



Alliance of the American Dental Association Student Spouse Trusteegram

Am I looking forward to Spring and Conference? Yes to both. Conference 2010 is planned to be fun, friendly and educational.

All of our grant and scholarship winners have been selected and I look forward being with them. (If, by some chance you find that you would be able to attend we will try to assist you in obtaining reservations.)

At your Student Spouse Forum, your speaker will be presenting "Fuel For Your Future." Only spouses of Dental Students will be in attendance. We want you to have the opportunity for questions, answers and discussion with each other and our speaker. Spring is around the corner and with it comes the long list of "Projects" or "To-Do's." Looking towards spring and summer is refreshing and exhausting. We just have to get focused and "Do It."

A project that I will take part in, which is not the garage, closets and yard, is called "Mission of Mercy" (MOM) and has taken place in over 12 states across the country during the past nine years. This event is designed to treat people in need of critical dental care who often fall between the cracks, helping them eliminate their dental infections and discomfort. The Mission of Mercy also helps to raise the awareness with the public and policy makers of the difficulty that some individuals have accessing dental care.



Patricia Cross
*Student Spouse
Trustee*

This event is scheduled to treat upward of 1500 patients and will need at least 500 volunteers. My husband and eldest son will be treating individuals and my grandson and I will be volunteering in registration and hospitality. This is a project of the Illinois State Dental Society and will take place the first part of June 2010. I am excited to take part in such a needy project.

STUDENT SPOUSE PROJECTS: I have told you of one of my projects and I am hopeful that you can tell me what your projects have been by filling out Project Award Applications. I cannot emphasize enough that no matter how small or large your project might be, it is worthy of filling out the award application. If you have pictures to accompany your application that is even better. If you have not been able to complete a project as of now you have one month before the applications need to be in AADA's office. APRIL 22, 2010 is the deadline.

Suggestions: Visit your neighborhood school - talking to children about brushing, flossing and eating properly is everyday and not just the month of February. Visit a nursing home and take a little bouquet of flowers in a baby food jar that you and your child have painted or decorated (also, a toothbrush is good to give). Go to your library and read a dental oriented book to youngsters and give them a sugarfree candy treat. TAKE PICTURES Call me if I can be of help.

ASDA NEWS:

In the February 2010 ASDA NEWS, six dental students who are candidates for ASDA Executive Committee and Speaker were featured. Hopefully your spouse has brought this home. Take 10-15 minutes to read their thoughts and platform. They are well informed and display strong leadership qualities now and for the future of Dentistry.

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.

DO YOU KNOW?

ASDA members have valuable benefits and discounts.

ADA Insurance Plans - eligible for \$50,000 in free term life insurance from ADA Insurance Plans, Premiums are paid by ADA through December 31 of your graduation year. If you are under 40, no medical exam is required. Reduced Rates are available for up to three years after dental school graduation.

Barnes & Noble:

ASDA members are eligible for a 5% discount on all purchases from www.barnesandnoble.com. Free shipping is provided on orders of \$25.00 or more. The discount is not applicable at the retail stores. Go to www.asdanet.org to direct you to their launch page. Check this out.

Heart Facts

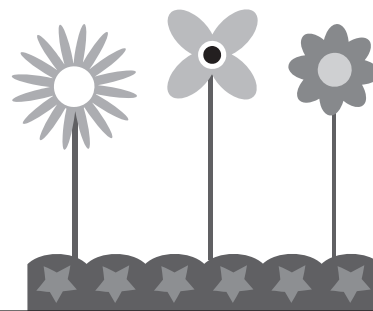
Your body has about 5.6 liters (6 quarts) of blood. This 5.6 liters of blood circulates through the body three times every minute. In one day, the blood travels a total of 19,000 km (12,000 miles) - that is four times the distance across the U.S. from coast to coast. (I have read this several times to make sure I heard and saw these numbers and it is an unbelievable statistic and true.)

Membership

Have you increased your membership in your Student Spouse Alliance? This is the most difficult area in most organizations, and, it is one of the most important areas of an organization. Truly, the most effective way to increase our members is on a one on one basis. Being a friend to have a friend. Taking the extra step and include another individual. If each one of you would ask another student spouse to participate in an activity that you would like to implement in your area you will be surprised how many are glad to give a hand at a specific project - that is how friendships develop and in your situation one that can last a lifetime. Projects are developed by brainstorming together and then making them happen together. If, I can help please let me know.

Reminder

The theme for dress at the Saturday Evening "GALA" is black and white. I am looking forward being with all Conference Attendees. April 15th - 18th



*Happy Spring
to all of you*

Pat

Alliance of the American Dental Association
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MARK YOUR CALENDARS

March 20, 2010	SPRING BEGINS
April 12-14, 2010	Washington DC Leadership Conference - ADA
April 15-18, 2010	AADA's Conference 2010
April 22, 2010	Members Project Awards Application Due
May/June 2010	Graduation