

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER COMMUNITY



December, 2004
Issue 4

**Whatcom County Oral Health
Coalition Steering Committee:**

- Mark Brooks, DDS
SeaMar Community Health Center
- Janet Davis, RN
Whatcom County Health Department
- Grant Deger, MD
Bellingham City Council
- Mary Jo Durborow & Carole Kornelis
Readiness to Learn Coordinators
- Ken Gass, MD
Madrona Medical Pediatrics
- Beverly Jacobs
Community Member
- Maggi Kriger
Access to Baby & Child Dentistry
- Wilanne Ollila-Perry
Opportunity Council
- Chris Phillips
St. Joseph Hospital
- Lesley Rigg
NW Regional Council
- Marian Russell, RDH
Toothfairy Dental Hygiene Care
- Jenny Shuler, CDA (Chair)
Bellingham Technical College
- Anita Stolpe
Dept. Social and Health Services
- Ken Taylor, DDS
Lummi Tribal Health Center
- Fredrick Wicknick, DMD
Oral Surgeon
- Jim McCallum, DDS
General Dentist

Oral Health Matters

For Whatcom County



Forum on Adult Access to Dental Care

The January meeting of the Oral Health Coalition steering committee will tackle the complex issue of adult access to dental care in our community. The multifaceted problem involves many issues including low Medicaid reimbursement rates, community health centers at full capacity, rising use of the Emergency Department for non-urgent dental complaints, and patients traveling outside our county for care. Solutions will most likely involve participation from many sectors of the community.

All coalition members, and other interested community members, are invited to join the steering committee for a dialogue which will address: 1) what we know about the problem of adult access to dental care in Whatcom County, 2) what dental resources are available for adults, 3) what models from the state and nation can we draw from, and 4) what solutions could work for our community. The forum will take place on Thursday, January 6th from 5 to 7pm at St. Luke's Community Health Education Center.

Please contact Diane Lowry at 738-2504 ext. 31781 or dlowry@co.whatcom.wa.us to RSVP.

Dental Providers Volunteer for Children's Oral Health in February

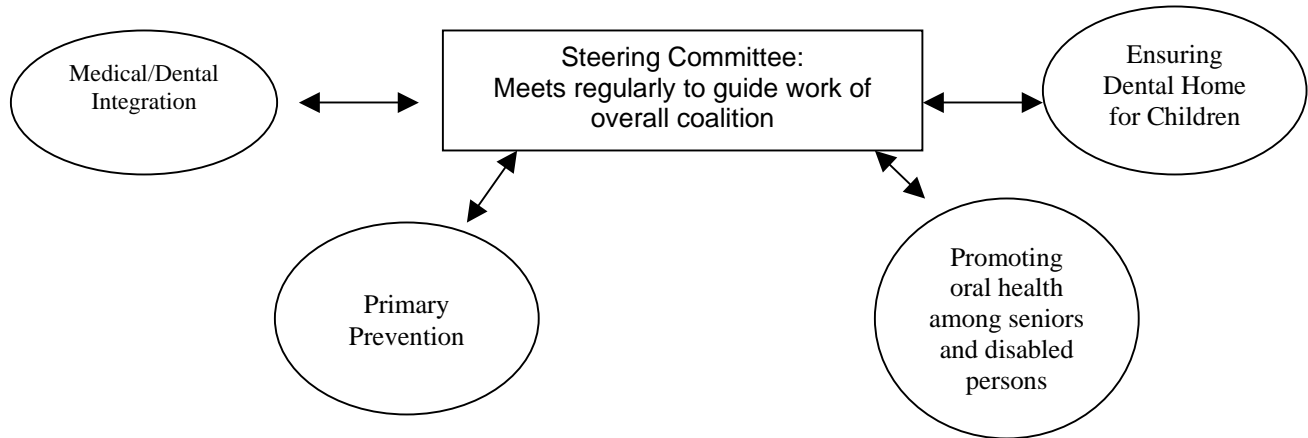
The Mt. Baker Dental Hygienist Society is coordinating a free dental screening and sealant day for children age 5 to 18 on February 12, 2005. Over 80 children will receive oral health screening, fluoride varnish application, and dental sealants. Many dentists, dental hygienists, and dental assistants have agreed to volunteer their time to serve the children and provide important oral health education to families. Interfaith Community Health Center has donated use of their clinic for this Saturday event and numerous donations of supplies and funding have come from local dentists. ***Families can schedule an appointment for children beginning January 1st, 2005 by calling 360-383-9035.*** The children's workgroup of the Whatcom County Oral Health Coalition, Bellingham Technical College, Mt. Baker District Dental Society, North Cascade Dental Assistant's Society, and Department of Social and Health Services have partnered with the Mt. Baker Dental Hygienist Society and Interfaith to support this event. For more information contact Diane at dlowry@co.whatcom.wa.us

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Whatcom County Oral Health Coalition

4 Workgroups have been formed around our dual vision:

- 1) Primary prevention of dental decay and disease, and
- 2) Expanding access to dental services



New Oral Health Training for Caregivers Offered at BTC

Jenny Shuler, our coalition chair, will be teaching a new continuing education course for caregivers at Bellingham Technical College in January. The Northwest Regional Council, BTC, and the "seniors workgroup" of the Oral Health Coalition have collaborated with Washington Dental Service Foundation to help bring this new curriculum to Whatcom County. The Foundation contracted with a registered dental hygienist to develop the curriculum, which is currently being piloted around the state. The one-day course will present information to help caregivers with daily oral health duties within their scope of practice. The course will be held January 29th from 9am to 3pm at BTC. Interested caregivers can register by calling 360-752-8350. Jenny will also teach the course in Skagit County in late February.

Tooth-Friendly Holiday Cheesecake



Crust: 1 cup Almond flour or Pecan Meal
 ¼ cup Splenda
 1 pkt Sweet-N-Low
 4 Tbsp melted butter

Filling: 5, 8oz pkgs cream cheese
 1 ½ cups Splenda
 1 tsp flour
 2 tsp vanilla extract
 red & green food color

2 tsp peppermint extract
 3 eggs
 1 cup sour cream
 1 Tbsp crème de menthe
 sugar-free syrup

Prepare crust: Melt butter in a small bowl. Add almond flour and sweeteners. Mix well. Press firmly into bottom of spring form pan and refrigerate until firm. **Prepare filling:** Preheat oven to 350. Beat cream cheese, Splenda, flour, vanilla and peppermint with electric mixer on medium speed until well blended. Add eggs, 1 at a time, mixing on low speed just until blended. Blend in sour cream. Remove 2 (1/2-cup) portions of filling mix into two small bowls. Into one, add crème de menthe and a drop of green food coloring. Mix well. Into other bowl, add ½ tsp extra peppermint and 5 drops red food coloring. Mix well. **Assemble:** Pour white filling over crust, spreading to fill evenly. With a spoon, drop little blobs of the red and green mint filling mixtures (evenly spaced) over the top of the cheesecake. Run a table knife through the colored circles to make a swirling pattern. Bake for 65 to 70 minutes or until center is almost set. Cool before removing from pan. Refrigerate at least 4 hours.

DSHS is available to help with food assistance this holiday season. Families that qualify (see income guidelines below) can apply at the Bellingham CSO between 7 and 9:30am Monday through Friday. Applicants must be through the line by 9:30 with a completed application to be seen in the same day. Income guidelines based on # household members and maximum gross monthly income: 1 hh member < \$1009; 2 hh members < \$1354; 3 hh members < \$1698; 4 hh members < \$2043; 5 hh members < \$2387.

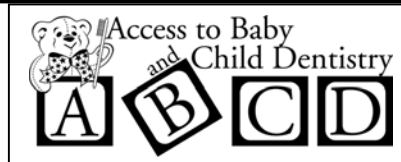


**Coalition Member Spotlight:
Dr. Mark Brooks**

Dr. Brooks has been a general dentist at Sea Mar Community Health Center for 8 years, but his commitment to promoting oral health in the community goes beyond his regular work hours. When the Whatcom County Health Department convened an advisory committee in 2003 to develop a local oral health assessment strategy, Dr. Brooks committed extra time to help. Today, Dr. Brooks is an active member of the Oral Health Coalition steering committee and the medical-dental integration workgroup. As this project progresses Dr. Brooks will be an important dental resource for medical providers conducting oral health screenings and fluoride varnish applications on young children in well child exams. Dr. Brooks has been known to attend early morning workgroup meetings on his day off and evening steering committee meetings after which he returns to his office to complete his work. The Oral Health Coalition would like to thank Dr. Brooks for his commitment.

If you know of an oral health program or service that you would like highlighted in a future issue of Oral Health Matters, contact Diane at 676-4593 or dlowry@co.whatcom.wa.us

ABCD



CORNER



Thank-you ABCD Dental Offices!

Your participation makes Whatcom County a healthier community

Dr. Daniel Barrett
Dr. Mary Elizabeth Bisese
Dr. Scott Clough
Dr. Patrick Coe
Dr. Randal Ellis
Dr. Marcus Fairbanks
Dr. Melissa Freeman

Dr. Dennis Gale
Dr. Dennis Hoofnagle
Dr. Steven Kimberly
Dr. Robert Klein
Dr. Marvin Marston
Dr. Eric Moldver
Dr. Timothy Murray

Dr. Michael Oswald
Dr. Frank Repanich
Dr. Patrick Rooney
Dr. Doug Ross
Dr. Curtis Smith
Dr. Luke Tarver
Dr. Randal Swanson

The ABCD Program is a collaborative program to increase access to dental care for Medicaid-eligible children, birth to 6 years old. For more information or to refer a child to ABCD, contact Maggi @ 738-2504 ext32022 or mkriger@co.whatcom.wa.us

Coalition Members: Who You Are, What You Bring...

Diverse Membership

- Dentists
- Dental Hygienists
- Dental Assistants
- Physicians
- Public Health Nurses
- Oral Surgeon
- Pediatrician
- City Council Member
- Readiness to Learn Coordinators
- Dental Access Program Coordinators
- School Board Member
- Dental Assistant Instructor
- Director of Childcare Referral
- DSHS Supervisor
- Manager of Dental Clinic
- Mobile Clinic Managers
- Washington Dental Service Trustees
- Community Health Manager
- Newcomer to Bellingham
- Mobile Dental Clinic Manager
- School Nurses
- Chemical dependency professional

Strong Linkages

- Bellingham Technical College
- Bellingham and Whatcom County Schools
- Dep't of Social and Health Services/MAA
- Interfaith Coalition
- Interfaith Community Health Center
- Lummi Tribal Health
- Madrona Medical Group
- Mobile Dental Care Practices
- Mt Baker Dental Hygiene Society
- Mt. Baker District Dental Society
- Nooksack Tribal Clinic
- Northwest Regional Council
- Opportunity Council
- Private Practice Dental Offices
- Sea Mar Community Health Center
- St. Joseph Hospital
- Washington Dental Service Foundation
- Whatcom County Health Department

Many Assets

- Frequent contact with community with dental needs
- Experience serving high-risk populations
- Linkage to statewide dental efforts
- Strong dedication to improving oral health
- Abundance of experience serving the community

Whatcom County Health Department
 1500 North State Street
 Bellingham, WA 98225

