



The Redwood Stand

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

Join RDHS!

This is our first newsletter of the 2009-2010 RDHS year. It is being sent to members and non-members. If you are a non-member and wish to continue to receive our newsletter free of charge, it is a benefit of [ADHA](#) membership. If you would like to order a subscription to the newsletter, contact RDHS president [Tamara Wells](#) at tamarardh@gmail.com

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RDHS Officers

President

Tamara Wells

tamarardh@gmail.com

President-Elect

Jennifer Colombo

Volume 45, No. 1

September 2009

Presidents Message



As I take on the role of President for the Redwood Dental Hygienists' Society, I am both humbled and invigorated by the challenges and opportunities that lie ahead. I'm truly honored to be associated with the amazing collection of talent that makes up the RDHS Board. Together, we have the opportunity to build an even stronger organization by capitalizing on our past accomplishments and recognizing the opportunities that are before us.

I would like to take a moment and welcome the following new members of the Executive Board: Jennifer Colombo as President-Elect, and Jill Basile as our Treasurer. Also our new Committee Chairs: Julie Caruso for Membership, and Michelle Bingham for Advertising.

In acknowledging the extraordinary service, dedication and contributions of our outgoing Treasurer...Special thanks are due to Jim Southard for his multiple terms of service as our Treasurer. Jim has graciously offered to be available for consultation with our new Treasurer, Jill Basile, which is most appreciated.

I would like to acknowledge the contributions of those who have completed their terms chairing the following Committees on the Board this year: Jan Lieberman (Advertising), Jennifer Poovey (Membership), Erika Rosebaugh (Community Dental Health), and Cindy Fleckner (Student Members Liaison).

We will continue to rely on the invaluable contributions of others who deserve our thanks: officers and members of CDHA and ADHA, SRJC faculty, our advertising sponsors, and all the RDHS members who have given generously of themselves. As president, I want you to know your efforts are recognized and appreciated.

I encourage our members to submit articles of interest to Kathy Kane, our Newsletter Editor, for publication in upcoming editions. The success of our organization is determined by your input. We want to know what RDHS can do better and what talents you can contribute for continued success..

In closing, I want to say that I am much honored to be your President for the next year. I wish to thank Kathy Kane and our other illustrious Past Presidents for the encouragement and support they've given. Please feel free to contact me with any questions, concerns, or comments. Again I am looking forward to a great year and together we will achieve success!

Tamara Wells, RDH
President

jcolombo@co.marin.ca.us

Past President

Kathy Kane
kkanerdh@sbcglobal.net

Treasurer

Jill Basile
watersohn@aol.com

Secretary

Erin Baird
ebaird1919@hotmail.com

Trustee

Nadine Lavell
nlavell@sonic.net

RDHS Members Needed

Volunteers are needed to help our component. We currently have an opening for our Community Dental Health chair. The position involves acting as liaison between RDHS and our local partners in dental health. Help promote and enlist member involvement in local community dental health events. Organize and promote RDHS community dental health events.

Also we have an opening for our Student Members Liaison chair. The position involves acting as liaison between RDHS and our local dental hygiene program at Santa Rosa Junior College and the DH students. Informing the board of student concerns and student funding needs for general/CE meetings. Help in aiding student with ADHA Student Members membership and meetings. Oversee student leadership award, and coordinate scholarship activities. Coordinate student delegate(s) to CDHA. Informing students of ADHA Student Members essay competitions for ADHA student delegate. Coordinating any student programs with CDHA and ADHA. Also to facilitate membership into ADHA after graduation.

If interested in either chair, please contact RDHS president Tamara Wells at tamarardh@gmail.com

Committee Chairs

Advertising

Michelle Bingham
mbingham8424@yahoo.com

Bylaws

Jim Southard
radtooth@sbcglobal.net

Community Dental Health

Position Available

Membership

Julie Caruso
jk1rdh@aol.com

Ways and Means

Linda Trumbo
jtrumbo13@comcast.net

Continuing Education

Deb Chigazola
rdhdeborah@sbcglobal.net

Student Members Liaison

Position Available

Public Relations

Dominica Sperbeck
dominica-sperbeck@sbcglobal.net

Newsletter

Kathy Kane
kkanerdh@sbcglobal.net
Tamara Wells
tamarardh@gmail.com

Thank You to Our Sponsors!

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Dr. Steigerwald invites you to visit his new website!

PAUL J. STEIGERWALD, DDS

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FEATURED ARTICLE

2009 Graduates Transition to Active ADHA Membership

Congratulations to all the new graduates on reaching your goal! You are on your way to becoming a Registered Dental Hygienist, a licensed preventive oral health professional. Once you have passed your boards and become licensed, the next step is to join your professional organization, the American Dental Hygienists' Association (ADHA). Since you may already be a student member (ADHA-Student Members), all you have to do is convert your membership to professional status. All that is required is your new California license number. In most cases, the ADHA will contact you but if they do not, please take the initiative to contact ADHA yourself and tell them you have become

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 promoting the interests of dental hygienists.

recently licensed and would like to join.

Three ways to Contact ADHA:

1. Login online to your ADHA account and click the "[Convert to Active Member](#)" link.
2. Call ADHA at 312-440-8900 and select option 1.
3. Email your name, ADHA Student Member or ADHA member ID number, license number and state of licensure to: member.services@adha.net.

Why join? Even though membership to ADHA is optional, it is a key to being a true dental professional. It is acknowledged as a valued asset, which should be listed on your resume to make an impact on future employers. Being a member to ADHA says "I am a true professional. I adhere to the Code of Ethics for Dental Hygiene, I am interested in protecting my profession, and I am committed to lifelong learning".

By becoming a member you are supporting your professional dental hygiene organization. Through your membership, the national ADHA and state CDHA are working hard to help protect the dental hygiene profession. While you may not be able to touch or see all the benefits and programs that your membership dollars support, your membership assures that National and California standards for dental hygiene practice and licensure will remain at the HIGHEST possible levels, continuing to advance our profession through legislative changes. As with many professional organizations, politics plays a large role. Without the use of a paid lobbyist; our voice will not carry into legislation to protect our patients and profession. Therefore, if we don't have strong membership, we don't have a strong voice.

Some other great benefits to membership are professional networking, access to information, including the journal ACCESS, National and State websites, discounted rates on insurance, rental cars and hotels and continuing education. More important than the tangible benefits of membership are the rewards to you and your profession through your support of ADHA and CDHA, helping to secure a positive future for dental hygienists. Being a part of your professional organization is the key to being a true professional, so please join ADHA.

-Ivy H. Zellmer, RDH
Membership Chair of Napa-Solano Dental Hygiene Component
Santa Rosa Junior College Dental Hygiene Alumni 2008

CONTINUING EDUCATION

Raising the Bar....Together

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

Location: Race Building, Room 4044

Time: 6:30 p.m. Registration
7:00 p.m. - 9:00 p.m. Lecture

September 17, 2009

Dr. Rael Bernstein, Orthodontics

Course Description: *The Damon Bracket allows for shorter treatment time and easier hygiene management. This includes self ligating brackets and the latest advancements and technology in orthodontics. Included in the seminar is information on the use of low force wires, which allows for better tissue tolerance and ultimately healthier perio throughout the treatment in both adolescent and adult patients. There will be a discussion about root resorption and the PDL.*

October 15, 2009

Dr. Paul Sejud, DMD, Oral Surgery





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 [Michelle Bingham](mailto:mbingham8424@yahoo.com) at mbingham8424@yahoo.com

FROM THE OPERATORY

****From The Operatory** is our newest section 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).

Swine Flu and Prevention in the Dental Office

The Swine flu is making the news on a daily basis. Cases have been diagnosed in our area and it is still only summer. The Centers for Disease Control are expecting cases to increase as the weather cools and the flu season truly gets underway. As healthcare providers it is important to be informed on preventative practices to help stop the spread of the H1N1 virus and keep ourselves and our patients healthy.

Regular flu vaccinations are recommended for healthcare providers. They are available now through your hospitals, doctors and local pharmacies. Come mid-October the vaccine for the H1N1 virus will be available. First priority target groups are health care workers, pregnant women, children and those with existing conditions of immuno-compromised status.

Both the Centers for Disease Control (CDC) and the Organization for Asepsis Procedures (OSAP) encourages the dental team to review information on Respiratory Hygiene and Cough Etiquette in Healthcare Settings.

Some suggestions from their websites are:

- When confirming, ask patient if they are having any flu-like symptoms. If a patient is not feeling well, reschedule the patient for 7 days out or until symptoms disappear.
- Post Respiratory Hygiene / Cough Etiquette at the front entrance and in waiting room.
- Provide alcohol rubs at the front desk and in waiting room.
- Provide tissues and no touch receptacles for tissue disposal
- During times of increased respiratory activity in the community, offer masks to persons who are coughing. Healthcare workers should observe droplet precautions when examining a patient with symptoms of a respiratory infection.

For patients who present with confirmed or suspected illness and need immediate treatment:

- Patients should be identified at check in and seated in a single patient room with the door kept closed.
- Limit treatment to the minimum necessary.
- Instruct patient to wear a surgical mask during times when not actively receiving treatment.
- Personnel treating the patient should wear a fitted surgical N95 respirator mask and goggles and other appropriate protective equipment during patient treatment to prevent contact with contaminated aerosol.
- Minimize the production of aerosols or cough producing aerosols to the minimum necessary

to provide appropriate treatment.

RESOURCES

Cover your Cough posters can be printed from the [CDC website](http://cdc.gov/flu/protect/covercough.htm) at cdc.gov/flu/protect/covercough.htm

Additional information on swine flu and other respiratory infections can be found at [OSAP](http://www.osap.org) and the [CDC website](http://cdc.gov).

Verbage for front desk personnel is offered at [OSAP](http://www.osap.org) at www.osap.org.

N95 respirator masks can be obtained from you dental suppliers.



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CDHA NEWS



CDHA Is Now On Facebook!

CDHA has expanded their presence to include the popular social networking site, Facebook. CDHA will post upcoming events of interest, favorite links, provide the opportunity to network with fellow colleagues and more!

Become a FAN today! Join CDHA on Facebook at www.Facebook.com and type in California Dental Hygienists' Association in the Facebook Search Engine.

8th Annual CE Extravaganza

[Click Here to view flyer](#)

California Dental Hygienists' Association
8th Annual CE Extravaganza
November 6 & 7, 2009
Sofitel Hotel
November 6 & 7, 2009
Sofitel Hotel
223 Twin Dolphin Drive, Redwood City, CA94065
Phone: 650-598-9000
www.sofitel-sanfrancisco-bay.com

SANTA ROSA JUNIOR COLLEGE STUDENT CORNER

WELCOME TO THE INCOMING SRJC DENTAL HYGIENE CLASS!

RDHS would like to welcome the incoming dental hygiene class of 2011. This years class has 24 students with 22 females and 2 male students. Most are from Sonoma County but some come as far away as San Diego. Nine students have had previous experience in the dental field. We wish them the best as they begin their studies.

WAY TO GO! - DH class of 2010

Our support goes out to the DH class of 2010, as they start their 2nd year of studies. Your dedication is admired!

Students, if you have information to share in the "Student Corner", please contact Kathy Kane, kkanerdh@sbcglobal.net or Tamara Wells, tamarardh@gmail.com.

COMMUNITY HEALTH NEWS and VOLUNTEER OPPORTUNITES

Volunteer Opportunities

Volunteer screeners needed! Help screen the community for dental decay and oral health needs at local Bi-National Health Fairs. If you are interested in volunteering or need more information, please contact:

[Jennifer Colombo](mailto:jcolombo@co.marin.ca.us)

Children's Oral Health Project
415-473-4248
jcolombo@co.marin.ca.us

Dates:

Saturday, September 26, 2009

Time 11 a.m. - 3 p.m.

Location: Marin City Health and Wellness Clinic, 630 Drake Ave, Marin City, CA

Saturday, October 10, 2009

Time 11 a.m. - 3 p.m.

Location: San Rafael Marin Community Clinic, 3110 Kerner Blvd, San Rafael, CA

Saturday, October 17, 2009

Time: 11a.m. - 2 p.m.

Location: Novato Marin Community Clinic, 6100 Redwood Blvd, Novato, CA

* * * *

Volunteers continue to be needed for elementary school screenings in 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

RDHS MEMBER NEWS

Welcome and thanks to our new members and reinstated members for your continued support!

Laurelyn Borst
Stephanie Clark
Katherine Fong
Judy Mann
Mary Pendergast
Yvonne Wadya
Whitney Silva

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