

## Dr. John Ludlow

Recipient of the CV Winter Advocacy Award presented by Dr. William “Bill” Claytor

Dr. CV Winter served on the North Carolina Caring Dental Professionals Board of Directors for a prolonged period of time and held Emeritus status at the time of his death in 2012. Prior to his death, the NCCDP established in his honor, the CV Winter Advocacy Award. Criteria were established for the award based on the qualities that Dr. Winter himself exhibited:

- Commitment to advocacy
- Exemplary leadership
- Assistance and support for others in need
- Inspires others to volunteer and be an advocate
- Represents NCCDP with pride and dignity
- Outstanding contributions to NCCDP as an advocate/ volunteer

Dr. CV Winter was the 1st recipient of the Advocacy Award in December 2011. Dr. Jake Thorpe, who recently passed away in September, 2014, was also responsible for establishing the NCCDP program and was the 2nd recipient in September 2012. Dr. Bill Claytor received the award as the 3rd recipient in September 2013.

### Dr. John Ludlow’s Acceptance of the 2014 CV Winter Award


Dr. John Ludlow was unable to attend the award ceremony at the 2014 Fall Conference in Blowing Rock due to previous commitments but sent the following statement in appreciation for being honored:

*Dear Colleagues and Friends,*  
*“I wish that I could be with you today to say thank you in person for the tremendous honor of receiving the CV Winter award. It was an even greater honor to have worked with Dr. Winter for many years as a participant on the Caring Dental Professionals Board. As a founder of the CDP, it was Dr. Winter’s vision and determination that gave birth to our program. His continued leadership on the Board of the CDP laid the foundation for making this a program, which has become an inspiration and model for other programs across the country. It has been a joy for me to be associated with this great program and the wonderful people with a heart for our colleagues who struggle with dependence and addiction. It has been a privilege to play a small part in our collective efforts to save lives and livelihoods. Thank you and God Bless.”*

## Why Practice Gratitude?

Over the past decade, hundreds of studies have documented the social, physical, and psychological benefits of gratitude. The research suggests these benefits are available to most anyone who practices gratitude, even in the midst of adversity, such as elderly people confronting death, women with breast cancer, and people coping with a chronic disease. Here are some of the top research-based reasons for practicing gratitude. (Research by Emmons& McCullough and happiness expert Sonja Lyubomirsky)

- Gratitude brings us happiness: Practicing gratitude has proven to be one of the most reliable methods for increasing happiness and life satisfaction; it also boosts feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions.
- On the flip side, gratitude also reduces anxiety and depression.
- Gratitude is good for our bodies: Studies suggest gratitude strengthens the immune system, lowers blood pressure, reduces symptoms of illness, and makes us less bothered by aches and pains. It also encourages us to exercise more and take better care of our health.
- Grateful people sleep better: They sleep more hours each night, spend less time awake before falling asleep, and feel more refreshed upon awakening. If you want to sleep more soundly, count blessings, not sheep.
- Gratitude makes us more resilient: It has been found to help people recover from traumatic events, including all veterans with PTSD.
- Gratitude strengthens relationships: It makes us feel closer and more committed to friends and romantic partners. When partners feel and express gratitude for each other, they each become more satisfied with their relationship
- Gratitude promotes forgiveness.
- Gratitude makes us “pay it forward”: Grateful people are more helpful, altruistic, and compassionate.
- Gratitude is good for kids: When 10-19 year olds practice gratitude, they report greater life satisfaction and more positive emotion, and they feel more connected to their community.



North Carolina Caring Dental Professionals  
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### North Carolina Caring Dental Professionals

Published three times yearly in Southern Pines, North Carolina by the North Carolina Caring Dental Professionals, a nonprofit organization. Our goals are to disseminate information about the Caring Dental Professionals, and to provide helpful and informative materials about chemical dependence and mental health issues.

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# CARINGConnections

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VOLUME 14, ISSUE 3

NORTH CAROLINA CARING DENTAL PROFESSIONALS

## A Time For Gratitude

by Nancy Davis, Executive Director



The holidays are almost here. The colorful leaves of fall release their hold on tall tree branches and float easily to the ground. The temperature dips and advertisers begin their marketing campaigns with gusto. To experience the holidays with a sense of joy, it is important to remain grateful for everything that the holidays represent. This can be a tricky time of year to navigate for so many reasons, so if you begin now to feel a deep sense of thankfulness for all of your blessings then you will go forward with the greatest of ease.

Start today by being grateful for the little things. Become aware of how wonderful it is when you take good care of yourself: eating healthy, nutritious, local foods, spending time with your significant other, your children, and being around true and loyal friends. Feel how great it is to travel to and from work in your comfy car. If you love what you do, feel grateful for that, and if you don't, then feel grateful for the money that you earn to support your lifestyle. Feel how amazed and happy for who you are when you lay your head on your pillow at night and fall into a deep sleep. Discover or rediscover something new to feel gratitude for, and honor it by practicing or indulging regularly. It could be cooking, painting, reading, sewing, knitting, writing, dancing, or singing. What matters most is that you expand your knowingness of what it means to feel gratitude so it becomes part of you.

With the holidays being at the end of the year, I like to remember to take this time to reflect on my life, the year so far, and the direction in which I am headed. It is a great time to make an assessment, to adjust as needed, and to figure out what I want to accomplish in the upcoming new year.

My recent reflection brought about the topic of gratitude. During my time of review of 2014, I decided I would take advantage of this issue to share with everyone some of the discoveries of the past year that have brought me a great attitude of gratitude. This issue is dedicated to some special moments of gratitude by former participants, the NCCDP Board of Directors and NCCDP staff. Our 2014 recipient of the CV Winter Advocacy Award is Dr. John Ludlow who has given many years to this program with true humility. There is a letter to Margie with her reply to a grateful recovering dentist. You will find an introduction from our Administrative Assistant, Susan who came to help me out during the snow last winter, and the rest is her story to tell. Following Susan this past fall was Marge. Both are from up North and now I have “The Jersey Girls” at my side, and for this I am truly grateful. Last but not least, is the wonderful reflection of Dr. Jacob Thorpe with some fond memories. He will be missed by all.

I want to share my gratitude to all of those who have been so giving of themselves, not only through donations, but greatly assist the NCCDP in carrying the message of experience, strength and hope.

The NCCDP wishes each and every one of you the happiest holidays with an attitude of gratitude.

Dear Alcohol,

We had a deal where you would make me funnier, smarter, and a better dancer... I saw the video...

WE NEED TO TALK.

# North Carolina Caring Dental Professionals

## Introducing Susan Wilson, Administrative Assistant



The most amazing things happen when you least expect them! Many times I hear our participants say that they never expected to be in the wonderful new life that is a result of involvement with the CDP. Well, that is actually how I feel working here in the CDP office. Back in January when I came in to help Nancy for a few days I never expected to be working full time at a job that has enriched my life in so many ways. I was perfectly happy being retired and traveling to see my grandchildren. The dedication of Nancy Davis and Dr. Bill Claytor and the quality of this program and its positive effects on people's lives just overwhelmed me and I became "hooked".

Life before CDP.....In 1969 I graduated from Fordham University with a Bachelor of Science in Education and embarked on a teaching career in Fort Lee, NJ. After teaching for several years I decided to take a break and start a family. After a few years of maternity leave I returned to the classroom. It was also time for graduate school and

I chose technology as my focus and received a Master of Science in Technology in Education from St. Peter's University. The last two decades of my teaching career were spent teaching computer skills to all age levels.

My husband and I knew that Pinehurst would be our destination when we both were ready to retire. We bought property in 1993 and completed the building of our home in 2003. Once the house was finished, the pull was strong and In 2004 I retired from my teaching career. What followed was lots of golf, all sorts of volunteer experiences, craft groups and meeting many new friends.

Retirement was very fulfilling but then some higher power stepped in and changed life as I knew it! As I look back on nearly a full year with the CDP I do feel gratitude. I have learned so much and have met so many dedicated people. Those involved leading the CDP bring a passion that is contagious! What I have come to understand is that the NC Caring Dental Professionals program saves lives and protects careers and I am truly grateful to be a part of it.

## ❄️❄️❄️ A Message of Gratitude from 2006.... ❄️❄️❄️

Dear Margie,

I wanted to share a recent experience I had while taking my children to Busch Gardens in Williamsburg, VA. I had not been to Williamsburg in some time. As you know I was in treatment at Farley back in February-April of 2003.

Upon approaching Williamsburg on Highway 64, I began to experience emotions that were unlike anything I ever felt. On that cold winter day, February 3, 2003, driving to treatment I was scared, apprehensive, unsure of my future and full of fear. I had no idea that the experience I was embarking upon would be life changing. These emotions came back to me recently and they were so real. I remember them well. On my recent trip as I got closer to Williamsburg a total feeling of peace and serenity came upon me. A feeling of gratitude was present that is hard to explain.

As I passed through Henrico County I recalled the month I spent in the Henrico County Jail. This was to mirror image with the prisoners. I thought at the time that I was there to help them. I now realize I was there to see that there was no difference between them and me. To mirror image our disease was the purpose.

Passing Lightfoot exit this time, I knew I was close to Williamsburg. While in Williamsburg I felt totally at ease. I guess it's kind of like revisiting a hospital where the doctors saved your life. You have a special appreciation of life and a gratitude that you can't explain. I visited Farley on Saturday and Sunday. Sitting in the parking lot sipping my coffee at 6:30 AM and doing my quiet time – meditation, which is now part of my morning routine, I felt a kind of born-again experience. I saw some of the 28 dayers come out into the parking lot and I could see the same feelings on their faces that I experienced

almost 3.5 years earlier. This is something you can't explain to others unless they have been there.

I went back to St. Bede's Catholic Church for the AA Meeting on Saturday morning. I got there early. I prayed at the altar as I had done when I was in treatment. The first month of my treatment at Farley, I had to arrive early to make coffee for the meeting. The peace and serenity of the church just took me back. I also saw some old faces at the meeting and got to talk to one old timer named Elmo whose sharing at the meetings will be forever forged into my sober memory.

I passed the hotel where my family stayed when they came to visit me from Tennessee while I was in treatment. They have been a big part of my recovery and I am truly blessed to have them.

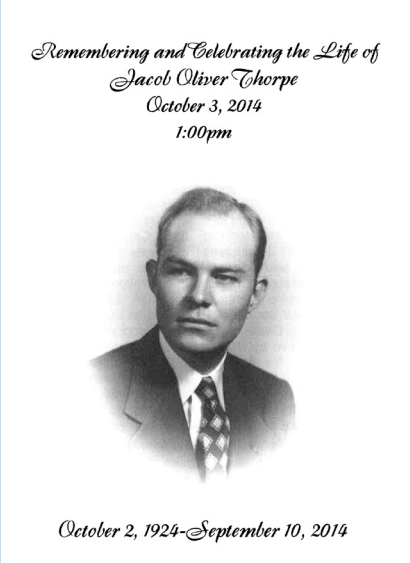
I now want to go back to Williamsburg when I don't have my children with me so I can go to the meetings on Friday night at the Baptist Church, St. Bede's on Saturday morning and the hospital on Sunday morning. These were all great meetings, and working a 12 step program is a life long journey and a program from which I will never graduate. Sobriety is a process and not an event. I have a feeling of serenity and gratitude which I owe to the CDP and you! Thank you. This new life of mine has not come easily but is priceless and I would not exchange it for anything. I'm very grateful to you and the CDP.

Thanks from an Anonymous Recovering Dentist

Reply from Margie ... This just made me cry ... thanks so much for sharing your beautiful recovery experience ...

## Remembering and Celebrating the Life of Jacob O. Thorpe

Jacob "Jake" Oliver Thorpe, DDS went to his eternal home on September 10, 2014. He was born on October 2, 1924, in Charlotte, NC, to Jacob Hoots and Sara Elizabeth (Simpson) Thorpe. He attended Oakridge Military Academy, Belmont Abbey College (1948) and Georgetown University (1953), where he was a member of Delta Sigma Delta, Phi Theta Kappa and Omicron Kappa Upsilon. Jake served in the American and Asiatic Pacific Theater of Operations (Army 1943-45). He joined the Air National Guard in 1957 and retired in 1972 as a Major in the Dental Corps, USAF. Retiring in 2011, Jake labored in love for over 60 years in his chosen field of dentistry, working with Mecklenburg and Cabarrus County hospitals, health departments, in private practice, as a CPCC dental advisor, developing the modern dental chair as a Research Consultant with Pelton and Crane Dental Manufacturing Company. He was a lifetime member of the ADA, Charlotte and Cabarrus Dental Societies and NC Dental Society. He was Past President of the NC Society of Dental Anesthesiology, Past President of the Southern Academy of Periodontology, and member of the Dental Implant Associates of NC. He genuinely cared for his patients, employees and peers who affectionately called him "Jake" or "Doc". He loved his family, enjoyed telling his life stories and was an avid waterfowl and bird hunter. He was proud of his affiliation with the NC Caring Dental Professionals, and we will be forever grateful for his part in founding an organization that has helped so many dental professionals return to happy, healthy and productive lives. He served as Ex-Officio on the NCCDP Board of Directors for many years.



## The Value of a Life – Jake Thorpe 1924-2014

Submitted by John Ludlow

As I near my retirement at the end of this year, I have taken some time to look back on my career and consider the significance of both what I have done and what I have failed to do. Beyond a career, I think about the measure of a life. How should we measure that? What is our yardstick and where is our gold standard? What is success; what is failure and how should one measure those qualities?

Looking back at the life of Jake Thorpe may not answer those questions, but it provides a sense of the perspective that we might bring in addressing them. I did not know Jake as a loving husband and parent or as a patient of a skillful, caring dentist. There are others here that were a part of those aspects of Jake's life and remember him with love and respect for the role that he played in their lives. But I did know Jake in his struggle with a chronic illness, and I'd like to share my impressions on that facet of his life... of how he responded to it... of how his trials are our trials... and how his triumph has become our triumph.

I first met Jake after being appointed as a school of dentistry representative to the Board of the Caring Dental Professionals Program 1998. At that time Dr. Thorpe was an ex-officio member of the Board having served as the executive director from the program's inception in 1994 until funding became available to hire a full-time director in 1996. CV Winter was the chairman of the CDP board of directors at that time, but Jake and CV's association went back a good deal farther than that. Jake and CV had been friends since 1960, and it was fortuitous that CV was in his first year as a director on the State Board of Dental Examiners when Jake was brought to the attention of the Board. As a result of repeated DUI convictions, Jake's dental license was suspended for a period of 5 years. It was 1987, and North Carolina had no CDP program where dentists with substance abuse and addiction issues could be referred for evaluation, intervention, and monitoring. As a result, dentists with alcohol or drug problems coming to the attention of the Board of Dental Examiners routinely faced the prospect of license suspension and loss of livelihood for extended periods. Just image the devastating impact that a 5-year suspension would have. Fortunately for Jake, CV Winter championed his cause with the board and secured relief in the form of an agreement where Jake was able to work in the Wilmington office of Dr. Edwards. Drs. Winter and Edward's faith in Jake's character and his commitment to overcoming his alcohol dependency were not in vane. Jake did well in his recovery and the Wilmington practice thrived.

In no small part because of his advocacy for Jake, CV Winter was asked by the State Board of Dental Examiners to explore the possibility of developing a wellness program for North Carolina dentists. It took years, countless hours, and the efforts of many people, but the Caring Dentist Program finally became a reality in 1994. At that time, the CDP had no funds to hire a director and could only offer reimbursement of expenses. After much thought Dr. Winter suggested that Dr. Thorpe take on this role. John Stamm, the dean of the School of Dentistry asked Dr. Winter if he was confident in this decision. Dr. Winter responded that aside from his professional training and experience in dentistry, "Who else could more effectively conduct an intervention than a person who has been there and done that." With that, Dr. Thorpe's nomination as the first director of the Caring Dental Professionals was confirmed, and the CDP has never looked back.

Continued on next page

## The Value of a Life *Continued*

Jake became the guide and advocate for many dentists struggling with substance abuse. Some of you are here today. And some of you might not be here at all if it wasn't for the help of Dr. Thorpe. Jake stepped down as director of the CDP in 1996 but continued as an ex-officio member of the Board until his death. The board learned much from Dr. Thorpe and could always rely upon his counsel. Perhaps the most important lesson that I learned is that addiction is a disease where you don't get better by yourself. You recover with the help of others. Jake was one of those others. He was a rescuer...a saver of livelihoods and a saver of lives.

On the yardstick of life's accomplishments, life-saver has to be at the top. Jake refused to let his life be defined by an illness whether that was alcoholism or cancer. For his triumph over alcoholism, for profoundly giving back to his profession, pulling back one colleague at a time, Jake is one of my heroes. I am proud to have known Jake and am grateful to have been associated with his work. On behalf of the Caring Dental Professionals I want to convey to Jake's family how much Jake's life has meant to the CDP family. We are all thankful to have shared a part of that life.

### PLEASE CONSIDER

Make a tax deductible donation to the NC Caring Dental Professionals Endowment Fund or Jake Thorpe Fund. This money goes to provide interest free loans to dental professionals who suffer from the disease of addiction or mental health issues. The NCCDP was created by dentists and dental hygienists with the intention of promoting a healthy recovery and lifestyle. Most of the funding is provided by the grass roots of dentistry being the dental profession itself. Please consider being a part of this health and wellness effort by making a tax deductible donation TODAY!!!

Thank you,  
Dr. Mark W. Johnson, DDS - Chairman, Fundraising Committee

### ATTENTION PHARMACY CUSTOMERS

As of October 6th, 2014, the DEA has moved all hydrocodone containing products (eg. Vicodin®, Lortab®, Norco®, etc.) into the Schedule II controlled substance class. As a result, there are now stricter rules for these prescriptions.

- New prescription required for each fill
- No refills allowed on any new prescription
- Refills on existing prescriptions CANNOT be honored
- Additional state restrictions may apply

## This poem held a special place in Jacke Thorpe's heart

If a poem by Rudyard Kipling

If you can keep your head when all about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or, being lied about, don't deal in lies,  
Or being hated don't give way to hating,  
And yet don't look too good, nor talk too wise;

If you can dream-and not make dreams your master;  
If you can think-and not make thoughts your aim,  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same:;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build'em up with worn-out tools;

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings,  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,  
Or walk with Kings---nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much:  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And---which is more---you'll be a Man, my son!