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GHOSTS ACROSS AMERICA

3 Haunted Spots Every Ghost Believer Will Love

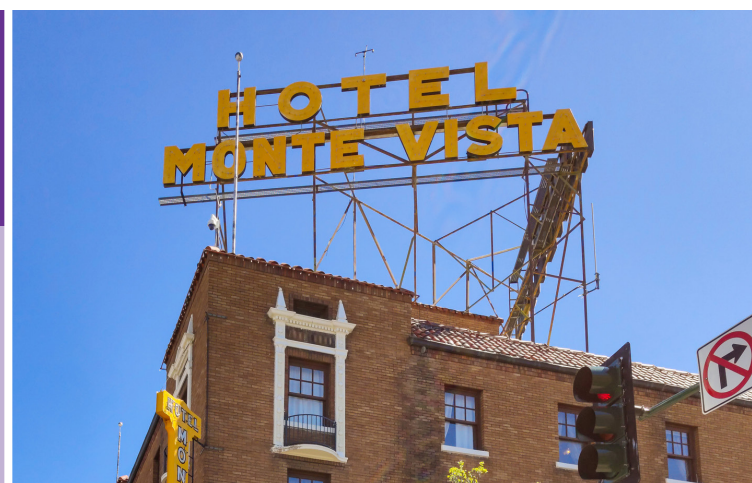
October is one of the best months for travel in the U.S. With mild temperatures and gorgeous, colorful leaves everywhere, there's no better time for a cross-country road trip. Add some Halloween flair to your October vacation with these three ghostly attractions.

Visit the most haunted town in the U.S. — Waynesville, Ohio.

Sure, New Orleans may have a spooky past, but it doesn't compare to Waynesville. Many residents and visitors think this Ohio town is rife with ghosts. You may hear cries to "hurry up" at The Hammel House Inn, where many tunnels for the underground railroad came through, or you could see the apparition of a businessman from the 1800s who "never checked out." Other sources report hauntings at the town's historical society, Museum at the Friends Home, including a little girl who moves toys and sits on the porch. The society leans into the local fascination and hosts regular walking ghost tours and ghost hunting classes.

Stay a while at Hotel Monte Vista in Flagstaff, Arizona.

Guests at Hotel Monte Vista have often enjoyed long stays at the downtown Flagstaff, Arizona, hotel, but not everyone leaves. Constructed in 1927, the hotel is



host to a number of reported ghosts. The most well-known is an elderly woman who would spend hours rocking in the chair in her room. Today, her chair can be found moving on its own. Another popular visitor is the ghost of a bellboy who knocks on doors and announces that room service has arrived — only, no one's there.

Is there a monster in Pine Barrens, New Jersey?

This one's for those who love mysterious creatures. Pine Barrens is a mass of forested land that spreads across seven counties in New Jersey — and its most famous resident isn't human. The Jersey Devil has a long, storied history and is said to be a combination of many animals: Its body is shaped like a kangaroo with wings. It has the head of a dog but the face of a horse. The creature is believed to have had a sickly start to life in 1735 and has stayed to haunt the forest's inhabitants and even those who visit the area today.

THE CONFERENCE IS HERE

REGISTER YOUR TEAM MEMBERS AT PDTA2021.COM

It's here — the seventh annual PDTA conference will take place Oct. 15–16, 2021, and the lineup is chock-full of interactive workshops to help bring your team from good to great. In these uncertain times, efficiency and effectiveness within our practices is paramount to increase profitability. At the beginning of every business day, the focus should be to maintain productivity and the health of all staff and patients. As a result of the pandemic, we all know far too well the impact having multiple team members out sick has on the practice. Thus, your team must understand the importance of efficiency and effectiveness. When your business runs at maximum efficiency, stress is reduced and the practice is simply more profitable.

At the PDTA conference, we will discuss the importance of each and every team member acting more as a stakeholder instead of a shareholder within the business. When your staff acts as a shareholder, they show up to get paid, just simply going through the motions to get the job done. On the opposite end of the spectrum, if every team member shares the mindset of a stakeholder, they put the needs of the practice first — with passion — and together, they protect the practice. If we can get our team leaders, the doctors, to develop their team members as torchbearers of the business and carry out the day-to-day activities with zeal, then productivity and profitability will be maximized. Discussions and workshops will be held on communication, ensuring a "WOW" customer service experience and ways to make your practice unique!

We must incorporate learning into the workflow of the practice. Whether your team members are new or seasoned, we learn through repetition, and going back to the basics melds everyone together as a collaborative team. Via continuing education at the PDTA conference, the tools are ready. With your membership, you can register one team member with a hotel room for free. This means you can send two team members for the price of one — a bargain for education!

The more team members you have present representing your practice, the more seamless it will be to turn around and implement the tools and innovative ideas they bring home. The key is to be prepared for your team members to present to the rest of the team upon their return while it is still fresh in their minds.



The PDTA conference will consist of a plethora of interactive workshops. In a recent survey, quite a few members inquired about sedation. We will be discussing the role of every single member of the office to come together to most efficiently implement a sedation in the office. Emergency protocols will be discussed, which in current times is important, as many offices have people returning to work due to COVID-19 or have hired some new team members.

As a reminder, be sure to check out the information offered in the Practice Pearl and modules at PediatricDentalTeamAssociation.org for some tips on how to best market your practice to stand out from the others within your city.

We look forward to welcoming you for two days of collaboration, sharing ideas with other teams, enjoying interactive workshops, and more! We are sure to have a fantastic time, and I hope to see you there!

Rhea

Rhea M. Haugseth, D.M.D

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SELF-HELP BOOKS CAN'T DO IT ALL HOW READING FICTION CAN BENEFIT YOU

Many CEOs and other successful individuals continually espouse the benefits of regular reading. Many times, leaders read self-help books to improve their leadership skills and become more successful.

This is all well and good, but even the most successful people in the world could be missing out on the unique benefits that come specifically from reading fiction. But what are those benefits exactly?

Greater Empathy

When a psychologist analyzed 86 functioning MRI (fMRI) studies, he found that the same parts of the brain that fire up when reading fictional stories also fire up when we're seeking to understand the thoughts and feelings of others. That's because when the characters in the book we're reading are thinking or feeling a certain way, we tend to think or feel that way with them.

Less Stress and Better Sleep

When we read fiction specifically, we tend to disengage from the world — and that's a good thing! Our brains can't always be functioning at their peak capacity.

We need breaks, or else we'll stress ourselves out and negatively affect other areas of our lives. Stress tends to keep us from sound sleep, but reading fiction before bed engages the imagination, taking us away from the stresses of everyday life before we drift off.

More Comfort With Uncertainty

Even though many stories (particularly those portrayed in popular movies) have nice happy endings, most people would agree that life sometimes leaves things a little more open-ended. While this fact might stress out some people, researchers have discovered that fiction readers don't need "cognitive closure" as much as nonfiction readers.

Greater Happiness

Even if none of the benefits of fiction interest you, everyone wants to find ways to make themselves happy — and for many, that is reading fiction. According to one survey, 76% of participants said that reading makes them feel good and improves their lives. So, what are you waiting for? Dust off that novel you've been meaning to read and crack it open!

2 FUN FAMILY CARD GAMES TO PLAY WITH 1 DECK

A Whether you're hanging out at home or camping with the family, card games are a great way to relax. A single deck is versatile and easy to pack, so if you have one on hand, try these two games that go beyond the classics like War and Go Fish.

1. Slapjack (2+ Players, No Jokers): The goal of this War-style game is to win all of the cards. To start, deal all of the cards face down, then have everyone form their cards into a pile without looking at them. Each player then flips a card face up into the center. Continue doing this until one of the cards played is a jack.

When that happens, the first person to slap the jack wins it and the cards beneath! They add them to their deck, and play continues until one player has all of the cards. To keep things interesting, if you accidentally slap a card that isn't a jack, you have to give up one of your cards to the player with that pile, and if you run out of cards, you can reenter the game by slapping the very next jack.

2. Spar (2-4 Players, No Ace of Spades or Cards Below 6): This easy game is played with just 35 cards, and the object is to win the last round (aka trick). To start, deal five cards to each player. Then, have the person to the left of the

dealer lay one of their cards face up. Each person in the circle then plays a card in the same suit if they can or another suit if they can't. Whoever has the highest card in the original suit wins the trick and starts the next one! The winner of the fifth trick wins the game. If you want to keep score, award three points if the winning card is a six, two points if it's a seven, and one point if it's an eight or higher. Then play again!

We found these games on BicycleCards.com, but you can learn about them and dozens of others by checking out "The Ultimate Book of Family Card Games" by Oliver Ho from your local library.

SITUATION OF THE MONTH

When sedation is mentioned by a parent or patient, I am always finding myself referring them to the doctor, financial coordinator, or the person who does the scheduling to help provide accurate details.

And that's the problem! I admittedly am not quite sure of the entire process from the beginning all the way through to discharge. Can you tell me more so I can knowledgeably educate those who inquire?

Thanks!

-Sedated and Confused

Dear Sedated and Confused,

The answer is and isn't all that simple! From the moment a parent calls to schedule sedation all the way through to the follow-up call after the procedure is complete, the entire team should be on the same page. It's important for everyone to understand the whole process as well as every team member's role in this process. But how do we get there?

If your office's team members are all not currently up to speed on the process within your practice, it is time to ensure that everyone has the same understanding of their role and how it connects to everyone on the team.

This Oct. 15-16, 2021, at the PDTA Conference, an all-day presentation and workshop will take place covering sedation in great detail. The following topics will be elaborated upon:

- The reasons why a doctor may decide upon sedation as their choice of behavior guidance
- Pre-sedation assessment and protocol
- Sedation team functioning
- Possible adverse sedation occurrences and how to prevent them
- Sedation monitoring
- Discharge and follow-up

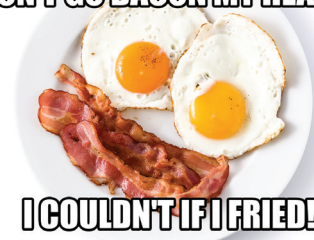
It's my recommendation that all team members should attend the conference to become pros in sedation and bring that information back to discuss it with the doctor and the entire team.

As always, having a universal protocol within the office — when it comes to discussing procedures with parents and patients — is the way to go!

-Pediatric Pro

HAVE A LAUGH

DON'T GO BACON MY HEART



PB&J ON A STICK

Transform a traditional peanut butter and jelly sandwich by adding fruit and all the fun of eating it like you would at the fair. Lunchtime was never so exciting!

INGREDIENTS

- Peanut butter of choice
- Jelly of choice
- Sliced bread
- 1 cup of grapes, red or green
- 2 bananas, peeled and cut into rounds
- Kebab skewers, one per sandwich

DIRECTIONS

1. Spread peanut butter and jelly onto two pieces of sliced bread and create a sandwich. Make as many sandwiches as you have kebab skewers.
2. Slice the sandwich or sandwiches into four pieces.
3. Slide one piece of sandwich onto a skewer. Follow that piece with one grape, then one banana round. Repeat until the skewer is full or the skewer has four sandwich pieces.