

happy national ice cream month!



CHRONICLE MONTHLY

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HEY LADY DENTIST!

We've made it through half of 2020...can you believe it?! Read below for some updates and stories from your colleagues. As always, AAWD is here to support your needs – contact us.

AAWD THE AMERICAN ASSOCIATION OF WOMEN DENTISTS
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EARLY BIRD REGISTRATION ENDS JULY 15!

FEATURING 2 AAWD SPEAKERS! (SEE PAGE 3)



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With your donations we are helping to change women's lives one smile at a time! **#smilesmovement**



July is National Ice Cream Month...so let's survive the hot Summer weather together with these tasty ice cream treats!

REMINDERS

SEEKING SUBMISSIONS!

- ⇒ 2020 AWARD NOMINATIONS DEADLINE EXTENDED TO JULY 31!
- ⇒ 2021 AWARD NOMINATIONS OPEN SOON!

CONTACT

aawdchronicle@gmail.com
[@womendentists](https://www.instagram.com/womendentists)
www.aawd.org



MEMBER INSIGHT:

Dr. Tamara Berg on COVID-19



In my state (Oklahoma) we closed on March 26th with a Governor mandate to close except for emergency care only. I was blessed to have enough in savings and a staff that continued to work during our shut down. Initially we thought it would be two weeks so started moving patients and did continue to come to the office for some much-needed computer work and deep cleaning. Having been in practice over twenty years we had many patients that needed inactivated and or deleted from our system. My clinical staff now not seeing patients each took a letter of the alphabet and went to work. We would rotate who was doing computer work, cleaning, restocking etc. This allowed some social distancing within our office space as well. My staff even got creative and on nice days cleaned outside windows or repainted the yellow lines in our parking area. I had a staff of two hygienists, one front office person and one chair side assistant at the time of closure. We had recently had a third hygienist resign and we had not filled the position yet permanently. We worked a little shorter schedule each day. As the two weeks lengthened, we moved patients again.

Emergency calls didn't happen every day but when they did were a combination of my patients or others who couldn't get ahold of their dentist or did not have a dentist in the area. Every day of the closure I dressed in scrubs and it provided some normalcy to a stressful time.

As a single practitioner I have always kept well stocked in PPE (personal protective equipment) and we already did many of the things recommended on a daily basis, but I did search to order face shields, kn95 masks for my team, as well as get additional intraoral suction devices. As an ADA and state leader I was involved in almost daily calls with the ever-changing environment. I tried to relay what I learned to colleagues in my area and other dentists throughout the United States.

Professionally I took the EIDL grant and PPP loans for my practice and am working closely with my accountant to get these forgiven.

Every day was a new adventure both as a dentist and mom. My oldest college son was on way to division 2 basketball national championship games with his team when the bus was turned around. He never returned to his college dorm and finished online. My high schooler never went back to school after spring break and finished online although they never did any additional work and left with grades they had before spring break. My husband travels for his company four days a week normally across the US and they placed a travel ban which is still in place today. It was strange having "all the boys" home and it took time to adjust to the new amount of groceries, dishes, and laundry daily. We didn't play games or do puzzles but we did take more walks than normal and watched more Netflix than ever before. I cooked a lot more than before and recently our family transitioned to a plant-based diet so this gave us time to test out many recipes when I could find ingredients.

Our state reopened on May 1 to resume practice as normal. Blessed again to have a staff that I saw daily during the shutdown and we had each processed the new reality we all came back to work. Getting used to the face shield and kn95 masks were our biggest challenges in PPE. We are still navigating patient care. Most days are 100% full but transitioned the practice by screening patients on phone, taking temperatures in cars while they waited to now a social distanced waiting area. Our outside temperature is above 90 daily so we can no longer let patients wait in vehicles.

I've hired that third hygienist, a new graduate who is a wonderful addition to our team. Each day is still a new adventure both personal and professional but getting through these unprecedented times.



Dr. Bergeron & Dr. Berg at
the AAWD annual
conference in Phoenix
2019



Dr. Berg in her new PPE



WHAT'S YOUR FAVORITE FLAVOR?

- Vegan German chocolate – Dr. Tamara Berg
- Mint chocolate chip – Dr. Sharon Pollick
- Vegan salted caramel pecan – Dr. Chineze Enwonwu
- Superman & mint chocolate chip – Dr. Maeve Daly
- Dairy-free cookie dough – Dr. Daphne Ferguson-Young
- Cold Stone sweet cream w/ choc chips and roasted almonds – Dr. Carol Wong
- Vienna mocha chunk – Dr. Judith Fisch
- Espresso – Dr. Jeanju Lee
- Pecan caramel – Dr. Mahdokht Vishkaei
- French vanilla – Dr. Cissy Furusho
- Pistachio & cardamom – Dr. Isabel Rambob
- Wolftracks – Dr. Julia Khatibzadeh

AAWD is proud to have student member, Lauren Gritzer, MPH as one of the official speakers on our 2021 Sailibration cruise.

Smiles at Sea is seeking an active dentist AAWD member as a second speaker! If you are interested, please contact Dr. Aguilar at: lauren.n.aguilar@gmail.com.



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