



SFDHS Newsletter

Sept/Oct 2013

Volume 23

Issue 5



- [In This Issue](#)
- [DentalPost](#)
- [November CE](#)
- [Featured Article](#)
- [Oral Health News](#)
- [CDHA PSA](#)
- [Clinic By the Bay](#)
- [Community Dental Health](#)
- [Treating Pregnant Patients](#)
- [DHCC](#)
- [100 Years of DH](#)
- [CalHyPac](#)
- [Annual Foster Health Fair](#)
- [Dental Power](#)
- [CPR Renewal](#)
- [Disability Insurance](#)
- [Massage Envy Spa](#)


*- President's Message -*


**Dear Reader,**

This summer I had the pleasure of attending my niece's wedding in Orlando, Florida. Well, to be exact, it was held inside Disney World. I'll pause here as you exhale, say a silent prayer, or just think kindly of me as I had to endure the heat and weather the storm of vacationers in such a huge theme park.

All the craziness and drama aside, I found myself enjoying lunch one day with my 12 year old daughter. It was her first visit to Disney World having cut her teeth becoming somewhat of an expert with Disneyland. She enjoyed discovering the similarities and the differences in the two parks, and truly enjoyed the culture inside Epcot as we visited all the represented countries. As we sat inside the restaurant in the country of Italy, I began a conversation with the young Italian woman who was our waitress. She was, in fact, from Italy. It seems that everyone who works at all of the eateries or shops in Epcot are from the countries being represented. Having only visited Epcot once before in 1988, I had forgotten this. This theme repeated itself in China, Japan, England, etc. It was quite cool, but let me return back to this young lady from Italy. She relayed that all the employees are like exchange students. Disney hires them, flies them to Epcot, houses them, and in turn, they get to learn of our culture, our language (and apparently our affinity to visit crowded theme parks!!!)

Stay Connected

 Join Our Mailing List





## Calendar of Events 2013



[Our Website](#) has a calendar that is updated frequently!

September 14  
Miles for Smiles 3K/5K Walk or Run  
Walnut Creek, CA

[More Info](#)



[More Info](#)

October 5  
3rd Annual Foster Children's Health  
& Wellness Fair  
St. Mary's Parks & Rec Center, SF

[More Info](#)

October 12  
6th Annual UOP Dental Hygiene  
Conference  
San Francisco, CA

[More Info](#)

October 12  
Redwood Component CE  
Santa Rosa, CA

[More Info](#)

November 2  
CDHA Fall CE Extravaganza  
Burlingame, CA

[More Info](#)

November 7  
SFDHS CE - [Reveal Diagnostics](#)  
Mayan Room, 450 Sutter St, SF  
More Info TBA

November 8 - 10

What impressed me at this moment, and in several other moments in the other countries, is how well we, as people on this blue ball in space, can work and play with one another successfully. Our cultures are vastly different, and at times we might adamantly disagree with one another, but put that aside and we are all members of this world community. When I think about the violence in Egypt and Syria, I am comforted by my conversation with this young lady from Italy. Granted, her country isn't a place of turmoil, and Egypt and Syria aren't countries in Epcot (Imagine that!). But that aside, I felt at that moment how much we can all coexist on our planet Earth.

When we work as clinicians, we don't see race, color, creed, or ethnic background. We see a patient. A patient we want to help, either through non surgical intervention or education. At that moment, we may be people of different origins or different backgrounds, but we work together. There is so much my patients teach me, while I am teaching them. I don't see my clinical days (even those spent volunteering for events like [RAM](#) or [CDA Cares](#)) as a trip through Epcot, but I enjoy knowing that we can all come together to help each other and co-exist on this Planet. So, the next time you find yourself volunteering either locally or abroad, think of the journey we are all on together, and how smoothly that journey can go.



Michael Laflamme, RDH, B.A.  
SFDHS President 2013 - 2014  
\*\*\*\*\*

## November CE - Save the Date

Thursday, November 7th

Speaker: ***Reveal Diagnostics***

Topic: Cone Beam 3D Imaging:

Making complex, expensive technology simple and affordable so dental health professionals can better treat their patients!

Evening CE - 2 CEUs

Great for all members of the Dental Team

450 Sutter Street, Mayan Room, SF

More Info TBA

## RDHAP Story

By Peggy Trimble

Cramming the tiny wooden elevator with our home-visit

ADHA's Unleashing Your Potential  
Workshop  
Chicago, IL  
[More Info](#)

November 9  
USC's Celebrating Our Science  
Las Angeles, CA  
[More Info](#)

November 14  
Annual Pacific RDHAP Alumni  
Event  
Sacramento, CA  
[More Info](#)

November 15  
Statewide Taskforce on Oral Health  
for People with Disabilities and  
Aging Californians  
Sacramento, CA  
[More Info](#)

**2014**  
February 1  
3rd Annual SFDHS/Peninsula Joint  
CE - [Intro to Pediatric Feeding](#)  
Millbrae, CA  
More Info TBA

February 7  
Give Kids a Smile Day 2014  
SF General Hospital - WIC Office  
[More Info](#)

April 25 - 26  
CDA Cares  
Vallejo, CA  
[More Info](#)

June 18 - 24  
ADHA's CLL & 91st Annual Session  
Caesar's Palace, Las Vegas, NV  
[More Info](#)

SFDHS Board Members  
2013-2104



Michael LaFlamme, RDH, BA

dental supplies, my husband Tom and I shut the exterior door, slide closed the wrought-iron gate, and press the button. We ascend seven floors to a classic San Francisco apartment, with a view of downtown, and set up shop.

I am an RDHAP (Registered Dental Hygienist in Alternative Practice), and Tom and I have been working in skilled nursing facilities and in people's private homes for about a year and a half.

[CLICK HERE](#) for Full Article

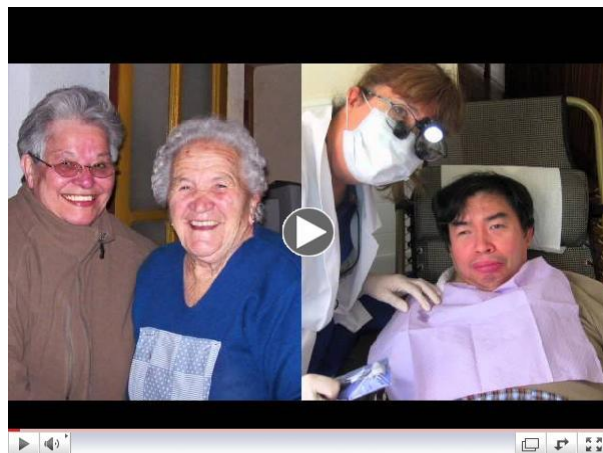
Peggy Trimble, RDHAP  
Healthy Smiles at Home  
[www.healthysmilesathome.com](http://www.healthysmilesathome.com)  
[peggy@healthysmilesathome.com](mailto:peggy@healthysmilesathome.com)

## Oral Health Links

- [ADHA Annual Session Recap](#)
- [ADHA Listserv Library](#)
- [NY Times Article: Poor DH in Nursing Homes](#)
- [Childhood Obesity Turning a Corner?](#)
- [CDA Files Legal Action Against Delta Dental of CA](#)
- [DH Volunteers needed at Berkeley Free Clinic](#)



## CDHA's 2013 PSA



2013 CDHA PSA (English)

[Click Here](#) for the Spanish Version of the 2013 CDHA PSA

Like us on Facebook

## Clinic By the Bay

SFDHS President  
CDHA Public Relations Council Chair



Michael Long, RDH  
SFDHS Alternate Trustee  
CDHA Public Health Council Chair  
ADHA Delegate



Blanca Pareto, RDH  
SFDHS President Elect  
CDHA CalHyPac Council



Diane Okubo-Fong, RDH, BSDH  
SFDHS Immediate Past President  
SFDHS Membership Chair



Wendy Leung, RDH, BSDH  
SFDHS Treasurer



Ursula Tumath, RDH, BS  
SFDHS Secretary

**[CLICK HERE](#)**  
for Volunteer  
Info



## Community Dental Health Corner



Big "kudos" go out to Sylvia Yee, RDH and Kirsten Baluyot, RDH!!

On Saturday August 24th - SF General Hospital, Family Health Center, held a health literacy fair and these two generous hygienists volunteered to screen 24 children and educate them and their parents about the importance of getting to a dentist, proper home care, AND choosing water for their family's drink of choice.

All the kids received Fluoride Varnish!

11 had visible dental decay (46%), (two with serious decay), 7 had never been to a dentist (26%) and 4 had not been in over a year!

Thanks Sylvia and Kirsten!! For helping to make our kids healthier and our community stronger!

## Treating Pregnant Patients



The American College of  
Obstetricians and Gynecologists  
WOMEN'S HEALTH CARE PHYSICIANS

The American College of Obstetricians and Gynecologists (ACOG) has determined that teeth cleaning and x-rays are safe for pregnant women and is urging all obstetricians and gynecologists to recommend routine oral health assessments during a patient's first prenatal visit.

Please read for further information:

**[ACOG: Dental x-rays, prophies OK during pregnancy](#)**

Source: DrBicuspid.com



Margaret Fisher, RDHAP, BS  
SFDHS Community Dental Health Chair



Heather Steich, RDH, BSDH  
SFDHS Trustee  
SFDHS Newsletter Editor  
CDHA IT Council Member  
ADHA Alternate Delegate



Susan Lopez, RDH, BSDH  
CDHA Immediate Past President

## [Oral Health Care During Pregnancy and Through the Lifespan](#)

Source: American College of Obstetricians and Gynecologists

## Dental Hygiene Committee of California Updates

Follow the links below for updates from the Dental Hygiene Committee of California:

- [Latest DHCC News](#)
- [DHCC's Website](#)
- [DHCC's Newsletter](#)



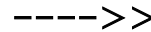
## 100 Years of Dental Hygiene Pins

We still have a few of the "100 Years of Dental Hygiene" pins available for \$10! Contact [sfdentalhygienesociety@yahoo.com](mailto:sfdentalhygienesociety@yahoo.com) if you are interested in getting one or a few!



## Cal Hy Pac - Keeping our Political Voice Strong

Click for more info - [CalHyPAC](#)



*keeping our political voice strong*

[CalHyPAC Newsletter](#)



Your Online and Mobile resource for dental jobs, employment and staffing! Search job postings and post your resume today!

<http://www.dentalpost.net>



## Quick Links



## 3rd Annual Foster Health Fair



Saturday  
October 5, 2013  
From 12pm to 3pm



St. Mary's Park &  
Recreation Center  
Murray St.xJustin Dr.  
San Francisco, CA  
94112

## Foster Care Children's Health & Wellness Fair

### Step Up to Wellness

Dear SF Community Dental Hygienists:

Please accept an invitation to partner in our campaign of Step Up to Wellness: Live Well, Eat Well, Be Well for San Francisco Foster Youth and Foster Parent Care Providers. The goal of our 3rd Annual Health & Wellness Fair is to provide awareness and access to community services assisting towards a healthy and active lifestyle for all ages!

Our goal is to offer a variety of free healthcare screenings and would be so grateful for the opportunity to host dental screenings once again at this very important event. We welcome your distribution of educational flyers and brochures, screenings with varnish, and reinforcing the importance of routine dental hygiene.

Join us in our campaign at St. Mary's Park and Recreation Center on Saturday, October 5, 2013 from 12pm-3pm.

On behalf of the local foster resource families we serve, thank you for your time and consideration!

[CLICK HERE](#) for More Info  
[CLICK HERE](#) to Sign Up

## Temporary & Permanent Placement Agency - Dental Power

### A.M.A. DENTAL POWER

OF SAN FRANCISCO, INC. PLACEMENT SERVICE  
Currently providing Bay Area with quality temporary and permanent

**Receptionists**  
**Dental Assistants**  
**Dental Hygienists**  
**Dentists**

450 Sutter Street, Suite 2010 San Francisco, CA 94108



## CPR Renewal - Safety Training Seminars

**American Heart Association**  
**Basic Life Support (BLS) for Healthcare Provider CPR**  
**classes**

- \* Classes held 3-5 times per week
- \* \$80 per person includes book and handouts
- \* Friendly professional instructors

**San Francisco CPR Training Classes**  
**San Jose CPR Classes**  
**Berkeley/Oakland CPR Classes**  
**Concord CPR Training Classes**



## Disability Insurance - Discounted for CDHA Members

### Have you protected your paycheck??

~ Did you know that 3 in 10 workers will become disabled before age 65??  
~ What would happen if you were forced to retire from dental hygiene due to a disability, could you pay your bills??  
~ CDHA members will now get a discount of up to 40% off the cost of a disability insurance plan that is designed for dental hygienist!!

- Your policy cannot be canceled as long as the premiums are paid on time.
- This plan is portable; you can take it with you wherever you work or live.
  - Your benefits can pay you up to age 67.

For your no-obligation quote: [Individual Disability Insurance Quote Request](#)

Jean Rockwell, RDH --- [Jean's Story](#)  
[jeanrdh@auerbachandgussin.com](mailto:jeanrdh@auerbachandgussin.com)  
619-517-5894 Jean's cell ~~~ 800- 287-4467 office

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## Massage Envy Spa - San Francisco Location



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1-hour massage  
session\*

**\$69** INTRODUCTORY  
1-hour Murad® Healthy  
Skin facial session\*

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at Fourth St next to Target  
(415) 349-3370

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SPA.



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We appreciate the difference that you make every day in the lives of your patients and the unique role that you play in the dental practice. Joining your Association is just as important as getting your license to practice dental hygiene. Become a part of your future. Join & participate in the only Association that represents you, the Registered Dental Hygienist.

Sincerely,

*San Francisco Dental Hygiene Society*



### Did You Know?

As an ADHA member you are entitled to a variety of benefits that are



designed specifically for you, both personally and professionally.

**[Check out Member Benefits!!](#)**

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