



# Alliancegram

Annual Publication of The Alliance of the Washington State Dental Association

Summer 2010

## President's Greeting: Nancy Uhlmansiek

Inside this issue:



Dear Alliance Members,

It was a pleasure taking over the President's gavel at our Annual Meeting at the Pacific Northwest Dental Conference. Our organization is alive and well, however, we have some challenges ahead of us to work toward. Everyday we are reminded that these are exciting and rapidly changing times and changing times call for new and different ways of doing things. In these fast-changing times where the interests of the younger people are quickly evolving, we need to review what we are doing to ensure that we remain relevant to the younger generations. We are challenged to

rethink our mission statement and our organizational approach by possibly committee rather than officers as well as the way we meet.

We will be having our next AWSDA meeting during the WSDA House of Delegates meeting on September 9th and 10<sup>th</sup> at Semiahmoo Resort in Blaine, WA. On the evening of September 9<sup>th</sup> from 7 to 9 PM in the Pender Room, Rhonda Savage, DDS, Dentist, Consultant and Speaker for Linda Miles & Associates will be giving a complementary presentation "rethink your potential" where she will address the fact that times have changed. She will update us on women's health issues and how we will have the ability to influence, develop and cultivate the care of women as seen in your practice as well as within your family. We would love to have you attend! It will be a very informative presentation. **Please attend if you are coming to the HOD at Semiahmoo Resort with your spouse!** Our national AADA President, Carol Reitz, who is from Reading, PA, will be visiting with us also. Carol is a dynamic person who has gotten much accomplished during her presidential term and the other various positions she has held in the Alliance.

The ADA Convention will be held in Orlando this October 9 – 12. Our AADA Convention will be held October 7 – 11. We would also like to invite you to join us for one or all events if you are going to be in Orlando. Our AWSDA group will be receiving several Member Project Awards at the AADA Member Project Awards Breakfast.

During our year we have outings and lunch at various interesting places around Seattle, whether it is a tour of Olympic Sculpture Park or the Chapel of St. Ignatius at Seattle University or a candy company in Woodinville. In the past years, we have gone to many interesting places.

Dentistry has been very good to our family and has provided a wonderful life. I enjoy giving back through our Alliance. The Alliance is rewarding, educational and fun! Please e-mail me if you are interested in being involved in anything we do. We would love to have you.

Sincerely,  
Nancy Uhlmansiek  
2010-2011 President

**A Message from  
the President of the  
AWSDA**

1

**Trustee's Message**

2

**Photo Gallery**

**Tempe AZ Report**

3

**DHE Annual Re-  
port**

4

**Report on Annual  
Meeting**

5

**Legislative  
Activities**

6

**Bylaws Activities  
and Information**

**Calendar of Events**

7

**Well Being**

For up-to-date information on all Alliance activities, please visit  
[www.AllianceADA.org/](http://www.AllianceADA.org/) or [www.AllianceWSDA.org](http://www.AllianceWSDA.org)



## Trustee's Message: Carol Bates



My name is Carol Bates and I am your AADA District 7 Trustee .I live just outside of Seattle in Woodinville, Washington. It is my desire to get connected with each of you either in person or by e-mail during my term and share with you the joy of being a member of the Alliance of the ADA.

I use a Trusteegram to communicate with current or past AADA members and I thank you for financially supporting the Alliance. It is mailed only once to those of you in District 7. It is my one time mailing (over 600 being sent) to reach out and urge you to connect with me by **sending me your e-mail address**. I then can keep you current and you can keep me apprised on the activities in our district with

other dental spouses (the social, the community service and ways you support organized dentistry). **My e-mail address is [fourmo@aol.com](mailto:fourmo@aol.com)**, my mailing address is 17815 176<sup>th</sup> Avenue NE, Woodinville, Washington 98072, my home telephone # 425-483-0294. Please connect with me soon!

**AADA New Mission Statement:** The Alliance of the American Dental Association, as a partner organization to the American Dental Association, actively provides community oral health education, supports the well being of the dental family, and engages in legislative advocacy for the welfare of the public and the dental profession.

**Oral Health Education:** Gigi Kudyba is the Dental Health Chair for the Alliance. She has provided, for your support, information for projects and resources on the AADA website: [www.allianceada.org/programs\\_links.php](http://www.allianceada.org/programs_links.php), [www.allianceada.org/programs\\_dentalhealtheducation.php](http://www.allianceada.org/programs_dentalhealtheducation.php) There are also grants available for dental projects.

**Well Being :** Mary Ellen Psaltis from Olympia, Washington is the Alliance Well Being Chair. She is a certified nutrition and wellness consultant. Check out her latest article, " The Holidays: Finding Balance Between Being an Overachieving Elf and a Miserable Scrooge" at [www.allianceada.org/programs\\_wellbeing.php](http://www.allianceada.org/programs_wellbeing.php)

**Be a Dental Advocate:** Being an advocate helps to protect the dental profession, it is an opportunity to be actively involved with legislators in your state and in Congress. Is this something you've always wanted to do? There are several ways to be active: Attend a Dental Action Day in your state with your spouse (dentists and spouses meet with their state legislators at the state capitol. The Alliance has been supporting this for over 20 years, providing toothbrushes and snacks and their input on issues. Join Capwiz — an email tool to contact legislators online, when an important issue arises you are sent an "action alert" which includes detailed information on the issue and an editable text message response for your legislators. I find it a easy way to stay informed and express my thoughts on issues. It only takes five e-mails for a congressman to stop and check out the concerns! Sign up at [www.capwiz.com/dental/mlm/signup](http://www.capwiz.com/dental/mlm/signup). **E-mail me today at [fourmo@aol.com](mailto:fourmo@aol.com).**





## AADA Conference 2010

### Leadership, Membership: Refreshed! Recharged! Relaxed!

Springtime at **The Buttes**  
A Marriott Resort in Tempe, Arizona.

Springtime in the desert was awesome! **We relaxed , Renewed friends, Recharged the AADA mission** in the tranquil southwest scenery of The Buttes, overlooking the city of Phoenix. We explored the spa, soaked up sun at the pool, played golf and shopped. We were able to visit some of the nearby attractions: the Desert Botanical Garden, the Tempe History Museum, the Peterson House Museum, the Heard Museum, downtown Scottsdale for fine galleries and specialty retail.

Some **highlights** of the conference events were:

A Sedona tour

Learned hands-on, stress-relieving fitness strategies from Julia Pearl

Enjoyed Arizona entertainment and cuisine at *The Reason to Smile* event

Celebrated with the Beulah K. Spencer\* recipients at the awards lunch

Attended a reception to honor the constituent presidents

A FUN, Foundation for Dental Health Education silent auction

Heard legislative speaker Dr. Paul Gosar, a Flagstaff, AZ general practice dentist who is running for a congressional office

"Maternal and Child Oral Health" was the subject of pediatrician Dr. Ray Wagner for the dental health education session





## DHE News: Julene Newland-Pyfer

### 2010 Annual Report of the Dental Health Education Chair



**Julene Newland-Pyfer, Chair**

#### Meetings Attended:

- Fourth Executive Board Meeting, July 2009
- Annual Meeting, July 2009
- First Executive Board Meeting, July 2009
- Second Executive Board Meeting, September 2009 at Lake Chelan
- ASKCDS programs 2009-2010.

#### Accomplishments:

- Compiled 250 dental care follow-up packets for Childhaven and delivered these packets and other dental supplies to Childhaven in December 2009.
- Researched possible DHE projects for 2009-2010.
- Contacted Head Start Program Specialists to coordinate with them in the new DHE Head Start project. Delivered the toothbrushes for distribution at Oral Health Training Programs in Seattle and Yakima.
- Wrote articles for the SKCDS Quarterly.

#### Planned Activities:

- Will evaluate the success of the 2010 Head Start toothbrush donation.
- Will attend all AWSDA board meetings during the PNDC in June 2010.
- Will continue to write Alliance articles for the SKCDS Quarterly.

#### Recommendation:

That the Head Start DHE project be continued depending upon Head Start program specialists' evaluations of the project's effectiveness.

Julene M. Newland-Pyfer, Chair  
Dental Health Education Committee

Members serving on the AWSDA Dental Health Committee are Carol Bates, Lois Clark, Mary Dahlquist, Judy Davis, Kay Doran, Pat Gross, Susan Minahan, Melissa Nelson, Nancy Uhlmansiek, Lisa Vigilia-Arntz and DHE Chair Julene Newland-Pyfer.

**Julene**



**Shown left to right: Susan Minahan, Vicki Nino-Osby, LICSW, Senior VP for Program Operations for Childhaven; Charlene Sullivan, Childhaven Health Care Coordinator; Julene Newland-Pyfer**



## **Annual Meeting Report**

**The Annual Meeting and elections of the Alliance of the Washington State Dental Association was held on Friday, June 18 2010, at 9:00 a.m. in Room 304 at the Washington State Convention Center in Seattle.**

The Nominating Committee of the Alliance of the Washington State Dental Association presented the following names for election to office at the Annual Meeting.

<b>President:</b>	<b>Nancy Uhlmansiek</b>
<b>President-Elect:</b>	<b>Judy Davis</b>
<b>Vice-President:</b>	<b>Mary Ellen Psaltis</b>
<b>Treasurer:</b>	<b>Susan Minahan</b>
<b>Recording Secretary:</b>	<b>Sharen Grubb</b>

**These officers were elected for the 2010-2011 year! Congratulations!**



## Legislative Report: Lois Clark

### Projects: Legislative Chairman

- Made purchases and all arrangements for our successful participation in DAD with the WSDA.
- Due to the continued success of this project it was decided at the winter board meeting to increase the number of dental care kits to 350.
- Submitted a request for additional funding to the budget committee.
- Attended AADA Leadership Conference in Arizona
- Served on the nominating committee at the Conference.
- Applied for AADA legislative kit participation award--\$50.



### Recommendations:

More members participate in the packing and DAD

Members keep me informed if they can or cannot participate and or need for a room.

DAD was January 28, 2011 the last Friday in January. Activities: DentPAC

Continue forwarding pertinent legislative information.

WSDA was successful in its effort to prohibit Insurance companies from setting reimbursement limits for non-filed fee services. This was a huge victory.

Currently many issues with a negative impact on the profession are being advocated in the state and nationally. Read the alerts and become educated.

### Activities: AADA

Forwarded pertinent national legislative information.

Forwarded pictures and a brief article to Sue Ryser

Judged entries for legislative awards

Attended legislative meeting during conference in Arizona.

A thought gleaned from Wendy Zent's award application: The word LAW has 18 different meanings. Number one is--the principles and regulations emanating from a government and applicable to a people, whether in the form of legislation or of custom and policies recognized and enforced by judicial decision. LAWS are what we live by and what tells us what to do. This is why the dental profession and we must always be alert to bills concerning how LAWS can affect dentistry.

Lois Clark

## Bylaws Chair Annual Report: Kay Doran

Meetings attended: 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and Annual Meetings, and DAD Legislative meeting in Olympia

### Accomplishments:

- Prepared Revised Manual of Duties changes for President, Recording Secretary and DHE Chairman.
- Proposed Bylaws Addition to ARTICLE VII, Election
- Process will be presented at the 2010 Annual Meeting for a vote.
- Sent copy of Proposal to Sharen Grubb to place at the AWSDA Website for notice to the general membership.



Discussion: The Mission Statement. at the AADA 54<sup>th</sup> Annual Session, 2009 in Honolulu, a new Mission Statement was approved by the HOD. (See Nov. 2009 or March 2010 Issues of KEY)

Future Planning : Question: Should a council be appointed to study the feasibility of a simpler committee-run Alliance? Has the bylaw election process held back the development of member activity?



## 2010 Calendar of Events

**Sept. 9 and 10 S**      **Second AWSDA Executive Board Meeting,  
Semiahmoo Resort, Blaine WA**

**Oct. 1-5, 2009**      **ADA/AADA Annual Convention, Honolulu, HI**

**October 7-11, 2010**      **AADA Convention, Orlando FL**

**For hotel reservations and information, click here:**

<http://www.allianceada.org/documents/AADAConvention2010HotelInformation.pdf>

## Well Being: Mary Ellen Psaltis

The Council on Well Being is moving ahead with plans to launch a single page, monthly e-zine packed with tidbits on health, practice management, nutritional eating, ideas for tonight's dinner and family life. It will not be in place of The Key nor is it meant to replicate any of that information. The idea is to provide useful, member-driven ideas for living well everyday. It will be a place to share a travel trip or ask a question. You can share your joys and concerns. In addition to providing information, the e-zine will be a place where members can connect with each other for specific reasons.

If you have a favorite tip in any of the above categories, please let me know. We are putting together our first blast.

I look forward to hearing from you.

**Mary Ellen Psaltis**  
Chair, AADA Council on Well Being  
[TheRecipeWriter@hotmail.com](mailto:TheRecipeWriter@hotmail.com)

