



Snohomish County DENTAL SOCIETY



PRESIDENT'S LETTER, Dr. Tyler Rumple

Happy Summer Snohomish County Dentists! As I sit here one week away from my high school reunion, I think of two things. 1) How has it been so many years? 2) How long has it been since I've talked to that person? It reminds me of the importance of togetherness and staying connected. Rachel Naomi Remen stated, "Perhaps the secret of living well is not having all the answers but in pursuing unanswerable questions in good company." The beauty of SDCS is the good company to help us find the answers to the questions we're pursuing. However, what

about that colleague that you went to dental school with, or the dentist/specialist that practices down the street? We are a community, so invite that colleague that you haven't seen in a while. They need the community, and the community needs them. We are one. — Dr. Tyler Rumple



Left: Drs. Walczak, Sholudko, Darrow and Titus at the May member meeting. Center: Drs. Skibiell and Gross. Right: Drs. Fjeran, Heyamoto and Dreke.

GALA 2025 - CATCH THE TROPICAL VIBE ON NOVEMBER 7



It's time for the annual SCDS Gala! The event will be held at Hotel Indigo in Everett again this year. This members-only party is free for members and one guest. Enjoy a plated dinner, no-host bar, photobooth, and the ever-popular raffle! Raffle tickets at \$5 each or 5 for \$20 and all proceeds go

to support our Foundation. This year we will have some great raffle items including a collection of wine, pickleball instruction and more. Entertainment will be provided by our own Dr. Andrew Sholudko! Dr. Sholudko is an accomplished guitar player who covers classic rock standards and favorites from the 70's, 80's and 90's. We will be honoring Dr. Greg Fjeran with our Special Recognition Award for volunteer excellence. For Gala registration go to our website. Remember that you can reserve your seats in advance for \$75. Sit close, hear better and know that your seats are waiting for you. Reserve a table of ten for \$400. Special thanks to our generous sponsors at the time of printing: Crest/Oral-B, DDSMatch, Nakanishi Dental Lab, Helsell Fetterman, LLP; WDIA, and Wells Fargo Bank. **Book the babysitter because you won't want to miss this fun night!**

LEADERSHIP OPPORTUNITIES FOR SCDS MEMBERS

Don't Sit on the Sidelines



WSDA Board Members Drs. Dean and Vo

Are you interested volunteering your time to help elevate our profession? Snohomish has a growing presence in state leadership. There are many ways to get involved at all levels of the tripartite. Currently, SCDS members Drs. Stacey Sype and Dr. Clio Samia-Lindenauer sit on WSDA standing committees. Dr. Sype is a member of the Dental Benefits Committee and Dr. Samia-Lindenauer is a member of the Nomination Committee. Additionally, SCDS members Dr. Crystal Vo and Dr. Brittany Dean are members of the WSDA Board of Directors. Dr. Andrew Sholudko is a Delegate to the ADA House of Delegates. Also, SCDS members have been well represented in the annual Leadership Institute. Our members Dr. Philip Walczak and Dr. Shan Yu are both in the Leadership Institute for 2025. If you are interested

in volunteering at the local, state and national levels, contact Sandra, at the SCDS office, at info@scdentists.org. The central office can assist with directing you to openings and options. Other members who are involved in state-level committees are Dr. Stephen J. Lee, Communications committee for WSDA, Drs. Aimi Mizutani and Tania Tran are on the WSDA Legislative Task Force and Dr. Crystal Vo is also on the Task Force for Recognition. We are appreciative of our members who represent dentistry, and Snohomish county, while generously giving their time.

PROGRAMMING 25-26: MEMBER MEEETINGS AND MORE!



Get ready for some interesting and informative speakers, as well as lots of collegiality, at our 2025-2026 Member meetings. Our SCDS members shine this year as we draw our presenters from within our own Society. Our members include UW faculty,

accomplished instructors and experienced speakers. All in-person meetings are held at Shawn O'Donnell's banquet room in south Everett. We start off on **September 17** with an informative presentation on anesthesia in the dental office. This in-person meeting features Michael Mielniczek and James Prince of Elite Anesthesia. Our **October 18th** meeting will be in-person and we will welcome Rod Johnston, owner of Omni Practice Group, to talk about practice valuations. On **November 7th** we have the Gala (see page 1) and, on **November 18th**, a virtual meeting with our own member Dr. Gary Heyamoto. Dr. Heyamoto will lead a class on restorative dentistry with a look at the basics of physics and chemistry. No meetings in December. On **January 21** we will offer our annual Infection Control class, virtually. We welcome Mr. Will Gilmore of Elevate Compliance to present this state-

required class. On **February 18th**, 2026, we will have a surprise speaker (TBD at time of printing) hosted by ComplyBetter. Our **March 19th** meeting is virtual and features our member Dr. Ivy Lin speaking on sustainability and the dental practice. Our **April 15th** meeting is in-person. We welcome our member Dr. David Dean to speak on oncology and dentistry. Finally, our **May 20th** meeting is in-person and we host the WSDA Board President to share about the legislative happenings in the dental industry. In addition to member meetings, we encourage members to get involved outside of the office. Follow our weekly enews for updates on volunteer opportunities like MTI dental vans, the Seattle-King County Clinic in April, volunteering at UW SOD, the Sno-Isle Tech Dental Assisting program, or Toothapalooza in February. Volunteers are also needed to assist with Everyone for Veterans and the Lahai Health Clinic. There are many ways to be of service.

Our community is strong, vibrant, diverse and accomplished. This year will highlight what we can learn from each other! ***We'll see you there!***



FALL MEMBER MEETINGS

Always free to members, including dinner at our in-person meetings!

SEPTEMBER

WEDNESDAY, SEPT. 17, 2025

IN-PERSON MEETING 6 -9PM



Anesthesia Options & Requirements for Washington Dentists

This course will guide Washington dental providers through the different levels of anesthesia and sedation available for dental procedures, from local anesthesia and minimal sedation to deep sedation and general anesthesia. The presentation will explain how anesthesia levels are defined based on patient responsiveness, describe the practical differences between oral and IV sedation, and outline the Washington Administrative Code (WAC) regulations that govern training, permitting, emergency preparedness, and inspection requirements. It will also review staffing, equipment, and patient monitoring standards needed at each sedation level. Additionally, the presentation will introduce the role of external anesthesia providers as an option for dental offices under Washington regulations. A clear summary chart will be provided to help attendees reference requirements easily and ensure compliance with State rules. **About our Speaker:** James Prince, CRNA, is Chief of Anesthesia, with Elite Anesthesia. He is a board-certified nurse anesthetist with over 13 years of experience, specializing in pediatric, geriatric, and medically complex patients. He earned his BSN with honors from Stephen F. Austin State University before completing his anesthesia training at the University of Miami, also with honors. He has managed thousands of challenging cases including vascular, cardiac, trauma, and chronic illness. **Learn more on our website and register for this class at www.scdentists.org.**

OCTOBER

WEDNESDAY, OCT. 15, 2025

IN-PERSON MEETING 6 - 9PM



Numbers Don't Lie! Understanding the Numbers for Practice Sellers & Buyers

A pain point for buyers and sellers in a practice transition is evaluating the numbers in financial statements. Sellers who have their practice valued might be frustrated if the numbers don't come back as high as they anticipated. And for Buyers, it's not always intuitive if a practice has low numbers. It could be due to staff turnover or other factors, so if you don't evaluate, you might miss out on a fantastic opportunity. The numbers don't lie; however, having a clear understanding of numbers opens doors to financial success. Sellers will learn how you can get your numbers higher to which appeals to buyers (and your wallet). And alternatively, Buyers will learn why a low-performing practice can be turned around and produce more with the right buyer. And, when do the numbers add up for a great practice purchase?

- Gain a better understanding of EBIDTA
- Production reports: how to read these and the underlying causes of mismanagement
- Staffing costs: how many is the right amount of staff so you're not draining the bank, but making revenue?
- How much of a practice transition is negotiable?

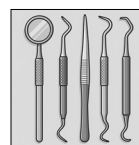
About our Speaker: Rod Johnston's background in accounting, finance, sales, and real estate makes him one of the most well-rounded practice transition consultants in America. Rod has an MBA from Seattle University and is a Certified Management Accountant. He is also an Accredited Business Appraiser. **Learn more on our website and register for this class at www.scdentists.org.**

NOVEMBER



WEDNESDAY, NOV. 19, 2025

VIRTUAL MEETING 7- 9PM



Success in Dentistry Through An Understanding of Physics and Chemistry.

For predictable and durable results, knowledge of simple chemistry and basic physics can aid in prep designs and material selection. Understand how physics can improve your shade selection, radiographic diagnosis, crown cementation, crown retention and occlusal harmony. Learn easily implementable aids that will improve your everyday dentistry immediately.

Learning Objectives:

- Learn how to improve your **Shade Selection** using more science than guesswork.
- Learn the importance of avoiding the **Mach Effect** in radiographic interpretation.(What is it anyway?)
- What is **Ferrule** and why is it critical to offset lateral loading?
- Understand why and how to treat **Occlusal Disease**.
- See how an example of "unconventional" dentistry using scientific principles resulted in a successful case.
- Learn why most of us are performing incomplete oral cancer exams.
- What is "platform switching" and why is it important in implant restorative dentistry?

About our Speaker: Dr. Heyamoto studied at the University of Washington, receiving his degree in Zoology in 1976 and his DDS from the UW in 1980. He owned a private practice on Bothell for over 40 years. Among his very long list of distinctions, Dr. Heyamoto is one of only two dentists to have received his FOURTH Lifelong Learning & Service Recognition from the national Academy of General Dentistry, in 2019. He has lectured for numerous organizations. **Learn more on our website and register for this class at www.scdentists.org.**



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Meagan is very knowledgeable about how these deals work. She is always there, anticipating the next step before it appears.

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WORKFORCE DEVELOPMENT & FUTURE DENTISTS

Most people have had an influential adult in their lives, at some point. Maybe it was a family member, a teacher or a coach. Kids need adult role models, especially when it comes to career planning and development. The Everett School



District is seeking dental offices to host unpaid summer internships for students (16+ years old) interested in exploring careers in dentistry. This 90-hour Everett Career Link program runs over the summer, giving students valuable hands-on experience while allowing your practice to mentor and inspire the next generation of dental professionals. Your participation will contribute to workforce develop-

ment in the community while providing students with real-world exposure to dental careers, and fostering a learning environment without financial commitment. Allowing young students to see the benefits, and satisfaction, from private-practice ownership is one of the best ways to ensure the growth of the profession.

Breanna Youngberg manages the Work Based Learning & Everett Career Link program focusing on CTE & STEM partnerships for Career and Technical Education Pathways. Ms. Youngberg say "We always have high demand from students regarding dental opportunities, so this would be a great way to fill those gaps." For offices that want to partner for summer 2026, we would need to know by the middle of March.

Dr. Heidi Johnson, owner of Madison Street Dental, in Everett, will host a student this summer. She shares that "Bree met with me and identified my office needs, intern expectations and interviewed and identified a candidate who would meet the cultural and functional needs of our dental office. I have met and talked with the intern to discuss expectations". She adds "I am excited for her to help out and learn at our office next month."

For anyone interested in learning more about the program Ms. Youngberg is happy to participate in a Zoom call, or in-person meeting, to discuss it further. The beauty of this program is that the internships are unpaid, but students do receive school credit. The school district can also adjust the hour requirement to meet the needs of the dental office. For example, if your office cannot commit to 90 hours, the program can accommodate your availability.

If you are interested exploring more about the internship program or setting up a brief meeting, please contact Bree Youngberg at byoungberg@everettsd.org.

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Grossing \$550K. High net. 3-day-a-week practice running at 40% overhead - room for growth! Contact Frank at 425-985-8390 or frank@omni-pg.com. Lic.#130877 (WAD429)

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Drs. Vo, Lin, Parrish and Dean volunteering at the Seattle-King County Clinic in April 2025. Our Foundation has been a proud supporter of SKCC in 2023, 2024 and 2025. The next clinic will be held April 23 – 26, 2026 at Seattle Center.



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