

the SCOOP

newsletter of the maine dental hygienists' association



summer 1992

President's Message

It has been such a year of growth and accomplishment for MDHA. Throughout my experience as president, I have had the privilege of meeting motivated, dedicated, talented and innovational people! You are promoting and expanding the dental hygiene profession and its perception, not only in Maine, but nationwide. Please accept my sincere appreciation and applause of your accomplishments.

Within our responsibility to our profession lies ultimately, our patients and the public. In that relationship, dental hygiene must be self promoting, while recognizing that total oral health care is accomplished through the synergistic efforts of dental hygiene and dentistry.

Nationally, there is a mounting distrust between our professions. A great deal of misinformation is being distributed regarding self regulation, independent practice and other dental hygiene issues. For many dental professionals (including hygienists), current publications containing misguided information are providing the basis for their perceptions of ADHA, ADA, our professions and our goals.

Throughout this year, MDHA and MDA have been repeatedly commended for their independence and free thinking. In continuing our efforts toward open communication between our professions, we must be professionally literate on the issues at hand. We must first clearly understand all aspects of these issues before we can set goals for dental hygiene in Maine, and then network with all dental professionals as to their validity and prudence.

I encourage you to utilize the Maine Dental Hygienists' Association as it is the most available avenue for this participation. I look forward to its continued growth and development and its greater service to dental hygienists in Maine and ultimately to the public.

I thank you for allowing me the opportunity to participate as MDHA President.

Marcia L. Weed, RDH, BS

Local Anesthesia Initiative to Continue

During business conducted at the MDHA Annual Meeting '92, the membership voted unanimously to continue pursuit of optional licensure in the administration of local anesthetics for dental hygienists in Maine. Discussion included experiences of hygienists utilizing the function in other states, and also input from recent graduates of an expanded function program.

Other business conducted included the adoption of the Allied Membership category. This now makes membership to ADHA/MDHA available to any non-dental hygienist. This is a non-voting membership available to anyone, employers, dental suppliers, etc. who wish to support the goals and efforts of our associations.

A tentative date was set for an MDHA Midwinter Meeting. It will be held the first Sunday in March and will be located in Bangor. The format may include an in-depth focus on issues facing dental hygiene in our state and nationally as well as current MDHA business.

Also introduced was our practice act, Sunset Review Process which will begin June '94. At this time we are looking for interest in committee participation, and may include a workshop on this Process at the midwinter Meeting. Sunset Review is a process by which the practice act is opened and reviewed section by section, making changes either in words, phrases, function, duties, description, etc. MDHA needs to participate in this process and will keep you posted.

Kudos to all who participated and created a very productive meeting!

Marcia L Weed, RDH, BS

IN THIS ISSUE . . .

Calendar of Events	3
Component News	4
Instruments by Dufour	5
Meet Your New Officers	8

scoop scoop scoop

EDITOR

Lucille Hellshorn-Cooney, RDH, BS
279 Flaggy Meadow Rd.
Gorham, ME 04038-2020
207-839-9945

ASSISTANT EDITOR

Christina Corbin-Price, RDH
166 Pleasant St., Apt. 2
Portland, ME 04103
207-773-7354

MDHA Executive Board

PRESIDENT

Anne Harris
14 Military Ave., Fairfield, ME 04937
H 453-6314 W 872-5252

PRESIDENT-ELECT

Alexis D'Ascanio
PO Box 741, So. Casco, ME 04077
H 655-3935

VICE-PRESIDENT

Kris Blaisdell
10 Tall Pine Rd, Cape Eliz., ME 04107
H 799-0484

SECRETARY

Michelle J. Gallant
75A Elm St., Camden, ME 04843
H 236-9519 W 236-4700

TREASURER

Joanna Bradley
P.O. Box 1664, Bucksport, ME 04416
469-7030

IMMEDIATE PAST PRESIDENT

Marcia L. Weed
37 Lynch St., Brunswick ME 04011
H 729-5350 W 725-4311

CONTINUING EDUCATION CHAIR

Kris Blaisdell

MEMBERSHIP CHAIR

Marcia L. Weed

ME BOARD OF DENTAL EXAMINERS

Irene Boucher
2 Bangor St., State House Sta. 143
Augusta, ME 04333
287-3333

DH MEMBER-MBDE

Carol Williams
53 Park St., Orono, ME 04473
H 866-3157

MDHA PLACEMENT SERVICE

Debra Andrews
66 Underwood Rd., Falmouth, ME 04105
H 781-4893

ADHA

444 N. Michigan Ave., Suite 3400
Chicago, IL 60611
1-800-243-ADHA

The next issue of *scoop* will be mailed
in September.

→ The deadline for submission of
articles & advertisements is
August 15, 1992.



Allied Professional Purchasing Associations

Introducing:

Allied Professional Purchasing Associations of Maine, Inc. Dental Division

We save members time and money by offering discounts on
a comprehensive list of goods and services that you must use
to conduct your daily practice.

APPA is in business to assist with one of the most crucial
aspects of your business—purchasing. We bring professionals
together in joint associations to negotiate discounted prices
with vendors—discounts greater than you can
negotiate on your own.

We will pay any member of MDHA a 10% referral fee.

Interested? Call Mike Fink at 781-5105 or 1-800-959-5105.

P.O. Box 853, Portland, ME 04104



Welcome New Members

Diane (Frost) Blanchette	Hampden
Joanna Bradley	Bucksport
Judith (Algeier) Davison	Windham
Donna (Morgan) Fyrberg	East Andover
Michelle J. (O'Clair) Gallant	Camden
Susan J. (Lebrun) Hobert	Readfield
Sandra (Millard) Jellison	Veazie
Rosanne H. (Millett) Kendall	Guilford
Bethany A. Kinne	Aganga, Guam
Pamela G. (Niles) Lord	Steep Falls
Julie (Stevens) McCarthy	Pittsfield
Jennifer Ann Michaud	Portland
Arlene Ortiz	Bridgton
Elizabeth (Adam) Oullettee	Lisbon
Sheila Ann Quint	Camden
Robin Marie Reynolds	Brewer
Victoria L. (Riley) Shackelford	Portland
Debra S. Sprowl	Warren
Allison E. (Kelsy) Wells	Kittery
Val Williams	Winslow

Raffle Winners- Annual Meeting 1992

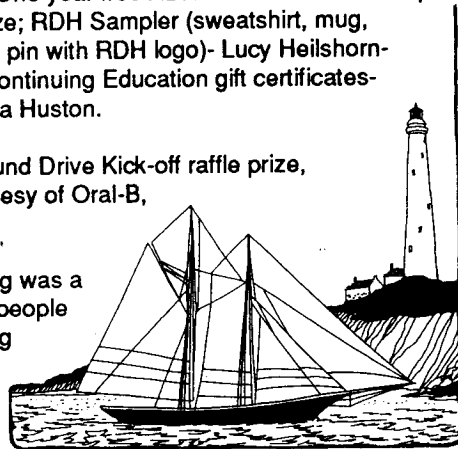
The 66th Annual Meeting of the Maine Dental Hygienists' Association held at the Samoset Resort on June 19-20 was very successful. We had an excellent turnout and received positive feedback on the continuing education courses that were held.

Participation in the raffle was more popular this year with the winners as follows: Grand Prize; One year free ADHA/MDHA membership- Patty Whitcomb, First Prize; RDH Sampler (sweatshirt, mug, stationery, key chain, and pin with RDH logo)- Lucy Heilshorn-Cooney, Second Prize; Continuing Education gift certificates- Sherry Ritchie and Patricia Huston.

The University College Fund Drive Kick-off raffle prize, a Braun toothbrush, courtesy of Oral-B, went to Carol Williams.

Overall this year's meeting was a great success with more people attending and participating than in the past.

Anne Harris, RDH
President, MDHA



Calendar of Events

Aug 22

August (date & time TBA)
MDHA Executive Board Meeting
Lithgow Library, Augusta

August 27, 6pm-9pm
"Sorting Nutritional Advice",
Ann Hague, RDH,
Westbrook College

September 19, 9am-noon
"Instrument Sharpening",
Lisa Dufour, RDH, BS, MPH
Westbrook College

September 24, evening
CED, "Is Your Job a Pain in the
Hand?", Dana Center, Maine
Medical Center, Portland

September 24, 6:30pm
CED, "Posture/Carpel Tunnel
Syndrome", Philip Pouzol, PT,
Lincoln Hall, University College,
Bangor

October 9, 9am-5pm
"Periodontics for the 21st Century",
Dr. Thomas McCawley, Teryl
Moyer RDH, BS, Sheraton Tara,
Lexington, MA

October 16, Portland
October 30, Bangor
CED, "Pathology Review-Oral
Lesions", Dr. Jeffrey Doss

October 18-24
National Dental Hygiene Week

November 14, 9am-noon
"Review of Medical Emergencies",
Marji Harmer-Beem, RDH, BS,
Westbrook College

December 5, 9am-noon
"Non-Surgical Periodontal
Therapy", Lisa Dufour, RDH, BS,
MPH, Westbrook College

January 21-24, 1993
Yankee Dental Congress,
Boston, MA

June 9-16, 1993
ADHA 70th Annual Session,
Denver, Colorado



*Do you have an event you'd like to add
to our calendar? Please let us know!
Send us a postcard with the date, time,
location, topic, and name of speaker.
Mail to scoop, 279 Flagg Meadow Rd.,
Gorham, ME 04038-2020.*

MED SERVICE CORP.
E 25 Falmouth Road
N Falmouth, Maine 04105
T Tel: (207) 781-2293

*#1 in Service . . .
We Guarantee It!*



*We offer all major lines
of dental equipment, including
A-dec, Air Techniques, Den-Tal-Ez, etc.*

MDHA Component News

Northern

Our first year as a component has come to an end already! To celebrate, on June 17th, a group of dental hygienists will be playing golf at the Presque Isle Country Club and having a barbecue afterwards at my home. All members are invited to attend.

Seven RDH's attended "How to Help Your Patients Stop Using Tobacco", May 29th, at the Aroostook Medical Center. Participants were able to role play tobacco cessation measures that they can incorporate into their own office environment. With busy dental practices being the norm, the National Cancer Institute's program is meant to be simple, brief and "user friendly" for office staff. Many hygienists who attended the course already offer some form of tobacco cessation education to their patients which is an important step in decreasing tobacco use among our patients.

As I close, I would like to thank Joanne Tardif, June McClean and Debbie Daigle for their help in making the components' first year a success. As with any organization, it is only as strong as the members make it. I hope to see many hygienists at our first meeting in the fall (TBA at a later date.)

Dianne Williams, RDH, BS
President, Northern Component
768-3026

Mid Maine

The Mid Maine Component will hold their next meeting on Wednesday, August 19th, at 6:30pm at the Lincoln Hall in Bangor. Don't miss this meeting as we will be planning our fall and winter schedule of events. We will also elect new officers to the positions of Vice President, Secretary, and Treasurer.

Cindy McEwen, RDH
President, Mid Maine Component
989-9623

scoop is a benefit of members of the Maine Dental Hygienists' Association. Non-members may subscribe to *scoop* for \$16 per year. Please send a check for \$16, payable to MDHA, and mail to: Christina Corbin-Price, 166 Pleasant St., Apt. 2, Portland, ME 04103. Don't miss out!

South Coast

As we end our first year as a component we would like to thank all of you who gave your time and ideas to make our first year a success!

It was a busy year with our reception for National Dental Hygiene Week with the Westbrook College students, Children's Dental Health Month Celebration at USM, and Dave Petrie from Patterson Dental Co. who visited us with new product samples.

At the Samoset this year we met after the MDHA Business meeting to discuss our agenda for next year. We will repeat some of the same events and add several continuing education courses on a component level. We are still looking for volunteers for the positions of President-Elect and Secretary. Please give me a call if you or someone you know may be interested.

We will send out a flier before our first meeting in September. We are planning an informal social gathering after work at a nearby restaurant (location TBA in the flier). I look forward to seeing you next fall.

A special thanks to our outgoing President, Kris Blaisdell and our outgoing Secretary/Treasurer, Sherry Ritchie for all the time and hard work they put into the South Coast Component's first year.

Have a great summer!

Debbie Butler, RDH
President, South Coast Component
655-5304

Announcements

Former *scoop* editor **Patty Whitcomb, RDH** had her first child, **Colleen Marie**, on Sunday, April 26 at 5:07 pm
Karen Packard, RDH, BS, graduated from Boston University in May with a Masters Degree in Public Health

Do you have an announcement you'd like us to include in our column? Please send us a postcard with the information written clearly. Mail to scoop, 279 Flaggy Meadow Rd., Gorham, ME 04038-2020.

There's A Winner!

The MDHA Component Membership Contest was created this year, copying the ADHA Membership Contest which Maine won in 1990 and 1991. Our contest runs from June 1st until May 31st of the following year. The winner is to be announced each year at Annual Meeting and will be awarded \$100 for their component.

MDHA membership is currently 168, having grown from 133 members last June. Thank you to renewing members for continuing your support and thank you to all our new members for initiating your support of the association.

This year's winner of the MDHA Component Contest, with a 41% increase from 37 to 52 members is . . . the MDHA Central Valley Component. Other standings were:

Mid Maine 18% increase
Northern Maine 17% decrease
(2 members moved)
South Coast 23% increase

Congratulations to all on your accomplishments!

Marcia L. Weed, RDH, BS
Immediate Past President, MDHA

WANTED MDHA Member To Take Over Placement Service

Have you been thinking about getting involved in MDHA but don't want a big commitment? Perhaps this position might be for you.

The Placement Service provides referral lists to dental hygienists and dentists in Maine. Out of state hygienists planning to move to Maine also take advantage of this service.

Being in charge of the Placement Service is a great way to find out what MDHA is all about!

For more information contact:
Debbie Andrews, RDH, BS
781-4893

Instruments by Dufour

Westbrook College faculty member, Lisa Dufour, has designed a series of three dental hygiene instruments for the Hu-Friedy Company. The instruments were designed in an effort to respond to particular scaling and root planing difficulties expressed by students in the advanced dental hygiene clinics. The series combines the standard "Gracey" shank with the "Mini-5" blade.

The series is available nationwide and carries the stamp **Dufour/W.C.** The students who purchased the series through Hu-Friedy were most pleased with their performance.

Lisa Dufour, an Associate Professor at Westbrook College, teaches Periodontology, Advanced Dental Hygiene courses and Dental Hygiene courses for Baccalaureate students.

MDHA congratulates Lisa for her foresight and continued achievements in the pursuit of excellence for the profession of dental hygiene.

Alexis D'Ascanio
MDHA President-Elect

Miscellaneous scoop . . .

While attending Annual Meeting last month in Rockport, MDHA members Alexis D'Ascanio and Debbie Butler, had the pleasure of dining in the same restaurant as Hollywood hunk, Mel Gibson! He will be filming his latest movie, "Man Without A Face", in the Mid Coast area this summer.

Catherine Haegerty Scholarships Awarded

It gives the Maine Dental Hygienists' Association great pleasure to continue the tradition of the Catherine Haegerty Memorial Scholarship.

Catherine Haegerty was an active member of the dental hygiene profession and professional associations, finding great reward in her pursuits.

Recipients of this award must hold a grade point average of at least 3.0 and be an outstanding contributor to the student chapter of the American Dental Hygienists' Association. They must exhibit characteristics of leadership, loyalty, professionalism and dedication to the profession as did Catherine Haegerty.

We wish this year's recipient continued success during her time at Westbrook College and that, as did Catherine Haegerty, she find great reward in her future endeavors in dental hygiene.

It is with great enthusiasm that MDHA this year honors: Westbrook College recipient, Tracy Lajoie of Van Buren, and University College recipient, Stephanie Mitchell of Phillips. Congratulations!

Marcia L. Weed, RDH, BS
Immediate Past President



WESTBROOK COLLEGE

presents

Seminars for the Dental Hygiene Professional

- **Refresher Course** Thursday, October 22 9:00 am - 5:00 pm
3 sessions - \$700 Friday, October 23 9:00 am - 5:00 pm
20 CEUs Thursday, October 29 9:00 am - 4:00 pm

Instructors: Dental Hygiene Faculty

- **Sorting Nutritional Advice**
\$65 3 CEUs Thursday, August 27 6:00 pm - 9:00 pm

Instructor: Ann Hague, Assistant Professor of Dental Hygiene & Registered Dietitian

- **Instrument Sharpening**
\$85 3 CEUs Saturday, September 19 9:00 am - noon

Instructor: Lisa Dufour, Associate Professor of Dental Hygiene

Designed to sharpen and augment the skills and knowledge of dental hygienists, Seminars for the Dental Hygiene Professional are taught by the Westbrook College Dental Hygiene faculty and held on the College's historic Portland campus on Stevens Avenue. Enrollments are limited, so please register early. For further information, call 797-7261, ext. 263.

Westbrook College **Faculty Notes**

Westbrook College faculty members Marji Harmer-Beem and Lisa Dufour, were recently certified in Local Anesthesia and Nitrous Oxide Administration during a stringent five day course in Phoenix, Arizona.

MDHA applauds Marji and Lisa for their preparation in the area of expanded functions and thus increasing the resources available to the profession of dental hygiene in Maine.

Alexis D'Ascanio, RDH, BS
President-Elect, MDHA

District 1 Meeting **Highlights**

The District 1 meeting was held on May 16, 1992 in Bedford, New Hampshire to prepare for ADHA's Annual Session. Those that attended from Maine were Marcia Weed and myself as delegates and Alexis D'Ascanio and Kris Blaisdell as alternate delegates. It was a long day of discussion.

Some of the highlights included recommendations by the treasurer to change the fiscal year (which was voted down because it was too conflicting), discussions relating to balancing the District 1 budget, and discussions about the cost of mailing the District 1 Newsletter. We also reviewed the resolutions and recommendations for Annual Session.

Bristol Community College offered to host the SADHA Meeting at Yankee Dental in 1993. It was also decided that at YDC next year the Outstanding Dental Hygienist of the Year will be honored at the District 1 Meeting rather than at a special luncheon as was done in the past. This will allow more people to share the moment!

The District 1 Meeting was a great way to network and get ideas from other states.

Anne Harris, RDH
President, MDHA

Continuing Education **Committee**

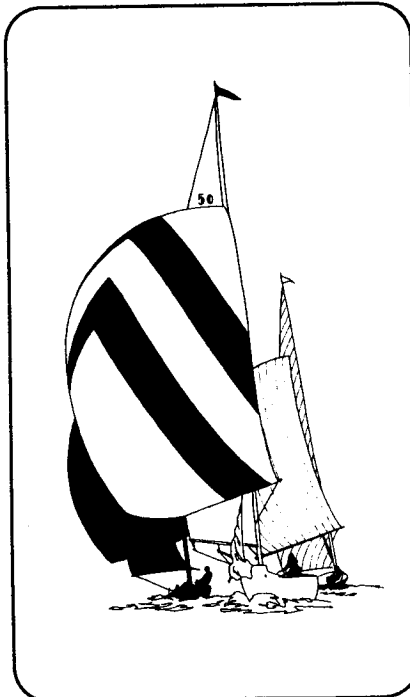
The Continuing Education Committee has an interesting and informative Fall Schedule. The first course will be held September 24th, during the evening at the Dana Center, Maine Medical Center, Portland. "Is Your Job a Pain in the Hand?" will address the problem of Carpel Tunnel Syndrome. (1.5 CEUs)

A half day course will be offered in both Portland on October 16th and in Bangor on October 30th. The topic will be "Pathology Review-Oral Lesions" presented by Dr. Jeffrey Doss. (4 CEUs)

To be effective in the workplace a hygienist needs to prevent work related injuries. A hygienist must keep current to provide optimal oral health care for patients. The Fall MDHA Continuing Education schedule is an excellent opportunity for hygienists to accomplish these things.

Reneta Cloutier has agreed to co-chair this committee with me this year. Anyone else interested in serving on this committee please contact us for more information.

Kris Blaisdell, RDH
Continuing Education Chairperson
799-0484



Maine Board of Dental **Examiners**

I have been very busy lately with Board activities—in March I helped to administer the National Boards for the dental hygiene students here in Bangor. Then on May 4th I was sent to Champaign, Illinois to give the NERB exams to dental hygiene students there.

We have been conducting our usual monthly meetings in Augusta. If any of you ever wish to attend, meetings are the second Friday of each month. It would be best if you call ahead to check on the times, etc., especially if there is an issue which needs to be addressed. Call Irene or I at the Board Office 287-3333.

The Dental Board just recently adopted an inactive license status for dentists and hygienists who want to keep their license but are not actively practicing and do not want to meet the continuing education requirements. The new rule states that "Dentists and hygienists who are not actively practicing dentistry may be excused from completing CDE requirements for re-registration by submitting to the Board of Dental Examiners an affidavit certifying that he/she will render no dental services during the term of the registration biennium." Such a license will be considered not valid and the registration will be stamped "INACTIVE STATUS". The rule also includes a provision for restoring ACTIVE STATUS by making such a request to the Board in writing. "The Board may set new exams, interviews and/or other requirements on an individual basis." The new rule is retroactive to January 1, 1992. This may have an impact on some dental hygienists this coming registration period. If you have questions please call Irene or myself.

Please make an extra effort to keep your continuing education credits in order. I suggest you keep them all listed on the yellow log sheet provided to you by the Board or in some similar manner. Don't wait too long and come up short.

Carol E. Williams, RDH
H 866-3157
W 941-0256

Marlene's
UNIFORM SHOP

**72-76 COLUMBIA STREET
BANGOR, MAINE 04401
945-9813
1-800-244-9813**

We are pleased to offer you a wide variety of scrubs that are professional, fashionable, and functional, for the Health Care field. We have added to our scrub line OSHA Approved Protective Apparel, the fabric that seals out moisture-giving it excellent fluid and bacteria resistance, as well as allowing body heat to escape.

Marlene's would be glad to send you **FREE scrub catalogs, uniform samples, or make a personal visit to your office.** We also give group discounts.

We hope we may be of service to you and your office.
Call us toll free today! 1-800-244-9813

**WE'LL BRIGHTEN
YOUR SMILE**

Your job is more important than ever. Make it a little bit easier. Rely on the personal attention of a Healthco sales rep, who can handle all your supply and equipment needs promptly, and save you money. When your equipment needs repair, Healthco technicians are fast and efficient. Work with Healthco--you'll do your job better.



993 Forest Avenue, Portland, ME 04103-3303
(207) 772-9599 (800) 942-6555 ME
50 Bridge Street, Manchester, NH 03105-1046
(603) 627-5050 (800) 562-3856 NH

WISE UNIFORMS & EQUIPMENT
"Uniform and Equipment Distributors"

RFD 1, Box 120, Whitten Rd.
Hallowell, ME 04347
(207) 623-2363

We carry a complete line of
uniforms and accessories

just arrived-
**OSHA APPROVED
BARRIER GARMENTS**

•
Come in and visit us!
For your convenience our hours are:
Mon. - Fri. 8 to 5, Sat. 9 to 2

The Uniform Shop

Serving the needs of
Dental Assistants and Hygienists
since 1957

Featuring BASIC and DESIGNER SCRUBS
tops, pants, dresses, and jackets

We carry a complete line of
**white uniforms, labs, shoes,
hosiery, and accessories**

Union Station Plaza
288 St. John Street
Portland, Maine 04102
Telephone (207) 774-9312
Toll Free 1-800-439-9312

Individual and group discounts available

Store Hours: Mon. thru Sat. 9:30-5:30

scoop

Lucile Heilshorn-Cooney, Editor
279 Flaggy Meadow Rd.
Gorham, ME 04038-2020

Bulk Rate
U.S. Postage
PAID
Permit #44
Portland, ME

**YOUR NEW MDHA OFFICERS
1992-1993**

**PRESIDENT
Anne Elizabeth Harris, RDH**

Anne is from Waterville, Maine and a 1983 graduate of Westbrook College. She currently lives in Fairfield with her husband Dennis and 2 dogs. Anne is practicing dental hygiene full time with Dr. John Koons, a general practitioner in Waterville. Her hobbies include shopping, baking deserts, and sewing crafts such as cross stitching.

**VICE PRESIDENT
Kristine E. Blaisdell, RDH**

Kris grew up in the Boston area and graduated from Westbrook College in 1968. Since then she has been licensed and practiced in Texas, Massachusetts, New Hampshire, and Maine. She is currently residing in Cape Elizabeth with her husband, Bruce and 18 year old daughter, Merideth. Kris' hobbies include quilting, stenciling, and reading.

**PRESIDENT-ELECT
Alexis "Lucky" D'Ascanio, RDH,
BS**

Lucky was born and brought up in Jay, Maine and along with Anne, she graduated class of '83 from Westbrook College. She went on to get her Bachelor Degree in Vocational Education from the University of Southern Maine. At this time she has completed 21 credits towards a Masters degree in Human Resource Development. This fall Lucky will be rejoining the staff at Westbrook College as a part-time Clinical Instructor. Lucky lives in South Casco with her husband Mike and 2 children, Nicholas, 4, and Lauren, 15 months. She enjoys camping, crafts, reading and swimming.

**SECRETARY
Michelle J. Gallant, RDH**

Michelle is from Ashland, Maine and a graduate of University College, Class of '90. She currently works in Camden with Dr. Philip W. Higgins, Jr. and Dr. Jonathan M. Goss. Michelle is recently married and the new owner of a home in Rockport. There she lives with her husband, their dog, Max, and cat, Paddy. She has taken up gardening as a hobby this summer.

**TREASURER
Joanna Bradley, RDH, BS**

Joanna was born and brought up in Nebraska. From there she moved to California and then three years ago moved to Maine and became a student at University College. While she was at U.C. Joanna was elected President of SADHA. She graduated in 1991 and went on to get her Bachelors Degree in Health and Family Life Education from the University of Maine at Orono. Joanna currently lives in Bucksport and works at Dental Associates, a general practice in Ellsworth. Her hobbies are stitching and sewing crafts.