



## Don't Miss These!!

**Oct. 21:** Legendary *Esther Wilkins*, RDH, DMD  
*A new look at Detection & Mineralization of Dental Caries, 3 CEU*, lunch included.

**Oct. 21:** Presidents' Reception, hosted by MBDHS. Appetizers, dinner and live jazz. Optional wine tasting. Celebrate with Nona Groesbeck, WSDHA President.

**Nov. 2:** Bellingham Local Dental Forum:  
*Potpourri of speakers for the entire office team. 7 CEU's*

See inside for more information on these events.



Above: Sandra Carlson, MBDHS President, introduces educator, Lisa Copeland, RDH.

### Women's Wellness

*A lecture review by Carolyn Nordtvedt, RDH, BS*

Lisa Copeland, RDH presented *Women's Wellness: An Oral Health Perspective* on September 28 in Bellingham. Lisa works in private practice as a restorative hygienist, lectures on women's health, periodontics, and alternative careers in dental hygiene, and is a spokesperson for Phillips Sonicare. She related basic health and oral changes across a woman's life span from puberty to post-menopause.

Health behaviors in adolescence include soda pop consumption with more tooth decay and ramifications of less calcium

(Women's Wellness Continued on Page 2)



### Senior Center Dental Hygiene Services Begin

Anita Rodriguez and Barbara Lancaster spoke to seniors at the Bellingham Senior Center on September 28, introducing the Smiles for Life oral health project to them. Anita described the program overview, and Barb provided oral health education. Potential patients were given forms to fill out including information needed from their doctor or nurse practitioner. Financial considerations were discussed individually. Screenings will take place at the next session, and cleanings may begin that day. Most of the hygienists that attended this first presentation have been practicing for many years, and work in practices with a lot of elderly patients. They feel they would like to help seniors that have not been able to access care. Some major barriers to care for seniors include lack of finances and transportation. Many of these seniors no longer drive, but are comfortable with public transportation or special needs transport vans to the Senior Center. Seniors were counseled about possible help from Medicaid, and treatment planning that meets their budget needs. All seniors are eligible to participate, regardless of income level. Much like the ABCD program, dentists will be able to volunteer to take referrals to see low income seniors at reduced cost or free. They will choose the number of patients they want to see, and criteria for the type of cases. This project has strong support of the Whatcom Oral Health Coalition, and the Northwest Regional Council – an agency that supports services for low income seniors. If you would like to be **employed** as a hygienist for this project, or would like to **volunteer** in any capacity, contact Anita Rodriguez at [catnaps2@msn.com](mailto:catnaps2@msn.com), or call her at 360-733-3160.

Dr. Yaremko's Dental office is seeking a Dental Hygienist to take over after Sue Smith retires on November first this year. Three days a week available with the possibility of full time in the future. Send resume or fax to 676-1664. Call Sue Smith with questions at 671-2636, or La Donna at 734-6620



### Trustee's Report

By Ginny Holman, RDH

I attended the WSDHA Executive Board Meeting on September 8, 2007, representing MBDHS as your Trustee. Thirty hygienists from across the state attended, including the WSDHA officers, Trustees from each component, our lobbyist and executive director. Three issues were of great interest to me: The ADHA National Report, Education updates, and implementation of the new legislation allowing hygienists to provide care in senior centers.

The ADHA report was given by our District XII Trustee, Sue Savage. She is a WSDHA Past President, and now represents Washington, Alaska, Idaho, Oregon, and Nevada at ADHA. She reported an **exciting** huge new marketing and "branding" campaign. Also, the *Journal of Dental Hygiene* will be back in print by November 2007, sponsored by Johnson and Johnson. Sue reports that sponsorship by corporations is on the increase for all of Dental Hygiene, so we need to support those companies.

Education Chair, Diane Forsmark Clemens, reported that classes are lined up for Symposium, and speakers are excited about the theme, "Global Directions for Dental Hygiene". Dates for Symposium are April 25-6, 2008 at the Lynnwood Embassy Suites.

Lively reports covered the laws signed by the Governor in June! Three inspiring women gave us a clear vision of what is emerging for the implementation of these new laws. These women are Colleen Gaylord, our Regulation and Practice Chair; Melissa Johnson, our lobbyist in Olympia; and Anita Rodriguez, Alliance of Dental Hygiene Practitioners Liaison to WSDHA. The new laws are expanding access to oral health care by increasing the setting in which dental hygienists can practice; to provide education to the consumer; to support our public health programs; and to increase the professional recognition and development of Dental Hygiene. **Many thanks for all their inspiration!**

The **Next Big Event:** HOD here in Bellingham October 20-1, 2007, hosted by our MBDHS component. All hygienists are invited to participate during the evening Dinner, wine tasting, and Live Jazz with danceable music. Bring your Mardi Gras beads and plan to have some fun!

If you would like to help at these events, please contact me at 820-1105 or [ginholman45@yahoo.com](mailto:ginholman45@yahoo.com).

### Senior Center Snapshots



*Left:* A senior receives financial advising from Ruth.



Barbara Lancaster educates seniors about oral health. All seniors receiving care at the Senior Center will first receive oral health education.

**Maternity leave position available.** Two days a week starting Nov 29 through the end of February. Please call for details - Les R. Seelye, DDS at Barkley Boulevard Dental Care. Doctor's Cell: 360-393-9170; Office 360-733-8150, Fax 360-733-8253.

(*Women's Health*, Cont. from Page 1)

leading to osteoporosis. Smoking and obesity are on the rise. Pregnant women with periodontal disease have more preterm low birth weight babies; smoking during pregnancy increases SIDS by 300% and increases the incidence of cleft lip/palate. For women over forty, xerostomia and/or burning mouth syndrome, osteoporosis, and risk of heart attack are issues. Dementia is seen more often as our population is living longer with 50% over age 85 being affected.

Gender-based medicine finds women have a 2-3 times greater risk of depression, a two times greater risk of death from smoking, more autoimmune diseases, and greater risks due to alcohol consumption than men. Seventy percent of our health is due to controllable lifestyle practices while 30% is heredity. We can help our dental patients to make healthy choices in nutrition, exercise and oral care.

### Oral Health Coalition "Wish List"=

#### Opportunities for Involvement

**Have a good time helping adorable young children have a candy-free Halloween celebration @ the Boo at Bloedel. Play games, handout OH information, dress-up, etc. Contact Cecily @ [fossordh@yahoo.com](mailto:fossordh@yahoo.com)**



OHC dental education table and/or 1-2 hr dental screening shift @ **Sat. 10/6 Diabetes Wellness Fair @**

St. Luke's Health Center, 7:30 -2pm Contact Maggi @ [mkriger@co.whatcom.wa.us](mailto:mkriger@co.whatcom.wa.us) or 676-6762 #32022

**Volunteer Coordinator for \*HappyTeeth\* oral health station @ FoodSense Family Nights for '07-'08 school year. Coordinate 1-3 volunteers to ensure shift coverage for 10-12 evening sessions during year**  
Contact Maggi @ [mkriger@co.whatcom.wa.us](mailto:mkriger@co.whatcom.wa.us) or 676-6762 #32022

Volunteers to assemble "Dental Toolkits" for Newborns & their Moms (to be distributed at St. Joseph Childbirth Center starting by 1/08) Contact Maggi @ [mkriger@co.whatcom.wa.us](mailto:mkriger@co.whatcom.wa.us) 676-6762#32022

OH Coalition Promotional Banner: Do graphic design and/or seek discounted cost for banner production for use at health fairs etc.

Contact Jenny @ [ohc\\_jenny@yahoo.com](mailto:ohc_jenny@yahoo.com) or Maggi @ [mkriger@co.whatcom.wa.us](mailto:mkriger@co.whatcom.wa.us) or 676-6762 #32022





Above: Clockwise from top left– Elsie Walter, wife of Dr. Chuck Walter, MBDDS President; Nona Groesbeck, WSDHA President; Vicki Munday, RDH (WSDHA WHY-Pac Chair), Sandra Carlson, MBDHS President; and Kathy Sehlm, DA, Sealant Day Committee member.



Above: Dr. Olson, DDS and Vicki Munday, RDH ABCD+ golf participants.

**MBDHS Sponsors ABCD+ Open**

MBDHS was a sponsor for the Sept. 21 MBDDS first annual golf open held at Raspberry Ridge Golf Course (moved from Skagit Golf and Country Club). Funds raised will support many local dental charities, including the dental vans, the ABCD program, and other local projects benefiting low income folks in our community. MBDHS was pleased to partner with local dentists to make this event a success. Thanks to Dr. Curt Smith, DDS, for planning this event.

The NW Washington **Sjogren's support Group** meeting is November 3, 2007, Saturday, 10:30 to 12:30 at the Mt. Vernon Senior Center. Anyone interested in more information is free to contact Linda Hughes, (360) 676-1926 [linda927@earthlink.net](mailto:linda927@earthlink.net)

**SeaMar Project needs Hygienists**



**Dental Hygienist volunteers are needed** at Sea Mar Dental Clinic, a program focusing on increasing access to care for seniors and pregnant women.. Two to four hour shifts are helpful.

Thanks to the hygienists volunteering so far, including Kristan Plank, Norah Nicole Shannon, Jan Crouse, and Nona Groesbeck. **More volunteers are needed.** Contact Dr. Rachel Hogan at 788-7123 or Luisa Hicks at 788-7121 to volunteer.



We now can order from ADHA **1-800 quit smoking cards** that we have used in the past at no cost! To order, email [victoriab@adha.net](mailto:victoriab@adha.net). Provide mailing address and quantity.

**GET REAL** with ADHA's newest member benefit! **REAL TIME** membership updates, renewals and conference registration! **Login today** at [www.adha.org](http://www.adha.org)

**RDH**  
Insurance Professionals, Ltd  
Disability Insurance for Hygienist

---

HEIDI PETERS, RDH  
PHONE: 425-415-6163/1-888-430-6163  
FAX: 425-415-6150  
[rdhinsurance@aol.com](mailto:rdhinsurance@aol.com)



# Fourth Annual



Whatcom County Sealant Day  
At Interfaith Dental Clinic  
Saturday, February 9, 2008

This free event targets low income children and provides a dental screening, fluoride, and sealants.

## How You Can Help!

### Dentists:

\_\_\_\_\_ Visual Exams (Event Day) 8 am - 1 pm, or 11:30 am - 4 pm

\_\_\_\_\_ Restorative follow up (Your Office) for \_\_\_\_\_ children).

\_\_\_\_\_ Pro Bono or \_\_\_\_\_ with Medical Coupons

\_\_\_\_\_ Donate Money for Supplies, Postage, Copies, Etc...

\*Make checks payable to: Mt. Baker Dental Hygiene Society

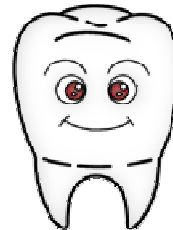
### Clinical and Non-Clinical Volunteers (Choose One):

\_\_\_\_\_ Place or assist in sealant placement

\_\_\_\_\_ Sterilization or X-rays

\_\_\_\_\_ Reception, check-out

\_\_\_\_\_ Other \_\_\_\_\_



8 am - 1pm or 11:30 am - 4 pm or All Day

**Please Return this by Dec. 5, 2007**

Return to: Fax: 384-3847 or Mail: 4157 Salt spring Dr., Ferndale WA 98248

Questions? Dee @ 384-3847 or e-mail [flossfairy@peoplepc.com](mailto:flossfairy@peoplepc.com)

Name: \_\_\_\_\_ DDS, RDH, DA, OTHER

Address: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Cell: \_\_\_\_\_



Mt. Baker Dental Hygienists' Soc  
 PO Box 28817  
 Bellingham, WA 98228

**EDITORIAL INFORMATION** The information in this newsletter is for the benefit of the members. Neither the MBDHS nor the publisher makes any express or implied warranties as to the information herein, including the contents of any advertising. MBDHS does not endorse any businesses. Opinions in the newsletter do not necessarily express the official policies of MBDHS, nor the opinions of the editor, unless so stated. Make checks payable to MBDHS c/o Nona Groesbeck, editor, at the address above.\*\*  
**Non-member subscriptions \$15/year**

**OFFICERS**

**President:** Sandra Carlson 360-715-9219  
 thecarlson4@netzero.net  
**Past President:** Erica Larsen 360-398-7239  
 edl@hughes.net  
**Secretary:** Harriet Ludjin 360-510-4034  
 pogobxt@mac.com  
**Co-Treasurers:** Sue Smith 360-671-2636  
 2511 Huron, Bellingham 98226  
 Jan Crouse hijanist@msn.com 360-715-1674  
**Trustee:** Ginny Holman 360-671-3626  
 ginholman45@yahoo.com

**COMMITTEES**

**Community Service Advisor:**  
 Cecily Fosso 360-671-1574  
 fossordh@yahoo.com  
**Continuing Education Chair:**  
 Sandra Carlson 360-715-9219  
 thecarlson4@netzero.net  
**Hospitality Chair:**  
 Ginny Holman 360-671-3626  
**Job Placement Contact:**  
 Sandra Carlson 360-715-9219  
 thecarlson4@netzero.net  
**Membership Chair:**  
 Donna Eli 360-371-3012  
 donnaeli@earthlink.net  
**Sealant Day Chair:** Dee Simmons 360-384-3847  
**Webmaster:** Erin Rehm 360-738-4912  
 Erin@turnpoint.net  
**WSDHA WHY-Pac Directors:**  
 Harriet Ludjin 360-510-4034  
 Ginny Holman 360-671-3626  
 Erica Larsen 360-398-7239

**2007 WSDHA Delegates:** Ginny Holman, Harriet Ludjin,  
 Sandra Carlson, Donna Eli,  
*Alternate Delegate:* Sue Smith.

**News Editor:** Nona Groesbeck  
 1357 Olivia Ct. Bellingham, 98226  
 ngoesbeck@aol.com 360-671-5997

“you can feel the quality”

**\*New Location!!!**

3106 NW Ave.  
 Bellingham, WA  
 98225

phone 360-647-7766  
 Fax 360-715-8780



[www.classichealthapparel.com](http://www.classichealthapparel.com)

**Dental Personnel Services, Inc.**  
*A Professional Dental Employment Service*



Temporary and Permanent Placement of:



Sharon Spoelstra, President

- Dentists
- Hygienists
- Assistants
- Receptionists

360-659-8089  
 PO Box 1165  
 Marysville, WA 98270  
 Fax: 360-658-8471

e-mail: [dentalps@hotmail.com](mailto:dentalps@hotmail.com) [www.dentalpersonnel.net](http://www.dentalpersonnel.net)

- Employer-Paid Fees
- Working Interviews
- Confidential Hiring
- Extended Office Hours

Serving Snohomish, Skagit, Whatcom and North King Counties  
 Since 1996