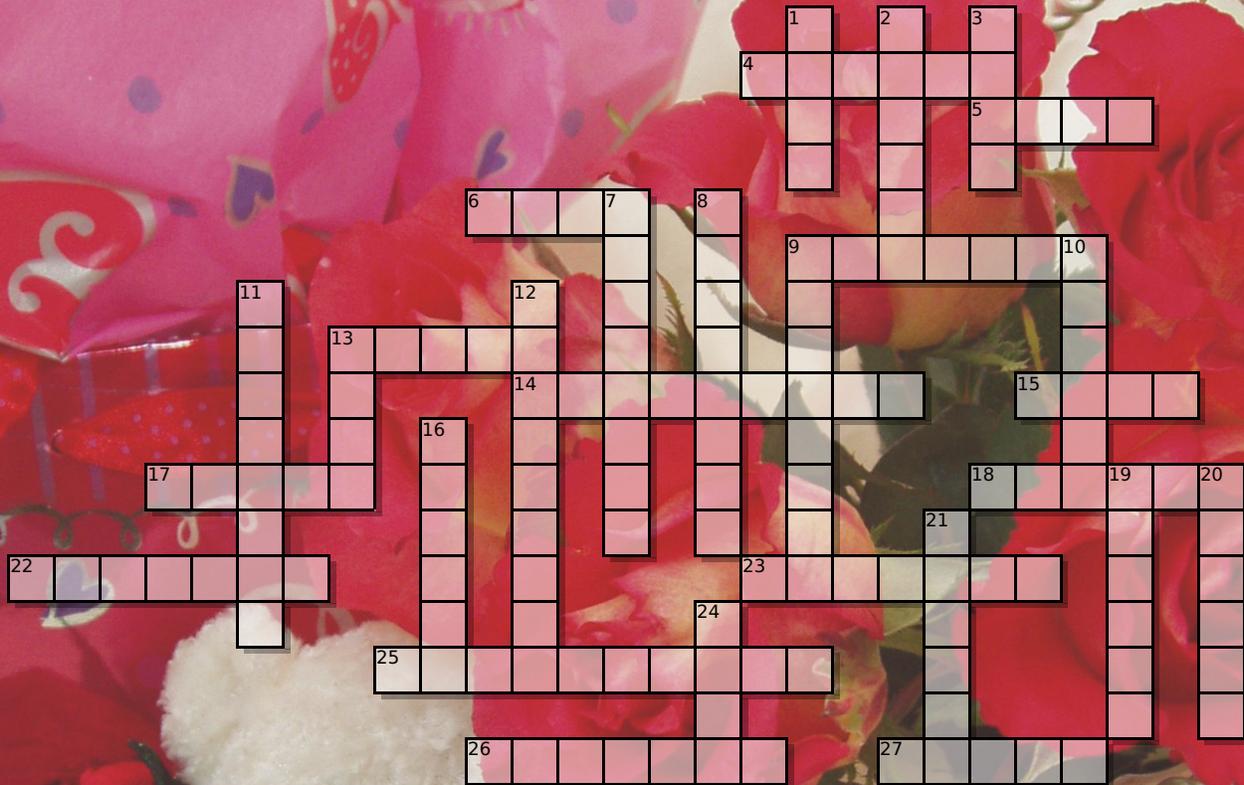


These are just some of the ideas and ways to save some money here and there without even trying or sacrificing much. If you need any help with budgeting you can access these online resources: www.americasaves.org, www.greatlist.com, www.mint.com

Feel free to contact Debbie @ the corporate office for help. You can achieve your financial goals!!

SQ MAG PUZZLER

VOL.2 ISSUE 1 by Deb Canu Answers at the So Cal Dental Website.
www.socaldentalpartners.com



ACROSS

- 4 DENISE AT CORPORATE MIDDLE NAME
- 5 FIRST NAME OF INLAND EMPIRE'S I.T. (COMPUTER GUY)
- 6 MARY STAY'S CELEBRITY CRUSH FIRST NAME
- 9 COUNTRY WHERE CONNIE PHAN IS FROM? 1ST ISSUE WATER COOLER CHAT
- 13 CELEBRATED HER 20TH ANNIVERSARY WITH THE COMPANY
- 14 HOW OLD YOU MUST BE TO PARTICIPATE IN OUR 401K PLAN
- 15 MARY STAY'S HUSBAND NAME
- 17 A DENTAL ASSISTANT THAT WORKS AT RANCHO NIGUEL
- 18 THEY STRAIGHTEN YOUR SMILE
- 22 DEE DEVANE'S FAVORITE HOBBY
- 23 DR. MAR'S BIRTH MONTH
- 25 NAME OF OUR HEALTH INSURANCE COMPANY 2 WORDS
- 26 NAME OF CHARITY WE DONATED TO IN NOVEMBER AS A CO. LA.....
- 27 NAME OF ONE OF DR. RODNEY BOYD'S DENTAL ASSISTANT

DOWN

- 1 RHYMES WITH SPEEDO
- 2 THIS ISSUE'S WATER COOLER CHAT JP'S WIFE'S NAME
- 3 STEVE'S MIDDLE NAME
- 7 NAME OF OFFICE MANAGER AT SOUTH COAST SPECIALTIES
- 8 STREET NAME THAT CORPORATE OFFICE IS LOCATED
- 9 BACK OFFICE MANAGER AT HIGHLAND
- 10 CELEBRATED HER 25TH YEAR ANNIVERSARY WITH THE COMPANY
- 11 OFFICE LOCATED ON BOULDER AVENUE
- 12 EMPLOYEE THAT RECENTLY WENT TO VIETNAM
- 13 KNOWN AS THE RED HEADED GYPSY AT CORPORATE
- 16 A HYGIENIST THAT WORKS AT SEA COUNTRY FIRST NAME
- 19 ONE OF STEVE KRIEGER'S FAVORITE MOVIES-FROM FIRST ISSUE MAG
- 20 LAST SQ COOLER CHAT EMPLOYEE FIRST NAME
- 21 FIRST NAME OF OFFICE MANAGER AT MDIC (MISSION DENTAL)
- 24 CITY WHERE DR. ROD & ANDY BOYD'S BIKE RACE STARTED

Holiday Round Up

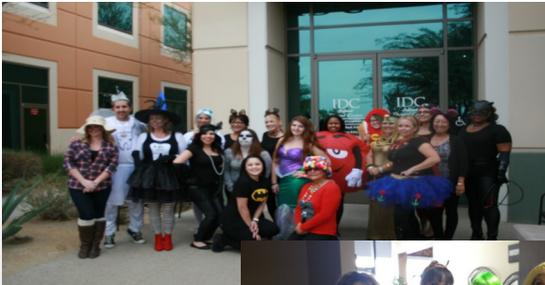
2014 was an exciting year for us. It was the first year for our SQ Newsletter and along with that, we also had a couple Holiday competitions among all the offices. Given that this was our first year doing this, we had a fantastic turn out and appreciate everyone who got involved. Next year we hope to make it even bigger and better! Remember you can always email any suggestions you have to the corporate office. Although Christmas pictures will not be able to go up until the next quarter's publication, we wanted to recap Halloween and Thanksgiving for you.



Halloween 2014 Costume Contest Finalists



Featured Above are the finalists: 1st Place: "Miss Fortune" by Chelsea @ SC Dental; 2nd Place: "It's Raining Cats & Dogs" by Veronica @ Highland; 3rd Place: "Scarecrow" by Laura @ Heritage Court



Thanksgiving 2014- Los Angeles Mission Donations

Grand Total Sent: \$750.09

| Office | Total Donated | Employee Total | Average Per Emp |
|---------------------|---------------|----------------|-----------------|
| Corporate | \$125.00 | 5 | \$25.00 Per Emp |
| Rancho | \$80.00 | 19 | \$4.21 Per Emp |
| IDC- San Bernardino | \$155.00 | 41 | \$ 3.78 Per Emp |
| SC Dental | \$280.09 | 16 | \$17.51 Per Emp |
| Specialties | \$10.00 | 10 | \$1.00 Per Emp |
| Bonus Starter | \$100.00 | | |





Cheers.....

To Sticking To Those New Years Goals!!!

Make this the year you achieve your fitness or weight loss goal!

Chances are at some time in your life you've made a New Year's resolution — and then broken it. This year, stop the cycle of resolving to make change and then not following through. If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are 10 tips to help you get started.

1. Be Realistic

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

2. Plan Ahead

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31 arrives.

3. Outline Your Plan

Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your "bad" will affect your goal.

4. Make a "Pros" and "Cons" List

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. Talk About It

Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

6. Reward Yourself

This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

7. Track Your Progress

Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

8. Don't Beat Yourself Up

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.

9. Stick to It

Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

10. Keep Trying

If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.



"And so are the days of Our So Cal Lives"



Congratulations to Dr. Anthony & Rodney Boyd who in Oct. 2014 Completed 508 Miles of: Biking Mountain Tops, Stark Deserts, Desolate Roads and an Insane Endurance Challenge. You Survived "the loneliest highway in America." HWY 50. The Racers were helped by none other than our very own, Steve Krieger, whom handled the logistics of the race.

Thank You for Your Service! Eddie Morris and his son Steve are Patients at our Highland Office. Eddie was recognized and saluted At Portland Airport after Returning From DC. Eddie is a survivor Of Pearl Harbor WWII attack. Thank you for Keeping America Safe! See his emotional salute at: <http://www.youtube.com/>
Keywords: Eastern Oregon/Portland Honor Flight 9/18/2014



Congratulations to Monica Dubois for 25 years with Inland Dental Center. What an Achievement!! Thanks for your dedication!



Congratulations to Stephanie Flores (now Stephanie Harris) at Heritage Court on her Summer Wedding 2014. We wish you two the best.



"And so are the days of Our So Cal Lives"



Wine Tasting I.E. 2014 Above/ I.E. Xmas 2013 Below



Dr. Poblacion Above/ Gina, Tami & Debbie Below



Dr. Murray B-day



Highland Friday Fun