

OUR TREE

Volume 38, Number 2
OCTOBER 2023

PRESIDENT'S NOTES



by Dr. Jerry Udelson

Hello IU Pediatric Dentistry Alumni and Friends. I hope you've had an enjoyable last few months including some vacation time with your family. While summer has ended I wanted to mention a couple of our spring activities.

The Biennial Conference that was held in Indianapolis in April in partnership with the Indiana Society of Pediatric Dentists had over 150 in attendance. On Friday Dr. Vineet Dhar provided some interesting continuing education for dentists while Dr. LaQuia Vinson taught a half day session on Administration and Monitoring of Nitrous Oxide/Oxygen Sedation to Allied Dental Professionals. The residents took over the continuing education on Saturday and it was exciting to hear about the research they are doing while at Riley.

During the Friday night dinner, I had the honor to present Dr. Jenny Stigers with the 2023 Distinguished Alumni Award. Dr. Avery was in attendance to swear in the new officers and welcomed new board member Alex Voris. Dr. LaQuia Vinson

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CONGRATULATIONS TO THE CLASS OF 2023



From left to right: Kylie Bontrager, Hana Reed, Mackenzie Bates, Mitchell Westberg, Alexandra Kolar, Hannah Jackson, and John Schlotz

CHAIRMAN'S REPORT



by Dr. Brian Sanders

Dr. Juan Yepes has been appointed as the Associate Dean for Graduate Research replacing Dr. Richard Gregory who retired in January of this year. While this will require additional time and effort, Dr. Yepes will maintain his current responsibilities with our

Pediatric Department.

Dr. Aline Castilho has accepted a position as an Assistant Professor of Pediatric Dentistry and should be starting in the fall. Dr. Castilho received her dental degree from the University of Sagrado, Brazil, her Pediatric Residency training and PhD in Oral Biology from the Piracicaba Dental School, University of Campinas, Brazil. She has a master's degree in Oral Biology from the University of Sagrado, in addition to completing a fellowship in physiological and basic sciences from Piracicaba Dental School. Dr. Castilho will be primarily working with the dental students in the pre-doctoral program. Dr. Castilho's background will give her the opportunity to collaborate with our colleagues in oral health to expand the research efforts within our department and provide a valuable resource to both dental students and the pediatric dental residency program.

Congratulations go to Dr. Carl Bell who received one of several Indiana University School of Dentistry Adjunct Faculty Teaching Award for his greater than twenty years of service and commitment to dental education.

Recent Departmental Publications:

Rector J, Scully A, Yepes J, Jones J, et.al. Financial impact of COVID-19 on dental care for pediatric patients: a dental claims review. *Pediatr. Dent* 2023 Jan15,45(1):32-36. PMID 36879371.

Yepes A, Yepes J, Jones J. Oral manifestations of acute lymphocytic leukemia. *J of the Michigan Dent Assoc.* May 2023, pp 38-43.

Jackson H, Yepes A, Vinson L, Jones J. et.al. Topical fluoride impact in future restorative procedures: A claims study. *J Am Dent Assoc.* 2023 Jul 26: S0002-8177 (23)00388-4. Doi: 10.1016/j.adaj.2023. 06.012.

Mason T, Kynneddy M, Eckert G, Dean J, et.al. A machine learning model for orthodontic extraction/ non-extraction decision in a racially and ethnically diverse patient population. *International Orthodontics.* 2023 Sept: vol 21(3).



PROGRAM DIRECTOR UPDATE

by Dr. LaQuia Vinson,
Program Director

Life at Riley has returned to what it was prior to March of 2020. It feels normal which is good. The class of 2023 graduated on June 30th, and they for a variety of reasons were a special class. What made this class one of the most unique classes to come through Riley was they were our first virtual class: they interviewed virtually, began residency with many virtual components, became experts in zoom, but did have the joy of transitioning to the “good old Riley days” along the way. Now, they are out in many different parts of the country and world making us proud. Dr. Hannah Jackson ventured down to Louisville and joined a practice with her husband Dr. Clay Jackson (Pediatric Dentistry 2021). Dr. John Schlotz continued his military service

with USAF and is now stationed in the UK. Dr. Kylie Bontrager stayed in the Indy area and is practicing with Clark, Dean & Associates as well as teaching in the predoc clinic. Dr. Mackenzie Bates ventured back east and is practicing in Virginia. Dr. Lexie Kolar decided to leave Indiana temporarily and experience practicing in Denver, CO, but we look forward to her future return and establishing a practice in the Ft. Wayne area. Dr. Hana Reed stayed in the area and joined the practice of fellow Riley alum John Emhardt in Shelbyville. Our former chief resident Mitch Westberg ventured home to the Pacific Northwest to Oregon and joined a practice there.

Our annual graduation dinner was filled with good food and great cheer. John Schlotz, was awarded both the Ralph McDonald Scholar Award and the Weddell Pediatric Dentistry Scholarship. Hannah Jackson received the G.R. Baker Fellowship Award and her husband Clay received the award in 2021 making them the first wife-husband duo to do such. Elizabeth Mechas and Dylan Nesty both received the Arthur Klein Research Award for their research achievements during their first year.

We continue to add new techniques to their training experience including using an iTero digital scanner for patient records and appliance fabrication, as well as using Sprig crowns on specific cases. The residents continue to see many patients in the clinic and in the OR, and have enjoyed the opportunities they have had to meet alumni during the biennial meeting, the AAPD annual session, and the local ISPD meetings.

LAUREN MUMMERT ALAVANJA, DDS 2013, PEDS 2015

by Melissa Evans, Director of Development

How did you decide on a career in pediatric dentistry?

I chose dentistry because I always loved science, healthcare, art and service work. I volunteered with my dentist at a community event to empower girls to become leaders, and I really admired what she was doing for our community. I then shadowed her and also really admired what she did professionally. I've always related best to children and thought pediatric dentistry could connect all of my passions.

Do you have a favorite experience from training at Riley?

I loved my experience at Riley. I appreciated how close we were as co-residents and how comfortable I felt with faculty and staff members in the clinic. I loved the closeness of the program and the variety of experience we got through our clinic and the rotations throughout the hospital.

One of the best experiences I had was working with Dr. Jones on a special case where we fabricated a mouthpiece for a child who did not have the use of her hands. She loved to draw while holding writing utensils in her mouth, and we were able to make a custom mouthpiece that would allow her to do that more safely. My co-residents were all there when we delivered the appliance for her to try for the first time. It was a really great experience and one of the first times I witnessed a child's true joy as the direct result of the dental work I provided.

Tell us about your path after graduation.

After graduation, I started working for the Dental Center of South Bend, and I'm still there now. I work on a part time ba-



sis, as I raise my young children. I get the opportunity to work on hospital cases at both hospitals in South Bend. Currently, it's been a challenge because we've lost block time at the hospitals. I've been working diligently to try to get that time back to serve our patients. I'm married to Dr. Branko Alavanja, who was two years ahead of me in dental school. He is periodontist who practices in South Bend. We have two sons. Aleksandar is four years old, and Oliver is two.

Do you have any advice for new alumni?

When you graduate, keep your bond going with co-residents. It's great to connect from time to time to bounce ideas off each other. Try to form professional relationships with other dentists and health care providers in your community. You can call on them for advice, but they will also be happy to know pediatric dentists in their network.

PRESIDENT'S NOTES *(continued from page 1)*

presented our newest graduates with the IUPDAA pin. The newest graduates to join our alumni ranks are Mackenzie Elizabeth Bates, Kylie Rochelle Bontrager, Hannah Jackson, Alexandra Rose Kolar, Hana Marie Reed, John Charles Schlotz, and Mitchell Edmund Westberg. Congratulations Class of 2023.

Along with the swearing in of the new officers we also thanked Dr. Nate Kirk for his long service to the alumni board. He has done a terrific job while on the board and especially the last two years as president.

We then headed to Orlando in May for the AAPD meeting. It was great to see so many alumni at our Saturday night program. Residents had an opportunity to meet alumni while alumni were able to reconnect with classmates. Thank you to everyone who donated to help send the residents to the meeting. We have put in a request with the AAPD for a suite for the 2024 Toronto meeting. We will not hear anything until the beginning of the year. Look for information to be sent in early spring.

Please look for the annual donation request that you will receive in the next few weeks. As always, the Alumni Association asks for your help with donations to help offset the cost of sending the residents to the AAPD meeting. To keep our self-funded organization thriving and continue to support the future residents, and the department, we need everyone that can to donate.

Thank you so much!
Your President
Jerry Udelson



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OUR ALUMNI IN LEADERSHIP POSITIONS

AAPD held a joint meeting in September with the Canadian APD in Montréal. Greg Westman (1988) is president of CAPD, and Tom Ison (1995) is in the VP for AAPD (top photo).

Dr. Ison also ran into Dr. Olaf Plotzke (1984) at the same meeting (bottom photo).

We are proud of our alumni!



CHIEF RESIDENT UPDATE

By Dylan Nesty

Another year has come and gone at Riley Hospital. With the graduation of the Class of 2023, we welcomed the Class of 2025 with open arms and eagerness. The first-year residents hit the ground running- handling all the challenges and new experiences of being on-call, studying hard for classes, seeing patients in the outpatient clinic, and helping in any way they can in the OR. The second years are adjusting to their new schedule, focusing more attention on their research projects while gaining invaluable clinical experience and soaking up all the knowledge the great faculty here at Riley have to offer. We recently attended the ISPD meeting and were able to listen to wonderful guest speakers present topics important to the pediatric dentist.

Not only have we become a close cohort by being in the clinic most days together, but we have also had plenty of opportunity to enjoy each other's company and get to know one another outside of the halls of Riley. After the first few weeks of classes, the residents got together and went to Pins (a local brewery with duckpin bowling) to decompress and get to know one another better. In the coming weeks, we have many different activities planned both in and outside of Riley. From pumpkin patches and apple picking, to presenting patient scenarios at our annual Morbidity and Mortality conference, we have many chances to not only learn from each other but also enjoy our time together before it comes to an end next June.

The residents were provided a fun questionnaire that will give a little more insight into their lives and background. Enjoy!

Second-Years

Nicholas Carlson

Where did you grow up and which dental school did you attend?

I grew up in Richland, WA and attended University of Louisville School of Dentistry (Class of 2022).

What is your favorite thing about pediatric dentistry?

Definitely interacting with the kiddos and making the dental chair a safe place for them. Nothing better than when a patient is super nervous before treatment and after they say "that wasn't bad!"

If you had to pick a favorite dental instrument, what would it be and why?

Ball burnisher, it is so universal and great for packing, blending and contouring composite.

If you could have one superpower, what would it be?

Teleportation 100%. Imagine how cool it would be to decide to go anywhere you want in the blink of an eye.

Elizabeth Mechas

Where did you grow up and which dental school did you attend?

I grew up in Lexington, Kentucky and attended the University of Kentucky College of Dentistry- Class of 2022.

What is your favorite thing about pediatric dentistry?

Working with children is such a special joy and there is never a dull moment. No one day is the same! I am so grateful to be part of shaping a patient's trip to the dentist.

If you had to pick a favorite dental instrument, what would it be and why?

Mirror- to look at the tooth at all angles!

If you could have one superpower, what would it be?

Being able to move at the speed of light.

Shamus Cooper

Where did you grow up and which dental school did you attend?

I grew up in Archdale, NC and went to dental school at UNC Chapel Hill

What is your favorite thing about pediatric dentistry?

The conversations you have with children. I love talking about my favorite Disney princess. Who my 6 Pokémon would be. Dinosaurs. Superheroes. Helping a child through a difficult appointment is the most rewarding part of the job though.

If you had to pick a favorite dental instrument, what would it be and why?

Explorer because I like to travel and explore the boundaries of everything be it dentistry or social norms.

If you could have one superpower, what would it be?

I'd want the powers of Scarlet Witch.

Dylan Nesty

Where did you grow up and which dental school did you attend?

I grew up in Brazil, Indiana and attended the Indiana University School of Dentistry (Class of 2022).

What is your favorite thing about pediatric dentistry?

I love being able to connect with patients and help them feel more comfortable in the dental chair, whether it be by singing songs, using tell-show-do, or talking about their favorite cartoons! I also love learning from our amazing faculty and working/learning alongside my co-residents.

If you had to pick a favorite dental instrument, what would it be and why?

½ Hollenbach carver. They're sharp, and there's nothing more satisfying than using one to carve anatomy into a nicely placed amalgam.



First and Second Year Residents at Pins

Left to Right (front row): Nadia Pritchard (PGY1), Gillian Casey (PGY1), Teliane Bakala-Mpandzou (PGY1), Maya McFrazier (PGY2)

Left to Right (back row): Nicholas Carlson (PGY2), Dylan Nesty (PGY2), Elizabeth Asdell (PGY1), Muneeb Shaikh (PGY2), Shamus Cooper (PGY2)

If you could have one superpower, what would it be?

I wish I could teleport! I love to travel, and it would be great to get anywhere I wanted quickly and to be able to spend a day wherever I wanted!

Lucy Knippenberg

Where did you grow up and which dental school did you attend?

I grew up in Edwardsville, IL and went to Indiana University for dental school.

What is your favorite thing about pediatric dentistry?

Pediatric dentistry never gets boring. We see such a variety of personalities and every day is different.

If you had to pick a favorite dental instrument, what would it be and why?

The dry shield is my favorite. Such a game changer!

If you could have one superpower, what would it be?

I would be able to freeze time. I have two daughters and there is never enough time for everything that we want to do.

Maya McFrazier

Where did you grow up and which dental school did you attend?

I grew up in Frankfort, KY, and I attended the University of Louisville School of Dentistry ('22).

What is your favorite thing about pediatric dentistry?

I love being able to help kids conquer their fear of the dentist!

If you had to pick a favorite dental instrument, what would it be and why?

I always reach for the football burnisher whenever I am doing restorations.

If you could have one superpower, what would it be?

I am not a fan of driving so I would love to be able to teleport!

Muneeb Shaikh

Where did you grow up and which dental school did you attend?

I grew up in Michigan and attended IU for dental school.

What is your favorite thing about pediatric dentistry?

Changing the perception of dentistry for kids at a young age and creating mostly positive experiences.

If you had to pick a favorite dental instrument, what would it be and why?

Molt mouth prop because it saves my fingers from getting bit by those little chompers.

If you could have one superpower, what would it be?

Super speed so I could be early to things.

First-Year Residents

Anne Clark

Where did you grow up and which dental school did you attend?

I grew up in Indianapolis and attended IU School of Dentistry

What is one thing Riley has taught you since starting residency?

More than anything, being at Riley has taught me that everything about a patient needs to be considered before treatment planning, and to always think of what is best for the patient.

What is your 'driving in to handle a page from the ED at 3 am' pump-up jam?

Whatcha Say by Jason Derulo

If you could travel anywhere in the world, where would you go and why?

#1 on my bucket list currently is Paris.

Abigail Roederer

Where did you grow up and which dental school did you attend?

I grew up in Fishers, IN and attended dental school at Mid-western University in IL.

What is one thing Riley has taught you since starting residency?

Regardless of a patient's race, ethnicity, background, beliefs, medical history etc... everyone needs dental care! It is so rewarding to be able to treat any and all kids at Riley :)

What is your 'driving in to handle a page from the ED at 3 am' pump-up jam?

DMB's most recent album "Walk Around the Moon" is a current go to!

If you could travel anywhere in the world, where would you go and why?

I would love to go to Switzerland or Greece!

Nadia Pritchard

Where did you grow up and which dental school did you attend?

Chesterton/Valparaiso, IN (The Region)

IU School of Dentistry (Class of 2023)

What is one thing Riley has taught you since starting residency?

Working with kids every day is the most fulfilling job in the world. There is nothing greater than being able to connect with patients of all abilities and give them the best dental experience as possible.

What is your 'driving in to handle a page from the ED at 3 am' pump-up jam?

Panic at the Disco or Taylor Swift

If you could travel anywhere in the world, where would you go and why?

Bora bora- I've always wanted to go somewhere where the water is crystal clear blue and stay in one of the resorts with huts on top of the water that has a water slide into the ocean.

Anne Brouillard

Where did you grow up and which dental school did you attend?

I grew up in Plainfield, IN and went to Indiana University School of Dentistry.

What is one thing Riley has taught you since starting residency?

It's easy as a dentist to solely focus on a patient's teeth, but treating kids at Riley has taught me to look at a patient as a whole person. Being a pediatric dentist, especially at Riley, is much more than treating cavities. It's about establishing oral health habits at a young age and making children and their parents feel safe.

What is your 'driving in to handle a page from the ED at 3 am' pump-up jam?

This might be cliché as a pediatric dentist, but it's *Strangers Like Me* from Tarzan.

If you could travel anywhere in the world, where would you go and why?

Take me to Switzerland please!! I want to see the mountains, blue water, wildflowers, and cute Swiss towns. It looks and feels like a storybook.

Teliane Bakala-Mpandzou

Where did you grow up and which dental school did you attend?

I grew up in Chicago, IL and attended the University of Illinois at Chicago College of Dentistry.

What is one thing Riley has taught you since starting residency?

“Tell-Show-Do” really works!!!!!! Definitely one of my favorite behavior management tools.

What is your ‘driving in to handle a page from the ED at 3 am’ pump-up jam?

Work by Rihanna

If you could travel anywhere in the world, where would you go and why?

I would go to Zanzibar, Tanzania just to lay out on the beautiful beaches.

Elizabeth Asdell

Where did you grow up and which dental school did you attend?

South Bend, IN / IU

What is one thing Riley has taught you since starting residency?

The large need for oral health care among the medically complex population

What is your ‘driving in to handle a page from the ED at 3am’ pump-up jam?

Cruel Summer by T Swift

If you could travel anywhere in the world, where would you go and why?

Italy to experience the food and history!

Gillian Casey

Where did you grow up and which dental school did you attend?

Harrodsburg, KY/ University of Louisville

What is one thing Riley has taught you since starting residency?

Listening to people and making sure they feel heard goes a long way

What is your ‘driving in to handle a page from the ED at 3 am’ pump-up jam?

Jump Around by House of Pain

If you could travel anywhere in the world, where would you go and why?

Australia/New Zealand



Indiana University School of Dentistry

7 Night Canada/New England Cruise On Board Holland America’s Zuiderdam September 28 – October 5, 2024



Cruise Itinerary

9/28/24	Embark Quebec City, Quebec - Overnight	TBA on board time
9/29/24	Quebec City, Quebec	Departs 3pm
	Tentative IUSD CE Lecture	8 – 10am
	IUSD cocktail party	5:30pm – 6:30pm
9/30/24	Cruising the Gulf of St. Lawrence	
	Tentative IUSD CE Lecture	8am – 5am
10/1/24	Charlottetown, Prince Edward Island	8am – 5pm
10/2/24	Sydney, Nova Scotia, Canada	8am – 4pm
10/3/24	Halifax, Nova Scotia, Canada	8am – 4pm
10/4/24	Bar Harbor, Maine	8pm – 5pm
	IUSD Farewell Cocktail Party	5:30pm - 6:30pm
10/5/24	Arrive Boston, MA - Disembarkation	7am

10 hours of continuing education will be offered on the ship. We are also working on an additional 10 hours of self-study that will be sent to you in advance of the cruise.

Cruise Pricing

- **Inside Stateroom (Category I):** \$1,914 per person / double occupancy
- **Ocean View Stateroom (Category C):** \$2,154 per person / double occupancy
- **Veranda Stateroom (Category VA):** \$2,829 per person / double occupancy
- **Signature Suite (Category SS):** \$3,804 per person / double occupancy

Single, Third & Fourth guest and other categories not listed above available upon request (subject to availability and not guaranteed.)

If you have any cruise questions call Ambassadair at 317-218-0802 or 800-225-9919 ext. 283 Mon.-Fri. between 8:30 am – 5:30 pm EST. For IUSD alumni questions call Karen Jones at 317-274-8959 or kdeery@iupui.edu.

Prices do not include any taxes or fees to be paid in final payment. To reserve a cabin go to: <https://ambgi.com/iuaa-7-night-zuiderdam>

Sponsored by Indiana University School of Dentistry and Indiana University Alumni Association

THE CAREER OF DR. HALA ZAWAWI HENDERSON

Summary by Jeffrey Dean, October 2023



The university learned this past year of the passing of Dr. Hala Henderson. I've been asked by our editors, David Avery and Karen Jones to provide a memory article in tribute to Hala and the outstanding career and positive influence she had. I direct you to the bio sketch in this tribute for more of the timeline of her career, but you can see that she received her BDS in India and came to Indiana University in 1957, retiring as Professor Emerita in 1996.

She, and her husband Walter, lived and raised their family on the north side of Indianapolis. My personal reflections of Hala are centered around the time I had the pleasure of working with her in the predoctoral pediatric dentistry program. Her intense dedication to her students and patients was obvious and rubbed off on me when I started as a full-time faculty member.

Most notably I remember fondly her taking attendance at each lecture class by having the students sit alphabetically in the lecture hall. She often told the students that she felt she had a personal appointment with each one of them for that class and it was important to her that she be there on time and engaged, just as she expected them to do the same.

Among hundreds of small but meaningful things I picked up from her that I remember fondly, was how gently she would take the time to help the students look at radiographs and dental photos and learn to name both the permanent and the primary teeth.

I was also particularly impressed that she served as the first female president of the American Society of Dentistry for Children, as well as serving as an IUSD Associate Dean for Student Affairs; a role that she was particularly good at doing!

Two final closing notes: In 2009 Hala received the IU Pediatric Dentistry Alumni Association Distinguished Alumni Award (see photo above), and last but by no means least, Hala and her Zawawi family, established the IU Pediatric Dentistry Zawawi Research Fund, which has been used by the department to fund faculty and student research for at least a

College of Diplomates of the American Board of Pediatric Dentistry



Name: Hala Z. Henderson
Year COD-ABPD President: 1995

Education: **Year Started – Year Graduated:**

St. Xavier's College, Bombay, India	
Bombay University	1956- BDS
Pedodontic Fellowship Guggenheim Dental Clinic, New York	1956-1957
Indiana University School of Dentistry	1959 - MSD
Indiana University School of Dentistry	1970 – DDS
ABPD Certification Year: 1979	
Employment Highlights/ Position(s) held:	
Junior Lecturer C.E.M. Dental College, Bombay, India	1959-1960
Ministry of Health, Kuwait	
Head of Dental Section, School Health Department	1960-1968
Indiana University	
Assistant Professor of Pedodontics	1970-1974
Associate Professor	1974-1980
Professor	1980-1996
Associate Dean for Student Affairs	1990-1996
Acting Associate Dean for Academic Affairs	1994-1996
Professor Emeritus	1996 to current

couple of decades and has an approximate principal balance of \$500,000 in it.

Thank you Hala, for all that you did for me, your friends, our students and patients, and your colleagues; we miss you dearly!

In 2019, Hala was named as a "Faculty Giant" in the IUSD Alumni Bulletin with this accompanying photo and story:



Dr. Hala Henderson
During freshman orientation, **Dr. Hala Henderson** told students they were colleagues. "I'm paid by the state," she said, "to help you place a DDS behind your name within four years, and that is the only essential difference between us." She would invite them to her home and cook for them. She knew their spouses' and children's names. This kind of devotion to students allowed Dr. Henderson to flourish as faculty, chair of undergraduate pediatric dentistry, and executive associate dean of faculty and student affairs.

THE RALPH E. MCDONALD AWARD RECIPIENT NAMED AT THE AAPD ANNUAL SESSION

Annually the AAPD recognizes a GSRA finalist judged to have accomplished the most outstanding research project based on a combined score of abstract, manuscript and oral presentation. The award was established in 1991 to honor our own Ralph E. McDonald, the past president of the AAPD and editor emeritus. This year's recipient is Dr. Brittany Schweiger from The Ohio State University. Her research was "Risk of Ankylosis in Children with Permanent Tooth Intrusion Injuries." Pictured below with Dr. Schweiger are Dr. Jeff Dean and his wife, Barb.



JENNY STIGERS PRESENTED THE 2023 IUPDAA DISTINGUISHED ALUMNI AWARD

Dr. Jenny Stigers was presented the 2023 IUPDAA Distinguished Alumni Award by Dr. Jerry Udelson at the Biennial Dinner in April. Congratulations to Dr. Stigers. Here is a copy of the remarks made at the dinner. "Dr. Jenny Ison Stigers completed her residency in pediatric dentistry at Indiana University where she received the 1989 Ralph E. McDonald Scholarship Award. Following in the footsteps of two other IU pediatric dentistry alumni (Doctors John Mink and Bob Spedding), she left IU to pursue an academic career at the University of Kentucky College of Dentistry, her alma mater, returning as director of the pediatric dental clinic and later chief of dental services at Kosair Children's Hospital in Louisville. She then served for two decades as director of the UK Western Kentucky Mobile Dental Program. Jenny also followed these distinguished gentlemen in serving IUPDAA, where she was a director or officer from 1997 to 2009.

Jenny obtained certification by the American Board of Pediatric Dentistry in 1995. She became a member of ABPD's Advisory Council and an examiner for the Oral Clinical Examination beginning with its pilot administration. She was elected director of the Board in 2008, chairing the Qualifying Examination Subcommittee as it transitioned to a written examination covering scientific and biological principles that support contemporary pediatric dentistry. She served as president of ABPD in 2012-2013.

Throughout her career, Jenny has been active in the American Academy of Pediatric Dentistry. She has been an AAPD Fellow since 1995. She chaired the AAPD's Council on Clinical Affairs, the Committee on Behavior Guidance, and the Task Force on Strengthening the Science in AAPD's Guidelines and Journals. She was honored with the AAPD's Leadership Award in 2004 and Pediatric Dentist of the Year Award in 2008. Jenny was also chosen as a member of the first cohort of the AAPD Leadership Institute at the Kellogg School of Management. She represented AAPD on a national multispecialty panel



reviewing radiographic guidelines and on a multidisciplinary expert panel developing a consensus statement on healthy beverages during early childhood. She currently is an associate editor for AAPD responsible for the annual publication of The Reference Manual of Pediatric Dentistry.

In addition, Jenny has served as President of the Kentucky Association of Pediatric Dentists, on the Missouri Dental Board's Pediatric Dentistry Specialty Examining Committee, on the Board of Directors of the Humane Society of Southeast Missouri, and on various councils and committees of local schools and organizations. She has contributed chapters to multiple editions of McDonald and Avery's Dentistry for the Child and Adolescent and The Handbook of Pediatric Dentistry.

Jenny is married to Stephen W. Stigers, M.D., D.M.D. They live in Crestwood, Kentucky with their daughter, Li Fu, and two dogs."

LIFE!! IT JUST GOES ON, DOESN'T IT?

We can't make it go faster, slow it down, stop it or reverse it, as much as we would like to do one or more of these throughout our lifetimes. Whether you are part of the G.I. Generation (Greatest Generation), The Silent Generation (Lucky Few), The Baby Boomer Generation (Baby Boomers), Generation X (Latchkey Kids), Generation Y (Millennials) or Generation Z (Gen Next) we all have something in common if you are reading this.

In his last article as president, Nate Kirk, asked alumni to step up if asked to serve. I hope you will consider how you can help our program.

We all chose to help children. We were accepted to Indiana University and got our degrees in the Department of Pediatric Dentistry. What an honor it is to be an alumnus of the preeminent Pediatric Dental Program in the world. Personally, I had the privilege to hear lectures and to be mentored by two great men of our profession, Drs. McDonald and Avery. These men humbled me with their kindness and generosity to share their knowledge. There were so many others that I can think of, like many of you can, who set Indiana University Department of Pediatric Dentistry apart from other programs with their sharing of their time, finances, and knowledge.

All of us are part of a legacy that has been handed down to us over the years. Legacies can become endangered without continued involvement, support, and appreciation. Our Alumni Association is not something we can take for granted. This legacy becomes endangered without the continued support of the generations mentioned above nor the support of the future generations to come.

When I think of my time at Indiana University Department of Pediatric Dentistry and Riley Children's Hospital it brings a smile to my face. The education, training, mentorship, and friendships we received prepared us to partake in a wonderful professional life. All of us are in different phases in our lives. I would like to encourage all of you to dedicate or rededicate your support, in whatever way you can, to our Alumni Association so that this Legacy that exists today can continue well into the future for alumni whose generation has yet to be named.

Dr. Nate Kirk II, I want to thank you for the job you have done over the past two years. My hope for the next two years is to see the IUPDAA grow and thrive during my term as President.

One of our current Board Members has a lot going on in her life which at times prevents travel to some of the IUPDAA meetings. After much discussion Dr. Lisa Hanson has decided to step aside from her Board position at this time. She hopes in the future that she can once again be involved in the IUPDAA in a Board level position. According to the By-laws of the IUPDAA the President can appoint a member to assume the vacated position. Dr. Bret Jerger has generously offered to assume Dr. Hanson's Board Position. We welcome Dr. Jerger and wish Dr. Hanson well.

Members, thank you for your continued support and involvement in the IUPDAA!

Dr. Westman, we are coming to see you in the great city of Toronto! Get Ready!!

Dr. Jerry Udelson



SEAN COOK, DDS 2003, RILEY 2005

by Melissa Evans, Director of Development

How did you decide on a career in dentistry?

I grew up on a small farm in central Indiana. Growing up I knew I wanted to be a farmer or a dentist. As I advanced further in my education, I realized I wanted to be more of a dentist than a farmer. I went to Indiana State University and majored in biochemistry. I came to IUSD, and thought I wanted to be a general dentist so I could do a little bit of everything. I did pediatric dentistry rotation, and that's when I started thinking about pediatrics.

The education part of pediatric dentistry is what drew me to it. I have a lot of educators in the family. When I started the rotation, I realized I was more of a dental teacher than anything. I enjoyed teaching early oral health habits to the kids and parents to prevent dental caries. Service learning also had a big impact on my choice to go into pediatric dentistry. I was able to go on trips to Mexico in my 3rd and 4th year of dental school where we taught oral healthcare and provided dental care to children. During my residency I completed my research on the dental caries experience of the children in remote villages in Mexico.



What took you to Newburgh, Indiana?

When I was at Riley, I was looking to go to Avon, Bloomington, or the Newburgh area. I sent letters out to several pediatric dentists that I took meetings with. I met with Dr. David Miller, who was also an alum that was practicing in Newburgh. We had similar philosophies, and he was looking for a partner. We were partners for 8 years, and I've been solo now for 10 years.

What do you enjoy doing when you're not practicing dentistry?

My wife Amanda and I are high school sweethearts. She had a career as a schoolteacher, and now is a stay-at-home mom. We have a 12-year-old son Alex and 10-year-old twin girls Car-



oline and Jolie. They keep us very busy. Alex is involved in golf and basketball. Caroline is involved in competitive tumbling and Jolie is a competitive swimmer. And maybe the most important members of our family, our golden doodles Axl and Agnes. They often serve as our Family therapy dogs. When I have time, I enjoy playing golf and hiking.

Do you have advice for new alumni?

Become involved in organized dentistry, whether at the local, state, or National level.

Always be true to your values and philosophy. You do not have to treat every patient that walks through your doors, nor do you have to keep every team member on your team. If you explain your values and philosophy and they are not on the same page, that is OK. There is a place better suited for them.

Also, finding time for self-care is so important. Your busy right now, but it doesn't get any less busy. You must create and figure out routines to take care of yourself both physically and mentally. Pediatric Dentistry is a stressful and challenging profession.

I am very proud and honored to be a part of "Our Tree" and want to thank all the alumni who came before me and helped create such a wonderful alumnus and look forward to working with and mentoring our future alumni.



GRADUATION 2023

A special evening was held for the Class of 2023 for the celebration of their graduation. We wish them great luck in their careers. They were each presented with our IUPDAA pin as they were welcomed into the ranks of our distinguished alumni. IUPD alumni and faculty are here for you so do not hesitate to reach out when you have a question or need.



GRADUATION 2023



AAPD IN ORLANDO

If you missed our suite in Orlando this past May we hope you can join us in Toronto. Look for more information in the spring about Toronto. We appreciate all alumni who donate to make it possible to send the residents to this meeting. There was a good turnout of alumni on Saturday night to hear an update on the IU Pediatric Dental Department and to officially be introduced to the residents. We hope you enjoy the photos.





2023 BIENNIAL CONFERENCE RECAP

The IUPDAA Biennial Conference was well attended with over 160 present to hear lectures on Friday from Dr. Vineet Dhar from the University of Maryland and our own Dr. LaQuia Vinson. The IUPDAA traditional biennial dinner was held Friday evening with the presentation of the Distinguished Alumni Award to Dr. Jenny Ison Stigers, swearing in of the new officers by Dr. David Avery, and recognition for the Class of 2023. President Nate Kirk served as the MC for the evening and passed the gavel to incoming president Jerry Udelson. We were also given greetings by Dean Carol Anne Murdoch-Kinch. On Saturday the residents presented their research to alumni. The conference was held at the Sheraton Keystone Crossing Indianapolis. We again partnered with the Indiana Society of Pediatric Dentistry and appreciate their willingness to join together for this biennial meeting.







