

The Voice -

The Newsletter of the Hawaii Dental Hygienists' Association



Summer, 2010

President's Message - A Commitment To The Profession

Aloha once again! It's hard to believe I am nearing the end of my term. It has been my privilege to serve the members of HDHA. A huge thank you goes out to those who continue to give their unending support to help our profession. To my team, I couldn't have done this without you "having my back"!



I am looking forward to seeing you all at our Dental Hygiene Social, on August 21, 2010 at the Ice Bar in the Honolulu Design Center. This event is for socializing with colleagues, classmate, and old friends. You do NOT need to be a member to attend. However; this affair is strictly for hygienists only.

Do you all have our Annual Scientific Session on your calendars? It's November 20-21, 2010 at the Hilton Waikiki Prince Kuhio Hotel. We are fortunate to have two **AWESOME** speakers, Pam Hughes and Lillian Caperila. Pam Hughes, who has her Master's degree in Gerontology, will be discussing issues concerning Women's Aging Complexities. Lillian Caperila, a very active hygienist, with her masters in Education, will be informing us on The Challenges in Caries Control. Our **FABULOUS** District VII Trustee, Kelli Swanson-Jaecks will be joining us also!

As President of HDHA, I'd like you to know that I am here for you. I understand that my term is almost over, but my commitment to support my profession is endless. If you see me, please stop and introduce yourself to me. Tell me what you expect or would like to see from your Association. No one know a hygienists need better than another hygienist. I'd like to ask you all to reach out to another hygienist, and ask them to become a part of our **AWESOME** organization. Whether you are a new graduate, an existing member, or a potential member, I challenge you all to help carry on the vision of this profession and make it better!

Thank you,

~ **Tricia Jinbo, RDH, BS**

West Hawaii Health Fair



The West Hawaii Component participated in the health and dental health fair that was held in conjunction with the Ho'okuikahi I Pu'ukohola 2010 Celebration at Pu'ukohola Heiau held August 12-15. This event celebrated the restoration of the heiau and the 200th anniversary of the Kingdom of Hawaii that began at the heiau.

For many native Hawaiians, this is the only opportunity for health screening and physician counseling. Over 2 days during the event, cholesterol and blood sugar screening, diabetic and nutritional counseling, keiki and adult dental screenings and education were

provided. Approximately 50 health care professionals participated from agencies which included Hamakua Community Health Center, West Hawaii Community Health Center, North Kohala Hospital, West Hawaii Hospice, Papa Ola Lokahi, John Burns School of Medicine and private practice physicians, dentists and hygienists.

Children and adults were screened by volunteer dentists on the Amazing Tooth Bus which is a mobile dental care van. Hygienists Diana Smith, Donna Altshul and Sierra Spruce (pictured above) assisted with intake and education. Many of you may remember seeing this mobile dental van at the ADA convention last October.

~ **Sierra Spruce, RDH**

**West Hawaii Dental Hygienists' Association
Component Treasurer**

The Volunteer Team With The Amazing Tooth Bus



ADHA Annual Session In Vegas A Big Winner!

2010 Center for Lifelong Learning at the 87th Annual Session

June 23-29, 2010, Las Vegas, Nevada - Caesars Palace

ADHA would like to thank the almost 1,900 attendees and over 400 exhibit personnel for participating in ADHA's largest national convention at Caesars Palace Las Vegas! Photographs are now available at www.adha.org/annualsession.

Save the Date! June 15-21, 2011 in Nashville, TN

Preliminary registration and housing information now available! Registration, housing and marketplace applications open mid-January 2011! Questions, contact cll@adha.net.



Amy Blair, Ellie Kelley-Miyashiro and Tricia Jinbo at the Institute For Oral Health Gala, held during ADHA's Annual Session. Yes, it was a toga theme!!

REPORT FROM LAS VEGAS - ADHA'S ANNUAL SESSION



Your Hawaii Delegation was comprised of Gayle Rubino, Ellie Kelley-Miyashiro, President Tricia Jinbo, and Sierra Spruce (pictured at left.) The delegation arrived in Las Vegas early in the morning on June 23rd and found we could not get an early check in. So a little retail therapy was in order to shake off the jet lag.

This year's combination of the Center for Lifelong Learning (CCL) and the 87th Annual Session Business Meeting was a huge success, with about 1900 attendees. The first four days were packed with well attended CE courses. Tricia and Ellie volunteered to be facilitators for the courses and were very busy and very tired by Saturday. There were great plenary speakers and even a morning appearance by Cher, or someone who looked very much like Cher. It was great to see Dr. Esther Wilkins attending again and for a lady in her nineties, she danced and fully participated in every social event she attended. Besides being a mentor for many hygienists, she is a great role model for aging well.

Hawaii was well represented at the Student Table Clinics and Research Poster Sessions by four students from UH who presented two clinics. A community service day was held at a local high risk Elementary school with hygienists able to donate their time providing oral health education. Our own former District XII trustee, Caryn Solie, was installed as the new ADHA President.

Probably the two most inspiring sessions we attended were the Mega Issues Forum where hygienists from across the country brainstormed the hottest topics for the hygiene profession

and the Legislative Workshop, where Minnesota State Senator Ann Lynch was our speaker. She championed legislation in her state that established the first "mid-level" dental providers.

Resolutions and by laws changes presented by ADHA councils, Board of Trustees, Districts and States are discussed in District meetings and reference committees. Sometimes, even with all of the prep work, the House of Delegates discussions and voting can go longer than expected as we found out Monday night, when we were there until 10 PM. Below are some of the important issues voted on by the HOD:

Proposed Resolution 2 - The following definition was adopted; Mid-Level Oral Health Practitioner: A licensed dental hygienist who has graduated from an accredited dental hygiene program and who provides primary oral health care directly to patients to promote and restore oral health through assessment, diagnosis, treatment, evaluation and referral services. The Mid-Level Oral Health Practitioner has met the educational requirements to provide services within an expanded scope of care, and practices under regulations set forth by the appropriate licensing agency.

Proposed Resolution 7 - The following definition of Professional Autonomy was adopted: A profession's authority and responsibility for it's own standards of education, regulation, practice, licensure and discipline.

Most of the other resolutions voted on were to clarify or update language of various policy statements in our association policy manual. If you have not attended the ADHA Annual Session before, I urge you to attend. It's where decisions are made for the future of **your** profession! And...the fellowship with hygienists from other states is phenomenal. Next year's meeting is in Nashville from June 15-21, 2011. Don't miss it !!

~ **Sierra Spruce, RDH**

More From Vegas.....



UH STUDENTS ELIZABETH CHOI AND KIMI OYADOMARI PRESENTED THEIR TABLE CLINIC "WHAT'S THE BUZZ?" AT ADHA'S ANNUAL SESSION

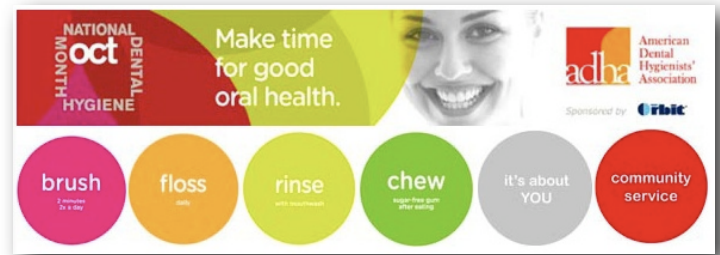


KRISTIE OTA AND RACHELLE VENTURA'S TABLE CLINIC FOCUSED ON AUTISM

TRICIA JINBO, ADHA PRESIDENT LYNN RAMER & NEWLY ELECTED ADHA VICE PRESIDENT SUSAN SAVAGE ROCKIN' THEIR TOGAS!



Are You Ready For National Dental Hygiene Month?



NDHM will be here soon and it's better than ever!

ADHA is excited to announce that this year we are partnering with Wm. Wrigley Jr. Company, manufacturer of Orbit gum, to celebrate National Dental Hygiene Month (NDHM) in October.

It's About Our Patients! The new theme, "Healthy Habits are Easier than You Think," focuses on maintaining optimal oral health while leading a busy, active lifestyle. Living a life on-the-go can be difficult sometimes, but keeping a healthy mouth shouldn't be. **All ADHA Members were provided with a FREE POSTER promoting this year's campaign with their August issue of Access magazine.**

It's About You! National Dental Hygiene Month is an opportunity to share with the world the wonderful services which you, as a dental hygienist, provide to your patients and the community at large, but it's also a time to be recognized for that contribution.

It's About Your Community! The ADHA Institute for Oral Health has partnered with the Wrigley Company Foundation to offer the members of the American Dental Hygienists' Association (ADHA) the opportunity to apply for the **Wm. Wrigley Jr. Company Community Service Grants** to coincide with National Dental Hygiene Month. This grant program will provide member hygienists' the necessary funding to either start or continue an existing community service program within their respective communities.

RDHs in Action: Coming Together for Community Oral Health YouTube Contest

In conjunction with those community service day opportunities, make sure you record your efforts this year to be showcased on YouTube for a chance to win wonderful prizes from ADHA and Orbit!

Public Relations Materials to Help you Spread the Word Now is a great opportunity to begin promoting your NDHM events for this year! Start the process by using the templates created by ADHA to raise awareness of your event. To download NDHM 2010 PR templates [click here](#).

A New Approach to Community Outreach in Hawaii: “Sweet Sex Appeal”

It is no secret that I am a fan of Trisha O'Hehir, RDH, MS. Early in the 1980's, I was drawn to her regular Perio column in RDH Magazine. Every month, I devoured her words and applied them to my practice, as a Periodontal Therapist. To this day, her publication of PerioReports has kept me current and knowledgeable. After teaching advanced instrumentation together at NAU, Trisha and I became good friends. Her work has shaped and molded me into the professional that I have become. She continues to influence and inspire me. Last year, I had the honor of acting as her room host at ADA, and every course was packed with her fans. She was so popular, HDA invited her back for their convention, where she gave four new cutting edge courses. The following success story is dedicated to my A#1 mentor... Trisha O'Hehir, RDH, MS.



Kaika, a young mother who operates the nearby Dragon's Eye Community Learning Center, called me recently, to ask if I could come and give a workshop on a Saturday morning. (Picture is of "The Big House" at DECLC.) Since she, and so many of her associates, really could not afford to go to the dentist, she wanted me to teach them how to clean each other's teeth. You can guess my answer. However, I did offer to share ways to save a lot of money through prevention of future disease. We scheduled three hours on an upcoming Saturday morning and Kaika was thrilled.

As soon as we hung up, I set to work on the program: "The Sweet Truth: Save Your Teeth/Save Your Life!" As I worked, I could hear Trisha O'Hehir's voice reminding me that people value sex appeal more than health, and I planned the course accordingly. Days later, 85 slides were finished and I thought I would speak for about two hours and have Q and A. My plan was to discuss bacterial biofilms; periodontal infection; systemic links; caries infection; halitosis; white teeth; and xylitol. My husband insisted that no one would want to hear this "boring stuff", so I banned him

from the program, to save him the distress.

Dragon's Eye Learning Center is a large community farm with several simple buildings and a huge hydro-pontic greenhouse and pond. Kaika greeted me with her sweet little one, Ili, who was quick to tell me that she used "floss and a thingy that squirted water between... (her)... teeth everyday!" No wonder she was going to the beach! She had prevention down already!

Deep in the rainforest, the classroom building was open air, with a metal roof. Luckily, the sun was shining, so I would not have to compete with the sound of pounding rain. The "screen" was made of wood and painted white. The LCD projector hung from the rafters above. A step stool held my computer. Twenty enthusiastic attendees gathered on three long, soft couches that faced the screen, accompanied by several wooden chairs.

When I asked why people had come, I found the full gamut. There was a young man already losing teeth to periodontitis; an older Hawaiian man with diabetes, "soft teeth, and a mouth full of fillings and loose teeth," who wanted to learn how to strengthen his teeth; one woman was there because her gums were receding and her teeth were sensitive. She wanted to know how to prevent the sensitivity; finally, there were parents there with five year olds who had early childhood caries.

Conscious of my husband's words, I watched for someone to fall asleep, but no one did! In fact, the audience was leaning in and the questions kept coming! I kept finding myself saying:

"I'm glad you asked that! We're gonna talk about that!"

We had activities, too! We did the Eastman Periodontal Index; passed around a probe; tested saliva pH; scraped tongues and checked for halitosis; evaluated the whiteness of teeth; played with power brushes; and ate xylitol candy. We had TERRIFIC FUN for FOUR hours without even taking a break! When I was finished, they continued to sit and listen to more questions and answers, in spite of the fact that I would not be giving them a course code for continuing education credits! This audience WANTED to be there and could not believe that four hours had gone by so quickly. The feedback was wonderful, as one by one, they communicated a deep appreciation and shared how this would make such a difference in their health and their family's health. They believed that they finally had "the whole story", and understood how the pieces of the puzzle went together.

When my husband ran into three of the attendees at different times, he got an earful about all they had learned and how much they loved the course. My husband said to me, "Who would've guessed?" I said, "Certainly not you!" and we both laughed.

For a long time, I have thought about doing a course like this, but I was not convinced that there would be an interest. I am grateful that Kaika motivated me to put this course together for the lay public. Now that I know there is an interest, I will be taking this course to other communities to plant seeds of oral health, wellness, and prevention. People are so excited to hear that when they attack bad breath and yellow teeth, they get the benefit of disease prevention and saving money! Who would've imagined it could be so simple? Hawaii has one of the highest decay rates in the country. It's time for that to change.

~ Diane Brucato-Thomas, RDH, EF, BS, FAADH



DON'T MISS THIS EVENT!

Hawaii Dental Hygienists' Association

19th Annual Scientific Session

November 20-21, 2010

Hilton Waikiki Prince Kuhio Hotel

Saturday November 20, 2010

7:30 – 8:00am Registration / Continental Breakfast / Silent Auction Set-up
8:00 - 10:00 **“Women's Aging Complexities: The Impact on Oral Health Needs”**
Pam Hughes RDH, MS 2 hrs CEU
10:00 - 10:30 Break / Silent Auction / Exhibitors
10:30 - 11:30 New Products Presentation **1hr CEU**
11:30 - 1:00pm Annual Business Meeting Luncheon / Officer Elections
1:00 - 3:00 **“Women's Aging Complexities: The Impact on Oral Health Needs”**
Pam Hughes RDH, MS 2 hrs CEU
3:00 - 3:30 Break / Silent Auction / Exhibitors
3:30 – 5:30 Student Table Clinic Presentation **1 hr CEU**
Presidents Cocktail/Pupu Reception

Sunday November 21, 2010

7:30 – 8:00am Continental Breakfast / Silent Auction / Exhibitors
8:00 - 10:00 **“The Challenge is Caries Control...Are You Playing it Safe or All In?”**
Lillian Caperila RDH, MEd 2 hrs CEU
10:00 – 10:30 **ADHA Update** District VII Trustee **Kelli Swanson-Jaecks, RDH, MA**
10:30 – 11:00 Break / Silent Auction / Exhibitors
11:00am Silent Auction Ends
11:00 – 1:00pm **“The Challenge is Caries Control...Are You Playing it Safe or All In?”**
Lillian Caperila RDH, MEd 2 hrs CEU
1:00 – 2:30 President's Luncheon / Installation of Offices
2:30 – 3:00 Collect CE Certificates / Pay-Collect Silent Auction Items
3:00 – 4:30 Post Annual Session Board of Trustee Meeting

Go to the “Education” Tab on the website for more information and to download the registration form. This is a must-attend educational, networking and just plain fun event!

Breaking News!!!



You Like Write??? If you are interested in being the editor of The VOICE, contact me at grethman@hotmail.com. It's a fun way to help your association on your own time. You can use the current layout or develop a new design...it's up to you! Let your creative juices flow :-)

Summer 2010 Issue of the *Journal of Dental Hygiene*

The summer 2010 issue of the *Journal of Dental Hygiene* is now available online. You can view the table of contents [here](#), or access the Journal by simply logging into your ADHA membership profile. Any questions concerning the Journal should be sent to Josh Snyder at JoshS@adha.net



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? [Click here](#) to learn about web resources that highlight the impact of smoking on one's bank account and quality of life.

ADHA Now Offering Long-Term Care Insurance ADHA is pleased to partner with Marsh to offer our members a comprehensive solution to Long-Term Care. This value-added program helps our members complete a critical component of their retirement plan and save money. Members can find more information by logging into their account at www.adha.org and selecting "Member Resources" for benefit information or by contacting Marsh directly at 800/358-3795.

