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YOUR GUIDE TO THE PERFECT VIRTUAL HAPPY HOUR It's Time to Raise a Glass!

If you can't see your friends in person to clink wine glasses or whiskey tumblers, never fear: A virtual happy hour can bring all of your closest pals right into your living room. The concept is simple. Using online meetup programs like Google Hangouts, Zoom, or FaceTime, you can drink with friends across the country without leaving home.

If you don't want to get out of your sweatpants but want to sip a classy cocktail, this is a win-win. But, you can also ditch the sweats and go all-out for the full virtual happy hour (VHH) experience. Here are five short steps to VHH success.

1. **Pick your platform.** In the days leading up to your VHH, your friends need to agree on a single platform. Once you choose, make sure everyone has downloaded it and encourage your buddies to do a test run to ensure they can be seen and heard.
2. **Theme it up.** Every party is better with a theme, and VHH is no exception! Considering the decade, Roaring '20s is a popular choice, but you can go with whatever floats your friend group's boat, whether that's Kentucky Derby or "Harry Potter" (alcoholic butterbeer, anyone?).
3. **Write your menu.** While you *could* just drink whatever beer or half-open bottle of wine is sitting in your respective refrigerators, where's the fun in that? To really class up your VHH, chat with your friends about the ingredients you all have on hand and come up with a themed cocktail menu to "order" from on the big night.
4. **Dress to the nines.** Since you're in the privacy of your own home, you can try out your wackiest, fanciest outfits without public judgment. If you've always wanted to try on a Roaring '20s flapper dress or a Roman toga, now is the time! Remember, if you go with the "Harry Potter" theme, your bathrobe could easily pass as a wizard's robe in a pinch.
5. **Drink!** You've planned perfectly, so now it's time to enjoy each other's company. Plus, there's one final perk: Since you're drinking and giggling on your own couch, you don't need to worry about a designated driver or an Uber to get you the handful of steps to your bedroom. You've got this!



OPPORTUNITY IS KNOCKING Use Downtime to Build Best Practices and Boost Your Team

Ongoing training and learning are critical for any business that wants to stay productive, but in light of current events and the continued closure of many dental offices, you might be wondering how you can possibly remain productive. The reality is that the current isolation requirements present a fantastic opportunity to build your entire team to its strongest peak, and the PDAA has over 120 different training modules that can help you get there. Here are just a few fantastic suggestions to explore right now.

RISK MANAGEMENT

When was the last time you talked to your team about risk management? Or maybe you've never had time during your busy schedules to discuss it at all. Risk management is vitally important for your entire team to understand and know how to implement. Providing a safe atmosphere and peace of mind for your patients should be your top priority. Have your entire team, admin included, review the Risk Management series. Once they have all completed that, and passed the quizzes, get the entire staff, admin included, on a video conference call to talk about what risk management means in your office and how you want specific topics handled in your office.

SCRIPTING

This one goes in hand with risk management but has the potential to extend far beyond. This is a great time for your team to review and update themselves on preset scripts and knowledge they should be able to share with patients when questions arise. Staff can use this time to create and review existing scripts that answer questions about anything from administrative how-tos to basic dental procedures. Both your administrative team and your clinical team should know the scripts for the front and the back of the office so that communication between your team and with your patients will be stronger than ever.

MARKETING

Just because business isn't currently in production doesn't mean you shouldn't try to stay top of mind for your patient families. In fact, this is the time to increase your marketing output rather than let it fall to the wayside. You need to engage with your patients so that when you open your doors again, they choose to come back to you and choose to do so sooner rather than later. The best way to do that is by interacting with them directly on social media. Answer questions, post updates, give dental tips, and provide reminders about making appointments. And try to have a little fun! For example, hold a photo contest on social media and encourage patients to post pictures, with the topic you choose, and tag your office. The picture with the most likes will receive a prize! This is a great way to keep people engaged, boost morale, and stay connected.

TEAM RETREAT

Use this time out of the office and away from one another to host a virtual team-building retreat via video conferencing. It's been shown time and again that when an employer is willing to develop team camaraderie, it leads to increased happiness and productivity at work. This is a fantastic chance to do the team-building exercises you've always wanted to and to give everyone the opportunity to contribute ideas and insights to their workplace. Keeping your team enthusiastic and cohesive makes your practice so much stronger in so many ways. Have some fun while you are doing it — maybe even play the Charades workshop in the modules.

Just as you're focusing on your physical health, this is also a great opportunity to reassess the health of your business. Use this downtime to your advantage by exploring over 120 modules from the PDAA and sharing them with your entire team to encourage development and creativity that will benefit your practice in the long term.



I hope you are all able to stay well and safe in these difficult times!

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



Seeking rehabilitation through physical therapy can be one of the wisest choices you make for your health, well-being, and life. But committing to a physical therapy routine is much more than just showing up for your appointments.

YOUR AT-HOME WORKOUT, OR HOME EXERCISE PROGRAM, IS JUST AS IMPORTANT.

Working out may seem counterproductive to healing, but your home exercise program is designed specifically for your ailments. Your physical therapist will tailor an exercise routine for you and teach you the moves while offering specific advice and providing tools to guide you through each movement.

DO YOUR HOMEWORK!

Why Your At-Home Physical Therapy Exercises Matter for Healing

If you can commit to doing your home exercise program on a regular basis, then you may just reap the benefit of healing faster. Think about it this way: Physical therapy heals through movement, yet you typically do not see your physical therapist for this healing movement every single day. While rest is vital to the healing process, continuing to keep your joints limber, moving, and functioning at their best is also key! So, by sticking to your home exercise program, you are effectively supplementing the extensive care your therapist provides for you at each appointment.

Additionally, doing your at-home routine while you are in physical therapy prepares you for life after this therapy ends. As much as we love seeing you at your appointments, you're bound to return to the real world and not see us quite as often. That is the goal, after all! But in order to continue a healthy lifestyle, you have to continue moving your joints and body in a healthy way. Your at-home exercises are a great first step, and your therapist can offer progressions to continue challenging you when those moves become second nature to you and your body.

Like many things in life, physical therapy comes with a need for dedication, but any physical therapist's goal is to make this process as easy for you as possible. If you're struggling to commit to your at-home exercises or if you need additional instruction, talk to your therapy team. We can help you gain the confidence you need to crush those at-home exercises and get you back to the activities you love.

GAME ON!

3 Platforms for Competing Online and Crushing Your Fitness Goals

Through smartphone apps like Words With Friends and 8 Ball Pool, you can compete against your loved ones from virtually anywhere, and creators in the fitness world have taken notice. Now, a number of virtual fitness programs offer the same level of friendly competition along with the satisfaction of completing your fitness goals. Below are three platforms to get you started!

VIRTUAL RUN EVENTS

With all the excitement of a footrace and no crowd to deal with, Virtual Run Events brings 1-mile, 5K, 10K, half-marathon, and full marathon races to you. Racers choose a distance to run around their neighborhood, on the treadmill, or at the park, and their friends and family compete in the

very same races wherever they happen to be. As a bonus, proceeds from a number of these events also support nonprofit organizations. Visit VirtualRunEvents.com to sign up for a race and lace up your shoes wherever you are.

DIETBET, STEPBET, AND RUNBET

Looking for a little extra motivation to meet your health and fitness goals? Try involving money and a little friendly competition. DietBet, StepBet, and RunBet ask each user to place monetary bets on their ability to achieve various wellness goals. You can also challenge your friends and family to place bets and stay motivated together. All the money is placed into a pot, and when you complete your goal, you get your money back.

Some users say they've even made a profit! Search for DietBet, StepBet, and RunBet in your app store and get started.

FITOCRACY

Calling all gamers! This is the fitness platform just for you. Invented by gamers, Fitocracy tracks fitness achievements and rewards users as if they were playing a video game. With quests, badges, and multiplayer gaming options, you'll be motivated to work hard for your goals. Connect with new online friends or invite your loved ones to join you on Fitocracy. It doesn't get much better than dueling friends or family in a classic one-on-one wellness competition! Learn more at Fitocracy.com.

SITUATION OF THE MONTH

PROVIDING PEACE OF MIND

DEAR PDAA PRO,

When our office gets the go-ahead to open again after being closed due to COVID-19, I know our patients are going to worry whether it's safe for them to come in for appointments. What are some extra steps we can take to ease their fears and keep them safe?

Sincerely,

—Safety First

DEAR SAFETY FIRST,

It's true that when things go "back to normal," they still won't quite be "normal" because certain precautions will still be needed to keep patients safe. It's up to you to make sure you're implementing the right practices in ways that show your patients you're taking their health and safety seriously.

It's all about doing what you can to eliminate risk, and it should start the moment your patients arrive. Give them the option to text your office from the parking lot, where they can wait in their car until you text back that you're ready for them. This eliminates having to wait in a confined space with other patients. Ask them to restrict the number of people they bring with them. Maybe only one parent and only the children who have the scheduled appointment.

Designate one or two staff members to be official door openers and closers so that anyone who enters or exits doesn't have to touch the handle. For patients in your waiting area, it's essential to eliminate all communal objects like toys, magazines, and TV remotes. Administration can also try going as pen-and-paperless as possible so that patients have even fewer items to touch or forms to fill out. Let your patient families know all the steps you are taking to keep them and your team safe.

When it comes to procedures, dental staff should continue wearing necessary personal protective equipment like gloves, masks, and eyewear. If possible, try to place patients in every other chair for social distancing purposes in the open bay.

It may not be the easiest system to get used to, but your patients will be so thankful that you took the time to do it. Providing peace of mind is key to practicing safe dentistry, and this is a great chance to go above and beyond for your patients.

—Pediatric Pro

P.S. The ADA has a great Return to Work Toolkit to use as a resource!



HAVE A LAUGH

HOW TO GET A BEACH BODY:

1. HAVE A BODY
2. GO TO THE BEACH

I AM NOT A SHOPAHOLIC.

I'M HELPING THE ECONOMY.

WATERMELON AND TOMATO SALAD WITH TURMERIC OIL

This light summer salad is packed with flavor and color!

INGREDIENTS

- ¼ cup virgin coconut oil
- 1 tsp peppercorns, coarsely crushed
- 1 tsp coriander seeds, coarsely crushed
- ½ tsp cumin seeds
- ½ tsp ground turmeric
- 4 cups seedless watermelon, diced into ½-inch pieces
- 2 medium heirloom tomatoes, diced into ½-inch pieces
- 8 oz mild feta, diced into ½-inch pieces
- Flaked sea salt

DIRECTIONS

1. In a small saucepan, heat coconut oil, peppercorns, coriander seeds, cumin seeds, and turmeric for about 3 minutes or until fragrant. Let cool slightly but do not let coconut oil solidify.
2. In a large bowl, place diced watermelon, tomatoes, and feta. Drizzle with oil mixture and finish with a dash or two of salt.

Inspired by BonAppetit.com