



The Redwood Stand

Newsletter of the Redwood Dental Hygienists' Society
CDHA Component No. 11

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Volume 45, No. 4

March 2010

Presidents Message

Thank You to Our Sponsors!

It's time to say thanks to our fine sponsors. We graciously extend our appreciation to each of our sponsors. In recognition of their generous contributions, please take a moment to visit their respective websites to learn more about these important sponsors and their services.



Dr. Paul Steigerwald of Wine Country Periodontics & Implantology. His website, www.winecountryperio.com is packed with great educational information for both you and your patient....very informative. This website has great explanations on procedures, along with video presentation with narration.



Sharon Cohn, RDH of Massage Envy of Santa Rosa. Her website, www.massageenvy.com/clinics/CA/Santa-Rosa.aspx is a great way to relief the stress and tension on your body. She offers convenient hours to fit your busy schedule. Remember, you need to take care of yourself in order to take care of your patients. For more information please call (707) 537-0555.

Thank you to these fine sponsors for their help in bringing the RDHS Newsletter to you.

Tamara Wells, RDH
RDHS President

Time is running out.... Purchase your ticket to this great event to connect with your classmates, faculty, and network.

The Dental Hygiene Class of 2010 is Proud to Present.....

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Thank You to Our Sponsors!

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RDHS Mission Statement

To improve the public's total health, The mission of CDHA and RDHS is to advance the art and science of dental hygiene by increasing awareness of the benefits of prevention and ensuring access to quality oral health care; promoting the highest standards of dental hygiene education, licensure, practice and research; representing and

SRJC Dental Hygiene Alumni Reunion

Classes of 2001 - 2009, Faculty, and Friends

Save the Date

Saturday, April 10, 2010 - 5:00pm

Double Tree Hotel - Rohnert Park, CA

For more information visit:

SRJCDHAlumniReunion.classquest.com

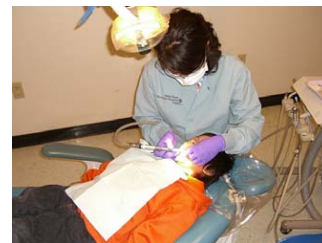
Be sure to sign their Guestbook to RSVP and remove your name from the Missing Person list.

FEATURED ARTICLES

Sonoma County Celebrates National Children's Dental Health Month

The sun peaked through the rain clouds giving us a brief respite from February showers as we celebrated Give Kids A Smile Day, Friday February 5th. And even though it sprinkled the next day, we still had a successful two days of giving Sonoma County's underserved children access to Dental preventative and restorative care.

Thanks to one hundred and forty volunteers, we were able to deliver care to close to Three hundred and fifty children. Thus making this year's event the most successful one since 2005 when we began Give Kids A Smile here in Sonoma County. The children with urgent care needs were assisted with finding treatment, and many seen were directed towards dental homes and assistance in enrolling in insurance plans to help meet their treatment needs.



Special thanks go to Sonoma County Indian Health Dental Clinic, St. Joseph Dental Clinic, West County Health Services-Russian River Dental Clinic, Petaluma Community Health-Dental Clinic, the Dental Offices of Dr. Jamie Sahouria and the Dental Offices of Dr. Mark Alexander for hosting the event at their clinics and offices. Also to the many of volunteers who gave their time and talents to this worthy effort to Give Kids a Smile.

Sonoma County children will also benefit from a new program that was launched this month at the Women, Infant and Children (WIC) supplemental nutrition program. It is an early intervention prevention program which focuses on one-year olds. The program brings the dental providers to the at-risk children and their parents to screen and educate them about caries prevention.



Finally, February ended with the First Annual Children's Oral Health Celebration, honoring our county's Oral Health Champions. Hosted by the Sonoma County Oral Health Access Coalition, and highlighting their programs for the improvement of children's oral health, the event also recognized the work of several institutions and individuals involved in this effort. Receiving recognition that night were Community Action Partnership, St. Joseph Health System-Sonoma County, Sonoma County Indian Health, Katherine Foster MD, Cheryl Willet DDS, and Suzanne de Young Shupe JD. Jared Fine DDS, MPH, Alameda County Dental Health Administrator was the key note speaker. He addressed the issue of why Oral health is important for general health and its importance to good public health. Oral Health Access Council partners, Dental Health Foundation and Children Now

promoting the interests
of dental hygienists.

**Registered Dental
Hygienist in
Alternative Practice
(RDHAP) Programs**

[West Los Angeles
City College
University of the
Pacific](#)

were represented by Wynne Grossman and Kelly Hardy, respectively who served as Masters of Ceremonies.

February was a busy and exciting month this year and thanks to the efforts of many of you, children's lives are a little bit better.

You can contact me for information or questions about SCOHAC or our programs at scooper@capsonoma.org.

Susan Cooper, DDS
Chair SCOHAC and Dental Director
Community Action Partnership of Sonoma County

Give Kids a Smile Day at Santa Rosa Junior College

Saturday, February 6, 2010



- 71 Children were seen
- 42 Sealants applied
- 35 SRJC student volunteers-dental assisting, 1st and 2nd year dental hygiene
- 9 faculty members volunteered
- 11 community volunteers-RDH, DDS, and RDA (5 RDH graduates from SRJC)



"I was happy to be a part of this event. It made me want to volunteer more in the community. I would love to do this event next year." -Jenny Bashaw

"I love volunteering and feeling like I am making a difference in my community."-Tania Flores

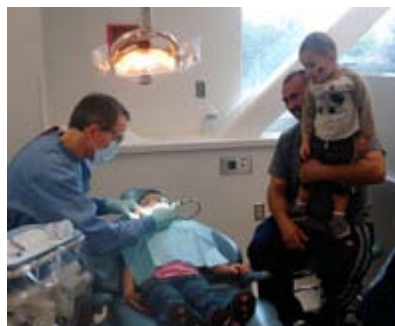
"One of the main reasons I entered into the dental hygiene profession is to make a positive impact in the care of underserved populations, so I anticipated the opportunity to volunteer in GKAS for quite some time. It was meaningful to me to be a part of a large effort to contribute to the oral health of our community."-Trale Broudy



"I will volunteer again for this program in the future since this is not only of benefit for the children but also gives the volunteered person a sense of satisfaction and usefulness."-Minoo Hosseini

"Engaging and interacting with the community really provides me with a healthy reminder of the people I can help and the lives I may have the ability to improve. Needless to say, I thoroughly enjoyed my time helping out at GKAS day it was extremely productive and fulfilling."-Huong Nguyen

"The experience was positive and I would like to participate again at Give Kids A Smile Day."-Dianne Rupp



"I was proud to be a part of the event. The event was a great service to help individuals learn more about oral health, oral hygiene, and about finding access to care. It felt like we contributed to providing a service for better public health."-Adriana Schrader

"Seeing that there is so many families in need of help, with many questions in regards to their children's oral health, made me want to pursue more events where I can help out like we did today."-Shelley Brennan

"I found the day very rewarding because of the great interactions I had with not only the patients but also

other members of the dental community. I would like in the future to participate in more events like this one."-Kaylin Stall

"I am happy I volunteered, and hope we get a chance soon to do an event like this again."-Katie Magnuson



COMMUNITY HEALTH NEWS and VOLUNTEER OPPORTUNITES

Volunteer Opportunities

Volunteers continue to be needed for elementary school screenings throughout the year. For more information contact:

Cory Spencer with Community Action Partnership of Sonoma County

Email: cspencer@capsonoma.org

Phone: (707) 544-6911 ext. 1064

Dr. Steigerwald invites you to visit his new website!

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RDHS MEMBER NEWS

Get Involved In Your Redwood Component!

The RDHS board is looking for your expertise. We are always in need of member's input and ideas to help make your component the best it can be. There are opportunities for members to join the RDHS executive board, help with various committees, become a trustee, help writing and editing for the newsletter, community dental health, advertising and student liasons. Contact President Tamara Wells or any of our board members if you are interested in getting involved. It is a small commitment that brings great rewards.

Call for Officers and Delegates

RDHS will be holding annual elections for board positions at our March 25th CE Meeting. If you or someone you know would like to be a part of the RDHS board or committee, please contact RDHS president Tamara Wells to have your name placed on the ballot.

Current Openings for the 2010-2011 RDHS year are:

President-Elect: No candidates at this time
Secretary: Erin Bairdsmith
HOD Delegates: Tamara Wells, Kathy Kane, Erin Bairdsmith, Jennifer Colombo, Julie Caruso, Linda Trumbo, Deb Chigazola, Jim Southard, Joe Chiantella.

Volunteers are also needed in Community Health, Public Relations and Advertising

CONTINUING EDUCATION

Raising the Bar....Together

A few quote from our pass CE meetings.....

"It seems like a great way to stay current within the career field as well as staying in touch with others that you may not had the opportunity to see as often as you would like."-Brittany

"It's really nice to go to these continuing education course because now I know what to anticipate after I graduate when I need to attend these meetings as a registered dental hygienist."-Danielle

All classes to be held at: **Santa Rosa Junior College**

Location: Doyle Library, Room 4245

Time: 6:30 p.m. Registration

7:00 p.m. - 9:00 p.m. Lecture



Cost: \$30 RDHS members
\$30 RDA
\$50 Non-member and DDS

*Parking Permit Required. Cost is \$4

~ Walk-in registrations are welcome based on space availability ~

Thursday, March 25, 2010

Lisa Copeland, RDH

2 CEU's

Course Description: From "No" to "Go": Customized Care for Healthy Patients and a Healthy Practice



Explore the host bacterial interaction theory and the life cycle of an oral biofilm. The potential impact of biofilm on systemic diseases such as heart diseases, diabetes, pre-term low birthweight babies will be discussed. As research has progressed, we now know that not all biofilm is BAD. This course will discuss how the later stages of biofilm are potentially pathogenic but the earlier stages could be beneficial.

Biofilm research shows that daily biofilm removal is a necessary part of the equation for controlling periodontal disease. Hands-on discussion will analyze the effectiveness of power toothbrush technology and biofilm disruption strategies.

Lisa Copeland is an international speaker with 23 years of clinical practice experience. She is a graduate of Broome Community College, NY. She began her career in the Center for Osseointegration in Washington, DC which specialized in dental implants and prosthetics. An educational consultant of seventeen years, Lisa has presented a wide range of topics to audiences throughout the world. Lisa now lives in Washington state, where she practices as a restorative hygienist in an office specializing in dental implants and prosthetics and is also a Professional Educator for Philips Consumer Lifestyle.

March CE seminar is sponsored by:



If you would like to help organize a CE course in the southern portion of our component (Petaluma, Novato, and Marin areas) contact [Deb Chigazola @ rdhdeborah@sbcglobal.net](mailto:Deb.Chigazola@rdhdeborah@sbcglobal.net).

["Click here for printable version"](#)

RDHS Fall 2009 Continuing Education Seminars

Cost:
\$30 RDHS members
\$30 RDA
\$50 Non-member and DDS

Circle choices: March 25

Name: RDH RDA DDS
(please circle)

Address:

Phone:

License #:

Email:

Are you an ADHA member? Yes No

Are you an SRJC Student? Yes No Class of:

Please send checks **payable to RDHS** to:
Jill Basile
3310 Gunther Lane
Santa Rosa, CA 95404

Amount Enclosed:

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Massage Envy - owned and operated by Sharon Cohn, RDH (707) 537-0555

CALENDAR of EVENTS

RDHS Board Meetings

Held from 6:30 p.m. - 8:30 p.m.

Location: Contact Tamara Wells for meeting location. All RDHS members are invited to attend.

Please RSVP to Tamara Wells.

Dates:

March 4, 2010

June 3, 2010 (Planning Meeting)

July 15, 2010 (Budget Meeting)

March 25, 2010

From "No" to "Go": Customized Care for Healthy Patients and a Healthy Practice

Lisa Copeland, RDH

Doyle Library, Room 4245

6:30-9:00 p.m.

May 13-16, 2010

CDA Scientific Session, Anaheim ,CA

May 14, 2010

CDHA Scientific Session, Anaheim, CA

June 11-13, 2010
CDHA House of Delegates
San Francisco Airport Marriott Hotel

June 23-29, 2010
ADHA Annual Session
Las Vegas, Nevada



Classifieds

Looking for a job? Looking for staff? Do you have something to sell, trade or buy? A business to advertise? Our newsletter is emailed to members in Sonoma, Marin, Lake and Mendocino counties as well as being posted on the CDHA website that reaches hygienists throughout California. For advertising rates and information contact [Tamara Wells](mailto:Tamara.Wells@cdha.org) at tamarardh@gmail.com

FROM THE OPERATORY

****From The Operatory** is dedicated to clinical issues. We want to hear from our members about exciting new technology, products, and techniques that you are using. It can also be used as a problem solving arena by soliciting advice from other member clinicians. Please submit articles to [Kathy Kane @ kkanerdh@sbcglobal.net](mailto:kkanerdh@sbcglobal.net).

Stain: Tips on Getting Rid of It and Keeping It Gone

Stain is the bane of every hygienist. All of us have patients where we spend more time getting rid of the stain that actually scaling the teeth. Of course we all know it is more important to scale the teeth than it is to get rid of all the stain but we all know our patient won't leave happy if their teeth aren't "clean". Outside of getting them to stop smoking, cut out their coffee and tea and other habits that can contribute to stain build-up there are other tips and techniques shared by hygienists to help reduce stain build-up between visits.

- Listerine Whitening, Closys II, and Crest Whitening rinses
- Sonicare toothbrush
- Fluoride rinse and remineralizing paste to reduce porosity of teeth.
- Using xylitol products 3-5 times a day.
- Granulated xylitol dissolved in water to sip throughout the day. (Approx. 1/2 tsp./ bottle of water)
- Baking soda and peroxide mixture, use 2-3x a week as a toothpaste.
- For interproximal stain, smear toothpaste in between teeth and floss it through.
- New Aquafresh Iso-active toothpaste
- Check out the website [CleanWhiteTeeth](http://CleanWhiteTeeth.com) for an at-home patient protocol to reduce staining and caries.

CDHA Presents...

2010 Spring Scientific Session

"You've Been Slimed! Emerging Biofilm Science and Therapeutic Decisions" &

"Redefining the World of Oral Medicine: Your Mouth, Your Body, Your Health"

Featuring Donna Brogan, RDH, BS ~ Morning Session

Wendy St. Cyr, RDH, BS ~ Afternoon Session

Friday, May 14, 2010 · 6 CEUs - Category I

Exhibits, Student Table Clinic Session & Continuing Education Course

7:30 a.m. - 4:00 p.m.

The Sheraton Park Hotel, 1855 S. Harbor Boulevard, Anaheim, CA 92802

(714) 750-1811 · (Parking ranges from \$8 - \$18)

[Link to Information Flyer](#)

CDHA "Rise and Shine" Raffle Tickets

CDHA's annual raffle is underway. Get your tickets from RDHS Trustee Nadine Lavell or from the RDHS board members. Only \$10 per ticket! Only 2,000 tickets will be sold.

GRAND PRIZE ~ \$2,000

Additional Prizes To Be Announced.

Drawing is to be held at the June 2010 CDHA HOD meeting
Winner need not be present to win.

Proceeds benefit CDHA, a not-for-profit organization advancing the art and science of dental hygiene

SANTA ROSA JUNIOR COLLEGE STUDENT CORNER

CDHA Student Member Page

Student membership in the American Dental Hygienists' Association, is the 2nd most important step (after getting accepted into dental hygiene school!) to becoming a consummate dental hygiene professional!

Student membership in ADHA represents the student voice from across the country. Membership is open to all students enrolled in entry level as well as degree completion and graduate level dental hygiene programs.

Plan to visit this page often and take advantage of the numerous opportunities extended to student members in ADHA and the California Dental Hygienists' Association.

[CDHA Student Member Page](#)

Student Awards Info from ADHA and CDHA

[Student Member Community Service Award](#)

Deadline April 9, 2010

[100% Faculty Recognition Awards](#)

Deadline April 9, 2010



To All 2010 Dental Hygiene Soon to be Graduates

RDHS would like to invite you to a Pool Party

** Mark your calendar, June 19th **

Time: 11:00 am to 1:00 pm

Place: Erin Bairdsmith's House

402 Sunnyvale Drive, Healdsburg, 95448

Please RSVP to Erin at ebaird1919@hotmail.com

Lunch will be provided, we'll have a Q & A session regarding your new profession you will be entering. This event is highly beneficial for you. We are looking forward to see you! Please RSVP...

WHAT'S NEW AT ADHA?

New Curriculum Announced for Mid Level Oral Health Provider

The American Association of Public Health Dentistry issued a press release on January 27, 2010 announcing the creation of a panel of dental school deans and faculty to develop a curriculum for a dental therapist, a mid-level oral health provider. Dental therapist have been providing services for many years in New Zealand. This concept has also been integrated into the Alaska Native Tribal Health Consortium to access remote populations.

Panel leader, Dr. Caswell Evans, stated that this new curriculum would also provide a career ladder to dental hygienists to expand their training and education to include dental therapist duties. Funding for this program development is coming from the William K. Kellogg and the Josiah Macy, Jr. Foundations.

Learn more from the [American Association of Public Health Dentistry](#)

Help with Haiti

In the wake of the earthquake disaster in Haiti, many health care providers are looking for ways that they can provide help and relief. ADA recently published an article with several links to organizations that are accepting donations or are looking for volunteers to help provide care and relief to the Haitians. Go to [ADHA](#) to download this article.

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