

# MEDIA BIO PACKAGE

## Dr. Sonya Patrice Dunbar RDH

### **The Geriatric Toothfairy®**

Mindset Detox Coach • TEDx Speaker • Author • Entrepreneur

*Being Her Unapologetically*



**Dr. Sonya Patrice Dunbar RDH**

*The Geriatric Toothfairy®*

## FULL BIOGRAPHY

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Dr. Sonya Patrice Dunbar RDH — affectionately known as The Geriatric Toothfairy® — is one of America's most dynamic, multi-hyphenate voices in healthcare, entrepreneurship, and personal empowerment. A TEDx speaker, bestselling author, Registered Dental Hygienist, Doctor of Biblical Counseling, Mindset Detox Coach, U.S. Navy Veteran, and the creator of the celebrated Suave & Sassy Senior Show, Dr. Dunbar is a powerhouse who moves effortlessly between the worlds of clinical medicine and inspirational leadership.

With over 32 years of dental experience spanning private practice, skilled nursing facilities, academia, and mobile dentistry, Dr. Dunbar has built a reputation as the nation's foremost expert on geriatric oral health. As the Founder and CEO of The Geriatric Toothfairy LLC, and Chief Operating Officer of Mobile Dental Xpress Management Group — a Dental Service Organization (DSO) operating across multiple states — she and her husband Gerald Dunbar (also a Navy Veteran) have revolutionized how dental care is delivered to America's most vulnerable senior population.

Driven by her S.O.S. mission — Saving Our Seniors from the devastating consequences of poor oral hygiene — Dr. Dunbar passionately bridges the gap between oral health and overall systemic health, connecting the dots between dental neglect and life-threatening conditions such as heart disease, dementia, pneumonia, and diabetes. Her TEDx talk, "How To Save Our Seniors With Just A Simple Toothbrush," delivered at TEDx Pleasant Grove, Tx, has inspired audiences worldwide and underscores her belief that the mouth is the window to the body's overall health.

In 2024, Dr. Dunbar was honored as a Weave Healthcare Hero — a prestigious recognition celebrating individuals making an extraordinary difference in healthcare. Building on that momentum, in 2025 she reached remarkable new heights. She was a recipient of the prestigious President's Lifetime Achievement Award — one of the highest honors a civilian can receive in the United States — in recognition of her decades of service, advocacy, and community impact. She was featured on the nationally syndicated Tamara Hall Show, bringing her message of senior oral health advocacy to millions of viewers. She also appeared as a featured guest on the God Made Millionaire Show, sharing her faith-driven entrepreneurial journey, and she and her husband were featured in a national Prevagen television commercial, cementing her status as a recognized face of healthy aging in America.

Also in 2025, Dr. Dunbar released her most impactful book to date: *The Forgotten Mouths* — an Amazon Number One Bestseller in three categories. The book gives voice to the silent crisis of oral health neglect among our nation's senior population and has rapidly become a must-read resource for healthcare and dental professionals, caregivers, and families across the country. She also appeared as a guest on News4Jax and The Buzz in Jacksonville, Florida, further amplifying her local and national reach.

Beyond the dental chair, Dr. Dunbar is a passionate Mindset Detox Coach who helps busy entrepreneurs and business owners shed limiting beliefs and toxic thinking patterns — a movement she has branded "Detox Stinkin' Thinkin'."

She is also the driving force behind the inspirational “Being Her Unapologetically” movement, empowering women to show up fully, authentically, and boldly in every area of their lives.

As the producer and host of the Suave & Sassy Senior Show — a podcast and video series that ran for five seasons — Dr. Dunbar celebrates aging adults across the country who are living their best lives and sharing timeless wisdom. The show aired on YouTube, Facebook, and all major podcast platforms.

Her impact has earned her a permanent place in national history: The National Day Archives LLC has officially proclaimed November 9th of every calendar year as Geriatric Toothfairy Day®, and the Mayor of Jacksonville, Florida, has proclaimed the same date as Senior Dental Health Day in her honor. She was a Key Opinion Leader and brand ambassador for Crest & Oral-B, the 2020 Philips Heart to Hands Award recipient, the 2022 Sunstar Award winner, and a co-founder of both the National Mobile & Teledentistry Conference and the prestigious Denobi Awards — widely dubbed the “Oscars of Dentistry.”

A prolific author, Dr. Dunbar has written and co-authored multiple books including *The Forgotten Mouths* (Amazon #1 Bestseller, 2025), *Golden Nuggets for Life* (available in English and Spanish in print, audio, and on Alexa), *The Tooth & Nothing but the Truth*, and *Modern Mobile & Teledentistry*. She holds a Master’s Degree in Healthcare Administration and her Doctor of Biblical Counseling from Christian Outreach Bible Institute in North Carolina.

*Whether she is caring for a bedbound patient in a long-term care facility, igniting a room full of dental professionals at a national conference, coaching an entrepreneur through a breakthrough, appearing on national television, or celebrating an 80-year-old living their best life on her show — Dr. Sonya Patrice Dunbar does it all with faith, fire, and fearless authenticity.*

## SHORT BIOGRAPHY (TV/RADIO READY — APPROX. 100 WORDS)

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Dr. Sonya Patrice Dunbar RDH — The Geriatric Toothfairy® — is a TEDx speaker, bestselling author, Registered Dental Hygienist, Doctor of Biblical Counseling, Mindset Detox Coach, and U.S. Navy Veteran living in Jacksonville, Florida. The 2024 Weave Healthcare Hero and 2025 recipient of the President’s Lifetime Achievement Award, Dr. Dunbar has been featured on the Tamara Hall Show, News4Jax, God Made Millionaire, The Buzz, and a national Prevagen commercial. Her 2025 book, *The Forgotten Mouths*, is an Amazon #1 Bestseller in three categories. Founder of Mobile Dental Xpress DSO and producer of the Suave & Sassy Senior Show, Dr. Dunbar’s “Being Her Unapologetically” movement empowers women nationwide.

## ONE-LINE ANNOUNCER INTRODUCTIONS

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*Choose the version that best fits your program:*

**“The 2025 President’s Lifetime Achievement Award recipient who is on a mission to save our seniors — one smile at a time. Please welcome Dr. Sonya Patrice Dunbar RDH, The Geriatric Toothfairy!”**

**“From the TEDx stage to the Tamara Hall Show to your living room — Amazon bestselling author and national health advocate Dr. Sonya Dunbar RDH, The Geriatric Toothfairy, is here!”**

**“Navy Veteran, Doctor, TEDx Speaker, President’s Lifetime Achievement Award recipient, and the face of a national Prevagen commercial — please welcome Dr. Sonya Patrice Dunbar RDH!”**

## KEY TALKING POINTS & TOPIC MENU

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*Dr. Dunbar is available to speak on any of the following topics:*

### **ORAL HEALTH & SENIORS**

- Why poor oral health is a silent killer for seniors in long-term care facilities
- The link between gum disease and heart disease, dementia, diabetes, and stroke
- The Forgotten Mouths — understanding the oral health crisis in nursing homes
- What families need to know about oral care for aging loved ones

### **ENTREPRENEURSHIP & MOBILE DENTISTRY**

- Building a multi-state dental service organization from the ground up
- How mobile dentistry is transforming access to care for underserved populations
- The future of Teledentistry, Mobile and Portable

### **MINDSET & PERSONAL EMPOWERMENT**

- “Detox Stinkin’ Thinkin’” — releasing limiting beliefs to unlock your potential
- Being Her Unapologetically: showing up fully as your authentic self
- Faith, resilience, and the power of purpose — lessons from God Made Millionaire

### **NATIONAL MEDIA & RECOGNITION**

- Behind the scenes of the national Prevagen commercial and healthy aging in America
- Her appearance on the Tamara Hall Show and the impact of mainstream media advocacy
- The President’s Lifetime Achievement Award — what it means and what it represents

### **WOMEN & VETERANS**

- A Navy Veteran’s journey from service to entrepreneurship
- Empowering women in healthcare and business
- Aging gracefully and living boldly — lessons from the Suave & Sassy Senior Show

## CREDENTIALS & ACHIEVEMENTS

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### EDUCATION & LICENSURE

- Doctor of Biblical Counseling — Christian Outreach Bible Institute, North Carolina
- Master's Degree in Health Health Promotion
- Registered Dental Hygienist (RDH) — Licensed in Georgia and Florida
- U.S. Navy Veteran

### PROFESSIONAL ROLES

- Founder & CEO — The Geriatric Toothfairy LLC
- Chief Operating Officer — Mobile Dental Xpress Management Group, LLC (multi-state DSO)
- Co-Founder — National Mobile & Teledentistry Conference
- Co-Founder — American Mobile Dentistry & Teledentistry Alliance (AMTA)
- Co-Founder — The Denobi Awards (“Oscars of Dentistry”)
- Founder — Geriatric Oral Care Certification Program
- Host & Producer — Suave & Sassy Senior Show (5+ Seasons)

### 2024–2025 HIGHLIGHTS

- Weave Healthcare Hero Award Recipient (2024)
- President's Lifetime Achievement Award Recipient (2025)
- Guest Appearance — News4Jax, Jacksonville, Florida
- Featured Guest — Tamara Hall Show (national syndication)
- Featured Guest — God Made Millionaire (national syndication)
- National Prevagen Television Commercial
- The Forgotten Mouths — Amazon #1 Bestseller in three categories (2025)
- Doctor of Biblical Counseling (2025)

### HONORS & RECOGNITION

- TEDx Speaker — TEDx Pleasant Grove, Tx: “How To Save Our Seniors With Just A Simple Toothbrush”
- Geriatric Toothfairy Day® proclaimed nationally by The National Day Archives LLC — November 9th annually
- Senior Dental Health Day proclaimed by the Mayor of Jacksonville, Florida — November 9th
- 2020 Philips Heart to Hands Award
- 2022 Sunstar Award
- Social media following exceeding 100,000 across platforms

### PUBLISHED WORKS

- The Forgotten Mouths (Author) — Amazon #1 Bestseller, 3 Categories (2025)
- Golden Nuggets for Life (Author) — English & Spanish, Print, Audible, iTunes, Alexa
- The Tooth & Nothing but the Truth (Co-Author)
- Modern Mobile & Teledentistry (Co-Author)

## NATIONAL MEDIA FEATURES & SOCIAL PLATFORMS

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### NATIONAL MEDIA APPEARANCES

- Tamara Hall Show — National Syndicated Television
- News4Jax — Jacksonville, Florida
- God Made Millionaire — Faith & Entrepreneurship Platform
- Prevagen National Television Commercial

### ONLINE & SOCIAL MEDIA PRESENCE

*Dr. Dunbar commands a robust and engaged media presence across multiple platforms:*

**Website:** <https://sonyadunbar.com>

**Instagram (35K+ Followers):** [https://www.instagram.com/geriatric\\_toothfairy/](https://www.instagram.com/geriatric_toothfairy/)

**LinkedIn:** <https://www.linkedin.com/in/geriatrictoothfairy/>

**Facebook — The Geriatric Tooth Fairy:** <https://www.facebook.com/geriatrictoothfairy>

**TEDx Talk (YouTube):** <https://www.youtube.com/watch?v=8njAe0yARvo>

**Suave & Sassy Senior Show (Podcast):** <https://suaveandsassyseniorsshow.libsyn.com>

**The Geriatric Toothfairy Day:** [The Geriatric Toothfairy Day - National Day Archives](#)

### PODCAST & VIDEO SHOW

The Suave & Sassy Senior Show with Sonya ran for five seasons. Episodes are available on YouTube. Each episode spotlights inspiring seniors over the age of 60 who are living their best lives and sharing wisdom for future generations.

## SUGGESTED INTERVIEW QUESTIONS

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*The following questions are recommended to draw out Dr. Dunbar's most compelling stories and insights:*

1. You received the President's Lifetime Achievement Award in 2025. What did that moment mean to you personally?
2. Your new book, *The Forgotten Mouths*, became an Amazon #1 Bestseller in three categories. Who are "the forgotten mouths" and why do their stories need to be told?
3. You were featured on the Tamara Hall Show and in a national Prevagen commercial — how has your national media profile grown your mission?
4. How did you become known as 'The Geriatric Toothfairy' and what does that name mean to you?
5. Most people don't connect oral health to life-or-death outcomes for seniors. Can you explain that link?
6. You've built a multi-state dental service organization with your husband. What is the secret to being business partners with your spouse?
7. Tell us about Geriatric Toothfairy Day — how did November 9th become nationally recognized?
8. What is the "Detox Stinkin' Thinkin'" mindset coaching philosophy and who does it help most?
9. What is "Being Her Unapologetically" and what inspired that movement?
10. What is the one message you want every family caregiver watching or listening today to take home?

## BOOKING & MEDIA CONTACT

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*For interview requests, speaking engagements, podcast appearances, and media inquiries:*

### **Dr. Sonya Patrice Dunbar**

**The Geriatric Toothfairy LLC**

1839 Lane Avenue S Suite 104

Jacksonville, Florida

**Website / Contact Form:** <https://sonyadunbar.com>

**Instagram (DM Available):** [https://www.instagram.com/geriatric\\_toothfairy/](https://www.instagram.com/geriatric_toothfairy/)

**LinkedIn:** <https://www.linkedin.com/in/geriatrictoothfairy/>

### **Dr. Dunbar is available for:**

- Live TV and radio interviews (in-studio and remote)
- Pre-recorded segments and podcast guest appearances
- Keynote and panel speaking engagements
- Community health education segments
- Women's empowerment and entrepreneurship programs

*Dr. Dunbar is an experienced, media-savvy guest who delivers compelling, on-point content. She is comfortable with both scripted segments and unscripted conversation, and is known for her warm energy, humor, and ability to connect with audiences of all ages.*