

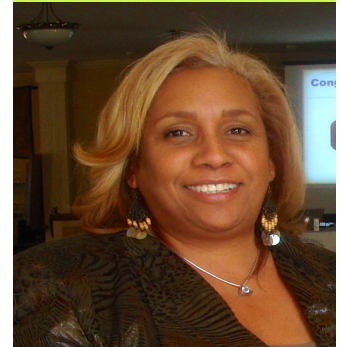


MARCH 2014



Wolverine Dental Hygienist Society  
[wdhsonline.org](http://wdhsonline.org)

6<sup>TH</sup> EDITION  
MARCH 2014



Barbara Thompson, RDH, BS  
President

## ***PRESIDENT'S MESSAGE***

I am so proud of the Access to Care and Education Committee, On Saturday, February 8, 2014 ACE held it first Oral Health Fair at St. Vincent De Paul Dental Clinic in Detroit. This journey started with a vision and a purpose to do something to make a difference in the community we serve! It was almost a year in the making and these phenomenal women (Chairperson, Donna Poole, Dee Cato, Sheila Davis, Keisha Parks, Jennifer Sherman and Sonya Taylor) of dental hygiene made it happen by donating many hours to running errands, writing letters, picking up, dropping off and attending

planning meeting after work. I know what it is like to see the possibilities and the joy of having a team to work with to make it all come together. I'm sure everyone is so relieved that it is over and at the same time, so proud to be a part of an awesome team of Dental Hygienist. Events like our Walk A Thon and Health Fair requires ongoing support from our membership, so I commission each and every WDHS member to give serious thought to join the ACE committee and take a leadership role to take our next event to the next level. I am excited about and look forward to our next Walk and

Health Fair because for me, the entire process was truly a labor of Love! In closing, I want to thank my Executive Board; Sonya Taylor, Jennifer Sherman and Keisha Parks, they are an awesome team! Each one stepped up when it mattered, worked together to get it done and a real source for support. To all my WDHS sisters who helped promote and or participated in any way; I love and thank you from the bottom of my heart.

Barbara

"How can you have a dream come true, if you don't dream" Mary Wilson.

### Inside This Edition:

- Three steps to living in the Now!
- April 2014 CEU
- World Oral Health Day



*Three steps toward living in the now,  
from Iyanla Vanzant.*

1. Train you mind to sit. The mind is like a puppy: easily distracted. And in the same way you train a puppy, we must train our minds. If you've gotten used to overloading yourself with thoughts of next week, month, and year (we often call this "planning"), stop. Take a moment to breathe deeply. Licking, nibbling, and gnawing obsessively on next week---when this week is still here to be enjoyed---just exhausts you.

2. Stop thinking, start writing. To-do lists are a wonderful way to stay focused on the moment before you. Start each day by making a list of everything you want to accomplish, then address one thing at a time. Let the list, not your mind, carry the weight.

3. Give yourself permission to feel. Feelings---even the unpleasant one---keep us present in our body. Life is a process in which everything that unfolds is meaningful and purposeful. Every feeling has a message and a lesson. Take a moment to feel, listen and learn.

Amen to the to-do list! I have just recently started writing a list at the beginning of my day. This has alleviated the need to keep going over and over things in my head and most times still forgetting something.

*It's a new year! Let's try to lighten  
the load on ourselves!*

*Gail J. Woodson-Stamps*



SUNDAY, APRIL 27, 2014

8:30AM-REGISTRATION - 6 CEU

Our Continuing Education Chairperson Sonya Taylor has put together a dynamic CEU program filled with great topics and speakers. WDHS is excited to inform you that our April 2014 CEU session will be held at the Beautiful, newly renovated, Hilton Garden Inn in Southfield. This Years Theme is: "Taking Better Care of your Patients and Yourself". We hope this years' session will inspire, enlighten and reenergize

you. Please take a moment today and visit our website: [wdhsonline.org](http://wdhsonline.org) for details including the CEU registration and membership forms to print and mail out. Please share this information with fellow Dental Hygienist and Dentist and we look forward to seeing you April 27, 2014.

Contact Sonya Taylor at:  
[sonyataylor248@gmail.com](mailto:sonyataylor248@gmail.com)  
or 248-277-2652

## March 11, 2014

### Legislative Action Day

The Michigan Legislature makes critical policy decisions about important issues facing oral health that impact YOU! If you are interested in attending or wish to pull together a group to attend with the Michigan Oral Health Coalition, contact Karlene Ketola, Executive Director at 517-827.0466

### *According to the National Center on Health- Brush Up on Oral Health*

- 18% of all injuries in young children involve dental trauma
- One quarter of all oral injuries in children under age 18 occur among 1 to 2 year olds
- 33% of all 5 year olds have injured their primary teeth



## Laughter & Health

- **Laughter helps reduce pain.** Research reveals a hardy laugh naturally relaxes muscles throughout the body, relieving tension often directly related to the level of pain experienced.
- **Laughter helps keep the focus on healing.** The higher a person's spirits are, the more easily he or she can focus on the positive side of things- especially recovery.
- **Laughter aids digestion.** This is a lot to do with its ability to relax the body naturally.
- **Laughter helps ward off colds.** Research demonstrates that sincere laughter increases antibodies in saliva, which naturally kill cold germs.



**World Oral  
Health Day**  
20th March

## World Oral Health Day, March 20<sup>th</sup>: "Celebrating Healthy Smiles"

World Oral Health Day (WOHD) is celebrated every year on the 20th March.

It is an international day to celebrate the benefits of a healthy mouth and to promote worldwide awareness of the issues around oral health and the importance of looking after oral hygiene to everyone old and young.

It is a day for people to have fun – a day that should be full of activities that make us laugh, sing and smile!

The aim of WOHD is to raise awareness and encourage individuals, families, communities and governments to take action and help reduce the global burden of oral disease.

If you need more information or want to contact WOHD for a toolkit, email: [WOHD2014@fdiworldental.org](mailto:WOHD2014@fdiworldental.org) or login [www.fdiworldental.org](http://www.fdiworldental.org)

**"Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health."**

~ Paul E. McGhee, Ph.D.

## *Perceptions of a "Seasoned RDH"*

By Melanie D. Colbert RDH BS

I began my career as a Registered Dental Hygienist many years ago. Dentistry has certainly changed over time for the RDH. We have exciting work options available to us which include corporate employment, independent practice, and consulting, in addition to the traditional dental office setting. These are the most familiar employment settings, but if you truly investigate career paths and combined health care initiatives, the RDH can be found in a variety of settings. You most likely will need advanced education to gain access, but it would be worth it in my opinion. It is a journey that requires some degree of tenacity on your part, as well as support. Joining your professional RDH organizations can help to provide some of that support you may need to discover your full potential in your career as an RDH.

We have several national professional RDH organizations available to us: WDHS, NDHA and ADHA. Join all of them, if your finances can support it. If not, ask your superiors for a contribution and make your choice. You never know if you don't ask. Also, be prepared to bring awareness of the value of that membership they helped you to attain. Once you join, remain active.

Work within the organizational structure that is comfortable for you to reach your full potential. Help to bring awareness to the value of the oral health care of the RDH because our profession needs you to do so. And then stay knowledgeable to develop and improve your skill set, whether you seek advanced education or not. Remember to review your CEU status and update all professional information and requirements routinely. You will not regret it.

And lastly, take care of your health, hands, neck, back, eyes and mind, for these are the assets that any successful registered dental hygienist will need to persevere. This is the best advice I can give you in 2014 as I *suddenly* find myself a member of the AARP group. How did it get here so fast? Believe me when I tell you that being a "Seasoned RDH" comes sooner than you expect, along with a number of other challenges.

**Be Well.**

Potpourri

- A new \$11-per-car annual fee to visit Detroit's Belle Isle will begin Feb. 10, 2014, the Michigan Department of Natural Resources said.
- Daylight Saving starts March 9-2014



### ***CrockPot Orange Chicken***

Do you Love to cook? Have any healthy recipes you would like to share? Email me at: [bjbeaty3@icloud.com](mailto:bjbeaty3@icloud.com)

2 large carrots, peeled and sliced about 1/2-inch thick  
2 large red or green bell peppers, cut into 1/2-inch chunks  
3 cloves garlic, finely minced  
4 boneless skinless chicken breasts  
2 tsp. ground ginger  
1 tsp. salt  
1/2 tsp. pepper  
8 ounces orange juice concentrate  
2 cups Mandarin orange segments or fresh orange segments  
2 Green onions, chopped  
hot cooked rice

#### Directions:

Put carrots, peppers, garlic, then the chicken, ginger, salt, pepper & frozen orange juice in Crockpot. Cover and cook on LOW 4 to 6 hours. Serve chicken on hot cooked rice on platter. Top with orange segments and green onions. Serve chicken liquid in gravy boat, if desired.

#### Rachael's Recipe Notes:

I like to make some stir fry Chinese veggies to go with this. I use Napa cabbage, baby corn, water chestnuts, bamboo shoots and broccoli.

A Special Thank you to: Christine Farrell, Oral Health Director and Susan Deming, Education/Fluoridation Coordinator/Oral Health Program for attending our March 2014 Meeting. Chris and Susan shared the history of the PA161 program and answers questions regarding the program. We are grateful for their time and presence.

Best regards,

Barbara