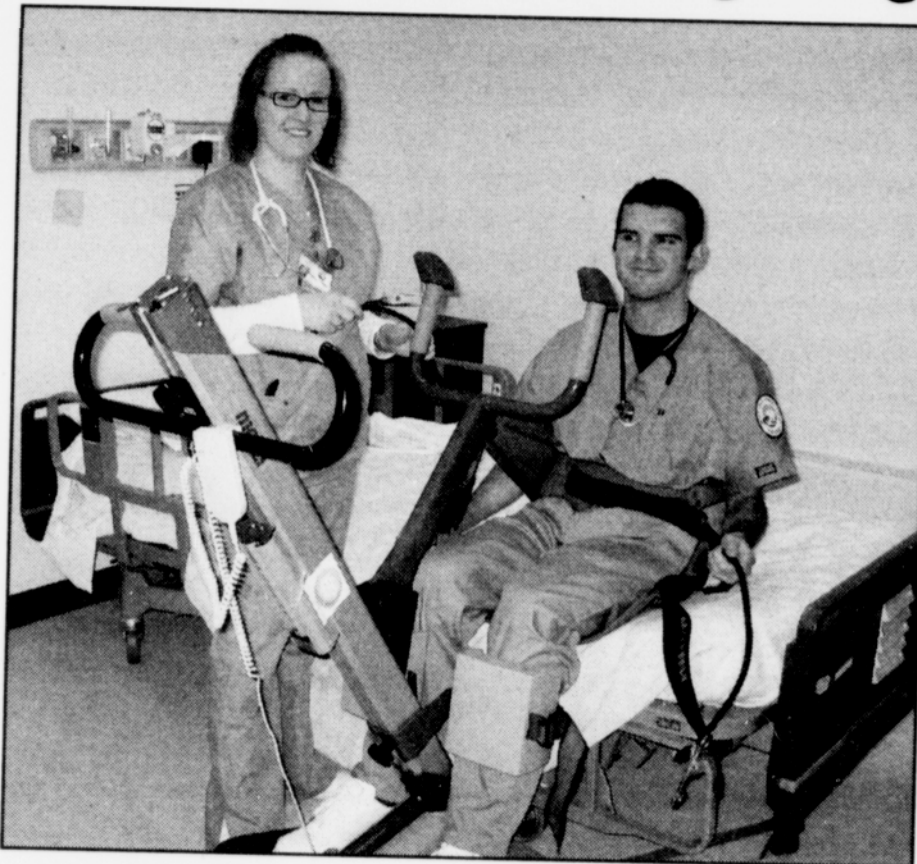
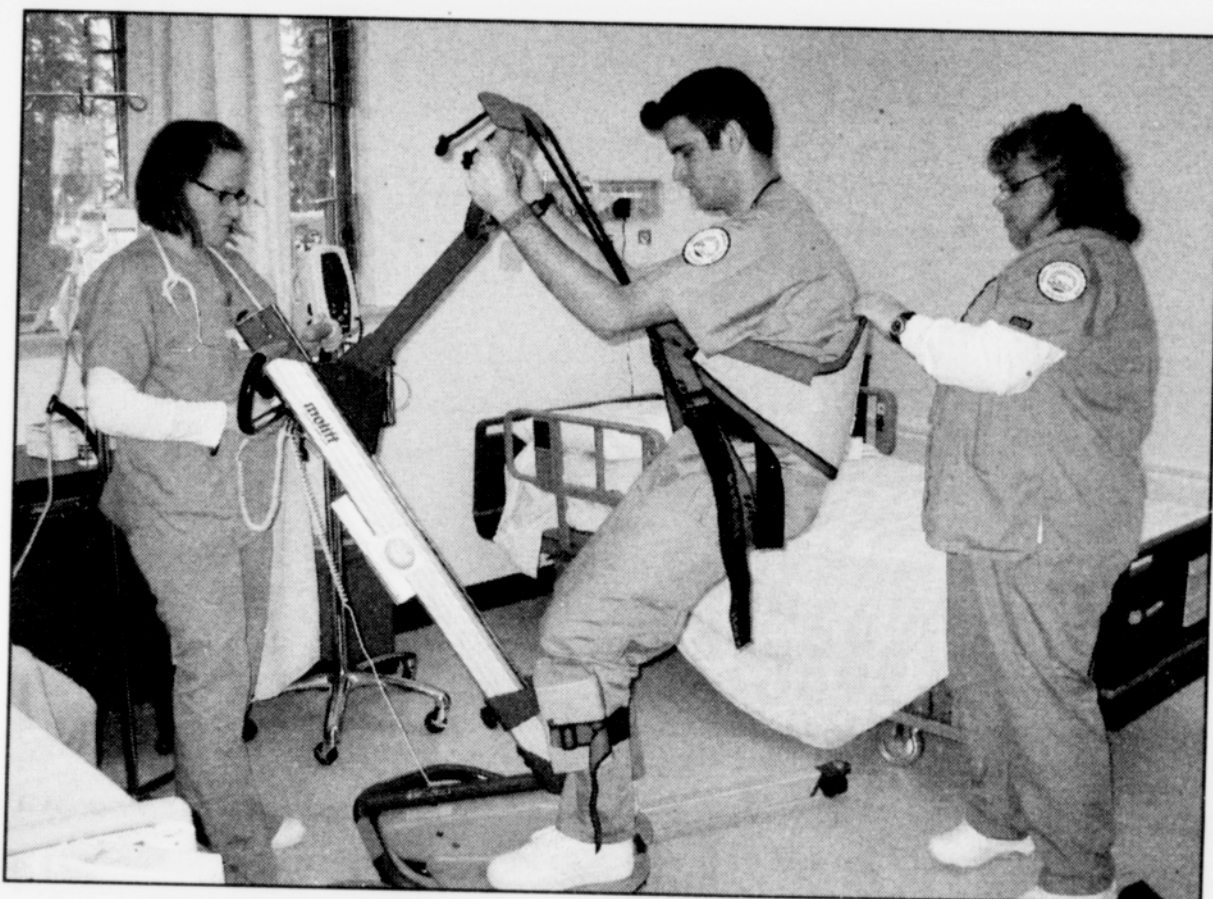


STCCF Helps Nursing Program with Lifts to Help Transfer Patients Safely



Nursing student Jessica Arnsdorf prepares fellow student Nick McKee (left photo) for a transfer using the Sit to Stand Lift.

Nursing students Jessica Arnsdorf (left) and Cindy Waymire (right) lift fellow student Nick McKee (below) to a standing position using the Sit to Stand Lift.



Oregon Coast Community College (OCCC) recently purchased equipment for the Nursing Program that will help students learn to lift and transfer patients in a safe manner.

The purchase of a Sit to Stand Lift, Hovermat, Lumex Easy Lift and Hoyer Lift was made possible by a grant of \$4,168 from the Siletz Tribal Charitable Contribution Fund.

Safe transfer of patients from one bed to another or from bed to a wheelchair is among the first skills nursing students learn. Using proper techniques and the right equipment is critical in preventing both patient injuries and back injuries to the nurse.

The college is grateful to the Siletz Tribe for this important equipment. In the past, the Siletz Tribal Charitable Contribution Fund has aided the Nurs-

ing Program with the purchase of library resources, wound care simulators and IV training supplies.

Oregon Coast Community College offers an associate of applied science degree in nursing. The associate degree in nursing, or "AND," takes two years to complete. Once students complete the degree, they are eligible to take the national nursing examination and become registered nurses. Nursing is a high-growth occupation.

Admission to the Nursing Program at OCCC is competitive. Twenty-one students are admitted to the program each year. Students need to complete a number of prerequisites and submit an application for admission.

Individuals interested in studying nursing should contact an OCCC advisor at 541-867-6200 or visit the college's website at www.occc.cc.or.us.

Jessica Arnsdorf (left) and Cindy Waymire (right) complete the transfer of fellow student Nick McKee from the bed to the wheelchair using the Sit to Stand Lift.



Courtesy photos from Oregon Coast Community College

Tooth Talk: Tunes to Dreams to Cartoons to Mouse to Tattoos and Fairies

By Mary Ellen Volansky, RDH, MS

It's the holiday season and time for a different look at teeth, or specifically tooth: tooth cartoons, tooth eye, tooth mouse, tooth tunes and other toothies in between.

Tooth Tunes is, as it suggests, musical, a combination of a timer and your favorite music. Hasbro Tooth Tunes¹ is one brand; Amazon.com has this and other brands. There are tunes from KISS, Hanna Montana, Rihanna and *High School Musical*.

For the parents, rather grandparents, there is one brush from Neil Sedaka. You guessed it, *Waking Up Is Hard To Do*. As long as the music plays, you brush – might help move that brush into all those dark nooks and crannies.

Tooth Eye puts a new twist on eye-teeth or canines. ABC Television reported on Sept. 17, 2009, about a "doctor in Florida who restored a woman's vision by implanting a tooth in her eye."

The procedure, "MOOKP, was developed in Italy in the early 1960s." Making it possible for someone to see again is something to howl about! Yet, this surgery "is a complicated and rare procedure that a few people use in desperate situations and some patients benefit when the alternative is blindness," said Dr. Stanley Chang, an ophthalmologist at the Columbia University Medical Center in New York

City.² Check the footnote below for the complete article.

Tooth Dreams

Ever dreamed of your teeth falling out? Tooth loss dreams are extraordinarily common. My tooth dream is where a front tooth is exposed in full length from recession and infection by periodontal disease.

From my experience, tooth loss dreams can feel very real. Upon waking from such a dream, I must get up and check the mirror to be sure my tooth is actually still where it belongs.

What might these dreams suggest? D. Aisling Ireland reminds us that, "They are not prophecies, they are reflections of what is going on in the psyche and are meant as guide posts, and dreams are 'meant to help, not hurt.'"³

Suggestions for what a dream about a tooth might mean are offered by this same author: powerlessness, fear of change, fear of failure or embarrassment, abandonment or that one is revealing too much.

Tooth Cartoons

What did one gumball machine say to the nearly empty gumball machine? "Bummer about those receding gums."

Try Google-ing "tooth cartoons." You'll find Mark Paisi, creator of *Off*

the Mark. He has a bunch of enjoyable cartoons about dentistry.⁴

Come into the clinic and see the new cartoons I recently put up. One came from a student at Siletz Valley School.

How about Tooth Mouse? This product is wiped onto teeth after brushing and flossing but not for styling purposes. The sales representative says the paste will coat teeth for three hours. The product has calcium, phosphate and fluoride.

Why might we want Mouse on our teeth? Our teeth will absorb the calcium/phosphate/fluoride and this strengthens (remineralizes) teeth that have early decay – white spot decay.

Why is it called Tooth Mouse and not Tooth Paste? Mouse is a French word. In the United States, it's called MI Paste.

Are you up for a tooth tattoo? These are drawings on the crowns of teeth, which has been done to animal ivory for centuries.

Humans get to show their toothy prizes each time they smile. You can have faces of famous people, animals (anyone for an elephant?) and the drawing can be in black and white or color.

Usually, the drawing is not directly made onto the crown of a person's tooth. The drawing is made very small on a crown placed over someone's existing tooth or teeth.

If you are into such body art, remember to take them off daily to brush and floss. Google "tooth tattoo" and you'll see some of what is available.

OK, tooth fairies are next. There is a blog discussing how much the tooth fairy should give for a tooth ... Tooth fairies unite!

A movie is coming out in January 2010 starring Dwayne Johnson. Because of some unacceptable hockey maneuvers toward players' teeth, he must be the tooth fairy for a week.

Others in the film include Ashley Judd, Julie Andrews and Billy Crystal. It's rated PG for mild language, some rude humor and sports action. Genres: comedy and kids/family.⁵

So if you're bored this holiday season, you can Google many more tooth options: tooth templates, wisdom teeth, tooth map and even tooth games.

Smile that toothy grin and have a great holiday season!

- 1 www.hasbro.com/shop. Enter tooth tunes
- 2 <http://abcnews.go.com/print?id=8595589>
- 3 http://psychology.suite101.com/article.cfm/teeth_falling_out_in_dreams#ixzz0W0nkIZFu
- 4 www.offthemarkcartoons.com/cartoons/2003-11-03.gif
- 5 <http://movies.yahoo.com/movies/1810041312/info>