



FLOSSLINE



July 11 – 15 • Rosen Centre Hotel • Orlando, Florida

newsletter

- *Convention Highlights*
- *Summer Programs Recap*
- *Calender of Events*



Message from the NDA President

Joe D. O'Neal, DDS
94th President of National Dental Association

It was wonderful to see so many smiling faces in sunny Florida. Although it did rain before most of you arrived, the weather held during the convention. I am sure that many of you got to see Mickey and the gang at Disney World, as well as some of the other sights that Orlando had to offer. I was glad to be able to see some of my classmates and many old friends.

The theme for this year is **“Remember the Past, Embrace the Present, Enhance the Future.”** In remembering the past, I remember my times at Meharry Medical College. Meharry was, and continues to be, like the NDA: many parts, but one family. A family helps each other to be better, to grow, and to succeed. Recently, I was saddened by the loss of a member of our NDA family, and of one of my classmates, Dr. Daniel Ward of Montgomery, Alabama. Dan was our class president. He helped everyone. I will always remember him. It is in this spirit that we should all always remember those who have helped us to become what we are today. Remember the National Dental Association, what it has done for us and the communities that we serve.

Embrace the Present. We were able to celebrate the 25th anniversary of the Women’s Health Symposium. Over the years, the WHS has evolved to include the Dr. Alison P. Riddle-Fletcher Women Dentists’ Awards Luncheon (renamed in 2014 to commemorate our late President), an annual community service component, a scientific seminar, and a fitness session. As we now celebrate, we acknowledge the constant commitment of our women members, and pay tribute to the cadre of women who hold positions of prominence in the National Dental Association at the local, state, and national levels.

It was a thrill to be honored with the presence of so many great women of the NDA. I embrace them for the gifts that they bring us.

This year, NDA-HEALTH NOW® celebrated its 5th anniversary and several landmarks, including conducting over 115 programs in the U.S. and abroad, and educating over 27,000 people since the program began in 2013. The NDA-HEALTH NOW-Orlando® Community Outreach event was outstanding. As we worked alongside our longtime partner, Colgate, which was on site with the Colgate Dental Van, it was a joy to see so many children with bright smiles and even brighter futures. We were able to have the two winners of the SNDA “Step-Up-to-STEM” competition, Celeste Edwards of Louisiana State University School of Dentistry and Raymond Dawkins of University of Alabama School of Dentistry, present their winning projects to the children of the Levy-Hughes Branch of the Boys and Girls Clubs of Central Florida, in Orlando.

Enhance the Future. The President’s Symposium reflected on why dentistry is stuck in volume-based reimbursement and gave us a glimpse of the future. A change is coming as to how we get paid for our services—“Value-Based.” The NDA is committed to making sure our members are not only prepared for this revolution, but that their benefits increase as a result of this transformation. This will be a huge benefit for our members.



CORPORATE ROUNDTABLE

National Dental Association

Founded in 1996



A-dec Inc.



Dental Trade Alliance*



ADI Mobile Health



DentaQuest



Aetna, Inc.*



DENTSPLY International Inc.*



Alvenia Rhea Albright & Associates, LLC



GlaxoSmithKline*



CareCredit Patient Financing



Henry Schein Dental*



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Merrill Lynch



Crest Oral-B*



Sunstar



SUPPORT THOSE WHO SUPPORT US!

*Founding Members

www.ndaonline.org

September 2018

The National Dental Association has winning partnerships with these Corporate Roundtable members.



Message from the NDA President

Continued from pg. 1

We heard your requests and made it easier to get C.E. credits while in the PRC with events like the “Catch the Wave Exhibitors Forum.” The New Dentists’ sessions were dynamic and future leaning as they try to ride the wave. More networking and mentoring sessions are planned.

Three words are always needed after any event: “Thank you” and “Please.” Thank you, to all of you, for coming. Thank you to the SNDA members, my conversations with you are what we need more of. Please know you can call on me. Thank you to our corporate sponsors and vendors. A special thank you goes to the NDA staff, they did one heck of a job putting this together. Thank you to our NDA leadership for your many sacrifices. I have to say thank you to my wife for putting up with me through all of this.



Please make plans for the 106th convention in Washington, D.C. Please pay your 2019 dues early! And please make whatever donations that your heart leads you to make as we **“Remember the Past, Embrace the Present, Enhance the Future”**.

Dr. Joe D. O'Neal

Joe D. O'Neal, DDS
94th President of National Dental Association



Message from the National Office

Greetings NDA Family,

It is hard to believe that Fall is here and that the 105th NDA Annual Convention was just about 2 months ago. The convention was full of energy with timely educational sessions that were trendy and appealing. Realtime live polling was introduced through our mobile app and internet URL that encouraged session participation, different learning experiences and full generational engagement. These live polling exercises allowed presenters to see how well attendees understood content and what areas to spend additional time. Attendees enjoyed the opportunity to ask questions and answer questions anonymously, not to mention on the spot responses. Sessions and hallways were filled with open dialogue, peer to peer learning which provided an environment that was comfortable to share and ask those sensitive/hard questions that our members and affiliates are experiencing in the oral health arena. Providing content and experiences that help attendees enhance their knowledge, provide business opportunities, personal growth and advocate for oral health equity, are some of our meeting goals.

The Opening Session shared our history for new members, partners and collaborators. The highlights of the evening were the SNDA President Elect, Mark Abere now SNDA President, sharing 2018- 2019 SNDA's focus areas and goals. This was followed by NDA recognizing SNDA member Student Doctors' Ariana Frank and Lisa Kwarteng who won the SNDA-2-NDA mentoring competition then Celeste Edwards and Raymond Dawkins who won the Step-Up-to STEM competition. Did I mention there were **over 300** SNDA members at the meeting? The Joint Get Acquainted Reception attendance was overwhelming with all family members (SNDA, NDHA, NDAA and ANDA) and supporters. The WHS program celebrated its 25th Anniversary where 7 of 9 NDA's past female presidents gave reflections and shared inspiring leadership tips for our new dentists and SNDA members. Ms. Symone Sanders, our Civil Rights Luncheon keynote speaker, closed with stating radical times needed radical measures. Radical Measures included the need for all generations' voices to be heard at the polls, calls to your legislators and going to Capitol Hill.

Convention Survey Satisfactory and above Results:

| | | |
|----|--|--|
| 82 | % | Overall Convention Rate |
| 89 | | Enjoyed Speaker Cadre |
| 72 | | Enjoyed Exhibitors Featured |
| 90 | | Visited the Product Resource Center "aka Exhibit Hall" |
| 79 | | Shared we should Alternate having Opening Session Speakers |
| 75 | Would prefer President Breakfast instead of President Gala | |

Top 5 Preferred Convention/Meeting cities members preferred:

- | | |
|------------------|----------------|
| 1. San Francisco | 4. Atlanta |
| 2. Las Vegas | 5. New Orleans |
| 3. Los Angeles | |

Your Voice Matters! Our legacy continues with your **Membership**, and we are **here to serve**. Through partnerships, collaborations and networking we work really hard to provide you with top notch education to not only elevate your professional skills, but to give you a complete convention experience that will enhance your knowledge for the communities you serve.

A huge **Thank You** to our convention supporters, exhibitors, presenters, volunteers and co-chairs for their commitment to the organization and making this a convention to remember. Remember to mark your calendar for the **106th Convention July 17 – 21, 2019 in Washington, DC at the Renaissance Washington, DC Downtown Hotel.**

Sincerely,

LaVette C. Henderson, CMP, CVEP, HMCC
NDA, Deputy Executive Director

WIN Complementary Registration to attend the



Pay your 2019 membership dues early for a chance to receive multiple entries in the NDA Membership Raffle.

Receive
3 entries if paid by October 31, 2018
1 entry if paid by November 30, 2018

Drawing will be held on
December 3, 2018

Pay Online at <http://www.ndaonline.org/membership-applications/>



Please also make your NDA Legacy Fund donation at www.ndaonline.org/product/greatest-need/

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Community Outreach



NDA-HEALTH NOW® Hosts Children's Oral Health Program at Orlando Convention

On Thursday, July 12, 2018, National Dental Association NDA-HEALTH NOW® hosted a community outreach project, with Colgate, for summer campers at the Levy Hughes Clubhouse of the Boys and Girls Clubs of Central Florida.

The event took place during the 105th Annual NDA Convention in Orlando. Resources were provided by Florida Blue, the Henry Schein Cares Foundation, the Harris Rosen Foundation and Sunstar. Community partners included: the University of Central Florida College of Nursing, Valencia College Dental Hygiene Program, the Orlando Chapter of the Links, Incorporated. Volunteers also included community health professionals, officers of the NDA, convention attendees, as well as members of Student National Dental Association, Auxiliary to the National Dental Association, and members of the Sunshine State Dental Society, the state component of the NDA.

The Center event included Passport to Total Health™, a children's education circuit including information on oral health, nutrition, fitness, accident and injury prevention, and STEM activities. Colgate's Bright Smiles/Bright Futures van was on site to provide the children's (5-12 year-olds) dental screenings and referrals, goody bags, and fun educational activities. For the teenagers, NDA-HEALTH NOW® education modules included: "What's a Selfie Without a Smile"™; a "Teens-Brush-A-Thon"; oral health videos; and screenings and referrals in the Teens Club - compliments of the Sunshine State Dental Society members. A special feature of the Orlando event was the newest program of NDA-HEALTH NOW®: "Step-Up-to-STEM"™, led by the 2018 "Step-Up-to-STEM" student contest winners Celeste Edwards, for the 13-17 year olds, (Louisiana State University School of Dentistry) and Raymond Dawkins, for the 5-12 year-olds, (University of Alabama School of Dentistry).

"Step-Up-To-STEM" was conceived to provide age-appropriate programs for children to inspire them to pursue careers in oral health. The program promotes the goal of the NDA to increase access to care for our communities by increasing the number of African American oral health professionals. The Harris Rosen Foundation provided the winners of the 2018 "Step-Up-To-STEM" contest with scholarships and travel expenses to launch their winning entries at the Orlando Hughes Boys & Girls Club. Both programs were a huge hit and will be replicated in other NDA-HEALTH NOW® cities.

Since its inception in 2013, NDA-HEALTH NOW® has supported 115 programs in 15 cities and seven countries. The programs, managed by dozens of community partners and a massive network of volunteers, have provided oral health services and education to over

27,030 individuals, performed screenings and referrals for over 19,792 people, and applied fluoride varnish to 8,081 children. A cooperative agreement with the Henry Schein Cares Foundation has allowed the project to support student missionary trips and provide in-kind product donations to free clinics and global outreach programs in Kenya, Haiti, Jamaica, Guatemala, Greece, Pakistan, and Sudan. In July, 2016, NDA-HEALTH NOW® received the Power of A Award, a national award from the American Society of Association Executives.

For more information:

- www.ndaonline.org/healthnow
- www.ndaonline.org/healthnow/donations

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Seated L-R: NDA Women Presidents- Drs. Sheila Brown, Carrie Brown, Kim Perry, Hazel Harper Johns, Leslie Grant, Joy Jordan, Judy Greenlea Taylor. [Missing-Drs. Cynthia Hodge, Dr. Alison Riddle-Fletcher(deceased)]

Standing L-R: NDA Past Presidents- Drs. Robin Daniel, Edward Chappelle, Nathan Fletcher; special guest, Ms. Dovetta Johnson, Alvenia Rhea Albright, Mistress of Ceremonies and NDA-CRT Chair; Award Recipients- Drs. Christopher Fox and Marsha Butler; NDA President, Dr. Joe O'Neal; NDA Past Presidents- Drs. Franklyn Scott and Gregory Stoute; special guest, Dr. Robert Edwab, Executive Director Greater New York Dental Meeting

The NDA-Women's Health Symposium Celebrates 25th Anniversary

By Hazel Harper Johns, DDS, MPH

The NDA Women's Health Symposium celebrated its 25th Anniversary on July 14, 2018 during the Dr. Alison Riddle-Fletcher Awards Luncheon at the NDA Annual Convention in Orlando. Seven of the NDA's past women Presidents took center stage to commemorate the event on a program moderated by Alvenia Rhea Albright, Chair of the NDA-Corporate Roundtable.

The event continued its traditional "Phenomenal Woman" theme by memorializing the words of Maya Angelou. The luncheon program honored two of the original sponsors and supporters of the NDA-WHS, Drs. Marsha Butler (Colgate) and Christopher Fox (formerly of Colgate Oral Pharmaceuticals, currently Executive Director of the American Association of Dental Research and the International Association of Dental Research.) The luncheon's commemorative, keepsake program also featured a poem written by the NDA's 'poet in residence', Dr. Beverly Y. Murdock- "The Phoenix Once Again Will Rise".

The 25th Anniversary milestone noted that as the number of African American women in dentistry is expanding so is their collective impact. Dentists, hygienists, assistants, technicians and spouses all have a vital role to play. The NDA-WHS takes pride in the women leaders we have cultivated; the support networks we have nurtured; the students we have mentored; the male visionaries and phenomenal women we have honored; the standards of excellence we have established; the goals we have accomplished; the footprints we have made; the landscapes we have changed; and the other organizations, corporations, agencies, and institutions we have positively influenced. We are most proud of the NDA-WHS's enduring, endearing example of sisterhood; and we know that the brightest stars, like the next generations of phenomenal women, are still rising.

Excerpts from the Commemorative Program: "Reflections" of NDA women Past Presidents:

Hazel J. Harper, DDS, MPH (NDA President, 1997)

- I grew up believing that 'success and achievement' were not optional... I surrounded myself with [NDA]mentors and role models who infused me with the skills and confidence I needed to be an effective, impactful leader...I learned not only about the history of the NDA, but also how to channel my passion with preparation and perseverance... "

Joy A. Jordan, DDS (NDA President, 2004) - *"We exist to serve and when called to do so, we must answer. That is why I make every effort to use what I have learned to improve the lives of others, especially within my community, and to continue my father's legacy. I strive to live by the motto that my father instilled in me as a child- Happy are those who dream dreams and are ready to pay the price to make their dreams come true."*

Leslie E. Grant, DDS, MSPA (NDA President, 2006)

- *"The impact of serving as an NDA President has been tremendous. My service for several years as NDA Legislative Chair opened doors for advocacy and outreach with other organizations...The NDA and the noble profession of dentistry have given so much to me, it is my privilege to "pay it forward" in any possible way."*

Sheila R. Brown, MEd, DDS (NDA President, 2011) - *"I believe you must be in the conversation to influence thoughts and in the right position to influence change." MY MANTRA: I AM JUST TRYING TO MAKE A DIFFERENCE.*

Carrie B. Brown, DMD (NDA President, 2014-2015) - *"I would like to be remembered as a Black woman who was President of the National Dental Association; and as a person that made a difference in the lives of those that could not speak for themselves because of their unjust exclusion from America's decision-making tables and because of the marginalization of our culture. Our society is a shared existence-our voices must be heard."*

Judy Greenlea Taylor, DDS, MPD, FICD (NDA President, 2016)- *"My goal is to pay it forward by mentoring young sisters. I have come to see the best way to challenge, support and empower high-achieving women is to let them connect with*

other high-achieving women who share similar life and career experiences. Even the most confident and competent women leaders sometimes need time to gain clarity about their roles... Find supportive Mentee-Mentor opportunities..."

Kim B. Perry, DDS, FACD (NDA President, 2017) - *"Leaders not only make decisions, but also are visionaries who help others connect dots and focus on the greater good... you're responsible for your growth and development.... be willing to develop skillsets needed and reinvent yourself as many times as necessary. "...KNOW YOUR WORTH!! and what you bring to the table...Identify good mentors and advocates; advocates say good things about you when you are not in the room.*

Full text of 25th Anniversary NDA-WHS Commemorative Program Booklet available online: ndaonline.org/phenomenalwomen

SNDA AWARDS



Harris Rosen Foundation Awards SNDA Scholarships to SNDA Contest Winners

By Hazel Harper Johns, DDS, MPH and Nicole Cheek, DDS

Four student contest winners received scholarship awards from the Harris Rosen Foundation on July 14, 2018 at the Opening Session of the NDA Orlando Convention. The students submitted winning entries for two new NDA programs: "Step-Up-to-STEM" and "SNDA2NDA". The "Step-Up-to-STEM" winners were: Celeste Edwards (Louisiana State University School of Dentistry) and Raymond Dawkins (University of Alabama School of Dentistry). The "SNDA2NDA" winners were: Lisa Kwarteng (University of Kentucky School of Dentistry) and Ariana Frank (Temple University School of Dentistry).

NDA-HEALTH NOW® "STEP-Up-to-STEM"

The Harris Rosen Foundation provided the winners of the 2018 NDA-HEALTH NOW® "Step-Up-To-STEM" contest, Celeste Edwards and Raymond Dawkins with scholarships, travel expenses and funding to launch their winning STEM projects at the community outreach event at the Hughes Boys & Girls Club in the Par-ramore community of Orlando. Edwards, a D3 at Louisiana State University School of Dentistry, President of the LSU chapter of SNDA, and Student Representative to the NDA Board of Trustees,

conducted her program designed for teenagers. Groups rotated every 20 minutes through oral health sessions that included: lessons on tooth eruption sequences; oral health education (diseases caused by smoking, poor oral health, poor access to oral healthcare, drinking alcohol, etc.); and oral hygiene instructions. The students were then tasked with writing a declarative statement about how or why they will choose to take care of their teeth. A collage wall with all their pictures and statements was produced for display at the NDA Convention. In addition, the students were asked to create a social media page or blog educating their fellow classmates on oral health

Dawkins, a D3 at University of Alabama School of Dentistry, designed "Cavity Science: A 20 Minute STEM Activity for K-8 Students," which emphasized "the importance teeth as well as the science behind protecting them." The goal was to "demonstrate the importance oral health while promoting interest in the profession of dentistry." INCLUDE "WRAP AROUND GRAPHICS HERE". One of the interactive components included students placing restorations in dentoform teeth. SNDA members from several schools,



as well as nursing students and hygiene students from Orlando, assisted Celeste and Raymond; and nearly 300 students participated in the new NDA-HEALTH NOW® “Step-Up-to-STEM” programs. Both programs were a huge hit and will be replicated in other NDA-HEALTH NOW® cities. By exposing children to STEM, giving them opportunities to explore STEM-related concepts, and providing them with minority oral health professional student role models, the hope is that they will pursue STEM related careers. The program promotes the goal of the NDA to increase access to care and health equity for our communities by increasing the number of African American oral health professionals.

SNDA2NDA

The NDA seeks to create a more seamless transition from membership in the Student National Dental Association to membership in the NDA. Both contest winners submitted innovative entries with specific background information and recommen-

dations to help accomplish the goal. In her winning entry, contestant Ariana Frank (Temple University School of Dentistry), stated, “The Student National Dental Association (SNDA) is an organization that was established in 1972, to promote and encourage the enrollment of underrepresented minorities in dental school, while enhancing their overall dental school experience.” As the parent organization of the SNDA, the National Dental Association (NDA) is committed to promoting a seamless transition from SNDA to NDA. To accomplish this goal, Ariana proposed three styles of mentorship: one-on-one mentoring, group mentoring and reverse mentoring. Her concept lays the foundation for a successful mentorship program through the development of personal relationships between the participants and staying true to the main goals of the program.

Contest winner, Lisa Kwarteng (University of Kentucky Dental School) submitted a winning entry that described the geographic breakdown, strategic action steps and designated Mentor-Mentee assignments required to accomplish the goal. She recommended the composition of the groups; session venues and session topics; and a timeline to coincide with the academic year. Lisa’s proposal not only permits a seamless transition into the NDA, but also enables SNDA student dentists to connect with various NDA members, in specific specialties, located in specific geographic regions. This concept would also encourage current SNDA members who transition to the NDA to serve as mentors upon graduation for other students. The NDA will combine both concepts to develop a Logic Model for SNDA2NDA.



NDA 95th President's Inauguration

SAVE THE DATE



Join us for the Scholarship Gala and Inauguration of Dr. John T. Daniels, II as the NDA 95th President

Saturday, December 8, 2018 Renaissance Washington, DC Downtown Hotel

Purchase Tickets: 240.241.4448
or online: ndaonline.org/transition
Ticket Deadline November 16, 2018

Gala Tickets:
\$175

Reception: 6:00pm
Dinner: 7:00pm - Midnight

Hosted by
Robert T. Freeman Dental Society
and the National Dental Association



NDA NATIONAL DENTAL ASSOCIATION

Hotel Reservation
(Ask for NDA Block) Call: 202-898-9000

Online: <https://goo.gl/tuUhjb>
Hotel Deadline: November 9, 2018



Mother-Daughter Dental Legacies Beyond HBCUs

Although the tides of change are slowly moving in the direction of diversity and inclusiveness, there are still “firsts” happening within African American communities, even in 2018. The National Dental Association’s family has gained a set of “firsts” in the dental legacy realm that has extended outside of Historically Black Colleges and Universities (HBCU).

Dr. Carrie B. Brown, NDA’s 91st Past President (Class of 1980), and her daughter Dr. Sakita N. Brown (Class of 2002) Pediatric Residency at University of Alabama (Class of 2005) are the first mother and daughter graduates from the University of Kentucky College of Dentistry.

Dr. Susan K. Wilson-Brooks (Class of 1983) and her daughter Dr. Maurina L. Brooks (Class of 2018) are the first Black mother and daughter to graduate from The Ohio State University College of Dentistry. Dr. Wilson-Brooks and her daughter began practicing with each other in June, 2018 and are the first Black mother and daughter dentists to practice together in Columbus, Ohio.

This is a trend we hope to see more of in the future. One of many NDA priorities is to increase the number of African American oral health providers in communities of color, with an emphasis on caring for the vulnerable and underserved populations. Through scholarships and support programs as well as advocacy for enhanced resources, the NDA promotes dentistry as a viable profession among young students of color.

Let’s keep the trend going!

FLOSSLINE - Post Convention Edition 2018

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Protocol Corner



Edward H. Chappelle, Jr., DDS, FAGD
Chairman of the Board



Wayne D. Walker, DDS
Speaker of the House

Constitution vs. Bylaws:

This month we differentiate between the Constitution and the Bylaws.

The constitution of an organization contains the fundamental principles which govern its operation. The bylaws establish the specific rules of guidance by which the group is to function. All but the most informal groups should have their basic structure and methods of operation in writing.

The Constitution of the National Dental Association has 6 objectives by which we define ourselves.

1. To promote the art and science of dentistry
2. To raise the standards of the dental profession and dental education
3. To stimulate favorable relations and good fellowship among dentists and also between dentists and other health professions.
4. To nurture the growth and diffusion of dental knowledge.
5. To work for the improvement of the health of the community we serve.
6. To work persistently for the elimination of religious and racial discrimination, and segregation from American institutions, clinics and organizations.

These six objectives say a whole lot. I won't go into it because they are self-explanatory. It is the duty of every member of this organization to try and carry out these objectives, and the leadership to promote the same.

As we move into the future, we must continue to keep site of our principles.

Bylaws on the other hand, give us the guidelines to operate by. Those guidelines are our everyday manual for running the organization. They are more easily amended (2/3 vote of the House of Delegates) and should change with the times and as needed. I encourage all of our leaders to continue to read and digest our by-laws as they will govern your conduct.

Wayne D. Walker, DDS
Speaker of the House

Congratulations to the 2019 NDA Officers

John T. Daniels, II, DDS - President
Sheila L. Armstrong, DDS - President-Elect
Cheryl Y. Lee, DDS - Vice President
Marlon D. Henderson - DDS - Secretary
Nicole Cheek - DDS - Assistant Secretary
Kim A. Smiley - DDS, MS - Treasurer
Hugh V. McKnight - DDS - Assistant Treasurer
Wayne D. Walker, DDS - Speaker of the House
Roderick H. Adams, Jr., DDS - Vice Speaker of the House
Joe D. O'Neal - DDS - Immediate Past President
LaVette C. Henderson - CMP, CVEP, HMCC - Deputy Executive Director

2018

NDA OFFICERS

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Treasurer

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Vice Speaker of the House

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LaVette C. Henderson,
CMP, CVEP, HMCC
Deputy Executive Director

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Edward H. Chappelle, Jr., DDS, FAGD
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Daphne Ferguson-Young, DDS - ALTERNATE

District V

Janet Southerland DDS, MPH, PhD
Vacant (1)

District VI

Pamela A. Alston, DDS
Wallace J. Bellamy, DMD

SNDA Representative:
Celeste Edwards

NDHA Representative:
Diane Lane Scott, RDH, BS

NDA Representative:
Angela Bowens

ANDA Representative:
Darlene Gay



Proper nutrition means eating a well-balanced diet so that your body can get the nutrients needed for good health and wellness. If your diet is low in the nutrients your body needs, you may be less able to respond to challenges. This could contribute to increased risk for gum disease. It is also important to remember that dietary choices can impact on tooth decay and enamel health.

Practice Name

Dr. Name Here

Phone

Web Address

WHAT FOODS SHOULD I AVOID FOR A HEALTHY MOUTH?

Foods that contain sugars of any kind can contribute to tooth decay. Foods high in carbohydrates, sugars and starches greatly contribute to the production of plaque acids that cause tooth decay. Making sugary foods a treat rather than a staple will help protect your teeth. And, it's always best to eat a sugary food with a meal, rather than by itself.

Foods to avoid over-consuming include the following:

- Sugary foods
- Sticky sweets

WHAT ARE SOME NUTRITIOUS FOODS FOR MY TEETH AND GUMS?

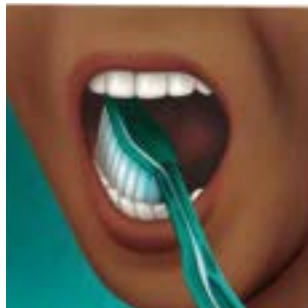
Instead of a sugary snack, consider:

- Cheese
- Carrots
- Apples
- Leafy greens
- Yogurt
- Celery
- Almonds

THE RIGHT WAY TO BRUSH



Clean the outer surfaces of your upper teeth, then your lower teeth by brushing away from the gumline



Clean the inside and chewing surfaces of your upper teeth, then your lower teeth using short back-and-forth strokes



Gently brush your tongue to remove bacteria and freshen breath

THE RIGHT WAY TO FLOSS



Use about 18 inches of floss, wrap around middle fingers, leaving an inch or 2 to work with



Holding floss taut, gently slide up and down between your teeth



Follow the curve of each tooth, making sure to go beneath the gumline, but never snapping the floss against the gums

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Opening Session



Minority Faculty Symposium

Supported by Colgate-Palmolive, National Dental Association Foundation and The American Dental Education Association



Minority Faculty Research Forum

Supported by National Dental Association Foundation



President's Symposium

Supported by DentaQuest and an educational grant from GlaxoSmithKline



Dr. Alison P. Riddle-Fletcher Women Dentists' Awards Luncheon

Supported by Colgate-Palmolive



WHS Visionaries Dr. Christopher H. Fox, Executive Director, IADR & AADR; and Dr. Marsha Butler, VP Global Oral Health & Professional Relations, Colgate. Not able to attend, Dr. Jeanne Sinkford, Senior Scholar-in-Residence, ADEA



Women's Health Symposium Warm-up Sessions

Supported by Florida Blue



VIP Reception



Civil Rights Luncheon



New Dentists Luncheon

Supported by Colgate-Palmolive



PRC & Exhibition



Eddie G. Smith Leadership *Workshop*

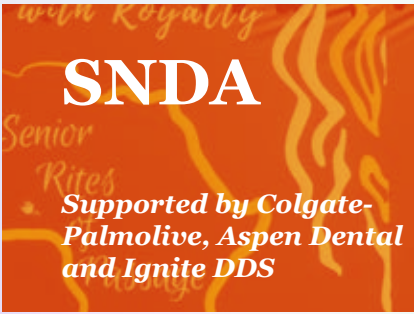
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President's Gala

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SNDA National Convention Soaring to New Heights

264 dental students from across the nation traveled to Orlando, Florida to partake in this year's annual convention. With an increase in attendance and sponsorship from the previous year, the Student National Dental Association soared to new heights under the leadership of Immediate Past President, De'Ja Alexander. Alexander, a 2018 Graduate of the University of North Carolina at Chapel Hill, was one of the 24 new Dentist pinned during the Rites of Passage Ceremony.

This year's sessions featured numerous academic and clinically geared programs as well as opportunities for students to interact with NDA members. Students also had the opportunity to participate in

community service events, including serving a local boys and girls club with NDA HEALTH NOW, and hosting a Back to School Oral Hygiene Supply Drive. As always, the Gala was a true celebration of Black Excellence. Nine chapters were recognized for their yearly accomplishments, three students were awarded for their research presentations, and the new executive board for 2018-2019 was announced.

During the convention this year, SNDA was front and center stage during the NDA Opening Sessions where four (4) of our fellow classmates were honored, recognized and received their competition checks. We also had the opportunity to give greetings and an overview of our 2018- 2019 goals. This year's executive board under the leadership of Student Doctor Mark Abere, has hit the ground running with his strategic plan geared to increase interaction with NDA and also increase interchapter involvement nationwide. They are excited for the amazing things to come this year!

Mark Abere
UAB School of Dentistry,
Student National Dental Association (SNDA),
National President 2018/2019



NDA Luncheon

The 2018 NDA Convention was a success for National Dental Assistant Association. We were short in numbers, but we made a profit and welcomed new members.



L-R: Bethanie Pollard, Angela Bowen (Sitting President NDA), Mary Wilson, Martha Cline, Sherry Madison

The atmosphere of being in Florida made it a fun place for us to unite and learn. It was much more than a meeting. It was a place to make connections. It was a place to share learning experiences with others. It was a place to explore new adventures. It was a place that was welcoming and caring. It was fun. I enjoyed visiting the exhibit hall seeing the student's poster presentations and speaking with exhibitors about office products. An added attraction to the exhibit hall this year, was an exciting fashion show. I was able to purchase items at a discounted rate for our provider.

At the Convention, I experienced a new way to participate in business meetings and networking events through our Roundtable Discussion Course. I am inviting all Dental Assistants, Office Managers, Receptionist, and Clinical Coordinators to come out and share with NDA next year. You can receive CE hours. So, bring your team and select courses to benefit your staff. We will offer our practice management course for the staff and clinical topics for the assistants and coordinators. And please don't forget the social network you will meet and greet!! From the social network, I have lifelong friends, sisters, and brothers that I thank God for allowing these individuals

to enter my life. The NDA brings great experiences year after year for me. So, I am inviting all to come join us and make lifetime memories. Make an investment in yourself and strengthen the profession you work in by being a part of the 2019 NDA Convention in Washington, DC.

Yours Truly,

Angela Bowens, BA, MPA
NDA President

NDHA Luncheon



Danielle Waller scholarship recipient with president Barbara Seldon



ADA Sponsors Dr. Jane Grover With her assistant Lisa Flatt



Members of the Greater Columbus Dental Hygienists' Society



Moderator Mildred Taylor, NDA President
Dr. Joe O'Neal, NDHA President Barbara Seldon at the NDHA President's Breakfast.

The 2017-2019 NDHA Board of Trustees wishes to give special "THANKS" to all of the sponsors, supporters, members and friends who through their unwavering support, never ending hard work and abundance of ideas, helped to make the 2018 NDHA convention one of the absolute best, ever. Also, "THANK YOU" to the National Dental Association and all the affiliates for your assistance and support.



Members of the Greater Columbus Dental Hygienists' Society



Michelle Ivory and C.E. Presenter Shavonne Healy

Welcome



New Members



Dr. Gayda Abulshamat
 Dr. Jessica Alford
 Dr. Haldis Anderson
 Dr. Manuela Avila
 Dr. Vishal Bant
 Dr. Robert Barton
 Dr. Behrouz Beheshtin
 Dr. Benetta G. Bell
 Dr. Alicia Belton
 Dr. Cheryl Bird
 Dr. Akosuu Boatemaa
 Dr. Temiko Braswell
 Dr. Maurina Brooks
 Dr. Shelton Brown
 Dr. Brittany Brown
 Dr. Blake Bufford
 Dr. Jamie Carter
 Dr. Zaneta Carver
 Dr. Charnia Hall
 Dr. Lonntita Coulter

Dr. Renita Cox
 Dr. Dexter Dafney
 Dr. Michelle Davila
 Dr. Werner Geurtsen
 Dr. Bryan Goodman
 Dr. Brittanie Harris
 Dr. Cecil Hasen
 Dr. Keyachtta Hawkins
 Dr. Braxton Henderson
 Dr. Ryan Hills
 Dr. Binh Ho
 Dr. Curtis Holmes
 Dr. Aronica Holmes
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 Dr. Avasa Jagan
 Dr. Jae-Woo Jung
 Dr. Hayeon Koo
 Dr. Tapuwa L. Chikowore
 Dr. Angelo Lee
 Dr. Brianne Leslie

Dr. Andre Lloyd
 Dr. Ricard Long
 Dr. Alaina Marinello
 Dr. Ilka Maza
 Dr. Evita McAdo
 Dr. Nykia McNeil
 Dr. Heather Mingo
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 Dr. Heather Newman
 Dr. Marie-Claude N. Lowe
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 Dr. Toral Patel
 Dr. Josh Philip
 Dr. Mickelle Pitt
 Dr. Helen Price
 Dr. Chanel Prince
 Dr. Domenik Randon
 Dr. Kyle Ratliff
 Dr. Kenitra Richardson
 Dr. Anna Rodriguez

Dr. Mallory Russell
 Dr. Moaiad Salous
 Dr. Kenneth Shumate
 Dr. Kaynaat Singh
 Dr. Sidak Singh
 Dr. Kiana Sledge
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1. Gleave CM, Chen L, Suh BI. Calcium & fluoride recharge of resin cements. Dent Mater. 2016 (32S):e26.

NDA Meetings 2018-2019

| Month | Meeting | Place | Dates |
|----------|--|----------------|--------------------|
| December | NDA Transition Meeting & Inauguration Gala | Washington, DC | December 6-9, 2018 |
| March | NDA Mid-Winter Meeting | Virtual | March 1-2, 2019 |
| July | NDA 106th Annual Convention | Washington, DC | July 17-21, 2019 |

Protect your practice against the compromise of patient data

As a dentist, you often face challenges beyond just your patients'/customers' needs. Today, virtually all businesses collect and store personal information about customers, employees and others. With the dental industry on the rise, dentists are collecting more patient data, and in-turn, must take extra security measures in order to ensure data protection.

Have you ever thought you were at risk for a security breach? It's not just a big business problem anymore. Identity thieves increasingly target small and mid-sized businesses with fewer data security resources. In fact, 29 percent of small businesses have had at least one data breach, and 65 percent reported a negative impact on their business' reputation.¹

Imagine if someone breaks into your office overnight and steals your computer. As a result, you need to notify all of your patients that their information may have been compromised to ensure you are legally compliant. Luckily, Allstate provides data compromise coverage that can ease your worries. With this additional protection, your policy provides case management,

legal support, credit monitoring and legally required notification to your impacted patients.

Risks for data compromise range from stolen laptops to dumpster diving to computer theft to database hacking. Data compromise coverage provides first-party coverages for small businesses to respond to state notification requirements. Because many states have enacted breach notification laws that require businesses to notify those affected by a data breach, not having data compromise coverage can deter customers from your business.

Data compromise coverage assists in compliance with applicable state laws and provides a timely, professional response to a data breach. Check with your Business Owner Policy (BOP) provider today to see if your current policy includes data compromise protection.

Visit <http://iprotectsmallbiz.com/nationaldentallassociation> to learn more or get an Allstate quote today.

¹ Study conducted by Zogby Analytics sponsored by Hartford Steam Boiler





NATIONAL DENTAL ASSOCIATION

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Phone: 240.241.4448 Toll-free 877.329.7973 Fax: 240.297.9181

106th NDA Annual Convention
July 17-21, 2019
Renaissance Washington, DC Downtown Hotel
Visit www.ndaonline.org for more information

MEMBERSHIP INVOICE



Find us on facebook

January 1
December 31 **2019**

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 Degree _____
 Grad year _____
 Additional Degrees _____
 Date of Birth _____ Gender: M F

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| 2019 MEMBERSHIP DUES: | | |
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| <input type="checkbox"/> Affiliate/International Member <i>(Dentist practicing outside US & US Territories)</i> | \$270 | |
| <input type="checkbox"/> Associate Member <i>(Non-Dentist)</i> | \$270 | |
| <input type="checkbox"/> Full-Time Faculty Member <i>(copy of Faculty ID required)</i> | \$270 | |
| <input type="checkbox"/> Retired Member <i>(approval and verification required)</i> | \$100 | |
| <i>(Please be sure to pay your local and state society dues to complete the NDA membership process)</i> | | |
| Chapter Membership Dues | | |
| <input type="checkbox"/> State Chapter Membership Dues (print name of chapter): | \$ <u>Enter Amount</u> | |
| <input type="checkbox"/> Local Chapter Membership Dues (print name of chapter): | \$ <u>Enter Amount</u> | |
| DUES FOR GRADUATES* AND RESIDENTS**: | | |
| <input type="checkbox"/> 2019 Graduates | No Dues | |
| <input type="checkbox"/> 2018 Graduates | \$ 50 | |
| <input type="checkbox"/> 2017 Graduates | \$200 | |
| <input type="checkbox"/> Current Residents | \$ 50 | \$ _____ |
| NDA Legacy Fund: | | |
| <input type="checkbox"/> Leader Contribution* | \$500 | |
| <input type="checkbox"/> Member Contribution | \$150 | |
| <input type="checkbox"/> Other Contribution | \$ _____ | |
| <small>The National Dental Association Legacy Fund was established in 2016. This fund ensures that the NDA and its signature programs NDA-HEALTH NOW, the Eddie G. Smith Leadership Training Institute, and the NDA New Dentist Program continue to remain vibrant and effective in our community. Your contribution to this special fund will help our organization improve access to those we serve and reduce oral health disparities in our community. This fund will encourage and strengthen the support of our future doctors. Will you consider a tax-deductible gift today? Please Give Today to Secure Tomorrow! Legacy Fund contributions are tax deductible - NDA is a 501(c)3 organization</small> | | |
| *Trustees, Delegates & Past Presidents | | |
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NDA Mission Statement

The National Dental Association promotes oral health equity among people of color by harnessing the collective power of its members, advocating for the needs of and mentoring dental students of color, and raising the profile of the profession in our communities.

Contact NDA

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Email: sstone@ndaonline.org

www.ndaonline.org

Pay Online

Don't forget to pay your 2018 & 2019 Membership dues (local, state and national) and Pre-Register for the **106th NDA Annual Convention in Washington, DC.**

Visit our website for further details:
www.ndaonline.org

NDA Going Green

Please contact the National Office with any address and phone number changes. We want to keep you informed of what is going on at the NDA!

Visit our website and get updated information on:

- Membership
- Convention
- Society News
- Scholarships
- Career Opportunities and MORE!

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