

SAVE

YOUR

TOOTH

MONTH

MAY 2020

WWW.AAE.ORG

REMINDERS SEEKING SUBMISSIONS!

- ⇒ SAVE YOUR TOOTH MONTH
- ⇒ PHOTOS
- ⇒ WEBINAR MAY 5 / 8EST
- ⇒ MOTHER'S DAY IS MAY 10
- ⇒ WEBINAR MAY 12 / 8EST

CONTACT

aawdchronicle@gmail.com

@womentdentists

www.aawd.org



CHRONICLE MONTHLY

MAY 2020: VOLUME 15, EDITION 5

HEY LADY DENTIST!

We hope you and your loved ones are staying safe and healthy. Read below for some fun as we all continue to social distance.

President's Message

As we continue to navigate through these challenging times, many have been thinking about what our road map will be to return to work. During this time many have had to seek clarification about the SBA's economic Injury Disaster Loan and the Paycheck Protection Loan. Many webinars have provided information and guidance.

AAWD is part of the Organized Dentistry Coalition which advocates for members by informing legislatives of dental concerns and issues. AAWD Immediate Past President and Board of Director of Corporate Relations, Dr. Brittany Bergeron is the representative for AAWD. We have a voice and a presence on your behalf.

I attend the weekly "Power of Three" webinar with the State Presidents and Diversity Summit Presidents Group. These are weekly updates on States' current information about practices, impact on dental businesses as we prepare to return to the workforce. No one really knows what a reentry will look like. We continue to ask that everyone stay informed with your state of board recommendations as well as your governors and mayors.

Congratulations to AAWD Student Representative Lauren Arguelles. In a few weeks, Student Doctor Arguelles will graduate from the University of Florida School of Dentistry. Student Doctor Arguelles is a very valuable asset to the Board and has done an excellent job in promoting membership, not only at the University of Florida but at dental schools across the country. She is indeed a rising young leader in dentistry.

RECIPE CORNER:

Instant Pot Crispy Carnitas

Submitted by Dr. Brittany Bergeron in time for Cinco de Mayo!

Ingredients

1 (4-5lb) lean boneless pork roast, cut in 2 inch chunks

1 T oil

1 batch mojo sauce:

1 c beer or chicken stock

1 head garlic, peeled & minced

½ c orange juice

¼ c lime juice

1t dried oregano

1t ground cumin

1t salt & ½t pepper



See instructions on page 3

Congratulations Eleanor J. Bushee Award Recipients

Fatjona Aliaj, University of Illinois at Chicago, School of Dentistry

Lauren Arguelles, University of Florida College of Dentistry

Ashley Arnao, University of Kentucky College of Dentistry

Jaclyn Bates, University of Alabama at Birmingham School of Dentistry

Katherine Bell, University of Maryland School of Dentistry

Erin Bibber, University of Connecticut School of Dental Medicine

Laura Michelle Callan, Boston University Henry M. Goldman School of Dental Medicine

Erin Down, Stony Brook School of Dental Medicine

Hannah Rose Ehreth, Virginia Commonwealth University School of Dentistry

Grace Eichler, The Medical University of South Carolina James B. Edwards College of Dental Medicine

Nicole L. Elia, Nova Southeastern University College of Dental Medicine

Taira Graves, University of Utah School of Dentistry

Ellen Hoang, Harvard School of Dental Medicine

Maren E. Iverson, University of Minnesota School of Dentistry

Paige Jones, University of Iowa

Kimberly N. Lee, University of Mississippi School of Dentistry

Maia Levy, Columbia University College of Dental Medicine

Madeline Ruth Lynch, University of Oklahoma

Rachel L. Maddox, Arizona School of Dentistry & Oral Health

Jessica L. Noreen, Creighton University School of Dentistry

Samantha C. Pajak, University at Buffalo School of Dental Medicine

Rachael Parker, A.T. Still University - Missouri School of Dentistry & Oral Health

Madeline G. Phillips, University of Louisville

Yalda Rostamnezhad, University of New England College of Dental Medicine

Sejndi Rusi, NYU College of Dentistry

Samantha Crystal Sauer, Tufts University School of Dental Medicine

Chelsea Schwind, University of Tennessee College of Dentistry

Ching Jean Shen, University of Nevada Las Vegas

Leah N. Stetzel, Indiana University School of Dentistry

Jiayin (Julie) Tan, The University of Texas School of Dentistry in Houston

Cre'Andria Thompson, Meharry Medical College - School of Dentistry

Cassidy Verrier, Rutgers School of Dental Medicine

Asita Vinayagalingam, The Dental College of Georgia

Jessica Lee Vogt, Marquette School of Dentistry

Samantha Whitten, UT Health San Antonio School of Dentistry

Catherine Marie Swoclawski, Penn Dental Medicine

Member Spotlight: Federal Services



CDR Carol J. Wong, DDS, MSHA is the current U.S. Coast Guard (USCG) District 5 Regional Practice Senior Dental executive. She provides oversight and management for 3 dental clinics and 17 dental personnel.

CDR Carol Wong is the AAWD's immediate Past Board of Director for Federal Services. She recently was awarded the 2020 DePAC Ruth Lashley Dental Award for highly representing the four values of the U.S. Public Health Service – leadership, service, integrity and excellence. She also received the 2020 USPHS Special Assignment Award for 30 days of Dental Professional Advisory Committee activities.

Congratulations to AAWD member CDR Carol J. Wong

RECIPE CONTINUED:

1. In a medium mixing bowl, whisk together the mojo sauce ingredients until combined. Set aside until ready to use.
2. Season pork chunks on all sides with salt and pepper.
3. Click the "Sauté" setting on the Instant Pot. Add the oil, followed by half of the pork, and sear — turning every 45-60 seconds or so — until the pork is browned on all sides. Transfer pork to a separate clean plate, and repeat with the remaining pork, searing until it has browned on all sides. Press "Cancel" to turn off the heat.
4. Pour in the mojo sauce, and toss briefly to combine with the pork. Close lid securely and set vent to "Sealing".
5. Cook on high pressure for 30 minutes, followed by a natural release (about 15 minutes).
6. Set the oven broiler to high heat.
7. Remove the lid of the Instant Pot. Shred the pork with two forks. Then transfer it with a slotted spoon to a large baking sheet. Spoon about a third of the leftover juices evenly on top of the pork and toss to combine. Broil for 4-5 minutes, or until the edges of the pork begin browning and crisping up. Remove the baking sheet from the oven, then half of the remaining juices from the Instant Pot evenly over the pork and toss to combine. Broil for an additional 5 minutes to get the meat even more crispy. Remove baking sheet from the oven, then ladle the remaining juices over the pork, and toss to combine.
8. Sprinkle with chopped fresh cilantro, then serve warm in tacos, burritos, salads, or whatever sounds good to you! Or, refrigerate pork in a sealed container for up to 3 days, or freeze for up to 3 months.



THANKS PARTNERS!



Our partners at the Professional Protector Plan are concerned about AAWD members and the effects of the COVID-19 pandemic on your practice. They have put together a list of helpful resources for members that can be accessed using this link:

<https://www.protectorplan.com/covid-19/>

#QuarantineContributions

*On Graduating in 2020
By Yalda Rostamnezhad
University of New England
College of Dental Medicine*

Graduating in this climate is not what I had anticipated, but I am still incredibly excited to begin my career as a dentist! I plan to kickstart my journey by working at a private practice office in MA, where I have the opportunity to grow as a provider through close mentorship. I'm already a huge CE enthusiast, so I look forward to enhancing my skills throughout the year, because your education in dentistry does not end with you diploma! Unless you try to do something beyond what you have already mastered, you will never grow!

From Me, to Myself: The Thoughts of a Dentist
By Dr. Kavita Kulkarni



"Thank God you're a dentist. At least you don't have to deal with COVID cases!!
"Lucky you're a small business. At least the gov't is giving you money!!"
"Don't worry about money. You will eventually earn it back."

I hear these comments all day long. As a Dentist, let me tell you what keeps me "awake" at night.

This is an airborne disease without any vaccine or screening test I can administer. It has invaded my work environment directly. I cannot practice social distancing and still do my job. I work not just within 6 feet, but within 6 inches of a patient's face. So, how can I practice dentistry in the near future without any degree of suspicion? How am I to protect my patients, staff, and myself? Vaccines and COVID-19 tests are my only hope, which will only come with time.

My work space is calculated in millimeters, not inches or centimeters. In order to have accurate vision, I use eyeglass magnifiers. I will have to use the magnifiers from behind a clear protective shield that will cover my face from forehead to chin. This just added more distance to my already small, dark, wet, bloody, and narrow workspace. How am I now going to see through several layers between my eyes and the patient's teeth?

How many of you have tried wearing a normal protective mask for more than 30 minutes? I bet most of you will say it is not very comfortable. How about the same question, but wearing the even tighter and special N95 mask for hours on end? Even though I am used to wearing a protective mask, it is NOT comfortable or easy to breath in!

NO! We are not getting large bail outs. At best, we are getting loans with interest. The small relief that was allocated has already been emptied within a day. And guess who has taken it? All the large and multi-million dollar companies!

Who will pay for your extra gear? Do you think it will be insurance or patients? We already live with this stigma that Dentistry is extremely expensive! Insurance is happily sitting with all the money. You can neither get nor can we administer treatment. Those insurance companies sure got lucky!

So now what? Do we stick to emergency procedures like in the 18th century and regress from all the amazing advancement we as dentists have reached??

Not that I have not considered switching professions at this point, but then, I think to myself, REALLY?? Multiple years put in for training and improving our skills and building our practices to just walk away??

"Aren't you scared to open up your office?" Do you think if we were scared of blood, saliva, and infections, we would be healthcare professionals? We are not scared. We need to be prepared.

As I call my vendors day in and day out to see if we have PPE available. As I reassure my Patients that we will reopen. As I speak to my employees who receive unemployment benefits and are not in any rush to get back to work. As I share the pain, innovations, rules, and regulations that we as a "dental tribe" are facing. As I sign multiple petitions to help our profession. I am preparing myself to face the inevitable which in this case is RISK.

I keep telling myself, "All will be well. This too shall pass Kavita. Stay positive and count your blessings and remind yourself of how many people are going through much worse." with these thoughts, I lull myself to sleep every night.

**ONLINE LEARNING
JOIN US!**

May 5 8pmEST
P.U.L.S.E. LEADERSHIP

May 12 8pmEST
ANDREA GREER

***Want to be featured in the Chronicle Monthly?
Email submissions to aawdchronicle@gmail.com***
