



WDDS NEWSLETTER

March 2023

WASHTENAW DISTRICT DENTAL
SOCIETY

Volume 27, Issue 3

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FUTURE DATES

March 13, 2023. WDDS General & Business Meeting. "MDA Update" & "Built to Last: It's Time to Take Care of Yourself First, Not Your Patients." Vince Benivegna, DDS, MS & Lisa Knowles, DDS. Weber's Inn, 6:15-8:45pm.

May 3-6, 2023. 2023 MDA Annual Session. Grand Rapids.

September 8, 2023. MDA/WDDS/LDDS All Day Meeting. WCC

October 9, 2023. WDDS General Meeting. TBD



President's Farewell Letter

Spring is almost upon us, and that means that my past year has come to an end. I never thought this year would go by so quickly, and to that end, I never thought my time on the Executive Board would have gone by so quickly. What a rewarding experience this has been.

I am proud of all that the WDDS has accomplished this year.

We have kept our membership numbers strong, with about 70% of all dentists in Washtenaw County maintaining their WDDS membership. That's better than just about anyone in all of Southeastern Michigan dental societies.

We were able to keep our general CE meetings viable and well-attended (some of the best attendance numbers in the state). This, despite the (no surprise) rising costs of everything due to inflation.

We were able to secure grant funding to reinstate our program of bringing young blood—namely dental students—to our general CE meetings so they can see how organized dentistry works in action. At any of our meetings we had between 20 and 30 students from both U of M and U of Detroit Mercy present.

We restructured the board to make it easier and less of a time commitment to serve, and to keep the makeup of the board diverse in every sense of the word.

We had one of the most successful and well-attended legislative events in component history. Debbie Dingell herself was outraged to learn of the third-party payer problems we have been putting up with forever. Finally we may begin to see some traction here in Michigan...

All of these things I am proud of...yet I didn't do any of these things. Your board did these things. Your committee chair people accomplished these things. Your fellow WDDS members who have graciously given their time to support this local dental society achieved these things.

As I enter my last year on the board and step back from the President role, I truly am looking forward to continuing to work with you all. We have more great things to accomplish, and we will.

In Health,

Matthew G. Healy DDS MS
President, WDDS

Courses and Events for the Entire Dental Team

2023 ANNUAL SESSION

NETWORKING
OPPORTUNITIES

SPECIAL EVENTS

GREAT
LOCATION

CONTINUING
EDUCATION FOR
THE ENTIRE
DENTAL TEAM

TOP-NOTCH
SPEAKERS

EXHIBIT HALL

INTERACTIVE DISPLAYS

TABLE CLINICS

Experience
Michigan's Largest
Dental Meeting!

MAY 3-6

DEVOS PLACE
GRAND RAPIDS

KEYNOTE
CHRISTINE
CASHEN



michigan dental
ASSOCIATION
YOUR CONNECTION TO ORAL HEALTH™



WDDS GENERAL & BUSINESS MEETING: MONDAY, MARCH 13, 2023**WEBER'S INN**

3050 JACKSON RD

ANN ARBOR, MI 48103

"An MDA Update"

&

"BUILT TO LAST:

It's Time to Take Care of Yourself First, Not Your Patients"

MDA President Dr. Vince Benivegna, DDS, MS and Dr. Lisa Knowles, DDS

6:15PM REGISTRATION/SOCIAL HOUR, 7:00 DINNER & ANNOUNCEMENTS & BUSINESS MEETING, 7:30 PROGRAM

PLEASE REGISTER ONLINE BY 2-28-2022. SIGN IN & NAME TAGS WILL BE AT THE REGISTRATION TABLE FOR PICK UP.

NO COST to WDDS ACTIVE, LIFE WORKING & ASSOCIATE MEMBERS**NO COST to DENTAL STUDENTS****\$35.00 to RETIRED MEMBERS****\$45.00 NON-DENTIST GUEST FEE****\$100 NON MEMBER DDS's FEE****CE CREDITS: 1.0****Course Overview:**

Dr. Vince Benivegna will present "An MDA Update"

Attendees will learn what an MDA membership does for them!

Dr. Lisa Knowles will discuss your work in healthcare to help others, and that helping yourself first may not feel natural. However, if you want a long, fulfilling career in dentistry, learning how to care for your mind and body is essential. This course will help you learn basic concepts in self-care, body care, and mindfulness-based stress reduction. The top five dental burnout signs will also be discussed as well as how to combat burnout to extend your career for as long as you would like.

Speaker Bios:

- **Dr. Vince Benivegna, DDS, MS** is the president of the Michigan Dental Association, and maintains an Oral Surgery practice in the East Lansing area.

- **Dr. Lisa Knowles** a University of Michigan School of Dentistry graduate, learned the hard way about burnout in dentistry and physical limitations in her career. By 40, she adapted to survive and now thrives and continues to practice and love dentistry. She practices in East Lansing, Michigan, and is the Associate Dental Consultant for Blue Cross Blue Shield of Michigan. She speaks nationally, serves on the MDA Health and Well-Being Committee, and holds a certificate in Mindfulness Based Stress Reduction for HealthCare Professionals.



washtenaw
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COVER Program Can Help During Absences

The MDA's Colleagues Offering Varied Emergency Relief (COVER) Program is a members-only service providing dentists with a statewide list of colleagues who have expressed interest in providing temporary coverage while they are away from the office.

If you are in need of a locum tenens dentist to cover your practice, visit michigandental.org/cover for more details on this MDA service. The website includes a locum tenens practice page with a helpful FAQ.

If you are interested in serving as a locum tenens dentist and participating in the COVER program, contact Angie Kanazeh, MDA director of membership, at akanazeh@michigandental.org, or call 517-346-9415.

Free Keynote Highlights 2023 Annual Session

A *free* Keynote Address – “How to Stay Inspired When You Are So Darn Tired” – is sure to be a “don’t miss” event at the 2023 MDA Annual Session, May 3-6 at DeVos Place in downtown Grand Rapids.

The Keynote Address takes place Thursday, May 4 from 3:30 until 4:30 p.m. and features the well-known speaker Christine Cashen. The program is open to all Annual Session attendees.

As Cashen says, “It can feel challenging to stay right-side-up when the world feels upside-down. These past few years have been stressful, but it’s time to take back your power. Take control of what you have the power to change!” She continues, “Shift your perspective, get energized, and lead by example.”

Participants will learn how to better handle worry, identify “energy gainers and drainers”, find levity in everyday situations, and get your “mojo” back. The course counts toward the Certified Dental Business Professional program in the communication category, for one credit. It’s great for every member of the dental team – dentists included.

The keynote is just one of more than 50 continuing dental education courses available at Annual Session for dentists, hygienists, assistants, and office personnel. Plus, the MDA Exhibit Hall – Michigan’s largest dental expo -- will be open Thursday, May 4 and Friday, May 5.

There’s much more, too, at this year’s in-person Annual Session. For complete details, see the *Annual Session Preview* in the February MDA *Journal*, or visit annualsession.michigandental.org. Affordable CE for you and your staff, plus great special events – it’s all yours at Annual Session -- see you there!