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SECRET SWIMMING HOLES OF THE WORLD

Exclusive Spots You Must See to Believe

Summertime is for swimming, but why settle for a community pool when you can have access to the most beautiful swimming locales in the world? These three exclusive, little-known spots are sure to take your breath away.

HALI'I FALLS, HAWAII

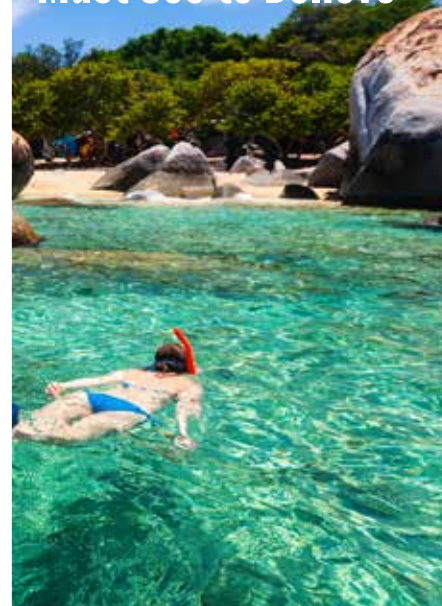
With its spiral staircase of waterfalls, this remote jungle location offers up more than one unique spot to take a plunge. Visitors never fail to be awestruck by the deep blue-green hue of each pool created by the four cascading waterfalls. Hali'i means "to spread out," which is precisely what each waterfall does, showcasing a serene experience unlike any other. But the beauty of this one-of-a-kind experience is only outdone by its exclusivity. To reach these pools, you'll have to hike through dense forest, deep marshes, and wide-open pastures of sugar cane.

DOS OJOS, MEXICO

The Spanish translation of the name for this magical system of caves is "two eyes," and you'll want to have yours checked after you see this swimming hole. When limestone bedrock collapses, a sinkhole called a "cenote" is formed. The unearthed water from the natural aquifer balances a color palette of earth tones with the most majestic shades of blue you'll ever behold. The calling cards for these bodies of water are the Blue Eye and the Black Eye. Both offer unforgettable experiences, but the price of entry is a hefty sense of adventure. You'll need a full set of scuba gear to get to either hole.

THE BATHS, VIRGIN GORDA

A day in the Caribbean is like living every moment inside a beautiful pastel painting. The elegance of this location in the British Virgin Islands will make you feel like you've been transported into a cathedral. The large boulders and natural rock formations create shallow caves that will captivate your eyes as you wade through the water in wonder. When you exit, you'll witness the sight that gives this beautiful spot its name. A handful of 40-foot granite boulders form private pools as if that was what they were made for.



MAHALO FROM HAWAII

Finished One Conference, Ready for Another

I recently returned from the 71st Annual Session of the American Academy of Pediatric Dentists. When I learned that this year's conference would be in Honolulu, you can bet I didn't complain! In fact, I even got there a few days early so I could play tourist. It was an awesome experience.

There are a few people I need to say mahalo (Hawaiian for "thank you") to. I was able to sign up many new practices during the conference, whom I'd like to welcome into the PDAA family. I'd also like to express my gratitude to all of our current members who stopped by my booth to chat and take selfies. Finally, I want to thank everybody who participated in our "Guess the Jelly Beans" contest. Dr. Tanya Karnavy of Longmont, Colorado ended up being closest to the actual number, making her our Grand Prize winner. Congratulations, Dr. Karnavy!

Now that I've put away my hula skirt and returned to Atlanta, it's time to really start gearing up for the fourth annual PDAA Conference. It will be on October 26 and 27, so there's still time (though not very much) to book your tickets and plan your trip. Early-bird pricing is available through August 31 and current members receive \$100 off the price of admission. So if you haven't finalized your plans yet, there's no better time than now. You can also win a free registration by playing our Find the Viking game. All you have to do is watch our "Practice Pearls" videos and look for the little Viking figure hiding out somewhere in the frame. See full information on the "Find the Viking" contest on our website at www.thepdaa.com.

We have a host of amazing speakers at the conference this year. Matt Paladini, a business finance expert, will be hosting a lecture called "Who Wants to Be a Millionaire?" Shelley Short of Zum Wohl Practice Consulting will be discussing "The Economic Benefits of Working Smarter, Not Harder." Julie Varney, an in-practice motivational coach with years of experience, will teach you how to "Reach the Summit in Your Career." Oh, and yours truly's talk will be focused on "Presenting Your Best Self While Presenting Treatment Plans."

In addition to these speakers, you can expect plenty of games and fun. Make sure you come back after dinner on Friday night for our "Price Is Right" contests. Not only will you have the chance to win some fabulous prizes, but you'll also earn ADA CERP credits just for having a blast. Over the course of the conference, there will be 16 hours of CERP, so don't miss out on any of it. The PDAA Conference has information

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that everybody at a practice can benefit from. Well, except doctors. We have a strict no doctors allowed policy, so let me know if you see any dentists trying to sneak into our conference.

As I've mentioned before, we'll honor both an assistant and an office with awards for their performance. The PDAA Assistant of the Year will go to a member who's gone above and beyond to deliver exceptional care. You can nominate your peers by telling us a story about their dedication. The winning assistant will receive a three-day cruise for two. Our second award will be for the Kid-Friendly Practice of the Year. This recognition will go to a practice that has discovered creative ways to make their office a welcoming environment for children. We want to see DIY ideas that are unique and have a ton of personality. If your practice or one in your area fits the bill, we want to hear about it. Please remember to submit your nominations by August 31, 2018 to be considered.

Whether or not you end up on a Hawaiian beach the next few months, I hope you have a wonderful summer. You can head to www.thepdaa.com for a full list of details on the conference. I'll see you in Atlanta come October!

Rhea
Rhea M. Haugseth, D.M.D.



HOW MUCH SUNSHINE IS TOO MUCH?

Keep Your Family Safe

protective clothing are great ways to shield yourself from UV rays, but it's important to avoid being in direct sunlight for long periods. Taking a break from the sun gives your body the time it needs to recuperate and helps prevent sunburn and heatstroke.

COMMON MYTHS ABOUT SUN EXPOSURE

Many people think that a tan is better than a sunburn, but the result of tanning is still sun damage. When your skin tone changes due to the sun, regardless of whether it tans or turns red, it's a result of the epidermis reacting to damage caused by UV rays. Both are symptoms of harmed skin.

While vitamin D is important, the sun does not contribute to its creation as much as you might think. Doris Day, a New York City dermatologist, explains that if your skin were to constantly produce vitamin D from being in the sun, it would reach toxic levels. Vitamin D is the only vitamin that your body can produce on its own, through a common form of cholesterol or 7-dehydrocholesterol. Spending time in the sun does help vitamin D form, but you need far less exposure than you think.

Knowing how to protect yourself from UV rays is the first step to having a safe, fun-filled summer!

To many people, summer is all about heading outside to enjoy the weather. But getting too much sun can be dangerous. To have a fun-filled summer with your family this year, remember that it's essential to protect yourself from harmful UV rays.

COVER UP

Covering your skin is one of the best ways to avoid skin damage. Wide-brimmed hats, long-sleeved shirts, and long pants or skirts can protect your skin from direct exposure to UV rays. While this tactic protects you from the sun, it offers poor defense against the heat. So, if you opt for cooler attire, it's important to cover all exposed skin with a copious amount of sunscreen. Be sure to reapply every two hours for maximum skin protection.

SPEND LESS TIME IN THE SUN

If you're planning to spend a significant amount of time in the sun, consider your environment. Will there be plenty of shade? Will you have to bring your own? What's the best way to step out of the sun for a few minutes? Wearing sunscreen and

Workouts With a Twist Make Exercise Fun This Summer

Summer is a time for fun! The days are longer, so why waste the extra sunlight trapped on a treadmill? There are plenty of great opportunities to exercise without feeling bored out of your mind. Consider one of these fun activities you may have never tried before.

STAND-UP PADDLEBOARDING

Stand-up paddleboarding (SUP) is the fastest growing water sport in the world, and it's pretty simple. You stand on a paddleboard — like a surfboard, but wider and more buoyant — and use a long paddle to glide across the water. It's the simplicity that makes SUP fun. You can battle fierce river rapids and waves on the ocean, or enjoy a more relaxing experience paddling across wide lakes and lazy rivers. Whatever your skill level, you're building core strength, improving your balance, and getting some fresh air.

RACQUETBALL

In order to play racquetball, you need to have access to a racquetball court. If you can find a court near you, this game is certainly worth trying. It's the intense cousin of tennis. Instead of hitting the ball back and forth over a net, racquetball players take



turns hitting the ball against a wall. This creates momentum, and the ball moves much faster, so there's a lot of jumping and lunging across the court as players try to reach the ball before it can bounce twice. Bring a water bottle, because you're sure to sweat during this cardio workout.

INDOOR BOULDERING

Bouldering is a form of rock climbing using a boulder rather than the side of a cliff. You can bring the

activity indoors, where artificial climbing walls and safety mats help climbers ease into the sport. This pastime works your arm muscles and core, but it also challenges your mind. There's a lot of problem-solving as you figure out the best way to navigate the wall.

Exercise doesn't have to be a chore. There are plenty of great ways to work up a sweat and still make great memories this summer. You just have to be willing to try something new.

SITUATION OF THE MONTH HOW TO MINIMIZE NEGATIVITY

DEAR PEDIATRIC PRO,

Our office has developed a culture of negativity and it is ruining the office morale. What can I do to help change this as I no longer like going to work?

-Nancy, FL

DEAR NANCY,

Complaining about work is an American pastime on the level of baseball or barbecue. Sometimes, crazy stuff happens, and all you can do about it is laugh and share your experiences with your coworkers. However, a little light-hearted sarcasm when you need to blow off some steam is not the same thing as a persistently bad attitude.

At some point in your career, I'm guessing you've worked with somebody who gripes constantly. It's no fun, right? When negativity goes unchecked, it can quickly become a case of one bad apple spoiling the bunch. Low morale is contagious. If one employee complains about coworkers, the job, the doctor, or just life every day, others may start to adopt the same behavior. Before you know it, a once cheerful office is now a dreary place to come to work.

A great way to remedy this problem is by sharing positive contributions. There's nothing worse than a management team that only expresses feedback when it's negative. Seeking out and celebrating achievements of staff members may seem like a small thing, but it can make a huge difference in the lives of your team.

There's no limit to the ways you can engender positivity. If you have a staff lounge or break room, you can create a bulletin board for people to share gratitude for their teammates. You could also begin your morning huddles by asking people to share something good that someone in the office did recently. When you see somebody doing good work, it's important to acknowledge it. How you do that is up to you.

Basically, it all comes down to perspective. When employees are programmed to see only the negative aspects of their job, those aspects will take precedence over the good stuff. That's not to say that being aggressively cheerful will make those aspects go away. Every job has its challenges. Just make sure those challenges aren't the only thing people talk and think about. Focus on the good things people do instead!

-Pediatric Pro

HAVE A LAUGH

WHEN THE DENTIST SAYS



YOU HAVE A CAVITY

OATMEAL COOKIE ICE CREAM SANDWICHES

INGREDIENTS

- 1 1/2 sticks unsalted butter
- 1 1/2 ounces store-bought waffle cones, lightly crushed
- 1 1/2 cups oats
- 2 tablespoons all-purpose flour
- 1 teaspoon kosher salt
- 3/4 cup light brown sugar, packed
- 1 large egg yolk
- 2 teaspoons vanilla extract
- 4 pints ice cream (any flavor)

INSTRUCTIONS

1. Heat oven to 350 F. While oven is heating, cook butter in saucepan over medium heat until browned, 5–8 minutes. Scrape browned butter into a heatproof measuring glass.
2. Pulse waffle cones, oats, flour, and salt in a food processor or blender. Once cones are finely ground, add brown sugar and pulse again.
3. Whisk egg yolk, vanilla, and 2 tablespoons water in a small bowl.
4. Add egg mixture to food processor while spinning on low. Once integrated, slowly add browned butter; blend until dough forms a solid mass around blades.
5. Form dough into 26 balls and place 2 inches apart on a parchment-lined baking sheet. Flatten balls and bake 12–15 minutes or until edges begin to brown.
6. Let cool, then spread ice cream between cookies to make sandwiches.
7. Freeze for up to 5 days — or enjoy today!

[inspired by Bon Appetit]