

Inside this issue

- p.1 Mark Your Calendars
- p.2 Get Up Offa That Thing!
- p.2 Situation of the Month
- p.3 3 Ways to Use Coconut Oil for Immediate Results
- p.3 Have a Laugh on Us!
- p.3 Summertime Frozen Yogurt Pie
- p.4 The World's Happiest Vacations

Mark Your Calendars
Our 3rd Annual PDAA Conference

DESTINATION: HAPPY PEOPLE
Visit the Happiest Places in the World – It's Contagious

Visit a hustling, bustling tourist trap and what do you get? Crowds of competitive travelers and a local populace that is sick to death of them. Visit a place with happy people, and you get good service, friendly faces, and you'll learn firsthand what Harvard researchers affirmed in a 2012 study: Happiness is contagious.

Luckily for the average traveler, the places that topped a nationwide Gallup poll and the United Nations' annual World Happiness Report have plenty to offer in addition to cheerful locals.

THE HAPPIEST STATES IN THE U.S.

If we were to tell you that Hawaii is the happiest state in the country, you probably wouldn't be surprised. And sure enough, Hawaii ranked first in overall happiness for the sixth consecutive year. The sunny beaches, rich culture, and perfect weather give tourists a taste of paradise that the natives enjoy all year long.

Next in line is a state that has little in common with the Aloha State. Alaska came in second place for the third consecutive year. With eight national parks, including

Denali, Glacier Bay, and Gates of the Arctic, Alaska's 663,000 square miles are filled to the brim with the wonders of nature.

THE HAPPIEST COUNTRY IN THE WORLD

Denmark has long been the standard-bearer in this category. This year, it relinquished the title to its Scandinavian sister. Norway is home to some of the most breathtaking vistas on earth, most notably its western fjords like the world-famous Geirangerfjord and Nærøfjord. For the city wanderer, you'll find choice seaside restaurants and walkable streets in towns like Bergen, the country's second-largest city, which sports rainbow architecture and a 15th-century waterfront.

Knowing the heart of a destination begins and ends with its people. Tack on beautiful scenery and daydream-worthy activities, and you just found yourself the perfect vacation.



I recently returned from the Annual Session of the American Academy of Pediatric Dentistry. The meeting was a huge success, and the number of people checking out our booth gets bigger every year. I want to thank all of the members who stopped by and all of the dentists who signed up their staff for membership. We also have two prize winners to announce as a result of the event. The first is Shannon Parris, who won a raffle for visiting the most booths at the event, collecting stamps along the way. The second is Allison Matthews, who won our free registration drawing valued at \$497. Congratulations to the winners, and I cannot wait to see all of you next year.

With that event out of the way, the focus is now squarely on our upcoming event, the Third Annual PDAA conference. We've locked down all the details for the event, and it's shaping up to be quite a weekend. The conference will take place on October 6 and 7 at the Renaissance Hotel in Atlanta. There's no better time to visit the city than the fall, when the weather and atmosphere are at their most beautiful. The conference will provide 16 hours of continuing education credits, and I've worked hard to make sure those hours are spent on topics that matter most to our members.

I recently sent out a survey asking for topics that dental assistants would most like to see covered at the conference. The No. 1 request, by a huge margin, was behavior management. When it comes to this topic, dealing with parents seems to be just as much of a concern as is working with our young patients. As the O'Jays once sang, "You got to give the people, give the people what they want,"

so my presentation is "Behavior Guidance for All Ages: Patients and Parents." I've become something of an authority on the subject, and can't wait to share what I've learned with all of you.

Additionally, we have two more talks from experts in their respective fields. Shelley Short will be providing "5 Tips for Sustainable Pediatric Dental Practice Success," and Carmina Fernandez will give a talk called "Special Needs: Special Care," highlighting the techniques best suited for patients with special needs. These ladies know their stuff, and are happy to discuss all the wisdom they have accumulated over the years.

Of course, the conference won't just be about education. We'll have fun, games, and even a few prizes. It will also be a chance to converse with people who understand the same challenges and successes as you. The event has always been a hit, and I hope this year will be a blockbuster!

Registration is open now, and early bird registration continues through August 31. Head over to www.thepdaa.org for details and to register. I'll see you in October. Until then, have a great summer!

Rhea

Rhea M. Haugseth, D.M.D



GET UP OFFA THAT THING!

If You Want to Live More, Sit Less

“Sitting is more dangerous than smoking, kills more people than HIV, and is more treacherous than parachuting. We are sitting ourselves to death.” Those are the words of Dr. James Levine, who made headlines back in 2014 when he released the results of years of research into what’s really killing Americans. Just as cigarette use was killing Americans in droves back when the population still smoked, the prevalence of desk jobs is a huge health risk today. Humans, it turns out, are meant to be on their feet and on the go, just like our ancestors were. “We have created for ourselves a modern way of living that clashes with the way we’re meant to be,” Levine says.

We’ve seen that sitting can also lead to other health issues, like carpal tunnel syndrome, pinched nerves, and strained eyes and muscles. And if you’re not in good shape (because you sit all day at work), you’re more likely to get injured doing other activities in your life.

Levine says that ideally, you’d spend four hours a day on your feet. Of course, that may not be an option for many of you, especially if you work a desk job. We recommend getting up at least once an hour and walking around for a few minutes. Even a trip to the water cooler is better than nothing!

But the real way to combat a sedentary job is to live an active life after hours. A lot of us want to plop down in front of the TV, but we’d be better off taking a long walk after work and spending some time cooking in the kitchen — on our feet, of course.

You can also go to a standing desk, or even a treadmill desk — which Levine invented.



SITUATION OF THE MONTH

DEALING WITH MICROMANAGEMENT

This article usually deals with difficulties that arise from interacting with patients and their parents. These relationships, though, aren’t the only ones you have to manage as a dental assistant. Friction can also occur when you are dealing with a supervisor, whether that be a dentist or an office manager. In terms of these hierarchies, micromanaging is a persistent concern, and it can really take the joy out of work.

How do I get my boss to get off my back and trust me? I hear this question all the time, and the solution is actually simpler than you might realize. If I had to sum up the best strategy for eliminating micromanagement in one phrase, it would be “proactive communication.” If you anticipate and address the needs of your supervisor before they can harp on you, you’ll find the pressure is eased immediately.

Micromanagement is usually most prominent when someone is new to their leadership role. They want things done a certain way, and they haven’t had the chance to see your work in action. As you build trust and confidence, you’ll gain the freedom to do things your own way. Don’t be afraid to suggest creative solutions. When you bring up a new idea, though, make sure you explain the “why” behind your methods. If you can make a higher-up see the reasons for your way of doing things, they are going to be more open to accepting changes.

Remember that if you want to make your relationship a conversation, you have to be as open to accepting input as you are to providing it. If it becomes frustrating, don’t be afraid to have an honest dialogue about the issue. If you express your issue calmly and reasonably, you’ll be surprised how open your supervisor will be. Micromanagement can be stifling, but it doesn’t have to last forever.

Nature’s Great Multitasker

3 Ways to Use Coconut Oil and See Results!

Coconut oil is one of nature’s great multitaskers. You can cook with it, bake with it, use it as a



dietary supplement, apply it to your skin, and run it through your hair, all of which deliver unique benefits. In this issue, we’re going to look at three of the most immediate benefits you can enjoy by using coconut oil.

Rejuvenate your skin. Instead of reaching for lotion or body oil, reach for the coconut oil. It’s a single ingredient, so you know exactly what you’re putting on your skin, which means you don’t have to worry about any sort of reaction. That is, as long as you aren’t already allergic to coconut! It helps keep skin hydrated and youthful-looking, plus it can treat symptoms related to dermatitis, eczema, psoriasis, and numerous other skin conditions. Just keep in mind, it cannot treat the base cause of any of these conditions.

Give your hair extra luster. The plant-based fatty acids in coconut oil help alleviate

dry hair, dry scalp, and dandruff. At the same time, it can help reduce the effects of everyday damage, including sun damage. Use coconut oil as-is, or combine it with an essential oil for an extra punch. Apply it about 30 minutes before showering and let it soak in. Just be sure not to use your typical shampoo to wash away the oil; hot water alone should do the trick. It may take a little longer to rinse the oil residue, but you’ll be left with soft, clean hair.

Freshen your smile. When swished around in the mouth, coconut oil can reduce bacteria and freshen your breath. It’s all thanks to coconut oil’s antibacterial properties, and the fact that it literally pulls bacteria away from your teeth and gums as you swish it around. All it takes is a tablespoon of oil and about 20 minutes. Once you’re done, spit the oil into the trash. That may sound a little gross, but avoid spitting in the sink. The oil may solidify and cause a clog.

ENJOY A LAUGH ON US!



SUMMERTIME FROZEN YOGURT PIE

Looking for a summer dessert you don’t have to feel guilty about indulging in? Try this easy, low-fat frozen treat!

INGREDIENTS

- 1 premade graham cracker pie crust
- 1 (8-ounce) container Cool Whip
- 1 cup frozen or fresh mixed berries (strawberries, blueberries, and blackberries)
- 3 (6-ounce) containers regular yogurt (berry flavors work best)

INSTRUCTIONS

1. Combine Cool Whip, mixed berries, and yogurt in a bowl. Mix with a spatula until well-blended.
2. Pour yogurt mixture into pie crust.
3. Cover pie with foil or plastic lid.
4. Store in freezer for at least 3 hours, or until frozen through.
5. Serve frozen or slightly thawed.

Enjoy!