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Save these Dates!

- October 9: CE “Biopsychosocial Science of Eating Disorders” (1-5)
- October 10-11: House of Delegates, Hansen Conf. Center at Xfinity Arena, Everett
- October 22-25: Seattle/King County Clinic, Key Arena - volunteer now!
- Happy Halloween!
- November 7: BOT Orientation, Central Office
- November 13, 2015 - OSHA-WISHA CE Class Shoreline Conf. Center (7 CEU)
- Happy Thanksgiving & Christmas holidays!

Our Executive Director is Retiring

Gene Patterson started as our Executive Director December 1, 2001 with Susan Savage as President of WSDHA. By the time she embarks on her retirement at the close of the year she will have mentored, supported and inspired 15 Presidents and their Boards. She has put her mark on a significant portion of WSDHA history.

When WSDHA members refer to Central Office they are really referring to Gene, not the physical building where business is conducted or meetings held. Washington is one of the few dental hygiene associations fortunate to have an executive director. Gene has been a one-woman dynamo who brought her expertise in organizational development and experience with non-profit organizations to WSDHA to keep it running smoothly all these years. “I never realized the extent of her job and just how much she did behind the scenes until I became President. It is apparent, although not a hygienist herself, that she has truly cared for us over the last 14 years and really wanted to see our profession thrive and advance.” (Jennifer Frame, Immediate Past President)

At WSDHA we have benefited as an organization and individually from Gene’s ability to see challenges as an opportunity for developing creative solutions by viewing them from multiple perspectives. “She took a real interest in seeing who we were and what obstacles we have in front of us. She has helped us run the association more efficiently.” (Barbi Lynch, Past President) Gene’s quiet leadership has supported and encouraged new officers each year to step forth on their path to lead the association. As members go on and off the Board yearly, Gene has been the constant, the institutional knowledge, a trusted guide. “She has been a faithful, steady guiding light for our association. She has been a great mentor for all new officers, insuring that our association remains strong and steady.” (Nona Groesbeck, Past President)

Many have us have enjoyed the perspective on our profession that she has shared in our quarterly Newsletter in her column, “A View from the Outside.” She has acquired an amazing amount of knowledge about the dental hygiene profession, but has retained the ability to help us take an objective look at where we are and to maintain a clear vision of WSDHA’s mission and purpose. “One of the things I remember Gene saying when she first began working with WSDHA is what ethical professionals we are. She had never worked with a group that demonstrated this level of ethical behavior and choices both personally and professionally. It made me so proud to have someone from the ‘outside’ see who we are and how hard we work to hold a high bar as professionals. It made me stand a little taller!” (Lynn Stedman, Past President)

Gene is originally from Washington State and even though both her son and daughter are now on the east coast, she will retire here. We are fortunate to have Gene’s dedication to our profession and association extend to her willingness to spend her first several months of retirement training her replacement, yet to be hired, so as to assure a successful transi-
A View from the Outside:
Message from Gene Patterson, Executive Director

It occurs to me that I should say something about the news on the front page. As Marilynn announced, I have come to the end of my 14 years with the Association. I cannot actually believe that it has gone this fast. I can easily say that I have learned a lot! Not being a hygienist, I never thought I would learn so much about teeth and oral health. Where were you all when I was growing up in South Seattle and spending every Saturday in the dentist’s chair? When I was young, no one taught me about the importance of brushing my teeth and no one ever mentioned floss. You will never get me to like “flossing.”

Over these 14 years I have worked with 14 different presidents and boards. Each faced new challenges and opportunities. Over the years I have been very impressed with the dedication of the leadership of this organization. They are dedicated to WSDHA and they are dedicated to improving oral health of those who can least afford it. To that end, they work to provide and support new options in the community for hygienists to serve the people.

During the economic downturn, I fielded so many calls from hygienists, mostly non-members, who were encountering loss of hours, loss of jobs, loss of benefits. All looking for help. It was very interesting that they turned to the association that they had never bothered to support. Every hygienist in WA needs WSDHA if they know it or not. And the leadership of this organization works on behalf of every one of them.

You can be proud of this association. I am proud to have served you. I have found hygienists (members who I have worked with) to be highly professional, dedicated to oral health and to have high ethical standards. You have always demanded high quality CE speakers to expand your scientific knowledge base and improve your clinical skills.

I don't know what I am going to do with this brain of mine filled with 14 years of information that I have acquired - from the RCWs or WACs to the mouth/body disease connection! Too good to waste, so look out new neighbors!

What am I going to do next? Find a place to live away from the traffic, hopefully on Whidbey Island if I can manage it. It has been a great ride! As they say you should always leave while they are still laughing! Thank you all.
Message from your President

Marilynn Rothen, WSDHA President 2015

It has been my pleasure to serve the dental hygienists of Washington State as President of WSDHA this past year. As I have represented you across the state and nationally, my intent has been to share our desire for collaboration and communication with all professionals and stakeholders in the oral health arena. The year kicked off with the Seattle/King County RAM community service event providing an opportunity in this regard and to communicate the position of WSDHA on access to care and the mid-level provider through an op-ed in the Seattle Times. Dental hygienists will again have the occasion to participate in this highly rewarding community service event by volunteering at the Seattle/King County Clinic held from October 22nd to 25th.

WSDHA leadership continues its collaboration with the Washington State Dental Association (WSDA) on areas of mutual interest. Together, we crafted and passed legislation that brings the law regarding the taking of impressions by dental hygienists and assistants in line with actual practice. This protects hygienists from potential disciplinary action by the Department of Health. WSDHA and WSDA have formed a joint working group to examine whether we can find common ground on the issue of how dental hygiene is regulated in Washington. Meetings and discussion on the topic of dental hygiene self-regulation are on going. Your President-Elect, Cecilia Baca, and I look forward to attending the WSDA House of Delegates in Spokane in September.

An exciting area of activity has been the work of the Dental Collaboration Committee, made up of members of the Dental Quality Assurance Commission (DQAC), the Dental Hygiene Examining Committee (DHEC) and a denturist. It was established to examine a request from DHEC to move the administration of local anesthetic from close to general supervision and to include the ability to administer local anesthetic reversal agents and buffering agents. WSDHA leadership, along with our invaluable lobbyist, Melissa Johnson, has participated in every conference call held by the Committee and has helped secure the dental hygiene expertise needed on these topics to assist the Committee. The result is that the Committee has recommended to DQAC a change in these supervision requirements. There is a long road ahead to establishing general supervision in "the rule of law," but the first steps have been taken.

WSDHA has ongoing meetings with the Department of Health (DOH) staff to continue relationship building. Nowhere was this more important over the past year than during the DOH review of the CE rules for dental hygienists. When the DOH presented restrictive rules, WSDHA mobilized hygienists to provide input to the process. The result is a new set of rules that provide clarity and increased opportunities for acquiring CE that went into effect as of August 20th.

WSDHA continues to be part of the Washington Dental Access Campaign (WDAC) that supports increasing access to care with the development of a mid-level provider model. Both WSDHA and WDAC provided input to the ADA Commission on Dental Accreditation (CODA) as it developed its standard for the accreditation of dental therapy programs. The American Dental Hygienists’ Association (ADHA) has been instrumental in this process resulting in the dental hygiene-based national standards that were approved by CODA in February.

Our long time Executive Director, Gene Patterson, announced her decision this summer to retire at the end of the year. I have had the pleasure of knowing and working with Gene all of the fourteen years that she has served WSDHA. She has been a tireless supporter of our profession and an essential guide for the volunteer leadership of WSDHA. Gene will assist a search committee in the task of finding an executive director to step into her shoes. Please take the opportunity to thank Gene for all her work on your behalf, and her dedication to the profession of dental hygiene. We wish her all the best in her retirement.

In addition to my heartfelt thanks to Gene, I would like to thank the WSDHA Board of Trustees, Committee members and Chairs, our lobbyist, Melissa Johnson, members of the Alliance of Dental Hygiene Practitioners, and all those who have worked hand-in-hand with me this past year to keep Washington State dental hygienists at the forefront of our profession. Thank you, too, to the dental hygiene educators I have had the pleasure to interact with and who mold us into the professionals that we are, the students who have reached out to me and who keep us excited about the possibilities that the future holds, and to all you members at large who have supported and encouraged me in this adventure and who truly make dental hygiene a profession. It has been an exciting and rewarding year and I thank you for the honor and privilege of serving as your President.

Marilynn Rothen, WSDHA President 2015
International Myofunctional Therapy Scientific Society Launches First Inaugural Congress

August 17, 2015
By Marc Richard Moeller and Kathy Bassett

The inaugural congress of the Academy of Applied Myofunctional Sciences, a new international scientific society, hosted healthcare professionals from more than 40 countries, brought together to discuss new research in this field and create interdisciplinary relationships to further research protocols globally.

The field of myofunctional therapy, officially within the scope of practice for dental hygienists in most states since 1992, is gaining greater attention across many disciplines. In particular, compelling new research demonstrates a possible efficacy for patients with obstructive sleep apnea, considered an epidemic by the World Association of Sleep Medicine.¹ The just-published meta-analysis in the widely read journal of sleep medicine, SLEEP, concludes, “Current literature demonstrates that myofunctional therapy decreases apnea-hypopnea index (AHI) by approximately 50% in adults and 62% in children.”²

This inaugural gathering, the largest-ever of leaders in the field of myofunctional therapy, hosted more than 30 speakers representing a dozen countries who contributed groundbreaking research, courses, and advanced therapeutic techniques. Beyond myofunctional therapy’s applications in sleep medicine, topics such as temporomandibular disorders (TMD), frenum inspection and surgery, the role of fascial tissues in oral pain, breathing re-education, orthognathic surgery, orthodontic stability, posture, balanced muscle function, periodontal disease, craniofacial growth, and others were featured. Of particular renown, was Stanford School of Medicine’s Christian Guilleminault (father of and most-cited researcher in the field of sleep medicine). His work on pediatric sleep apnea may frame the future for identification and management.³

Eminent Brazilian tongue-tie expert Irene Marchesan presented her frenum inspection protocol now mandatory in Brazil to identify infants affected by tongue-tie at birth. This protocol was provided to the participants. A similar law is now in place in New Jersey. Nationally recognized, international board certified, lactation consultant Allison Hazellbaker, in attendance, contributed her perspectives to this work. The work of University of Washington professor, Isabella Knox, was cited as providing significant research to further the understanding of tongue-tie.⁴

Of key importance is the relationship between breastfeeding for the proper development of swallowing function of an infant’s tongue, the shape of the hard palate which forms the floor of the maxillary sinus, the shape of the nasal cavity, and ultimately the available airway space. Joy Moeller, national myofunctional therapy expert, presented therapy techniques for children from 0-5 years to help address this health crisis. Joy will be presenting at the WSDHA 2016 Symposium for Health Care Professionals, April 16, 2016.

Elsevier, a world leader in scientific and medical journal and textbook publishing, will publish a special edition journal, along with the World Association of Sleep Medicine’s journal Sleep Medicine, in honor of the founding of the society, representing a coming of age of the field.

Suggested References

5. Abstract: http://neoreviews.aappublications.org/content/11/9/e513.short
Dental Collaboration Committee Advances Dental Hygiene Issues
by Melissa Johnson, WSDHA Lobbyist

For the past year, the Dental Quality Assurance Commission’s (DQAC) Dental Collaboration Committee (Committee) has been working on issues that cross oral health care professions. The Committee is made up of members of DQAC, the Dental Hygiene Examining Committee (DHEC), and the Board of Denturism. The public member of DHEC is also included on this committee. Its mission is “to protect the public by promoting delivery of quality health care to Washington state residents through collaboration on dental related topics affecting dentistry, dental hygiene, and denturism.”

The purpose of the committee is to allow dentists, hygienists, denturists, and the public member to discuss topics that overlap dental professions in a more in-depth manner. This dialogue allows for real-time conversations about education, training, and scope of practice among all members of the dental team.

WSDHA has worked hard to see that dental hygiene issues are the priority of this Committee. As you know, DQAC’s rules include what can be delegated to a dental hygienist, and under what kind of dental supervision (general or close). These “delegation of duties” rules have needed to be updated for many years, to reflect current dental hygiene practice. But until the Committee was established, it had been difficult to get these rules modernized.

The committee has made several recommendations to the delegation of duties section of the dental rules. This is the section that delineates scope of practice for hygienists that are under close and general supervision of a dentist. The recommendation from the subcommittee to DQAC is to make the following changes by adding under general supervision:

- Head and neck exams, cancer screening
- Local anesthesia
- Impression tasks
- Use of anesthetic reversal agents (Ora-verse)
- Delivery of premedications
- Use of local anesthetic buffering agents

The rule-making process can be lengthy, but the Dental Collaboration Committee has been an integral part of starting this important rule-making activity.

Smiles for Veterans held its’ annual day of free dental care at the PIMA dental hygiene clinic on Saturday August 8th. Some absolutely amazing dental hygienists, dentists, hygiene students and dental assistant volunteers saw 52 patients and provided $31,111.00 in services. Thank you to all who participated! Please check out our website for photos and more information.

www.smilesforveterans.org
The Biopsychosocial Science behind an Eating Disorder: 
*Signs, Symptoms and How You Can Help!*

**October 9, 2015 - 1:00 to 5:00 PM**

*Xfinity Arena, Hansen Conference Center, Ballroom #3*  
*2000 Hewitt Ave*  
*Everett, WA 98201*

Dr. Anne Hammond-Meyer, PhD  
North Sound Nourishment & Recovery Team with  
Ann O’Kelley Wetmore, RDH, BS, MSDH

**Registration is on-line at wsdha.com**

$55 for members  
$70 for other health care professionals  
$45 for students and retirees

**Topics Covered:**
- Attachment and Personality Theory  
- Interpersonal Neurobiology  
- Being Food Positive and Weight Neutral  
- Health at Every Size  
- The Satter Feeding Dynamics Model  
- Signs and Symptoms of an Eating Disorder  
- What to do/not do and say/not say if you suspect an eating disorder

**Course Objectives:**
- Identify eating disorders including potential causes and biopsychosocial influences  
- Recognize the prevalence and dangers of having an eating disorder, including medical and dental complications  
- Summarize how eating disorders are defined, diagnosed and treated  
- Describe the oral manifestations of eating disorders  
- Discern what to do and what not to do when providing care to those with eating disorders  
- Increase personal awareness of relationship to food and creation of a food positive community  
- Value integrating nutrition, psychology, oral health care and medical knowledge and the community to identify and treat a person with an eating disorder in a comprehensive manner
Member Spotlight
By Kara Lea Hartman, RDH

I have been a member of ADHA since 2000 when I joined as a student at Shoreline Community College. Over the years, I have attended many Continuing Education courses put on by the association and have participated in a few volunteer activities as well. Last year, I stepped into the trustee position for the Snohomish component of WSDHA. In becoming more active in the association, I have met many new faces and feel that it’s time that there is some recognition for those hygienists who are making a difference in our community.

I selected an individual that I have come to know a bit better over the last few years for my first installment. She has been a longtime member of ADHA and WSDHA. She wears many “hats” these days and has also been working hard to provide help to Veterans in need. I am speaking of Vicki Munday.

Vicki chose to go into dental hygiene after having worked as an assistant and an office manager. She wanted to work directly with patients. She attended Shoreline Community College here in Washington and graduated in 1992. Over the years, she has held many positions in WSDHA and ADHA and is a credit to her profession. Her resume includes having served on various committees for WSDHA and ADHA, acted as trustee of the Snohomish Component of WSDHA, having been a delegate to ADHA, and served as a President of WSDHA, just to name a few of her achievements. Not only has she served her association but she’s volunteered for Special Olympics, participated in the Seattle Oral Cancer Walk, helped out at a Veterans’ Stand down, and founded the organization Smiles for Veterans. She’s one busy lady. I think it’s safe to say that Vicki is very passionate about dental hygiene and giving back to her profession and the community. She is dedicated to making a difference.

To unwind after a hard day’s work you might find Vicki curled up reading a good book, checking her Facebook page, or working up a sweat on her treadmill. If she really wants to indulge herself, she might pour herself a glass of champagne and top it off with some raspberries or even pick up some flowers to brighten her day. Her advice to those who are just starting out as a dental hygienist is to become a part of ADHA and WSDHA. Be active! It offers a great opportunity to network and provides many career opportunities for hygienists. If you attend events, you will make new friends and colleagues that will enrich your life both personally and professionally.

Vicki still works as a dental hygienist clinically part-time these days. Other times you might find her at a convention selling Oral ID and PDT products. She has spoken at several component meetings on various topics, including last year at Lake Washington component supporting Oral Cancer screenings with the use of the Oral ID light. She encourages every hygienist to take the time and do oral cancer screenings at every dental visit. And she has been published in RDH magazine a staggering six times. She continues to strive towards bigger goals.

Smiles for Veterans, a foundation Vicki created, was established to give back to those who have served our country to keep us safe. Many veterans don’t get adequate dental care and may even be homeless. Seeing a need for these individuals to get care, the search to find a way to provide dental cleanings and restorative treatment to those who cannot afford them was started. She has rallied doctors, hygienists, assistants, and many friends and family to come together to provide much needed dental care and basic hygiene items. On August 8th, Vicki and other volunteers served at PIMA Medical Institute in Seattle to make a difference for the third year, providing over $31,000 in treatment. Her vision for Smiles for Veterans is to see it expanded to more than once a year, to obtain a 501 C(3) status and to see other state associations join in helping veterans. If you are interested in helping Smiles for Veterans you can check out the website www.smilesforveterans.org.

Thank you Vicki for all that you have done and will continue to do! Good luck in all your future endeavors!!
The GSDHS officers met this summer to plan a great line up of speakers for our 2015-16 meetings. Our meetings this year will be held on the second Tuesday of the month at the Good Shepherd Center, 4649 Sunnyside Ave. N in Wallingford in Room 202. The business meeting begins at 7PM followed by the CE program at 7:30.

We hope you attended the first meeting on Tuesday, Sept. 8 when Jill Mashburn, RDH presented us with a review of the head and neck exam.

<table>
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<th>Fall Schedule</th>
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<td>• Oct.-no meeting, HOD in Everett</td>
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<td>• Nov. 10, Tues.-Sharpening Your Skills: How to Set Up a System in Your OP, Vanessa Criddle, RDH</td>
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<tr>
<td>• Dec.-no meeting, Happy Holidays</td>
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Volunteers Needed

- Seattle/King County Clinic at Key Arena Oct. 22-25
- Proof of your liability insurance is needed.
- Oct. 20-21 set up, Oct. 26 take down
- To volunteer, contact skcclinic@seattlecenter.org or www.seattlecenter.org/volunteers or phone 206-615-1835

Please note that the Oral Cancer Walk that was to be held on Sunday, Oct. 18 in Kent has been cancelled.

2015-16 Officers

President: Jane Moreno
Past President: Hayley Skaff
President Elect: open
Treasurer/Hospitality: Gail Arshon
Secretary: Emily Greer
Membership: Andrea Higgins
Historian: Delores Banfield
Sealant Day contact: Clydene Evans-Wenzel
Email Manager: Latashia Bergan
Nominations: open
Trustee: Georgene McCarty

If you are interested in getting more involved in your professional association, there are openings for the President Elect and Nominations positions. We invite you join us at our next GSDHS board meeting at Stanford’s, Northgate on Tuesday, Sept. 29th at 6:30.

More details on our upcoming meetings can be found on our Facebook page or on our website, www.gsdhs.org. You may email us at greaterseattledentalhygienists@gmail.com.

Eastern Washington DHS
Barbi Lynch, Trustee

EWDHS will be starting off the year with a meeting on September 30th. Dr. Mark Paxton (an Oral Surgeon) in Spokane will talk about his involvement with Hearts in Motion. This September a young woman from Guatemala will be brought to Spokane by this organization to receive extensive life-saving surgery to repair a cleft face.

The component will continue to meet on the second Thursday in November, January and March.

Any questions email me at smile4babs@yahoo.com

Happy Fall!

Mt. Rainier DHS
Varvara Basargin, Trustee

Sending warm Fall wishes from MRDHS! It has been an eventful year for us and we are busily preparing for the coming year’s meetings.

Meetings were well attended this year. We had a great assortment of CE courses where colleagues had an opportunity to mingle and get acquainted. MRDHS is particularly pleased with the success of a recent joint meeting with Olympia’s Component. At this meeting the 2015 Pierce College hygiene graduates were honored and the class of 2016 held presentations on Oral Pathology.

Additionally, our component would like to highlight achievements of component members. Marlene Warfield once again volunteered at the annual Junior Daffodil Parade in Tacoma. We also supported fellow component member Sharyl Leingang. She participated in the Courage Classic biking fundraiser. Lastly, we would like to send a big congratulations to Carol Roberton who is serving as ADHA’s new Speaker of the House! Kudos to all of them for representing our component and profession both nationally and locally!

Upcoming Events:

September 15th: Bring your ideas to improve a Hygienists Day (Round Table, Tacoma WA)
October 20th: Legislative Business Meeting (Pierce College)
November 17th: Dr. Kevin Steffens, DDS
All on 4 Full Mouth Rehabilitation (Round Table, Tacoma WA)
December 15th: Holiday Gathering (Harmon Brewery & Eatery, Tacoma WA)

For more information about MRDHS please email us at mtrainierdhs@comcast.net or join our Facebook Group Mt. Rainier Dental Hygienists’ Society!
Mt. Baker DHS  
Renee Berberena, Trustee

Hello Everyone, We hope you have had a wonderful summer and are ready for a very fun and hygiene-filled autumn!

We are gearing up for our Fall Kick-Off CE course on Saturday, September 26th - see below for more information - and are excited for the new roundtable Study-Club format meetings that will be occurring every other month throughout the year.

Monica Monsantofils  
Saturday September 26th  
9:00am-2:30 PM - Best Western Lakeway Inn  
Mt Baker Room  
$80 Members / $90 Non-Members  
From Risk to Results: Periodontal Instrumentation for the Advanced Practitioner (3CEU)  
9am-12:00pm

This lecture and hands-on course is based on current scientific literature and will provide the clinician evidence-based tools and strategies for comprehensive patient care. The Evidence-based Decision Making (EBDM) process will be discussed with regard to periodontal risk assessment protocols, salivary diagnostics, and progressive treatment planning. Advantages of ultrasonic instrumentation will be examined as demonstrated in the current research for obtaining successful clinical outcomes. ----Light lunch is provided ----

Managing Dentin Hypersensitivity: A Continuous Care Strategy (2CEU)  
12:30-2:30

Dentin hypersensitivity is an episodic condition that is increasing in prevalence, a consequence of the 21st century lifestyle. Surprisingly, a majority of patients do not actively seek treatment to desensitize their teeth, instead adopting coping behaviors, such as avoidance of cold foods and drinking thru straws. Effective prevention and management of dentin hypersensitivity requires a continuum of care. The objective of this course is to provide the dental health professional with a continuous care strategy for identifying and meeting the treatment needs of patients suffering from hypersensitive dentin.

October 9, 2015 from 1:00 PM to 5:00 PM  
MBDHS is co-hosting our Annual House of Delegates (HOD) meeting in Everett this year and are very excited to be working with the Snohomish County Dental Hygienists’ Society on this large event. There will be a very exciting CE course offered on Friday, October 9th -The Biopsychosocial Science Behind an Eating Disorder: signs, symptoms and How You Can Help! Presented by Dr. Ann Hammond-Meyer, PhD North Sound Nourishment & Recovery Team with Ann O’Kelley Wetmore, RDH, BS, MSDH. (4 CE Credits)

Also, please stay tuned for more information regarding our first RoundTable Study Club meeting in November!

Snohomish County DHS  
Kara Lea Hartman, Trustee

Congratulations to our officers for 2015-2016. LeAnne Hoefel has been re-elected as our President. Vonna Castiglione has been re-elected as our Treasurer. Kara Lea Hartman has been elected as our Trustee. The position of Secretary is open at this time. If you are interested, please contact one of the above officers.

Our component meetings are held the second week of the month at the WSDHA office located at 19721 Scriber Lake Road, Suite B, in Lynnwood. The CE Speaker starts at 6:30 pm with a business meeting to follow. If there are topics you would like to see for CE credits at future meetings please let one of the officers know.

Mark your calendar! Meeting dates for the upcoming year are: October 14th, November 12th, December 8th, January 13th, February 11th, March 9th, May 12th, and June 14th.

In August 2015, Smiles for Veterans provided over $31,000 worth of dental services to 52 veterans at PIMA Medical Institute. Thanks to Vicki Munday, a Snohomish DHS member, for her hard work in organizing this event and obtaining donations to make this happen. A huge thank you goes out to all the volunteers who donated their time to make this event a success. Vicki is seeking a place to store Smiles for Veterans materials, so if you have some spare space let her know. Email her at smiles4veterans@gmail.com. If you want to learn more about this foundation check out www.smilesforveterans.org.

Don’t forget to join in the fun at House of Delegates for an informative Continuing Education class discussing the science behind eating disorders on October 9th from 1pm to 5 pm for 4 CEU. It will be held at Xfinity Conference Center in Everett, Washington. You can register online at www.wsdha.com If you have friends or colleagues that work in other medical fields we would encourage you to invite them to attend this class. Please pass along the opportunity to hear about these life altering disorders. Space is limited so register early.

Update on House of Delegates location. Due to construction issues at Embassy Suites in Lynnwood, we have changed locations for HOD and are now hosting HOD at the Xfinity Conference Center located at 2000 Hewitt Ave, Everett, WA 98201 in Ballroom#3. House of Delegates is from Oct 10th to 11th. See the WSDHA website to register if you are attending as a delegate.

Remember that we have a component Facebook page that we post regular updates on. Stop by the page and become a friend. (www.facebook.com/snohomishcountydentalhygienesociety) If you have questions you can always send us an email at scdhs7@gmail.com.
Kitsap DHS
Beverly Frye, Trustee

Component meetings and CE’s are located at Clear Creek Dental, 2430 NW Myhre Rd., Silverdale WA 98383. Please save the dates.

- Sept 19th - KPDHS Meeting and CE with Dr Paul Broere, a local Periodontist, discussing care in general, current therapies, diagnostics, treatment planning and when to refer.

- Nov 19th - component meeting and CE (TBA) Silverdale

If you need more info on meetings, job postings, or upcoming events please contact Beverly Frye at beverlyfrye@comcast.net 360-689-2087 or join our Facebook Group "Kitsap Dental Hygiene Society" today. Let’s get connected and have some FUN!

N. Central Washington DHS
Resa Glessner, Trustee

The geographical area that our component covers has been hit right in the middle by devastation and loss with wild fires this summer. Our map contains the areas of Wenatchee, Chelan, Brewster, Okanogan, Omak, Riverside, Tonasket, Twisp, Methow, Conconully, Colville, Grand Coulee, Leavenworth, Ephrata and Moses Lake. If you have watched any news, you have seen most of these towns mentioned at times as having been placed in fire dangers of significant proportions. The actual number of homes burned is still being added up. The emotional toll is not measurable. I have been affected as friends have lost everything in a moment. We evacuated our home, and moved our most precious belongings out. We have all seen and experienced the wonderful support of friends and neighbors and strangers, as these events unfolded during the weeks of fire where I reside and work. It was humbling and impressive to observe the professional fire fighters, police, National Guard, helicopter and plane pilots and others who serve us, do what they do to protect us. I am in awe of what their jobs require of them. Sometimes it is their life. Sadly, there were three firefighters who died in a firestorm in Twisp.

I hope we as hygienists can observe our professions, and our jobs, with just a little bit of that same dedication and honor. It is a high calling sometimes, as we encounter one human being at a time, and go about diagnosing and treating their dental diseases. The public will never probably see us in the same light as those who save lives as a fireman. But we all should be proud too of the ways we serve mankind. Always, keep it in the back of your mind, that you might just save a life, by detecting oral cancer, by changing oral hygiene habits, by providing periodontal services, by providing a personal kindness to someone in emotional trauma, by educating and informing patients, and by being an advocate for excellence in dentistry and dental hygiene. Sometimes in going through our day-to-day lives, it is difficult to look up and maintain a vision for our true service, that of saving health, saving teeth, and saving lives.

Please, thank your patients that are policemen, firemen, servicemen, EMS, for their continual service to us all.

The NCW DHS has planned a CE event for September 25th at 10:00am at the Wenatchee Convention Center. This “brunch and learn” is sponsored by Burkhart, and will feature Tracy Hargarten from Crosstex, on “Because You Can’t See Sterilization”. Please RSVP to Cassidy Cue at cassidycue@gmail.com.
Lake Washington DHS
Sue Carroll, Trustee

LWDHS is looking forward to a wonderful year. The new LWDHS officers held their first meeting in August, where they covered the details of speakers, continuing education fundraiser, and other activities that take place throughout the year. We have a fantastic lineup of speakers and our CE fundraiser speaker this year is very well known and a class you won’t want to miss!

Our meetings are held on the 3rd Thursday of each month (except for June, July, August, and December) at 7:00 PM. The meetings are generally held at the following location:

Eastside Education Service Center (ESC)
12111 NE 1st St.
Bellevue, WA

Our meeting location is about a block away from the Home Depot. Look for small white LWDHS sandwich board signs to direct you to the correct building.

LWDHS welcomes new members, returning members, students, or anyone else who would like to learn more about our association! Our component is one of the few that provides up to 8 free CE credits each year just for attending our meetings! On top of that you’re rewarded with yummy food, networking with other hygienists, and most importantly, having fun!

The Fall CE speakers are as follows:

- **September 17, 2015** –“Essential Oils in the Dental Office” Beth Skaug, doTERRA Health & Wellness Coach
- **October 15, 2015** –“AMSA Block and Dental Hygiene Care: The Truth…” Margaret Fehrenbach, RDH, MS
- **November 19, 2015** – “Things you don’t learn in Hygiene School” RDH panel of experts and LWIT Student dinner/social

**WHY-PAC** (Washington Hygiene Political Action Committee) is looking for volunteers to assist with their efforts to raise funds. WHY-PAC sponsors fund raising auctions at Symposium and House of Delegates. New ideas are both needed and welcomed!

If you are interested in giving a little time to support your profession, contact Georgene McCarty at 206-849-6061 or by email: mccartgs@hotmail or Clydene Evans-Wenzel at 206-355-0448 or by email: mcevan@comcast.net.

**VOLUNTEER NOW**
Seattle/King County Clinic
Key Arena
October 22-25, 2015.

It was with the wonderful volunteer dental hygienists that last year’s RAM was so successful and served so many needy people. It was an inspiring experience for every hygienist that participated! We hope that you will continue this tradition of volunteering by spending some of your time during the week of October 22-23 at Key Arena doing what you do best!

You can register on line at: seattlecenter.org/volunteers or from our website under “News” there is a link to the volunteer page. You get meals, parking, equipment and supplies. You bring your compassion, expertise and skills! This is a rewarding experience you will never forget! Bring your whole dental team!!!
WISHA-OSHA Compliance for the Dental Office & CDC Guidelines for Infection Control
by Samuel Barry, DMD

Friday, November 13, 2015
Shoreline Conference Center
Shoreline Room
18560 1st Ave. NE
Shoreline, Washington 98155
(206) 368-4122
www.shorelinecenter.com

Registration and Continental Breakfast: 8:00am – 8:30am: Course: 8:30am – 4:30pm

Early Bird until October 2, 2015: (20% discount for dental team of 4 or more, call 425-771-3201 for discount)

$250/Dentist
$125/Staff
$175 Non Member hygienist
$150 ADHA member hygienist

7 CEU hours

The University of Washington and the Washington State Dental Hygienists’ Association gratefully acknowledge Henry Schein for its generous educational grant in support of this program.

Course Description:

WISHA-OSHA requires employers to provide annual training for all of their employees. Compliance with WISHA-OSHA regulations and CDC Infection Control Guidelines is also an integral part of a dental practice's overall risk management program. OSHA inspections do occur and many state dental boards are enforcing CDC Guidelines as the benchmark for infection control standard of care.

This comprehensive class provides the information necessary to complete the annual training requirement for your entire dental team. It will update your office on the current requirements that apply to a dental practice and provide you with the knowledge to establish a properly customized OSHA safety compliance program and infection control policies for your office.

Dr. Barry keeps this informative class interesting and engaging, with examples of actual safety related events. Materials, devices, monitoring, and documents necessary for compliance will be identified throughout the lecture. Training will primarily focus on the OSHA regulations with an in-depth review of the CDC Guidelines for Infection Control in the Dental Healthcare Setting. Several other important regulatory rules will be discussed.

Course Objectives:

• Understand all the WISHA/OSHA standards that apply to dentistry and how to implement them
• Understand the written safety plans, training, monitoring, materials, devices and documentation required
• Understand the new Globally Harmonized Hazardous Communication Rule
• Understand the Bloodborne Pathogen Standard requirements including, transmission of disease, exposure control methods, hepatitis D vaccine, post exposure protocols, and record keeping
• Understand the CDC Guidelines for Infection Control in the Dental Healthcare Setting and the essentials of the CDC standard precautions
• Understand hand hygiene, immunizations, tuberculosis prevention, medical conditions with work restrictions, instrument processing, sterilization monitoring, surface disinfection, laser usage, and dental unit waterline management

Instructor:

Dr. Samuel Barry completed his Bachelor of Science in Biology in 1978 at Eastern Oregon University. In 1982 he received his Doctor of Dental Medicine degree from Oregon Health Sciences University School of Dentistry and then maintained a private general dental practice in Pendleton, Oregon for 15 years. Dr. Barry is currently a Field Sales Consultant with Henry Schein Dental, based in Pendleton, Oregon. In 2006 he was certified by Health Professions Training Consultants, Inc. as an OSHA Trainer and has presented over 200 classes on WISHA/OSHA Compliance, Bloodborne Pathogens, and Infection Control.
Teaching expanded dental assistant functions in Micronesia

by Marilynn Rothen

The last two weeks of May I spent teaching in Micronesia on a US grant funded by the Health Resources and Service Administration (HRSA). The title of the grant, “Model Oral Health Workforce Development Addressing Childhood Caries in US Affiliated Pacific Islands; Federated States of Micronesia (FSM),” tells you why I was there.

* It was an intensive two weeks of didactic and hands-on instruction for dental assistants and community health aides that ranged from an update in disease transmission, hazardous communication standards, and sterilization methods to radiography, restorative materials and prevention for children including prophylaxis, sealants, oral hygiene, and povidone iodine and fluoride varnish treatment. Dental caries is a disease that is rampant in that part of the world and the need is great to find a way to intervene with prevention at an early age.

The sixteen dental trainees from the four island states of FMS have come to the island of Pohnpei, the capital, for a total of three months training funded by the grant. The trainees will then take their new expertise back home to their island states where they are expected to train others in these updated methods of dental assisting and prevention and to establish prevention programs in schools and clinics. Data will be collected to assess the success of the program.

On the first day of the program our classroom in the hospital was not available and I found myself lecturing in a covered open air facility where one moment the gentle tropical breezes were blowing through and the next, a tropical downpour was making the afternoon hot and sticky.

Though Pohnpei can be beautiful and in several settings you are certain that you have been transported inside the filming of Jurassic Park, the island is without beaches and therefore essentially without tourists. Because of the rainfall, mangroves surround the coastline making the water murky and undesirable for swimming or snorkeling. A reef system that is accessible by boat surrounds the island and the swell that breaks on this reef is said to make it one of the best and most consistent surfing locations in the world October through May.

As always, it is fascinating to experience another culture. Over the weekend, the local trainees introduced me and the trainees from the other islands to the historic site called Nan Madol. These fortifications of stone formed a city where the island rulers lived until about the 1600s.

The people on Pohnpei drive on the same side of the road as we do in the US. However, they are able to drive cars that have the steering wheel on either the right or the left side! This allows them to buy used cars from Japan. Disposing of cars, boats or machinery just means abandoning it. Island life offers other challenges such as tropical storms and lack of access to products we expect to find on store shelves routinely. Apart from bananas and coconuts grown locally, until the next ship was due to come in, there were no fresh fruits and vegetables available.

I hope to have the opportunity to return when the program is evaluated and I hope to find that this group of dedicated, hardworking dental trainees has started to make an impact on the oral health of FSM children. I might even get out to the reef with my snorkel gear.

* Grants to States to Support Oral Health Workforce Activities, HRSA Grant Number: T12HP27538
Save money by registering before January 15th, 2016
Registration and program information at...
www.pdconf.com

Pacific Dental Conference
March 17th–19th, 2016  Vancouver, Canada
Inspiring speakers
Fantastic networking
Unforgettable location!

Three days of varied and contemporary continuing dental education sessions are offered
One registration fee gives access to all 144 open sessions, no course pre-selection is necessary!
Over 130 speakers and 150 open sessions, hands-on courses and Live Dentistry Stage to choose from
Over 300 exhibiting companies in the spacious PDC Exhibit Hall
Fantastic shopping, beautiful seawall access within blocks of your hotel, plus great spring skiing and golfing

Registration and program information at...
www.pdconf.com
Save money by registering before January 15th, 2016

Things Learned:
• I learned that wherever I go, the world’s worst drivers have followed me there. Age 29
• I learned that if someone says something unkind about me, I must live so that no one will believe it. Age 30
• I learned that the greater a person’s sense of guilt, the greater his or her need to cast blame on others. Age 46
• I learned that you can tell a lot about a person by the way they handle three things: a rainy day, lost luggage and tangled Christmas tree lights. Age 51
• I learned that whenever I decide something with kindness, I usually make the right decision. Age 46

TRAFFIC SAFETY FACTS
Research Note DOT HS 812 012
Summary of Statistical Findings
April 2014

Distracted Driving 2012
The Department of Transportation works to reduce the occurrence of distracted driving and raise awareness of the dangers of distracted driving. This risky behavior poses a danger to vehicle occupants as well as non-occupants such as pedestrians and bicyclists. Driver distraction occurs when drivers divert their attention from the driving task to focus on some other activity.

Oftentimes, discussions regarding distracted driving center around cell phone use and texting, but distracted driving also includes other activities such as eating, talking to other passengers, or adjusting the radio or climate controls, to name but a few. A distraction-affected crash is any crash in which a driver was identified as distracted at the time of the crash.

• Ten percent of fatal crashes, 18 percent of injury crashes, and 16 percent of all motor vehicle traffic crashes in 2012 were reported as distraction-affected crashes.
• In 2012, there were 3,328 people killed and an estimated additional 421,000 injured in motor vehicle crashes involving distracted drivers.
• Ten percent of all drivers 15 to 19 years old involved in fatal crashes were reported as distracted at the time of the crashes. This age group has the largest proportion of drivers who were distracted.

Fatalities from Distraction:
In 2012, there were 540 non-occupants killed in distraction-affected crashes. In 2012, 3,050 fatal crashes occurred on U.S. roadways that involved distraction (10% of all fatal crashes).

These crashes involved 3,119 distracted drivers, as some crashes involved more than one distracted driver. Distraction was reported for 7 percent (3,119 of 45,337) of the drivers involved in fatal crashes. In these distraction-affected crashes, 3,328 fatalities (10% of overall fatalities) occurred.

Much attention across the country has been devoted to the use of cell phones and other electronic devices while driving. In 2012, 378 fatal crashes were reported to have involved the use of cell phones as a distraction (12% of all fatal distraction-affected crashes). Cell phones were reported as a distraction for 13 percent of the distracted drivers in fatal crashes. A total of 415 people died in fatal crashes that involved the use of cell phones as distractions.
SAVE THESE DATES:

- **January 19, 2016**: Legislative Day in Olympia
- **Symposium 2016**: April 15-16, 2016 at Bellevue Embassy Suites
- **June 8-11, 2016**: ADHA Center for Life Long Learning
- **June 12-14, 2016**: ADHA Annual Session in Pittsburg PA
- **October 14-16, 2016**: House of Delegates, hosted by Lake Washington DHS at Bellevue Embassy Suites
- **Symposium 2017**: April 21-22, 2017 at Bellevue Embassy Suites
- **October 13-15, 2017**: House of Delegates, hosted by Eastern WA DHS at the Red Lion

*Mothers of teens now know why some animals eat their young.*

How we work for you:

- WSDHA participated in a collaborative effort that successfully pressured CODA to implement national standards for dental therapy education programs.
- WSDHA was *at every hearing* at the DOH regarding revisions to the CE rules for dental hygienists and member testimony and e-mails made a huge difference in the final rules that were implemented August 20th. CE Rules pdf is on the website, left column under News.
- WSDHA leadership attends all the meetings of the Dental Quality Assurance Committee and the Dental Hygiene Examining Committee.
- WSDHA leadership is participating in *all* the Dental Collaboration Committee deliberations - lending expertise, factual information and insight.
- WSDHA participates in the joint WSDHA/WSDA work group.
- WSDHA will have an exhibit at the Senior Foundation Health Fair in Tacoma
- WSDHA will be represented at the Rules Workshop on October 9th at 9:00 AM at the Holiday Inn in Everett, Oakes Room.
- WSDHA has liaisons with the WA Rural Health Association, ADHA, UW Collaboration, Educators Association and the Children’s Alliance.
Easy Access Contact Information

**WSDHA Office:** 425-771-3201  
**ADHA Member Services:** 312-440-8900  
**Legislative Hotline:** 800-562-6000  
**Marsh Insurance:** 800-503-9320

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