

# NEWSLETTER

A Publication of the Idaho Dental Hygienists' Association

Summer 2010

## **PRESIDENT'S MESSAGE**

Vanessa Hanser, RDH-ER, BSDH

“Unleashing Your Potential: Supporting, Developing & Empowering You.” You may have heard this statement before—it is ADHA’s Brand and it is also my goal as IDHA President. Our focus this year is the challenging task of self-assessment and determining the best ways for our organization to operate. This focus on best practices looks at the most efficient (least amount of effort) and effective (best results) way of accomplishing a task, based on repeatable procedures that have proven themselves over time for large numbers of people. It is not an easy undertaking, but it is essential for our organization to become stronger and better prepared to achieve our goals.

We started our Strategic Planning last November by creating a Mind Map to step back and evaluate what is really important to the organization at this particular time. Then we prioritized based on our resources including time, staff, volunteers, members, and money.

Membership was one of the main concerns on our Mind Map. Our member numbers have dropped over the past several years despite the increase in the number of licensed hygienists in Idaho. This has prompted us to identify what can be done to change that trend. Last year, we surveyed Idaho hygienists on important issues and demographics. We are currently reviewing the results and will publicize them as soon as this process is complete. We plan to continue to seek the opinions of Idaho hygienists—members as well as potential members—to ensure that we are serving our members and representing the desires of Idaho hygienists.

It is important that IDHA speaks the voice of our members and not merely the opinions of those holding leadership positions. An effective way to ensure this is by developing association Policy Statements on issues relevant to our profession. I have encouraged the Board to work on this tedious process and hope we will have Policy Statements, as well as revised Bylaws for members to give feedback and vote on, if not at this year’s IDHA Annual Session, then at next year’s.

We are grateful to all the hygienists who are IDHA members. With your continued support we can be a strong voice for Idaho’s hygienists. If you are not currently a member, we need you to join us. No other organization has our best interests at heart. Idaho dental hygienists deserve to have

dedicated representation and an organization that will work to protect our profession and what’s important to us. Our careers are at stake.

Membership dues are often viewed as a barrier to joining IDHA. Indeed, the yearly cost is about a day’s wages. However, when you think about what your career means to you, your family and your community—well, those are the very things you are protecting when you become a member. Those are also the things you risk losing when you are not a member. Remember that ADHA now offers quarterly payments to make it easier to be a member (see page 10 for more information).

Another main concern identified on our Mind Map was improving communication. One way I have worked to address this is by creating a secure portion of the IDHA website that is accessible only to officers—the “Officer Resource Section.” All association documents are now digital and available in this section. In addition, to facilitate better communication amongst the Officers and the Components, I also worked with our web-designer to create the “IDHA Forum,” where officers have the opportunity to discuss any IDHA business and to prepare in advance for efficient board meetings. (continued on page 4)

### **MISSION STATEMENT**

The mission of IDHA is to assist and serve individual members through active participation and promotion of the highest standards of the dental hygiene profession.

### **VISION STATEMENT**

Enhance the profession of dental hygiene by improving professionalism, autonomy, access to oral health care, and the relationship of oral health to total health.

- Professionals representing the highest standards of practice to maintain the integrity of the profession.
- Promoting public awareness by providing quality oral health care to individuals in private and alternative practice settings, including underserved populations.
- Promoting higher educational standards and increased educational offerings to keep pace with the demands of an ever changing population.
- Increasing public awareness of services provided by dental hygienists.



# NEWSLETTER

**EDITOR ASSISTANT**

Vanessa Hanser, RDH-ER, BSDH  
 Krista Beaty, RDH, BSDH

**2009-2010 OFFICERS**

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Annual Session	Colleen Stephenson
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Membership	
Practice & Regulation	Elizabeth Nies
Professional Education	
Public Relations	
Website	Steve & Vanessa Hanser

Please send your Newsletter reports, articles, pictures, advertisements, questions, etc. to: [vanessa@idha.org](mailto:vanessa@idha.org). All submissions must include the author's name, credentials and contact information. We reserve the right to edit submissions.

The opinions and information contained in this publication do not necessarily represent IDHA's official policies or recommendations. Authors of published materials are solely responsible for their accuracy. The publication of advertisements in this newsletter does not constitute an endorsement or guarantee by IDHA.

**CLASSIFIED ADS**

Advertising is offered in the IDHA Newsletter and on the IDHA website at affordable rates. For more information, contact [vanessa@idha.org](mailto:vanessa@idha.org).

**MEET THE IDHA BOARD**

The IDHA Board is made up of some very dedicated volunteers. A few are highlighted here and more are highlighted on our website (<http://idha.org/officers.html>).

**Vanessa Hanser, IDHA President.**



Vanessa attended Idaho State University and received a Bachelor of Science in Dental Hygiene (BSDH). She has worked as a Clinical Dental Hygienist for eight years in private practice. Vanessa has been volunteering for IDHA for almost 7 years, serving in several positions such as IDHA Newsletter Editor, Public Relations Chairperson, ACEDHS Trustee, IDHA Website design and maintenance, IDHA Vice President, and President-elect.

Vanessa grew up near Kuna, Idaho, attended BSU for three years, and then transferred to the ISU Dental Hygiene Program in Pocatello where she met her husband. They are restoring their 1930's Boise home, love spending time outdoors, and have a dog and two kitties.

Vanessa believes that membership in IDHA is imperative: it guarantees that our voice is heard and our interests as dental hygienists are represented to Idaho Legislators and the Board of Dentistry; it also offers camaraderie and opportunities to network with hygienists in local areas as well as statewide.

Serving as an IDHA officer gives hygienists the opportunity to contribute to our profession as well as our association. Vanessa is serving in IDHA to help guide the organization towards achieving our goals and strengthening our Association, and says, "It's been an enlightening and amazing experience. I encourage those of you with any doubts about your qualifications or value to IDHA to know that we need your participation and together, 'We can do it!'"



**Elizabeth Nies, IDHA President-elect & Legislative Chair.**

Liz has been a clinician in a general practice setting for 26 years. A graduate of Fones School of Dental Hygiene at the University of Bridgeport, Liz has experience as President of New Jersey Dental Hygiene Association. She also has held the Practice and Regulations Chair position for 3 years.

Liz shares how she got involved in her dental hygiene organizations: "I got involved on a dare at a Component meeting in New Jersey and have been hooked ever since. I love to be a part of empowering hygienists to be all that they want to be, showing them how to get the tools they need to do so." Her experience also includes Membership

Chair, Programs Coordinator, Vice President, Annual Session Chair and President of her Component in both New Jersey and Idaho.

Liz was born in New Jersey, and moved to New York City in 1989 to pursue an acting career while working as a dental hygienist on Park Avenue. There, she met her husband and was married in 1998 and has three step children. Liz and her husband moved to Boise in 2004, and she has been active in the IDHA ever since that time. Liz's hobbies include quilting, hiking, biking, singing and laughing.

Liz has an intense desire to see every licensed hygienist in the State of Idaho become an active IDHA member. "If you are not a member of your professional organization you are missing out on being the best professional you can be. Until we start acting like the professionals we want to be treated as, we will always be the whiney hygienist that always is asking for something. Your association can assist you in creating a business plan to get what you need and practice the way you want to practice. Ask how."

**Ellen Bright, IDHA Treasurer.** Ellen brings 26 years of clinical dental hygiene experience to her position. Ellen has a BSDH from Idaho State University and is native to the Treasure Valley. She has been a member of IDHA for 28 years, and has been volunteering her expertise to the organization for almost two years. She has experience researching information in preparation for "general supervision" in the 1980s.



Ellen states, "Involvement in IDHA allows me to contribute to the strategic direction of the association as well as to promote the profession from within. It has given me a much broader perspective on the dental hygiene profession and what is happening at local and national levels."

Ellen is passionate about membership in our state and national dental hygiene organizations. She emphasizes that, "Membership in IDHA ensures that our profession has a voice in our government. It shows that you take your career seriously and provides a great opportunity to network. When you commit your time and effort to an organization or to a cause you feel strongly about, the feeling of fulfillment can be endless."

Ellen has one adult son, and enjoys travel, country music, spending time with her family, and scrapbooking.



**Tiffany Dixon, North Idaho Trustee.** A native of Northern California, Tiffany has been lending her expertise to the IDHA for the past 11 years. She has held three separate two-year terms as Trustee, one term as Component President and one term as Vice President. After 14

years of dental hygiene practice, Tiffany is working in private practice 3 days per week, while balancing her role as mom. She states, "I enjoy being a mom and watching life through the eyes of my children. It is the greatest thing!"

Tiffany graduated from University of Alabama Birmingham with her Bachelor of Science in Dental Hygiene Degree. She takes her active role in our organization seriously, saying, "I'm involved because I feel strongly that if you don't vote then you don't have a right to gripe. If I don't participate and be involved in the possible future of our profession then I can't complain if it goes down a road that I don't like. I also like being involved to develop great friendships with people from my profession. And I have met some great people!"

As North Idaho Trustee, Tiffany would like to see licensed hygienists in our state become active in IDHA membership for the betterment of our profession. "Membership in IDHA/ADHA is important because we are a profession!!! It's what you do. I would like to see our profession not only grow but stay alive. Without membership to help.....we have nothing."

**Sally Kane, IDHA Immediate Past President.** Sally has enjoyed a long and productive career in dental hygiene. A graduate of the dental hygiene program at ISU, Sally has volunteered her expertise for 15 years as an IDHA volunteer and 30 years as an active ADHA member. She has served the IDHA in many facets: Public Relations Chairperson, Community Outreach Chair, Practice and Regulations Committee member, Alternate Delegate, IDHA VP, President-elect, and President.



Of her distinguished service to the IDHA, Sally states, "By serving as an IDHA officer I gave back to a profession that has been good to me and feel I met my professional responsibility to do the best I could, to serve, protect and advance dental hygiene in Idaho. If we do not participate in our own profession we are not a true profession. I was honored to serve Idaho dental hygienists and will always treasure my dental hygienist friends and colleagues. Serving is not always easy but it is something you will never regret."

During her career, Sally worked six years in private practice, one year in a periodontal practice, and 23 years in public health. She and her husband live in Boise, have both recently retired, and are now focusing on their "Bounceboard" business. Sally is currently training for a 450 mile bike ride across Iowa this summer.

Sally has given much of herself to the IDHA. "IDHA is the only organization in Idaho looking out for the best interests of dental hygienists. Together we stand and we control our future."

(continued from page 1) The IDHA "Officer Resource Section" is continually evolving, and we hope to expand it in the future to include a section for each Component, as well as an IDHA Member Section.

We are also developing a volunteer area on our website to make it easier to get involved. You can sign up online and select what activities you'd like to help with and how much or little time you can spare. IDHA has officer positions open and many areas in which we need volunteers. Check our website for this upcoming volunteer section or contact IDHA Executive Director, Susan Cameron at scameron@moscow.com or 208.882.2787 for more information.

A lot has happened since our last Newsletter. I've had the opportunity to report to and attend portions of the four Idaho State Board of Dentistry meetings this year. In March, IDHA held a Legislative Luncheon and we are working to continue to develop our connection with our Legislators. IDHA also continues to look forward to working with the Idaho State Dental Association on common issues. We are happy to have been a part of the team that helped develop the Idaho Oral Health Action Plan 2010-2015. We are looking forward to continuing efforts with our allies to improve oral health care in Idaho. Find more information about the Plan on page 5.

In May, IDHA volunteers assisted with the Fundsy Gala and Live Auction, and we are pleased that our support helped raise funds for the Children's Free Dental Clinic. Many thanks to our volunteers: Sue Bistline, Nicole Herrmann, Randi Moody, and Mary Campbell Smith.



Pictured left to right: Dr. John Kriz, Sue Bistline, Mary Campbell Smith, Nicole Herrmann, Randi Moody, & Vanessa Hanser.

In June, IDHA sent three Delegates and our President-elect to the American Dental Hygienists' Association Annual Session in Las Vegas, Nevada to participate in workshops and the ADHA House of Delegates. ADHA District 12 elected a new Trustee, Kelli Swanson Jaacks from Oregon; and our outgoing Trustee, Susan Savage, was elected as ADHA Vice President! Many thanks to Susan Savage for all her support.

I'd also like to thank Vanda and Harold Johnson. Vanda has done so much for IDHA and dental hygiene in Idaho. Several years ago, Vanda recruited her husband, Harold, to be IDHA's accountant. Harold has provided us with valuable financial advice for many years and will be ready to hand over this duty to another able accountant within the next year or so. If someone you know would be interested in this position, please contact IDHA Executive Director, Susan Cameron at scameron@moscow.com or 208.882.2787.

IDHA is pleased to welcome all dental team members to our 2010 Annual Session at the Grove Hotel in downtown Boise on October 15 & 16. We have some great speakers lined up, along with excellent exhibitors, an informative Professional Issues Forum, educational Student Table Clinics, and a fabulous Friday Night Gala. Mark your calendars and plan to join us for a fun time—I'm looking forward to seeing you all there!

Please visit our website for more IDHA updates, Component announcements, and awards and grants information—deadlines for submissions are coming up!



## SAVE THE DATE IDHA 2010 ANNUAL SESSION

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IDHA's 47<sup>th</sup> Annual Session will be on October 15 & 16 at the Grove Hotel in downtown Boise. We welcome all dental team members—doctors, assistants, front office support and dental hygienists. Patti DiGangi, RDH will be presenting "Medical Emergencies: More Than Just CPR;" and Carole Jahn, RDH, MS will discuss "Child and Adolescent Health: New Challenges for the 21st Century" and "Boomers and Seniors: Living Longer and Healthier: Is Your Practice Ready?" Both seminars will provide valuable information to all members of the dental team.

There will also be Student Table Clinics, a Professional Issues Forum, a HYPAC Fitness Event, and the always exciting Live Auction at the Friday Night Gala.

The Idaho Dental Hygienists' Foundation (IDHF) is accepting donations for the Live and Silent Auctions. The Foundation is a great way to make tax deductible gifts to fund scholarships, grants and dental hygiene community service projects. Also, remember to get your tickets for the IDHF Jewelry Raffle.

Save the date and watch your mailbox for the registration booklet. Make sure to book your hotel reservations by September 21st to get the discounted room rate. Contact Colleen Stephenson, Annual Session Chair: stepmoni@yahoo.com or visit our website for more information and online registration: <http://idha.org/annualsession.html>. We look forward to seeing you there!

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## IDAHO STATE BOARD OF DENTISTRY

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Janis McClelland, RDH

Thank you again for the honor of representing all of Idaho's hygienists on the Idaho State Board of Dentistry (ISBD). It has been a very busy 4 years. The board has been challenged with many items on the agenda and it has been an eye opening experience.

Jan Simpson and I served as WREB examiners in Dallas this year. It was fun to work together and network with other examiners and members of states boards. We learned that Idaho is doing a lot of things right and we're looking forward to the future of our profession.

There is a new updated version of the Practice Act out. If you have not received it and want a copy please contact the office. One thing I have learned while serving on the Board it is that licensed dental professionals are not aware of what it is their own Practice Act. It seems the majority of issues would not exist if practitioners would read and understand the rules and statutes of our profession.

The pressure on us is great but, each day ask yourself:

- \* Did you treat your patients with the respect and discretion they deserve?
- \* Did you place the patient's interest and well-being before your own?
- \* Does the treatment address the needs and wants of the patient?
- \* Would you feel proud to have your colleagues see the results of your treatment?
- \* Did you act and behave in such a manner that your family and friends would not be embarrassed to say they know you?

We are all facing tremendous daily pressure but we must stay devoted to protecting and caring for our patients by supporting, promoting and actively participating in our professional organization—IDHA! If there is anything you would like to discuss please contact Jan or I anytime. ISBD office: 208.334.2369 or [sbdinfo@isbd.idaho.gov](mailto:sbdinfo@isbd.idaho.gov).

*Editor's note: Janis's term on the ISBD will be ending in January and she is interested in serving a second term. The ISBD Consumer Member's term will also end in January. If you have any comments for IDHA or know of someone interested in serving on the ISBD, please contact IDHA Executive Director, Susan Cameron at 208.882.2787 or [scameron@moscow.com](mailto:scameron@moscow.com).*

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## SHARE YOUR ACCOMPLISHMENTS

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IDHA would like to hear about your community service and volunteer events. We would like to share your stories and may be able to provide information about potential funding opportunities for your future projects. For more information, visit our website, [www.idha.org](http://www.idha.org), or email [vanessa@idha.org](mailto:vanessa@idha.org).

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## JOIN THE IDHA E-MAIL LIST

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Stay up to date by joining the IDHA email list, open to all Idaho hygienists. Contact Susan Cameron, IDHA Executive Director at [scameron@moscow.com](mailto:scameron@moscow.com) or 208.882.2787. Please provide your name, e-mail address, phone number, mailing address, Idaho DH license number, and ADHA membership number (if you are a member).

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## IDAHO ORAL HEALTH PROGRAM

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Mimi Hartman-Cunningham, Program Manager

If you didn't attend the launch of the Idaho Oral Health Action Plan 2010-2015 (IOHAP) in April, you missed an exciting moment in Idaho oral health history. The Idaho Oral Health Alliance hosted the day long event. Bill Maas, DDS, former Centers for Disease Control and Prevention National Oral Health Program Director and now with the Pew Center on the States was the keynote speaker.

The IOHAP is ambitious. We all have our work cut out for us to address the three goals: Access to Care, Prevention, and Policy. Under each of the goals there are priorities, objectives and action steps that will lead to better oral health for people in Idaho. Dental hygienists have already and will play an important part in moving the plan forward. For a copy, please go to <http://www.healthandwelfare.idaho.gov/Health/OralHealth/tabid/106/Default.aspx> and find the plan under "Documents."

Where do hygienists actually fit in? Everywhere is the easy answer. A number of hygienists participated in developing the plan. Much thanks goes to Sally Kane, Carolyn Brammer, Janet Garlick, and Vanessa Hanser who served on the Oral Health State Plan workgroup and provided much wisdom and insight over the 18 months it took to carefully craft the document.

What is next?

- Work with pediatricians and family physicians to assess oral health as a part of primary care.
- Educate pregnant women about the importance of oral health care during pregnancy and proper oral health care of infants and children.
- Encourage and support the adoption of the American Academy of Pediatric Dentists recommendation that children have a dental home by age one.
- Promote and support community water fluoridation.
- Educate people of all ages about the importance of personal oral health care.
- Educate patients about the link between good oral health and chronic diseases.

For more information and a copy of the IOHAP, please contact Mimi Hartman-Cunningham, Program Manager, Idaho Oral Health Program: [hartmanm@dhw.idaho.gov](mailto:hartmanm@dhw.idaho.gov) or 208.334.4928.



Graham Paterson, Treasurer

Oral Diseases are serious chronic bacterial infections. Research suggests that they are a risk factor for many systemic conditions, such as cardiovascular diseases, strokes, and pre-term births (one out of every 10 Idaho babies are born prematurely). Further data from the Center for Disease Control suggests that the incidence of caries in children is rising. Terry Reilly reports that the number of people seeking pain relief has risen 20% in the last year, which indicates that more and more people are not seeking routine dental care. Relief from oral pain continues to be one of the most common reasons for patients visiting hospital emergency rooms.

The Idaho Oral Health Alliance (IOHA) is firmly committed to increasing access to dental care and increasing prevention and disease management to reverse the trend and make Idahoans healthier. In 2010 we are working ambitiously towards our mission. At the IOHA Annual meeting the Idaho Oral Health 5 Year State Plan was introduced by Mimi Hartman-Cunningham, Idaho Oral Health Program Manager, Idaho Department of Health and Welfare. Ms. Hartman-Cunningham organized a diverse workgroup of experts to formulate this plan. It took many years and untold hours. It is meant to be a "work in progress" to guide and be a reference point for future programs, policy and grant applications.

In conjunction with the unveiling of the Idaho Oral Health 5 Year State Plan, Dr. Bill Maas, currently with the Pew Center on the States in Washington DC, spoke about what is going on nationally as well as what we can do in Idaho. Previously he was the director of the CDC's national Oral Health Division, and has an expansive knowledge of Oral Health and disease management programs, as well as an "insiders" view of many of the Federal grant opportunities.

The Annual meeting culminated with Dr. John Kriz being elected as the IOHA Chair for 2010-11. As Chair, Dr. Kriz presented the Idaho Oral Health 5 Year State Plan to the Idaho State Dental Association for consideration. For more information visit [www.idahooralhealth.org](http://www.idahooralhealth.org) or contact Graham: [grahampaterson\\_ioha@q.com](mailto:grahampaterson_ioha@q.com).

## CENTRAL DISTRICT HEALTH DEPARTMENT

Carolyn Brammer, RDH-EA, Oral Health Program Coordinator

Central District Health Department is pleased to announce that we are partnering in a new pilot project with Family Medicine Residency of Idaho (FMRI) to promote dental homes for children. FMRI received a grant from United Way to allow a Dental Hygienist to work at FMRI two days a week. The RDH will assist children and families in estab-

lishing themselves with a dental home and assistance those in need to obtain dental treatment.

FMRI currently provides their Residents with Oral Health training that includes education on Early Childhood Caries, benefits of Fluoride Varnish (FV) applications, topics to discuss with caregivers, and providing anticipatory guidance. They offer FV to children during well child visits, and recommend that the child and family have a dental home.

The RDH duties will include providing in-service training on oral health issues, training staff to administer FV, and be available to consult on any dental questions that may arise. We have helped to develop an Oral Health Record that is in the Electronic Health Record, which includes findings noted on visual inspection by the Resident, anticipatory guidance, and a referral list of dental practices in the Treasure Valley. She will also follow up on any patients that have been identified as needing dental treatment.

We collaborated with the Community Health class of nursing students from BSU to develop a list of dentists that would be willing to provide dental homes to patients from FMRI. The list of referrals was defined by a dental office meeting 3 main criteria: accepting Medicaid (Idaho Smiles) patients, accepting patients by age 1 (or when teeth first start to erupt), and providing FV to young children (when other fluoride treatments are not appropriate) with education to the patient/caregiver on good, preventive oral health practices. Surprisingly, these 3 criteria limited our list to only 12-15 practices in the Ada/Canyon County area. If you think your office would be interested in being on our referral list, or to find out more about offering FV to your younger patients, please contact Carolyn Brammer, RDH at Central District Health Department: 208.327.8612 or [cbrammer@cdhd.idaho.gov](mailto:cbrammer@cdhd.idaho.gov).

CDHD completed another successful year of school based sealant clinics in Meridian Elementary School, Chaparral Elementary School, and all three elementary schools in Valley Co. The sealant clinics were made possible with a grant from the Ronald McDonald House Charities of Idaho.

We also offered Dental screening and FV to students at Garden Valley School and Desert Sage Elementary School. We want to thank Andra Gillespie for all the time she volunteered to offer services to students in Garden Valley—we couldn't have done it without her.

Free Dental Day was a success with the practices of Dr. Scott Grant and Dr. Eric Barney (Brookdale Dental). Preventive care including sealants worth \$11,300 were provided to 66 uninsured children. A big thanks to both doctors' staff and volunteer hygienists—Becky Tranmer, CaraJo VanLeuven (who has also volunteered at our Meridian School clinic), Gretchen Crawford-Warila, Barbara Belveal, Ellie Highsmith, Amy Turnbull, and Sarah Gee. THANK YOU! Hope you all have a great summer!

Seven Twin Falls area hygienists donated their time and services in May to provide free dental care to 34 uninsured children. Volunteer hygienists included Suzanne Stokes, Shelley Santistevan, Rachel Anderson, Connie Hendrix, Emily Rasmussen, Megan Addey, and Jeana Secrist.

Through a partnership with the Regence Caring Foundation, the College of Southern Idaho Dental Assisting Program, South Central Public Health District, and volunteer hygienists, 34 uninsured children received fluoride treatments and sealants valued at \$3,400.

For more information on the Regence Caring Foundation dental program for uninsured children, please contact Kathy Ellis at 208.395.7741. Photo below: Suzanne Stokes providing care to her patient Abby



Delta Dental Sealant Clinics Expands Focus to Rural Idaho: Delta Dental of Idaho recently expanded their free school-based dental sealant clinics to some of Idaho's more isolated communities. In April, Boise-based Samantha Kenney, RDH-EA and a dental assistant traveled for two weeks to reach 168 elementary and middle school students in Arco, Salmon, Leadore, and Dubois.

In September, an additional two-weeks of sealant clinics will be held on-site at schools in Kamiah and Plummer. Delta Dental is currently looking for an experienced dental assistant who can work in the clinic the weeks of September 20th and 27th. If you know of someone, please have them contact Samantha Kenney at skenny@deltadentalid.com, or 208.489.3541.

Since 2007, Samantha and the program's Twin-Falls-based hygienist, Lorinda Horner, RDH-EA, have placed over 17,600 dental sealants.



**Regence Caring Foundation for Children  
Charity Golf Tournament**  
Presented by TriWest Healthcare Alliance

Special guest:  
Aerial skier Jeret "Speedy" Peterson  
Silver medalist, 2010 Winter Olympics

Thursday, August 5  
7 a.m. Registration  
8 a.m. Tournament  
SpurWing Country Club, Meridian, ID

For more information, contact Kathy Ellis  
at (208) 395-7741 or kmellis@regence.com

Tournament proceeds provide dental care  
to low-income, uninsured Idaho children.

**Tournament Entry Fees**  
Individual golfer - \$250  
Team of four - \$1,000  
*Sponsorship opportunities also available*



Photo courtesy of USOC

Jeret "Speedy" Peterson

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## APOLLO COLLEGE

Dr. David C. Reff, DDS

The last twelve months have been very exciting for Apollo College Dental Hygiene. 60 out of 61 students passed the WREB Dental Hygiene Exam; 58 out of 58 passed the National Dental Hygiene Board Exam; and 57 out of 57 passed the WREB Anesthesia Exam. Presently, there are 85 students in the program.

Apollo College became Carrington College on July 1. This is a new name, but the school has the same mission of educating and graduating students to be proficient and qualified allied health care providers. For more info contact Dr. Reff: dreff@carrington.edu.

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## WATER FLUORIDATION IN NORTH IDAHO

Janis McClelland, RDH

*Editor's Note: There has been an effort to remove fluoridation from the Sandpoint, Idaho water system, and the following is a commentary Janis wrote for the Bonner County Daily Bee in June regarding water fluoridation.*

The Centers for Disease Control and Prevention identifies fluoridation of drinking water as one of the 10 great public health achievements of the 20th century. The American Public Health Association promotes water fluoridation as the foundation for better oral health. Even in today's environment, with the increasing availability of fluoride-containing products such as toothpastes and mouth rinses, community water fluoridation remains the most equitable and cost-effective method of delivering fluoride to all members of most communities, regardless of age, educational attainment, or income level.

Fluoridated water and tooth decay: Fluoride is the ionic form of the element fluorine, an element abundant in the earth's crust. As a result, fluoride is a naturally occurring component of all water sources in varying concentrations. Fluoride protects teeth in two ways; systemically and topically. Systemic fluoride sources are ingested, sources include fluoridated water, dietary fluoride supplements, and fluoride in foods and beverages. Systemic fluoride present during tooth development becomes incorporated into the tooth structure, resulting in fortified enamel more resistant to decay. Topical fluorides are those applied on the tooth and provide local protection on the surface. Topical fluoride not only prevents demineralization and promotes remineralization in the enamel, it also inhibits the activity of cariogenic bacteria. Fluoride's topical effects explain why both adults and children benefit from fluoride exposure. Sources of topical fluoride include toothpastes, mouth rinses, professional dental products and saliva. Saliva is an important carrier of topical fluoride. While saliva secreted from the ducts contains a low level of fluoride not likely to have decay-preventing effects, drinking fluoridated water can greatly increase saliva's fluoride concentration. Therefore, drinking

fluoridated water provides both systemic and topical protection, resulting in maximum reduction in tooth decay.

Recommendations for using fluoride for optimal dental health: CDC provides recommendations to dental and health care providers, public health care officials and the general public for the best practices in fluoride use to prevent dental decay. In recent years, CDC reviewed and revised the recommendations to reflect the current environment of widespread availability of fluoride-containing products and multiple water sources, such as bottled waters and home water treatment systems.

Fluoridated community water: Fluoridated water contains the optimal level of fluoride, which can occur naturally or through the addition of fluoride to the community water supply. When the community water supply's naturally occurring fluoride is below the optimal level to reduce dental decay while minimizing the occurrence of dental fluorosis, the water can be fluoridated to increase the amount.

The optimum concentration for fluoride in water in the United States is 0.7 parts per million (ppm) to 1.2 ppm. Parts per million is equivalent to milligrams of fluoride to liter of water. Even in today's environment, where other sources of fluoride are readily accessible and utilized, water fluoridation continues to be effective at reducing decay.

While CDC provides guidance and information to officials responsible for formulating and implementing water fluoridation programs, it is not the regulatory agency. The United States Environmental Protection Agency (EPA), which is responsible for the safety and quality of drinking water in the United States, sets criteria for safe drinking water, including the maximum allowable concentration of fluoride to protect children and others from adverse health effects.

I urge you to discuss this issue with your dental professional and to refer to only scientific evidence based research, not "Google" based research.

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## ISU DEPARTMENT OF DENTAL HYGIENE

Kathleen O. Hodges, RDH, MS, Professor & Department Chair

**Bachelor of Science in Dental Hygiene Program & Master of Science in Dental Hygiene Program Student Activities:** National Board Examination results were published and all ISU students passed the exam (100% success rate). Junior and senior undergraduate students participated in the Give Kids a Smile Day (GKSD) event in February in the ISU Dental Hygiene Clinic. It was a rewarding event. Senior students provided dental hygiene preventive care for underserved children and the junior students assisted. GKSD was a cooperative effort between the department, the local District Health Department, and the local dental society. Once again Karla Leudke, public health dental hygienist, was instrumental in organizing the event with Jacque Freudenthal, ISU Assistant Professor. After completion of

preventive care, children were referred to local dental offices to complete their restorative care.

In May, graduation festivities for senior students were held, and students were honored at a formal ceremony planned by faculty and senior students. For the first time, the graduates of the master's program were hooded at this venue.

Jennifer Shumaker, a recent graduate of the bachelor's program, was awarded the Kasiska College of Health Professions Outstanding Student Achievement Award. She was selected from the entire college based on her scholastic achievements, community service and professionalism.

Shelby Moss, a future senior dental hygiene student in the bachelor's program, was selected as a student delegate by the ADHA to represent District XII at the Annual Session in June in Las Vegas. As a result, her trip was funded and she was able to attend various meetings, collaborate with other students and licensed dental hygienists from around the nation, and attend the ADHA House of Delegates.

A one-week intensive clinical course was given for graduate students in June. It serves to teach advanced procedures in hand instrumentation, mechanized instrumentation, endoscopic therapy, caries diagnostics and treatment theories, and various other technologies. This week also serves as an opportunity for the students to meet one another and form a learning community because they primarily are educated online. Great relationships are formed through professional and social interactions on the Pocatello campus. Also, a one-week orientation for incoming students in the graduate program is scheduled for late July and early August and, again, this gives students an opportunity to see the Pocatello campus and meet fellow students. Topics covered in the orientation include evidence based practice, library searching, research analysis, and critical thinking skills.

27 students were admitted into the undergraduate program for the fall. 12 new students are enrolling in the MSDH program this fall. There are graduates and students of the master's program in 19 states and Canada (as of spring 2010).

Three graduate students were recognized for awards. Lisa Moravec received an Equipment Award from the University of Nebraska Medical Center's College of Dentistry Research Committee. Lisa Johnson received the American Dental Education Association/Crest Oral-B Scholarship for Dental Hygiene Students Pursuing Academic Careers at the Annual Session. Janice Murray received the Canadian Dental Hygienists' Association Visionary Award and her short essay was published in the *Canadian Journal of Dental Hygiene*.

Karen Portillo, a recent graduate, presented a poster on assessing dental hygiene and nursing students' perceptions of interdisciplinary practice at the American Dental Education Association Annual Session. Ann Wetmore, RDH, MS, a recent graduate of the program, presented a poster about

blogging and reflective learning in clinical education at the American Dental Education Association Annual Session.

Additionally, Elly Francisco published on managing the risk of caries in *Dimensions*. Anne Wetmore, Linda Boyd, Denise Bowen and Robin Patillo published on the use of reflective blogs to promote critical thinking in the *Journal of Dental Hygiene*, and published on blogging as a preliminary framework for implementing and assessing reflective learning in clinical education in the *Journal of Dental Education*.

**Faculty Activities:** Many faculty members either presented or were coauthors of refereed posters or presentations focusing on original research at the International Symposium on Dental Hygiene in Glasgow Scotland. Faculty involved were Brooke Agado, Denise Bowen, Carole Christie, Carlene Paarmann, Dr. Tara Johnson and Dr. Ellen Rogo.

Kristin Calley and I recently published in *Dimensions* on ultrasonic instrumentation. Kandis Garland was on the cover of *Access* and published an article about infection control. Jacque Freudenthal and Denise Bowen published an article in the *Journal of Dental Education* about attrition and remediation in dental hygiene education. Dr. Linda Boyd presented a poster on assessing change in perceptions towards persons with intellectual disabilities after participation in Special Olympics Healthy Athletes Venues at the American Dental Education Association Annual Session. She also presented a professional presentation on critical thinking in dental hygiene education at the Ohio Dental Hygiene Educator's Society. Jacque Freudenthal, RDH, MHE and Linda Boyd published a manuscript on assessing change in student and faculty perceptions towards persons with intellectual disabilities after participation in Special Olympics Healthy Athletes venues in the *Journal of Dental Education*.

The Department's Advisory Committee met in April. These meetings occur once per semester to advise about the dental hygiene program, and we value their recommendations. It also serves as an opportunity to communicate with professionals from around the state. Dentists and hygienists from each region of the state, based on dental districts and/or professional components, are members of the Advisory Committee. New members include Jacque Liebach, RDH, BS from Boise and Dr. Timothy from Montpelier.

Denise Bowen is retiring this summer after decades of meritorious service to the department and to our profession. She will continue to contribute to our profession in meaningful ways in the future. It is impossible to thank her for all her efforts in helping the faculty and students at Idaho State University excel in all facets of our profession.

Linda Boyd recently left Idaho State University Meridian to become Dean of the Forsyth School of Dental Hygiene in the Massachusetts College of Pharmacy and Health Sciences. The graduate program will miss her and we wish her well in her new endeavor.



American  
Dental  
Hygienists'  
Association

## ADHA UPDATE

### Unleashing Your Potential Weekend

ADHA has a proud history of working with corporate supporters to provide potential leaders with the skills and tools they need to lead their fellow dental hygienists to successfully accomplish our state organizations' goals. The Unleashing Your Potential Weekend has a new look for the second year in a row in 2010! It is no longer limited to the President-elect of each state. An application process has been put into place which will allow all interested members the opportunity to be chosen to attend this strategic workshop, November 12-14, 2010. For more information, go to: <http://www.adha.org/news/unleash.htm>.

### Summer Cycle Members: Renew Your Membership!

Remember that you can log into your member's only account at <http://www.adha.org/> to view your current membership status. Your ADHA membership renewal invoice is available online. You can access your account 24/7. Once logged in, click the pay my dues now tab to bring your membership current through 2010-2011.

### The Quarterly Payment Plan is Now Available!

The quarterly payment plan (QPP) is now available! Any current ADHA member who is due for renewal this summer can join the QPP online today. Any new, former or lapsed ADHA members will have to contact ADHA Member Services by phone to join the QPP. For more information, please visit the QPP Frequently Asked Questions page on ADHA's website: <http://www.adha.org/aboutadha/payments.htm>.

### ADHA Standards for Clinical Dental Hygiene Practice

One hallmark of a true profession is its willingness to assume responsibility for the quality of care that its members provide. In 1985, the ADHA took a major step toward fulfillment of that responsibility with the development of *Applied Standards of Clinical Dental Hygiene Practice*. The new document builds on those Standards and promotes dental hygiene practice based on current and relevant scientific evidence. Download the ADHA Standards for Clinical Dental Hygiene Practice on the ADHA website: [http://www.adha.org/downloads/adha\\_standards08.pdf](http://www.adha.org/downloads/adha_standards08.pdf).

### Interested in Dental Hygiene Careers?

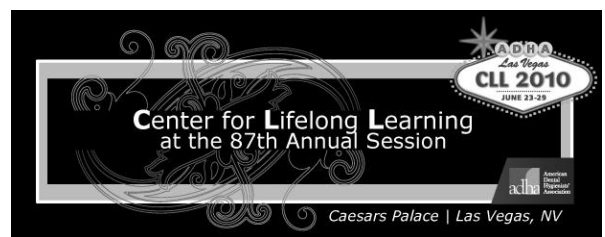
*Access* magazine's "Working" column began in 2001 to highlight the careers of dental hygienists employed as dental hygienists outside private practice. These columns are archived online and were recently reorganized to make it easier for visitors interested in the wide variety of positions to which dental hygienists have brought their unique preparation. Many of the hygienists profiled can be contacted for more information about their careers. Read the 2010 May/June working column featuring Suzanne M. Newkirk, RDH. Visit [www.adha.org](http://www.adha.org) for more information.

### Oral Health Resources

The National Maternal and Child Oral Health Resource Center (OHRC) has announced the availability of several new resources, including information on access to care, practice guidelines and information on the importance of oral hygiene and oral health care during pregnancy. More at: <http://www.adha.org/news/10012008-OHRC.htm>.

### Ever Talk to Patients about the True Cost of Smoking?

Quitting smoking not only "greatly reduces serious risks to your health," but it also can greatly increase one's disposable income. Smokers in the U.S. spend nearly \$50 million annually on cigarettes. How much of that money do your patients kick in? Visit <http://www.adha.org/enews/2010/05262010.htm#smoking> to learn about web resources that highlight the impact of smoking on one's bank account and quality of life.



### 2010 ADHA CLL/AS Largest Meeting Ever

The 2010 ADHA Center for Lifelong Learning at the 87th Annual Session was our largest meeting to date with 2,300 Participants! Thank you to all of the 2010 CLL/AS registered attendees, guests, speakers, exhibitors and corporate sponsors for such a successful event! Don't forget to download and print your CE certificates online.

Save the Date! ADHA's CLL at the 88th Annual Session June 15-21, 2011 Nashville, Tennessee. Registration and housing open in mid-January 2011. Visit [www.adha.org/annualsession](http://www.adha.org/annualsession) for more information.



## Congratulations 2010 Graduates!

You've invested in your education, now it's time to invest in your career by transitioning your membership status from Student to Active. We understand making the transition from student to professional-life can involve many challenges, including financial ones, and we would like to help you start *Unleashing Your Potential* by offering a grace period through December 31, 2010 on Active Membership dues. We've made it convenient for you to transition. Simply grab your license number and look for the "Graduates Transition Now" button at the following locations: [adha.org](http://adha.org) and [www.myspace.com/dentalhygienist](http://www.myspace.com/dentalhygienist). If you have any questions, contact the Division of Member Services at [member.services@adha.net](mailto:member.services@adha.net) or 312.440.8900.

### Upcoming Vacancy for the ADHA Commissioner to the ADA JCNDE

ADHA is seeking a qualified individual to fill an upcoming vacancy for the ADHA Commissioner to the American Dental Association Joint Commission on National Dental Examinations. This is a four-year position appointed by ADHA President and approved by the ADHA Board of Trustees. It is strongly recommended that the ADHA Commissioner have served as a member of the ADHA Committee on National Boards prior to appointment to the JCNDE. Application available at <http://www.adha.org/news/04272010-commissioner.htm>.

### ADHA Seeks Educators to Serve as CODA Consultants

The American Dental Hygienists' Association is seeking to identify qualified dental hygiene educators from a variety of educational settings and geographic locations to serve as consultants to the American Dental Association Commission on Dental Accreditation (CODA). CODA consultant appointments are made annually for one-year terms for a maximum of six consecutive years beginning and ending in October. More information available at <http://www.adha.org/news/03242010-CODA-visitors.htm>.



***Unleashing your Potential.***

### GARDEN CITY COMMUNITY CLINIC

Garden City Community Clinic needs volunteer dentists, hygienists and assistants. The Clinic provides free medical and dental care to the economically disadvantaged without health insurance. Please contact Nicole Herrmann, Dental Coordinator: 208.384.5200 ext.15, or download the volunteer form on our website at [www.genesisworldmission.org](http://www.genesisworldmission.org).



The Children's Free Dental Clinic (CFDC) and Miles of Smiles Mobile Dental Van Program is a non-profit organization that provides dental services to children whose families can't afford dental care.

Our Mission is to provide emergency and preventive dentistry to underserved elementary school children in a safe, pleasant environment while also introducing a positive dental and oral health care experience to last a lifetime.

From comprehensive exams to fluoride treatments, our volunteer dentists and hygienists provide a full range of dental services to children in need.

The CFDC is working to keep pace with the growing need for preventive and restorative dental services. Oral health professionals: please consider donating your time and services. Monetary donations are also needed and any amount will help us continue this important work.

Contact us for more information: 208.392.8181 or visit <http://smilemobile.org/>.



### TERRY REILLY HEALTH SERVICES

Terry Reilly Health Services (TRHS) is a community based non-profit corporation which is dedicated to providing quality comprehensive health care to populations facing barriers elsewhere. TRHS is funded through federal grants, private donations, and other variable sources.

The Terry Reilly dental clinics provide high quality, respectful care to all, with fees based on patients' ability to pay. Services are available on a discounted fee basis, in accordance with family income for patients who might not otherwise have any access to oral health care. Many of the clients served at the Terry Reilly clinics are low income, working poor, and homeless who may not have the option to receive their treatment elsewhere.

If you, or a hygienist you know are willing to give your time and skills to the clinic, please contact the Human Resources Department at 208.467.4431 or visit <http://www.trhs.org/>.





## NEWSLETTER

PO Box 7682  
Boise, ID 83707



### SAVE THE DATE

Join us for the 2010 IDHA Annual Session on October 15 & 16 at the Grove Hotel in downtown Boise.

See page 4 for more details and watch our website for information:  
<http://idha.org/annualsession.html>



Check out the IDHA website:  
[www.idha.org](http://www.idha.org)

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