

The Spruce Roots Scoop

Fall/Winter, 2014



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What's New?

WHAT A YEAR IT HAS BEEN. As we enter the holiday season, it's always good to look back on the past year and reflect on everything that has happened.

Of course, we have had some change take place as we continue to grow and develop our office. This year saw the official retirements of Dr Cerney and Ellen Olson, hygienist. We wish them both the very best in their next great adventure in life.

While we lost two very passionate and gifted providers, we also gained some wonderful new team mem-

bers. First, we hired a new assistant, Hollie Hawkins. She has become a great asset to our team. Dr Kelly Bast joined our team this fall and we are very excited to have her working alongside Dr Willis. Please help us welcome both Hollie and Dr Bast to our team on your next visit!

OUR WEBSITE continues to be updated constantly and we are very proud to have a place where you can go to find more information, check your account, make payments and even communicate with our team. Make sure you go online and check us out at

www.spruceroots.net.

As always we love to hear from you. A great way to do that is through our Facebook page (www.facebook.com/SpruceRoots) We're very excited about all of you who have visited our page and we encourage more to join and utilize the space to interact with our office and other patients!

WE WANT TO SAY THANK YOU to all of you for being a part of the Spruce Roots Family! Have a very happy and safe holiday season!

Gone, but NOT FORGOTTEN?

By Ellen Olson

HOPEFULLY THAT IS WHAT I'LL BE! It seems UNREAL that I am no longer in Fairbanks, coming to work at 4001 Geist Road, seeing faces that are not only "Hygiene Patients", but long time dear friends. I want to thank you all from the bottom of my heart for all the years you allowed me to care for you and your family members. It's been wonderful growing "up and old" with all of you! Dr. Cerney couldn't have said it

any better when he said that the practice didn't provide him a living as much as it gave him a life. I, too, feel that way about the 22 years that I worked with Dr. Cerney, and the 4 of those with Dr. Heather Willis. (Plus an additional 12 years with those of you I knew from Dr. Andersen's practice)

For Thanksgiving I have much to be thankful for and I will be remembering with great affection all of the folks I have had the privilege of

providing health care for in Fairbanks. You all are in EXCELLENT care with Dr. Willis, Dr. Bast, and the Stephanies. I have been fortunate in my career to have ALWAYS been associated with dedicated, caring, and skilled practitioners - and your "new crew" is **NO EXCEPTION!** I'm very glad that I had the opportunity to work with them before I left, it makes me very comfortable and confident leaving you in their hands.

My husband and I felt the

need to be closer to our children and to move before we "got old"..... so we have relocated to Colorado. It is a new experience for us, having been raised in Minnesota, but with the mountains and the wildlife in abundance we feel as close to Alaska as is possible residing in the Lower 48.

Take care, keep up your Oral Hygiene Routine, and BE WELL!

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MISSION | Our commitment is to provide a lifetime of care that contributes to whole body health and wellness.



Kelly Bast, DDS

New to the Team

As the newest addition to Spruce Roots, I'd like to take a few moments to introduce myself in a less formal light. When I moved back to Fairbanks after dental school, I was adamant that it was only for one year....that was in 2005. Although I don't often like to admit that my husband was or is correct, I will say that it was his persistent persuasion that ultimately convinced me that Alaska was the right place for us to settle down.

As for now, our lives are a bit chaotic to say the least. We are currently raising three kids under the age of six. Just like my own parents, I am bound and determined to teach my kids to cherish the outdoors and learn to love everything from camping and hiking to skiing.

As I continue to transition into this practice, I am so grateful for the warm welcome and ever so patient staff. Although I am not new to dentistry, it's always a bit of a challenge to step away from the familiar and embrace a professional change. It is apparent that Dr. Cerney, and now Dr. Willis, have both strived and succeeded to build a practice based on excellent patient care. Although I am saddened to have missed the opportunity to work with both Dr. Cerney and Ellen, I look forward to getting to know all of you and becoming part of the future of this practice. Happy Holidays!

For the past nine years, Kelly has practiced as a general dentist locally. Kelly is a tripartite member of the [American Dental Association \(ADA\)](#), [Alaska Dental Society \(ADS\)](#) and [North Central District Dental Society](#).

We're very excited to have her on our team providing quality dental care to this wonderful community.

www.spruceroots.net or 'Like' us on Facebook

We appreciate your feedback | We always love to hear from our patients. If you have had a great experience or want to recognize one of our team members, please email us or write an online review on [Google](#), [Yelp](#), [Yahoo!](#) or on our [Facebook](#) page!

With all the sugary treats coming your way this holiday season, make sure to stay on top of your daily brushing and flossing regimen to keep your healthy smile into the new year!

For fun facts and dental health info, visit our [Facebook](#) page!

Doctor's Note



Heather Willis, DDS

As the New Year approaches, I'd like to thank all of you who continue to choose us, Spruce Roots Family Dentistry, as your dental home. 2014 has certainly been an interesting, yet also exciting year at the practice. We had some bitter-sweet moments with the retirement of Dr. Cerney and Ellen Olson, hygienist, from the practice. They certainly have made many of you part of their lives and we know their shoes will be challenging to fill. I know I miss Dr. Cerney's great stories and Ellen's enthusiasm about connecting with her patients. At the same moment, I am thrilled to have Dr. Kelly Bast as my associate. She is working hard to assimilate into the practice. While she takes the time to get to know you as I am still trying as well, please have the patience with us. We truly care about each of you as individuals and realize that one size doesn't fit all. Each of you has unique needs and we want to take that into consideration as we work together for you.

I'd love to say that we have a wonderful hygienist to replace Ellen,

but as of print, we have not found a team member who has fit that need. Our goal is to find a team member who is as dedicated to their patients as Ellen was—which is no easy task. In the meantime, we are relying on our faithful and talented hygienists, Stephane Devlin and Stephanie Czech to care for you. I am also calling on our experienced fill-ins, Nikkole Sayman and Donna Durham, whom many of you have had for your dental cleanings to help us in the interim. With her first baby on the way, Stephanie Czech will be taking some time off in December through the early part of March. We are excited for her and her husband and want them to enjoy this time together with their new family addition. In the meantime, please understand we might be short-staffed in our hygiene department and will make every attempt to keep all of our patients on a timely cleaning/maintenance schedule.

For a sneak-peek into next year, 2015 is shaping up to be a busy one. We are running at full capacity and with Dr. Bast and I sharing

space a couple days a week, our practice is feeling a little cramped sometimes. With that in mind, we are looking at expanding the office and are currently searching for new office space. Our goal is to have something comfortable for our patients, with easy access and the ability to meet the needs of our staff. Once we have found this, we will let you all know.

Again, it's a pleasure to have you as a patient and I hope that 2015 brings happiness and fulfillment for you, your family and friends!



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Dental Humor

