

# Hygiene Herald

Late Winter 2009



Brevard County Dental Hygiene Association

## Special points of interest:

- \* February is Children's Dental Health Month. There are projects that you can do to help a child learn about dental health.
- \* Smile day in Tallahassee is approaching. Attend and make your voice heard.
- \* RDH'S help New Grads learn the to make the transition.

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## Fluoride Day at Riviera at Elementary School

Brevard County Dental Hygiene Association celebrated Children's Dental Health Month by hosting an Oral Health Day for the students at Riviera Elementary School in Palm Bay. The children from kindergarten through third grade were treated to a variety of fun and educational steps to improve their dental health. The program began a video featuring tooth decay prevention and oral health care. The children then received fluoride rinses with guidance from the volunteer dental professionals of the Brevard dental hygiene community and Patrick



Air Force Base.

The children also received goody bags containing floss, toothbrush, and toothpaste along with a visit from the tooth fairy, Heather Tate, RDH. The goody bags were provided courtesy of Lois Barber, RDH of Proctor and Gamble

BCC students taught the children about tooth brushing, brushing frequency and food selection for healthy smiles. The presentation also included a puppet show featuring Darla, the dinosaur and Diego, the donkey who taught the importance rinsing out toothpaste.

Approximately 300 children participated in the event. Although not every child participated in the fluoride rinse,



all children learned the importance of good oral health, just in times for Valentine's Day.



## Tooth Trot

Nicole Hover and Connie Maltby ran the **Tooth Trot 5K** on Feb. 14<sup>th</sup> at Wickham Park in Melbourne. Connie won first place in her age group. The proceeds benefit *Give Kids A Smile* in Brevard County. Next year, the hygienists hope to form a Team for BCDHA participants! The 11th

Annual Tooth Trot commemorates Children's Dental Health Month. Proceeds benefit Give Kids a Smile in Brevard County. Give Kids a Smile provides dental care to children in need who otherwise would not be able to financially afford dental care.



## President's Letter

Hello Again and Welcome!

It's hard to believe another year has flown by, and it's time to bring in another President. Nicole has done an incredible job and stepping into her shoes will take quite a bit of doing. We will miss her dearly and hope she will stay close!! Most of you have heard from me before as I have worn several hats as a BCDHA Board member in the past years. I would like to take a moment to tell you a few things that you may not be aware of that have literally left me in awe of the people around me.

First, I would like to tell you, that as a dental hygienist, you are represented by an incredible group of women (and men too!) in Tallahassee. The Florida Dental Hygiene Association (FDHA) is an awesome guardian angel to our careers, yet many of us have no inkling about their work. They have visited state representatives, lobbied boards and rallied written protests just to keep our Dental Hygiene Careers as distinct and defined as they can get them and to advance them as far as possible. The fact that we cannot do anything unless approved by the Board of Dentistry makes it necessary to urge them into approving something as minor as applying fluoride varnishes or as major as the incredible possibility of treating underserved populations without a dentist present when access to care is limited. The FDHA has battled to allow us to follow our dreams of treating patients who need us. In the last eight years that I have been on this board, these individuals have stood for us time and time again without once asking for the recognition that they absolutely deserve.

Second, for those of you who attended the Professional Forum at BCC, you met FDHA's current President Nancy Zinser, Immediate Past President Paula Schad, and our very own irreplaceable Lois Rigmont Barber. These three individuals personify the quality of professionals who stand for you and your career with every chance they get. I would urge you to take some time to visit the FDHA website to see what they are working on. If you have time, see if there is anything you can do to help them protect your career-even if it is to write a short email to your local government representative. If you would like to become active on a local level, we are always happy to have new members on the board. You can also attend the local meetings where we keep you updated as to what is currently happening in our profession at the state level. The meetings are posted on the website, and you can receive an email announcing them through our listserv. If you are not on the list, then please contact one of the BCDHA board members or me directly.

The BCDHA board has busy been organizing the Calendar of Events for Spring 2010. All of these events will be listed on the calendar page of the website. We

are offering continuing education meetings at the Cocoa Public Library in January, February and March. In honor of National Children's Dental Health Month, we plan to visit Riviera Elementary School in February again to provide a free fluoride rinse for children in grades K through 3<sup>rd</sup>. Also in February, the BCDHA will pay for any member who wants to run or walk the Tooth Trot as long as they RSVP to us before Feb 7th for early registration. On Saturday March 6th, a four-hour CE course will be offered. On April 21<sup>st</sup>, the BCC dental hygiene students will present their annual table clinics CE at the BCC Cocoa campus. We will also host a luncheon for the graduating dental hygiene students in May. Keep in mind that the current members receive one free CEU at each of our regular meetings; nonmembers are welcome to attend but pay \$15 per CE to defer costs. At each of these meetings we accept donations for the local women's shelter, hold raffles for HYPAC, and the students bring their fundraisers as well, should you choose to participate.

Finally, I want to say "Thank You" to all our members for your continued support, contributions and time spent advancing our profession. Your membership allows FDHA to show our representatives, Department of Health, and Board of Dentistry that we have each given our state organization the right to represent our profession. You are part of an amazing group of women and men. If you are not a member or if you are a member who has not been active with the BCDHA, I invite you to take a moment to tour our website and come to our meetings. We are always looking for new people with new ideas. If you are interested in becoming involved in any way, or know of a hygienist who would be interested in becoming active, please email a board member with your name and contact information.

As members of the board of BCDHA, we are here to represent you as a member and as a professional. Any Dental Hygienist should feel free to contact us with questions or suggestions. Visit our website [www.BCDHA.org](http://www.BCDHA.org) for updates.

We are all proud to be here for you!!

*Cindy Kalakauskis RDH*

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BCDHA President 2009-2010

BCDHA has a web page that lists Registered Dental Hygienists who can sub. The next time you need someone to fill for you, give our list of individuals a try. Would you like to get on our sub list? Contact us at [boardmembers@bcdha.org](mailto:boardmembers@bcdha.org). This service is free to ADHA members and for a small fee to non-ADHA members.

## Smile Day by Lois Ridgemont Barber

I attended my very first Smile Day in Tallahassee on April 16<sup>th</sup> and was proud to represent Brevard County. It worked perfectly since I was in the area speaking with the students at Tallahassee Community College.

Although the legislature was in session and I did not get to meet with Senators Altman or Haridopoulos, I did speak with their aides as well as aides of our representatives from all

of the districts. The goal was to discuss the FDHA position on changing the supervision requirements for Florida Dental Hygienists in public health positions. The aides were very much in favor of increasing access to care by discussing this with their legislator and offering support when a bill is presented in future sessions.

The best part was when the President of the Senate stopped to recognize Smile Day and the achievements

of dental hygienists and also announce the Smile Day competition. Senator Atwater commented that in past years, the winner has been a Democrat and that it was time for a Republican to successfully compete. I do not know the outcome!



## Sealant Day by Meghan Pate

Brevard Community College Dental Hygiene students, along with their instructors and the staff of Treasure Coast Community Health, participated in the school's annual Sealant Day Project on May 4, 2009.

Sealants are extremely valuable in preventing childhood caries and protect the biting surfaces of the teeth.

which does not have fluoride in their water system. Fluoride is the number one prevention protocol for early dental decay. This population greatly benefits from the sealants that Brevard Community College provides, and the program helps make these children smile a little brighter.

This year was extremely successful, as the students were able to screen second and fifth graders to address their need for sealants.

The turnout was astounding. The hygiene students saw 135 children from

Fellsmere Elementary School and placed 462 sealants before the day was over. The estimated value of the services rendered by the group was well over \$11,550.

Children who could not have sealants placed due to existing decay received fluoride varnish.

Sealant Day was made possible by BCC Student Program Coordinator Janice Elkins, Treasure Coast Community Health, Brevard County Dental Hygiene Association, and the 3M company.



Sealant Day is held at Treasure Coast Community Health in Fellsmere, Florida. Fellsmere is a community,

## In the News..

Congratulations to **Jennifer Hough** who will receive the Outstanding Component Member Award at the upcoming FDHA Symposium in October. Jen was nominated by her peers for her tireless contributions to BCDHA. She is our Energizer Bunny who helps make our component activities run so successfully.

**Kara Wood Norman** received the Florida Foundation of Dental Hygiene Scholarship. The scholarship award was presented to her at the FDHA Symposium

The Endowed Dental Hygiene Scholarship was awarded to **Kara Wood Norman** at the Student Table Clinics

and BCC Alumni Reunion on April 15th. Kara is now a second year student in the BCC Dental Hygiene Program. We wish her much success with her studies.

**Kelly MacDonald** received the BCDHA Scholarship. She is a second year Dental Hygiene student at BCC. She was presented her award at the BCDHA October meeting.

### Congratulations to the BCC Dental Hygiene Class of 2009

April Arguin, Nancy Brown, Renee Gullett, Kasey Klein, Liz Mathias, Katie Olson, Meghan Pate, Shannon Pingston, Lisa Smith, Cher Turman, Tamara Welcome

### Student Awards for Class of 2009

Golden Scaler Award—**Kasey Klein**

Community Service—**Meghan Pate**

Colgate Star Award—**Tamara Welcome**

Academic Award—**April Arguin**

Congratulations to **Diana Beranek** who won the drawing for the ADHA one year membership (a \$250 Value.) Although Diana is presently living in Germany, she still likes to stay connected to BCDHA and ADHA.

Did you know that [ADHA Institute for Oral Health](#) offers scholarships and community service grants?

## BCC Class of 2009 Graduates' Luncheon by Nicole Hover

BCDHA officers hosted the annual Graduates Luncheon at Pineda Crossings. The members of the BCC Class of 2009 were treated to an afternoon of fun, networking, and treats. The students had the chance to talk with BCDHA members and learn about component activities and benefits.

The new grads were each given a goodie bag filled with dental hygiene product samples, and as a special gift, they were given a photo frame for their operatory.



It was a great way for the students to relax after a demanding final semester. Good food and fun was had by all, and it was great to connect with the new graduates!

## Graduation Speech to the Class of 2009 by Lois R Barber

It never ceases to amaze me that I make my living communicating and that I stand before you this evening. I was a painfully shy little girl who would attach herself like a suction cup to my mom whenever a stranger would present. I was sure that if I looked down at my shoes, I would become invisible.

Let me try that right now. Nope you're all still here looking at me rather expectantly. Yes, shy, but with the ability to communicate. That's a mixed blessing. All joking aside, it has been a privilege working with these intelligent, (and sometimes motivated!) young women. In my professional role, I work for Procter and Gamble representing their Crest Oral-B oral care products.

As a Brevard dental hygienist, and a member of the Brevard DHA, I am eager to call our new grads my colleagues.

For some reason, they thought that I would have some significant words of wisdom to impart tonight before dinner. Robert Frost had it right when he said that "Half the world is composed of people who have something to say and can't, and the other half who have nothing to say and keep on saying it." I don't want to fall into either category.

The students that we are here to honor have completed a very difficult, intense, hands-on, technical program. Remember parents, money spent on the brain is never spent in vain!

They now have a marketable level of expertise that will separate them from those without "RDH" credentials after their name. But what will set them apart from each other and those with experience?

### Number 1: ATTITUDE

As a dental hygienist, you will never work alone. Working with others requires a good positive attitude. Attitude is how you look at things....how you see things....not necessarily how they really are. It can be a water glass,

your colleagues, your employer, or your job.

We can all look at the exact same situation and see something totally differently. Knowing that is a secret to success. The attitude that you approach the interview, the work, the employer, your patients, your team, and your responsibilities is what separates you from someone else.

Attitude is everything. Michel de Montaigne once said that "A man is not hurt so much by what happens as by his opinion on what happens." An employer would rather hire a RDH with fair skills and a great attitude than great skills and a fair attitude. Skills are easier to improve than attitude.

### Number 2: COMMUNICATION

I have worked within the field of dental hygiene since 1970 and usually that has meant working with others. My secret to success has clearly been communication. In fact, I would say that if there is one skill set that I believe has contributed to success in my life, my marriage, my family, my career, my community, my friendships, and my professional relationships, and may have brought me here before you this evening, it would have to be communication.

Nothing alienates a person faster from another than misspoken words. Your ability to communicate, make others feel important, and smile at the same time, separates you from the others. They might not remember your name, but they will remember how you made them feel.

Charles Schwab says, "I'll pay more for a man's ability to express himself than for any other quality he might possess." So go out into the world and overwhelm others with your charm and not your power.

### Number 3: LISTENING

No matter how hard they try, we don't give our patients much time to talk. In spite of that, we must learn to listen.

Listening to our patients, our colleagues, our employers, our vendors, can be learning time, if we are wise.

Big people listen. Small people talk. Listening is an art. It is impossible to listen and talk at the same time. If you want to grow, you must listen.

#### **Number 4: GOALS... GROWTH....ADULT LEARNING**

Each of you have had your eye fixed on a goal for several years now. Goals create excitement and give us a sense of accomplishment. Happiness and wealth are not goals in themselves, but are by-products of reaching our goals. After all, like Yogi Berra said, If you don't know where you are going, you may land up someplace else."

Today represents the accomplishment of that goal and I wish you sincere congratulations.

Now what? When I earned my Associates Degree in Dental Hygiene, I set no goals for myself and as a result, I floundered for several years. I don't recommend it.

It's time to set new goals. Ones that are specific, have a time limit, and are written. Goals force us to take action and overcome short term problems and detours. A goal is a dream with a time limit. It could be becoming debt free, Or saving for something you really want, Or starting a family, Or a trip to Australia, Or an advanced degree.

Oliver Wendall Holmes said, " the greatest thing in this world is not so much where we are, but in what direction we are moving."

can achieve whatever you want if you plan it. If you are single, hook up with someone who respects your goals and doesn't defeat them. If you're married, plan some of your goals together.

Paul Myer says that "no one ever accomplishes anything of significance without a goal...and that goal setting is the strongest force for self motivation."

I hope that one of your goals is to become a lifelong learner. Up to this point, you have had coaches pushing you to read, study, and learn this or that. Now it's your turn. Can you do it without a coach?

Form a study club. Discuss what's new in the profession each month. Meet in a chat room or a colleagues home to stay connected. Don't get isolated from your profession or your colleagues. Join us at the BCDHA and the FDHA. Volunteer for an office. You don't need experience, just desire. Accepting new challenges is a positive experience.

Don't fear failure, challenge, or adversity. That's how we grow. Adversity brings opportunity. Young people who have been sheltered and protected their whole lives have been robbed the joy and pride that comes with overcoming adversity.

I wish each of you much success, but remember that "the only place that success comes before work is in the dictionary." Donald Kendall, PepsiCo There is no shortcut. "Life must be lived forward but can only be understood backwards," Kierkegaard once said.

So go out there, find time to be happy, be yourself, use your talents, do more than is expected, and put that smile power to work.

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**"To catch the reader's attention, place an interesting sentence or quote from the story here."**

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Create a virtual resume and work it. You

Contact us

Email: [boardmembers@bcdha.org](mailto:boardmembers@bcdha.org)

Email: [webmaster@bcdha.org](mailto:webmaster@bcdha.org)

Check our web site  
[Calendar](#) page for our  
2009-2010 CEU schedule  
and community events.

## Florida Dental Hygiene Political Action Committee

HYPAC is a voluntary, non-profit, unincorporated association of Florida dental hygienists and others and is not affiliated with any political party. HYPAC operates separately from the Florida Dental Hygiene Association, Inc.

The purpose of HYPAC is to provide the opportunity for individuals interested in the governmental regulation of dental hygiene to contribute to the support of worthy candidates for public office who those individuals believe will promote the improve-

ment of the governmental process. The organization is also for those who wish to encourage and stimulate capable and responsible individuals to take more active and effective parts in governmental affairs by seeking public office.

### HYPAC MEMBERSHIP FORM

NAME: \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE/ZIP \_\_\_\_\_

EMPLOYER \_\_\_\_\_

CONTRIBUTION \$ \_\_\_\_\_

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