



# Mega - Bites

A Quarterly E-Newsletter free to subscribers through the  
Tennessee Dental Assistants' Association webpage at <http://www.tndaa.org>

Volume 3, Issue 1

Winter, 2007

## Spotlight on..... Louise Leonard

This issue of Mega-Bites is dedicated to the memory of Louise E. Leonard, who's passing December 7, 2006, saddened those of us who loved her.

Louise started the first ADA accredited dental assisting program in Tennessee in Chattanooga in 1960. She retired from dental assistant education in 1992 and moved to Florida. She was active in the ADA, TNDAA and the Chattanooga Area Dental Assistants Society and held virtually every office at the state and local levels.

Louise was a mentor and a friend to many dental professionals in the state. We invite you all to help us celebrate her life and share your memories of Louise by sending an e-mail message to [mega-bites@tndaa.org](mailto:mega-bites@tndaa.org).



Louise with long time friend and companion, Tommy Howell.



### In this issue:

- Cover: TNDAA Annual Session  
Spotlight on...Louise Leonard
- Page 2 TDA responds to Rep. Hensley  
CE Requirements  
ADAA Statement of Professional Commitment  
Opportunity to Volunteer-RAM  
Dental Auxiliary Educational Courses and on-line CE
- Page 3 Calendar  
Educators' Conference  
District News-Chemical Dependency CE in Chattanooga
- Page 4 Feature Article: ADAA and What it Represents by Terri Rollins  
Calendar of Events
- Page 5 In the News...  
FREE CLASSIFIEDS!
- Page 6 Subscription Information  
General information  
TNDAA Hardship Funds

### TNDAA Annual Session

The TNDAA Annual Session will be held in conjunction with the TDHA, Annual Session, April 20 through the 22, at the Cool Springs Marriott in Franklin, Tennessee.

During the Annual Session, the TNDAA will have a Board of Trustees meeting, General Assembly, Educator's Conference, a legislative update, educational opportunities and social activities.

TNDAA members will also be electing officers at the 2007 Annual Session during the General Assembly. Please send nominations to Karen Castleberry at [kc1fineda@comcast.net](mailto:kc1fineda@comcast.net). Nominations may also be made from the floor, but in either case, the nominee must accept the nomination in writing.

Complete details and registration will be available soon at [www.tndaa.org](http://www.tndaa.org). Please plan to join us. Questions? E-mail [info@tndaa.org](mailto:info@tndaa.org).

See you there!

## State Representative Joey Hensley, M.D. Requests Water System Managers to Stop Fluoridating/ Tennessee Dental Association Responds

In a letter to all Tennessee Water Systems, State Representative Joey Hensley, M.D., of Hohenwald, has requested an immediate stop to community water fluoridation.

Sixty years of scientific study and practical experience has documented that community water system fluoridation is safe and effective, and it has been proclaimed by the Centers for Disease Control as one of the ten greatest health advances of the Twentieth Century.

Please communicate with your State Senator and State Representative, letting them know you favor community water fluoridation and of fluoridation's public health benefits.

The TDA has also corresponded with the Tennessee Water Systems, letting their managers know of the vast number of health organizations, including the Tennessee Medical Association, that support community water system fluoridation. A comprehensive response to Representative Hensley's letter has been sent to all Tennessee Water Systems.

Tennessee Dental Association is forming a Fluoridation Task Force with representatives of dental organizations, including the Tennessee Dental Assistants' Association, to fight anti-fluoridation activities in our State. (Note: Karen Castleberry has appointed Karla Kampa, Nashville, as the TNDA representative to this task force.)

### 2007 Dental Auxiliary Educational Courses

Dentedonline has requested approval from the Tennessee Board of Dentistry to provide the following educational courses for Registered Dental Assistants and Registered Dental Hygienists this year. These courses are not intended for CE credit unless the participant is already certified in the function.

**Monitoring Nitrous Oxide**

**Coronal Polishing**

**Sealant Placement**

**Administration of Nitrous Oxide**

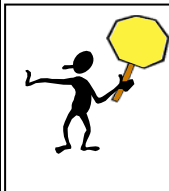
For more information and to register for these courses, visit [www.dentedonline.com](http://www.dentedonline.com)

### More On-line CE coming to TNDA

TNDA had an enthusiastic response to its first on-line CE course in 2006. Plans are underway for more on-line courses in 2007. Visit <http://www.tndaa.org/tndaa/CE.html> for details.

## New CE Cycle January 1, 2007 – December 31, 2008

All registered dental assistants are required to fulfill 24 hours of continuing education during the two calendar year cycle (January 1 of an odd year - December 31 of an even year) and keep a current C.P.R. card at all times. Dentists must fulfill 40 hours and registered dental hygienists are required to fulfill 30 hour of CE during the same two-year cycle. A minimum of 2 of the required biennial hours for all dental professionals must be obtained in the area of chemical dependency education.



### CAUTION!

Not all CE providers are approved by the Tennessee Board of Dentistry! For specific details, consult the TBD website at <http://www2.state.tn.us/health/Boards/Dentistry/index.htm> :

### Did you Know?

Auxiliary membership in the Tennessee Dental Association is not the same as membership in the Tennessee Dental Assistants' Association. All active members of the TNDA are eligible to vote, hold an office, and take advantage of our FREE CE and other benefits! Join today! Get involved! For more info, go to <http://www.tndaa.org/tndaa/membership.html>

### The ADA's Statement of Professional Commitment:

"As a professional dental assistant, I will promote the advancement of the careers of dental assistants and the dental assisting profession in matters of education, legislation, credentialing and professional activities which enhance the delivery of quality dental health care to the public."



Join the  Today!  
[www.dentalassistant.org](http://www.dentalassistant.org)

**Opportunity to volunteer:**  
The Remote Area Medical Corps®  
<http://www.ramusa.org/index.html>





## Plan your Calendar

### January

11 and 12 - Board of Dentistry Meeting, 9:00 am in the Video Conferencing Room, 220 Athens Way, 1st Floor, Nashville

13 - Coronal Polishing Examination at Meharry Medical College, School of Dentistry

18 -20 TDA Dental Health Workshop

### February-National Children's Dental Health Month

23 – 1-5 pm - Two 2-hour courses: “Chemical Dependency” and “New Technology in the Dental Lab” at Chattanooga State. More info at <http://www.tndaa.org/tndaa/CADAS.html>

### March

4-10 - Dental Assistants Recognition Week – Contact Dennis Merrell at the ADAA for more information [dmarrell@adaa1.com](mailto:dmarrell@adaa1.com)

15-17 - Thomas P. Hinman Dental Meeting, Atlanta, GA. For more details visit [www.hinman.org](http://www.hinman.org)

### April

1 – TNDAA Scholarship Application Deadline visit <http://www.tndaa.org/tndaa/Scholarship.html> for details

20-22 - TDHA/TDAA Annual Session Cool Springs Marriott

### May

10-12 - Professional Dental Assisting Conference Indianapolis Marriott Downtown, Indianapolis, IN. For more info visit: <http://pda07.events.pennnet.com/fl//index.cfm>

17-20 - TDA Annual Session, Nashville

24 and 25 - Board of Dentistry Meeting, 9:00 am, Poplar Board Room, 227 French Landing, Nashville

### September

27-30 - ADA/ADAA Annual Session, San Francisco, CA

13 and 14 - Board of Dentistry Meeting, 9:00 am, Poplar Board Room, 227 French Landing, Nashville

15 - Coronal Polishing Examination at Meharry Medical College, School of Dentistry

### October

16 - Bosses Day

19 – 1-5 pm Two 2-hour CE courses at Chattanooga State. More info at <http://www.tndaa.org/tndaa/CADAS.html>

## Tennessee Dental Assistant Educators Conference

The Tennessee Dental Assistant Educators met in conjunction with the TNDAA Fall Conference, October 13. During the meeting the following items were discussed:

- Teaching strategies were discussed
- Recruitment and retention strategies
- Ways to increase enrollment
- On-line instruction possibilities, including on-line CE courses for TNDAA. A review committee was established.
- Starting or improving Student Organizations
- A Student Sub Council to the TNDAA – with a non-voting member on the TNDAA Board of Trustees will be established at the Annual Session
- Students will be invited to become involved TNDAA Sessions, i.e., Table Clinics, Competitive papers, Skills contests
- Plans for an Educational Methodology workshop

Plan to attend the next Educators Conference in April in conjunction with the TDHA/TNDAA Annual Session. Information will soon be posted at <http://www.tndaa.org/tndaa/ClassroomCorner.html> Non-educators are welcome to attend too!

## District News

As our membership continues to grow, new local groups are organizing. Nashville and Cookeville. Tennessee now has members from six surrounding states! If you are interested in starting a local association of ADAA members in your area, contact us at [admin@tndaa.org](mailto:admin@tndaa.org).

**Nashville Dental Assistants' Association** For more information contact Terri Rollins, at (615)690-5400 or [rollinlo66@yahoo.com](mailto:rollinlo66@yahoo.com)

**Cookeville area:** <http://www.tndaa.org/SixthDistrict.html> If you are interested in joining this group, contact one of the DA's listed.

**Chattanooga Area Dental Assistants Society** has posted their 2007 CE program and pre-registration form at <http://www.tndaa.org/tndaa/CADAS.html> The program includes a **2 hour Chemical Dependency course** on February 23 at Chattanooga State.

Not sure to which District you belong? Visit <http://www.tndaa.org/DistrictNews.html> to check out your district's news. Many districts offer FREE CE to members!

The TNDAA is approved by the Tennessee Board of Dentistry as a provider of Continuing Education for dental assistants, dental hygienists, and dentists.



## THE ADAA AND WHAT IT REPRESENTS

by Terri Rollins, RDA, CDA, CDPMA,  
 President/Nashville Dental Assistants Association  
 Secretary/Tennessee Dental Assistants Association  
 ADAA Membership Committee

As we unfold into the New Year and recuperate from the holiday season, many of us start working on that “New Year’s Resolution” that we made on January 1<sup>st</sup>. What was your New Year’s Resolution? I bet over half of you said you were going to start on a diet or get into better shape. Did any of you say... “I want to enhance my career and get more active in an organization that supports my profession?”

Many of us have been in the field of dentistry for many years. There are many of us just getting started. Regardless of what point of your career that you are presently in, it is always important to try and better yourself and learn more about the profession you have chosen. There are many different avenues to enhance one’s career. One excellent way is by belonging to an organization, such as the ADAA, that provides support and continuing education to people that want to grow in their profession. Being active in such an organization is even more important because you are putting value behind what you spent so much of your time of learning the skills needed to be in the field of dentistry.

I recently reorganized our local dental assistants group in the Nashville, TN area. What I learned during that process concerned me. As I was doing my leg work trying to reestablish the district, I was asking a variety of people in the dental field what they could do to help me. I wanted to get everyone interested in our organization. I asked them to join us. The reaction I got was...this organization is for “dental assistants,” not us. I asked the Vendors, Dental Labs, other dental staff such as Office Managers and Admin Staff why they felt that way. Every one of them defined a “Dental Assistant” as being a RDA or CDA that directly assisted the Dentists in the clinical setting. They did not consider themselves Dental Assistants. They considered themselves “auxiliary” personnel. I will have to admit that Office Managers, Lab techs, Sales Reps, Educators and other dental professionals are not normally viewed as Dental Assistants. However, I want to change that view. The Clinical Dental Assistant is a very important part of the team, but so is all the other support staff. It takes Educators to train and educate dental staff. It takes Office Managers and Admin Staff to help run and support the practice. It takes Lab Techs and Dental Labs to make the necessary dental prosthetics for patients. It takes Dental Sales Representatives to help supply the dental offices with the necessary dental supplies to keep a practice up and running. The ADAA represents all of that and more!

The other concern I had while trying to start up our local district is I ran across so much opposition from the RDA’s, CDA’s and other dental staff about having

to pay the amount of money that is required to join our organization. Oh yeah...they will pay to come to our meetings to get their CE’s, but they won’t pay for the yearly membership and they don’t want to “get involved” either. “Money” and “getting involved” were the two main excuses I heard as to why not to join. I am aware that most of the dentists will not pay for their RDA’s, CDA’s or any other dental staff to join any organization. I don’t want people to focus on expense or lack of time or desire to get involved. I want people to think of excuses as to why to join. People should think of what they can do to better themselves and help others in such a wonderful and ever-changing profession such as dentistry. If you are not a caring person and don’t want to help other people, then folks...I hate to tell you, but you are in the wrong profession! If you are a caring person and want to help yourself as well as others to grow in their chosen profession, then the ADAA offers a stepping stone in that direction.

Another issue may be that people just don’t know how to get started or how to get a local group going. I will have to say that I had good people surrounding me and were willing to help when I reorganized the Nashville, TN District. Our current State President, Karen Castleberry, had an idea of creating a CD to show people how to get started in organizing local groups. She and I took pictures at our local meetings and came up with different ideas. She put a wonderful little program together on PowerPoint. It takes the guesswork out of what you need to do to start a local group. Being a part-time Dental Consultant in addition to being a full-time Office Manager, full-time mother and wife, I have even found time to be active in my local and state groups.

I am aware of the different organizations that represent different areas of the dental profession. For an example...the American Association of Dental Office Managers (AADOM) represents the Office Managers. I know there is an organization that represents lab techs called National Association of Dental Laboratories (NADL). I am sure there are a bunch of different organizations out there. The thing that I feel that the ADAA has over these other organizations is the fact that the ADAA is much better known. They have been established since the 20’s, which is over 80 years ago. They also represent all aspects of the dental profession. Again...you do not have to be a RDA or CDA to join. They represent not only the Clinical Dental Assistant, but the Office/Practice Managers, Receptionist, Educators, Dental Product Sales and Insurance Personnel or anyone working behind the scenes in the dental field.

(Continued, see ADAA, Page 5)

## ADAA, continued from page 4

One of the main attractions that led me to the ADAA is convenience and more “bang for the buck.” They offer outstanding benefits to their members. Let me explain...I, as an Office Manager, have the task of scheduling my dentists and staff for their continuing education. It is so much easier to pick meetings in which the CE’s cater to all branches of dentistry. Most of the time, the dentists I work for will pay for their staff to attend meetings that are affiliated with theirs and have meetings the same time their meetings are being held. The ADAA has such continuing education courses in addition to providing \$50,000 in professional liability insurance, \$2,000 accidental death and dismemberment insurance, discounts on home study continuing education courses and a subscription to “The Dental Assistant Journal.” They offer additional advantages which include credit card programs, major medical insurance, group term life insurance and disability income plans that are available in most states. Plus you can get reduced rates on hotels, rental cars and other travel plans. The best perk of all is you get a chance to meet a lot of different people and it is a lot of FUN!

I am personally very proud to be an ADAA member and I will continue to do everything I can to educate people on what our organization can do for them in the dental professional.

## In the News

### **BASF to market bacteria-fighting chewing gum:**

BASF, a German chemical company, has designed a chewing gum containing bacteria that can destroy tooth decay causing bacteria. The gum might be available in stores as early as next year.

The company discovered new strain of bacteria generally found in live yogurt, called Lactobacillus anti-caries, which binds to Streptococcus mutans. S. mutans that stick to the tooth surface and produce an aggressive acid that breaks down the enamel. Gum containing L. anti-caries will cause the S. mutans to stick together, thus preventing them from being able to attach themselves to the tooth surface.

The gum has already been tested on a number of people and demonstrated a fifty-percent reduction of bacterial levels in the mouth, said the executive director of research at BASF, Stefan Marcinowski. He announced that BASF will also release other dental products containing L. anti-caries such as toothpastes and mouthwashes. (Source <http://www.uptodayte.com>)

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## In the News

**Keep those New Year’s Resolutions** - Losing extra pounds, revving up physical activity, and eating nutritious foods may give you a new reason to smile. Healthy teeth and gums are more common in active people who eat nutritiously and aren't overweight, a new study shows.

The study appears in the Journal of Periodontology . It was conducted by researchers including Nabil Bissada, DDS, chairman of the periodontics department at Case Western Reserve University School of Dental Medicine.

Data came from a national health survey of more than 12,000 people. The findings:

- Having all three traits -- normal weight, good diet, active lifestyle -- cut gum disease risk by 40%.
- Having two of those habits cut gum disease risk by 29%.
- Having one of those healthy habits cut gum disease risk by 16%.

Gum disease was rarest among people with all three traits. Only 7% of them had gum disease, compared with 18% of those with none of those traits.

Why did the mouth mirror overall health? The researchers note these possibilities:

- Healthy foods such as fruits and vegetables may help clear plaque off teeth.
- Obesity may promote inflammatory chemicals linked to gum disease.
- Physical activity may cut inflammation, helping the entire body (including the mouth).

Source: <http://www.webmd.com/>



### Subscription Information

For a free subscription to this quarterly e-newsletter, send a blank e-mail to [subscribe@tndaa.org](mailto:subscribe@tndaa.org). Submit articles and comments to [mega-bites@tndaa.org](mailto:mega-bites@tndaa.org). The TDAA Board and/or the managing editor must approve all content prior to publication and distribution. See Web Policy at <http://www.tndaa.org/tndaa/Mega-Bites.html>. Publication of articles submitted to and approved by the "Mega-Bites" Editorial Review Board does not imply endorsement of any particular products or service. The views reflected in this newsletter are not necessarily intended to be official statements of the Tennessee Dental Assistants' Association.

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Michelle Ehmling, CDA, RDA, BS

Managing Editor, Mega-Bites Newsletter

### TNDAA Hardship Funds

At the Fall Conference, the TNDAA voted to establish a fund to subsidize up to \$300 to active local organizations in the event of financial hardship. Applications are available at <http://www.tndaa.org/tndaa/DistrictNews.html>. The BOT will review the applications and make recommendations to the General Assembly. Final decisions will be made by vote at the next General Assembly.

**Employment Opportunity:** Indiana University - Clinical Lecturer or Clinical Assistant Professor of Dental Assisting Indiana University School of Dentistry's Dental Assisting Program seeks applications for the position of Clinical Coordinator which is a full-time, clinical track, teaching/faculty position in the Department of Periodontics and Allied Dental Programs. The position will be available July 1, 2007. Minimum qualifications required: C.D.A.; Bachelor's degree required and Masters degree preferred. Must have documented courses in teaching methodology and testing; private practice chairside experience; previous dental assisting teaching experience, sound computer knowledge base and Internet skills. Responsibilities will include preclinical, clinical and didactic teaching; committee assignments; student advising; scheduling student clinical rotations. Preference will be given to candidates with teaching expertise in the areas of clinical dental assisting education and problem-based learning. Salary is commensurate with qualifications and experience. Deadline for applications to be received is February 15, 2007. Review of applicants will begin immediately and continue until position is filled. E-mail an electronic letter of application, an electronic curriculum vitae and three electronic reference letters to Dr. Chris H. Miller at [chmille@iupui.edu](mailto:chmille@iupui.edu), Executive Associate Dean, Indiana University School of Dentistry, 1121 W. Michigan Street, Indianapolis, IN 46202. Indiana University is an Equal Opportunity/Affirmative Action employer.

### General information

#### Tennessee Board of Dentistry

Regarding Registration, license verifications, license renewal, CE requirements, to file a complaint, etc.

State of Tennessee  
Department of Health  
Bureau of Health Licensure and Regulation  
Division of Health Related Boards  
Board of Dentistry  
French Landing, Suite 300  
Heritage Place Metro Center  
Nashville, TN 37243

Call 615-532-3202 local or 1-800-778-4123 or visit [Http://www2.state.tn.us/health/Boards/Dentistry/index.htm](http://www2.state.tn.us/health/Boards/Dentistry/index.htm)

#### Dental Assisting National Board, Inc.

Regarding Certification, renewal requirements, etc.

Dental Assisting National Board, Inc.  
444 N. Michigan Ave, Suite 900  
Chicago, IL 60611-3985

Call 1-800-FOR-DANB Fax: (312) 642-1475  
[www.danb.org](http://www.danb.org) Email: [danbmail@danb.org](mailto:danbmail@danb.org)

#### Tennessee Dental Assistants' Association

visit [www.tndaa.org](http://www.tndaa.org) or e-mail [info@tndaa.org](mailto:info@tndaa.org)

#### Tennessee Dental Hygienists Association

[www.tndha.org](http://www.tndha.org)

#### Tennessee Dental Association

660 Bakers Bridge Rd., Suite 300  
Franklin, TN 37067  
615-628-0208 8 FAX: 615-628-0214  
[www.tennidental.org](http://www.tennidental.org)

### Thanks!

**to the following individuals and businesses who provided services to TNDAA members in 2006**

Dr. William Johnson, Dentedonline  
Linda Harvey, Horizon Consulting Group  
Bryan Irvine, CareCredit  
Terri Rollins, The Practice Organizer  
Ken Spatz and Melissa Barrett, Dentsply North America  
Jason Shaw, Invisalign  
Diane Untz, Dynamic Dental Staffing  
Dr. Rhonda Switzer, Interfaith Dental Clinic  
Dr. George Clayton, Middle Tennessee Prosthodontics  
Pam Failing Silver Wings Jewelry  
Vicky and April at Bath Junkie  
Rachel Obptande and High Tech Institute  
Nashville Dental Assistants Society