



AMERICAN ACADEMY OF DENTAL HYGIENE, INC.

Professional growth through leadership, mentorship, and fellowship

The

Times

Spring/Summer 2006

Volume 11, Issue 3

President's Message: Joyce Turcotte, RDH, M.Ed.

When I reflect on my President Elect message from 2004, I feel fulfilled in the growth and positive direction that the Academy has taken over the last two years.

The Academy has moved forward by increasing membership, accrediting more continuing education programs, recognizing the accomplishments of our prestigious members, increasing visibility and improving membership communication.

Thanks to our hard working officers, Executive Director, committee and governing council members that makes things happen! A "new" and "renewal" membership packet is in development stages. The AADH newsletter has taken on a sophisticated look and with email, access to Academy information is easy. The Academy has also developed a new website this year. Please visit the www.americanacademyofdentalhygiene.org

Guidelines and procedures for applying to the Fellowship level in AADH was completed. For more information, check details in this newsletter. Development of the AADH Procedures' Manual to assist future leadership is underway. This daunting task will help our organization communicate the roles and duties of various positions more effectively. Our visibility at Under One Roof for the Annual meeting in July will be easy to observe due to the awesome appearance of the AADH exhibit table.

This year's annual meeting in Las Vegas will feature an outstanding continuing education program. Academy business, recognition of award winning members and networking opportunities are also part of the meeting. I do hope you will be able to join us this year. Please bring a colleague along and tell others about joining. This organization will grow strong with your support.

In closing, I want to thank all of you who have volunteered to make this a successful organization. We work best as a team and will continue to thrive through that process. You are an incredible group of leaders.

Sincerely,
Joyce Turcotte, RDH, M.Ed.

AADH Annual Session
July 26-28, 2006
at RDH Magazine's UOR Meeting
in Las Vegas
www.rdhunderoneroof.com

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The AADH Times

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**EXECUTIVE DIRECTOR,
NANCY R. BARNES AT
PBARFAM@AOL.COM**

Become a Fellow in the American Academy of Dental Hygiene

Fellowship Application Procedures and Deadlines

The following regulations apply to members who are seeking the award of Fellowship in The American Academy of Dental Hygiene (FAADH). Members who have met all requirements and choose to apply for the Fellowship must complete an application.

Applications for the Fellowship Award must be postmarked by July 1st and sent to Executive Director to be considered for convocation that same year.

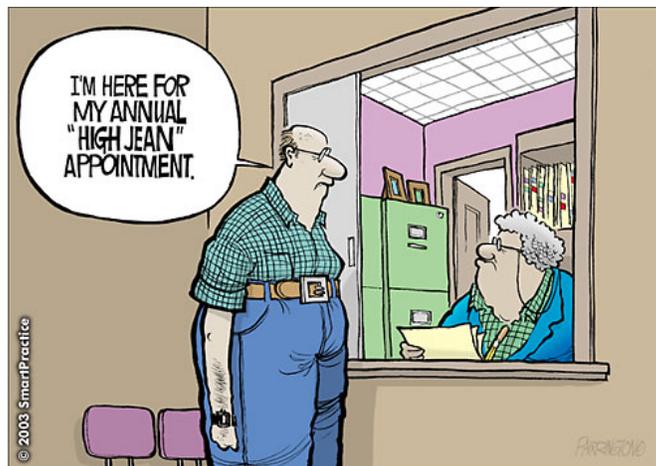
Applications received by the July 1st deadline will be reviewed by the Fellowship Review Committee. Applicants will be informed by letter regarding AADH action by August 1st. All new fellows are encouraged to attend a special ceremony held during the AADH Annual Meeting.

A \$25 application fee is required and must accompany the award application.

Requirements in effect at the time of your membership will apply to your records.

Membership in AADH maintains Fellowship status. Requirements for future members may change.

1. Be a active full or life member of the Academy for at least three (3) years.
2. Provide documentation of achievement of a Baccalaureate degree or higher.
3. Be elected by 3/4 vote of the Governing Council.
4. Fulfill 3 of 4 additional criteria.
 - A. Document advanced education of at least 100 hours in the specialty or field.
 - B. Document active participation in the specialty or field via practice, published research or poster/clinic presentations at national or international hygiene meetings, or having served elected leadership positions in hygiene associations.
 - C. Present a continuing education course which meets AADH guidelines for course approval.
 - D. Advanced the cause of the specialty/field in some community related significant manner.





AMERICAN ACADEMY OF DENTAL HYGIENE, INC.

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Annual Meeting 2006

Date: July 26, 2006

Location: Rio Hotel, Las Vegas during RDH Magazine's Under One Roof Meeting

Time: 9am -12:30 pm

Agenda

9:00 Welcome and Introductions

9:30 Education Presentation 1.5 Credits

From the Forsyth Project to ADHP

Speaker: Christel Koppel Autuori, RDH, BS**

11:00 Break

11:15 Panel Discussion of the Mission of AADH and Mentoring

11:45 Business Meeting, Balloting and Installation

12:15 Closing Remarks

**Christel Koppel Autuori, RDH, BS, a practicing hygienist, is a graduate of Forsyth School of Dental Hygiene and a former instructor at the Fones School of Dental Hygiene. She was a participant in the Forsyth Rotunda Project, an experiment in expanded duties for dental hygienists and was trained to perform all phases of re-

hygienistwerShe

AADH Goals to Success for 2006-07 by President-Elect, Mary Calka, RDH

It's difficult to believe almost two years have past since I became a part of the executive leadership of the American Academy of Dental Hygiene (AADH). Looking back, there were times we all had a number of visions for the direction of the Academy. After collaborating with dental hygiene opinion leaders, AADH members, committee personnel, Governing Council members and our Executive Board, the AADH is proud to state our motto as "Professional growth through leadership, mentorship, and fellowship."

As you read the message from our esteemed President, it is clear how many important goals have been achieved through the dynamic leadership of Joyce Turcotte. For all of her years of active membership in this Academy, we are forever grateful.

Over the next two years I have a number of goals in mind and a few ideas on how to achieve them.

1. We maintain the integrity of our two most valuable communication tools: The AADH Times and our website www.americanacademyofdentalhygiene.org.
2. We strive for a more equal balance of membership throughout the country through increasing membership on a statewide basis.
3. Promote participation in our new Fellowship category through recognition of our member's accomplishments in their area of expertise.
4. Increase visibility of the AADH, we will develop partnerships with other groups and organizations that share our vision (similar to our partnership with Penn Well and The Under One Roof Meeting).
5. Improve member communication by developing definitive deadlines to be published in the policy and procedure documents. These documents will provide an outline of duties for our volunteers to act as guidelines to help keep communications more timely.

The AADH is made up of a unique group of members. We are all accomplished professionals with a passion for excellence in our area of expertise. I hope you will all consider volunteering a segment of your time, in an area of your interest, to help shape the AADH into the organization all dental hygienists' will want to have a part.

So ask a colleague and friend to join all of us in our annual meeting in July to share your visions for the future of the *American Academy of Dental Hygiene*.





AMERICAN ACADEMY OF DENTAL HYGIENE, INC.

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Call for Nominations

This year, AADH has openings for four (4) members to be elected to the Governing Council for two (2) years. Also nominations for President-Elect is open.

Please submit names to the nomination chair no later than June 9, 2006.

Ann Koznesoff, RDH
161-32 Jewel Ave.
Flushing, NY 11365
718-380-2572

Or E-mail to Executive Director Nancy Barnes pbarfam@aol.com

Slate

President:	Mary Calka (now President-Elect)
President Elect:	Open
Treasurer:	Judy Nist (Current)
Secretary:	Lois Sobel (Current)
Governing Council:	1. Winnie Furnari 3. Patti DiGangi 2. Kimberly Benkert 4. Diane Brucato-Thomas

Member Accomplishments

AADH is proud of the accomplishments of our wonderful members and want to particularly recognize:

2006 Philips Oral Healthcare/RDH Mentor of the Year: **Kristen Simmons**

ADHA Distinguished Service Award: **Kimberly Benkert**

Pfizer Award for Excellence in gg1i(Ann Konerd:)TJ/TT4 1 Tf0 0.60392 0 scn9-7.5579 C

**Thank you to the AADH 2005-2006 Leaders for your efforts on behalf of
all the members of AADH**

AADH OFFICERS

President - Joyce Turcotte, RDH (CT)
President Elect - Mary Calka, RDH (CT)
IPP - Linda Bohacek, RDH (WI)
Secretary - Lois Sobel, RDH (MA)
Treasurer - Judith Nist, RDH (RI)
Executive Director - Nancy R. Barnes, RDH (NC)

Governing Council Members

Ann Koznesoff, Patti DiGangi, Winnie Furnari,
Maureen Howes, Claudia Turcotte
and Wanda Nelson

Our heartfelt

Committees

AADH TIMES Newsletter Editors

Patti DiGangi and Harriet Ludjin

Annual Meeting

Nancy R. Barnes and Maureen Howes

Course Approval

Claudia Turcotte, Denise Wind, Nancy Barnes, and Maureen Howes

Course Presentation

Ann-Marie DePalma and Nancy Barnes

Membership

Kristen Simmons (Co-Chair), Lois Sobel (Co-Chair), Marilyn Cortell, and Delores Belrose

Nominations, Finance, and Bylaws

Ann Koznesoff and Kimberly Benkert

Policies and Procedures

Mary Calka

Public Relations

Leslie Andrews and Diane Brucato-Thomas

*thank
you!*



**Individuals living the AADH motto
Professional growth through leadership, mentorship, and fellowship**



AMERICAN ACADEMY OF DENTAL HYGIENE, INC.

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American Academy of Dental Hygiene, Inc.

PO Box 328 Farmingdale, NY 11733

2006-2007 Membership Renewal Dues Notice

Dues for continued membership is payable yearly. The 30 hours of continuing education for membership is reported this year and biannually (every 2 years). Please use the form on the next page. You may duplicate as needed.

Please return these completed forms with a check payable to AADH no later than August 30, 2006.

\$ 75 ADHA Member*

\$125 Non-ADHA Member

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License Number _____ **State** _____ If more than one, list states only _____

Address (Street) _____ (City) _____ (State) _____ (Zip) _____

Phone (Home) _____ (Bus.) _____ (Cell) _____ (Fax) _____

E-mail/web _____

*Please include proof of current ADHA membership

With your education CE, please include a photo and a short synopsis of your current activities.

If you let your membership lapse and wish to rejoin at a later date, you must then reapply for membership.

The following requirements for FULL MEMBERSHIP would then apply:

1. Current registration
2. Documentation of clinical skills through case presentation**
3. At least 75 hours of AADH approved continuing education course (given or taken) within 5 years prior to application.
4. Complete and submit forms and fees
5. 750 hours of clinical practice within the last 8 years**

**Dental hygienists in alternative practice settings will be evaluated on an individual basis.

Mail to:
American Academy of Dental Hygiene, Inc.
PO Box 328
Farmingdale, NY 11735

“Coming to a Seminar Near You!”

For years, I have said, “I am not a speaker.” For years, my friends and mentors have tried to convince me otherwise. A hopeless seminaroholic, last summer, I finally had the paradigm shift that it took for me to believe they were right and it was time. The gray hair sparkling from my temples may have had something to do with the new conviction that the time had come and I did have credibility. A couple of months later, an email from Trisha O’Hehir didn’t leave me much time to think about the arm that was being twisted. She believed in me. That was amazing to me. “The” Trisha O’Hehir believed I could do this. Who was I to think I could not? Next thing I knew, I had committed to speaking at the next Townie Meeting in Las Vegas.

It was not the stage, the podium, nor microphone that scared me. I have danced professionally, I have MC’d and I have been a leader in more than one organization. It was the fear of the naysayers hanging over my head, the fear of conflict. So choosing a subject required courage from me. Since it was my first time out, I chose an easy subject; one that was hard to argue with, just to boost my confidence.

Yes! Then I became excited. I thought of all of the possibilities. I could do this! All I needed to do was figure out how in heck to do Power Point! OK. I opened my new computer, loaded the program, and stared at the screen. I drummed my fingers on the mouse pad. The phone rang and I jumped out of my skin. It was a call from Janet Hagerman, another speaker extraordinaire. “How would you like to speak in Australia?” Well, I’m *not* stupid! Now I had two engagements and still did not know what in the heck I was doing. It’s funny how the universe works.

Back to Janet Hagerman. She asked about my title for the Townie Meeting: “Fair Game: The Challenge of Profitable Fee for Service Dental Hygiene”. When she heard it, she got all excited and rattled off possible ideas right and left and suggested I go on line and get some good sports images. Oh boy! Now I was really motivated and had a direction to go.

I got on line and learned something... You can Google a subject and ask for images only! Wow! I didn’t know that! For a day and a half, I had a blast finding and downloading sports images. I started relating them to my subject, pushing buttons in my PowerPoint program and my presentation was starting to take off. In fact, it developed a life of its own and traveled off in a direction so far off track that I found myself alone, lost, wondering how in the world I landed here. Did I mention that I know little to nothing about sports?

Continued Next Page



Left to Right: Trisha O’Hehir, Diane Brucato-Thomas and Janet Hagerman

Continued from Previous Page

Oops! Time to start over. Some of the pictures were great and I kept them. I kept the game and team theme, too. But I brought in my self, my own team, my own practice, my own game plan, and my coaches along the way. I discovered that was the key.... to be myself. I realized that there was something in me, and my style of care, that others recognize as unique. *That* was what I needed to capitalize on. Once I came to that place, the magic happened and the slides fell into place.

Humor was a challenge for me. I have a very open sense of humor. I had a funny video of an actual Hawaii weather report that I thought would be a great icebreaker to open with. Unfortunately, it had some sexual innuendos, which I personally did not have a problem with. However, with seventeen years experience as a meeting planner, I know that some people are easily offended. Rather than take a chance offending someone my first time at the podium, I sent the video to 25 experienced speakers and friends for their review. Some I knew would love it and some I thought might not. Sure enough, the reviews came back. One review, in particular, was two pages long with thought provoking questions from a perspective I never thought of. I decided to save my new career and leave the video out. It pays to know your audience.

Once the PowerPoint was done, I had the challenge of figuring out exactly how to create the handout from the slides. I thought it would be simple. Anne Guignon offered her help and in fifteen minutes, my weeks of fretting were subdued. Now I knew how to do it, but did not have the right program. I was able to download Acrobat Professional from the internet and what seemed like it should have been simple, still was not. I struggled a week past my deadline and finally ended up at a computer tech shop, where for \$35.00, I learned my mistake. Now I know how to do it. The best money I've spent in awhile.

So the program was done; the handout was done. I had one month to learn how to speak and all my coaches were on the mainland. "Practice. Practice. Practice," is what I had heard. Over the years, I had read a couple of good books on speaking, had short bouts at the podium, and the advantage of having evaluated hundreds of speakers, so I knew what to look for, but could I find it in myself? I learned my presentation and did it for my husband, who played devil's advocate. I sucked. I did it for my team and a dental hygienist friend. I was better, but not great. A wonderful thing happened though. They gave me awesome feedback and built my confidence.

Friends began to write me words of encouragement. They all had more confidence in me than I had in myself. I had to be positive. The time was getting close. Then I remembered my Hawaiian name and I gained strength: Kahokukunamelele O Hina. It means "The Radiant Yellow Star of Hina (the Goddess of the Moon)". My respect for my hula teacher would not allow me to deny that he gave me that name because that is what he sees in me. Suddenly, I found that I was no longer nervous. I was excited.

The day before my presentation, I marveled at how Trisha O'Hehir's and Cindy Chillock's presentations overlapped my own and could see how complimentary the three would be. This made me even more excited as I realized the power of synergy. The day of my presentation arrived. That morning I centered myself by facing the snow covered mountain and I thought of the one at home. My voice raised in Hawaiian chant asking for understanding, strength, intelligence, good thoughts, insight, and spirit. I picked up my things, and said, "OK. I am ready."

My best friend was there. She said, "No, you are not." It's funny how someone who has known you since eighth grade can know you better than yourself. I asked, "I'm not?" She reminded me, "You don't center with your voice alone... you have to dance." Somehow, I knew she was right. I put down my bags and there I was... dancing hula three hours before my presentation! The clock was ticking and there was a half hour left before I entered the spotlight. Everything was hooked up. I was testing the equipment. Suddenly, a mysterious man came up and gave me a hug from behind and a kiss on the cheek. I said, "Wow! What did I do to deserve that?"

"Taught me everything I know about perio," he answered. It was Frank Nelson, a dentist I worked for twenty-three years ago, when he was just out of school and didn't think he needed a hygienist. Frank insisted on introducing me and honored me with an eighteen minute introduction; a bit long, but very sweet. And it was great to see him there.

Well, next thing you know, the program had begun and the time was whizzing by. I felt confident and energized, and somehow, not a bit scared. Amazing. Of course, the audience was incredibly receptive and engaged. That helped a lot. It was over before I knew it and no one threw tomatoes! I felt exhilarated and cannot wait for next time. Did I tell you? I've been invited back to Las Vegas to speak for another group in September. By the time I get to Australia in 2008, I may even know what I'm doing.

Diane Brucato-Thomas, RDH, EF, BS April 7, 2006

New AHA Basic Life Support Guidelines

By Joyce Turcotte, RDH, M.Ed.

The purpose of this article is to alert you to changes in the 2006 guidelines from the American Heart Association. Every few years the AHA revamps their basic life support guidelines for rescue techniques. New studies and evaluation of existing techniques reflect a need for change. This spring, CPR Instructors will be learning the new skills and gearing up for training the masses, including health care personnel. In some regions these new skills are already in place and currently being offered.

Here is a brief summary of some of the changes you can look forward to learning. By no means is this a conclusive list of changes.

ADULT CPR: compressions to ventilations ratio are now 30:2 for one or two rescuers. Instead of establishing a landmark on the xyphoid, two hands are placed on the chest directly between the nipple lines. Perform 5 cycles (two minutes) of CPR, then re-assess.

FBAO (foreign body airway obstruction): If two breaths do not go in to an unconscious person, activate the EMS and begin CPR (no longer performing abdominal thrust or blind sweep techniques for the unconscious victim) Check airway for obstruction prior to ventilations. FBAO technique for the conscious adult has not changed.

The basic concept is faster compressions and breaths compared to former guidelines. Minimizing interruptions to no more than 10 seconds is emphasized. This includes applying the AED to the victim's bare chest as quickly as possible but continuing CPR while getting prepared. Regarding the AED, deliver one high power shock (360 joules) the first time (as compared to increasing power over a 3 shock sequence). Again, this is another revision aimed at increasing efficiency in delivering rescue efforts.

There are special considerations for various circumstances such as suspected neck injuries, scene safety checks, pacemaker, medication patch, hairy chest, and wet field, that are still relevant to rescue efforts.

CHILD CPR: New age range is one to puberty (judged by breast development or under arm hair growth) Use one or two hands for compressions to effectively compress one-third to half the chest depth. The compression to ventilation ratio for one rescuer is 30:2 and 15:2 for two rescuer. Rescue breaths now range between 3-5 seconds as an effective technique.

INFANT CPR: ratio has changed to be the same as a child.

For any age group that you witness the victim becoming unconscious, activate the EMS then begin first responder steps.

For further information if you are in the east, please contact Joyce Turcotte, RDH, M.Ed. at jturcotte@pls.org. Joyce is a CPR Instructor and Faculty, affiliated with the American Heart Association ECI at Bridgeport Hospital. If you are in the mid-west, contact Patti DiGangi, RDH, BS at pdigangi@comcast.net. Patti is a certified American Red Cross Instructor. If you are in the west, contact Harriet Ludjin, RDH, MAEd at pogogbxt@mac.com. Harriet is certified by both the American Heart Association and the American Red Cross.



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- ~ Sunday, September 17, 2006; 9:00 am -12:30 pm; **Facial Trauma, Medical Emergencies and Troubleshooting Local Anesthesia**; (4 CEU's & Breakfast) \$89; Courtyard Marriott; Waterbury, CT; **Monica Torre-negra, DMD**
- ~Friday, September 29, 2006; 9:00 am -12:30 pm; **Medical Conditions Associated With Xerostomia**; (4 CEU's) \$89; Holiday Inn; North Haven, CT; **Shannon Nanne, RDH**
- ~Friday, October 6, 2006; 9:00 am - 12:30 pm; **Holistic Health: Taking Care of Your Patients and Yourself**; (4 CEU's) \$89; Water's Edge Resort; Westbrook, CT; **Linda Meeuwenburg, RDH, MS**
- ~Wednesday, October 11, 2006; 7:00 - 9:00 pm; **Ergonomics Safe Work Practices: A Means To An End**; (2 CEU's) \$49; Crowne Plaza; Southbury, CT; **Tom McGivern, RDH, BS**
- ~Wednesday, November 8, 2006; 9:00 am - 4:00 pm; **Periodontal Treatment and Risk Management**** (6 CEU's and Lunch) \$139; Courtyard Marriott; Cromwell, CT; **Rebecca Wilder, RDH, MS**
- ~Wednesday, March 14, 2007; 6:45 - 9:30 pm; **HIV Update For Dental Health Care Professionals**** (3 CEU's) \$69; Holiday Inn, North Haven, CT; **Kevin Dieckhaus, MD and Patricia Miller, RDH, BS**
- ~Sunday, March 25, 2007; 9:00 am - 12:00 pm; **Forensics: Lessons Learned From Abuse in High Profile Cases**** (3 CEU's) \$69; Trumbull Marriott; Trumbull, CT; **Henry Lee, PhD**
- ~Saturday, April 28, 2007; 9:00 am - 12:30 pm; **Dieting Trends and Their Impact on Dental Health**; (4 CEU's) \$89; Waters Edge; Westbrook, CT; **Betsy Reynolds, RDH, MS**
- ~ Tuesday, May 8, 2007; 7:00 - 9:00 pm; **Oral Interventions for Infants, Children and Teens**; (2 CEU's) \$49; Courtyard Marriott; Orange, CT; **Linda Blackiston, RDH, BS**

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New listings added to website throughout the year!

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