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SKIP THE SALES AND HAVE SOME PIE

3 Reasons Black Friday Isn't Worth Your Time

The day of chaos will soon be upon us. In a few weeks, Americans will leave their homes with bellies full of turkey to descend upon retail stores in the feeding frenzy that is Black Friday. Sure, it's a bit stressful, but with all the great sales and gift-giving holidays on the horizon, Black Friday is the best day to knock out that shopping list, right? Not really. Here are a few reasons why you shouldn't bother with Black Friday.

YOU WANT THE LOWEST PRICES

If you're waiting to get the best deals of the year, Black Friday probably isn't the day to go out. While stores may offer one special item at an outrageously low price, the rest of the sales can't compete with other times of the year. Headphones are cheapest in August, vacuums are more affordable in April, and if you're shopping for the holidays, keep in mind that toys will be priced at their lowest 10 days before Christmas.

YOU WANT THE BEST BRANDS

Here's an insider secret: Most stores get new inventory to advertise specifically for doorbusters and Black Friday sales. New TVs at 75 percent off will get lots of people in the door, but those televisions aren't the best brands. If you need a cheap dorm TV, then Black Friday is your day. But if you want a quality television to show off your 4K Ultra HD copy of "Avengers: Infinity War," you're better off waiting until after the New Year.

YOU WANT TO SAVE MONEY

It's hard for people to say no when they're afraid they'll regret not jumping on a deal when they had the chance. So they grab the \$750 laptop because it's \$200 off, buy some new winter coats because they're four for the price of three, and fill their cart with other incredible sales. Do you need 10 HDMI cables? Of course not. But when they're on sale for \$2.99 each, how can you say no to that bargain?

If there is a specific item you want that's on sale during Black Friday, like those cute department store boots or a PlayStation 4, then by all means get out there early and take advantage of the deal. But if you have a long shopping list, want to save money in the long run, or don't know what you're after, Black Friday isn't worth the stress.



GRATITUDE FOR OUR MEMBERS

And Another AWESOME Conference

Apologies in advance if I sound overly enthusiastic this time around, but I'm just so excited about the recently concluded PDAA Conference. It was, without question, our best conference to date. In the spirit of Thanksgiving, I want to express my deepest, most heartfelt gratitude to all of the conference attendees and speakers who made the conference a success.

From the moment attendees started filing in, I knew that this conference was going to be special. It's amazing to see conference regulars mingle with their old friends and new acquaintances. The conference may only be a couple of days every year, but people build real bonds during that brief time together. I know more than a few people show up with great stories they've been waiting to share for months. After all, it's rare you'll be in a room with a group of people who can empathize with your daily struggles. By the time our "Price Is Right" game kicked off on Friday, everyone was having a blast!

Of course, there was plenty of education to go along with all the fun. Our first speaker, Matt Paladini, hosted a talk called "Who Wants to Be a Millionaire?" With a title like that, Matt had no trouble getting folks excited. His talk was full of wisdom regarding the ways we can all save our hard-earned money that make a big difference when we want to retire! Next up was Dr. Shelly Von Short, who presented on "The Economic Benefits of Working Smarter, Not Harder." After Dr. Shelly's talk, I heard countless attendees discussing how they were going to apply her tips in their daily work at home and in their practices.

Because their presentations led right into my topic, I scheduled myself after these two expert speakers. While it was the definition of a tough act to follow, I did my best. My talk, "Presenting Your Best Self While Presenting Treatment Plan," highlighted the importance of providing great patient care not just when patients are in the dental chair, but also when you're discussing treatment plans with their parents.

"The whole experience was very exciting and new for me. I really enjoyed all the topics and had all my questions answered."

"Awesome conference. Very educational. I have a lot of good nuggets to take back to my team and doctor. I look forward to next year! Great experience."

On Saturday, Julie Varney delivered a headline performance with not one but two talks. The first, "Reach the Summit in Your Career," was

"Overall, everything was great. I can't pick my favorite topic."

"I enjoyed the speakers the best. They were all fantastic! Topics were spot-on!"



SOME OF OUR ATTENDEES HAVING A LITTLE FUN!

all about giving pediatric dental assistants the tools to achieve their full potential in terms of success. The second, "Hot Topics in Dental Assisting," covered all the latest trends and technology within in our profession, making it the perfect complement to her earlier talk. The entire lineup, from top to bottom, delivered beyond my wildest expectations.

In addition to my gratitude for PDAA members, speakers, and attendees at the PDAA Conference, I want to share my deep appreciation for the work pediatric dental assistants do on a daily basis. Taking care of children is among the noblest professions. Even when you're having a tough day full of tantrums, don't forget that you contribute to the greater good. Without you, our children's smiles would not be as bright. And for that, let me say thank you!

Rhea

Rhea M. Haugseth, D.M.D



A QUICK WORKOUT

Prepare Yourself for the Thanksgiving Feast

these basic exercises, but one set of each won't be enough. To make sure your body is completely warmed up, repeat each set at least three times.

After you've warmed up, it's time to start the workout. Squat jumps, ski jumps, pushups, plank crawls, and holding a squat stance are easy exercises you can do in your kitchen, dining room, or living room while your feast cooks. Do each exercise as many times as you can in a minute, and just like you did in the warmup, repeat each set three times.

While in your squat stance, there are several things you can do. For 30-second intervals, put your arms out in a "T" formation and move them up and down in small pulses. Then move your arms out in front of you and return to the "T" shape. Raise your arms up over your head and clap, and then return once more to the "T" formation. Rotate your arms in backward circles, switch to forward arm circles, and finish up by holding your squat for an additional 30 seconds.

This 30-minute exercise routine is great for before, during, and after your Thanksgiving meal prep. You don't have to wait around all day for things to finish up — occupy your downtime with short exercises to keep your heart pumping.

When you're in the kitchen cooking your signature dishes for Thanksgiving dinner, you might find yourself with short periods of nothing to do. While you wait, why not fit in a quick workout? Exercising for 30 minutes will help ease any anxieties you may have — perhaps about getting those side dishes just right, or about your in-laws, who will soon be seated at your table.

To start off, you'll need to warm up. Keeping the oven in sight and the timer well within earshot, take a few minutes to loosen up your muscles. Jog in place, do some jumping jacks for a minute, or jump in place for 45 seconds. Warmups often consist of

BEST DIY GIFT IDEAS

For Everyone on Your List

Looking for gift ideas that don't break the bank but still show the special people in your life how much you care? Do-it-yourself (DIY) gifts are the way to go. Here are a few ideas to put together on a chilly night. Pull out your crafting supplies, turn on some holiday tunes, and get creative.

BEST DIY GIFT TO MAKE WITH THE LITTLE ONES: Handprint Apron

Aunties, uncles, and godparents will love a gift that incorporates their favorite little ones, and it's a great way to get the kids in on the project. Choose some unadorned aprons from your local craft or home goods store and some acrylic paint in a variety of colors. Then get crafty! The kids can use their handprints as a starting point and add other decorations as they like. You can also find some fun ideas on the blog Little Page Turner, like painting a butterfly from your kids' stamped footprints. Have fun with it!

BEST DIY GIFT FOR YOUR BESTIE: Personalized Mug

You only need a mug and an oven-safe or porcelain marker to create this personalized gift. Use a mug you already own, or pick one up from the dollar store or thrift store, and get expressive! You could write a sweet or funny message ("but first, coffee" or "two shots, hold the chatter") or list their favorite beverage ("coffee, no sugar" or "green tea"). Write something that makes them think of you, or create a simple drawing. Enjoy the artistic freedom as much as they'll enjoy your thoughtful gift.

BEST DIY GIFT FOR SOMEONE SPECIAL: Memory Map

Utilize a map, a pair of scissors, some glue, and your memories of meaningful places to create this sentimental gift. Choose map locations that are meaningful to you and your special person — where you met, where you celebrated special moments,



where you first lived — and cut them out in geometric or heart shapes. Then, glue the cutouts to a piece of matboard. You can add kind words at each point, or let the places explain themselves. Place in a frame and gift to your loved one.

SITUATION OF THE MONTH

HOW TO AVOID A COMPUTER FIASCO

DEAR RHEA,

My coworker recently made a clerical error in our system that resulted in our scheduling being incorrect for an entire day. The problem is that I was blamed for the mistake. I was told that because it happened under my name, it was my fault. How did this happen? And how I can keep it from happening again?

Sincerely,

Janice

DEAR JANICE,

First of all, Janice, let me just say I'm sorry this happened to you. I've actually seen it happen many times throughout my career, but yours is a particularly ugly scenario. Normally, the at-fault employee will fess up to an innocent screw up. Sadly, your coworker isn't so honest.

That especially stinks because, knowing what I know about your situation, there's likely no evidence that can prove your innocence. Here's what happened: You left a computer station signed in under your name. Your coworker hopped on the machine, made the error, and went about their day. Once the mistake was uncovered, the

system administrator checked to see whose name the error occurred under. They found your name and assumed it must've been you.

Unless you have video surveillance that can show your coworker at the station when the error was committed, you're going to have to eat crow on this one. That being said, it's super easy to avoid it happening again in the future. All you have to do is *log out* when you're done at a computer. Odds are you don't have a machine dedicated solely to you. When you step away, you need to log out. Every employee should only work under their own name.

As bad as taking flack for somebody else's error is, it could've been a whole lot worse. What if your coworker clicked on a phishing email and corrupted the entire network? Your job might be in jeopardy, all because you didn't take the two seconds to log out after your session.

Needless to say, every computer session should begin with you logging in and end with you logging out. It's just that simple.

-Rhea

HAVE A LAUGH



PALEO PUMPKIN COCONUT SMOOTHIE

This meal-in-a-glass smoothie will cure your craving for a pumpkin spice latte. It's packed with nutrients and fall flavor. If you're the type of person who uses your blender more than your pots and pans, you'll definitely want to add this recipe to your rotation.

INGREDIENTS

- 1 cup coconut milk
- 1/4 cup organic pumpkin purée
- 2 teaspoons pumpkin pie spice (or substitute with cinnamon and ginger)
- 1 frozen banana, sliced
- 1 cup ice

INSTRUCTIONS

1. In a blender, combine all ingredients.
2. Blend on high or on smoothie setting until smooth.
3. Transfer to a cold glass, garnish with pumpkin pie spice, and serve.

Inspired by cookeatpaleo.com