Continuing Education Seminar- Saturday, December 10th
“Total Body Conditioning for Longevity of the Dental Hygienist”
with Dr. Michael Norwood Ph.D

Location: Sheraton Hotel -1433 Camino del Rio S, San Diego, CA 92108

Registration: 7:30 am    Breakfast: 8am    Course: 8:00am - 12pm     CEUs: 4

Course Description:

The daily physical and professional demands of dental hygienists are great. This interactive course is designed to address and discuss evidence-based self-care principles shown to improve the quality of life and career longevity of dental hygienists. Topics covered include: the psychology of self-care, proper movement mechanics, postural awareness and alignment, core stability and core strength, total body conditioning, quick and easy exercise program design, exercise equipment essentials, nutritional considerations for peak performance and stress management techniques.

Please wear exercise-type clothing and to bring a yoga/gym mat if you have one!

Dr. Michael J. Norwood has the unique distinction of being both a Performance Psychology Consultant and Fitness Expert. He has been researching and consulting in the area of human performance since 1994. He earned his Ph.D. in Performance Psychology with major areas of emphasis in Exercise Physiology and Counseling Psychology from the University of Kansas where he also served as the Director of the Peak Performance Clinic. Dr. Norwood was later instrumental in co-developing a comprehensive curriculum for one of the first accredited personal training schools in the nation, the Professional Fitness Institute, where he also served as the Director of Education. He then opened his own optimal performance consulting practice where he has inspired and encouraged a long list of students, athletes of various sports and levels, Fortune 500 executives, professionals, business owners and busy families in the areas of functional health, fitness and personal mastery. Dr. Norwood lives in San Diego, California where he’s currently working on bringing his philosophy and teaching methodologies of optimizing human performance online: www.mindfulselfmastery.com
San Diego Dental Hygienists’ Society

December 10th, 2016 – Continuing Education Seminar

“Total Body Conditioning for Longevity of the Dental Hygienist”
with Dr. Michael Norwood Ph.D

- Mail check, proof of CDHA or ADA membership (copy of card or member number) and completed registration form to:
  Allison De Jong – 2220 Willowbrook Dr. Oceanside, CA 92056

- Make check payable to SDCHS. Complete a separate registration form for each person registering. Copy form as needed

- Paying by check or online you MUST mail (address above) or email registration form and/or CDHA/ADA membership to: aqdejong@gmail.com

Name: ___________________________ Title: ________ License Number: ______________________

Address: ____________________________________________________________

Home Phone: ___________________ Cell Phone: ________________________ Email: _______________________

☐ CDHA Member*  ☐ CDHA Potential Member  ☐ ADA Member*

☐ ADA Non-member  ☐ DA/RDA/Admin  ☐ DH Student

*Must include copy of current membership card to be eligible for member fees

Please list any special dietary needs: ____________________________________________

CEU Seminar Fee: $_________________ Payee/Check #: ___________________

Confirmation of registration will NOT be mailed. Cancellations require a 72 hour notice for full refund. A $20 charge will be assessed for returned checks. Reservations will not be processed without valid payment

Fee Schedule:

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We look forward to seeing you!

You can also register online at SDCDHS.net
Continuing Education Seminar - Saturday, January 21st

**Dental Practice Act and Infection Control**

*with Leslie Canham, CDA, RDA*

Location: Officers’ Club - MCAS Miramar - 4472 Anderson Avenue San Diego, CA 92145

Registration: 7:30 am   Breakfast: 8am   Course: 8:00am - 12pm   CEUs: 4

Course Description:

This seminar will cover the California Dental Practice Act, Rules & Regulations, and Duties & Settings issued by the California Board of Dental Examiners. This class meets the requirements for a 2 hour course of study of Dental Practice Act required for license renewal. This seminar also covers the California minimum infection control standards Section 1005 as required for dental license renewal. The participant will be able to determine if their current infection control procedures meet CA regulations infection control and will be provided resources for infection control training and information.

Leslie Canham, CDA, RDA, is a nationally recognized speaker and consultant specializing in Infection Control, OSHA Compliance, Dental Practice Act and HIPAA regulations. Leslie’s programs are highly interactive with audience participation to educate and entertain. In the dental field since 1972, Leslie’s experience and expertise helps dental professionals reduce risks and comply with regulations. Leslie is authorized by the Dept. of Labor as OSHA Outreach Trainer in General Industry Standards and a board approved provider of the mandatory 8 hour Infection Control course.

Leslie is the moderator of the Infection Control Forum on Dentaltown.com and she has written numerous continuing education courses for dental organizations. She is the founder of Leslie Canham and Associates providing in office training, “mock” OSHA inspections, and consultation on infection control and safety. Leslie’s memberships include: the Organization for Safety and Asepsis Procedures, the Academy of Dental Management Consultants, the Speaking Consulting Network, the National Speakers Association, the California Dental Assistants Association and the California Dental Association.
San Diego Dental Hygienists’ Society

January 21st, 2017 – Continuing Education Seminar
Dental Practice Act and Infection Control
with Leslie Canham, CDA, RDA

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  Allison De Jong – 2220 Willowbrook Dr. Oceanside, CA 92056

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A Message From the President

Happy Holidays everyone. No matter what or how you may celebrate, or even if you don’t at all, one thing holds true for all of us in these upcoming months...we need to be kind, and have courage. That is my husband’s favorite quote from the most recent Cinderella movie lol, but I think they are words we can all live by.

Many people showed their courage by walking in the Race for the Cure against breast cancer earlier last month and then in the three-day walk that just completed. These courageous men and women include many of our own, like Ms Judy Peacock and her Chicks with Picks dental hygiene and friends group. It is always an honor to walk, and I was thrilled to see some new faces to the group this year.

Now, a lot of us are getting geared up for the holidays, which normally include lots of eating and lying around...I know it does for me. But why wait till January to be conscious of our bodies and how we can be good to them, which not only makes us feel better but also protects us from injury in the work place. I invite all of you to join us on December 10th for a very fun and energetic CE course by Dr Michael Norwood entitled TOTAL BODY CONDITIONING FOR LONGEVITY OF THE DENTAL HYGIENIST. I personally can’t wait! Just remember to wear comfortable clothing; we may be moving around a bit.

Another new and exciting adventure awaits us at the end of January, when we team up with the San Diego Dental Society to present a joint CE for California Law and Infection Control. This will also be held at the Marine Corps Base, which has the potential as a new home for our CE’s, so please come check it out and let us know how you enjoy it, it was beautiful when I went to check it out for us.

Bridge the Gaps
<table>
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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Speaker(s)</th>
<th>Course Title and Additional Information</th>
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<tr>
<td>October 25, 2016</td>
<td>9:00AM</td>
<td>1433 Camino del Rey, San Diego, CA</td>
<td>C. Maltese, RDH, MS</td>
<td>Full-Day Course: Laser Hygiene Certification Course - October 25, 2016 - San Diego, CA</td>
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<tr>
<td>November 10, 2016</td>
<td>9:00AM</td>
<td>1433 Camino del Rey, San Diego, CA</td>
<td>M. Johnson, RDH</td>
<td>Lecture: Total Body Conditioning for Longevity of the Dental Hygienist - November 10, 2016 - San Diego, CA</td>
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<td>December 18, 2016</td>
<td>9:00AM</td>
<td>1433 Camino del Rey, San Diego, CA</td>
<td>T. Garcia, RDH</td>
<td>Seminar: Oral Pathology, Oral Surgery, and the Law - December 18, 2016 - San Diego, CA</td>
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<tr>
<td>January 21, 2017</td>
<td>9:00AM</td>
<td>1433 Camino del Rey, San Diego, CA</td>
<td>J. Brown, RDH</td>
<td>Workshop: Hygiene in Contemporary Dental Practice - January 21, 2017 - San Diego, CA</td>
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Giving Back

by Laura Birchett, RDH
SDCDHS Community Outreach Chair

Since 2011, the pre-dental and medical students of San Diego State University’s very own Flying Samaritans chapter cross international borders to serve the community of Tijuana, Mexico. The make-shift clinic, hosted by a local church, opens its doors to provide medical and dental services to the underserved adults and children of the community on the second Saturday of each month. All health care providers are licensed volunteers, but it is actually the students who organize and run the clinic.

The Flying Samaritans of SDSU began offering dental services to the community sometime last year after realizing the overwhelming need in the community. Some of the officers estimated that the clinic may have served a record number of patients on the day that I was there. The SDSU Flying Sams strive to never turn any patient away so it was lucky for us that the majority of patients came early in the day and we were still able to finish around 2pm (about an hour earlier than usual). If you are interested in volunteering with the SDSU’s Flying Samaritans or would like to learn more about the program please contact me at dh_laura@att.net.
**Dental Hygiene Awareness Month**

**By: Jeri Badour**

In the spirit of Halloween and National Dental Hygiene Month, Jeri Badour, RDH, BS, participated in a “Trunk or Treat” event on Oct. 30, 2016 at San Dieguito United Methodist Church. She dressed up as the Tooth Fairy and decorated her car trunk as a vampire’s mouth and passed out toothbrushes and plastic vampire teeth. Her sign said “Take the bite out of dental decay, brush and floss twice a day”.

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**Have you volunteered to provide Oral Health Screenings at Preschools or at Community Events with Share The Care??**

Share the Care staff is recruiting volunteer RDH professionals to assist in providing Oral Health Assessments and Fluoride Varnish application for children at preschools in East County starting in January. Days are Tuesdays and Wednesdays, with approximately a 4 hour commitment. All supplies are provided for the RDH volunteer. These screenings fulfill the AB 1433 requirement that went into effect in January 2007 which states that all Kindergartners and first time First Graders receive an Oral Health Assessment along with a Medical Assessment for school entry/registration. While parents can opt out of these assessments, compliance rates in San Diego County have continued to rise since this requirement was put in place along with the support of volunteers from the Dental and Dental Hygiene Community.

For more information and/or to volunteer, please contact: Josie Vargas, RDH 619-692-8666

Joan Vrieland-Capito, BS, RDH 619-692-5671 or [www.Sharethecaredental.org](http://www.Sharethecaredental.org)

*** UPCOMING EVENT***“Holiday Magic for Kids” Hosted by San Diego Coalition for the Homeless

**Dec. 17, 2016, 12 noon to 3pm, Golden Hall Community Concourse, 202 C Street, San Diego**

Share the Care will be providing Oral Health Assessment Screenings and Fluoride Varnish applications to children ages 0-18 during the event.

Four (4) RDH volunteers are needed. Please contact Josie Vargas, RDH at 619-692-8666 ASAP
October General Meeting Highlights
Student Corner

The senior class at Southwestern College’s School of Dental Hygiene is all smiles as we hit the halfway mark of our third semester. Our class of 31 is working hard daily at fine tuning our skills and we are confident that we are being prepared to be the very best hygienists that we can be. Our class will graduate in May of 2017 and we are excited to share our passion for the dental hygiene profession with our community!

Concorde career college cohort six features dental hygiene students from all walks of life. With a common goal of nourishing the community they serve, cohort six thrives on education, positivity, and above all, community. With this foundation, dental hygiene to them becomes more than just a visit to your dental office. It becomes an opportunity to give back, and to serve the community.
Local Member Benefits Program:

We have begun to implement a local member benefits program for our active CDHA/SDCDHS members at the local component level that will provide exclusive savings and benefits. We have several small business owners who have already partnered with SDCDHS to help initiate this new and exciting program, and we will continue to build on our partnership with other small business to add more exclusive savings for our members.

Local Member Benefits Program
(RESTRICTIONS DO APPLY)

Show your California Dental Hygienists’ Association (CDHA) membership card (or receipt of membership purchase) to receive MEMBER’s ONLY discount at:

- **Vegafit Elite Fitness & Training**
  - 25% off services for:
    - Personalized Meal Plans
    - Online Personalized Training
  - 10% off all Vegafit® Apparel/Accessories
  (SDCDHS will verify CDHA membership. Once membership has been verified, you will receive a random one time use code to redeem your member discount on services and products with Vegafit Elite fitness & Training)

- **Sunny’s Body Products**
  - 15% off products
  (SDCDHS will verify CDHA membership. Once membership has been verified, you will receive a random one time use code to redeem your member discount on products with Sunny’s Body Products)

- **T-Tech Auto RB**
  - 11631 Iberia Place. Suite A San Diego, CA 92128 # 858.592.6780
  - $20 off the hourly labor rate
  - $19.95 oil changes (non-synthetic)
  (To receive your member discount, you MUST present your Active CDHA membership card at time of service)
Local Member Benefits Program: (cont)

- **Katrina Savia Baking**

  E: katrinasaviabaking@yahoo.com  Ph. #: 951.746.5051  IG: sweet_tooth_baking86

  (To receive your member discount, you **MUST** email OR text your Active CDHA membership card to Katrina after placing your order)

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*Stay tuned we are working with Chiropractors, Massage Therapist and many more to add to our local member benefits program.*

If you haven’t already done so, and you would like to JOIN CDHA, you can do so online at: [https://](https://)
MEMBERSHIP APPLICATION

Name (Last, First, Middle Initial)  Please circle your credential:  
Maiden Name (if applicable)  
Street Address  Email address  
City/State/Zip Code  Daytime Phone (include area code)  
Dental Hygiene School Attended  State  Year of Graduation  

To qualify for Active membership, you must have been granted a license to practice dental hygiene in California.

Please circle the highest educational level attained:  
Licences Number  Certificate  Associate  Baccalaureate  Master's  Doctorate

CDHA Annual Dues (circle one)  
Professionals:  $210.00  Retired/Disabled:  $105.00  New Professionals:  $165.00
Membership is based on your date of application and expires one year later. Renewal dues must be paid before the anniversary date of your membership.

Please circle your Component Number and add the Component Dues to your membership fee total.

CODE  COMPONENT  CODE  COMPONENT
CA01  Central Coast: $25  CA13  San Diego County: $25
CA02  East Bay: $20  CA14  San Fernando: $25
CA03  Kern County: $20  CA15  San Francisco: $25
CA04  Long Beach: $20  CA16  San Gabriel Valley: $25
CA05  Los Angeles: $20  CA17  San Joaquin Valley: $20
CA06  Monterey Bay: $25  CA18  Santa Barbara: $20
CA07  Mt. Diablo: $20  CA19  Santa Clara Valley: $20
CA08  Napa-Sonoma: $20  CA20  Six Rivers: $20
CA09  Orange County: $30  CA21  South Bay: $25
CA10  Peninsula: $25  CA22  Tri-County: $22
CA11  Redwood: $20  CA23  Valley Oaks: $20
CA12  Sacramento Valley: $20  CA24  Ventura County: $25
CA25  Shasta: $20

Membership Dues Totals and Method of Payment

☐ Enclosed is my payment of $_______ by check made payable to CDHA for the amount of my annual dues. Check #_______

☐ Please charge my annual dues to my credit card listed below (CDHA accepts VISA, MasterCard and American Express cards). My signature is authorization to charge the $_______ annual CDHA membership dues to the card number provided.

Card Number  Billing address (if different from address above)
Expiration Date  CVV Code  City, State, Zip

Signature

Dues are not deductible as a charitable contribution for federal income tax purposes. They may be deducted as a business expense. The portion of your dues that is allocable to lobbying for 2016 is 15%. That portion of your dues is not tax deductible.

California Dental Hygienists' Association – 1900 Point West Way, Suite 222 – Sacramento, CA 95815-4706 – 916-393-9102
Fax: 916-487-7105 – Email: memberservices@cdha.org – www.cdha.org
The San Diego County Dental Hygienists’ Society exists for dental hygienists to share common interests, activities, education and institutions in fellowship with their professional colleagues. The mission of the San Diego County Dental Hygienists’ Society is to advance the art and science of dental hygiene by ensuring access to quality oral health care; increasing awareness of the cost effective benefits of prevention; and promoting the highest standards of dental hygiene education, licensure, practice and research; and representing and promoting the interests of dental hygienists. The goals of SDCDHS are:

- To improve the health of the public
- To advance the art and science of dental hygiene
- To maintain the highest standards of dental hygiene practice
- To represent and protect the interests of the dental hygiene profession
- To improve the professional competence of the dental hygienist
- To foster research in oral health
- To provide professional communication
- To increase public access to oral health care professionals by removing barriers.