Women & Choices: PMS: Navigating the Physical, Mental and Spiritual Aspects of Being a Female Dentist

The Day’s Agenda

9:00 a.m. - Registration

9:30 a.m. - Welcome Remarks

Introduction of Mr. Rick Whitehouse – KDA Executive Director

9:45 a.m. – 10:30 a.m. – Dr. Carol Summerhays – ADA President

10:30 a.m. – 11:15 a.m. – “Ergonomic Excellence in the Dental Office”
Presented by Guy Gismondi – KAGE Distributors
Promoting ergonomic excellence in professional applications by identifying and addressing specific medical conditions common to our industry.

11:15 a.m. – Noon – “Stretching and Strengthening”
Presented by Jessica Waddele – KY Orthopedic Rehab Team

Noon – 1:00 p.m. - Lunch

1:00 p.m. – 4:00 p.m. - Personal Health & Consciousness

“Mindfulness-Based Stress Reduction - Keep Your Head in the Game”
Presented by Dr. Lisa Knowles
Infuse a mindful practice into your daily life and watch your problems melt away. Learn how to slow down, calm your mind and stay on the cutting edge. Dr. Knowles shares her training from Duke University’s Integrative Medicine program to help you balance out the competitive, driven, over-scheduled, lifestyle you lead. Professionals that give and serve others are at risk for burn out and physical injuries. Leave this session feeling refreshed, renewed and ready to serve the needs of others again. This session is the ‘fill me up’ all professionals need. Excellent take-aways will be discussed to pass on to patients and clients, as well.

4:00 p.m. - Adjourn

Our Purpose

The overall purpose of our gathering is to create a comfortable environment where members and non-members can interact with each other in a candid manner about the challenges of being a female dentist.

We work to identify areas of support that organized dentistry can provide to help female dentists manage their own specific challenges.

If you have ideas you would like to share, let us know! This event is ever-evolving and we are always open to new ideas and comments that might help to make each year a better experience for everyone...

Women & Choices:
PMS: Navigating the Physical, Mental and Spiritual Aspects of Being a Female Dentist
August 19, 2016

Gingerwoods
7611 Rose Island Road
Prospect, Kentucky 40059
http://mygingerwoods.com
Gene Snyder Freeway North
Right on US Hwy 42 East
Left on Rose Island Road
Next to Henry’s Ark

6 & Hours of CE
Fee: $125 KDA members
$225 for non-members
$25 for Female 4th Year Dental Students

Sponsored by the Kentucky Dental Association

Registration Information

Name: _______________________ (Please Print)

Phone/Email: _______________________

# Ticket(s): _______ Total Due _______

Type of Payment

____Check ______ MasterCard ______ Visa

Account #: _________________________

Name as it appears on card: _________________________

Exp. Date: __________ Zip: _________________________

Signature: _________________________

Make checks payable to the Kentucky Dental Association and mail by August 12, 2016 to:

Janet Glover
KDA Director of Meetings
Kentucky Dental Association
1920 Nelson Miller Parkway
Louisville, KY 40223-2164

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Yew Dell Botanical Gardens
6220 Old LaGrange Road,
Creswell, KY 40014

http://www.yewdellgardens.org/main-page.html

Yew Dell is an internationally-recognized center of gardening, plants and education, all offered in a stunning site of significant historical importance. Originally the home, gardens and commercial nursery of the late Theodore Klein and his family, Yew Dell now offers the public exceptional display gardens, an ambitious slate of education programs and community events, ongoing garden plant research, hiking trails and event rental opportunities.

Yew Dell is listed on the National Register of Historic Places and is a Preservation Partner Project of the Garden Conservancy, a national non-profit dedicated to saving the Nation’s most exceptional gardens.
Dr. Carol Gomez Summerhays, D.D.S.

Dr. Carol Gomez Summerhays, a San Diego-based general dentist, was installed as President of the American Dental Association.

Dr. Summerhays graduated from the University of San Francisco with a B.S. in Biology and earned her Doctor of Dental Surgery degree from the Ostrow School of Dentistry at the University of Southern California in 1978. She attended dental school on a full scholarship through the Armed Forces Health Professions program.

Dr. Summerhays served four years on active duty in the Navy Dental Corps and 11 years of inactive duty, rising to the rank of Lieutenant. She started full-time private practice in 1982.

Some of her past positions include past president of the California Dental Association, board member of The Dentists Insurance Company as well as the CDA Foundation. She has held positions with the Academy of General Dentistry and was a board member for ten years at the Pankey Institute.

Dr. Summerhays served as the Thirteenth District trustee of the American Dental Association, ADA committee appointments include Compensation, Governance, Pension, and the PDI delegation. ADA trustee liaison appointments include the New Dental Committee, the Council on Government Affairs, and the Council on Members Insurance and Retirement Programs. Dr. Summerhays served as an at-large member of the Strategic Planning Committee for four years with an additional two years as trustee, and as a national advisor to the ADA Institute for Diversity.

She is a fellow of the American College of Dentistry, the International College of Dentistry, the Academy of General Dentistry, the Academy of General Dentistry, and the Pierre Fauchard Academy. Additionally, she earned a Master in the Academy of General Dentistry and the AGD LLSR Lifelong Learning and Service Recognition Award.

In San Diego, Dr. Summerhays was honored in 2010 by the Salvation Army as one of the “Women of Dedication—Portraits in Philanthropy” and by the Girl Scouts as one of “San Diego’s 10 Cool Women.”

She and her husband of 32 years, Soames, have two sons, Giles and Bryce.

Dr. Lisa Knowles

Dr. Lisa Knowles graduated from the University of Michigan School of Dentistry with a mound of debt, ground down enamel on her teeth, and a new diagnosis of acid reflux. When a husband, two kids, and shoulder pain added to the mix, she stumbled upon yoga training to help her cope with her health consequences of a busy professional’s lifestyle.

Yoga techniques helped reduce her pain, and inadvertently, helped reduce stress levels. These self-awakenings led her to pursue a certificate in Mindfulness Based Stress Reduction for Health Professionals from Duke University’s Integrative Studies program. She currently infuses mindfulness concepts into her consulting business, IntentionalDental Consulting, to help other dentists reduce their stress, increase their self-awareness, and consequently, build wildly successful businesses. She helps dentists slow down so that they can speed up their business results. Dr. Knowles is an adjunct professor at the University of Detroit Mercy School of Dentistry, practices in Michigan, and speaks internationally on the topics of leadership, communication, and money management.

Mr. Guy Gismondi

Since 1992, Guy Gismondi has been presenting educational seminars on the subject of Ergonomics, Osha and infection control, and is author of the Exceptional Hygiene Department. Guy is Vice President of Koga Distributors Inc., an independent sales organization providing the most advanced technology to the dental profession.