



**Retreat**

Manitoba  
**Dental**  
Association



**GPSC**  
GENERAL PRACTICE  
STUDY CLUB



ELKHORN **RESORT** & SPA  
CLEAR LAKE MANITOBA



**Your Retreat  
Guidebook**

**September 14th – 17th, 2023**

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# Welcome!

We are delighted to welcome you to the second annual GPSC Retreat Weekend. Our hope is to continue providing you with a remarkable continuing education experience that ultimately results in both personal and professional growth. Whether it be during the campfire talks or the meals shared with peers and family alike, we encourage you to reconnect with colleagues and be open to forming NEW friendships and professional relationships as well.

A new addition for this year will be a partnership with the Western Manitoba Dental Society Golf Event. You can choose to take part in golf or take the day to relax and enjoy the Elkhorn Resort Spa or some of the other amazing attractions Riding Mountain and Clear Lake have to offer.

We thank you for your commitment to higher education and your willingness to help create an environment that facilitates the sharing of experience and knowledge. We think you will enjoy this years speakers.

During the Q&A portions of each lecture, we encourage everyone to participate in group discussions as this allows our lecturers to dig deep into their wealth of knowledge and brings opportunity for our attendees to share what they've encountered throughout their practice. In the past, such communication has served to enhance each GPSC session.

The social program for the weekend was designed to include something for everyone. We've encouraged families/spouses to attend the retreat as there is a plethora of outdoor and indoor activities available. Those not in attendance for the dental lectures on Saturday are free to hike in the park, play in the pool, soak in the rooftop outdoor hot tub or enjoy some rest and relaxation at the Soltace Spa. Clear Lake and the town of Wasagamis are within walking distance and include a beach and boat pier, nature museums, tennis courts and much more.



This GPSC Retreat Weekend in Riding Mountain is meant to renew and rejuvenate each of us. Through collectively expanding our minds and knowledge base in the pursuit of excellence we lean on one another to grow and spring forward. Those who work together to research, reflect, think and discuss, create the building blocks required to pave new paths into the future.

Learning Today. Leading Tomorrow.

GPSC Co-Chairs:

Dr. Karen Rosolowski &

Dr. Jessica Carswell

# Featured Speakers



## **Dr. Adriana Salles**

Dr. Adriana Salles is Pediatric Dental Specialist, born in Brazil, is fluent in Portuguese, English, and can also understand Spanish. She completed her Doctor of Dental Medicine and her Masters in Pediatric Dentistry in 2001. She is a member of the Manitoba Dental Association and a board certified fellow of the Royal College of Dentists of Canada, Pediatric Division (RCDC). Dr. Salles also holds a membership from the American Association of Pediatric Dentistry. Dr. Salles arrived in Canada in 2009 with her husband and her son. She came to teach Pediatric Dentistry at the University of Manitoba and was a full time assistant professor for several years. She also teaches in the Master Program of Pediatric Dentistry in Winnipeg. On her leisure time, she likes to spend time with her two kids Alvaro and Laura, husband and her dog Thor.

## **Dr. Alvaro Wagner Rodrigues**



Dr. Alvaro Wagner Rodrigues Salles obtained his DDS degree at the University of Santo Amaro, Brazil, in 1988. He finished his Master of Science program in Pathophysiology with a focus in Temporomandibular Disorders in 2001 at the University of Santos, Brazil, and obtained the specialist title in Functional Orthopedics in 2003. He concluded his Ph.D. in 2006 at the University of São Paulo with an interest in the evaluation of pulpal blood flow during the orthodontic movement. In 2009 Dr. Salles moved to Winnipeg and started lecturing at the University of Manitoba. In 2017, he finished his Master of Science in Orthodontics at the University of Manitoba and successfully passed his board exam at The Royal College of Dentists of Canada. Dr. Salles has been lecturing in South America, Europe, Asia, USA, and Canada. In addition, he published peer review articles in the past years.



# Featured Speakers



## Dr. Murray White

Dr. White is a graduate of the University of Manitoba and a well-respected dental professional. He is a past president of the Manitoba Dental Association, which is a position elected by his peers, and he is also a part time instructor at the University of

Manitoba.

Dr. White has sat in additional roles within the profession of dentistry including, Past Chair MDA Economics Committee, current Chair MDA Peer Review Committee, Examiner for the NDEB.

Additionally Dr. White is a Fellow of the International College of Dentist and Fellow of the Pierre Fauchard Academy.

When he steps away from the world of dentistry he enjoys time with his family, relaxing at the lake, golfing, hiking and now fishing.

## Dr. Ron Tough



Graduated in 1983 from the U of M. Started my own general practice about 5 years after that in Winnipeg (Island Lakes). Served on various MDA committees over the years including the office assessment committee, infection control committee and several terms on the peer review committee. I took a number

of courses to learn how to become a licensed investigator, then spent 10 years as an investigator for the peer review committee. I am currently the Mediation Liaison officer for the MDA where I help to mediate an effective and timely resolution to concerns expressed by members of the public or licensed members through an informal process of mediation. I spent many years as an instructor with the 4th year general practice clinic at the Faculty of dentistry. I retired from active dental practice 3 years ago, and in addition to working with the MDA now I spend a couple of days a week as a dental consultant with Canada Life, I volunteer at a wildlife rehabilitation centre where I focus on training raptors, and I spend the rest of my time on the pickleball court!



# Featured Speakers



## **Dr. Kelly Regula**

Kelly Regula graduated with her PhD in Physiology from the University of Manitoba in 2004 with published research concerning programmed cell death in the heart. It was the perfect balance of art and science and a desire to help others that

ultimately drew her to dentistry.

Kelly has practiced general dentistry in Manitoba since 2008 (University of Manitoba graduate). She embarked upon her career in Winkler, Manitoba but eventually transitioned to a permanent position in Winnipeg. She presently co-owns Waverley Dental Centre with friend and colleague Dr. Lori Simoens.

Kelly has been a clinical instructor at the Dr. Gerald Niznick College of Dentistry, University of Manitoba since 2008. She enjoys giving back to her alma mater which gave her a strong foundation in clinical dentistry. Kelly has a passion for learning! She is a member of various study clubs, volunteers with MDA programs and is a current MDA board member.

Kelly enjoys volunteering. She has been involved in dental humanitarian missions to Uganda, Cambodia, Ecuador and Nicaragua. In her free time Kelly enjoys pottery, traveling and weekends at the lake with her husband Trevor and son Oliver



## **Dr. Lori Simoens**

Born and raised in Winnipeg, Dr. Lori Simoens attended the University of Manitoba, where she completed her Bachelor of Science degree prior to beginning her career in dentistry.

After obtaining her Doctor of Dental Medicine from the University of Manitoba in 2008, she immediately moved to begin practice in Dauphin Manitoba.

After a year, she relocated back to Winnipeg where she worked in the Windsor Park community, just a stone's throw from her childhood home.

Dr. Simoens appreciates a sense of community and thrives in a team environment. Likewise, she loves the collaborative aspect of being a dental professional: her professional extracurricular activities involve active participation in several local study groups.

Dr. Simoens is a member of numerous study clubs and also serves as a facilitator for the Winnipeg General Practice Study Club, as well as gives lectures to the Dental Students as part of the Mentorship Program at the University of Manitoba. Dr. Simoens enjoys applying the practical lessons learned through her participation in her extracurricular activities (both professional and personal) to her practice.

The collaboration of the dental team, camaraderie of other dental professionals and partnership between dentist and patient provide Dr. Simoens with immense satisfaction and fulfillment; she is always eager to share that excitement with her colleagues and patients alike.

# Featured Speakers



## Joanne Carswell

Joanne Carswell began her education at the University of Manitoba with a Bachelor of Physical Education following that she completed her Bachelor of Medical Rehabilitation - Physical Therapy. In 2001 Joanne completed her Advanced

Orthopaedic Exam through the National Orthopaedic Division. In 2011 she completed a Masters of Clinical Science through Western University. Joanne is accredited to do Acupuncture, Dry Needling and Vestibular Rehabilitation. She is an instructor and an examiner for the National Orthopaedic Division and an Instructor at the College of Rehabilitation Sciences, University of Manitoba. Joanne practices at Vista Place Physiotherapy and Sports Injury Clinic in Winnipeg, MB. Joanne has a strong interest in injury prevention and promoting wellness



## Nicole Carswell

Nicole completed her Bachelors of Kinesiology in 2019 and went on to graduate with her Masters in Physiotherapy in 2021 from the University of Manitoba. She is passionate about physical activity and the use of exercise to help patients rehabilitate

from injuries and enrich their wellbeing. Nicole has a keen interest in manual therapy and is currently completing her post-graduate orthopaedic level courses with plans to eventually become FCAMPT certified. Nicole has completed the Kinactive Kids – Pediatric Motor Development course and is experienced in treating plagiocephaly and torticollis, toe walkers, gross motor delays, and a variety of orthopaedic injuries. She is dedicated to continuing education in order to provide her patients with the most up-to-date evidence-based care.





## General GPSC Retreat Registration Fee \$125 plus GST

Includes:

- Thursday Welcome Fire Evening
- 4 Lecture Sessions
- Friday - Breakfast and Lunch
- Friday Meet and Greet Dinner with the Golfing contingent
- Saturday MDA Hospitality evening

**NOTE** – Elkhorn Resort Hotel Rooms are not included in the \$125 Fee

4x Double Queen Golf view - \$215+tax/night

5x Double Queen Stable view - \$215+tax/night

17x Fireplace Stable view - \$215+tax/night

4x Standard Double Queen - \$215+tax/night

### MDA Room Conditions:

• All guestrooms are subject to 8% PST and 5% GST. Guestrooms do have a 14 day cancellation; any rooms cancelled after this date will be subject to the first night's charge. Any reservations that do not show up will be charged for their entire stay.

### Release Date

• Any unreserved rooms in the room block on August 14, 2023 will be released into the front desk inventory.

To Book call - T: 1.866.355.4676 **Reference MDA23**

### Golf Day & Dinner:

• For those that wish to golf in the Western Manitoba Dental Society Golf Tournament, there will be a direct memo to all wishing to take part in the golf tournament taking place Saturday, September 16th.

• The Golf event includes breakfast, green fee and cart, dinner and a CE lecture.

• For those not golfing you can join the dinner and CE session for an additional \$50

# IMAGINE PLAN ACHIEVE

As a dentist in Manitoba, you have exclusive access to CDSPI, a not-for-profit organization created by dentists, that is solely focused on helping you plan and achieve your dreams.

 **CDSPi** ADVICE.  
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1.800.561.9401 [cdspi@cdspi.com](mailto:cdspi@cdspi.com)



# Retreat Schedule

## **Thursday, September 14th:**

Attendees travel on their own and arrival times will vary.

Welcome Fire & S'mores in the evening (weather permitting)

## **Friday, September 15th:**

8:00-9:00 am: Breakfast – Families welcome

9:00-12:15 pm: Spouse and Family Activities

9:00-10:30 am: Speakers – Dr. Adriana Salles & Dr. Alvaro Wagner  
Rodrigues Topic – Ortho-Pedo Dentistry

10:30-10:45 am: Break

10:45 am-12:15 pm: Speakers – Dr. Murray White & Dr. Ron Tough Topic –  
Peer Review

12:15-1:00 pm: Group Lunch - Families welcome

1:00-2:30 pm: Speakers – Dr. Kelly Regula & Dr. Lori Simoens Topic –  
Practice Management: From grad to where we are now....the journey.  
You don't know what you don't know

2:30-2:45 pm: Break

2:45-3:30 pm: Speakers – Joanne Carswell & Nicole Carswell Topic –  
Ergonomics

3:30 pm-6:30 pm Free Time

7:00 pm Dinner & Socializing with the Western Manitoba Dental  
Society (WMDS) Golfers (Hosted in a Cabin to be confirmed).

Families may choose to have dinner separately and are welcome to join  
later to socialize.



## **Saturday, September 16th:**

8:00 am Breakfast at Resort for those not golfing (on your own).

Golfers will have access to a breakfast at the golf course and is included in your golf fee.

The Remainder of the Day is open for people to choose what they wish to take part in.

Option A – WMDS Golf Tournament:

- Clear Lake Golf Course and includes Breakfast starting at 8:00
- Tee-Off Time 9:00 am start for the first group
- Additional Fee (Includes Breakfast at the Golf Course & Dinner at Elkhorn Resort) \$300

Option B – Take some time to enjoy the Elkhorn Spa

Option C – There are numerous activities at the Elkhorn Resort and you may also choose to explore the many trails in the area and visit the town of Clear Lake.

Post Golf Dinner & CE Event (approximately 5 pm)

At the completion of the golf tournament there will be a Continuing Education Lecture of approximately 30 minutes followed by dinner

- This will take place at the Elkhorn Resort Main Lodge.

MDA Hospitality Room – Saturday Night: all are welcome to come and enjoy the evening courtesy of the MDA.

## **Sunday, September 17th:**

9:00 am – 10:30 Bike Tour with Allison Simpson

- This is of course optional. Bikes can be rented in town, or you may choose to bring your own. It won't be a strenuous ride, and may even include a stop for morning ice cream!

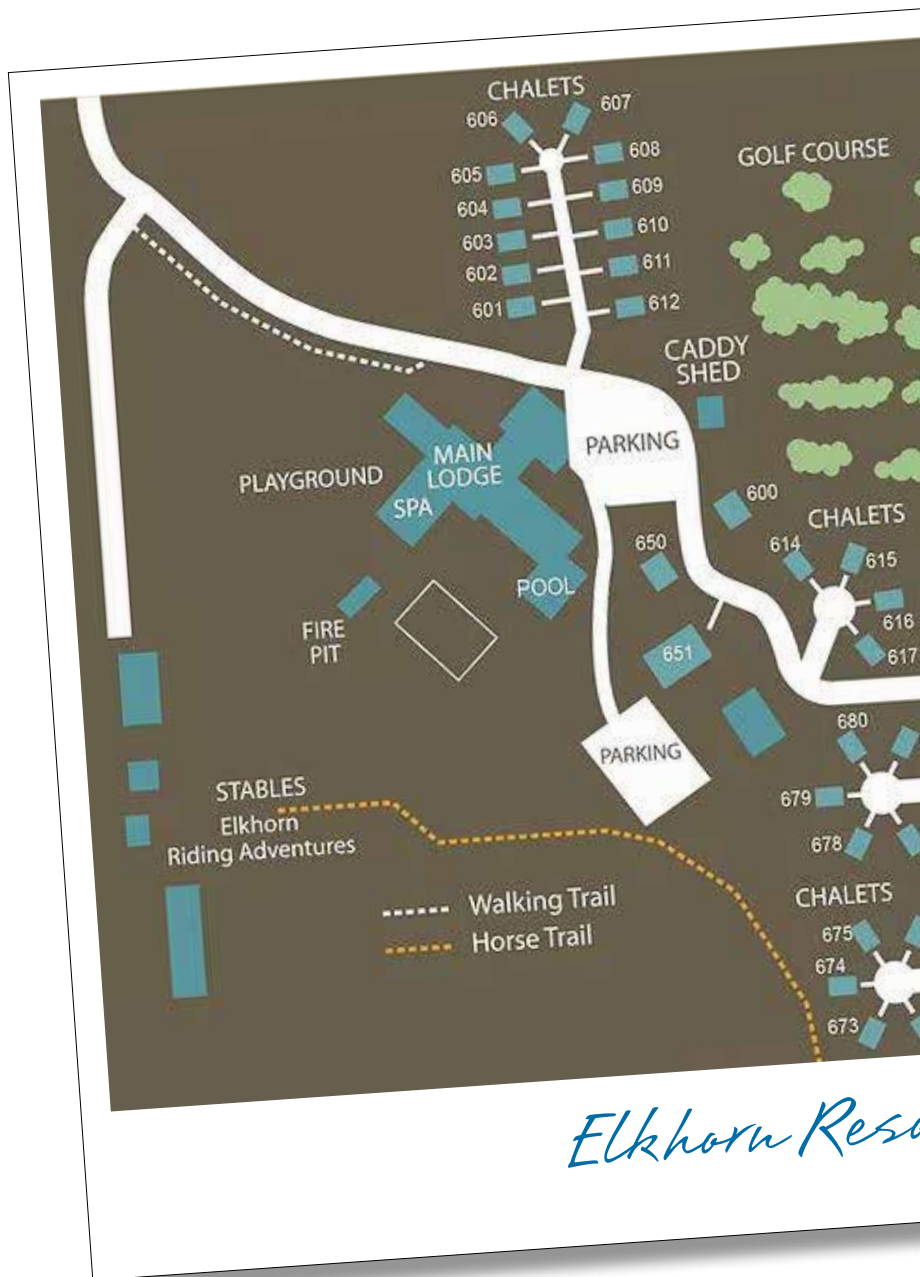
Departure Day – we know some may choose to depart on Saturday and that will work fine. For those that can stay into Sunday, we know it will be a great opportunity to network and get to know you.

## **To Register:**

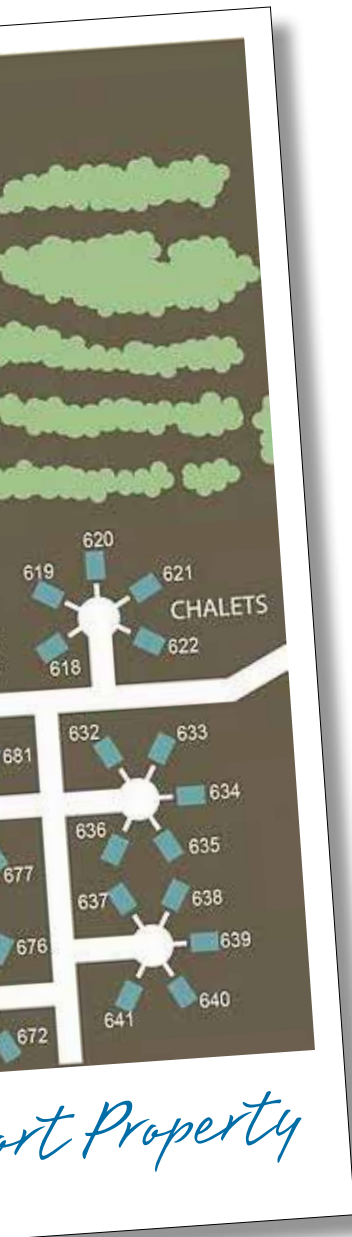
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# About Elkhorn



*Elkhorn Resort*



*Afternoon at the spa*



*Pre-dinner hot tub soak*



*Mornings at the pool*

