

**Alliance of the
American Dental Association | AADA
CALL TO CONVENTION**



Let's show them what we've got!

Our convention is coming soon, a time we share with the ADA for our attention and participation. This year, we challenge ADA convention attendees to join us—the Alliance of the ADA—in an action that shows who we really are: a group of caring, giving, enthusiastic, creative individuals who look beyond ourselves to contribute to the greater community. Our **“We Care for You from Head to Toe”** project has been gaining national attention, as well as statewide and local coverage, because it is worthwhile and do-able for everyone.

The details have been in the *ADA News* and on our website at www.allianceada.org for weeks. Gather hats, socks, dental hygiene supplies. Sort the items according to recipient age. Send sorted, tagged bags to Central Office or pack items in your suitcase for the trip to Las Vegas.

Even if you are not coming to Convention, you can participate. Give them to AADA members who are coming to Convention. Send them to the Alliance Central Office before September 9. Ask your State Dental Society team to ship your bags with their materials. Pack them in your spouse's suitcase. You also can talk it up to everyone in your community and state and ask for contributions. You can call your state dental society executive director and ask them to e-mail every state ADA delegate, reminding them to bring a bag. Even at home, you can help.

Now if you *are* coming to Las Vegas, you can help BIG TIME! Monday, October 10, and Tuesday, October 11, you can help gather, sort, and pack the bags. Give two hours of your time. Put on a bright yellow apron so conventioners know to give you their bags to as they walk by the MGM Grand Pool Lobby en route to the Exhibition Hall. And share literature about the Alliance with everyone you meet. We have flyers, buttons, and grateful smiles in abundance. E-mail [Carol Reitz](mailto:Carol.Reitz@ptd.net) right now at diehard@ptd.net to add your name to the volunteer list. Then on Tuesday, October 11 at 3 p.m., gather in front of the MGM Grand to transfer our project results to **Opportunity Village** and **The Shade Tree**, local agencies serving families in crisis and the developmentally challenged. Be there with armloads of bags for the Las Vegas you don't see on the strip. Help show who we are and what we do. ***Don't miss this wonderful event!***



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.



This adorable young lady reminds us we want hats, socks, toothpaste and toothbrushes for all ages—in abundance. This is Christina Peppy, daughter of AADA District 1 Trustee Kristie Peppy. She's been to two of our conferences and loves the Alliance! Help spread her joy.

It's time for WHAT? AADA Convention is around the corner!



As I write this, I cannot believe that Convention is less than three months away and this exciting year will soon be coming to a close. I am grateful for the support I have received as your President and thank you for allowing me to serve.

AADA is an incredible organization. We live in different areas of the country, have different religious beliefs and genders. We tolerate our differences. I love the fact that we begin our meetings with some type of invocation, no matter the religious background of the person who leads it. Some of our spouses work in group practices, some in solo or specialty practices, but all of them are dentists. I am very pleased to belong to an organization that supports the dental profession while providing each member with opportunities to grow and learn new skills.

This year, we held a Strategic Planning Meeting. We reviewed, researched, discussed, and wrote up the information we obtained. We developed the first AADA business plan, revised our mission statement, and designed a vision statement that will be presented to the AADA House of Delegates in October. I am pleased with our progress in making this organization relevant and important to the personal and professional lives of dental spouses across the country. I hope you will be pleased with the results of our investigation into ideas for new membership benefits.

The Executive Committee and Board of Directors gained a great amount of knowledge about marketing and websites. Just 18 months ago, most of our officers and board members did not know what an “emoticon” was, and now our logo uses emoticons!

As President, I traveled to Utah, Kentucky, Tennessee, Massachusetts, and Georgia, and will travel to Ohio in September. We have wonderfully talented members in each of our states. I appreciate all the time and talents you donate to the Alliance.

It was my privilege to attend the ADA Washington Leadership Conference, meet with Alaska Sen. Lisa Murkowski and the staffs of Alaska's other members of Congress. This was a marvelous opportunity to get to know elected leaders and discuss with them items of importance to the profession of dentistry.

I was invited to and addressed the ADA Board of Trustees, New Dentist and Well Being Conferences, meetings I found informative and insightful. The ADA has been a great resource for us and I am very indebted to them for their assistance this year. I appreciate my interaction with ADA Staff, particularly ADA Executive Director Dr. Kathleen O'Loughlin and the ADA Officers and Board of Trustees.

My theme for this year has been “**It is time for fun, friendship, and philanthropy—the Alliance of the ADA.**” I have enjoyed every minute of this once-in-a-lifetime experience. All dental spouses should take advantage of AADA membership and grow their skills in AADA leadership positions at the local, state, and national levels. I have made lifelong friends.

The AADA “We Care for You from Head to Toe” project for Convention in Las Vegas is shaping up to be a wonderful opportunity to increase awareness of the Alliance among dentists and spouses in attendance. Our goal is to create 10,000 kits to donate to **The Shade Tree** and **Opportunity Village** on October 11 and to increase our membership by 1,000. I know we can do it! We cannot do it alone, but we can do this together.

Thank you for all you do in your communities, your states, and on the national level to support the Alliance and dentistry. Your efforts do not go unnoticed!

See you soon! I can't wait to be with you!

Maximize your AADA Convention enjoyment in Las Vegas



As Convention Chair, I am looking forward to seeing many of you at the 56th Annual Session of the Alliance of the American Dental Association in Las Vegas. By this time, I hope you have made your travel arrangements, submitted your AADA Convention Registration form and payment, and set your schedule to join us October 10-12 in beautiful Las Vegas.

The Alliance will be housed at the ADA Headquarters Hotel, the MGM Grand. This will make it easier for AADA members who attend with a spouse who serves on the ADA Delegation, but do remember to pack your comfortable walking shoes! The MGM Grand (as the name implies) is a large hotel property with a considerable amount of ground to cover from guest rooms to Convention Center.

Monday, October 10 and Tuesday, October 11, mark the Alliance's Head to Toe project. This project lets AADA members demonstrate the work that a committed group of dental spouses can bring to any project and introduces the Alliance to potential new members. How can you help? Bring or send your generous donation of new items, lend your help in assembling the kits, and please **Get the Word OUT** to everyone you know who will be attending either the ADA or AADA Annual Session. Look for the Head to Toe exhibit and work area in the pool lobby of the MGM Grand directly behind the escalators.

Annual Session offers us time to celebrate our members' accomplishments. Plan to attend the Thelma J. Neff Distinguished Service Awards on Tuesday, October 11, and the ADPAC/AADA Member Project Awards Breakfast on Wednesday, October 12. The MGM Grand will be glowing brighter in the presence of so many AADA stars!

District Caucus meetings on Tuesday, October 11, will combine with two to three other districts,

providing an opportunity to network, discuss important topics, and learn from each other. The Reference Committee Hearing will take place after the Neff Awards Luncheon. This is the place to discuss resolutions and other important business coming before this 56th House of Delegates. Please plan to be there and be informed!

On Wednesday, October 12, we begin the day with the ADPAC/AADA Member Project Awards Breakfast, then assemble for the AADA House of Delegates. Following the House, the President's Reception will give us an opportunity to honor Debbie Preece, AADA President, and Debbie Torbush as incoming AADA President.

Annual Session is a time to make thoughtful decisions regarding our organization, enjoy both new and seasoned friendships, rekindle interests, and share and learn through positive interactions. I hope to see you there!



Looking forward to AADA Conference 2012 in Georgia

Plan ahead for Conference 2012! Join us April 10-14, 2012, at the Evergreen Marriott Conference Resort in Stone Mountain, GA. Make your reservations today!

- Call **888.670.2250** and ask for the **AADA room rate**, OR
- Go online through this link: <http://preview.tinyurl.com/AADACConf2012>

The room rate of \$135.00 Single/Double is subject to 12% state and local taxes.

The hotel reservations deadline is Monday, March 19, 2012.





House of Delegates resolutions

Annual Convention is an important time for members to gather and vote on essential issues. All AADA members are invited to attend the Reference Committee Hearing on Tuesday, October 11, from 1:45-3:00 pm at the MGM Grand in Las Vegas, NV, to give opinions on the resolutions listed below. Members also are invited to attend the House of Delegates meeting on Wednesday, October 12, from 1:00-4:00 pm to hear the outcomes of deliberations on these resolutions:

Approve Areas of Strategic Focus for 2011-2012

See pages 8-9 for a complete listing.

Approve the 2012 Proposed Budget. A Proposed Budget is presented for the fiscal year 2012.

Appoint the AADA Website Coordinator to the AADA Advisory Council. The position of Website Coordinator is currently an ad hoc committee. To keep website content up to date and timely, it would benefit the Alliance to have this position on the Advisory Council.

The Alliance of the American Dental Association Vision Statement. The 2011 Strategic Planning Committee met to update and develop new focus areas for the coming few years. During the meeting, it was determined that the Alliance should have a Vision Statement. "Alliance of the American Dental Association: The Premier Support Community for its Members and the ADA"

Mission Statement revision. The 2011 Strategic Planning Committee met to update and develop new focus areas for the coming few years. During the meeting, the current AADA Mission Statement was reviewed, considered to be too long and should be clearer and advocate the dental profession.

• **Current:** "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"

• **Proposed:** "The Alliance of the American Dental Association is a diverse organization in active support of the American Dental Association (ADA) and its advocacy efforts by supporting dental spouses through networking, education and mentoring."

2011 Proposed Bylaws and accompanying Organization Chart Revisions. A Task Force was assigned following 2010 Convention House of Delegates to revise, streamline, clarify, and reduce repetition of items within the Bylaws. The Task Force also updated the AADA Organization Chart.

Detailed Resolutions and supporting materials are mailed to each member of the House of Delegates. However, any member may request a copy of those materials by contacting Central Office at **800.621.8099, ext. 2865** or <AADA@AllianceADA.org>.



AADA Convention 2011 schedule

october 9-13, 2011, MGM Grand Hotel, Las Vegas, NV

sunday, october 9

1:00-5:00 pm	Executive Committee Meeting
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monday, october 10

9:00 am- 3:00 pm	Board Meeting
Noon-1:00 pm	Board Lunch
Noon-5:00 pm	Registration

tuesday, october 11

8:00 am-10:00 am	Foundation for Dental Health Education Meeting
9:00 am-5:00 pm	Registration
10:00-11:45 am	District 1, 2, and 3 Caucus Meeting
10:00-11:45 am	District 4, 5, and 6 Caucus Meeting
10:00-11:45 am	District 7, 8, 9, and 10 Caucus Meeting
Noon-1:30 pm	Neff Awards Luncheon
1:45-3:00 pm	Reference Committee Hearing
3:00-4:00 pm	Reference Committee Meeting
3:00-5:00 pm	Trustee and Membership Meeting
3:00-5:00 pm	Government Affairs Committee Meeting
3:00-5:00 pm	Dental Health Education Committee Meeting
3:00-5:00 pm	Well-Being Committee Meeting
5:00-6:00 pm	Circle of Golden Key

wednesday, october 12

9:00-10:00 am	AADA Registration
10:00 am-Noon	ADPAC/Member Project Awards Brunch
1:00-4:00 pm	House of Delegates
4:00-6:00 pm	President Reception

thursday, october 13

8:00 am-Noon	Post Board Meeting
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visit the Alliance website at <<http://www.AllianceADA.org/>> for more information.



2011 Approved AADA Budget



REVENUES

\$219,455	Membership dues
39,600	Conference 2011
25,400	Convention 2011
37,500	ADA grants and sponsorships
20,550	Other income
\$342,505	Total revenues

EXPENSES

\$36,495	Awards, grants and service recognition
51,695	Board of Directors/Advisory Committee administration
32,100	Board of Directors/Meetings
125,448	Central Office
44,590	Conference 2011
19,480	Convention 2011
15,500	Member benefits
17,197	Miscellaneous
\$342,505	Total expenses

A full, detailed budget is available to members upon request by contacting Connie Slyby at [<cslyby@comcast.net>](mailto:cslyby@comcast.net) or calling AADA Central Office at **800.621.8099, ext. 2865**.



AADA leadership for 2011-2012



The Nominating Committee met March 3, 2011, at Conference in Richmond, Virginia to interview the future leaders of the Alliance. As Chairman, I am very excited and optimistic about the future of our Alliance. This proposed slate of officers provides a dynamic group of leadership: energy givers who believe in AADA's goals and in the individual talents of our membership to achieve those goals.

This proposed slate of officers will be presented to the AADA Board of Directors for ratification at the Pre-Convention Board of Directors Meeting in Las Vegas, Nevada and to the AADA House of Delegates for vote and election.

OUR NOMINEES INCLUDE:



President
Debbie Torbush, GA



President-Elect
Patsy Dumas, IN



Vice President
Sue Ryser, UT



Secretary
Margo Martin, IN



District 1 Trustee
Kristie Peppy, NY



District 3 Trustee
Jean Harrington, GA



District 5 Trustee
Marilyn Woerner, MO

Many thanks to a wonderful Nominating Committee for their time, insights, and participation in interviewing our Alliance's Future Leaders.

NOMINATING COMMITTEE:

Leslie Hannigan, MA
Susan Minahan, WA
Barbara Yandle, VA
Helen Gardner, UT
Jerilyn Bird, FL
Terry Alvarez, CA
Maxi Merkel, IN
Carol Cooke, MO
Anne Morrison, NE

Please join us during the AADA HOD as we install our new leadership and honor our Board members.



District 7 Trustee
Open position



District 9 Trustee
Jane Binns, UT



Student Spouse Trustee
Nancy Uhlmansiek, WA



Strategic Focus Areas for 2011-2012

The Alliance of the American Dental Association

The Dental Community Belongs Here

FOCUS AREA 1

Support AADA members

INITIATIVES:

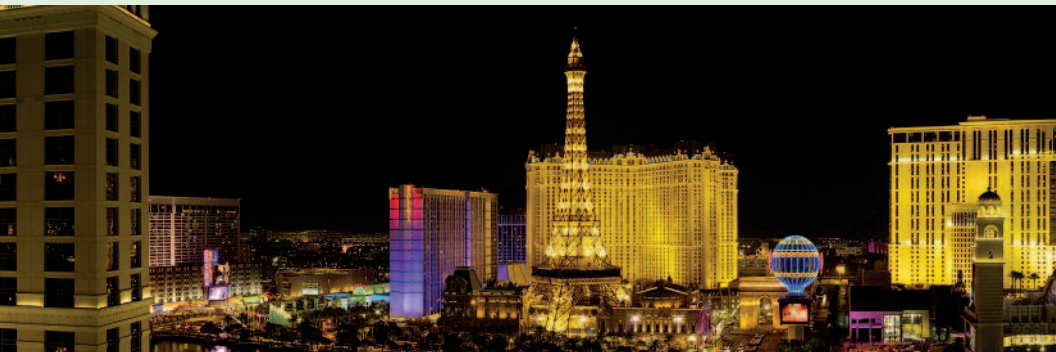
- ▶ Provide educational opportunities that will increase the personal and professional skills of AADA members and enhance their well being as an individual and as a member of the dental family.
- ▶ Provide mentors to new members or those who do not have an active local Alliance.
- ▶ Provide up-to-date communication for members through *KEY*, the AADA website, E-blasts, *ADA News*, state dental publications.
- ▶ Provide tangible benefits to members.

FOCUS AREA 2

Ensure AADA financial stability

INITIATIVES:

- ▶ Maintain and/or increase membership.
- ▶ Engage the support of state dental associations to encourage Alliance membership.
- ▶ Review the dues structure/levels and operational costs.
- ▶ Consider website links to membership benefits that provide a significant return on investment to AADA.
- ▶ Pursue sponsorships.



FOCUS AREA 3

Increase the visibility of the AADA in the community

INITIATIVES:

- ▶ Continue marketing efforts and possibly add a Marketing/Communications staff member.
- ▶ Target members and potential members in the Convention and Conference cities each year.
- ▶ Develop a national Dental Health Education project.
- ▶ Provide “Done in a Day” community service projects during Conference and Convention.
- ▶ Advocate legislatively at the local, state, and national levels to protect the interests of the dental profession.

FOCUS AREA 4

Investigate the effectiveness of the AADA structure and the current Board of Directors positions

INITIATIVES:

- ▶ Evaluate the effectiveness of the Board positions, especially the Trustees and the Council Chairs.
- ▶ Enhance opportunities for leadership training.
- ▶ Provide an ongoing review of our resources, documents, programming, financial status, etc., and update as needed.
- ▶ Utilize “Best Practices” in all areas of the Alliance.
- ▶ Provide an ongoing evaluation of the AADA Business Plan.



Foundation for Dental Health Education: Bauble and benefit



AADA Foundation for Dental Health Board (l-r):

Dr. Janine Bethea, Carol Cooke, Leslie Hannigan, Sue Kuehn, Ruth Blythe, Nancy Uhlmansiek, Mella Glenn, Marthiel Russell. *Not pictured:* Connie Karlowicz

BAUBLE

Once again, the Foundation for Dental Health Education is having a raffle at Convention. This year's bauble will be on the Alliance website by September 1. You had a lot of fun with this last year and of course our winner, Diane Dinsmore, is thrilled with her ruby and diamond necklace. If you can't make Convention, you still can purchase a raffle ticket. Check out the Alliance website at <AllianceADA.org>.

BENEFIT

Who benefits from the FDHE raffle? You do! Has your Constituent or Component Alliance applied for and won a grant to cover a dental health education project? Have you attended Conference since the foundation's inception? A grant is always awarded for DHE Conference programming. Has your local museum with a section on dentistry received a grant? How about a health program in your area? Has your favorite charity received a grant to help with dental related programming? All of these have received grants from the Foundation, funded by your generosity.

Applications for 2012 FDHE grants are due November 1. The form is on the AADA website at <AllianceADA.org>. Questions? Contact Carol Cooke at <rvrwoods@aol.com> or **636.271.6096**.

Looking forward to seeing you in Las Vegas, ready to purchase raffle tickets from any Foundation Board member, and hopefully sport your bauble out on the town.





Support dental health education and this beautiful necklace and earring set could be yours.

Each year during Convention, the AADA Foundation for Dental Health Education conducts a raffle to raise funds for its grants. This year, the Foundation is raffling off a beautiful amethyst and diamond necklace with matching earrings. **Raffle tickets are \$20 each, three for \$50, or 9 for \$100.** To purchase tickets in advance of Convention, send your check (made payable to FDHE) to Connie Karlowicz, FDHE Treasurer, at 1401 Parkdale Drive, Dover, OH 44622. Please include your address and phone number so the Foundation can contact you in case you are the winner, and so Connie can mail you your ticket stubs. Please send your check by September 28, 2011 or purchase tickets on site at Convention. The drawing will be held October 12, 2011, during the AADA Presidents' reception at the MGM Grand Hotel in Las Vegas, NV.

If you need more information or have a question, contact Connie at <FDHERaffle@AllianceADA.org>.

Moody's



Fizzy drinks make fuzzy teeth: Year Two of *Drinks Destroy Teeth*



The public education campaign **DRINKS DESTROY TEETH** has partnered with the **Alliance of the Indiana Dental Association** to make 1,200 science kits for every public elementary school in Indiana.

Alliance members will assemble the science kits at the IDA office on Tuesday, September 6, 2011, then deliver them to the Indiana Education Service Center. The nine regional service centers will distribute them to the elementary schools. The Alliance is providing much-needed labor to the program, along with financial assistance of \$1,000. The North Central Dental Society Foundation also contributed \$1,000 to the project.

Drinks Destroy Teeth teaches the concept of acid to grades four and five by soaking hard-boiled eggs in sports drinks, soft drinks, vinegar, water, and milk. Students predict which acid is the strongest. In a second experiment, students test beverages with pH strips and learn acids have varying strengths. Students also measure the amount of sugar in a 12-ounce serving of their favorite soda or sports drink.

In year one, distribution of the Drinks Destroy Teeth science kits to private schools proved difficult. Some schools were resistant to new lesson plans. Delivery of the kits, which depended on our membership, was irregular. In year two, the program will concentrate on the public elementary system, which welcomes the IDA's involvement and provides a distribution network,

The lessons are available to everyone through the website <DrinksDestroyTeeth.com>. Members are asked to mention the science initiative to their contacts in private schools and guide those teachers to the website, which has complete lesson plans.

Educating patients about the acidity in popular drinks is easier with a handout from the website. The popular acidity brochure can be downloaded for free and used chair-side in color or black and white. A Powerpoint presentation about drinks and the harm they inflict will be available through the website for dentists to use when asked to speak to various groups.

Winners of a 2011 poster contest received monetary awards. At orientations held in north-west Indianapolis at the Indiana Education Service Center, school nurses learned about the pH in

drinks and the Drinks Destroy Teeth science kits. The school nurses were advocates for the health program and proved integral to its success.



The “Drinks Destroy Teeth” website



The town hall meeting



A **town hall meeting** or informal public meeting has been used in the United States since the 17th century. Today's version can be conducted via telephone conferencing. Everyone in a town or community is invited to attend.

Legislators use town hall meetings to espouse or defend their positions. They also use town hall meetings as a source for gaining great ideas. For the public, town hall meetings are excellent opportunities to learn where the legislator stands on an issue, to voice their opinions, to ask questions, and to get the legislator to make a public commitment.

Elected officials are attentive to constituents who attend town hall meetings. In today's environment a town hall meeting can attract anywhere from 20 to hundreds of constituents. Whether you attend in person or electronically, these tips can help you take advantage of the opportunity:

Be prepared: Constituents who come to town hall meetings with brief and thoughtful arguments, good data, and persuasive stories always get remembered.

Tell a personal story: Members of Congress look for first-hand accounts of how a policy might affect you or your family, business, or community.

Use numbers if you have them: Use numbers by mentioning things such as "I have 50 employees," "I represent 100 people," or "This bill affects 500 people in my community." Someone who represents other constituents makes an impact with lawmakers.

Be polite: "I pay your salary so you better listen to me" is not the best phrase to use when talking with your legislator. Rudeness is not a productive way to persuade someone to take your side. Legislators respect those who reason and are willing to have a dialogue.

Go in groups: A chorus speaks louder than a solo voice.

Talk to staff: Every legislator brings staff to town hall meetings. Tell them your story before the meeting begins and get their business cards. You'll be creating a champion for your cause within the office.

Leave papers: Both your state PAC and ADPAC produce flyers on the latest issues affecting dentistry. Take these flyers with you and give them to your legislator. Besides being a good talking point reference for you, the papers also will be a good reminder to the legislator when s/he returns to the office.

Follow up: A few days or a week after the town hall meeting, follow up by phone or e-mail. Thanking the legislator for answering your question is a simple way to remind him or her about the issue. If s/he couldn't answer your question, a follow-up is a good reminder that you are still waiting for an answer.

Get your dental friends to meetings: When a legislator hears the same question at different town hall meetings, s/he wonders, "Why is everyone asking about this?" Hearing the same thing in different places signals that there may be a deeper problem afoot.

Give feedback to your dental lobbyists: After interacting with a legislator, it is vital that you provide feedback on what happened. Contact your state dental PAC or the ADPAC office at 202.898.2400. The lobbyist will mention your town hall question to the legislator the next time they meet. This shows the legislator the connection between the lobbyist and the constituents back home.

ADPAC 
American Dental Political Action Committee

ADA American Dental Association®

Test tube or temple?



You probably understand this:

It's good to have some protein in the morning to avoid the pre-lunch fade-out. Make sure your carbs are mostly low glycemic. And watch your aspartame fix.

We talk more about science and less about food. We have gotten further and further away from the joy and beauty of food as we become lost in the microscopic science. We listen too much to the food industry and not enough to our common sense.

First, let me assure you that I love science. Science has given us insulin, antibiotics, and helped us to understand the many ways that our bodies work. Science also has given us petroleum-based fertilizers and high fructose corn syrup.

Science has the tendency to dissect anything to its minute parts, which can have serious consequences. For example, resveratrol is found in the skin of red grapes and may contain cancer-fighting properties. Its availability in supplement form raises several issues. First, supplements vary in potency and quality. Second, can you be certain that the single supplement will do what you hope it will do without ingesting the whole of the grape in its natural form? The supplement industry sure wants you to think so. Then there the question of how much a body really needs.

Scientists and researchers want us to believe in their studies. Processors backed by the food industry continue to drive our food choices and lead us down the “nutrition” road they choose. We forsake health for seeming convenience. We have been led to believe that in order to make sound food choices, we need to be guided by experts, whose interests may be more in our money than in our health. We are told we can solve our health woes by taking pills or eating processed foods that have been fortified with vitamin, minerals, protein, omega 3s and fiber.

We are tantalized to believe that we can take magic pills and eat meal replacements without addressing the rest of our lifestyle. Taking such pills also implies that the single ingredient will work as well even when it is removed from its

total environment. Maybe we need to eat the grapes or drink the wine as we enjoy our meal with friends. Maybe we need to forego the second helping and the dessert.

MAKE YOUR OWN CHOICES

Read everything and don't believe everything you read.

Sugared cereals claim whole grains. That may be true, but that doesn't make it great. Words like “enriched,” “all natural,” and “heart smart” imply health but also can mean “more processed.” Be wary of claims. Think about a carrot or apple. They might come with little sticker that says Pink Lady, but they don't come with health claims.

When the ingredient list gets long and you don't even know what some of them mean (like polysorbate 60), maybe you should think twice about buying the product. Even the word “organic” does not mean a food is nutritious. All cookies are not created equal, but all cookies are still a treat.

Eating well does not have to be complicated. You don't need a researcher or a scientist to tell you what is healthful. Natural, real food is good for you. Maybe your mom (or grandma) was right all along.

Read the science reports, read about what is new, but take a look at who is paying for the research. Then look at what products they want you to buy. Remember, eating well does not need to be a science experiment. **After all, your body isn't a test tube: it's a temple.**

Plan for fun and well being at AADA Convention

Sex, smoking, gambling, alcohol, world-class entertainment, and plenty of eats. That's Las Vegas, and chances are, you either love it or hate it. Regardless, Las Vegas is the location for the Alliance's (and the ADA's) annual session. Here are your Well Being Tips for this trip:

The weather and Vitamin D: When you can get outside, expect the temperatures to be in the upper 60s. This is excellent weather to experience the pleasure of being outside. Take a walk to dinner. You might see the Eiffel Tower or a pyramid. Bring along your swimming suit, as it could stretch up into the lower 80s. Remember to pack your sunglasses and sunscreen.

Packing: Expect the weather to be pleasant but expect the conference rooms to be freezing. Maybe they won't be as cold as the inside of your refrigerator, but be prepared. It's no fun to pick icicles off your body during a meeting.

Food: Las Vegas is now a destination for the upper echelons of culinary extravagances and talented chefs. This is a boon for eaters. Buffets have stepped up their offerings—although I would caution you on the temptations of over-

eating. There are plenty of restaurants from which to choose. A buffet dinner costs around \$30 (reasonable enough), but you have to add in drinks, tips and taxes.

Gambling and alcohol: Both can be fun, but know your limits.

Entertainment: Take in a show. Las Vegas has some doozies, and your home town probably does not have anything quite like it. It's fun.

Connections: The Alliance is all about friendships. Enjoy seeing your long-time friends. Hopefully you will make a few new ones, too.

Well Being Committee Meeting: There will be no official meeting, as I will be in Bavaria. Greg has a speaking engagement and I will be writing food articles. For those of you who are the Well Being representatives, get together anyway. Grab your coffee, talk about events in your area, be sure to ask Georgia about the retreat that is happening in November (I'll be there), and get a breath of air outside. Send me an e-mail message about your well being thoughts. Be well!





ADA member Jocelyn Lance will receive honorary membership in the American Dental Association on Thursday, October 13, during the second meeting of the ADA House of Delegates at ADA Annual Session in Las Vegas.

Congratulations, Jocelyn, on your **outstanding contributions to the advancement of the art and science of dentistry.**



ADA American Dental Association
America's leading advocate for oral health

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Chicago, Illinois 60611-2837
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F 312.440.7488
www.ada.org

Raymond F. Gist, D.D.S.
President

June 15, 2011

Ms. Jocelyn Lance

Dear Ms. Lance:

On behalf of the ADA Board of Trustees, I have the personal pleasure of informing you of your election to Honorary Membership in the American Dental Association.

This honor is conferred by the Board of Trustees on those individuals who have made outstanding contributions to the advancement of the art and science of dentistry. The award will be presented to you at the 152nd ADA Annual Session during the second meeting of the House of Delegates, on Thursday, October 13, 2011, in Las Vegas. Prior to the annual session, you will receive specific information with the exact time and location for the presentation of your Honorary Membership.

We are pleased to provide you and a guest with complimentary registration for the ADA annual session, as well as two complimentary tickets for the Presidential Gala that will be held on Thursday evening, October 13. Regrettably, we are unable to cover your travel costs and housing expenses.

Enclosed for your convenience is a pre-coded Annual Session Registration and Housing form for your use. Also enclosed, is a Preliminary Program containing information regarding the ADA annual session, social activities and ADA business meetings. It would be appreciated if the completed Registration and Housing form be returned no later than July 15 to Ms. Barbara Ferriter, Event and Meeting Manager, American Dental Association, 211 E. Chicago Avenue, Chicago, Illinois 60611. This will ensure you the availability of one room at the ADA Headquarters Hotel, the MGM Grand. Should you have any questions, please do not hesitate to contact Ms. Ferriter at (312) 440-2880. She will be happy to answer your questions and provide any information you require.

We look forward to hearing from you and hope we can make your stay in Las Vegas a pleasant and memorable experience. Again, congratulations on receiving Honorary Membership in the American Dental Association.

Sincerely,

Raymond Gist, D.D.S.

Raymond Gist, D.D.S.
President

RFG:mk

- cc: Officers and Members of the Board of Trustees
- Kathleen T. O'Loughlin, D.D.S., M.P.H., executive director/chief operating officer
- Mr. James Goodman, managing vice president, Division of Conference and Meeting Services
- Mr. Jerry Bowman, managing vice president, Administrative Services
- Ms. Linda Hastings, senior director, Administrative Services
- Ms. Barbara Ferriter, event and meeting manager, Division of Conference and Meeting Services

Starting a new school year



I would like to make a suggestion to all of you who will not be attending our annual meeting in Las Vegas in October and who therefore will be unable to participate in our national project, "We Care for You from Head to Toe." You might consider initiating a similar program/project in your immediate area. (As a reminder, you can apply for funds for a project or member recruitment and development.)

Looking forward to a new traditional school year, my thoughts turn to all students and spouses, freshmen to seniors. Three words come to mind: **goals, power, and determination**. **Goals:** there are short term and long term goals and we need both; they can be weekly goals or ten-year goals. Write them down and adjust as you accomplish them. **Power:** A source of energy that gets things started and makes things happen. **Determination** is what carries individuals toward their goals and dreams, and that drive (energy) will bring success. It isn't always easy. However, it is attainable.

I received a note in mid-July from the spouse of a newly graduated dental student who had purchased a practice from a retiring dentist in a nearby community. In part, the letter read:

"I want to thank you for your support along the way. Your book of 'advice letters,' along with your positive inspiration, picked me up when I just didn't know if I could make it through another month of dental school. Balancing my own teaching, our two sons, and keeping some normalcy in our home along the way proved to be very challenging. Next week when we will have an open house at his office. I'll be one proud wife. Everything we set out to accomplish six years ago is now becoming a reality and that is exciting."

This is what our Student Spouse Program is about: being a mentor. And I have loved it.

THIS YEAR'S STUDENT SPOUSE MEMBER PROJECT AWARD WINNERS

Case Western Alliance: **Kim Fleming**

"A Toothy Affair" (Dental Health Education Category)

"Cada's Sweet Knowledge Night" (Membership Category)

Medical College of Georgia, School of Dentistry: **Korey Anderson**

"Legislative Dental Kits" (Legislative Advocacy Category)

"Dinner at Dean Drisko's House" (Membership Category)

"ASDA Bake Sale" (Student Spouse Alliance and ASDA raising funds for a free Clinic)

Congratulations to all of you.

*Student Spouses at AADA Conference 2010, including our **Member Project Award winners**.*

*Front (l-r): **Chad Brown, GA, Alicia Fawson, WI,***

Liz Gillins, OH, Katie Gawden, WI,

Eva Carpenter, OH

*Back (l-r): **Pat Cross, AADA Student Spouse Trustee,***

Korey Anderson, GA,

Kimberly Fleming, OH,

April Cobb, TX





Alliance of the American Dental Association
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“ADDRESS SERVICE REQUESTED”

DATES TO REMEMBER

October 11-12, 2011

AADA Convention, Las Vegas, NV

November 1, 2011

Foundation for Dental Health Education Grant applications due

Do you enjoy Southern Hospitality? What about beautiful springtime weather, flowering dogwoods and azaleas, friendly faces, learning opportunities, sightseeing, walking trails, golf, fishing, spa services, and good food? If so, then join Alliance members at **Conference 2012 in Stone Mountain, GA**, April 12-14 at the Evergreen Conference Resort.

<www.stonemountainpark.com>

<www.evergreenresort.com>

EVER GREEN, EVER GROWING, EVER LASTING FRIENDSHIPS

See page 3 inside for hotel reservation information.