

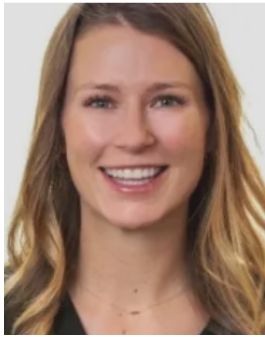


District of Columbia
DENTAL SOCIETY

NEWSLETTER

March 2025, Vol. 74, No. 3

Letter from DC Dental Society President Hillary Abel, DMD



Dr. Hillary Abel

Dear DC Dental Society Members,

As we welcome the arrival of spring, we also embrace a season of **growth, advocacy, and collaboration** for our society. Exciting opportunities lie ahead, and we are grateful to have such a dedicated community of dental professionals working together to advance our field.

Advocacy in Action

We extend our sincere thanks to **Dr. Albert Coombs** for representing the dental community in a recent [DC Channel 9 news interview](#), where he spoke about the devastating impact proposed **Medicaid cuts** would have on DC residents and practitioners. He joined our Executive Director Kurt Gallagher, CAE to testify before the DC Council Committee on Health on this critical issue earlier this week. Mr. Gallagher also emphasized workforce shortages; proposals to expand the scope of practice for dentists and dental assistant; and opportunities to reform dental insurance.

As we have emphasized before, **this affects all of us**, and we encourage our members to engage with their congressional representatives or staffers to voice their concerns. If you'd like us to resend information on how you can help, please reach out to info@dcds.org.

Upcoming Events – Mark Your Calendars!

We are thrilled to collaborate with the **ADA for SmileCon** this October 23-25, alongside our **Symposium for Licensure**, which will provide the essential courses you need for DC license renewal, including **OSHA, Ethics, Opioids, and LGBTQ+ cultural competency**. We hope to see a strong turnout from our members, so be sure to save the date!

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CALL TO ACTION

Help Protect The Health Care System of DC

DC Dentists who care for members of Congress or Hill Staffers Are in a special position to assist

DC's health care system is at risk of a \$1.1 billion cut in federal matching funds for Medicaid. This cut would be devastating for the District. It would reduce or eliminate health care coverage for 42% of District residents (286,000 people).

This matters to everyone in the District because these cuts would send shockwaves through the DC health care system and force many residents who rely on Medicaid to seek care from hospital emergency rooms, adding to the strain on the health care system. The DC government may raise taxes on businesses and residents to make up for lost funds.

THE CALL TO ACTION: Are you a dentist who provides care to a member of Congress or a Hill staffer?

If yes, **you are in a unique position to be heard on this issue.** Please let those patients know that cuts to DC's Medicaid federal matching funds (called the FMAP) would be devastating for Washington, DC.

Be sure to protect yourself from a potential HIPAA violation. **DCDS does not want any information** on your patients. It would be understandable for you to talk with your patients, call them or write to them if they serve in Congress or work on Capitol Hill so you can help them understand the impact that Medicaid cuts would have on the health and wellbeing of District residents and on the livability of Washington, DC. Any such conversation would be between you and your patient.

THE MESSAGE TO CONGRESS: Don't cut federal matching funds (the FMAP) for DC's Medicaid program.

WHO TO CONTACT

Contacting any Member of Congress or their staff would be helpful. You can look up contact information via the "lookup" links below.

[House Member Lookup](#)

[Senator Lookup](#)

Continued on page 4

President's Letter Continued

Additionally, our **monthly meeting** is coming up next **Tuesday, March 11**. This is a fantastic opportunity to **bring a team member for free** and gain valuable insights from our session, "**The Wild World of Dental Insurance.**" This topic is highly relevant, and you'll walk away with knowledge you can immediately apply in your practice. **Register online or reach out to our staff for assistance.**

On April 30, DCDS is hosting a volunteer activity to support those in our community who experience food insecurity. Volunteers will package free take-away meals provided under the St. Maria's Meals program. I hope you will join us at the James Cardinal Hickey Center (924 G St., NW) from 4:15-6:15 PM. You can [sign up via our online interest form](#).

Growing Our Community

As we continue to strengthen our society, we are **expanding our outreach to non-member dentists in DC**. If there is a colleague you believe would benefit from DCDS membership, let us know at info@dcds.org, and we will personally connect with them.

Your Voice Matters

As your **DC Dental Society**, we are **here to support you**. We are continuously working to address **workforce and scope of practice challenges** and to advocate for the needs of our profession. If there are specific issues affecting you as a practitioner in the District, I encourage you to reach out to me directly. Your insights and involvement are invaluable as we navigate these challenges together.

Thank you for being part of this incredible community. I look forward to seeing you at our upcoming events and working alongside you to make a lasting impact.

In camaraderie and support,

Hillary Rosse Abel, D.M.D.
President, 2025-2026

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Call To Action Continued

Members of the House Committee on Energy and Commerce are expected to vote on Medicaid funding over the next few days, so it is particularly important for them to understand the impact of a cut of DC's federal matching funds. Look up [members of the House Energy and Commerce Committee](#).

Resources to Learn More about this Issue

[Fact Sheet](#) on DC Medicaid and the Potential Cut to Federal Matching Funds for DC's Medicaid Program, called the FMAP.

[Short video with background information and our call to action](#)

For additional information on this issue and other DCDS advocacy initiatives, visit dcdental.org/advocacy.

Thank you for your attention to this important issue. These cuts to funding for DC's health care system could affect everyone who enters the District of Columbia--residents, employees, diplomats and tourists.

Community Service Event on April 30th

Help serve hot meals to the neediest of our community

On April 30, DCDS is hosting a volunteer activity to support those in our community who experience food insecurity. Volunteers will package free take-away meals provided under the St. Maria's Meals program. The service event will be held at the James Cardinal Hickey Center (924 G St., NW) from 4:15-6:15 PM. You can [sign up via our online interest form](#).



Cyber Sale!
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March In-Person CE Event
"The Wild World of Dental Insurance"
Tuesday, March 11th

This is a great topic for your dental team. See promo details below.

Presented by Ms. Teresa Duncan, MS, Odyssey Management, Inc

Business Meeting Begins at 5:45 PM

Education Program Begins at Approximately 6:00 PM

Lecture Format

CE Credits Offered: 2.0

Disclosures: None



Ms. Teresa Duncan MS
Odyssey Management, Inc.

Register Here

Special Promo—DCDS Members, register one team member for free! [Register your free staff member here.](#)

Additional staff may be registered via our online registration form for the usual registration fee.

Cost: Free to DCDS Members | Non-Members—\$75 Presentation Recording or \$110 In-Person

Visit the [DCDS Registration Fees & Cancellation Policy page](#) for more details on registration and [read about the presenter here.](#)

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Concerns or complaints about a CE provider may be directed to the provider or to the **Commission for Continuing Education Provider Recognition** at ADA.org/CERP.

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2025 Continuing Education Program

All members of the DC Dental Society, including those in a residency program, are invited to attend our monthly CE meetings at no cost. We hope you will join us in-person at the DCDS office to reconnect with your friends and colleagues in the dental community over dinner, while earning up to 2 hours of continuing education credits.

The monthly business meeting begins at 5:45 p.m. Educational session begins at approximately 6:00 p.m.

[Visit the DCDS website](#) for course information, speaker bios, fees and cancellation policy.

About DCDS Speakers

Your DC Dental Society has developed a continuing education program that features leading experts in dental care whether they practice across the country or down the street. The inclusion of local presenters on the program for DCDS monthly meetings is intended to foster collegiality and support our local community. DCDS does not endorse one specialist over another, but celebrates DC talent.

2025 Meeting Date	Meeting Topic	Speaker
February 11 Webinar Only	Cements and Restorations	Dr. Robert Margeas
March 11	The Wild World of Dental Insurance	Ms. Teresa Duncan
April 8	Elevate Your Everyday Anterior Composites, a Practical Predictable Approach	Dr. Marcos Vargas
May 13	Utility of p53 Immunohistochemistry in Oral Epithelial Dysplasia	Dr. Yen Chen Kevin Ko
June 10	Restorative Prosthodontics	Dr. Kenneth Kurtz
September 9	Antibiotic Prophylaxis - The Adoption of Recent Concepts	Dr. Ronald Brown
October	No monthly CE meeting. This year DCDS will host the Symposium for Licensure in conjunction with ADA SmileCon. Watch for details.	
November 11 Webinar Only	Update on Dental Materials	Dr. Lee Ann Brady
December 9	Proven Methods to Build a World-Class Practice	Dr. Roger Levin

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Concerns or complaints about a CE provider may be directed to the provider or to the **Commission for Continuing Education Provider Recognition** at [ADA.org/CERP](https://www.ada.org/CERP).



Spotlight your Team

Let's build a fun, collaborative space where we celebrate and connect with one another. Nominate a colleague or team member today!



DCDS is excited to feature member highlights in our monthly newsletter, social media, and other communications! Whether it's celebrating a dedicated team member, sharing a milestone, or recognizing someone who makes a difference in your practice, we want to showcase the amazing individuals who help make the DC dental community strong.

Contact DCDS Staff at info@dcdental.org or (202) 367-1163.



How to Support a Loved One with a Mental Health Diagnosis

Supporting a loved one through mental health challenges can feel overwhelming, but it's important to care for both their well-being and your own. This guide offers practical steps to help you navigate the process.



1 UNDERSTAND YOUR LOVED ONE'S DIAGNOSIS & WELLNESS PLAN

Open Communication

- Engage in open and supportive conversations with your loved one. If possible, join them in a therapy session to better understand their diagnosis.
- With their consent, the therapist can provide insights into your loved one's mental health needs and challenges, and guide you on how to support them effectively.

Create an Action Plan

- Work with your loved one and their therapist to develop a clear action plan for distress situations.
- The plan can include:
 - Recognizing symptoms and triggers
 - Identifying when to step in with support
 - Establishing practical strategies that benefit both you and your loved one in times of distress.

2 HOW TO SUPPORT YOUR LOVED ONE

Offer Observations, Not Diagnoses

- You don't need to diagnose your loved one, but it can be helpful to share your observations with them, like noticing changes in behavior (e.g., trouble sleeping, increased stress).
- Encourage them to seek help, but don't force it—just express your concern and willingness to assist.

Be Supportive with Concrete Actions

- Offer practical support like:
 - Watching their favorite movie together
 - Going for a walk
 - Making them a favorite meal
 - Simply being there to listen
- Encourage them to reach out for professional help if they haven't already. You can offer to help them contact their treatment team or start the conversation if they're unsure how.

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3

PREPARING FOR A CRISIS

Develop a Crisis Plan Ahead of Time

- Planning ahead is crucial, as it's difficult to think clearly during a crisis. Work with your loved one to create a clear crisis plan if possible. This can reduce anxiety and help you feel more prepared.
- If a joint plan isn't feasible, make your own plan to manage potential crises, focusing on:
 - Protecting the person, yourself, and others
 - Knowing when to intervene or when to call for professional help

Understand the Range of Symptoms

- Not all mental health symptoms require immediate intervention. Symptoms can vary in intensity, and it's important to assess the situation carefully.
- Having open discussions when your loved one is not in distress helps clarify their needs and reduces uncertainty in emergencies.

4

WHAT TO DO IN AN EMERGENCY

When to Call 911

- If your loved one threatens self-harm or harm to others, it is critical to call 911 or seek immediate medical attention.
- Ensure they are safely taken to a hospital or emergency facility for proper evaluation.

5

SUMMARY OF STEPS FOR SUPPORT

In Crisis:

- Call 911 if there is an immediate risk of harm.
- Ensure your loved one's safety and seek professional help.

In Non-Crisis Situations:

- Open discussions about symptoms and feelings can help both of you understand what support is needed.
- Create an action plan for future situations to prevent confusion during distress.
- Ask how you can assist in their treatment and recovery process.

Care for Yourself:

- Seek support through counseling or your Assistance Program to maintain your well-being.
- A therapist can provide insight and help you manage your emotions while supporting your loved one.



REMEMBER

Supporting a loved one with a mental health diagnosis is a long-term commitment, but you don't have to do it alone. Use available resources, keep open lines of communication, and prioritize your own mental health as well.

Find guidance and support at
allonehealth.com/member-support

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As a member, you can easily list job openings, practice sales, equipment for sale, and more—all in one convenient location.

If you have questions about how to advertise with DCDS, please feel free to contact Us info@dcdental.org.

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Contact: Ralph W Miller III | 443-207-1649 | ralphmiller@hprgrealty.com

DCDS Member Ads

FREE Employment Ad for DCDS Members. DCDS members who are seeking employment or who have open staff positions can place a classified ad at no charge. Click on the link below to get started.

Advertise with DCDS

Classified ads in the DCDS Newsletter are easy. Simply submit your ad through [the DCDS online form](#). We will then send you a payment link. Payment must be received prior to publication.