



Tooth-Be-Told Newsletter



Lane County Dental Hygienists' Association

Fall 2010

Cooler Mornings and Football games --- Welcome to Fall!

Dear Colleagues,

As a mother and teacher, my thoughts return to students heading back-to-school. As a member of the LCDHA board, it is also a time for us to gear up for another busy year.

With the economy struggling to rebound, the LCDHA board feels it is important to network and to make a difference where we can. We hope to support the membership by providing quality, local, continuing dental education classes. At our first meeting of the year, we will provide a social prior to the continuing education event. Please plan to join us at 6pm for social time and networking, followed by the speaker presentation at 6:30. We welcome the camaraderie, and any suggestions you may have. At each continuing education meeting we will have a job availability list where you can list the days/times you would be available for fill-in, or if you are seeking a position. We also welcome toothbrush donations at each meeting which we pass along to local charities. New this year, we are going to try a "scrub exchange program" at our meetings. Please refer to the enclosed article on how this new program will work.

Within the state, there are additional social networking and continuing education courses offered. ODHA is holding a fall session in Newberg at the ADEC Education Center September 17-18. The ODHA annual session will be held November 5-7, also in Newberg. If you would like to participate as a Delegate for this annual session, and represent our component, we would love to have you. Please contact Cindi Rasmussen or Jill Jones for more information. Just a reminder that October is National Dental Hygiene month! Do you volunteer in the schools? Or conduct another dental health activity? We would love to hear about any activities you have planned and would like to run a feature article in our Winter edition of the newsletter. Please contact Jamie Christianson or Jill Jones to submit your information.

Please remember we are a local component and feel free to contact any board member with your comments or feedback. We are all volunteers and are here to serve you, and our community at large. We have positions available and welcome new faces to the board.

We have an exciting year planned and we hope to see you at an upcoming continuing education class or a community dental event.

Sincerely,

Jill Jones, L.C.D.H.A. President

RDH Events and Classes

September 2010	October 2010	November 2010	January 2011	February 2011
16: Membership Social at 6:00pm	2: Sealant Clinic Planning Meeting	5,6,7: ODHA's Annual House of Delegates/ CE (www.odha.org)	17: "Dental Caries: Advances in Detection and Disease Management" 2CE, Karen Hays	24: "Customize Care Program for Healthy Patients and Healthy Practice." 2CE, Lisa Copeland
16: "Importance of Professional Membership" 2CE, Hiedi Jo Grubbs	28: "Premeditated Dental Hygiene" 2 CE, Beth Thompson			26: Lane County Sealant Clinic
17,18: ODHA's Fall Health Symposium with 17 CEUs (www.odha.org)				
25: Mentors' Social				

2011 Class Gets Local Hygiene Mentors

Eleven local Dental Hygienists have been paired up with 1 to 2 dental hygiene students in the class of 2011 at Lane Community College. Matches were given to mentor and students in late June.

Since then several pairs have been able to meet and learn more about each other. LCDHA would like to recognize our volunteers in the program. This year's mentors are Julie Beswick, Kale Nukamura, Sandra O'Keefe, Kelly Simpson, Laura Roberts, Jamie Christianson, Kat Rogers, Rose Lowell, Angie Cloutier, Brie Moore, and Cindi Rasmussen.

Mentor-Student BBQ Social is planned for Wednesday, September 25th at Emerald Park in Eugene at 6:30PM. This is a time for the mentors and students to all get together before the students second year starts.

Dental Hygiene Graduate's Dinner Social

An Olive Garden catered dinner donated by Burkhart was well received by the 16 dental hygiene students and 4 instructors at Lane Community College in May.

President Jill Jones along with 6 other LCDHA Board members shared what its like to be in a leadership role for their chosen profession at both local and state levels. An introduction to what ADHA is and what membership to ADHA means for them and the future of dental hygiene.

Ten dollar gift cards from Target were also given to each graduate from LCDHA along with fun raffle prizes near the end of the dinner.



Back row: Melissa Smith, Brittney Lidstone, Anne Grassetth, Nicole Hopkins, Leah Casper, Skye Schaeffer, Whitney Worcester, Annette Gentils, Cheer Papworth, & April Mart. **Front row:** Dorie Harris, Emily Salyers, Mia Cadwell, Amanda Barnes, Erin Gallagher, & Angela Hooley. *Congratulations from LCDHA.*

Annual House of Delegates in Newberg

Want to represent Lane County at Oregon Dental Hygienists' Association's House of Delegates?

We are still looking for three more ADHA members in Lane County for this year's House of Delegates. This annual meeting will take place on November 5-7 in Newberg at the ADec Education Center. During this 3 day event, there will also be up to 6 continuing education credits available featuring speakers Lisa Copeland, Noel Kesh, and Anne Guignon.

Contact Cindi Rasmussen before October 5, if interested. Some help with hotel fees are budgeted into this year's ' budget for all 8 LCDHA delegates.

Reminder: Don't forget to check out ODHA's website for registration info on their Fall Oral Health Symposium, September 17 & 18. Get up to 17 credits for \$20 each!

LCDHA Donation Box

Donations for 2010:

Just-in-Time \$200

HPAC Raffle Basket \$150

Purposed Donations for 2011:

Oregon's Tooth Tax \$250

Oral Health Institute \$250

HPAC Raffle Basket \$150

Do you have any community outreach projects that could us some extra funds? The board would consider helping out. Our next business meeting is January 13, 2011 at Jade Palace Restaurant at 6PM. Contact Kat Rogers for further information.

Gently Used Scrubs Wanted for New Exchange Program

Tired of ever having to wear the same old scrubs day after day? LCDHA has got your solution. Take part in the Scrub Exchange Fundraiser at every CE this year!

In order for this new program to succeed, we needs local hygienists and dental assistants to bring their unwanted gently used scrubs to each of our CE meetings, stating September 16th. You can also help us by spreading the word about this new program to your co-workers.

The "exchange" will work this way: Upon donating an item, you will receive a ticket. Each ticket will be good for one exchange. Don't see one you would like that day? Just save your ticket for the following CE. Remember, there will 6 classes which equal 6 chances to see whats new to you.

What if you see an item that you would like but don't have a top or pant scrubs to exchange? No problem. These donated items will also be available for purchase. Get tops or pants for \$8 each or a set for \$12.

The funds accumulated with the Exchange will go to LCDHA to help fund community dental health outreach project(s) in Lane County.

If you have any question in regards to this new program or would like to donated scrubs for the fundraiser, contact Jamie Christianson at jammers97@comcast.net or call 541-603-4510.



LCDHA New CE Series Built with You in Mind

Immediate Past-President, Cindi Rasmussen, has an exciting year lined up with great speakers and interesting topics. Courses are held at Lane Community College, in the Center for Meeting and Learning (Building 19). All continuing education courses begin at 6:30 and run until 8:30pm. LCDHA thanks you for your continued support at these events. See registration flyer to reserve your seat today! 2010-2011 scheduled classes are as follows:

September 16, 2010: Heidi Jo Grubbs, RDH, ODHA President-Elect: ***Oral Health Trends in 2010***. This course will take a look at the recent oral health trends across the nation while considering the evolving concepts of mid-level providers in our country and state.

Ballot Notice for Meeting: We need at least 5 ADHA Members that live in Lane County to vote on adopting new LCDHA Bylaws during this meeting. ODHA is asking all components for a copy of each component's Bylaws by November's annual meeting. LCDHA New Bylaws Draft is available for review on our www.odha.org webpage under "Local Components," select "OR001 Lane County."

October, 28, 2010 Beth Thompson, RDH, BS: ***Premeditated Dental Hygiene***. Learn to build effective health partnerships with your patients. Eliminate the "just a cleaning" appointments by focusing clinical time to relationship building and achieving dental health goals. Learn communication skills for effective use of clinical time. Discuss utilization of adjunctive therapies. Learn effective home care products and their use.

January 27, 2011 Karen Hays, RDH, BS: ***Dental Caries: Advances in Detection and Disease Management***. Dental caries is a chronic infectious disease affecting children and adults. This course will address trends in caries epidemiology, describe new diagnostic technologies, and discuss minimally invasive approaches to managing this disease. With earlier detection, the clinician will be able to redirect management from a restorative (surgical) approach to a medical (preventive) approach.

February 24, 2011 Lisa Copeland, RDH: ***Customized Care Program for Healthy Patients and a Healthy Practice***. This high-energy, practical, "how-to" program will explore the benefits of using a "Customized Care Program" for patient care. This course will teach participants how to integrate comprehensive clinical screenings to improve restorative/ esthetic identification and perio therapy enrollment. Periodontal therapy referral to support restorative treatment plans will be outlined. Strategies for effectively discussing the emerging science of the oral systemic link will also be discussed compelling patients to *want* the dentistry they *need*.

March 17, 2011 Patricia Pine, RDH: ***Amazing Race - The Race Against Time!*** Tick tick tick, time is running out. How fast can you scale? Are you sacrificing personal satisfaction and your precious health just to keep up the clock? Reconsider new technologies and products to customize the care of your patients. Technologies that might seem difficult and time consuming often enrich personal satisfaction and enhance office productivity.

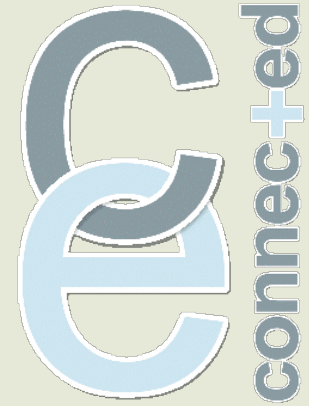
April 28, 2011 Tammy Maahs, RDH, BSDH: ***Winning the Masters with Ultrasonics***. To develop an appreciation for ultrasonic instrumentation as an art and science. Tip selection and techniques for becoming a master in periodontal debridement; understand why this valuable tool is needed for the disruption of biofilm.

Medical Emergencies and Nitrous Class

In addition to our traditional CE Series, the LCDHA Board voted to host another local Medical Emergencies and Nitrous Oxide Update courses on May 14, 2011 at Lane Community College.

Mark your calendars and spread the word! All dental personnel are welcome to participate. This event is LCDHA's fundraiser, Cost (TBA) will apply to ALL participants. Details and registration information will be mailed out closer to this event.

Courses will feature speakers Carlos Ugalde, DDS, for Medical Emergencies from 9-12pm and John Knappenberger for Nitrous Update from 1-3pm. A total of 5 continuing education credits will be available along with an optional lunch.



Calling All Potential Members for September's Social

New this year! Our first meeting, September 16th, will open at 6pm for networking and optional pampering treat for your hard working selves.

Members who bring a potential member (currently a non-ADHA member) will be entered into a special drawing, while non-members who attend the social will be gifted a free CE class.

ADHA membership info and a list of updated membership benefits will be available at this time. Members are invited to talk with potential members about why they are an ADHA member. Potential members who do sign up for ADHA membership that night will also be entered into the special drawing.

Potential members, if you have been thinking about renewing or signing up for an ADHA membership, then come early and socialize with current members to learn more.

Note: \$25 fee will apply to non-members who come after

Lane County Dental Hygienists' Association Mission

The missions of this Association shall be identical to that of the ODHA with a more local focus on Lane County. To improve our communities' total health through the advance art and science of dental hygiene by ensuring access to quality oral health within Lane County; increasing awareness of the cost effective benefits of prevention; promoting the highest standards of dental hygiene education, licensure, practice, and research; and representing and promoting the interests of dental hygienists living in Lane County.

ANNOUNCEMENTS:

Lane County Sealant Clinic (February 26, 2011): Planning Meeting is set for October 2, 2010 for 9 AM at the Starbucks on 18th Ave. All are welcome.

Local Hygienists Roster: Help keep our roster up-to-date, so you can be informed on local dental hygiene events. Contact Rose Lowell with current contact information. See Board Officer contact information inside.

Need a Fill In or like us to keep you as a Fill-in? Its easy. Email our membership chair each year if you are still available for fill in work with days available or will be deleted from the list prior. If you are in need of a fill-in, contact Rose.

Congrats go out to local member Mary Ellen Volansky. She wrote an article on Ethnobotany and Oral Health that will be featured in September/October issue of Access magazine.

American Dental Hygienists' Association

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Web: www.adha.org



Oregon Dental Hygienists' Association

3340 Commercial St. SE, Ste. 210

Salem, Or 97302

Phone: (503) 371-7457

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Web: www.odha.org

Oregon Board of Dentistry

1600 SW 4th , Suite 770

Portland, Or 97201

Phone: 971 673-3200

Fax: 971-673-3202

Web: www.oregon.gov/dentistry



LCDHA



Rose Lowell, Membership Services Chair
c/o Lane County Dental Hygienists Association
124 Nieblock Lane
Creswell, OR 97426

2010-2011 Continuing Education Series

For **pre-registration**, please make a check payable to **LCDHA** and **mail** it along with this form to: **Kat Rogers, LCDHA Treasurer, 3555 W 25th Ave. Eugene, Or 947405**

Please circle all the classes you plan to attend. See page 3 for class descriptions.

September - \$25 October - \$25 January - \$25 February - \$25 March - \$25
 April - \$25 All - \$100 (on/before 10-28)

Date: _____ Check #: _____ Total Enclosed: _____

Name: _____ Email: _____

Address: _____

Phone #: _____ Work #(Optional): _____

Employer (Optional): _____

Check here, if interested in more information about ADHA membership. ____

Check here, if interested in Medical Emergencies/Nitrous Update class on May 14, 2011. ____

2010-2011 L.C.D.H.A. Board Officers

Jill Jones — President

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Kat Rogers — Treasurer

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Cindi Rasmussen — Immediate Past President / CE Co-chair

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Rose Lowell - Membership Chair

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Kelly Simpson — Trustee to ODHA

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 253-709-3665

Laura Roberts - Continuing Education Co-Chair

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Sandra O'Keefe - Community Outreach Chair

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 541-302-6849

Positions with-in LCDHA: Vice President, Secretary, Trustee to ODHA, Public Relations Chair