

CHAIRSIDE NBDA Celebrating 40 years CHATTER

Winter 2015



NEW BRUNSWICK
DENTAL ASSISTANTS' ASSOCIATION
P.O. Box 8997
Shediac, NB E4P 8W5

Phone: (506) 532-9189
Toll free: 1-866-530-9189
Fax: (506) 532-3635

Email: bernioff@nb.sympatico.ca
Website: www.nbdaa.ca

EVENTS

Jan 20, 2015 at 6 p.m.
Moncton Local meeting
At Dr. Daniel's Education
Centre

Jan 28, 2015 at 6:30 p.m.
Fredericton local meeting
At the Dental Clinic

Feb 4, 2015 at 6:30 p.m.
Saint John local meeting
At Dental Assistants
College of Saint John

Feb 18, 2015 at 6 p.m.
Moncton local meeting
At Oulton Dental Education
Centre

Feb 25, 2015 at 6:30 p.m.
Fredericton local meeting
At the Dental Clinic

Mar 11, 2015 at 6:30 p.m.
Saint John local meeting
At Dental Assistants
College of Saint John

For more details visit the
website at www.nbdaa.ca



A Note from the President:

Greetings to all the wonderful dental assistants!! So hard to believe another year has come and gone!! It is almost

Christmas once again!

The NBDA board of Directors has been hard at work since my last update. The Board met this fall and the committees are hard at work.

We are still working hard on the Mentorship program as well as the Scholarship program. Both have been well received by all so far! If you would like to know more about either of these programs, do not hesitate to contact me or your local representative!

I was able to visit the NBCC dental assisting class in Campbellton in October and we were very excited to hear the news that the NBCC Dental Assisting Course recently received accreditation. To receive accreditation is a major accomplishment and we would like to extend our sincere congratulations to Joanne Haché and the team at NBCC Campbellton for their hard work and dedication to the profession. We are very proud to be able to offer a dental assisting course in several areas of our province.

My plan is still to attend a meeting in Fredericton; I have just not made it there yet. I am looking forward to meeting as many dental assistants as possible and discussing any subjects you would like to have addressed.

NBDA is celebrating 40 years proud and strong in 2015!! 40 years are worth celebrating and we plan on marking this event as it should be!! When you look at the changes that have occurred in the last 40 years, we have indeed come a long way and I would say, as dental assistants, we have something to be very proud of! We hope to see you at our events!

Before we know it, it will be spring again and it will be time for our AGM. After all the positive feedback last year, we have decided to partner with the New Brunswick Dental Hygienist's Association for a joint AGM again this year. We have reviewed all comments and suggestions and we hope to improve the experience this year. With the arrival of the AGM, my 2-year term as president will be over. It has been my privilege to serve as your president and I hope that you find that there were positive changes in the past few years. Please save the date of May 23, 2015 for our AGM. Details to be released soon.

Continued on page 3



The 2015 Annual General Meeting on May 23rd
at the Delta Brunswick Hotel in Saint John, NB



WINTER 2015

Message from the Vice President

NBDAA
BOARD OF DIRECTORS

Pamala Dupuis
President
(506) 576-7077
tdpd89@rogers.ca

Amber Caissie
Past President
(506) 859-6044
Livybuggirl@hotmail.com

Marie-Christine Arseneau
Vice President
506-395-9711
poupoune14@hotmail.com

Shelley Fletcher
COAA Representative
506-455-9858
shellyfletcher20@gmail.com

Melissa Lagacy
Fredericton Representative
(506) 453-9191
sissalagacy@yahoo.ca

Ronda Marr
Saint John Representative
(506) 832-7360
gmarr@nbnet.nb.ca

Jean-Marie Christensen
Moncton Representative
(506) 227-8838
jeancda@live.ca

Julien Robichaud
Member at Large
(506) 204-2388
robichaudjulien@hotmail.com

Angela Cselenyi
Member at Large
(506) 388-3592
cselenyiangela@yahoo.ca

Marie-Eve Breau
North Shore representative
marievebreau@hotmail.com
(506) 543-6046

Bernice Léger
Bilingual Office Coordinator
(506) 532-9189 or
Toll Free: 1-866-530-9189
bernioff@nb.sympatico.ca



To all NBDAA members,

As the festive season fill our heart and home. From myself and the NBDAA board of directors I wish you A Merry Christmas. Christmas is a magical holiday season that brings joy, love and heart warming thoughts. Inspire your friends and loved ones with just the right words needed to spread some Christmas joy. Christmas wishes allow you to convey your love and sincere thoughts in just the right way to anyone. 2015 will be a special year for our association since it's our 40th anniversary and we have a great committee for that special year. For the social media people, we have a facebook page (search for NBDAA). You will be up to date as meetings and for what's happening in our association. It's gonna be a pleasure to be your president after the AGM on May23, 2015.

Happy Holidays
Marie-Christine Arseneau

Message from the Saint John local

Hello Everyone,

I hope this letter finds you all well! We at the Saint John Local have been enjoying our monthly meetings, and have avoided any cancellations due to bad weather so far! Keep your fingers crossed mother nature continues to co-operate!

In September, our members were introduced to our new President, Pam Ptinis. Pam is very committed to building our meeting attendance, and supplying our members with their necessary continuing education points. She laid out her plans for the year, told us who our guest speakers will be and plans for December.

In October, Dr Peter Halford was our guest speaker. He talked to us about Periodontics, it was informative and interesting.

In November, we had a respiratory therapist and NBCC instructor, Tammie Fournier. Tammie educated us on smoking cessation. Her talk was both informative and inspiring, certainly made all of us want to help anyone struggling with this addiction. We got great feed back from our members and many would recommend going and hearing Tammie speak if you ever have the opportunity.

We had a social for December's meeting. We had some yummy snacks, nice door prizes and great conversation. So nice to have the opportunity to get to know our members. Some members brought in donations for Romero House and our local donated some gas cards to help with the operation of their bus.

We are looking forward to being the host city for NBDAA's annual AGM in May. I am hoping all our members sign up to attend. I am looking forward to helping with the planning this year and working with all the other members on this committee.

I look forward to seeing everyone at our local meetings in the new year, dates time and location are all posted on the NBDAA website. I hope you all have an enjoyable holiday season! Merry Christmas!

Warmest Regards, Ronda Marr



Message from the Fredericton local

FDAA meetings will continue to be every 4th Wednesday at 6:30 p.m. at the Fredericton dental centre which is located at 1012 Prospect Street.

We give away a door prize each meeting and if you attend all of them or just miss one, you're entered into a draw to win one of three cash prizes!!

January 28th will be the next one and Dorita Gerami will be the guest speaker talking about laser treatment.

Next meetings are February 25-Ava Brown-massage, March 25th-don Demmings-Shriners hospital and April 22nd TBA .

Respectfully submitted,
Melissa MacDonald



2014-2015 Board of Directors



Seated from left to right: Amber Caissie, Past President, Pamala Dupuis, President, Marie-Christine Arseneau, Vice President.

Standing at rear: Jean-Marie Christensen, Moncton rep., Melissa Lagacy (now MacDonald), Fredericton rep., Ronda Marr, Saint John rep., Julien Robichaud, Member at Large, Bernice Léger, Office Coordinator, Angela Cselenyi, Member at Large and our newest member, Marie-Eve Breau, North Shore rep. (Absent is Shelley Fletcher, CDAA rep.)

Continued from page 1... President's Note.

Wishing you all a safe and Happy Holiday Season!! Take time to enjoy your family and friends at this special time of year.

Pour mes confrères/consoeurs francophones, SVP n'hesitez pas à me contacter si vous avez des questions ou commentaires. Je n'ai certainement pas toutes les réponses, mais je ferai de mon mieux pour vous trouvez une réponse si possible!

J'espère que vous sauverez les dates du 23 mai 2015 pour notre réunion annuelle! Nous planifions des sessions d'éducation continue en français! Vous aurez aussi à voter sur nos règlements et politiques.

Je veux vous souhaiter un Joyeux Noël et une Bonne et Heureuse Année!! Profitez de ce temps pour passer du temps en famille et avec ami(e)s.

Happy Holidays!

WINTER 2015

AWARDS

Please consider nominating a deserving dental assistant for a NBDAA award presented at our next AGM on May 10th, 2014 in Moncton.

For more information on awards, please visit the website at www.nbdAA.ca under "site pages".

2015 AGM in conjunction with the dental hygienists will be held at the Delta Brunswick Hotel in Saint John with education sessions on May 23, 2015.

Special rate for overnight accommodations at \$129 for participants. Call (506) 648-1981 for reservations.





MISSION STATEMENT

The NBDAA is the provincial organization for dental assistants that foster opportunities for the professional growth and is the voice of New Brunswick Dental Assistants.

The six most important goals arrived at are:

Communication

Professional participation

Public promotional of what a Dental Assistant is

Education

National Unity

Members benefits



Hello Moncton Dentals Assistants,

Our local had a wonderful 2014! I'm pleased to say we are getting more involved in the community this year.

In March we donated our time and some dental supplies at the Ronald McDonald Room in the Moncton Hospital. In November we had a small food drive for the West End Food Bank in Moncton, and through out the year we raised money with 50/50 draws at our local meetings for a family in need (our Christmas family).

I really enjoyed my first year as your representative, it had its learning curves and a little bit a nervousness was involved, but we made it through! Lets make 2015 a better year with more attendance at our local

meeting and more community projects!

I hope you all have wonderful Holidays. See you in the New Year!

Jean-Marie Christensen
Moncton Local Representative

Potentially toxic beverages

By Maria Perno Goldie, RDH, MS

Ingestion of energy drinks has increased in recent years, and reservations in the scientific community and the public about the health effects of these products continue to be raised. Energy drinks are non-alcoholic beverages that contain caffeine, vitamins, and other ingredients, for example taurine, ginseng, and guarana. They are often marketed as agents to increase energy and enhance physical and mental performance. A literature review was conducted by individuals from the World Health Organization (WHO) Regional Office for Europe, on the health risks, consequences, and policies related to energy drink consumption.(1)

Energy drinks have been in Europe since 1987, and in the U.S. sales increased by about 10% per year between 2008 and 2012. About 500 new brands were introduced in 2006. The European Food Safety Authority estimates that 30% of adults, 68% of adolescents, and 18% of children below 10 years consume energy drinks.(1) Some of the risks of energy drinks are attributable to their high levels of caffeine, an excess of which can initiate heart palpitations, hypertension, nausea and vomiting, convulsions, psychosis, and in exceptional cases, death. As concerns about energy drinks seem valid, there is the potential for a substantial public health problem in the future. The researchers suggest further research and development of policy is essential to minimize the risk of harm from heavy and long-term energy drink consumption.

Energy drinks are not the only beverages making headlines. New research discloses new findings about other sugary drinks, such as the effects soft drinks may have on cellular makeup to teenagers' decision-making habits in choosing which beverage to drink. *According to one study, drinking sodas could cause extra cellular aging, resembling that of smoking cigarettes.* The study investigated leukocyte telomere length, wherein shorter telomeres were associated with the risk of chronic diseases such as cardiovascular disease and diabetes. While telomeres shorten

...Continued on page 6





Do you know what the NBDAA logo means?

The increasing lines represents the growth of the Association

The circle represents the never ending education

The triangle represents the Greek symbol for dentistry

The ship represents New Brunswick

(background is white, circle is gold, ship is burgundy, lines are green)

NBDAA is Gold

Applicants must have been members of the dental assisting profession for at least 25 years and held a minimum of 25 years of active membership in the NBDAA.

All applications must provide proof of meeting the stated criteria and be submitted to the NBDAA office (forwarded to Chair of the Awards & Nominations Committee) a minimum of 30 days prior to the annual meeting. All applications will be reviewed for eligibility by the Awards & Nominations Committee. (Late applications will not be considered for current award year)

Please submit the form below to:



New Brunswick Dental Assistants' Association
P.O. Box 8997, Shediac, NB E4P 8W5
Tel: (506) 532-9189 Toll free: (866)530-9189
Fax: (506) 532-3635 e-mail: bernioff@nb.sympatico.ca



334 rue Main Stret
Shediac, NB E4P 2E5
t. 506 533-6797 rfougere@icloud.com
www.reneefougere.law.ca

renée fougère
avocate·lawyer



NEW BRUNSWICK DENTAL ASSISTANTS' ASSOCIATION

TWENTY-FIVE (25) YEAR PIN APPLICATION FORM

Name of Applicant: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: (H) _____ (W) _____ (Cell) _____

Employer: _____

First year you became a NBDAA member: _____ Membership No: _____

Will you be attending the NBDAA Annual General Meeting/Awards presentation: Yes ___ No ___

I hereby certify that I have been a member of the dental assisting profession for at least 25 years and held a minimum of 25 years of active membership with the NBDAA.

Signature: _____ Date: _____



MISSION STATEMENT

The NBDAA is the provincial organization for dental assistants that foster opportunities for the professional growth and is the voice of New Brunswick Dental Assistants.

The six most important goals arrived at are:

Communication

Professional participation

Public promotional of what a Dental Assistant is

Education

National Unity

Members benefits

... Continued from page 4

naturally with age, the study found that consuming a 20-ounce serving of a sugar-sweetened soda daily could result in shorter telomeres comparable to 4.6 years of cellular aging, a similar effect of smoking. More than 20% of the study's participants drank this amount of soda daily. The conclusion of the study was that regular ingestion of sugar-sweetened sodas could affect metabolic disease development through accelerated cell aging.(2)



A different study discovered that the beverage decisions of African American teens' were influenced by the product's calorie information. The researchers positioned the signs in Baltimore corner stores in principally low-income and African American neighborhoods.(3) Facts on the signs included the number of teaspoons of sugar included in each beverage, and the amount of exercise it would take to burn off the beverage's calories.



Results showed a reduction in the probability of purchasing a sugar-sweetened beverage from 98% before the signs were placed to 89% after they were displayed.(3) The most effective message appeared to be the amount of exercise needed to compensate for the increased caloric intake. Sugar-sweetened beverages such as soft drinks and energy drinks contribute a great deal to many public health conditions that harm children, including obesity. In low-income communities the problem is of particular concern. Sugary drink consumption makes up about 15% of a minority adolescent's caloric intake, more than twice the recommended quantity. Simple and cost effective interventions such as calorie count and its relation to exercise could assist in decreasing this inequality.

A 2012 study showed that soy milk is more likely than cow's milk to cause acid tooth erosion. However, drinking soy milk infrequently is unlikely to cause problems with teeth. The study established that *Streptococcus mutans* applied to soy milk produced a five to six times more acidic environment, while cows' milk did not cause the same change. The increased acidity of the soy milk is worrisome, particularly for babies, and especially if they sip milk from bottles throughout the day. The frequency could cause acid erosion. The article advises individuals to rinse their mouth with water, chew sugar free gum, and wait at least one hour before brushing after consuming acidic foods so as to help avoid erosion.

The bottom line – to prevent tooth decay and maintain good health and oral health, your diet is a prime factor. Alterations in the pH of the mouth begin immediately upon ingestion of certain beverages and foods. Bacteria in the oral cavity convert sugars and carbohydrates to acids, which attack the enamel on teeth, initiating the decay process. The more often someone snacks or drinks beverages, the more frequently they are exposing their teeth to the cycle of decay. The best beverage choices include water, especially fluoridated water, milk, and unsweetened tea. *There is some good news!* A natural compound, resveratrol, found in some fruits, nuts, and red wine, may enhance exercise training and performance.(5) However, if you are imbibing resveratrol in the form of red wine, moderation is necessary.

Also, a laboratory-created cocoa drink containing flavanol seems to improve normal age-related memory loss, according to a recent small study.(6) After three months of consuming the special cocoa mixture, a person with the characteristic memory of a 60-year-old improved his memory to that of a 30- or 40-year-old. Flavanols are found (to varying degrees) in many types of foods, including tea leaves, fruits and vegetables, and raw cocoa. But don't run out and buy cocoa! Most cocoa-processing methods in use today remove many of the flavanols found in cocoa.

Bottom line, choose your beverages wisely!

WINTER 2015



Do you know what the NBDA logo means?

The increasing lines represents the growth of the Association

The circle represents the never ending education

The triangle represents the Greek symbol for dentistry

The ship represents New Brunswick

(background is white, circle is gold, ship is burgundy, lines are green)

NBDA is Gold



Welcome to your Group Retirement Program

Your employer has taken the first step towards helping you save for your retirement by offering you a Group Retirement Program. Now it's up to you to take the next step and join your program.

Before you enroll online

You should have the following information available to make the enrolment process fast and easy.

Your login information:

- Your plan's policy number and access code (shown on the back of this page).

Your employment information:

- Date you started with your employer,
- Social Insurance Number, and
- Province of employment.

Getting started

Go to www.manulife.ca/GRO/enroll and enter the plan information shown on the back of the page for the plan(s) you are joining. Our online enrolment process will guide you through all of the steps to complete your enrolment.

Our **Steps Retirement Program**® will help you gain a clearer view of your retirement. Steps walks you through a quick, simple process that helps you set your annual retirement income goal. With your goal set, you can check your progress online at any time – or see how you're doing on the statement mailed to your home – to be sure you're on track to reach your goal. If you're not on track, you'll see suggestions to help you close any gap.

Completing your enrolment

Don't forget to print your Beneficiary Confirmation form for each plan when you finish enrolling. Sign the completed form(s), then return to Manulife.

Your plan information

The Group Retirement Savings Plan (RSP) for the Employees of New Brunswick Dental Assistants Association

Policy Number: 55501160
Access Code: M4862

You should also print your enrolment confirmation so you have a copy for your records. You will need the 9-digit customer number shown on your confirmation to identify yourself to the Customer Service Centre and to access online services in the future. You will be asked to choose a Personal Identification Number (PIN) at the end of the enrolment process. Remember to keep this number and your customer number in a safe place.

Spousal RRSP enrolment

Your plan may allow you to setup a spousal Registered Retirement Savings Plan (RRSP) once you have enrolled in the RRSP. However, this online enrolment process can not be used to enroll your spouse in the plan – you will need to complete a paper enrolment form.

Go to www.manulife.ca/GRO and login to your secure account. Select 'Your forms and downloads' from the left navigation menu and print the RRSP Enrolment form. Complete and return the form to Manulife. Make sure to indicate at the top of the form that you're enrolling a spousal member.

Service and support

At any time during the enrolment process you can contact Manulife's Customer Service Centre at **1-888-727-7766** to speak with a Customer Service Representative, Monday to Friday from 8 a.m. to 8 p.m. ET. For assistance with investments and retirement planning, Financial Education Specialists are available Monday to Friday, 9 a.m. to 5 p.m. ET.



To request a Pension Plan enrolment kit, please contact Bernice Léger, Office Coordinator at 506-532-9189 and start saving money today.

NBDAA AWARDS NOMINATIONS



Response required by April 16, 2015

The *New Brunswick Dental Assistant's Association* is having their annual AGM along with their President's Awards Ceremony and Luncheon, Saturday May 23, 2015 in Saint John. We need your help with nominations!!

Is your dental assistant invaluable?? Then he/she deserves Recognition!

Does your Dental Assistant have an outstanding rapport with your patients? Does your Dental Assistant add life to your practice? Does he/she have a positive, winning attitude? Why not nominate them for an award?

The Spirit Award:

This award is presented to a dental assistant that is deserving of special recognition for their outstanding positive attitude towards the dental assisting profession.

The Certificate of Merit Award:

This award is presented to a dental assistant for special service to the NBDAA at any level of the organization. In general, it recognizes either an outstanding contribution in a given year or outstanding service over a number of years. Nominees need not have served on the Board of Directors, but have through their actions worked to promote the provincial association, advanced our goals, supported our objectives and exemplified the mission, vision and values of the organization.

Does your assistant make sure your day is smooth? Is he/she always willing to give whatever help they can, while expecting nothing in return? Do you have an assistant that you can count on; that you are certain will get the job done?

Helping Hand Award:

This award is presented to a dental assistant that is always working in the background ready with a helping hand. She/he is the one that you know if you need help, they will be ready, willing and able.

I would like to nominate: _____ (indicate assistant's name)

For the following award: _____ (indicate which award)

Nominated by: _____ Tel: _____

If possible provide us a few words on why, so if she/he is chosen, we will have a little background information.

Thank you!
NBDAA Awards Committee

Please forward all info to the NBDAA office at: Fax : 506-532-3635 e-mail: bernioff@nb.sympatico.ca