

Tooth Talk - A thought or two on oral health and products you might use

By Mary Ellen Volansky, MS, EPDH

The following story might be helpful to us in our efforts to maintain good oral health. Mind you, I have guilt to keep me flossing at those oh-so-difficult times, guilt earned by reminding you to floss daily.

So as told from one smart woman to another: Ginseng gives me more energy so I can brush my teeth longer. Ginkgo helps me remember to floss. And St. John’s Wort puts me in a good mood so I can actually laugh at my dentist’s jokes. This could be useful in other areas of life as well.

Dentek is a dental products distributor of home care tools – floss, floss holders, superfloss and more. Over the years, we

have had some of these products at the Siletz Dental Clinic. Mostly we have had the flossholders, the colorful ones for children.

Dentek has a few other products that I thought would be of interest to you because of the value of each package, an individual package having more of the desired product. Compare the prices; Dentek tends to be less costly.

Are you a person who likes floss holders? Plackers are popular. Maybe you are a person who prefers a large handle for your floss holder? Dentek has an option for you.

Reach dental products manufacturer makes one too. The Reach version is not cheap but a favorite for many. Check out

Dentek’s version for price and it comes with more removable floss heads in a package than the Reach brand.

For those of you with braces or bridges, you know about superfloss, an Oral-B product.

A box of Oral-B superfloss has 50 strips of floss in it. Each strip has three kinds of floss on it – an unwaxed strip for regular flossing, a woven section for bigger spaces or just because you like woven floss (as I do) and a firm end used for threading under brackets/wires or under a bridge. A box of Dentek’s version of superfloss has 90. Again, compare prices.

According to Dentek’s webpage (dentek.com), all these products and more oral health care products can be purchased

at Safeway, Walgreens and Walmart. The superfloss can be purchased at Kroger’s, which is our local Fred Meyer store.

Dentek’s superfloss is called Complete Clean Threader Floss. Again, compare prices.

One last bit of humor. The hygienist was standing chair-side with a young child in the chair. The hygienist asked the child, “When was your last appointment?” The child’s reply, “My first appointment was six months ago, my last appointment won’t be for a very long time.”¹

Probably not a comment of our 1-year-old children, since we hope every child’s first dental visit is at age 6 months.

1 2001 by Randy Glasbergen, glasbergen.com

Where will your per capita check be sent?

Per capita checks and minor trust updates are mailed to the same address as Siletz News.

Tribal members listed as a Missing Moccasin **no longer receive general mailings from the Tribe**. An address update is needed to start receiving your mail again.

How do I become a Missing Moccasin?

When your mail returns to the Tribe!

When this happens, the Enrollment Department mails Address Change forms to forwarding addresses reported by outside resources. We try contacting you by phone. We make every attempt to get an updated address from you. Tribal members whose mail returns repeatedly are reported as Missing Moccasins.

How do I update my address?

Contact the Enrollment Department right away to update your and your minor child(ren)’s information. You will need to

provide your roll number or date of birth for identification purposes. For your security, information changes must be updated in writing and must include your signature.

The form to do this is available online at ctsi.nsn.us. Click on Government Listings, click on Enrollment, then print out the Address Change form located on the right of the screen. Address Change forms can be returned via mail, email or fax.

To receive the necessary form, you also can contact the Enrollment Department by telephone at 541-444-8258 or

800-922-1399, ext. 1258; by e-mail at covas@ctsi.nsn.us; or by mail at P.O. Box 549, Siletz, Oregon 97380-0549.

NOTE: Be sure to sign your form. Your personal information **cannot** be changed without your signature, which Enrollment staff will verify prior to changing the record.

Plan ahead! Don’t wait until the last minute to update your address with the Enrollment Department. Your per capita check and minor trust updates could be delayed.

Missing Moccasins (as of March 31, 2014)

Roll #	First	Middle	Last	Roll #	First	Middle	Last	Roll #	First	Middle	Last	Roll #	First	Middle	Last
2011	Andrew	Michael	Arden	2072	Kristina	Marie	Ewing	2424	Monica	Ann	Logan	3953	Robert	Freeman	Starling
3233	Ashley	Dorothy	Rose Arrington	2442	Hoxie	Alan	Fisher	1931	Zachary	Forrest	Logsden	1382	Ralph, Jr.	David	Steele
1949	Jon, Jr.	Christian	Baker	1648	Misty	Marie	Fisher	1769	Aimee	Elizabeth	Lucas	3213	Devin	Michael	Sullivan
1720	Victor	Anthony	Baker	3114	Terry	Austin	Fisher	1690	Chad	Oliver	Lund	2753	Mindy	Rose	Sullivan
4474	Jonathan	Patrick	Bales	335	Randall, Jr.	Perry	Flores	4906	Ashley	Pearl	Marzan	2252	Wenoa	Jean	Summers
4475	Joshua	Earl	Bales	2223	Robert	Clarence	Gentle	5224	Jessica	Lauren	McClain	2330	Jeremy	Emmet	Milo
1083	Wendy	Lee	Bales	2531	Shawn	Anthony	Ghan	2807	Tracy	Earl	McClintock			Hayes	Cha Sweet
2485	Andrea	Marie	Barker	5124	Laura	Lynn	Golba	3483	Melanie	Nicole	McCollam	3782	Abbie	Rose	LuAnn Tangen
1669	Danise	Jo	Barker	359	Josephine	A.	Gonzales	1932	Marvin	Gene	McGuire	3731	Nawitka	Chee	-Chako Taylor
1361	Nicholas	S	Belgard	4215	Tara	Nicole	Gorr	1934	Gabriel	Andrea	Michael	3783	Tiana	Virginia	Marie Thomas
1275	Chad	Allen	Bond	2001	Dawn	Sun	Dancer Grant	2480	Joseph	Jay	Milam	3399	Jacob	Dirk	Ueland
1705	Deanna	Lynn	Brantly	2192	Christopher	David	Greiner	2427	Adalena	Ann	Moody	956	Edward		Unger
3136	Aaron	Lloyd	Brazille	3300	Brandon	Robert	Halberg	2647	Heather	Marie	Moore	2357	Kristen	Nicol	Vanzant
2760	Caleb	Benjamin	Bremner	2079	Sammy	Darryl	Hall	5368	Donald	Hank	Nelson	3415	Vera	Mae	Vasquez
1833	Robbie	Lee	Breneman	5200	Tania	R	Halligan	2967	Forrest	Thomas	Nickel	2039	Sondra	Colleen	Wallace
1415	Joseph	Colton	Brents	2817	Terra	Renee’	Hegge-Sharp	2500	Christopher	Ray	Oleman	2243	Danielle	Larisa	Warner
2668	Joyce	Elaine	Britton	2632	Lori	Shane	Higgins	3919	Christopher	Donald	Olson	1860	Alfred	James	Warren
2785	Matthew	Jeffery	Brown	3198	Nicole	Louise	Hill	3621	Ocina	Natalie	Olson	3021	Andrew	Scot	Warren-Robertson
1475	Sharon	Lynn	Bruns	2096	Shatara	Rosemarie	Holmes	4473	Karen	Mary	Parker	4736	Stephanie	Nicole	Welter-Granja
2156	Daniel	Tyler	Butler	4590	Raylynn	Kay	Louise Horn	2808	Brittany	Christine	Patrick	4140	Jana	Elaine	Whalen
1061	Jamie	Mae	Butler	1326	Theresa	Lynn	Hudson	3434	Tara	Renea	Pierson	3017	Savannah	Marie	Wiesenborn
2401	Thunder	Alan	Butler	1858	Michael	William	Jackman	2275	Bradford	Robert	Prather	4130	Elijah	Whitney	Williams
2602	Christopher	Edward	Caley	1570	Monique	Fayette	Jackson	4117	Rachel	Lynn	Ratigan	1028	Melody	Muriel	Williams
3659	Jesse	Ray	Cantrell	1376	Andrew, Jr.	David	John	1286	Charles	Eugene	Richardson	2556	Tori	Lynn	Williams
1914	Dennis	Adlem	Carey	462	William, Jr.	Clark	John	1850	Jon	Edward	Richardson	4994	Erica	Dawn	Wilson
1834	Donald	Joseph	Claghorn	1564	Sandra	Dawn	Justice	1726	Rachael	Lynn	Rilatos	1505	Mari		Woosley
2020	George	Russell	Cook	2296	Shila	Suelinn	Justice	3407	Michelle	Ann	Runyan	2392	Bruce	Anthony	Yarbour
3908	Joshua	James	Cook	1220	Ronald, II	D.	Keller	2547	Nathan	Tyee	Russell	3531	Adam	DeWayne	Zigler
3909	Josiah	Russell	Cook	2948	Denise	Dorothy	Kelly	805	Roberta	Pauline	Russell	3051	Tye	Lee	Zigler
3235	Lavina	Sylest	Cortez	2707	Tela	Rose	Kendall	3028	Donavin	Scott	Ryan				
1461	Leslie	Christine	Cox	1994	Sherry	J.	Kipp	3029	Dustin	Raymond	Ryan				
4168	Cody	Blake	Davidson	3552	Cheyenne	Talecia	Klamath-Williamson	4367	Malissa	Dianne	Sanders				
1116	Brenda	Lee	Davis					4556	William, IV	Nois	Saunders				
5332	Joseph	Lanny	Davis	3633	Daniel	Clayton	Lane	817	Diane	Lee	Service				
1291	Gary	R.	Downey	3706	Devon	Bruce	Lane	2355	Paul	Alexander	Simmons-Espinoza				
4237	Nathan	Jon	Rosario	3371	Kristen	Marie	Wolf Lane								
3141	Nakai	Redhawk	Easter	1893	Jennifer	Rene’	Lindsay	2982	Latasha	Renea	Smith				
2998	Anne-Marie		Eddings	563	Frankie	Carl	Logan	2984	Sharon	Kay	Smith				
1687	Olof	Abraham	Ekstrom	3695	Jazmyn	Nicole	Logan	1749	Jennifer	Lea	Soukup				
2499	Gavin	Whitehawk	Epperson	1776	Logan	John	Logan	3952	Brenda	Sue	Starling				

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