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CHILL OUT

Relax in These Cool Destinations This Summer



As the scorching summer sun beats down, it's hard to remember that just six months ago you were shivering through the winter, whether that meant a chilly 50 degrees F or bitter subzero temperatures. But if cooler temps sound like paradise, and a dip in the pool is no longer keeping you cool, it might be time to take a vacation somewhere chilly. Check out these three destinations to avoid the summer heat.

ALASKA

No place says chilly quite like Alaska. Trips to Alaska can be expensive during this time of year, but when you step into that crisp air with a cool mountainous view, you'll understand why it's a popular summer voyage. Travelers can choose to fly or take a cruise ship, and many cities feature tourism-packed excursions. A few notable locations include Anchorage, the Kenai National Wildlife Refuge, and Denali National Park and Preserve.

ICELAND

Just as its name suggests, Iceland can be the perfect destination for travelers yearning to get away from the unbearable summer heat. With temperatures rarely exceeding 60 degrees F — the average high for the country — packing is easy for

this relaxing vacation. Take a relaxing dip in one of the country's many hot springs or enjoy tremendous views of the fjords. Even better, you can tour the country at any time because it's sunny almost 24 hours a day. What could be better than a midnight hike around the fourth happiest country in the world?

NORWAY

Just because it's summer doesn't mean you have to give up your skiing hobby! Venture off to Norway and experience some of their most popular summer ski resorts. After a day or two shredding the slopes, experience the popular Norwegian Opera and Ballet in Oslo or choose between numerous outdoor and indoor exhibitions. Best of all, you won't even break a sweat, as the average temperature in Norway's hottest month barely hits 70 degrees F. Bordering Sweden and northern Finland, Norway can even be the beginning to a cool European tour this summer.

FROM ONE GREAT CONFERENCE TO ANOTHER

Details on the 5th Annual PDAA Conference

At the end of May, I traveled to Chicago for the 72nd Annual Session of the American Academy of Pediatric Dentists. While it wasn't as sunny as last year's event, which was held in Honolulu, it was as fun as ever. Between slices of deep-dish pizza, I was able to chat with existing members, share information about the PDAA, and signed up many new members. I want to express my deepest thanks to everyone who stopped by and signed up.

As you may know, I always like to have a fun game at my booth to make it a little more exciting and draw people's attention. This year, that game came in the form of "Guess how many dinosaurs." I had a glass jar full of little plastic dinosaurs and encouraged conferencegoers to guess how many were in the jar. The number came out to 243, and two lucky winners earned one free registration to our upcoming 5th Annual PDAA Conference.

"For the first time ever, the PDAA Conference is hitting the road. Rather than being in Atlanta, we'll be hosting this year's event in Disney World"

I'm very excited to announce the details about the upcoming event. For the first time ever, the PDAA Conference is hitting the road. Rather than being in Atlanta, we'll be hosting this year's event in Disney World alongside a joint meeting of the Florida Academy of Pediatric Dentistry, the Southeastern Society of Pediatric Dentistry, and the Southwestern Society of Pediatric Dentistry. That meeting is just for the doctors. It's great to have our PDAA conference alongside their joint meeting because it means there will be continuing education and fun for both doctors and their teams. Doctors can go to www.SWSPD.org to sign up or you can find the link on our website www.thepdaa.org when you sign up your team.

I've lined up some great speakers for the PDAA conference! Juan Colon will be giving a talk titled "Equipment Maintenance and Care in Your Office for the Dental Team — Easy Fixes to Reduce Service Calls!" on Friday, Nov. 1. The following day, Shelly Short will present the talk "A Healthy Team Is a High Performing Team." These industry leaders are sure to give you plenty of information to take back to your practice. And of course, the event is at Disney World, so it will be plenty of fun as well. You can even come a day early and celebrate Halloween at the Happiest Place on Earth.

The 2019 PDAA Conference runs Nov. 1–2 at the Hilton Orlando Buena Vista Palace. You can sign up now at www.PDAA2019.com. Space is limited, so act quickly in order to secure your spot. This event will be a very special meeting. You don't want to miss out on the valuable insights and the chance to share your triumphs and challenges with colleagues in your field.

Before you head out to Disney, though, you can brush up on some skills with the latest modules on the PDAA website. We recently released a series of modules designed to help team members explain procedures to parents. Modules cover topics including sealants, fluoride, silver diamine fluoride, infection control, pulp therapy, and risk management. We want to give you the tools to put parents at ease and speak confidently about treatment options.

Thank you again to everyone I met in Chicago, as well as the friendly faces I look forward to seeing every year. Next up is our conference. Don't miss it. It'll be a doozy!!



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



ZUCCHINI, AVOCADO, AND SWISS CHARD – OH MY!

A Guide to Eating Seasonally This July

sweet strawberries, and bountiful tomatoes. Don't forget about the cherries and blueberries, too! Because these fruits are so plentiful this time of the year, it's easy to find ingredients for your favorite recipes. Host a Latin-inspired foods night with fresh guacamole and salsa, or make a delectable shortcake with a blackberry and strawberry mixture on top.

GRILL GAME SO STRONG

There's no better time to fire up the grill than July, and not just because of the weather. Zucchini and corn reach their peak during July, and these grilling favorites pair well with steaks, burgers, hot dogs, or fish. Go low-carb by stuffing your zucchini with vegetables and a protein for a charred skillet bowl. Even better, add some corn to your fresh salsa to add an extra zing to your tacos. Regardless of how you utilize them, zucchini and corn are sweetest, juiciest, and freshest during July.

GO GREEN

Filling your plate with plenty of greens is never easier than in July. Pick up a bundle of spinach, arugula, lettuce, Swiss chard, or any other leafy green, which are all juiciest and freshest during July. Cucumbers and green beans are bountiful this time of the year, as well. This July, add some fresh flavor to your water with cucumbers or create hearty salads with any of the leafy greens mentioned above. After all, there's no better way to celebrate the middle of summer than by consuming its most delicious foods.

When you eat something during its harvesting season, you get the most out of your meal. In-season fruits and vegetables are more nutrient-dense than their out-of-season counterparts, and there's no matching the flavor profile of fresh, in-season produce. Even better, because in-season foods are so bountiful during their peak, you can save a lot of money by shopping with the season. This July, enjoy some tasty foods during their prime with this handy guide.

FRUITFUL HARVEST

Avocado toast lovers rejoice! Your season is here. Avocados are in season during July, joining many other fruity favorites. Gorge yourself on scrumptious blackberries,

LIMBERING UP For Your Next Road Trip

Even though road trips offer you a break from the monotony of your office, the stiffness in your muscles and joints that comes from sitting in one position for too long can follow you onto the road if you're not careful. Whether in front of a laptop or behind the wheel, taking the opportunity to stretch and exercise on your summer road trip is a great way to prevent the soreness from following you back to the office. Here are a few stretches to keep in mind for the next rest stop.

FOR THE NECK

Reach your left arm over the top of your head and touch your right ear. Then, gently pull your head to the left and hold it there for 15 seconds. Repeat this process with your right arm.

FOR THE CHEST

Stand in front of a door frame with one hand pressed on either side and your elbows at 90-degree angles, then lean forward. This will cause your chest muscles

Kneel on one knee, slowly push your pelvis forward, squeeze your shoulders back, and open your chest. Hold this position for 15 seconds, then repeat while kneeling on the other knee.

FOR THE LEGS

To stretch out your hamstrings, place your right heel on a small step. Extend your arms upward, and then lean your upper body forward. You'll feel a pull in the back of your upper leg. Once you've done this for about 15–30 seconds, repeat the process with your left heel.

to open up. Hold this position for 15 seconds. You can do a similar stretch by bending downward while keeping your hands on your car door in front of you, stretching your entire upper body.

FOR THE HIPS

While you're driving, a good way to prevent sore hips is by making sure your knees are slightly elevated above them in your seat. Once you have the opportunity to stop, try doing some hip flexors.

The road may be long, but that doesn't mean you have to feel it in your muscles. If you stop every couple of hours and take some time to limber up, your body will thank you.

SITUATION OF THE MONTH WHEN EVERY COOK HAS A DIFFERENT RECIPE

DEAR PDAA PRO,

I've noticed a habit at our practice of everyone performing tasks in their own way. From the way drawers of supplies are organized to sterilization practices, we don't seem to have any standardized systems. It creates a lot of hassle and leads to us all undoing and redoing each other's work. How can we get on the same page?

Hopefully,

—Lu Need of Order

DEAR IN NEED OF ORDER,

Your problem is one I encounter often. Over time, staff members may revert to the way they were originally trained, and new hires bring methods with them from old offices or their training. Even if they are doing an adequate job in their own way, it hurts productivity when disparate systems lead to confusion.

The way you phrased it is exactly right: You folks need to get on the same page. Achieving that goal comes down to creating a series of standard operating

procedures (SOP) and making sure everyone adheres to them. Be honest, when was the last time you had staff-wide training on basic systems and practices? I'm willing to bet you've probably added at least one or two team members since then.

Even if you have the standardized systems in place, it never hurts to provide regular refreshers. Standardizing the way work is done takes hard work and a willingness to learn from every member on the team. New hires aren't the only ones who need training, and breaking old habits is hard. Once everyone is singing the same tune, though, you'll all be happier as a result.

While different ways of organizing the supply closet may lead to headaches, sterilization is a much more serious matter. Maintaining exceptional standards of cleanliness at your practice is essential. A difference in routines when it comes to health and safety standards is simply unacceptable.

If you want a quick and easy way to get everyone to adhere to up-to-date sterilization methods, I encourage you to check out the clinical trainings and infection control modules on the PDAA website, www.thePDAA.org.

—Pediatric Pro

HAVE A LAUGH BRING ON



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WATERMELON CUCUMBER SKEWERS

Inspired by CookingLight.com

INGREDIENTS

- 1 medium-sized watermelon, cubed
- 2 cucumbers, cut into 1/4-inch rounds
- 1 block feta cheese, cubed
- 1 bunch fresh mint leaves
- Salt, to taste

EQUIPMENT

- 1 packet of bamboo skewers

DIRECTIONS

1. Assemble skewers by placing one watermelon cube, one cucumber round, one feta cube, and one mint leaf on skewer in that order. Repeat until skewer is full.
2. Lightly season with salt and chill in fridge until right before serving.