



December 2009

Hygiene Herald

Official publication of the Illinois Dental Hygienists' Association

Together, let's "create magic" for IDHA

by Gina Peksa RDH, IDHA president



I am truly honored to be writing to you as president of IDHA. I'm very excited for a great year. My theme is "Creating Magic For IDHA." Those who know me know I love Disney and what better way to tie IDHA and Disney together than their leadership. Lee Cockrell, who was executive vice president of operations for Disney, wrote a book "Creating Magic: 10 Common

Sense Leadership Strategies From a Life At Disney." I want to help the IDHA board understand these strategies and pass them down to their components and then on to you, IDHA members.

Let me give you a brief synopsis of each strategy.

Strategy #1: Everyone is Important

Everyone is important: dentists, patients, assistants and each other. Internally, we all are important as well. Each one of you matter. Each one of you has a voice.

Strategy #2: Break the Mold

Change the structure. We may or may not need to change the structure of IDHA. As president, I will be evaluating on an ongoing basis the structure of IDHA. I won't be afraid to try new things.

Strategy #3: Make People Your Brand

We need to develop and keep great people. I will be working on making one on one contact with each committee chair and trustee. I'm committed to developing cohesiveness and a high functioning board.

Strategy #4: Create Magic Through Training

I'm hoping to help the board grow and then the trustees can turn around and train their components who can then reach out to the grass roots members so we can grow and mentor new leaders. This is all done by good training.

Strategy #5: Eliminate Hassles

I will be working on identifying process problems and fixing them. Just because we have always done them one way doesn't mean we always should or there isn't a better way of doing things. We will be looking at our policies, procedures and bylaws to fix this.

Strategy #6: Learn the Truth

We need to learn the facts. We can never know everything but you can always learn more. Decisions are only as good as

the information they are based on. To be effective we need to keep our eyes and ears open and learn the truth and facts.

Strategy #7: Burn the Free Fuel

The key to this strategy is **ARE**: Appreciation, Recognition, and Encouragement. Everyone needs a boost in self-esteem and self-confidence. This triggers people to have more energy and motivation.

Strategy #8: Stay Ahead of the Pack

This means staying on top of progress. This applies to general learning and knowledge, our technology skills, and our technical skills. We will be trying to use more technology for our board and committee meetings. We need to listen to what is out there on TV, radio, read books, papers, and listen to people both young and old.

Strategy #9: Be Careful What You Say and Do

We need to model appropriate behavior at all times. Words and actions are powerful. A few great ways to do this is to be passionate and committed to your role, maintain a positive attitude, and work toward making adversaries your partners.

Strategy #10: Develop Character

You must have moral and ethical strength. You need to know what you stand for and be ready to do the right thing. You never know when a difficult situation may arise. If you know where you stand you will have an easier decision to make.

I'm looking forward to this year. Let's work together to create magic for IDHA!

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Logan College Project Smile serves community

by Pamela R. Karns, R.D.H., B.S.D.H., M.S.H.S.A.D.
 Coordinator for Dental Hygiene, John A. Logan College



On Oct. 9, the John A. Logan College dental assisting and dental hygiene programs, along with the cosmetology program, hosted their annual Project Smile community service event. It was a huge success!

We treated 123 patients, providing free radiographs, dental exams, cleanings and sealants. The total production for dental from "Project Smile" was \$17,401 based on

private practice fee schedule. For cosmetology, 39 hair-cuts and 26 manicures were provided. At current regular salon prices, the donated services totaled \$1,170.

A special thanks goes out to the students, faculty, dentists and maintenance staff for their hard work and dedication or this event could not have taken place.

Mark your calendars for Oct. 8, 2010 for next year's Project Smile event!

Editor's Note: *Project Smile is exclusive to the John A. Logan Dental Assisting & Dental Hygiene Program. Their numbers are based on regional private practice fees, vs. the Give Kids a Smile Day project whose numbers are based on current state Medicaid reimbursement rates.*



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IDHA member receives IFLOSS Oral Health Champion award



Lisa Bilbrey of IFLOSS (left) presents Sherri Lukes (IDHA Public Health/Access to Care Chair) with the Oral Health Champion award. Lukes received the award in Springfield in at the oral health conference, "Pursuing Excellence in Oral Health," sponsored by the IFLOSS Coalition and IDPH.

Recipients were chosen for their community health leadership as demonstrated by contributing to community oral health in a meaningful way.

Lukes was selected for her passionate work with migrant farm workers and for her efforts to increase the delivery of oral health care for the unserved.

IDHA president speaks at SIUC induction and pinning

New IDHA President Gina Peksa spoke to an audience of SIUC students, faculty, family and friends at the annual ADHA Pinning and Induction Ceremony in October.

President Peksa shared stories of her road to leadership and how the mentors from her component, and others she's met nationally, have helped her along the way.

In her remarks, she encouraged the students to remain lifelong members of the ADHA after graduation.

The IDHA president also visited students and faculty at John A. Logan College in Carterville while she was in Southern Illinois.



Left to right: ADHA SIUC Student Chapter President Mallory Davidson, IDHA President Gina Peksa, ADHA SIUC Student Chapter Advisor Sherri Lukes, and Dwayne Summers, DMD, SIUC Dental Hygiene Program Director.

Chain reaction thinking

by Sandra Nagel Beebe, RDH, PhD, Illinois Tobacco Intervention Incentive Liaison

In the U.S., stroke is the third leading cause of death. October 29th was recognized as "World Stroke Day."

The Centers for Disease Control (CDC) identify strokes as having four important risk factors. Risks to be aware of include: high blood pressure, heart disease, diabetes, and SMOKING. The first three factors may be controlled, therefore lowering the risk for avoiding strokes.

Smokers are known to have twice the risk for ischemic strokes, independent of other risk factors in their lives. It is noted that smoking contributes to or promotes atherosclerosis, increased blood clotting factors, high blood pressure, and in the brain, a decreased flow of oxygen. So, as we educate our patients, this is one more bit of information to explain why quitting smoking is so important. It is one risk factor that individuals can control to avoid having a stroke.

As professionals, we need to continually instruct our patients on the pro's and con's for eliminating smoking in our lives. Remember to keep the information simple by using the ASK if they smoke, ADVISE to quit, and REFER to the 1 866 QUIT-YES. It's only a phone call away!

Any questions or concerns, contact your State Liaison, Sandra Nagel Beebe, RDH, PhD, sbeebe@siu.edu, for further assistance. Let us keep our dental hygiene profession on the forefront for educating our patients.



Calendar of events

January 2010

- 13 West Suburban DHS**
“Boomers and Seniors”
 3 CEUs
 Signature Events at Seven Bridges, Woodridge, Ill.
 Speaker: Carol Jahn, RDH, BS, MA, ED
 Contact Mindy Anton 630/479-7271
- 17 South Suburban DHS**
“Developing Rapport With Your Patients”
 9 a.m. - noon
 Prairie State College, Chicago Heights, Ill.
 Speaker: Sister Mary Francis Seeley, PhD
 Contact Sue Littva-Mitchell at 708/757-4997
- 20 North Suburban DHS**
Meeting
 Bristol Court Banquet Hall, Mt. Prospect, Ill.
 For more information go to www.nsdhs.org
- 21 Winnebago DHS**
“Dental Care of the Special Needs Patient”
 2 CEUs
 Registration 6 p.m., Program 6:30 p.m.
 Speaker: Cathy Olson, RDH, BS, MA, ED
 Contact Dawn Troy at shorty95_98@hotmail.com
- 24 Fox Valley DHS**
“New Year’s Resolutions”
 6 CEUs
 9 a.m. - 4 p.m.
 Hilton Garden Inn, St. Charles, Ill.
 Speaker: TBD
 Contact Vicki at 630/393-6352 or vadamrdrh@att.net

February

- 10 Winnebago DHS**
“CPR:Healthcare Provider Refresher Course”
**Advance registration required by 2/1/10*
 Registration 5:45 p.m., Program at 6 p.m.
 Cost: \$35 without book, \$50 with book
 Swedish American EMS, Rockford, Ill.
 Contact Dawn Troy at shorty95_98@hotmail.com
- 10 West Suburban DHS**
“CPR Class”
 Signature Events at Seven Bridges, Woodridge, Ill.
 Contact Mindy Anton 630/479-7271
- 26 Midwinter Executive Council meeting**

March

- 10 North Suburban DHS**
Meeting
 Bristol Court Banquet Hall, Mt. Prospect, Ill.
 For more information go to www.nsdhs.org

- 10 West Suburban DHS**
“Rx for Insurance Blues”
 3 CEUs
 Signature Events at Seven Bridges, Woodridge, Ill.
 Speaker: Patti DiGangi, RDH, BS
 Contact Mindy Anton 630/479-7271
- 15 South Suburban DHS**
“Implant Maintenance-Implant Longevity”
 7 - 9 p.m.
 Prairie State College, Chicago Heights, Ill.
 Speaker: Ann Drewenski, RDH
 Contact Sue Littva-Mitchell at 708/757-4997

April

- 11 Fox Valley DHS**
Topic TBD
 3 CEUs
 1 - 4 p.m.
 Hilton Garden Inn, St. Charles, Ill.
 Speaker: TBD
 Contact Vicki at 630/393-6352 or vadamrdrh@att.net
- 14 West Suburban DHS**
TBD
- 17 Board of Trustees meeting**
 IFT Robert M. Healey Center, Westmont, Ill.
- 19 South Suburban DHS**
“The Periodontal Patient”
 7 - 9 p.m.
 Prairie State College, Chicago Heights, Ill.
 Speaker: John Pyle, DDS
 Contact Sue Littva-Mitchell at 708/757-4997
- 22 Winnebago DHS**
“Teenagers - What Their Mouths Are Telling You But They’re Not: Practical Information on Teen Health Issues”
 2 CEUs
 Registration 6 p.m., Program, 6:30 p.m.
 Hootman Dental Lab, Rockford, Ill.
 Speaker: Janette Dellinger, RDH, BSDH
 Contact Dawn Troy at shorty95_98@hotmail.com
- 30 Southern Illinois DHS**
Annual Conference
“From No to Go: Customized Care for a Healthy Patient and a Healthy Practice” 9 a.m. - noon
“Just Because They Need It Doesn’t Mean They’ll Want It: Strategies for Oral Health and Patient Compliance” 1 - 4 p.m.
 Speaker: Janette Dellinger, RDH, BSDH
 Registration 8:30 a.m.
 Cost: \$50 w/ADHA card, \$100 non-members, \$25 student
 Conference Center, John A. Logan College, Carterville, Ill.