



Third Quarter  
2008

PO Box 28817 Bellingham, WA 98228  
www.mbdha.org

**August 3rd, Sunday**

**Grand Slam!**

**(4:00pm Game Time) Note change of date.**  
MBDHS supports the Oral Health Coalition, and Bells Baseball Club in presenting the Bellingham Bells' Oral Health Grand Slam Day (Volunteers needed!)

Joe Martin Stadium, Lakeway Drive, B'ham

**Sept 9<sup>th</sup>, Tuesday,**

**Business Meeting~** All are welcome to attend.

Location: Barkley Haggen Food Court ~ 6 PM

**Sept 18<sup>th</sup>, Thursday,**

**Structural Integration for Dental Hygienists and Dental Patients**

**( No Fee will be Charged for this CE- 2 CEU)**

Location: Fairhaven Center for Structural Medicine

Presented by Eric Root, B.S., LMP, SMS and Anna Mariano, B.S., LMP, CHP, SMS

Time: 6:30PM – 8:30PM

**Please NOTE the Fairhaven Clinic Location for this course**

1106 Harris Avenue, Suite 307, B'ham, WA 98225

Phone: (360) 765-0243

**Friday, October 24th**

**3rd Annual Local Dental Health Forum**

**6CEU**

*Look Inside for more important dates and details of these events.*



Summer is here and what better way to spend a summer day than at a ball game; a local Bellingham Bells game!! Thanks to the work of the Whatcom Oral Health Coalition and a generous sponsor from Tom's of Maine and Wendy St. Cyr, RDH, Mount Baker hygienists will have the opportunity to participate in the partnership of hosting a Bellingham Bells baseball game on August 3<sup>rd</sup> at 4pm. We'll be hoping for good weather and a great turnout by all.

Currently MBDHS and the Whatcom

County Oral Health Coalition Coordinator, Maggi Kriger, are planning this fun community event to promote good oral health and to provide aid to those in need of seeking dental care. All this, while enjoying a great baseball game and fun family activities! **Many MBDHS volunteers will be needed** to plan, organize, and facilitate various events before and during the game. Anyone interested should contact Sandra Carlson by email (theCarlson4@q.com). It is the first event of its kind and we know with lots of volunteers, it will be a very successful community event! Let's bring public awareness as to who we are, how much we care and what role a dental hygienist has in and out of the routine dental office setting!

A BIG Thank You goes out to our fabulous WSDHA President Charlene Meagher. Many Senoritas were in attendance for our last CE "**Contemporary Issues for the WA State Dental Hygienist**". Charlene did a marvelous job of updating and informing us as to what is in store for the future of (Cont. on pg. 2)

**Thriving dental office looking for a part-time hygienist to join our team. Competitive wage and benefits package.**  
**Please mail resume to:**  
**Employee Coordinator**  
**1225 E. Sunset Drive Ste.140**  
**Bellingham, WA 98226**  
**or Fax to: 360-255-5001**

**MBDHS Directory Editing Under Way!!**

Have you moved, changed jobs or have new e-mail or phone? Send your updates to Cory Eltrich at celtrich97@yahoo.com, call her at 360-920-1799 or snail mail to 1512 Fruitland Drive, B'ham, 98226. Take a look at your info in the 2007-08 directory to be sure we have yours correct. Add your school, employer, or other missing info. This year due to increased costs, *nonmembers* will be asked to send \$5 by check made out to MBDHS, PO Box 28817, B'ham 98228 to receive a directory by mail. Also, if you do not want a directory, let Cory know.

**Need a Job? Need a Fill-In?**  
**Call Sandra Carlson at 715-9219 or e-mail**  
**thecarlson4@q.com**  
*Free to MBDHS Members*



Rhonda Roach (left) with guest speaker, Charlene Meagher, WSDHA President. MBDHS May Fiesta was enjoyed by all.

(President's Message, cont. from pg. 1)

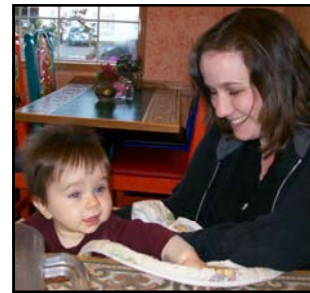
our dental hygiene profession locally, statewide and nationally. She shared where we have come, where we are going and the stumbling blocks that have tried to stop us! WOW! I continue to be in awe of the determination and perseverance of the gifted leaders in our profession that continue to work so diligently and tirelessly to make a difference for all dental hygienists in our state. Thank You to all of those members who continue to contribute by renewing their ADHA membership year after year! A large united front of ADHA Members has the potential for even **big** greatness, and we need your consistent commitment to keep us on track for an even brighter dental hygiene future! Thank You to the work and talents of past leaders and to those that are in our midst and so committed right now!

When you are an ADHA member **you** provide the voice and the financial means necessary to continue to improve and better our profession and future! While we don't have near the number of members and dollars as the ADA, we have persistent and creative members that continually work hard on our behalf with a very minimal and tight budget! We need your membership dollars and support like we never have before, to continue down the arduous path of reaching the underserved in our state. If we don't who will? I am proud to be a hygienist in our progressive WA state, but I also know we have a long way to go to get to where we can truly fulfill and utilize all of our capabilities as hygienists. Do I personally feel like I have the time and talents to trail blaze for the future of dental hygiene? No WAY! But there are those in our midst who do and are eager to work on all of our behalves! The easy and very much appreciated thing we can do however; is contribute less than a day's wages, one time a year!

Good company, lively discussion, festive food and drink, and even a free CE, proved to again be a great combo on Ocho de Mayo spring fiesta (our last meeting before the summer months)! Don't forget to mark your calendar with the dates of the enclosed and updated "Calendar of Events"! **First Fall CE September 18<sup>th</sup>, and it is free!**

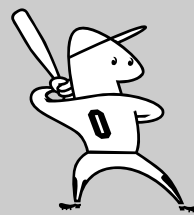
As we wrap up another season, MBDHS would like to thank our VIP's (Very Important Players) that contributed to another successful year. You know who you are and so do we! Thank You! Together we can and will Make A Difference! Enjoy your summer and remember to "Take your friends and family out to the ballgame" on July 27<sup>th</sup>! Go Bellingham Bells!

Sandra Carlson, RDH, MBDHS President  
719-9219 (home), thecarlson4@q.net



## Oral Health *Grand Slam* Day

Sunday August 3rd @ 4pm



Enjoy an afternoon ball game that also hits an oral health home run. MBDHS supports this event, with the Whatcom Oral Health Coalition, Tom's of Maine, and WDS Foundation. There will be tooth trivia, dental supply give-aways, & "Covering the Oral Health Bases". The Bellingham Bells are under new management & have 10 Whatcom County players. You're warmly invited along with other health providers, families, & community members. Tickets are \$9 for Reserved Seating and \$6 for general admission. **Receive a \$1 discount** on all advance tickets by mentioning this group promotion.

**Volunteers are needed** for 30 minute to 2 hour shifts for:

Oral Cancer Screening

Kids Oral Health game station (easy and fun!)

Information table

Tooth fairy/ "mascot" traditional or "sports theme"

**To volunteer or to purchase advance tickets call 746-0409 or 527-1035 or email or stop by 1732 Iowa Street For more info about OHC involvement, contact Laura Hammer @ 676-6762 #32237 or lhammer@co.whatcom.wa.us**

## Smiles for Life Senior Center Services Update



*Left:* Esther and Patsy are seniors who have accessed dental hygiene services at the Bellingham Senior Activities Center. To refer seniors (60+) or to volunteer, contact Anita at: [catnaps2@msn.com](mailto:catnaps2@msn.com), or 360-733-3160

Smiles for Life continues to have a full schedule the **third Friday of each month** at the Bellingham Senior Activities Center. **Volunteers are needed to assist with oral health education, charting, oral screening, and hands on services.** Seniors are now returning for recare having had dental treatment accomplished in the community by our participating providers. So far, all our seniors have been successfully linked with community dentists and denturists. The BTC dental assisting program just joined our provider listing. Thank you to Jenny Shuler!

Hygienists from other parts of the State have been coming to our program in order to learn how to get similar programs started in their own areas, and Anita recently taught a sold-out class about the senior center programs at the WA State Dental Hygienists' Association's annual educational symposium. A grant application to the WA Dental Service Foundation has been "deferred" for funding until the 2009 Legislature gives the green light to the continuance of the senior center programs. In the meantime, WA state hygienists are pooling their talent and portable equipment to get as many of the programs operational by the end of this year as possible.

Again, thanks to all of our community partners in this project, especially to Lesley Rigg and staff who have printed and assembled all our application packets, and to Maggi Kriger and others on the Coalition for their support and help in getting the word out to senior groups about the program. Nona Groesbeck and Ginny Holman have been faithful volunteers at the clinical sessions, and Barb Lancaster and Ruth Robinson have made the program comprehensive and personally enriching for each of our clients.

*Anita Rodriguez, RDH, BS*

Contact Anita to Volunteer at [catnaps2@msn.com](mailto:catnaps2@msn.com), or 360-733-3160)

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



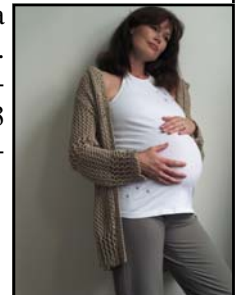
## ABCD Fundraiser- Wine Tasting Event a Success

MBDHS supported the ABCD fundraiser sponsored by Mt. Baker District Dental Society. Pictured from left are Ralph Peterson, (MBDDS Executive Director), Chuck Walter (MBDDS President), Nona Groesbeck, (WSDHA Past President), Maggi Kriger (ABCD Coordinator), Dr. Curtis Smith, DDS, and Chris Phillips of Peace Health. Sandra Carlson (MBDHS President) attended representing us. MBDHS continues to look for partnerships that help us to improve the oral health of our community.



## You Can Help!

**Dental Hygienist volunteers are needed** at Sea Mar Dental Clinic, a program focusing on increasing access to care for low income seniors and pregnant women. Even two hour shifts are helpful. If we show how much care we can provide, Sea Mar may hire a permanent hygienist. **More volunteers are needed.** Contact Dr. Rachael Hogan at 788-7123 or Luisa Hicks at 788-7121 to volunteer.



## Whatcom County Oral Health Coalition Volunteer Opportunities

Volunteers to staff \*HappyTeeth\* station: Help promote OH education in an interactive & fun way. Assist with set-up, tear-down & possible transport of supplies. Occasional or ongoing.

August 2nd Kid's Festival "HappyTeeth Station" volunteers needed @ Bloedel Donovan Park. (11-3)

FoodSense Family Nights during '08-'09 school year. (Usually 1-2 hr evening or weekend shifts at various schools). Contact Maggi at [mkriger@co.whatcom.wa.us](mailto:mkriger@co.whatcom.wa.us) or 676-6762 #32022 .



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