

Become “*Wrapped Up*” in the Alliance!



As President of the Alliance of the American Dental Association, I am honored to serve this prestigious organization of dedicated members devoted to building healthy communities. I thank you for your membership and welcome new members as well! The Alliance tripartite is the volunteer arm of the American Dental Association. Our mission is to support the ADA in their initiatives and goals. This includes dental health education, legislative advocacy and the well being of the dental family. Our origin dates back to 1955. Since then, the Alliance has worked diligently to improve the oral health of Americans all across our great nation. The Alliance consists of male and female spouses of dentists and dental students. This year, the Alliance has a new membership category, “Contributing Member,” and we welcome anyone who wishes to join the Alliance to help further our mission. With your help and support

we can continue to advance our programs, which have a measurable and positive impact in communities throughout the United States. As we head into the holiday gift giving season, I am so aware of the “gift” the Alliance is to organized dentistry and invite all our members not only to “wrap up” their calendar year and their holiday gifts, but to “wrap up” themselves in serving dentistry through the mission of the Alliance.

For the year 2007-2008, I have chosen the theme “Strengthening and Supporting Our Alliance Bridges.” San Francisco was the site of the 2007 ADA-AADA Convention and a fitting city to begin our Alliance year because of its many world-renowned bridges. Perhaps the most famous is the Golden Gate Bridge, known as the “graceful wonder that no one believed could be built.” I believe that with positive and enthusiastic teamwork, our members can fortify our Alliance bridges and end up with the same esteem that the Golden Gate Bridge has sustained for years. The word “bridges” brings many meanings to mind, principally support. The Alliance supports the American Dental Association, Constituents, Components, Student Spouses, Surviving Spouses, Members at Large, Contributing Members, and each individual Alliance member. A bridge suggests movement spanning it. Let’s MOVE together to accomplish our mission. Let’s also build bridges to reach new members for our Alliance!

I feel privileged to work with your outstanding 2007-2008 Board of Directors, Advisory Council, Executive Director Krys Hansen, and our Office Manager, Trish Rubik-Rothstein. These talented and capable officers and staff are already working on this year’s goals. I invite you to attend the Alliance Conference 2008 in St. Louis, MO, this upcoming April, titled “The Gateway to Great Alliance Adventures.” St. Louis is the city that hosted Lewis and Clark in their historic adventure west. I encourage you to explore the Alliance website <www.allianceada.org> to learn more about this conference and many other Alliance projects.

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KEY

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MISSION STATEMENT

“The Alliance of the American Dental Association is the organization of ADA member spouses committed to supporting the American Dental Association through public oral health education, legislative advocacy and the well-being of the dental family.”

As you know, it takes more than one person to build a bridge, and we need each of you to help us accomplish our mission. We appreciate those who can contribute their time and talents to the Alliance, but we also understand that for some of you, this is not possible...however, your dues contribution allows us to fulfill our mission and support the great profession of dentistry that has blessed our lives. Together, our Alliance bridges are stronger and more secure. Together, we are the Alliance of the American Dental Association!

Best wishes,

Janette Sonnenberg
AADA President 2007-2008

WRAP UP THOSE ALLIANCE MEMORIES

Here we are at the onset of another gift-giving season. What can we give our family that will tell them who we are and how we supported our spouse in his or her dental profession as Alliance members? I suggest that for this holiday season, we *wrap up memories!*

In the July issue of *KEY*, I discussed various methods of organizing our Alliance and personal memorabilia, printed and digital photos. There are many ways to preserve our history and showcase our Alliance groups as well as our families. Scrapbooks or slip-in photograph albums, digital books, CD's, and DVD's are some of the ways to pass our stories to future Alliance leaders and family generations.

A few years ago, I had the job of sorting my Mother's earthly possessions and deciding the disposition of her treasures. The first time this happened, Mom was moving to a one-bedroom assisted living apartment. An entire lifetime of collections did not fit in her reduced space. The second time, after her death on March 11, 2005, was much easier since she had occupied one room in a skilled nursing facility.

From my Mom, I received four large boxes of photos, which became the most meaningful when I took the time to talk to her about them and learn about her life. About six months before her death, I spent the day with Mom and had her identify her photographs and tell me the stories and memories that went with those photos. Some of the photos she could no longer identify so the memories were lost.

Of all the things I had to sort through, the items that mean the most to me are the things she touched. These things tell me and my children who Mom was and how she lived.

SCRAPBOOKS AND SLIP-IN STYLE ALBUMS

Scrapbooks are a fun way to preserve memories. Always consider quality first. I have used many different scrapbooks over the years to preserve my family's memories, but after 32 years, some of them are falling apart, the writing is fading, and they will not last much longer.

Scrapbooks can have anything printed on their packaging that may or may not be true. Thirty-four years ago, I placed photos from my first trip to Europe in a sticky sheet scrapbook packaged as "archival." Unfortunately, after 30 years, the sticky wore off and where the photos did stay in place, the photo color was completely destroyed. This same type of book is still being sold today with the label "archival."

After much research, I found scrapbook and slip-in style albums guaranteed for the life of the purchaser. Some are expandable. They are lignin free (will retain the original color of their pages), buffered (a photo on a page with something acidic will not be compromised), and acid free (no acid that deteriorates photos is in the album).

DIGITAL PHOTO ALBUMS

In this digital age, we take more photos than ever but do not print them. I recommend that all the photos that are important to you and your family be printed using a reputable photo processing company or photo store.

Digital books are now very popular. Many companies provide programs for creating them. Web-based programs require you to be

connected to the internet while you create your book. Some charge a monthly or yearly fee to store your book on the internet. These programs may provide a limited number of pages for use or limit the colors or print fonts available. It is possible that you may not even own the copyright to the book you have created.

With **PC-based programs**, you install the program on your computer and use it to create your book, without being connected to the internet. You can use any colors or fonts available on your computer for printing text. You own the copyright of your book and can change it at will.

CD'S AND DVD'S

Another option for preserving our memories is to create **CD's and DVD's**. For several years, I have been creating a DVD of my parents' lives. This has been costly because the photos had to be scanned. Data shows that the average DVD or CD will be readable for about 4 years. We all want to have our photos last longer than that, so be sure to print the photos you love while enjoying all that technology has to offer.

So for my gift giving this season, I am finishing my parents' DVD. I also plan to create a digital book entitled "The Christmas Pajamas," explaining how our tradition of giving our children homemade pajamas on Christmas Eve got started and including photos of them for the past 28 years. I may even finish the book entitled "Before I Was Your Mom" for my children. Other projects include digital and traditional albums for my husband's dental office reception area, including "before" and "after" photos of his cosmetic cases. I think our children need to see an album of our Alliance events and our community service and know how important the Alliance is in our lives.

Additional Note: We must all be very careful about preserving the history of our Alliance organizations. I recently received a call from a good Alliance friend needing some information about the organization of the Alliance of the Utah Dental Association. The information had been part of the AUDA Constitution for many years, but had since been eliminated in her "official" copy. Fortunately, I had an old version of the document with the information. Historical information must be protected and preserved in our official Alliance documents.

I have enjoyed my year as AADA Editor, and learned many valuable skills. I welcome the new Editor-in-Chief, Armella Glenn of Oklahoma, who I know will do a fabulous job. I have begun a new role taking the minutes (preserving the history) of the Alliance of the American Dental Association as AADA Recording Secretary for 2007-2008.

Feel free to e-mail me at <memmaker52@hotmail.com> or call me at 801.451.7200 if you need any help with your photos or capturing your stories!

Debbie W. Preece
AADA Editor 2006-2007





Looking ahead to 2008

While Debbie Preece talks about wrapping things up for 2007, don't forget to make plans now for some important deadlines in early 2008! The forms and applications for all of the programs listed below can be found on the Alliance's website at <www.allianceada.org>

NEW! AADA 2008 CONFERENCE SCHOLARSHIPS

Available to Alliance members who have attended Conference in the past, these \$600 scholarships will help defray expenses to attend Conference in St. Louis, MO, April 16-19, 2008. Scholarships will be awarded based on applicants' financial need. Submission deadline is **January 15, 2008**. Recipients will be notified by January 31, 2008.

BEULAH K. SPENCER NEW MEMBER SERVICE AWARD

This award is presented annually to ten AADA members of ten years or less, each exemplifying outstanding leadership and volunteer spirit through service and commitment in their component, constituent, or local area (for members-at-large). Awardees receive complimentary conference event tickets and up to \$600 in travel and hotel expenses to the AADA 2008 Conference in St. Louis, MO. Recipients will be recognized at a luncheon in St. Louis, so it is important that they can attend. The Spencer Award is sponsored by ADA Insurance Plans underwritten and administered by Great-West Life & Annuity Insurance Company. Deadline for submissions is **January 15, 2008**.

AADA CONFERENCE GRANTS FOR FIRST-TIME ATTENDEES

Have you considered attending the Alliance conference but hesitated? Come and learn more about how the organization works, and learn practical skills in the areas of legislative advocacy, membership recruitment and retention, leadership, dental health education, and the well-being of the dental family! These grants are aimed specifically at Alliance members who have not attended Conference, even if you've been a member for a while. Underwritten by the American Dental Association, the grant program makes available up to \$15,000 in funding for this program. Deadline for applications is **January 15, 2008**.

ALLIANCE BOARD NOMINATIONS FOR TERM BEGINNING 2008

AADA needs your time, commitment, and valuable skills. Without you, we can't continue to work toward our mission of advancing dental health education, legislative advocacy, and the well-being of the dental family. Please consider becoming active on the national level. Several positions are open on the AADA Board: President-Elect; Vice President, Treasurer, Recording Secretary, and Trustees for Districts 2, 4, 6, 8, and 10. Deadline for applications is **February 15, 2008**.

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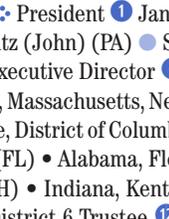
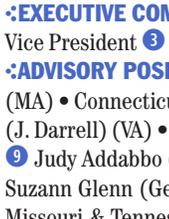
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ALLIANCE OF THE AMERICAN DENTAL ASSOCIATION

2007-2008 Officers and Board of Directors



•EXECUTIVE COMMITTEE: President **1** Janette Sonnenberg (Brent) (UT) • President-Elect **2** Anne Morrison (Scott) (NE) • Vice President **3** Carol Reitz (John) (PA) • Secretary **4** Debbie Preece (Terry) (UT) • Treasurer **5** Susan Ferry (John) (IL) • **•ADVISORY POSITION:** Executive Director **6** Krystine Hansen • **•TRUSTEES:** District 1 Trustee **7** Leslie Hannigan (Arthur) (MA) • Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island & Vermont • District 2 Trustee **8** Allene Rice (J. Darrell) (VA) • Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia & West Virginia • District 3 Trustee **9** Judy Addabbo (Frank) (FL) • Alabama, Florida, Georgia, Mississippi, North Carolina & South Carolina • District 4 Trustee **10** Suzann Glenn (Gerald) (OH) • Indiana, Kentucky & Ohio • District 5 Trustee **11** Billie Jean Graham (Joseph*) (TN) • Illinois, Missouri & Tennessee • District 6 Trustee **12** Deborah Schrank (Leonard) (WI) • Iowa, Michigan, Minnesota, Nebraska, North Dakota, South Dakota & Wisconsin • District 7 Trustee **13** Janet Pawlowski (Adrian) (WA) • Alaska, Idaho, Montana, Oregon & Washington • District 8 Trustee **14** Cindy Bates (Scott) (TX) • Arkansas, Kansas, Louisiana, Oklahoma & Texas • District 9 Trustee **15** Cynthia Mattson (Rand) (UT) • Colorado, Hawaii, Nevada, Utah & Wyoming • District 10 Trustee **16** DeAnn Probst (Harmon) (CA) • Arizona, California & New Mexico • Student-Spouse Trustee **17** Patricia Cross (Chauncey) (IL) • **•BOARD COUNCIL CHAIRS:** Dental Health Education Chair **18** Gigi Kudyba (Paul) (GA) • Government Affairs Chair **19** Susan Ryser (John) (UT) • Well-Being Chair **20** Doris Cunningham (Fenton*) (NC) • ADPAC Representative **21** Carol Nissen (Larry) (FL) **•NON-BOARD CHAIRS:** • Editor in Chief **22** Armella Glenn (Stephen) (OK) • Immediate Past President, Nominating Chair **23** Sharen Grubb (Terry) (WA) • 2008 Leadership Conference Chair **24** Susan Ferry (John) (IL) • 2008 Convention Chair **25** Jan Hagedorn (Lloyd) (IN) • Reference Committee Chair **26** Shari Carter (Stephen) (GA) • Surviving Spouse Chair **27** Marilyn Woerner (Earl*) (MO) • FDHE Chair (Ex-Officio) **28** Sylvia Greer (William) (TN) *deceased

Annual Session wrap-up



Immediate Past President **Sharen Grubb** receives her pin from **Connie Karlowicz**.



AADA President-Elect **Janette Sonnenberg**, Congressman **Mike Simpson (R-ID)**, and **Dr. Jane Grover**, ADA First Vice President



AADA President-Elect **Janette Sonnenberg**, **Dr. Brent Sonnenberg**, and family



Marthiel Russell invites all AADA members to attend Annual Session in San Antonio, TX, October 15-18, 2008



Membership Awards: (l to r) **Susan Cannon, UT; Gigi Kudyba, GA; Debbie Torbush, GA; Joyce Oates, CA; Kay Doran, WA; Kathi Webb, CA; Dr. Elizabeth Roberts, Johnson & Johnson; Sharen Grubb, WA; Jan Hagedorn, IN; Anne Morrison, NE**



House of Delegates (HOD) Flag Ceremony



Wendy Zent (r) presents **Connie Karlowicz (l)** with a quilt signed by AADA members from across the country



Phyllis Doherty



Carol Reitz



President **Sharen Grubb** and husband **Dr. Terry Grubb**



The Grubbs take to the dance floor.



Incoming AADA Board of Directors: Executive Committee (front, l to r): **Anne Morrison, Carol Reitz, Janette Sonnenberg, Debbie Preece, Susan Ferry.** Back, l to r: **Gigi Kudyba, Marilyn Woerner, Judy Addabbo, Suzanne Glenn, Sue Ryser, Doris Cunningham, Carol Nissen, Leslie Hannigan, Jan Hagedorn, Cynthia Mattson, Sharen Grubb, Allene Rice, Pat Cross, Janet Pawlowski, Deborah Schrank**



Thelma J. Neff Awards: Seated, l to r, **Becky Richards (UT), Ellen Pagano (PA), AADA President Sharen Grubb (WA), Carol Cooke (MO).** Standing, l to r, **Carol Bates (WA), AADA President-Elect Janette Sonnenberg (UT), Bobbi D'Arc (CA), Connie Larsen (GA), Mary Lou Whateley (IN), Tracy Roach (IN), Connie Karlowicz (OH), Marthiel Russell (TX)**



Communication Awards: **Deborah Adair, CA; Debbie Gotsch, IN; Gigi Kudyba, GA; Shirley Gerding, IL; Jan Hagedorn, IN; Debbie Torbush, GA; Maxine Garner, TN; Becky Richards, UT; Kay Doran, WA; Carol Reitz, PA; Kathi Webb, CA; Susan Ryser, UT; Dr. Elizabeth Roberts, Johnson & Johnson; Sharen Grubb, WA; Debbie Preece, UT**

Something old, something new: this how the Senior Smiles program could be described this past year. Program sponsors **Glaxo-SmithKline** and **Sullivan-Schein** continued their support for another year, giving the Alliance 10,000 oral health kits to distribute throughout the United States.

What was new? “Our sponsors encouraged us to emphasize collaborative education among dentists, Alliance members, and other dental team professionals,” said Sue Kuehn, Dental Health Education (DHE) Council Chair. “Consequently, we developed a grant program that people had to apply for. Criteria were developed, which included originality, creativity, and innovation in delivery dental health education.”

Alliance members received a postcard about the new process, and were invited to attend one of two conference calls to learn about the grants. “Those who attended the calls were enthusiastic and learned a great deal,” said Sue. AADA received a total of 42 individual submissions, with a sub-committee of the DHE Council judging the entries. “The quality of the applications was outstanding, and the Committee had a difficult time in choosing which ones to fund. As we only had 10,000 kits to distribute among the 36,000 requested, demand far outweighed supply,” added Sue.

Here’s a list and brief description of those who were selected to receive Senior Smiles grants:

● **Northern Neck Free Health Clinic (Kilmarnock, VA)** ● This clinic covers five rural counties spread out over a large geographical area. Its Dental Clinic is the only facility of its type within 50 to 60 miles or more in any direction. Patients are seen three days a week by a staff dentist and area volunteer dentists. Dental and hygiene students from the Virginia Commonwealth University Dental School rotate at the clinic to gain hands-on experience working with patients. Kits will be distributed to senior citizens who visit the clinic, as well as two nursing homes in the area. Education will be one-on-one as well as in groups. AADA Member Jocelyn Lance assisted with this application.

● **United Way of Tucson and Southern Arizona (Tucson, AZ)** ● United Way works with an extensive network of agencies that serve low-income and semi-dependent seniors. Its principal partner is the area agency on aging. The education programming and kits will be placed in senior centers in low-income areas, congregate meal sites, assisted living facilities, low income elderly housing units, and delivered to the homes of those in long-term care and (through tribal representatives) to Native American on the reservations. AADA member **Maralyn Hauer** assisted with this application.

● **Kansas Dental Association, Johnson County Health Department (Johnson County, KS)** ● This program will provide dental health education and kits to approximately 25 long-term care facilities. The Johnson County Health Department will sponsor a training program presented by dental professionals for all long-term care facilities’ health staff in conjunction with the Kansas Dental Association. AADA member **Susan Hemberger** led the effort for this program.

● **Dental Directions (Illinois Department of Public Health and Illinois State Dental Society/Alliance of the Illinois State Dental Society)** ● This collaboration will provide oral care training programs for long-term care facility staff and service providers, and their resident patients, as a preliminary step for distributing the Senior Smiles kits. Dental Directions is a statewide program aimed at oral health training in Medicaid facilities. Alliance members will serve as collaborating partners at the in-service sessions: **Johanna Manasse** is the contact person for this program.

● **Pennsylvania Dental Association and the Alliance of the Pennsylvania Dental Association** ● This collaborative effort is aimed at senior health fairs sponsored by the PDA, as well as assisted-living facilities identified by local agencies on aging with low-income residents who would most benefit from an educational presentation and kits. With their kits, this group of dentists and Alliance members will focus on the four corners of the state of Pennsylvania to contact as many seniors as possible. **Christine Alvarez** led this effort.

● **University of Oklahoma College of Dentistry and College of Dental Hygiene in Partnership with Good Shepherd Ministries of Oklahoma, Inc.-Oklahoma City** ● This program includes both chair-side clinical one-on-one dental professional instruction and group oral health education with older adults in several community living settings. The program will take place in a local free community health clinic and senior adult living environments throughout the state. **Kathy Steffan** works with this pilot program.

● **Saint Mary’s Dental Health Care Center (Waterbury, CT)** ● This clinic currently treats patients from 14 senior residential facilities on a regular and emergency basis. Its Senior Smiles program will provide kits to patients during office visits and a subsequent brief oral health education session. A second phase will be initiated at three residential facilities with educational sessions on prophylactic oral care and a brief oral screening by dentists and dental hygienists. **Nancy Delfino** is the AADA member who submitted this application.

● **Senior Services Plus and the Southern Illinois University School of Dental Medicine (Alton, IL)** ● Senior Services Plus is a community-based nonprofit organization that serves seniors in a five-county area. In partnering with the SIU School of Dental Medicine dental students, SSP will provide in-service training and kits for seniors at five dining sites throughout Madison County. **Pat Cross** is the AADA member agreed to be part of this team.

● **Lauren Cramer/Adam Cramer, DDS, et al. (Olympia, WA)** ● This program will be presented at the Senior Center in downtown Olympia. Several area dentists, representatives from the Union Gospel Mission’s free dental clinic, and Alliance volunteers will work to provide an educational program and distribute kits during a one-day event in September. Alliance member **Lauren Cramer** works with her husband Adam on this program.

● **Lee County Health Department (Keokuk, IA) with John Wilde, DDS & Leann Vermazen, RDH** ● This team will focus on nursing home facilities in the Lee County, IA, area. Sessions will be aimed at training healthcare workers in proper patient oral health. With their kits, the



group will be able to target those most in need of education and products. AADA member **Lois Barrett** is part of this team.

● **Smiles for All (Quad City Health Initiative, Davenport, IA)** ● Five caregiver support groups have been identified that meet regularly under the direction of the Center for Active Seniors in Davenport, IA, and Moline, IL. The strongest advocates for advancing the oral health of seniors are the senior citizens themselves and those who care for them. With the kits, the collaborative team of dentists and hygienists will conduct educational in-services. **Sherry Williams** is a new AADA member and a member of the team.

● **Riverside Convalescent Center (West Point, VA)** ● Dr. John Tullner, a retired VA dentist, is working with the Virginia Commonwealth University School of Dentistry Department of Dental Hygiene and the school's Preceptorship Program to set up a program to educate the Center's staff, family members, and patients in better oral care.

● **Tuscarawas Dental Society, Union Hospital Community Health and Wellness, members-at-large of the Alliance of the Ohio Dental Society (Dover, OH)** ● This program is aimed at educating seniors at four centers throughout Tuscarawas and Holmes Counties. The dentists, in collaboration with Alliance members, will present a program, conduct oral health screenings, and distribute their kits. AADA past president **Connie Karłowicz** led the efforts here.

● **Lehigh Valley Dental Society & Lehigh Valley Dental Society Alliance (PA)** ● In conjunction with a local hospital and two nursing homes, dentists and Alliance members will present a day-long program aimed at seniors and staff members. **Season Rose Pagano** is part of the team.

● **Harlan County Extension Agency (KY)** ● This joint effort with H. Fred Howard, DMD, and dental hygienist and AADA member **Cindy Howard** will take place at senior citizen centers in Harlan County, KY, an area with low socio-economic status.

● **Govans Ecumenical Development Corporation (Baltimore, MD)** ● This pilot program will be headed by the director of Geriatric Dentistry at the University of Maryland Dental School and a dentist from the People's Community Health Center. They will offer educational sessions to seniors identified through the Center as high risk but with potential for improved self-care. New AADA member **Gail Levy** submitted the application.

● **Alliance of the Wabash Valley Dental Society and Bruce Mattern, et al. (Wabash, IN)** ● Senior centers in the cities of Wabash and Marion will serve as hosts for a joint program between dentists and hygienists. AADA member **Susan Beckett** submitted this application.

● **Project Homeless Connect (San Francisco, CA)** ● The Alliance was pleased to earmark some kits for a service project at the site of this year's Annual Convention in San Francisco. Alliance representatives and Senior Smiles sponsors GlaxoSmithKline Consumer Healthcare and Sullivan-Schein-a Henry Schein Company made a special presentation to PHC at the UOP Dental School on Wednesday, September 26, 2007. Project Homeless Connect (PHC) is determined to make life better for people experiencing homelessness in San Francisco. Launched in October 2004, PHC has become a world-leading program and best

practice model. PHC events have now occurred in over 107 cities across the United States as well as Canada, Puerto Rico and Australia. Every other month, over 1,000 community volunteers partner with city government, non-profits, and the private sector to provide a one-stop shop of health and human services for homeless San Franciscans. Services include medical, mental health, substance abuse, housing, dental, benefits, legal, free eyeglasses, California ID, food, clothing, wheelchair repair, and more. PHC partners with the University of Pacific Dental School in providing clinicians, clinical support, and professors to treat patients.



Three dental hygienists presented a program on better oral hygiene to 21 residents of the Riverside Convalescent Center in West Point, Virginia on October 13. Education was also provided to several staff members.



Senior Smiles: Project Homeless Connect, San Francisco, one of 18 recipients of a Senior Smiles grant from the Alliance of the American Dental Association, welcomes Alliance representatives, corporate sponsors, and volunteers from the University of the Pacific Arthur A. Dugoni School of Dentistry. Pictured from left: Steven Kess, vice president, professional relations, Sullivan-Schein Dental, A Henry Schein Co.; Dr. Richard Fredekind, associate dean for clinical services, UoP; Sharen Grubb, AADA president; Nancy Rock, manager, Project Homeless Connect, San Francisco; Dr. Patrick Ferrillo, dean, UoP; Sue Kuehn, AADA dental health education chair; UoP dental student Brian Withers; Krystine Hansen, AADA executive director; Dr. Ronald L. Rupp, senior manager, U.S. Professional Relations, GlaxoSmithKline; UoP dental student Dan Witcher; and UoP dental student Saam Zarrabi.

FOUNDATION FOR DENTAL HEALTH EDUCATION LIFETIME ACHIEVEMENT AWARD

The FDHE Board of Directors was honored to present the Foundation's Lifetime Achievement Award in Dental Health Education to **Connie Karlowicz** on September 30, 2007, during the AADA annual session in San Francisco, California. An AADA Past President, Connie has been called "a trailblazer" and "the organizer" of Dental Health Education. Since Connie became an Alliance member in 1982, she has been dedicated to Dental Health Education.

Connie wrote two DHE pamphlets. One of those pamphlets, "Help Your Child to a Healthy Smile" (1988), is still distributed by her local hospital in their new mothers' kit. The other pamphlet, "Keep that Smile... Make Friends with a Toothbrush" (1990) is geared to teaching good oral hygiene and nutrition.

In 1988, Connie worked with the American Cancer Society to develop Ohio's first smokeless tobacco program, which was also shared with Alliances across the country. Currently, Connie and her husband, Jim, use the smokeless tobacco program (T.A.C.T.I.C.) when presenting at locations such as the local youth detention center. Connie is an active organizer of and participant in the Give Kids a Smile program for Amish children and her church's Hispanic dental screening program.

Of course, we all know Connie through *Senior Smiles*, Connie's vision for a dental health education program for seniors. Connie said, "We need to reach beyond the children." Through her effort, hard



I to r, Judy Keenan, Nancy Uhlmansiek, Armella Glenn, Connie Karlowicz, Doris Cunningham, Marthiel Russell, Sue Kuehn; at podium, Sylvia Greer, FDHE Chair

work, and networking with Sullivan-Schein Dental and GlaxoSmith Kline Consumer Healthcare, the program was launched in Las Vegas and is now entering its third year.

Connie's lifelong dedication to Dental Health Education is an inspiration to all of us. Congratulations, Connie!

Sylvia Greer
FDHE Chairman

COURTESY RESOLUTION

Presented at the Alliance House of Delegates on September 29, 2007

WHEREAS, in 2006, the Alliance of the American Dental Association (AADA) launched its premier dental health education outreach program, Senior Smiles, due to the assistance, support and guidance of *Sullivan Schein, a Henry Schein Company, and GlaxoSmithKline;*

Therefore, be it **RESOLVED** that AADA expresses deep appreciation to those members who supported Senior Smiles in many different and creative ways, but especially through their volunteer educational programs to advocate for better oral care for older Americans;

And be it further **RESOLVED** that AADA acknowledges the generosity of *Steven Kess and Dr. Ronald Rupp* and in doing so, recognizes them as **FRIENDS of the ALLIANCE.**

And, lastly, be it **RESOLVED** that this Resolution will be incorporated in the Minutes of the 2007 House of Delegates.



Steve Kess,
AADA President
Janette Sonnenberg,
and **Dr. Ron Rupp**



Steve Kess and
AADA Immediate
Past President
Sharen Grubb



Afton Alder

Afton Carter Alder was born and raised in Utah. She attended Utah State University and the University of Utah, where she received her Bachelor of Science degree in Dietetics in the field of Home Economics. Her future husband, Bryant Alfred Alder, was Captain of the BYU tennis team. She watched him play tennis all afternoon as he won the Utah championship. Her roommate was engaged to his doubles partner and asked Afton to go on a "blind date" with Bryant, but it wasn't a "blind date" for Afton. They married on June 28, 1943, exactly a year later. They moved to Portland, OR, in 1947, where Bryant attended dental school. They remained in Oregon and raised their family.

Bryant and Afton have seven children, 32 grandchildren and 39 great grandchildren. James is a dentist, John is a physician, Barbara and Joann are both dental hygienists, Maryann is a music teacher, Linda is retired but owned Aerobics in Action, and Susan is a retired private secretary at Nordstrom. All of their children are college graduates.

Afton joined and became president of the Junior Auxiliary to the University of Oregon Dental School. She also served as President of the Portland District Dental Auxiliary and as President of the Oregon

AADA PRESIDENT 1967-1968

Dental Auxiliary in 1961. Her service on the national level includes three years as Recording Secretary and one year as Vice President. When the President-Elect resigned because of illness, Afton was elected President in 1967 without serving as President-Elect.

Her fondest memories of her term as Alliance President are that dues were \$1 and included four issues of the *National Key Bulletin*; there were members in every state, totaling 14,000; and completion of the WAADA Archives in the ADA Headquarters Building in Chicago in 1968. Afton enjoyed travelling to Arizona, Arkansas, California, Colorado, Idaho, Indiana, Iowa, Virginia Kentucky, Mississippi, Ohio, Oregon, Pennsylvania, Utah, Wisconsin, Washington, and Wyoming. These constituent visits were a highlight of her term of office.

Afton enjoys golfing, quilting, and loves music. She has been the National President of American Mothers, Inc., and was Mother of the Year for Oregon. She has been Mrs. Portland, Mrs. Oregon, and a runner-up to Mrs. America in 1966. Afton has also served in PTA presidencies and in many capacities in the Church of Jesus Christ of the Latter-Day Saints (Mormon Church).



Bertha Lee Blevins Bentley

Bertha Bentley was born September 10, 1934 in Flat Rock, AL, and attended Birmingham Business College. She married Billy C. Bentley on October 15, 1955, while he was employed by the US Army as a dental assisting instructor at Ft. Sam Houston, TX. This experience convinced him to become a dentist instead of a doctor.

Bert worked as an executive secretary while her husband studied dentistry. Their first child was born while Billy was in the army; their second, during his freshman year of dental school. Bert and Billy have four children, ten grandchildren, and one great-grandchild. Deborah Kyle Smith is Manager in Human Resources at Venture Construction Company. Col. Vincent Carl Bentley is Commander of the NATO Health Clinic in Brussels, Belgium. Christina Marie Henry is a Corporate Officer, EIS Finance, at SunTrust Banks, Inc. Teresa Lee Friend is a Professional Services Coordinator for Prosys Information Systems.

Bert served the Auxiliary of the Northern District Dental Society as Handbook Chairman, DHE Chairman, Recording Secretary, Corresponding Secretary, and President-Elect, before becoming President in 1976. For the Alliance of the Georgia Dental Association, she served as Convention Chair (two years), President-Elect, and President in 1980-1981. As Georgia's President, she presented AADA with the lovely needlepoint lectern cover used at all official Alliance meetings. Bert also worked in her husband's office as a book-keeper and part-time assistant.



AADA PRESIDENT 1993-1994

An Alliance member for 46 years, Bert was a student-spouse group member at the University of Alabama School of Dentistry, Birmingham, AL. In AADA, Bert has served as District Trustee, Reference Committee Chairman, and Treasurer (two terms); Vice President; and President-Elect before becoming President in November 1993. She developed the Reference Committee Handbook and resolution procedures.

During her terms as President-Elect and President, Bert promoted partnership with the ADA by working with ADA staff in Chicago and Washington, DC, to develop grassroots strategies for AADA members to educate national legislators on the ADA position on health care reform. Bert's fondest memories of her term as AADA President are of visiting constituent dental meetings; Leadership Conference in Atlanta, GA; AADA Annual Session in New Orleans; and participating in fundraising cruises to the Caribbean and the Alaska Inside Passage, netting AADA \$25,000. Bert says the Alliance is composed of many dedicated, caring, talented, loving members who believe deeply in their spouses' chosen profession and the health care of their communities. She learned how blessed she was to have the opportunity to work with AADA members.

Bert loves to sew for her family, especially her grandchildren, with whom she loves travelling. Bert reads, plays bridge, and works on her computer. In addition to her Alliance service, Bert has served for 25 years on the Board of Trustees for the Atlanta Boys Choir, volunteered with organized sports with her children, and served on PTA boards during their elementary and high school years. She also worked as Office Manager for a candidate for Lt. Governor of Georgia and Campaign Manager for a candidate for the Georgia State Senate.

ALLIANCE WELCOMES CONTRIBUTING MEMBERS

It's always exciting when something new is launched! The Alliance of the American Dental Association approved a new membership category in San Francisco during the 2007 House of Delegates. This category is called Contributing Member and **the Alliance is very happy to welcome these new members to our great association!**

Contributing Members support the Alliance's work, and want to demonstrate their support by paying dues. Potential members could be your dentist spouse, your adult children who work in the practice, your staff members, professional colleagues in dentistry: literally anyone who supports the Alliance of the American Dental Association.

Contributing Members receive *KEY* and can serve on a committee. However, they cannot hold office. That is still reserved for Active members, who are defined as the spouses of ADA member dentists or ASDA member dental students, or the surviving spouses of dentists who were ADA members at the time of their death.

Many times we are asked if our spouses, sponsors, or even the Executive Director of our dental association can join the Alliance. Well, now they can show their support by paying national dues annually as Contributing Members.

The Contributing Member classification continues to safeguard our values as spouses of dentists, while allowing others to show their

support through their dues. If you are putting together a DHE committee in your community, a Contributing Member could serve alongside you in your project.

Leslie Franklin, Director of Marketing, Great West Life, asked if she could become the first Contributing Member of the Alliance of the ADA! What an honor. Leslie is anxious to support AADA with her annual check, and to keep abreast of AADA projects and goals through *KEY*. She even hopes to serve on a local committee in her community someday to assist in an Alliance's project.

I plan to sign my husband up as a Contributing Member right after the first of the year. He will receive *KEY* at his office so he won't always have to ask to read mine! I hope you will support the AADA by encouraging your dentist spouse and other professional colleagues to become Contributing Members of the AADA!

Please look for the Contributing Member application on the Alliance website and on the facing page. A new membership brochure is due to be launched in early 2008, so look for a new document that talks about all facets of AADA membership.

Sharen Grubb

AADA Immediate Past President

First AADA Contributing Member: **Leslie Franklin**



The Alliance is pleased to embrace **Leslie Franklin** as our FIRST AADA Contributing Member. Central Office received Leslie's faxed application and dues payment on October 19, 2007. Leslie is a "gift" to the Alliance. We welcome others to join her example and be "wrapped up" in our incredible Alliance organization. The following is Leslie's life sketch in her own words.

My family includes husband Steve, son Daniel, 8; daughter Jenna, 4; and a cat, a dog, and a parrot. My husband is a Denver native and recovering lawyer who is now a corporate trainer for Lehman Brothers. We live in the Denver suburb of Englewood, CO, just nine doors up the street from where Steve grew up. I'm originally from Kansas City; my parents and siblings all live there still. Every 4th of July, our family reunites at our family home at the Lake of the Ozarks and spends the days swimming, jet-skiing, and riding my dad's golf cart on the dusty lake roads.

I attended college at Tulane University in New Orleans, where I majored in English with a concentration in writing. My first job was as a magazine editor, and my career has grown from journalism to include advertising, public relations, publishing, and marketing; one of my favorite jobs was at Current (yes, the catalog company!), where we designed and sold gift wrap and greeting cards. In my spare time, I love to cook and spend one-on-one time with my children. I also hold a national office in my college sorority (Kappa Alpha Theta), through which I oversee 15 college chapters in a nine-state district.

Fall 2007 marks the beginning of my 10th year at Great-West Life, and I've worked for the ADA Insurance Plans as director of marketing that entire time. I'm responsible for promoting the ADA's group insurance policies to the Association's members, and in doing so, it's been a natural fit to build a relationship with AADA. The ADA recognizes that AADA contributes to the strength and vitality of organized dentistry, much as the Alliance recognizes that a strong, engaged spouse contributes to the success of the dentist.

I wanted to become a Contributing Member of AADA so I could hang out with Alliance members as a bona-fide insider—without having to remarry or put my husband through dental school! Seriously, membership represents a higher level of commitment, and is a tangible way for me to personally support an organization that I also believe in professionally. I admire AADA's dedication to the greater good (both the consumer public and the community of organized dentistry) and love how the organization's service mission simultaneously benefits its own members. AADA expertly marries service outreach and social interaction in a way that makes involvement meaningful and valuable for every member...and maybe that's because "marriage" is at the very core of the organization.

Thanks for allowing me to become the first Contributing Member. It's quite an honor. I hope many, many others follow this lead.

Leslie Franklin

GIFTS OF HEALTH AND WELLNESS



On August 16-18, 2007, I attended my fifth biennial Health and Wellness Conference in Chicago. Each year, I am more impressed with the speakers and information we receive. This conference is open to all with a small registration fee. I recommend that you all make plans to attend in 2009.

Formerly known as the Well-Being Institute, now called the Conference on Dental Health and Wellness and featuring some new content, it was

held in the ADA Building. There were three program tracks: **Personal Growth, Professional Impairment, and Ergonomics in Dental Practice.**

Ergonomics in Dental Practice, the newest addition, includes posture, productivity, pain management, back and neck pain for dentist and staff. Many dentists are forced to retire early because of disabilities. Dentists, spouses, dental team members, dental students, and professionals who work with dentists could find this session of interest.

Andrew Erlich, PhD, a clinical psychologist, spoke at the General Session on "Freeing the Giant." He referred to his eight-foot cousin as an example of how different we are and what we can do with our differences. This tall man, often considered a "freak," became a star of silent films; renowned artist, poet, and sculptor; performer with Ringling Brothers, Barnum and Bailey Circus; public speaker; and award-winning athlete.

In "Ancient Insights to Reduce Stress," Dr. Erlich discussed how stress could destroy our health. He closed his presentation with yoga and belly-breathing, and emphasized how important this practice can be in reducing stress.

Internist Lorrie Elliott, MD, spoke on "Women's Health," reminding us that heart disease takes more women's lives than cancer does. She discussed the importance of genetics and knowing our family's medical history.

All ADA Advisory Council members were given assignments to introduce speakers, etc. Mine was to see that 30 attendees were transported to and from the "Chopping Block" for a nutrition workshop and lunch. Several chefs offered information as they cooked our food. Dawn Jackson Blatner, RD, who earned her BS degree in Human Nutrition and Food Science from the University of Illinois, was an interesting and charismatic speaker. She spoke on new and "Not Your Mother's Recipes." She suggested we put vegetables on a top refrigerator shelf to remind us to eat them as snacks.

John Palmer, DDS, MC, RCC, the Well-Being speaker at conference in 2006 in Seattle, spoke on "Nurturing Close Relationships." Eric Fung, PhD, spoke on "Nutritional Supplements," warning us that they are not standardized and could cause dangerous interactions with prescription drugs. Don Deems, DDS, spoke during General Session on "Defining the Healthy Dental Workplace," and how it could affect dentists, their staff, and family.

Last but not least, David "Chip" Dodd, PhD, spoke on "Giving and Receiving: Spirituality and Health." He explained "The Spirit Root System," a way for professionals to understand their emotional and spiritual make up and to use it to live a fuller and more gratifying life.

At convention, several members suggested I tell you how you can receive help if you have problems. Visit the ADA web site at <www.ada.org> and go to the "Dental Professionals" section. You will find well-being information under "You & Your Practice," including lists of helpful programs. See the bottom of this page for an overview of the program as well as Health and Wellness contacts within the ADA staff.

Doris Cunningham

AADA Well-Being Chair

Liaison from the AADA to the ADA Advisory Committee

ABOUT THE ADA DENTIST HEALTH AND WELLNESS PROGRAM

The ADA Dentist Health and Wellness program offers personal assistance, including referral information on treatment facilities for alcohol and other drug dependence, evaluations, and state well-being committee contacts.

For the name and contact number of the Dentist Well-Being Committee or other services in your state, and other ADA Well-Being Program resources, call the member toll-free number, 800.621.8099, x2622, or 312.440.2622, or e-mail <keatingl@ada.org>.

The program area, previously known as the Dentist Well-Being Program, covers support for disabled dentists, activities related to

ergonomics and dental practice, and resources to help dentists be more proactive in looking at their own health and wellness.

ADA STAFF CONTACTS

- Donalda Ellek, PhD, manager, Office of Quality Assessment and Improvement, Council on Dental Benefit Programs, toll-free 800.621.8099 x2772, <ellekd@ada.org>
- Marcia McKinney, Senior Project Manager, Dentist Health and Wellness, 800.621.8099 x2622, <mckinneym@ada.org>
- For Health and Wellness Resources, go to <<http://www.ada.org/prof/prac/wellness/>>

A Matter of Life or Death



Jake and Anna Lippert

When Dr. Jacob (Jake) and Anna Lippert attended the Annual Session of the American Dental Association in San Francisco, they did not know that it would turn out to be one of the most important dental meetings in Jake's life. Jake has been the Executive Director of the Missouri Dental Association since 1997 and is completing 2007 as Executive Director Emeritus.

On Thursday morning, September 27, 2007, Jake arrived at the ADA Health Screening. The doctors discovered his blood pressure was elevated and his EKG was 155 hrt, indicating possible atrial fibrillation or atrial flutter. Jake and Anna were sent immediately by taxi to the Emergency Room at the California Pacific Medical Center.

At the Emergency Room, Jake's blood pressure was slower and on three different EKGs, his heart appeared fine. The doctors completed an extensive cardiac work-up and blood testing. He was in the ER for three hours, given medication to control his heart, and advised to seek the services of a cardiologist as soon as possible after arriving home. If his heart had continued with an undetected atrial fibrillation, Jake could have died within 30 days.

After arriving home, Jake sought the care of a cardiologist and wore a halter monitor with 3 electrical leads on his chest for three weeks, 24 hours a day. His doctor could access his heart monitor at any time. On November 6, 2007, Jake received the news that while he was wearing the heart monitor, his heart had two episodes, one lasting ten seconds, and one lasting two seconds. Now his condition will require future monitoring. How grateful Jake and Anna are for the ADA Health Screening!

EDITOR'S NOTE: *One of our members' son-in-law, a Colorado pediatrician, was diagnosed with renal cancer, which has now metastasized to his lungs. He is no longer able to practice in his profession. Since his medical group had purchased disability insurance years ago, this doctor felt he was protected, not knowing his monthly disability payment would not meet his current financial needs. For this reason, I requested Great-West Life & Annuity Insurance Company provide information for this issue regarding disability insurance.*

—Debbie Preece

DISABILITY INSURANCE: Is your family adequately protected?

If your spouse does not currently have disability insurance, consider it immediately. The younger and healthier the applicant, the greater the likelihood of qualifying for coverage at the most favorable rates and terms. If a medical condition exists, the insurance company may offer modified coverage, which is better than no insurance at all.

Seek the right coverage. There are two types of disability insurance, and most dentists need both. *Disability income insurance* helps replace a dentist's income to cover personal and family expenses. *Business overhead expense insurance* is designed specifically to cover the practice's expenses. To learn more about the disability plans available to ADA members, go to <www.ada.insurance.org> or call 888.463.4545.

Maximize options. Depending on eligibility, your spouse may be able to enhance a basic policy by purchasing options. For example, a future increase option guarantees that a dentist can increase his or her coverage without a medical exam. A cost of living adjustment option would increase benefits after a dentist is disabled to keep pace with inflation.

Review existing insurance annually to make sure it's adequate. Coverage that approximates 60% of a dentist's monthly net earned income (after expenses, but before taxes) should preserve your family's standard of living. Visit <www.insurance.ada.org/ip_work.php> for an online calculator which can help you analyze your spouse's current need for disability coverage.

Get extra insurance if needed. Start by looking at existing policies. Exercising any available future increase option can provide an automatic increase in coverage without having to qualify medically. Of course, your spouse also can apply for more insurance, pending eligibility and medical and financial approval. Under the ADA plans, an ADA member can apply for disability coverage anytime before age 60.

Editor's note: This article does not constitute legal, tax, or financial advice. Please seek professional input as appropriate to your situation.



Honey Do... Take care of yourself

I came across an interesting statistic recently: 44 percent of self-reported, non-fatal injuries occur in or around the house, according to the National Center for Health Statistics (NCHS). It got me thinking about the “Honey Do” lists we invariably create for our spouses, and whether we should add “Do take care of yourself!” to the top of the list as a constant reminder to stay healthy and minimize unnecessary risks. For like it or not, an illness or accident could result in a career-ending injury for the dentist you love.

For like it or not, an illness or accident could result in a career-ending injury for the dentist you love.

WHAT GOES UP MUST COME DOWN

Take climbing a ladder to fix something, for example. Several dentists are currently receiving benefits through the ADA Insurance Plans because they were disabled by a fall off a ladder.

David Chen is one such dentist. He remembers the snowy morning six years ago when he decided to climb a ladder to find out why a storm window had blown off the second story of his house on Long Island, NY. “The ladder moved, I fell off, landed on my back, and suffered three spinal compression fractures,” he says. “The injury left me with permanent nerve damage and numbness in both feet. I’ll never be able to practice full-time again.”

Sadly, Dr. Chen had lost his wife to cancer several years before the accident, and he thinks that if she had been there that morning, she would have told him to stay off the ladder. Now he says the same to other dentists. “Hire a professional to do those jobs around the house,” he says. “It’s not worth the risk.”

It may be unrealistic to expect your spouse never to climb another ladder, but just keep in mind that falls are the leading cause of unintentional injuries among Americans ages 25 to 65, according to the NCHS. The second leading cause for people in this age group is overexertion.

Among dentists, overexertion injuries can occur from sitting or standing in awkward positions for long periods of time, or using repetitive motions as they work. Dentistry is a physically demanding profession, and many dentists work long hours, so it’s not uncommon for them to experience neck, shoulder, back, and wrist injuries as a result of overexertion. And some of those injuries can lead to a disability.

AVOID AND PROTECT

To prevent these injuries at the office, encourage your spouse to incorporate the latest principles of ergonomics into his or her practice. Then at home, urge your loved one to minimize activities that can exacerbate pain and strain, such as shoveling snow, gripping vibrating tools for long periods of time, or jumping into strenuous weekend sports without proper conditioning. Remind your spouse that a healthy body is his or her most important practice asset, and that staying physically fit and leading a healthy lifestyle will pay off in so many ways. One young dentist, who decided to swap injury-prone snowboarding for low-impact swimming, looked at it this way: “As a dentist, my body is all I have. If I hurt it, I could take away my ability to earn a living.”

Of course, even the most physically fit, cautious person can be disabled by a serious illness or unavoidable accident. That’s why it’s also critical to have a safety net of adequate disability insurance to protect your family’s finances. We recommend disability income insurance that equals approximately 60 percent of the dentist’s net earnings to preserve your current standard of living, and business overhead expense insurance that covers at least the three largest operating expenses of the practice (payroll, rent, and utilities) to help the practice can stay open until the dentist recovers or makes other plans.

As Dr. Chen puts it, “Every dentist should have disability insurance, because you never know what can happen.”

Have a wonderful—and safe—holiday season!

Jim Biesterfelt

Great-West Life & Annuity Insurance Company

Jim Biesterfelt is Vice President, Group Special Accounts, Great-West Life & Annuity Insurance Company. Great-West underwrites and administers the ADA Insurance Plans and is the exclusive provider of ADA-sponsored life and disability insurance to ADA members and their families. For more information, call 888.463.4545 or go to <www.insurance.ada.org>.

Editor’s note: This article does not constitute legal, tax, or financial advice. Please seek professional input as appropriate to your situation.

5 LEADING CAUSES OF INJURY AMONG AMERICANS AGES 25-65*

- Falls
- Overexertion
- Struck by or against an object
- Motor vehicle accident
- Cuts

*Medically attended, nonfatal, unintentional injuries, United States.

Source: National Center for Health Statistics, 2003.

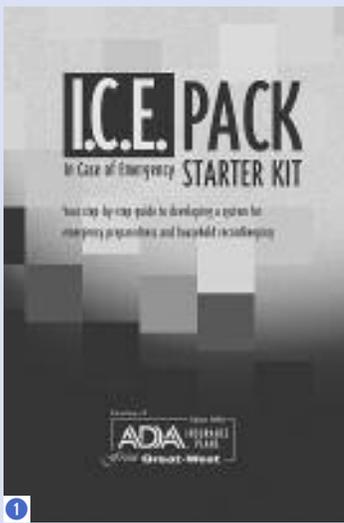
FREE RESOURCES FOR YOUR NEXT EVENT

Did you know? The Alliance has access to several free resources courtesy of the ADA Insurance Plans. You can provide any of these items to current or prospective AADA members when hosting a membership meeting or recruitment event in your community:

- 1 **ICE (In Case of Emergency) Pack Starter Kit.** A step-by-step guide to developing a system for emergency preparedness and household recordkeeping, including checklists and a water-resistant folder for important papers.
- 2 **Estate Planning Kit.** Includes a brochure with tips on selecting an estate planning attorney and a 24-page Personal Estate Planner workbook.
- 3 **New Dentist Kit.** A comprehensive kit with important information about personal insurance, including frequently asked questions, magazine articles, a glossary of common insurance terms, and testimonials from several young dentists about the value of insurance protection.

- 4 **Wherever You're Headed, the ADA Can Support You.** A brochure for new dentists with tips about shopping for insurance and stories of three young dentists who used their life and/or disability insurance to launch their practices and provide for their families.
 - 5 **The Masters: How to Live Like a Champion...Lessons for Life from the Game of Golf.** A booklet of uplifting and inspiring words of wisdom from professional golfers, with space to add your own comments and affirmations on a number of success-oriented topics.
 - 6 **ADA Insurance Plans Catalog.** Describes the five different group insurance policies available exclusively to ADA-member dentists and their families.
- **Applications.** Plan-specific applications for free student life insurance, affordable student disability insurance, and/or other ADA-sponsored group policies.

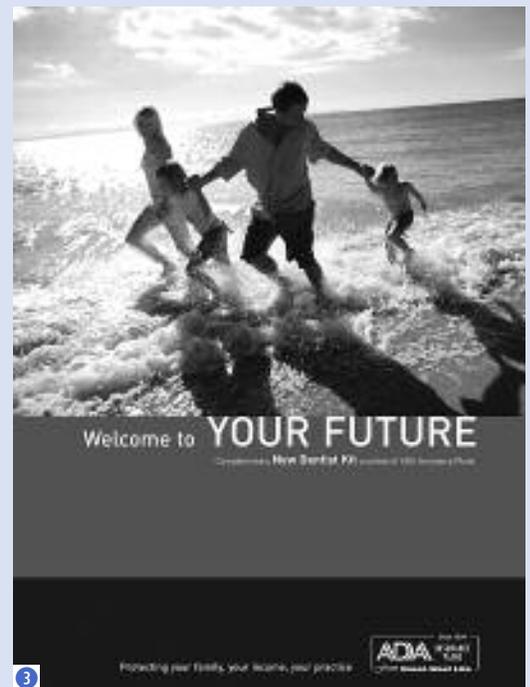
To request any of these items, contact Leslie Franklin at <leslie.franklin@gwl.com> or 303.737.5778. Allow approximately two weeks for delivery.



1



2



3



4



5



6

Wrapped up in the Alliance mission



DENTAL HEALTH EDUCATION

I am excited to be a part of AADA leadership helping to build Alliance bridges as your new **Council on Dental Health Education** Chair (CDHE). I wanted to take this opportunity to introduce *your* 2007-2008 CDHE and share how *you* can help us achieve our alliance goals. Although the name has changed, our mission remains the same.

I started my dental odyssey working at Emory University School of Dentistry in Nutrition and Dental Health, where I met my husband, Paul S. Kudyba, Jr., 26 years ago. I received my Master of Medical Science degree in nutrition education from Emory and have been involved in the education process ever since. I have worked in hospital clinical nutrition; taught nutrition science to nursing students; counseled patients in a behavioral medicine unit specializing in eating disorders; and managed my husband's busy prosthodontic practice for the past 14 years. We have been married for 22 years this October and have five children: Paul III, Karl, George, Joseph, and Sarah.

My latest educational feat was passing the teacher certification exam in Family and Consumer Science at the High School level this past spring. This idea came from attending an AADA conference!

Speaking of conferences, we hope to see you in St. Louis, MO! Plan to attend the **AADA Conference 2008** in April as we build bridges with ADA CAPIR and highlight member projects. The CDHE also hopes to cook up some DHE recipes that are simple and easy to implement!

With all the wonderful DHE projects submitted, we hope to highlight some of them and our members on our redesigned alliance web site. **Sherry Bailey** (ID) has graciously agreed to help with this goal. Please check the AADA web site for updates <www.allianceada.org>. **Johanna Manasee** (IL) has graciously blessed us with her writing talents and will be instrumental in publishing AADA CDHE news!

Dottie Hendricksen (VA) will sub chair our efforts with supporting ADA GKAS program to be held on February 1, 2008. Hopefully you have registered your program with ADA, as the deadline for product requests was November 15. If you didn't register a project with the ADA, it is not too late to support your local dental association, school dental clinic, or independent dental efforts in your area. This year we had eight component/constituent alliance organizations recognized for their participation in ADA GKAS. I know there are more to be recognized, so please make sure you submit your participation to the DHE member project awards in 2008!

Connie Karlowicz (OH) heads our *Senior Smiles* outreach program as sub chair. She will assist in reinforcing our bridges with ADA and our sponsors GlaxoSmithKline and Sullivan-Schein as we continue to improve implementation strategies to reach our elderly population. This program fits seamlessly with ADA's OralLongevity program, unveiled this fall at the ADA meeting in San Francisco. Please visit the ADA web site <www.orallongevity.ada.org> for this exciting program.

Our council team would also like to support ADA's fluoridation efforts. Please visit <www.ada.org/goto/fluoride> for more information. As we continue to explore oral systemic connections, the importance of diet and oral health education and prevention is vital.

Other CDHE team members who will be supporting AADA DHE goals are **Jan Demetriou** (MA), **Molly Bickford** (GA), **Debbie Torbush** (GA), **Megan Peters** (OH), **Pat Cross** (IL), **Robin Southard** (OK), **Kim Iverson** (UT), and **Joyce Hashimoto** (CA). Thank you all for your alliance support!

Please join our CDHE team this year. We look forward to hearing from you and perhaps spotlighting your project or DHE efforts!

Gigi Kudyba
2007-2008 CDHE chair



DHE Awards: *l to r*, **Connie Karlowicz**, OH; **Debbie Gotsch**, IN; **Allene Rice**, VA; **Johanna Manasse**, IL; **Maxine Garner**, TN; **Janet Pawlowski**, WA; **Mary Percy**, GA; **Becky Richards**, UT; **Jocelyn Lance**, VA; **Dr. Elizabeth Roberts**, Johnson & Johnson; **Sharen Grubb**, WA; **Susan Ferry**, IL; *at podium*, **Sue Kuehn**, CA



Legislative Awards: *l to r*, **Kathy Wat**, CA; **Debbie Torbush**, GA; **Janice Gerritsen**, UT; **Lois Clark**, WA; **Wendy Zent**, IN; **Jocelyn Lance**, VA; **Anna Lippert**, MO; **Dr. Rob Raiber**, ADA CGA Vice Chair; **Carol Reitz**, PA; **Sharen Grubb**, WA



ADPAC Awards: *l to r*, **Anne Morrison**, NE; **Lois Clark**, WA; **Ann Hanson**, MO; **Jocelyn Lance**, VA; **Connie Karlowicz**, OH; **Debbie Torbush**, GA; **Dr. Jeff Parish**, ADPAC Chair; **Sharen Grubb**, WA; **Brian Sodergren**, Manager, Grassroots Education, ADPAC; **Kathleen Ford**, ADPAC; **Wendy Zent**, IN; **Carol Nissen**, FL



LEGISLATIVE PACKAGE

As the new Chair for the Council of Government Affairs, I would like to thank **Carol Reitz**, our outgoing chair, for all her great work over the past four years. Carol has worked hard, accomplished much for the Alliance, and served as a member of the ADA Council on Government Affairs. Carol never tires of promoting the Alliance.

The AADA Government Affairs Council is composed of a representative from each of the Alliance Districts. As the new Council Chair, I'm excited about what we can accomplish. Together, we are working to see that every Alliance member who wants to be kept informed about legislative issues, updates, and alerts, receives that information. If you want to be sure that you receive legislative updates, please send e-mail to <manager@AllianceADA.org> and let us know that you want to receive our e-mails.

Legislative Alerts are among the easiest and fastest ways you can make a difference on issues affecting dentistry. When you receive an alert, take a few moments to respond. By clicking on the link, you

should be taken to a web page that will give you everything you need to know, including a sample message. Please note, however, that the text was written for ADA members. If you are responding as an Alliance member, you will need to change the wording at the beginning of the message. Using your computer mouse, simply highlight what you want to change and type in what you want to say. You can also write your own message. Everything else is done for you.

NEWS FROM WASHINGTON, DC

The House failed to override the veto of legislation reauthorizing the popular State Children's Health Insurance Program (SCHIP). The final vote was 16 votes short of the 289 votes needed.

The ADA stated that they expect the House would take the bill back to the drawing board, "tweak" it just enough to get the additional votes needed to reach a veto-proof margin, then bring it back to the House floor for another vote.

Susan Ryser

AADA Council on Legislative Affairs Chair 2007-2008



ADVOCACY—ACTIVISM

The dictionary defines these words as follows:

- **Advocacy:** "the pleading or arguing for a cause or proposal"
- **Activism:** "a doctrine or practice that emphasizes vigorous action for political end"

But what do these words mean to you? If they are not in your daily vocabulary, your family's dental practice may be in jeopardy.

Nationally, the ADA is the "voice of the profession." Through the ADA's Grassroots Network and in conjunction with ADA lobbyists, the profession helps uphold its integrity by addressing critical issues such as access to dental care, HIPAA, OSHA regulations, Medicare and Medicaid, and cash vs. accrual accounting for small businesses. The Grassroots Network is critical to the effectiveness of our advocacy. It puts practicing dentists and their spouses (Alliance members) in contact with their members of Congress to discuss dental issues and how impending legislation impacts them and their dental practice.

ADPAC, the political arm of the ADA, is another important part of this advocacy partnership. ADPAC's mission is to educate dentists about the importance of political action, motivate dentists and their spouses (Alliance members) to become involved in the political process, and help elect Congressional candidates who understand and support issues of importance to dentists, their families, and patients.

This process of motivating the dental team is political activism, characterized by *vigorous* activity in the political process that affects the

family's dental business. To do this, you must get to know and build working relationships with your state and federal lawmakers. Learn and understand the legislative process, so you can express your ideas or concerns effectively. Communicate with your legislator about dental issues before action is taken. Communicating your concerns is critical when the state legislature or U.S. House or Senate is to hear legislation concerning dental issues. Get involved. Correspond with patients, business associates, neighbors, and friends to educate them about dental-friendly candidates in your legislative districts. Raise funds, have receptions, walk districts, and make phone calls for pro-dental candidates. You may not like it, but politics are a very important part of dentistry and its future. Remember what Rep. Charlie Norwood, DDS (R-GA), said many times: "make politics a part of doing business."

Dentists provide oral health care and operate a business. Dental families should carry the political message of dentistry. *At the heart of that dental family is the Alliance.* The most important act of protecting the dental practice of your family is becoming the **active advocate** for issues concerning the day to day business of dentistry.

Make the political process your business because it is **your** business.

Carol Nissen

ADA Alliance ADPAC Representative

FDA Alliance President

FDA FLADPAC Vice-Chair



Wrapped up in Student Spouse activities

“Collaboration, information and fun” are words that come to mind when reflecting upon my experiences at the American Student Dental Association’s (ASDA) Annual Session in Fort Lauderdale, FL, August 29 through September 2, 2007. This outstanding group of future dentists and their spouses is working diligently to enter the dental profession with all of the various issues they face.

I brought greetings from the Alliance of the ADA at the Opening Ceremony of the ASDA Annual Session. I also gave a PowerPoint presentation telling who we are, what we do for organized dentistry, and what being a member of the Alliance can do for you during and after the dental school years. The presentation was well received by ASDA members and ADA guests. The enthusiasm, fresh perspectives, and commitment are wonderful to see in our future dentists.

I then attended the Welcome Reception. I spoke mainly with unmarried dental students who were interested in presenting the Alliance as one of the activities available at their dental schools. Many said they thought it would be great to have a student spouse Alliance on their campus. Several students came up and mentioned they recognized some of their friends in the PowerPoint photos. I also talked with some students I had met last year. I received a great deal of positive feedback and many “thank yous” for what the Alliance does for organized dentistry.

The ASDA Delegate of the Year Award Luncheon, sponsored by *ADA Insurance Plans*, was the next event on the agenda for me. This

event was full of positive energy! Several of us from ASDA, ADA, and AADA volunteered to be in a dance contest. Jim Biesterfelt informed the audience about *ADA Insurance Plans* while Leslie Franklin helped us with costumes, instruction, and choreography. There was much camaraderie and fun!!! After this, the delegate award ceremony began with the winners, all of whom “demonstrated personal development and outstanding achievement” as stated by Dr. Brooke Loftis, ASDA President. The National Delegate of the Year Award was given to Amy Smith (AZ).

In the mid-afternoon, it was time to set up for the ASDA Exhibit Fair. Florida Alliance members Susan Antoon and Jerilyn Bird came down to join me at our booth. Susan and Jerilyn were wonderful contributors in talking to the students about the Alliance. Central Office sent the needed materials to the hotel in advance of my arrival. All of our AADA materials were given away. **It was a most positive experience for the Alliance of the American Dental Association.** After the Exhibit Fair, Leslie Franklin and Jim Biesterfelt took Jerilyn, Susan, my husband (Dr. Robert Uhlmansiek), and me out to dinner at a wonderful restaurant on the Inter-Coastal Waterway.

We are friends who share a common bond and work toward goals that help organized dentistry.

Nancy Uhlmansiek

Immediate Past Student Spouse Trustee

The AADA team at the ASDA Exhibit Fair:

l to r, Jerilyn Bird and Susan Antoon, FL; Nancy Uhlmansiek, Immediate Past Student Spouse Trustee



Student Spouse Awards:

l to r, Kathy Kne for Sabrina Atwood, Case Western Alliance, OH; Mary Percy for Angela Lucas, Medical College of Georgia Alliance, GA; Dr. Elizabeth Roberts, Director of Professional Affairs-Oral Care, North America, Johnson & Johnson; Sharen Grubb, WA; Nancy Uhlmansiek, WA



ASDA Delegate of the Year Award Luncheon, sponsored by Great West Life at the ASDA Annual Session in Fort Lauderdale, FL.

Dance contest participants, l to r, Shamik Vakil, 4th year student from the University of North Carolina; Nancy Uhlmansiek, AADA past Student Spouse Trustee, WA; Dr. Dennis Manning, ADA 8th District Trustee, IL; Quiana Reid, 2nd year student, Mcherry; Dr. David Halpurn, Vice President of Academy of General Dentistry, MD; Kim Klein, fourth year student, New York University. Not pictured: contest judges Jenny Liang, 4th year student, Tufts; Render Parkman, 2nd year student, University of Louisville; Murtuza (Muzzy) Jaffari, 2nd year student, University of Michigan



MEET ME IN ST. LOUIS: THE GATEWAY TO GREAT ALLIANCE ADVENTURES

St. Louis, Missouri, April 16-19, 2008

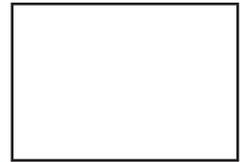
AADA 2008 Leadership Conference Preliminary Schedule

Monday, April 14	6:30-8:30 pm	Executive Committee Dinner
Tuesday, April 15	8:00 am-4:00 pm	Executive Committee Meeting
	6:00 pm	Board of Directors Dinner
Wednesday, April 16	8:00 am-4:00 pm	Board of Directors Interim Meeting
	10:00 am-6:00 pm	Conference Registration
	Noon-1:00 pm	Board of Directors Luncheon
	3:00-4:30 pm	Surviving Spouses Tea/AADA Past President's Gathering (President's Suite)
	3:00-6:00 pm	Salable Items
	3:30-5:00 pm	Board Nominee Interviews
	4:30-6:30 pm	FDHE Board of Directors Meeting
	6:00-7:00 pm	First Timers Orientation
	7:00-9:30 pm	Welcome Event, Gateway to Great Alliance Adventures
Thursday, April 17	7:30-10:00 am	Leadership Session/Sit-Down Breakfast (Personality Plus: Understanding Your Individual Leadership Style/Mary Byers)
	7:30 am-3:00 pm	Conference Registration
	8:30 am-4:30 pm	Dentist CE Course (Making Technology Work for You/Dr. Rand Mattson)
	10:15 am-12:15 pm	Membership Session (Recruitment and Retention: The Habits of Highly Successful Member Organizations/Mary Byers)
	12:30-2:00 pm	Beulah K. Spencer Luncheon
	2:15-3:45 pm	Workshops (Leadership Training/Mary Byers, Membership R&R/Krys Hansen, Using Computers for Your Alliance Projects, Could Practice Management be in Your Future/Jerilyn Bird, Fraudulent Practices in the Dental Office/Cynthia Mattson)
	4:00-5:30 pm	Workshops repeated
	6:30-9:30 pm	Special Event (Lemp Mansion, Mystery Dinner Theatre)
Friday, April 18	7:30-9:00 am	Continental Breakfast and District Meetings
	7:30 am-1:30 pm	Conference Registration
	8:00 am-Noon	Dentist CE Course (The Business of Dentistry/Dr. Rand Mattson)
	9:00 am-Noon	DHE Session (The Importance of DHE Programs/Dr. Lewis Lampiris, invited presenter; Sharing of Members' DHE Projects; DHE Projects on Display)
	12:15-1:30 pm	Well-Being Luncheon and Program (Mary Ellen Psaltis)
	1:45-5:15 pm	Tour of St. Louis
	6:00-11:30 pm	Dinner on your own. Enjoy the fantastic restaurants of St. Louis
Saturday, April 19	7:15-8:45 am	AADA Committee Meetings and Workshops (Constituent/Component Presidents/Presidents-elect, Jan Hagedorn; Constituent/Component Treasurers, Connie Karlowicz)
	9:00 am-Noon	Legislative Advocacy Sit-Down Breakfast/Session (Overview of Legislative Issues/Dr. Keith Suchy, invited presenter. Roundtables: How to Contact and Best Influence Your Legislators, How to Host Meet and Greets, How to Raise Funds, How to Write Effective Letters/Lobbying, How to Better Partner with Your State Dental Associations)
	12:30-4:30 pm	Tour of St. Louis
	6:30-10:30 pm	President's Gala Reception/Dinner/FDHE Silent Auction



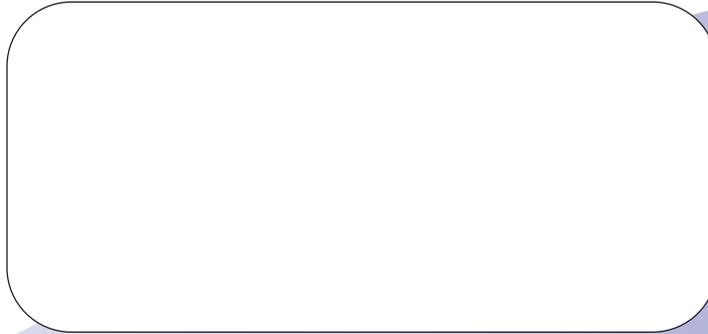


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**2008 AADA Conference Scholarships,
Beulah K. Spencer, and
2008 Conference First-Time Attendee
Grant Applications due**
January 15, 2008

Give Kids A Smile Day (GKAS)
Friday, February 1, 2008
<www.ada.org/prof/events/featured/gkas/index.asp>

National Children's Dental Health Month
February 2008
<www.ada.org/prof/events/featured/ncdhm.asp>

AADA 2008-2009 Elected Officer Applications Due
February 15, 2008

AADA 2008 Leadership Conference
All Alliance members are invited!
Westin Hotel, St. Louis, MO
April 16-19, 2008

ADA Washington Leadership Conference
J.W. Marriott Hotel, Washington DC
May 12-14, 2008

ADA/AADA Annual Convention
San Antonio, Texas
October 15-19, 2008

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