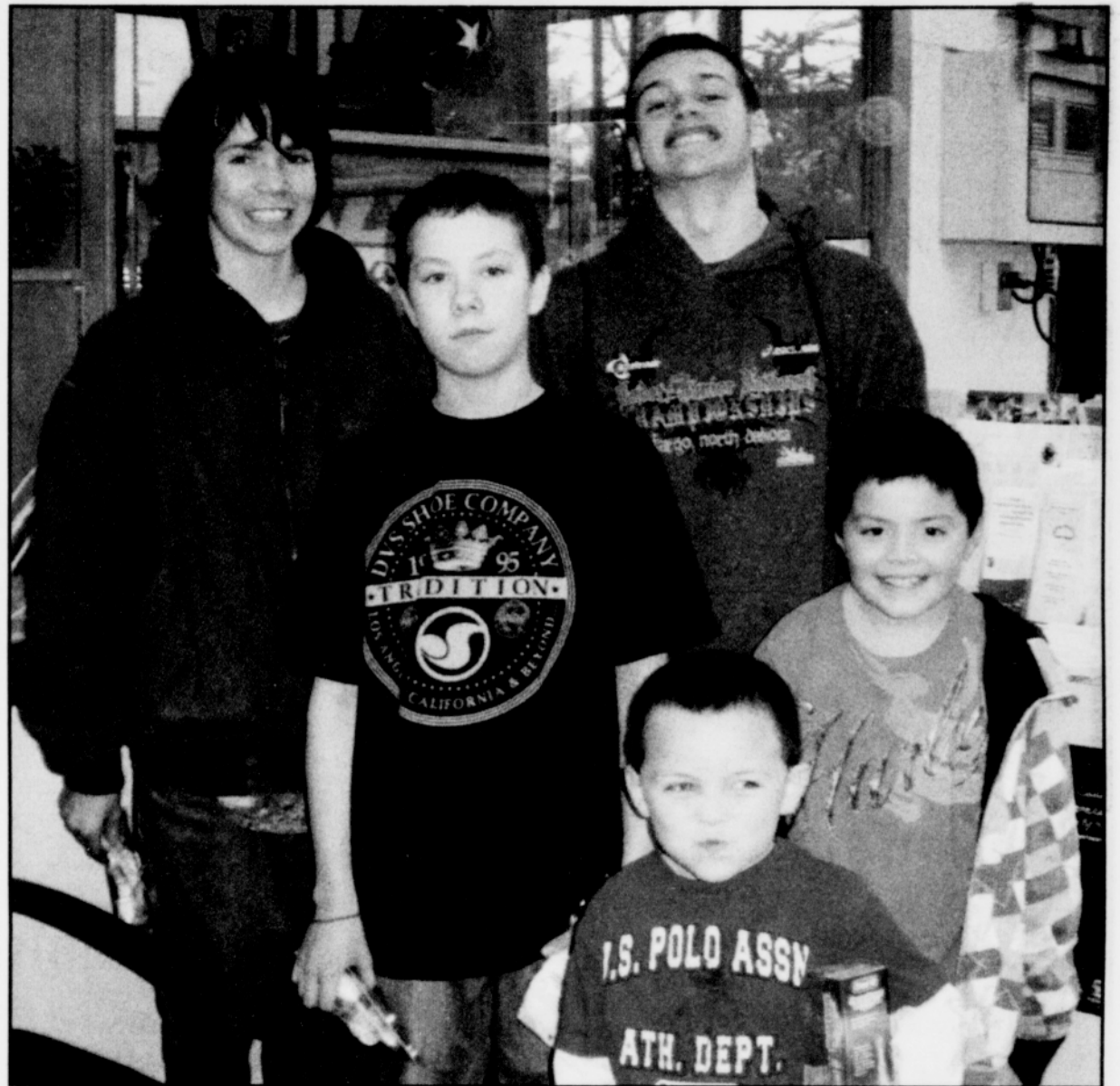




Photo by Natasha Kavanaugh

Misty Reed answers questions from a student attending the Sealant Clinic, where 176 students received a variety of dental services in just three days.



Courtesy photo by Mary Ellen Volansky

Individuals who won electric toothbrushes in a drawing at the Sealant Clinic include David Paul, Josh Luckie, David Marthallar, Matthew Werder (front) and Apolinar Howell. Not pictured: Brittany Roberts.

Tooth Talk: Sealant Clinic provides \$54,040 in dental care for SVS students

By Mary Ellen Volansky, RDH, MS

The people who worked to make this free clinic happen are thoughtful and kind, easy to work with and gentle. Seven Tribal staff from other departments stepped out of their work comfort zones to learn new skills and apply them in a new setting. Their efforts helped make this the "best ever" Sealant Clinic in the "best ever" new dental clinic.

From Feb. 15-17 – just three short days – 176 students from Siletz Valley Schools were seen in the Siletz Community Health Clinic. Those children received \$54,040 in dental care: screenings (176), sealants (483), temporary fillings (70), home care instructions and supplies (176) and fluoride varnish (176).

Sealant Clinic days are not the usual eight hours. Student can be seen only during their school-day hours. The first van-load of students got picked up at 8:45 a.m. each day and the last group left the clinic at about 2:15 p.m.

This year, Sylvia Butler was responsible for collecting and delivering 176 students in a safe and timely manner. She

had a particularly difficult job because of our adjustment of old Sealant Clinic procedures to this new bigger (i.e., better) clinic. We were unsure how fast or slow we might be. Sylvia did great.

Now to those workers out of their comfort zone: Adrienne Crookes, Verdene McGuire, Sharon Mason, Cecilia Tolentino and Tasha Mason.

Tasha, tobacco prevention coordinator, worked with Maggie Norton in the conference room. She provided information to students on preventing addictions and the hazards of developing addictions. Everyone should see the samples of lung tissue she had – yuck.

Maggie worked her usual finesse with paperwork and student enthusiasm. They are a great team.

Sara Bell-Tellez stepped from the front office to the back – of the clinic, that is. She worked with Misty Reed as an assistant for the three days.

Adrienne, Verdene, Sharon and Cecilia worked in the clinic with the rest of us. Techniques for cleaning the operatory, assisting chairside and applying fluoride

varnish were taught and quickly learned. Everyone working together made light of the work.

Every student who participated in the clinic had his or her name placed in a raffle for a chance to win one of six electric toothbrushes, three spin brushes and three Sonicare brushes. The winners are pictured above: Matthew Werder (kindergarden), David Paul (grade 9), David Marthallar (grade 9), Brittany Roberts (absent, grade 9), Apoliar Howell (grade 4) and Josh Luckie (grade 7).

Why are sealants so important?

Sealants prevent decay in the biting surfaces of teeth with cusps – molars and premolars. Teeth with cusps have grooves and pits formed when the cusps come together to make a tooth. Other teeth sometimes have deep grooves and we seal them too.

Sealant is a coating that is thinly brushed onto these biting surfaces, plugging the pits and grooves. This coating keeps foods/sugars/acid out. Any bacteria

locked inside when the sealant is brushed on will die from lack of food. As long as the coating lasts, the tooth is protected from getting decay there.

Dental staff check teeth for sealants when you come in for an exam or cleaning. If a tooth doesn't have a sealant, we will replace a lost sealant(s) or apply sealant to newly erupted teeth when needed.

Children's teeth erupt until they are 18-21 years old. Nearly every year, new teeth need to be sealed.

We look forward to seeing your children each February, during Children's Dental Health Month, while they attend Siletz Valley School.

If you have questions about sealant, teeth or the oral cavity, ask your dentist or hygienist. Schedule your next exam and cleaning by calling 541-444-1030 or 800-648-0449. We are ready to help meet your oral health needs.

Tooth Talk now can be reached at maryellenv@ctsi.nsn.us. Please send me your questions, which potentially could be in an article based on questions from Siletz Tribal members.

Notah Begay III Foundation small grants support youth health, leadership

SANTA ANA PUEBLO, N.M. – The Notah Begay III (NB3) Foundation is pleased to announce the launch of its small grants program to support innovative and community-based work to prevent obesity and type 2 diabetes and promote leadership development of American Indian youth through sports.

The NB3 Foundation's small grant program is designed to provide support to nonprofit organizations, pueblos and Tribal nations serving American Indian youth. Small grants are competitive and the foundation will provide awards of up to \$1,000 to support sports and wellness

projects that promote obesity and type 2 diabetes prevention and leadership development of American Indian youth.

Projects that include soccer or golf will be given special consideration, although this is not a requirement.

How to apply: All organizations interested in applying for small grant funding must submit an online proposal by 5 p.m. (MDT) on April 15. All applicants must complete the online application form at www.notah.com/proposal-summary-report.html. Only online submissions will be accepted through the NB3 Foundation website.

Grant guidelines: Please see complete grant guidelines at www.notah.com/grant-opportunities.html.

Award notifications: NB3 Foundation small grant awards will be announced by June 2011.

Notah Begay III is a four-time PGA Tour winner and the only full-blooded American Indian on the tour. In 2005, he established the Notah Begay III (NB3) Foundation.

The NB3 Foundation's mission is to reduce the incidences of obesity and type 2 diabetes and advance the lives of American Indian youth. To this end, it supports



the development of evidence-based sports and wellness programming primarily in the forms of soccer and golf.

For more information, please contact Crystal Echo Hawk, executive director, at grants@nb3f.org, 505-867-0775 or nb3foundation.com.