Southern Association of Orthodontists

2016 COMPONENT NEWS

Florida
February 2016

Officers
President
Dr Alberto Vargas
Vice-President
Dr James Wortham
Secretary-Treasurer
Dr John Richards

Directors
Dr John Beattie
Dr Shreena Patel
Dr Henry Rozen
Dr William Neale

SAO Component Director
Dr Joseph LeCompte

SAO Executive Committee
Dr. Randy Rigsby

AAO Delegates
Dr Brian Jacobus
Dr James Wortham

2016 Membership
Active 377
Active Academic 13
Life-Active 60
Retired 162
Total 612
2015: 676

2016 Annual Meeting
March 4–6th
Renaissance Int’l Plaza
Tampa, FL

Speakers
John K McGill
Darrell W Cain

FAO MEMBERSHIP UPDATE

The following orthodontists were approved for active membership in the FAO in 2015:
Dr Jorge Farill-Guzman, Jacksonville; Dr Faiza Alotibi, Jacksonville; Dr Michael Berger, Orlando; Dr Trang Minh Cao, Jacksonville Beach; Dr Li-Pint Chew, Boca Raton; Agustín Drubi, North Miami Beach; Dr Tommy Dunn, Jacksonville; Dr Christopher Robert Escott, Mount Dora; Dr Francisco Herrero-Nater Orlando; Dr Patricia Hong, Miami; Dr Shruthi Lakshmana, Orlando; Dr Kevin Patrick McCarthy, Plantation; Dr Ramiro Morales, Tampa; Dr Tatiana Parsons, Boynton Beach; Dr Carolina Pawlak, Heathrow; Dr Ryan Riacort, Tampa; Dr Courtney Rubin, Jacksonville Beach; Dr Bradley Smith, Jacksonville Beach; Dr Pamela Steiger, Highland Beach; Dr Nader Haroun Mariam, Miami; Dr Edgardo Toro, Tampa; Dr Christina Sutherland, Port Charlotte

Other Membership changes:
Retired: Dr Gerald Springstead, Brookville; Dr Malcom Steen, Delano; Dr Donald Turner, Palm Harbor;
Dr Edward Cronauer, Watson; Dr Ann L Wilson; Stuart
Deceased: Dr Jerry Benson; Orlando, Dr William Thompson; Bradenton
Transferred In: Dr Bryce Gabler, Jacksonville Beach; Dr Kate Pham Litschel, Jacksonville
Transferred Out: Dr Roger Taylor, Miami Lakes

SAO 2017 Leadership Program

FAO Graduates: 2007: Dr Judd Reed; Dr Jeremy Albert; 2008: Dr TJ Albert; Dr Kim-berly Carlyle-Clark; Dr Anzir Moopen; 2009: Dr Leigh Curtis; Dr Brett Lawton; Dr Jim Wortham; 2011: Dr Bill Layman; Dr John Metz; Dr Shreena Patel; Dr Al Vargas; 2013: Dr Mitch Levine; Dr John Zhang

2015: Dr Nelson Diaz, Orlando; Dr Leandra Dopazo, Jacksonville; Dr Vaughn Holland, Jacksonville; Dr Jason Rice, Jacksonville; Dr Shiva Khatami, Davie; Dr John Neubert, Gainesville

Call the SAO Office at (800) 261-5528 or email hhunt@saortho.org if you are interested in the 2017 Leadership Program.

2015 AAOPAC

Total Raised Funds per Donation and per Member
SAO16 Destin Annual Meeting

OCTOBER 20-22 SANDESTIN GOLF AND BEACH RESORT
AAO Trustee Spotlight

Have you ever noticed life has a way of changing just about the time you think you
have a workable plan? That is exactly what happened to me. Let me begin my story by
saying that I have had a wonderfully rewarding career in orthodontics. With the beauti-
ful smiles that we create we are able to touch so many in such a positive way. The re-
wards far outweigh the difficult patient or parent. Additionally, I practice with my son
Greg, SAO President-Elect, and the KAO immediate Past-President Thomas Baldwin.
It has been an incredible joy to work with them.

As I began preparing for retirement, I thought that I would transition to fewer work
days and be able to devote more of my time to our church, golfing, fishing, traveling,
and our six grandchildren. Then in July 2014, my good friend DeWayne McCamish
(SAO Trustee at the time) called to discuss an unusual situation. The AAO Secretary-
Treasurer had resigned his position mid-term. The Board of Trustees asked DeWayne
to vacate his role as SAO Trustee and advance to fill the remaining term of the Secreta-
ty-Treasurer. This left the SAO in search of a replacement for the SAO Trustee.
Very long story short, the SAO Executive Committee asked and I accepted the chal-
lenge and went on to be elected the SAO Trustee. I assumed DeWayne’s role and am
now in what was to be his sixth year as Trustee. That sounded pretty good to be able to re-
duce the length of service by half until I came to realize how much there is to do as a trustee
and how much I had missed out on.

Trustees deal with issues on a daily basis and as you gain experience, more responsibility is given to you. There are
councils, committees, task forces, conference calls, publications to review, board meetings (AAO and SAO), and a myri-
ad of other things that pop up. Please don’t get me wrong, it is an honor to serve the professions that I hold so dear, but I
soon realized that I could forget the golf handicap and the trophy fish. Although there is a lot of travel, it comes with
preparation and work. I was overwhelmed initially and without the constant help and encouragement of DeWayne, I
think I may have been headed for a nervous breakdown. I am settling into the role and actually beginning to enjoy it.
The best part is getting to serve once again alongside the tremendous leaders that we have in the SAO and AAO.

When our former Executive Director – Sharon Hunt – started at the SAO in 1996, I was her first SAO Secretary-
Treasurer, after having served some terms as a Delegate. I was fortunate to serve with so many incredible people includ-
ing three future AAO Presidents: Jim Caveney, Mike Rogers, and DeWayne McCamish. These will be big shoes to fill.

I would be remiss if I failed to mention how and when I began serving the SAO. Upon completion of my orthodontic
residency, I was fortunate to work in the office of Dr John Mattingly in Louisville. He was a leader in the SAO and
President in 1991. John encouraged me to become active as he felt strongly that it was each generation’s responsibility to
be good stewards of our profession and to pass it to the next generation in better shape than when we came into it. John
also felt – as I do – that what sets orthodontics above other professional organizations is that we have an extremely high
percentage of orthodontists who are members. That unity is very powerful. Other professions do not have this and have
suffered the consequences of division. That is not to say that the AAO has no issues or problems, but the fact that we have
a strong unified membership base makes it possible to face these challenges when they arise.

My time serving the SAO were years that prepared me to serve as your Trustee. Those of you who know me know that
I love laughter and enjoy life. You also know that I am very serious when it comes to my role as a leader. Please contact
me with your concerns. I would like nothing better than to get to know each member of the SAO personally. I truly be-
lieve that God blesses us through such friendships.
If you don’t know where you are going…..

I have had the good fortune to interact with very bright young people for over 30 years as faculty at the UT Department of Orthodontics, allowing me to gain unique insight into the challenges and obstacles facing young orthodontic residents and graduates over time. I occasionally have the stark realization that I don’t look like or think like young doctors as much these days. The pressures I faced were much different in 1985 than they are in 2016, but there are some constants. We all have dreams and a desire to live a good, happy, and fruitful life in service to our families, friends, communities, and profession.

Although times have changed, many lifestyle management principles remain similar or the same. I had the privilege to share the podium with Susan Podray, Matt Olmsted, and Eladio DeLeon at SAO15 Orlando’s New & Young Session. Planning for your future requires careful analysis and goal establishment. Yankee great Yogi Bera said it best: “If you don’t know where you are going, you might wind up somewhere else.”

There are many aspects of life after residency to plan….Where will I work? What type of practice setting will it be? How will I manage the practice or will that even be part of my job? Is running a business really hard? How can I get that impossible impacted canine to move? These questions can consume your daily life. You have prepared all your educational life for the moment you can move teeth for a living - the professional side of your new adventure. My focus in Orlando was on the personal aspect of dealing with debt management, housing options, essentials for living, insurance, wealth accumulation and investing, retirement and estate planning. Numerous advisors are all too eager to assist you, but borrowing a legal term - buyer beware.

I advise every new graduate to read Dave Ramsey’s book “A Complete Guide to Money”. I find it to be a valuable guide with easy-to-understand concepts and illustrations. He touches on almost every area of lifestyle management and provides worksheets to assist in planning your strategy.

I believe the explosion of student debt to be the single most influential factor driving decisions about practice opportunities. With that said, it is critically important to attack your debt in order to reduce your stress going forward. You cannot expect from that which you do not inspect. Therefore you must measure periodically where you stand. Personal financial statements and budgets allow measuring net worth and to allocating funds from income to reduce debt. It helps you create a strategy to turn that red ink to black and eliminate cancerous interest payments.

Personal financial statements are simply a listing of all your assets in one column and all your liabilities in another and taking the difference. It is a measuring tool I would encourage each person to perform annually so that progress can be measured by comparison to your previous years. “Budgeting,” as John Maxwell says, “is telling your money where to go, instead of wondering where it went.” A number of very good free online budgeting programs are available for use such as those found at mint.com and everydollar.com.

As hard as it is for a young person to think about retirement, it’s a very important plan to develop early for the simple reason you do not want to miss that last double. Historically, a solid diversified investment strategy allows for doubling in value every 7 to 10 years. It is easy to rationalize a delay in funding because of all the other expenses of living. No one plans to fail, but in this one area, failing to plan can have enormous implications to longevity of practice in your mature years. Another famous Yogism: “We made too many wrong mistakes.” Don’t make the wrong mistake of not planning for your future. Make it your goal to practice because you enjoy it, not because you have to continue.

You can find good online retirement calculators at schwab.com and vanguard.com. Take advantage of these tools to visualize and create a personal strategy for funding your golden years. To summarize, start early, be intentional, be systematic, and diversify.

Planning is important, but remember to enjoy the ride as well. In a favorite movie “It’s a Wonderful Life”, George Bailey was ultimately named to be the richest man in Bedford Falls. For you to be equally as rich… be a devoted husband, wife, father, mother in your home; be a pillar of your community and give back; be a professional to your patients; be a colleague to your peers; be a good boss to those entrusted to you; and be a good friend to others!