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a quarterly newsletter of the maine dental hygienists' association

• fall 1996

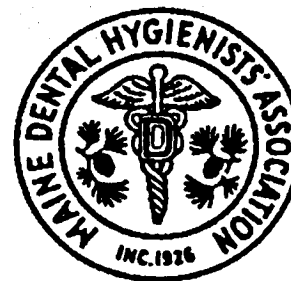
PRESIDENT'S MESSAGE

Greetings. Autumn is upon us and MDHA is entering a busy season ahead. I was installed as president at the last executive board meeting without much fanfare, but that did little to diminish the honor that I felt when I accepted the responsibility of a Constituent President of ADHA. Usually our officer installations occur during our annual meeting in June, but a permanent conflict with ADHA's Annual Session was recognized and MDHA's Annual Meeting at the Samoset Resort in Rockport had been voted on by membership to be moved from the Samoset to the Fall Connection Meeting.

The Fall Connection meeting will be relocated throughout the state to accommodate membership. A meeting will still occur at the Samoset Resort. It will be called a scientific session although the schedule of events will look much the same.

Committee members are planning the most fabulous meeting for the Fall Connection with just the right mix of continuing education, constituent meetings, scientific papers, time on your own in Freeport, and an evening President's and Past-President's Reception. Anne Battrell Stilwell President of ADHA will be with us for the two day event. This meeting promises to be a very exciting happening. I hope to meet many new friends and colleagues and to renew old acquaintances.

Being involved in the Maine Dental Hygienists Association has revitalized me and my professional outlook. It is being with other dental hygiene professionals that excites me and motivates me to advocate for dental hygiene. There seems to be an energy and a positiveness to the profession and I think that it is tied to the choices that we have as professionals. I would like to reiterate choices because we do have choices and by being involved you keep your choices open. No matter how complacent we are in our



current situations, we need to know that things are changing. As individuals we need to know what forces, trends, and advances in technology will affect our choices and the way we practice as we care for our patients and move into different venues of practice. Dental hygienists know what dental hygienists need. Please let me hear from you. Call or write, or better yet, talk to me at our next meeting.

You can have a voice through your association by being a member. As an oral health professional, you have a responsibility to yourself, your profession, and the public which you serve. ADHA can support our efforts.

Maine's membership is growing and it is an exciting time to be involved in making an investment in your own future and the profession that you have chosen.

I was born in the fifties and grew up in the sixties under the legacy of ideas left by J.F. Kennedy. Volunteerism and contribution have always been a part of so many people that I know including my dental hygiene colleagues. Continue to be involved and share your knowledge and expertise by networking with each other and the public which we serve. What a better time to become active than during Dental Hygiene Month this October.

Have an activity filled fall and I hope to see you all at the Fall Connection.

Marji Harmer-Beem, RDH, MS
President, MDHA

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the SCOOP

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CHANGE OF ADDRESS?

Please keep your address current with the Maine Board of Dental Examiners Office or you will not receive important information from the state and may be subject to a fine. Call Irene Boucher today at 287-3333. If you are a member of ADHA/MDHA then you should also call 1-800-243-ADHA and let them know your new address and phone number. ADHA will forward your new address to all publications on the state and national levels (including SCOOP).

MAINE DENTAL HYGIENISTS' COMPONENT OFFICER ROSTER 1996-1997

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1-800-242-ADHA

MDHA EXECUTIVE BOARD MEETING DATES

September 7, 1996
(Annual Luncheon Meeting)

October 5, 1996

November 2-3, 1996
(Fall Connection)

December 1996
(No Meeting)

January 11, 1997*
(MDA Joint Meet)

February 8, 1997

March 8, 1997*

April 14, 1997

May 3, 1997 (tentative)

June 20 & 21, 1997

(District Meeting)

(Scientific Meeting in Rockport)

All meetings unless otherwise indicated will be held at the
Freeport McDonald's from 9:00 - 11:00 A.M.

*These meetings will be held at the MDA offices in Manchester.

SCHOLARSHIPS & AWARDS WERE PRESENTED AT THE ANNUAL MEETING AT THE SAMOSET

Catherine Haggerty Memorial Scholarships went to Catherine Finson of University College and Margaret Lurz of Westbrook College. MDHA Membership Awards went to Lorraine Klug of University College and Nicole Denico of Westbrook College.



From left Cathy Finson, Lorraine Klug, and Nicole Denico. (Missing from picture: Margaret Lurz.)



President Michelle Gallant (left) presents Joanne Cote the RDH of the Year Award.

DENTAL HYGIENE ASSOCIATION PRESENTS A LIVE, INTERACTIVE SATELLITE SYMPOSIUM

CHICAGO – Thousands of dental hygienists and oral health care providers across the country will join together for the first live, interactive satellite symposium presented by the American Dental Hygienists' Association (ADHA) on Saturday, November 16, 1996. The videoconference, *New Technology & Oral Health Care for the 21st Century*, is made possible by an educational grant from Procter & Gamble Oral Care.

For more information, call 800-735-4916, send fax to 312-440-8929, write ADHA, 444 N. Michigan Avenue, Suite 3400, Chicago, IL 60611, or visit ADHA's web site at <http://www.adha.org>.

Calendar

October 9, 1996
Public Health Supervision Rule Change
Panel Speakers
6:30-9:00 P.M.
Lincoln Hall, University College of Bangor

October 23, 1996
Pain Management
Dr. Laura Krause
6:30-9:00 P.M.
Dana Auditorium, Portland, ME

Do you have an event you would like to add to our calendar? Please let us know! Send us a postcard with date, time, location and speaker. Mail to SCOOP, c/o Ruth Collard, Westbrook College, Stevens Avenue, Portland, ME 04103.

Attention:

Contributors to SCOOP please forward typed articles and announcements to: Ruth Collard, c/o Westbrook College, Stevens Avenue, Portland, ME 04103.

Sales Editor:

Jennifer Marquis

**696 Westbrook Street, Apt. 6J
South Portland, ME 04106**

**MDHA Ex. Board Coordinator:
Christine Corbin-Prince**

**SCOOP Deadlines for 1997
Winter Issue - February 3, 1997
Spring Issue - May 5, 1997**

American Dental Hygienists' Association and Procter and Gamble Oral Health Care Products Present



Interactive Satellite Symposium

New Technology & Oral Health Care for the 21st Century

November 16, 1996

ADHA'S 73rd ANNUAL SESSION "CELEBRATE SYNERGY" JUNE 19-26, 1996

ADHA's Annual Session is a time where state's delegates, and alternate delegates, from around the United States come together to share ideas, network, and work as a legislative body to determine what issues must be addressed to best serve the needs of the constituent members whom they represent. Amendments to the current ADHA by-laws and code of ethics, and any new proposals are submitted for consideration at that time by the entire voting members. The state of Maine was allowed two delegates (and one alternate per delegate) to attend this year's session. (This number can fluctuate yearly based on the state's membership number.)

Much preparation is completed to fully understand the issues at hand; District I delegates, for instance, began with a Delegates Workshop in May, 1996 (held in Concord, New Hampshire), where each proposal was carefully reviewed, discussed, and researched for its implications and impact on the entire organization. Each delegate then continues to prepare for the Annual Session individually, and by state.

This year's Annual Session was held in Phoenix, AR. An example of some of the issues that were voted on include:

- A name change for the organization from the American Dental Hygienists' Association to the American Dental Hygiene Association (this proposed change was defeated).
- Change of the student membership voting privilege from 1

LEGISLATIVE COMMITTEE

MDHA's second annual "Lobby Day" is planned for February 6, 1997. Please mark your calendar and join fellow hygienists in the Hall of Flags at the Maine State Capitol Building in Augusta. Last year's venture was most successful and I look forward to hearing from you. There will be new and familiar faces in the legislature to greet after the fall elections.

The Maine Board of Dental Examiners voted at the August meeting to investigate MDHA's proposal for the administration of local anesthesia by dental hygienists. They are looking into the writing of a Rule for Maine. It will be on the agenda for the September 13, 1996 meeting.

Once again, I wish to extend an invitation to attend the monthly Maine Board of Dental Examiners' meetings held in Augusta. Please contact Kris Blaisdell. I can be reached at (207) 799-0484.

I look forward to seeing you at our Fall Connection Meeting!



for the entire student representation to 1 student vote per District (this proposed change was defeated).

- Honorary memberships were granted to: Karen Dunn Caspers, Stanley B. Peck.
- Lifetime membership was granted to: Patricia V. Griffiths.
- Charters were revoked for Puerto Rico and Virgin Island constituents.

This is just a small sample of the issues addressed at the ADHA's 73rd Annual Session.

The ADHA coordinates many events for the Annual Session. An ADHA Institute for Oral Health Gala was held after opening ceremonies at a nearby "Rawhide Western Town", proceeds support dental hygiene education and research, the President's Reception was organized to honor the current President of ADHA (Gail B. Bemis), Warner-Lambert/ADHA Awards Programs for Excellence in Dental Hygiene President's Luncheon, and many other well-planned events and engagements. It was a truly wonderful learning experience and exciting time for me as I attended for the first time as an alternate delegate for Maine!

Melissa L. Stevenson, RDH
President-Elect, MDHA

CONTINUING EDUCATION COMMITTEE

Dr. Laura Kraus, DDS, will be presenting an evening course on Wednesday, October 23, 1996 in Portland at the Dana Auditorium, Maine Medical Center. Registration is from 6:30 - 7:00 P.M. and the course is from 7:00 - 9:00 P.M.

"PAIN MANAGEMENT TECHNIQUES AND THE HYGIENIST"

The course will provide an overview of Local Anesthesia, Pharmacologic Management, TENS, and Cedeta.

Dr. Kraus maintains a private practice in Portland and is on the faculty at the Westbrook College in the Dental Hygiene department.

The committee is getting ready for our 1997 program. Coming in the spring, John M. Willis, DDS, Pediatric Dentistry, will present a course of interest to the entire dental team regarding Pediatric Dentistry. More information to come on this in the future.

Your ideas, suggestions and help are always welcome. Please let the committee know if there are any clinical courses you or your colleagues may be interested in attending.

For further information on the courses being offered, please call Sherry Ritchie at 775-2191.

COMMUNITY ISSUES

FLUORIDATION CAMPAIGNS IN GREATER PORTLAND AND AUGUSTA

Water fluoridation is one of the greatest public health stories. It has prevented considerable disease, specifically dental disease, and is comparable in its effectiveness as a public health measure as the purification of public water supplies and childhood immunizations have been. Community water fluoridation improves the oral health of everyone in that community, regardless of age, economic status, ability to access the clinical dental care system, or attitude towards dental treatment.

As you know, anyone with teeth benefits from the topical effects of water fluoridation: first, as it washes over the teeth while drinking fluoridated water, and second, when it is released into the saliva and bathes and remineralizes the teeth throughout the day. Adults, in particular, benefit if they have root exposure or dry mouth due to medications or radiation treatment to the head and neck.

When discussing the benefits of water fluoridation, it's important to remind people that not everyone can afford to purchase fluoride supplements for his/her children. For example, a one year's supply of fluoride drops costs about \$25/year and fluoride tablets costs about \$19/year for each child. Imagine the expense if someone has a large family! It is estimated that fluoridating the drinking water supplied by the Portland Water District will increase a family's water bill by only \$1.70/year, quite a difference in cost! Not only are fluoride supplements expensive, but to be optimally effective, they must be taken every single day for the first 16 years of life. Even the most conscientious parents forget to give their child fluoride some days.

In the last issue of SCOOP, Sue Cote wrote about the upcoming fluoridation referendum in Portland. Towns served by the Augusta Water District will also be voting this November on whether to add fluoride to their drinking water. Having a town hearing is a mandatory part of the referendum process. As we go to press, the following towns have scheduled their

public hearings: Cumberland, Sept. 9; Windham, Sept. 10; Portland, Sept. 16; South Portland, Sept. 23; Standish, Oct. 8; and Scarborough, Oct. 9. These towns have not: Falmouth, Westbrook, Gorham, and Cape Elizabeth in the greater Portland area and all five served by the Augusta Water District: Augusta, Winthrop, Chelsea, Vassalboro, and Manchester.

Your assistance is greatly needed if you live or work in one of these 15 towns. Here's what you can do:

1. Make a small presentation to a local organization or group of neighbors. A slide show and script and video are available for you to use.
2. Inform your patients who live in towns served by either of these two water companies about this referendum question. Describe the benefits that adjusting the fluoride content of the drinking water will provide to your patients and their families.

Use these simple talking points:

- Saves smiles (prevents tooth decay)
 - Saves money
 - Everyone benefits
 - Proven safe and effective for over 50 years.
3. At the very least, make sure you vote on November 5 on this very important issue.

If you have any questions about water fluoridation or need patient education material, call the State Oral Health Program at 287-2361. To volunteer with the fluoridation campaign, contact: for the Augusta area, Janet Sawyer, RDH, 623-4971; for Greater Portland, Sean Campbell, 874-1025. This is an exciting opportunity to make a big difference in the oral health of Maine people.

By Debbie Andrews, RDH, BS, a public health dental hygienist with the State Oral Health Program.

MAINE BOARD OF DENTAL EXAMINERS

The public is invited to attend the Board meetings. Sessions are only closed to the public if the Board needs to go into executive session. There are many informative and enlightening topics covered at these meetings. You may want to attend.

The Board meetings for the Fall of '96 are scheduled on Fridays as follows and generally start at 9:30 A.M.

September 20, October 4, November 8, December 13

At times, meetings are rescheduled so the Board may meet a quorum. If you are planning to attend a session, you may want to call the Executive Director, Irene Boucher, at 287-3333 to see if a meeting has needed to be rescheduled.

Hope I see you there!

Diane Blanchette

CAN YOU HELP?

MDHA is looking for old newspaper clippings, photographs, or any information in which MDHA could include in the Scrap Books will have at the Fall Connection (70th Anniversary Celebration) on November 2nd.

If you have anything we could use, please contact Michelle Gallant, 16 Alexander Drive, Rockport, Maine, 236-9519, or fax (207) 236-2598. We will make copies of any material you wish to keep and return the original.

Celebrating 70 Years of Excellence

THE
**FALL
CONNECTION**



PRESENTED BY

THE MAINE DENTAL HYGIENISTS' ASSOCIATION

NOVEMBER 2-3, 1996
HARRASEKET INN, FREEPORT, MAINE



The Fall Connection
November 2 & 3, 1996
Harraseket Inn, Freeport, Maine



Schedule of Events

Saturday, November 2nd

- 8:00 to 8:45 a.m. Registration and Welcome Reception
- 8:45 to 9:45 a.m. Open Business Meeting (1 CEU/Cat. II)
- 10:00 to 11:00 a.m. "Recognizing and Reporting Child Abuse: The Hygienists' Role and Responsibility" (1 CEU/Cat. I)
- 11:15 to 12:45 p.m. "You've Sterilized Your Instruments. Could Your Hands and Gloves Be The Broken Link to Protection?" (1.5 CEU's/Cat. I)
- 12:45 to 3:30 p.m. Extended Lunch
- 3:00 to 3:30 p.m. Sigma Phi Alpha - Presentation of Papers
- 3:30 to 5:00 p.m. "The Next 20 Years in Dental Hygiene and Dentistry" (1.5 CEU's/Cat. I)
- 7:00 to 9:00 p.m. President's Reception

Sunday, November 3rd

- 8:30 to 9:00 a.m. Registration
- 9:00 to 10:30 a.m. Membership Forum (1.5 CEU's/Cat. II)

***For more information, look for your flyer in the mail, or contact Marji Harmer-Beem, 865-6641.

ALL MEMBERS OF THE ALPHA BETA CHAPTER OF THE NATIONAL DENTAL HYGIENE HONOR SOCIETY SIGMA PHI ALPHA

Dear Member:

Please join me on Wednesday, September 25, 1996 at 6:30 p.m. on the Westbrook College campus for an organization meeting of our society's chapter.

We will meet in the lobby of the Grace Coleman Dental Hygiene building to discuss ideas, set goals and develop plans for the coming year and beyond.

I look forward to getting reacquainted with each of you and hope you will take this opportunity to become involved in scholarship and leadership for the profession.

Sincerely,

Bonnie Vaughn, RDH, MBA
Chapter President

UNIVERSITY COLLEGE OF BANGOR SADHA

The Student American Dental Hygienists' Association is ready for another year of fundraising and community activities. We raised money annually for a group trip each January to the Yankee Dental Congress in Boston. We also will be fundraising in hopes of sending representatives to the Northeast Regional SADHA conference in Pennsylvania this spring. SADHA raises money through various activities including car washes, bottle drives, and raffles.

Our community activities include a food and clothing drive during both the fall and spring semesters. We also plan to raise money by participating in a charity walk this fall.

SADHA would like to recognize the achievements of its members. Jodi Turner recently became the recipient of a \$500 Maine Dental Association Scholarship. The scholarship is awarded on the basis of financial need and academic scholarship. In June, Katherine Finson also became the recipient of the Catherine Haggerty Memorial Scholarship, also Lorraine Klug was awarded the MDHA Graduate Membership Award. During the spring '96 semester, Nicole Picard was elected as Vice President of the University College of Bangor's Student Government. Shandy Butler and Jen Lyons were also elected as student senators. Congratulations to one and all!

MARKET BASKET

We would like to start a classified ad section in our newsletter.

Please feel free to place an ad for items under \$100.

Send description of item and phone number to:

SCOOP/Market Basket, 696 Westbrook St. 6J, South Portland,
ME 04106

SIGMA PHI ALPHA CHI PI CHAPTER

University College of Bangor formed a chapter of Sigma Phi Alpha, the national Dental Hygiene Honor Society, just a few years ago. In that time, the Chi Pi Chapter has honored and promoted scholarship, leadership and service in dental hygiene in many ways. Each year the chapter may elect up to two senior dental hygiene students into membership. *Jeannine Robertson* and *Lorraine Klug* were the 1996 graduates electees due to their outstanding academic credentials and leadership abilities. *Dr. William Forbes*, University College of Bangor Instructor, was selected to be the Chapter's Honorary Member as one who has been extraordinary at promoting the art and science of dental hygiene.

Dottie Stuart and *Cindy McEwen* represented dental hygiene and Sigma Phi Alpha at the annual dental associations' meeting at the Samoset in June. They presented a table clinic on the use of tetracycline fibers for treatment of periodontic disease and earned *second place*. They donated the \$50 prize to the chapter. It is the first money in a new Chi Pi scholarship fund. Other plans include working with Westbrook's Alpha Beta Chapter in sponsoring a call for research papers to be presented at the annual Maine Dental Hygienists' Association meetings.

UNE - WESTBROOK COLLEGE CAMPUS - SADHA

The Westbrook College SADHA Chapter is involved in planning and organizing events for this academic year. The agenda includes "brown bag" lunch seminars. Speakers will present a variety of health related topics, including dental hygiene career options and scope of practice. Fundraising ideas are being coordinated to ensure student attendance at state, district and regional meetings.

Good luck to all the Westbrook College dental hygiene students pursuing their challenging profession.

SCOOP

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If you are a new prospective member, consider these reasons to join.

What can ADHA/MDHA offer you?

AS THE LARGEST professional organization representing the interests of dental hygienists, ADHA has both the size and the vast pool of resources to substantially impact YOUR FUTURE. Members enjoy professional support, educational programs and numerous opportunities for participation in association decision making. Joining ADHA means combining forces with more than 35,000 of your colleagues from all the individual states and several foreign countries. With your support, we can carry out our mission to advance the science and art of dental hygiene and to promote the highest standards of education and practice in our profession.

MEMBER BENEFITS

- 1. Outstanding networking opportunities.** ADHA/MDHA members meet regularly with colleagues to gain new knowledge, share experiences, and even develop valuable friendships.
- 2. Low-cost group & malpractice insurance.** ADHA/MDHA offers insurance programs such as Professional Liability, Major Medical, Term Life, Disability, Automobile and Homeowners. MDHA offers a local insurance company to handle your needs.
- 3. Discounts on Continuing Education.** These programs keep you up to date on the latest scientific trends in your profession and present the most current theories and techniques impacting dental hygiene practice. Members can save up to 40% on continuing education programs.
- 4. Free subscription to *Journal of Dental Hygiene*, ADHA's *Access*, and MDHA's *SCOOP* Newsletter.** These free subscriptions bring you scientific and technical articles on clinical practice, education, and research. They focus on current issues in health care, dental hygiene practice and legislation. The state newsletter keeps you informed on local issues, continuing education being offered, and what the state association is doing for you. **\$100 value**
- 5. Automatic 25% discount on purchases made from ADHA Products Catalog.** ADHA Products Catalog offers a variety of materials including research reports, patient care booklets, and instructional modules for today's informed dental hygiene professional.
- 6. Discounts on long distance telephone service.** Available through ADHA Member Long Distance Program.
- 7. Special credit programs through VISA/MasterCard.** You may also qualify for immediate cash credit through our Gold Reserve Program.
- 8. State and local affiliations.** ADHA/MDHA provides you with three levels of support to better service you. National, State, and local Components are available.
- 9. The opportunity to influence your profession.** Because ADHA members have voting privileges, you can have an impact on the issues and policies that affect you and your profession.
- 10. Added Bonus.** Join ADHA/MDHA at the upcoming Fall Connection in Freeport on November 2-3, 1996, and MDHA will waive the State and Component dues, plus you will also receive courses for member's cost. **\$60 value**

ADHA also makes it easier for you to pay by offering three methods of payment.

1. Check
2. Credit Card (4 payments over the year or complete payment.)
3. Automatic Withdrawal through bank checking account (4 payments over the year if desired.)

For more information on ADHA/MDHA membership, please contact: Michelle Gallant, 236-9519 or Kneka Hayward, 883-3777.

How Can I Afford Membership Dues?

- Considering the important issues facing dental hygiene, and the fact that ADHA's financial resources are being used to build the foundation for the future, the real question is "How can you afford *not* to belong?"
- How many of ADHA's benefits would *one* person be able to obtain on an individual basis for less than the cost of membership?
- By supporting ADHA, you will help secure a future for dental hygiene. In these times, with issues such as preceptorship threatening your career, membership is essential!
- ADHA is working to protect the value of your educational credentials, to preserve the integrity of your license, and to insure that the services you provide are accessible to the public.
- Only through uniting dental hygienists in one voice can ADHA continue to represent the dental hygiene professional effectively.
- After all the time and hard work you've put into your career, isn't \$3.46 (average dues) a week a small investment to protect your future and the oral healthcare of the public?
- ADHA offers a quarterly payment plan that allows you to receive exclusive membership benefits immediately and extend your annual dues payment over a 12-month period. With the EASY 4 Payment Plan, you have two options for paying dues: (1) The EASY 4 Payment Plan with your MasterCard or VISA or, (2) The EASY 4 Payment Plan with electronic withdrawal from your checking account. Both these plans give you the choice of making your dues payment easily affordable by making small payments throughout the year.

ADHA membership is an investment, not an expense – an investment in your future and the future of your profession.

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CALL FOR NOMINATIONS FOR THE **RDH OF THE YEAR AWARD** 1997

Candidates for the RDH of the Year Award must possess the following qualifications in order to be nominated:

- Must hold current MDHA/ADHA membership.
- The candidate must be active in promoting dental health.
- Dedicated to the profession of dental hygiene in the state of Maine.

The RDH of the Year Award will be presented at the District I Meeting held in Boston, Massachusetts, January, 1997 and the MDHA Meeting, June, 1997, at the Samoset Resort, Rockport, Maine.

The nominators must submit a nomination form and outline of the candidate's eligibility and contributions to the dental hygiene profession. The deadline for submitting applications is December 1, 1996. Mail to: Marji Harmer-Beem, P.O. Box 120, South Freeport, Maine, 04078.

NOMINATION FORM • **RDH OF THE YEAR** • 1997

Candidate Name: _____

Mailing Address: _____

Phone Number: home: _____ work: _____

Nominator's Name: _____

Mailing Address: _____

Phone Number: home: _____ work: _____

Please attach a brief outline of your nominee and mail to Marji Harmer-Beem before December 1, 1996.