

Inside This Issue

- p.1 Behavioral Guidance in a World of Changing Practices
- p.2 Exercise Your Way to a Clean Home
- p.2 Situation of the Month
- p.3 The Best Genre of Music to Combat Depression
- p.3 Peach and Arugula Pasta Salad
- p.4 Why We Still Need Travel Agencies

GET THE MOST OUT OF YOUR TRIP

With the Expert Advice of a Travel Agent

Once upon a time, you couldn't plan a vacation without using a travel agent. They would book your flights and hotels, provide information about local activities, and point you to the best sites to see. But with the advent of the internet, it seemed travel agencies would become obsolete. However, these services are actually far from disappearing: Nearly 20% of travelers still use an agency. Because the COVID-19 pandemic changed the way people travel for the foreseeable future, travel advisors, as they're now called, are more valuable than ever.

THEY GIVE EXPERT ADVICE.

If you want to get the most out of your trip, then you should talk to someone who knows exactly how to give you that. Travel advisors undergo training and gain experience with different policies, customs, and travel regulations to get you where you want to go. They will be your go-to experts for what you should do when you get to your destination, especially if you're traveling to a foreign country or overseas.

THEY CAN LOWER COSTS.

Enlisting the help of a travel agency isn't as expensive as the average customer might think. Travel advisors receive a small commission from airlines and hotels when they book your trip, which allows them to keep your travel costs down.



Every agency charges different fees based on the package you purchase, but on average, you can expect to pay around \$75 per traveling person for an agent to book your trip. With all the added experiences and deals they can find, this cost easily pays for itself and then some.

THEY SIMPLIFY THE COMPLICATED PROCESS.

The No. 1 reason people use a travel agency is because planning a trip can be overwhelming. You have to research the location, book flights, plan ground transportation, secure lodging, discover activities, and find restaurants. If you don't travel often or are going to a destination you're unfamiliar with, then tackling everything yourself leaves room for mistakes, stress, and disappointment. A travel advisor makes the entire process as simple as possible so you can enjoy your vacation to the fullest.

KEEPING THE KIDS CALM

Behavioral Guidance Is Being Tested – Rise to the Challenge!

Well things have certainly changed back in the office, haven't they? It's wonderful to see so many practices back up and running again after the scare we all felt over the last few months of closures, but just because we're back doesn't mean everything is business as usual. Some are finding it tricky to work under all the added gear (more about that inside this newsletter). Others, like the young patients we serve every day, are finding it hard to believe there's someone under all that gear they can trust.

Think about things from the perspective of a child; the dental office is already scary enough. But now when they enter our office, out come doctors, assistants, and hygienists wearing so many layers of gowns, gloves, and protective face equipment that they're hardly recognizable as human! What's more is that with your mouth covered up by a mask, you've lost one of the most important tools in your arsenal for keeping kids calm: your smile. Behavior guidance is so reliant on facial expressions, and facial expressions are so reliant on our mouths, that we're facing a brand-new challenge in an effort to keep everyone healthy.

But that just means it's time to get innovative! The body language we use while working is quickly becoming more important than ever before, and it's necessary to get creative and think outside the box. When it comes to the protective equipment you wear, try adorning your outfits with things kids can enjoy or relate to, like photos of their favorite cartoon characters. Even a photo of yourself smiling pinned to the outside of your gear can go a long way. These can be great ways to break the ice and help relieve the tension they're likely feeling.

Other valuable tools we've lost to health and safety precautions are the items we use to entertain kids inside our office. The magazines, toys, and even television remotes that filled waiting rooms have been put away until further notice. If you've relied on these items in the past, try turning to auditory distractions instead. Play some lively or engaging music for the kids, or bump your television volume up to a level that can be enjoyed by everyone in the office.

If the changes we're facing are still proving to be difficult, then you won't want to miss out on our upcoming conference. Our sixth annual conference will be held virtually this year on Oct. 9 and 10, featuring Dr. Matthew Allen and his workshop all about communicating with patients and parents. Matt Allen is the only U.S.-based dentist member of the Motivational Interviewing Network of Trainers. He's helped champion motivational interviewing, shared decision-making, and person-centered care in national oral health collaboratives, academic institutions, and private practice offices. You won't want to miss his insights!



I'll also be leading a workshop on guiding parental behavior, and it will be full of education, discussions, group work, and practice — all virtually! Our goal is to make this event our most interactive one yet, so make sure to reserve your space. Early-bird registration will save you on admission, but it's only available until Aug. 28! Register now and you will be rewarded with 16 hours of ADA Cerp credits October 10, 2020! For more information and registration, please go to ThePDAA.org/6th-annual-pdaa-conference. See you there!

I'm keeping all of you in my thoughts and prayers so you stay healthy, stay safe, and can join us in October! This year has thrown a lot of curve balls at all of us, but there are still ways to make it our best year yet.

Sincerely,

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

P.S. BIG NEWS! The PDAA has been authorized by ADA Cerp to now offer CE credits for our online training. We are getting the software installed so you will be able to print certificates with credit hours. We will alert you when all set.



YOUR 'CLEAN' WORKOUT ROUTINE

Turn Household Chores Into Effective Exercise

Everyone knows how labor-intensive cleaning can be. A long day of scrubbing down your house is a great way to work your muscles and get your blood pumping, so crank up some tunes, grab a mop, and get ready to transform your cleaning routine into a great workout.

To get physical benefits from cleaning, you need to turn up the intensity of your methods. Exaggerate your motions, pick up your pace, and keep your abs tight and knees flexed. Nearly any chore can be turned into an exercise, but here are some ideas to get you started.

- **Vacuum:** Vacuum briskly nonstop for at least 20 minutes, switching arms as you go. For an added challenge, do lunges as you vacuum and remember to keep your toes pointed straight ahead and your knees bent at 90-degree angles.
- **Pick Up:** Instead of simply bending over to pick up toys or clothes, do a squat with every item you grab. Remember to use your legs, not your back. You can also do squats while unloading the dishwasher or with any other chore that involves repeated bending.
- **Wipe Down:** Whether you're wiping windows or scrubbing appliances, do big, exaggerated arm circles until your muscles start to burn and make sure you're switching arms as you go.
- **Cook:** It's not cleaning, but it's still a chore with useful downtime. While food is simmering or thawing in the microwave, do some pushups, situps, or planks to get your muscles moving.

You can implement dozens of exercises to turn mundane activities into beneficial workouts. Some chores will burn more calories than others, but every bit of activity helps. Now's the time to work your way to a cleaner house and a healthier you.

DEPRESSED, ANXIOUS, OR ANGRY? TRY LISTENING TO ROCK 'N' ROLL!

The Power of Music to Shift Your Mood

2020 has been a difficult year. If you're feeling frustrated, angry, or depressed right now, you're not alone! All over the world, people have been trying different strategies to cope with their feelings, including yoga, meditation, exercise, binge-watching their favorite TV shows, and even baking banana bread. But perhaps the most universal outlet and cure for pent-up emotions is music.

Do you remember the clip that went viral in March of Italians in quarantine, singing together from their balconies? If you do, that's probably because it made you smile. TIME heralded it as proof that "the country's spirits are still strong," and it's just one small example of how music uplifts people. This isn't just

an anecdotal effect, either. According to the National Alliance on Mental Illness, music can help us process emotions and fight mental health conditions like anxiety, dysregulation, depression, trauma, sleep disorders, schizophrenia, and more.

So, how can you take advantage of music's power to turn your mood around? One option is to create music of your own, but another is simply to listen. When it comes to flipping a bad mood on its head, a survey conducted by the Family Center for Recovery (FCR) suggests that rock is the genre of choice.

"During any given year, depression affects approximately 5%–8% of Americans," FCR reports. "According to our survey

participants, the vast majority — around 89% — turn to music in order to feel better. The top genre for depressed listeners is rock, followed closely by alternative, pop, and hip-hop/rap."

Perhaps unsurprisingly, the blues came in last on the list.

To put the power of music to work, create playlists for each mood that you want to turn around, like "Anger," "Frustration," "Sadness," "Anxiety," or "Grief," and fill them with songs from genres associated with fighting that feeling. According to FCR, rock is the most popular antidote to sadness and anxiety, and it's also high on the list for anger, along with pop and country. Frustrated people opt for variations of rock, pop, punk, and heavy metal, and those stricken by grief turn to soft rock or soul. The artists are up to you, so fill up your lists, press play, and let the music do its work.



SITUATION OF THE MONTH STAYING SAFE UNDER ALL THAT GEAR

DEAR PDAA PRO,

I know how important the health and safety of our patients and fellow coworkers is, but all this new protective gear we're required to wear is making it really hard — and sometimes dangerous — for us to do our jobs properly. It's hot, it's harder to breathe, and I'm not sure how much more I can take. But what is there to do?

Sincerely,

—Hot and Bothered

DEAR HOT AND BOTHERED,

The health and safety of everyone in your office is nothing to take lightly. But that goes for your team just as much as it goes for your patients! I can't stress enough the importance of adhering to all CDC and government regulations that have been required for dental offices to remain open, but I also can't stress the importance of making sure you and your coworkers are able to do your job safely. That's why, as with most things these days, adjustments need to be made.

The best remedy for this situation is to take much more frequent breaks. With fewer patients to serve, it should free up more team members to treat each patient. Everyone should be ready and willing to switch out with one another during longer procedures so that anyone getting overheated can escape to a designated area for removing layers of hot masks and



clothing to find some relief. Also be sure to turn down the temperature of the office and just remind patients to bring an extra sweater to their appointment.

Never forget the importance of staying hydrated, either! Take frequent water breaks, and always opt for water instead of soda or juice. Staying hydrated can help regulate your temperature and keep you on your feet longer.

We're going through a time when sacrifices have to be made to do the job we love. But always be sure to listen to your body, and if there's an emergency situation, don't hesitate to react as swiftly as you would under normal circumstances.

All the Best,

—Pediatric Pro

HAVE A LAUGH



PEACH AND ARUGULA PASTA SALAD

Nothing says summer like a pasta salad filled with your favorite fresh fruits and vegetables, and this combination is the perfect way to cap off a warm summer day!

INGREDIENTS

- 8 oz penne or fusilli pasta
- 2 tbsp olive oil
- ¼ tsp red pepper flakes
- ½ tsp sea salt
- Pepper, to taste
- 2 tbsp lemon juice
- ¾ cup crumbled feta cheese
- 2 large fresh peaches, diced or sliced
- ½ medium red onion, thinly sliced
- 1 pint heirloom cherry tomatoes, halved
- 1 cup corn
- 6 cups arugula, packed

DIRECTIONS

1. In a large pot of boiling water, cook pasta for approximately 9 minutes or until al dente. Drain pasta and place in a separate bowl.
2. In a small bowl, whisk together olive oil, red pepper flakes, salt, pepper, and lemon juice. Drizzle the dressing over the pasta and toss with the feta cheese.
3. Add peaches, red onions, tomatoes, corn, and arugula to the pasta mixture. Lightly toss to mix well. Add more olive oil, lemon juice, salt, and pepper to taste.

Inspired by AmbitiousKitchen.com