



NSDA News Brief - October 5, 2020

Dispatch: Starting Tomorrow Oct. 6: Dental Team Wellness & Resilience – A 4-Part Series brought to you by the NSDA, Recording of Town Hall on MSI Dental Programs, NSDA Membership Dues Receipt . . . And More.

Starting Tomorrow Oct. 6: Dental Team Wellness & Resilience – A 4-Part Series brought to you by the NSDA

As part of efforts aimed at member and dental team wellness, the NSDA is providing members no-cost access to a series of wellness webinars produced and delivered by Dr. Jackie Kinley from the Atlantic Institute for Resilience Inc. This live

series will take place **every Tuesday in October from 1 to 2:30 p.m.**, so mark your calendars! Plan to include your entire office team, and participate together (consider scheduling lunches around these times so everyone can take part). See the invitation below for more information.

To attend live:

- The **Zoom link** for your live sessions on the following dates from 1:00-2:30 p.m. Atlantic: October 6, 13, 20, and 27. **It will be the same link for each live session** so please keep it close on hand!

NSDA: <https://us02web.zoom.us/j/84505196398> Meeting ID: 845 0519
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Although the live presentations won't be recorded, pre-recorded versions of the presentations will be available. Please email the NSDA for a corresponding coupon code for access to the pre-recorded sessions.

Topics covered include:

Oct. 6, 2020: The Resilience Mindset

This webinar introduces the importance of shifting to a new paradigm, and viewing our mental health through the lens of mental fitness. The Resilience Mindset highlights the importance of cultivation of a growth mindset; this approach is necessary for teams to thrive during stressful times. It also provides organizations and teams with common language and creates transparency and a shared sense of accountability for teams' collective resilience.

Oct. 13, 2020: Mastering stress and anxiety

This session explores what individuals are commonly experiencing as a result of the stress associated with abrupt change, social unrest and personal loss and transition. Recognizing and understanding our natural stress signals and reactions helps us to remain aware of our needs and when to prioritize self-care. This session provides more insights and practical tips and strategies for staying well.

Oct. 20, 2020: Managing difficult emotions

Fear, anger, and sadness. This session explores the range of emotions individuals experience in times of change, transition, and loss. Emotional intelligence builds our collective mental health and well-being. Knowing what is natural is comforting and reassuring and provides key insights into the role emotions play in our lives and when to reach for help. It also includes practical tips and strategies for staying well.

Oct. 27, 2020: Building strong relationships

This session explores some of the common patterns and behaviours that arise when relationships are under stress. Challenging times put strain on individuals and relationships. Together we are stronger. We need to stay connected. Building our collective resilience is a concerted effort and requires shared understanding and commitment. This session highlights what the key ingredients of healthy relationships are and what is needed to stay well together.

Invitation/How to Participate from Air Institutes (Atlantic Institute for Resilience)

Welcome!

You have been invited to the **Foundations of Resilience Webinar series**:

Modules include:

1. Establishing a Resilience Mindset
2. Developing Mental Discipline (Managing Stress and Anxiety)
3. Making Sense of Emotions
4. Forging Strong Relationships

This will be a fun, engaging and interactive series. You will receive:

- Accessible information
- Animated videos
- Tips and strategies for staying well...
- *All in addition to your **live sessions** with our expert Air Faculty!*

We are including in this email

- The **Zoom link** for your live sessions on the following dates from 1:00-2:30 p.m. Atlantic: October 6, 13, 20, and 27. It will be the same link for each live session so please keep it close on hand!

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- **Access to our Air Library:** To support your learning, you can join the Air Library for supplementary and review materials.

Joining is as easy as 1, 2, 3!

1. Visit the initial access link <https://air-institutes.mykajabi.com/offers/Fowozz8f>
2. Apply your personal coupon code (given to you by your in-house coordinator).
3. Create your personal account.

You can revisit the library at any time during the program's duration by using the Air Library link: <https://air-institutes.mykajabi.com/library>

We look forward to working with you!

Questions?

Contact the NSDA at nsda@eastlink.ca or 902-420-0088.

Recording Available: Town Hall on MSI Dental Programs

A recording of the Town Hall on MSI Dental Programs that took place on Sept. 29

is available. View the recording at the following link:

<https://vimeo.com/463417847/d3235b6fe6>

NSDA Membership Dues Receipt

Your receipt for your membership dues is coming soon via mail and is also available online.

As a reminder, late fees for NSDA membership dues have been waived this year; however, re-licensing requires dues to be received by **Oct. 31, 2020**.



REMINDER

Invitation to Participate in a Short Survey

Barriers to implementation of evidence-based knowledge and practice amongst dentists in Nova Scotia

Thank you to PDBNS Registrants who have responded to the voluntary survey "Barriers to implementation of evidence-based knowledge and practice amongst dentists in Nova Scotia" that was posted last week. For those of you who wish to participate, the link is still open and we welcome your responses.

Tell us about your problems practicing evidence-based dentistry.

As someone who is thinking about practicing or who has already started to practice evidence-based dentistry (EBD), your knowledge and experiences relating to the barriers in implementing EBD in everyday practice is critical to our understanding of how to design effective clinical solutions. Attached link, you will find a survey conducted by researchers at Dalhousie University that asks you about your experiences with evidence-based patient care. We will explore barriers and suggest solutions to help dentists adjust to our rapidly changing dental field in order to provide optimal patient care using an evidence-based approach.

On average, the survey takes 10 minutes to complete. Please answer the questions as best you can and thank you for your time.

<https://surveys.dal.ca/opinio/s?s=57235>

NLDA Virtual Oral Health Convention

Thought-provoking education sessions

Virtual fun night with Chef Steve Watson

Wellness sessions and activities

Virtual tradeshow floor

Nov. 20 - 21

What can you expect at the Convention?

Register at <https://nlida.5by5.ca/>

View the [attached](#) event poster.

NSDA Supply Hub

Have you toured NSDA Supply Hub yet? NSDA Supply Hub is a new member benefit that brings group purchasing power to NSDA members with preferred pricing on dental supplies. Supply Hub also offers an inventory management system that members can elect to participate in for a cost; however, using the Supply Hub to shop or price-compare supplies is free.

Here are some tips for signing up for your Supply Hub account:

1. Go to www.nsdental.org
2. Click the button “NSDA Supply Hub” (shopping cart icon if viewing on a mobile device) at the top of the page. This will take you to the NSDA Supply Hub page.
3. Click the button “Create Account.”
4. Follow the steps and enter the requested information.
 - During registration, you will be asked to enter your NSDA member number (license number). If you need help with your member number, contact the NSDA at nsda@eastlink.ca or 902-420-0088.

NSDA members should feel free to share their Supply Hub account details (including their member number) with their office managers, so they can register

on behalf of the member and access the NSDA Supply Hub.

The registration process will also ask you to select a plan. To use the free version of Supply Hub, select the “Starter” plan.

Questions?

Check out the FAQs at <https://www.sowingo.com/nsda/>. Scroll down the page past the heading “Additional Perks & Benefits.”

Contact the NSDA at nsda@eastlink.ca or 902-420-0088.

New Nova Scotia-CDA Oasis Community

A new community group has been added to the NSDA’s online member community. The new community called “Nova Scotia-CDA Oasis” was created to share CDA Oasis content with NSDA members and engage them in relevant discussions. Dr. John O’Keefe, Director, Knowledge Networks, at the Canadian Dental Association, will be sharing the content. Join the new community and check out his posts on the “Nova Scotia-CDA Oasis” community.

Note: The “Nova Scotia-CDA Oasis” community is separate from the “NSDA Member General Discussion” community. To participate in the “Nova Scotia-CDA Oasis” community, members have to join the community (instructions below).

Please ensure when posting on the community site that you are selecting, and posting to, the relevant community you wish to post in.

To join the ‘Nova Scotia-CDA Oasis’ community, refer to the screenshot below. If

you have any questions, contact the NSDA at nsda@eastlink.ca or 902-420-0088.

DENTISTS HELPING DENTISTS

HOME COMMUNITIES DIRECTORY EVENTS BROWSE - PARTICIPATE - search

ALL COMMUNITIES MY COMMUNITIES COMMUNITIES / ALL COMMUNITIES

ALL COMMUNITIES

2 total

All Community Types All Communities Alphabetical 20 per page

NOVA SCOTIA - CDA OASIS
Allowing CDA Oasis to post resources for NSDA Members to view and discuss.
last person joined a minute ago

JOIN

DISCUSSIONS 0 LIBRARIES 0 MEMBERS 2

NSDA MEMBER GENERAL DISCUSSION
last person joined 4 months ago

DISCUSSIONS 896 LIBRARIES 85 MEMBERS 747

East Coast Endodontic Study Club 2021

See the [attached](#) document for information about the 2021 offerings.



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