

CHAIRSIDE NBDA Celebrating 40 years MATTER

Spring 2015

A Note from the President:



Pamala Dupuis, President

Hard to believe spring is here again!! As I sit here writing my last President's report and reflect on my term as President, I

must say it has been an honor to have been able to serve my fellow colleagues and be part of some great advancements of our Association/Profession!

Our by-laws were reviewed, modified and voted on and passed in the last 2 years.

The Scholarship program is in place and by fall we will be looking at our first applicants, which is very exciting.

The Mentorship program should be running shortly and I hope it is as successful as the Board anticipates. We know that there will be tweaks along the road, but that will be half the fun: making it better!

I believe as a provincial association we are strong. We may not have the numbers or the geographical area of our counterparts, but I believe we are headed in the right direction. We will see an increase in our dues this year; however, the Malpractice Insurance will be included in our

Membership dues. The dues that you will pay in the fall will include Malpractice starting in February 2016. I feel that this is a very important step in protecting ourselves against the "elements". It is not uncommon in other provinces for dental assistants to be included in legal action when action is taken upon the dentist or the office, or even for an act committed by a dental assistant. We have been fortunate to not have any complaints brought up against us, but we believe we are being proactive by protecting ourselves should this arise with the addition of the Malpractice Insurance. Please remember that Malpractice will only cover you if you are practicing within your scope of practice!!

Our AGM is fast approaching!! Where has the time gone? After all the positive feedback last year, we have decided to partner with the New Brunswick Dental Hygienists' Association for a joint AGM again this year. After reviewing all the comments and suggestions, we have decided to go with a one day event including Con-Ed/Professional Development opportunities. We hope that you will join us on May 23 at the Delta Brunswick in Saint John, NB. Again this year we will be recognizing deserving dental assistants for their hard work, dedication, support and participation. We hope that you will take the time to

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NEW BRUNSWICK
DENTAL ASSISTANTS' ASSOCIATION
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Toll free: 1-866-530-9189
Fax: (506) 532-3635

Email: bernioff@nb.sympatico.ca
Website: www.nbdaa.ca

EVENTS

Apr 22, 2015 at 6:00 p.m.
Moncton local meeting
At Dr. McManaman's Office

Apr 22, 2015 at 6:30 p.m.
Fredericton local meeting
At Dental Clinic

May 6, 2015 at 6:30 p.m.
Saint John local meeting
At Dental Assistants College
of Saint John

May 23, 2015 at 10:00 a.m.
AGM in Saint John, NB
At the Delta Brunswick Hotel

For more details visit the
website at www.nbdaa.ca



The 2015 Annual General Meeting on May 23rd
at the Delta Brunswick Hotel in Saint John, NB



**NBDAA
BOARD OF DIRECTORS**

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bernioff@nb.sympatico.ca



Marie-Christine Arseneau

Hello Dental Assistants,

Spring has finally arrived, I hope you had a great dental assistant week and congratulations to all the winners from each local! We had a great response from our members about joining our AGM with the hygienists last year and will do the same this year. You will find the information about May 23rd in this newsletters. There's still time if you want to nominate a fabulous DA (you received the nomination form in your December newsletters) the form is available on NBDAA website. These is my last few months as vice-president. Pamala did a great job as your President and I learned a lot from her. She will step down and it's my pleasure to be representing you provincially. THANKS Pamala. I will be attending the CDA national meeting in Ottawa in June. Happy 40th to NBDAA and I hope you will enjoy your pens! Hope to see you in Saint John in May.

Note from the President... *continued from page 1*

nominate one of your colleagues if you feel they are deserving of one of the NBDAA awards. We will be reminding the dentists to submit their nominations as well.

NBDAA is celebrating its 40th Anniversary this year. Wow! We have a few surprises planned for all of you, but we especially hope that you will all join us for our AGM this year!!

At the end of our AGM, I will be passing on the reigns to Marie-Christine Arseneau. I want to wish her luck! I know that she is very capable and has a supportive Board to work with. It has been my privilege to serve as your president and I hope that you find that there were positive changes in the past few years. I hope that each of you take pride in your profession and help us to make this the best profession to be a part of!

Message from the Moncton local

We had a great Winter/Spring with three meetings and one upcoming in April. On January 17 the Moncton Local took part in a health fair at the Salisbury High School. Amber Cassie and I had a wonderful time at the event. We were able to give information about toothbrushes, floss, toothpaste, coupons, and coloring pages. I would like to thank Patterson Dental, Doc Braces, Oulton College, Shediac Dental Clinic and Bernice Leger for giving us supplies and helping to make the day successful. January 20th was our first local meeting for 2015. We had a presentation on reflexology given by Jackie Cahill and she was nice to give a free service to a lucky DA. During February's meeting we celebrated DARW, we had door prizes and cupcakes, we also had a presentation on health lifestyle from Simply for Life Riverview.



Sophie Berthe, Jean-Marie Christensen & Brigitte Cormier

Our local drew names for DARW we gave a small gift to 5 Moncton area dental assistants: Danika Allain, Bonita Casey, Angelic Weaver, Pamela Brace, and Sylvie Nowlan. On March 24, we had a presentation on massage therapy by Christine Leger and she gave out coupons for her clinic Myokinesis. Our last meeting before summer break is April 22, 6 pm at Doc Braces. Hope to see you there!

Message from the Saint John local

SPRING 2015

Hello Everyone,

Well another busy year here at the Saint John local is well under way!

Fortunately, weather has only caused us to cancel one meeting this year! We are still hoping to reschedule it though!

We have been lucky enough to be able to hold our meetings at the Saint John Dental Assistants College again this year. We are so grateful they are willing to let us use their facility.

September's meeting brought the introduction of our new local president Pam Ptinis. Dawn Nice remained as treasurer, my involvement was on a limited bases. Pam went over the plans for the 2014/2015 year. She outlined our guest speakers and we agreed on a couple charities that we would like to help.

October our guest speaker was Dr. Peter Halford. Dr. Halford is a periodontists in Saint John. It is so nice to have local doctors get involved in our meetings and supply us with some continuing education.

Tammie Fournier educated us in November on smoking cessation. Tammie is a local Respiratory Therapy Instructor at NBCC. Her passion for this particular topic kept all the members attentive and interested!

December we had a social. It was just a nice relaxing get together with yummy treats and nice door prizes. For Christmas we donated dental supplies to Romero House as well as gift cards.

March's meeting was held on the 25th after having been delayed. After some technical difficulties, Dr. Jeffrey Watson, a local Oral Surgeon, talked to the members about the differences between allergies, intolerance and sensitivities. This meeting had a great turn out of over 30 members!

Our April guest speaker is Dave Pollard from Henry Schein, and May will wrap up another season of meetings.

We have decided to help the new transition house for homeless youth, Safe Harbour, with their library. We are hoping to get some support from a local business and purchase some book shelves and other supplies to make their library a comfortable and inviting room.

Pam will remain on as President, Shiloh Smyth has decided to volunteer her time to help Pam out as vice and Krysten Touchbourne will take over as treasurer. I wish all these ladies the best of luck, and I hope attendance and involvement continue to grow!

Warmest Regards from SJLDA, Ronda Marr



AWARDS

Please consider nominating a deserving dental assistant for a NBDAA award presented at our next AGM on May 23rd, 2015 in Saint John.

For more information on awards, please visit the website at www.nbdaa.ca under "site pages".

2015 AGM in conjunction with the dental hygienists will be held at the Delta Brunswick Hotel in Saint John with education sessions on May 23, 2015.

Special rate for overnight accommodations at \$129 for participants. Call (506) 648-1981 for reservations.



You're Invited

**NBDAA AGM
At the Brunswick Delta Hotel
In Saint John, NB**

The entire Dental Team is welcome for the professional development sessions and the awards luncheon.

Pension Plan Enrolment
9:00 a.m. to 9:30 a.m.

Registration: 9:30 a.m. to 10:00 a.m.

NBDAA Annual General Meeting for members only
10:00 a.m.—12:00 p.m.
(4 CE points) FREE

AWARDS LUNCHEON

Lunch will be served with an awards presentation from 11:45 a.m. to 1:30 p.m.

Afternoon

Oulton Table Clinic
1:30 p.m.—2:30 p.m.

Shelley Jones—Diabetes 101
Managing the risks
2:30 p.m. (2 CE pts)

Registration deadline:
May 20, 2015



Topic: **Diabetes 101—Managing the risks for you, your loved ones and your patients (1 CE pt)**

Bio: I started working at The Moncton Hospital as a Registered Nurse in 1982 and have been working in the Primary Care setting since 1997, with a primary focus on Diabetes since 1999 working in the Diabetes Education Programs at both The Moncton Hospital and The Sackville Memorial Hospital. I became a Certified Diabetes Educator in 2004 and have been working as the Outreach Diabetes Case Manager for the Moncton Area since that time. In 2010 I completed my Bachelor of

Science in Nursing from St. Francis Xavier University via distance education.

In 2013 I was awarded the Canadian Diabetes Association Regional Outstanding Health Professional Award for New Brunswick and in 2014 the Canadian Diabetes Association Diabetes Educator of the Year.

I am an active member of various Advisory Boards and Expert Review Panels, a Certified Facilitator for several educational programs related to diabetes and have been a study coordinator for several clinical trials in diabetes research.



Send registration and payment to
NBDAA
P.O. Box 8997, Shediac, NB E4P 8W5



For information, contact
Bernice Léger at 1-866-530-9189 or
bernioff@nb.symaptico.ca

REGISTRATION FORM

NAME: _____

E-MAIL: _____

ADDRESS: _____

CITY / PROVINCE: _____

POSTAL CODE: _____

PHONE: _____

MEMBER (YES OR NO) _____

VISA OR MASTER CARD NUMBER: _____

EXPIRY DATE: _____

If you are paying by credit card, you may fax your registration to (506)532-3635.

FREE AGM only \$30 Awards only \$60 for Members \$75 Non-Members

SPRING 2015



Do you know what the NBDA logo means?

The increasing lines represents the growth of the Association

The circle represents the never ending education

The triangle represents the Greek symbol for dentistry

The ship represents New Brunswick

(background is white, circle is gold, ship is burgundy, lines are green)

NBDA is Gold



Welcome to your Group Retirement Program

Your employer has taken the first step towards helping you save for your retirement by offering you a Group Retirement Program. Now it's up to you to take the next step and join your program.

Before you enroll online

You should have the following information available to make the enrolment process fast and easy.

Your login information:

- Your plan's policy number and access code (shown on the back of this page).

Your employment information:

- Date you started with your employer,
- Social Insurance Number, and
- Province of employment.

Getting started

Go to www.manulife.ca/GRO/enroll and enter the plan information shown on the back of the page for the plan(s) you are joining. Our online enrolment process will guide you through all of the steps to complete your enrolment.

Our **Steps Retirement Program**® will help you gain a clearer view of your retirement. Steps walks you through a quick, simple process that helps you set your annual retirement income goal. With your goal set, you can check your progress online at any time – or see how you're doing on the statement mailed to your home – to be sure you're on track to reach your goal. If you're not on track, you'll see suggestions to help you close any gap.

Completing your enrolment

Don't forget to print your Beneficiary Confirmation form for each plan when you finish enrolling. Sign the completed form(s), then return to Manulife.

Your plan information

The Group Retirement Savings Plan (RSP) for the Employees of New Brunswick Dental Assistants Association

Policy Number: 55501160
Access Code: M4862

You should also print your enrolment confirmation so you have a copy for your records. You will need the 9-digit customer number shown on your confirmation to identify yourself to the Customer Service Centre and to access online services in the future. You will be asked to choose a Personal Identification Number (PIN) at the end of the enrolment process. Remember to keep this number and your customer number in a safe place.

Spousal RRSP enrolment

Your plan may allow you to setup a spousal Registered Retirement Savings Plan (RRSP) once you have enrolled in the RRSP. However, this online enrolment process can not be used to enroll your spouse in the plan – you will need to complete a paper enrolment form.

Go to www.manulife.ca/GRO and login to your secure account. Select 'Your forms and downloads' from the left navigation menu and print the RRSP Enrolment form. Complete and return the form to Manulife. Make sure to indicate at the top of the form that you're enrolling a spousal member.

Service and support

At any time during the enrolment process you can contact Manulife's Customer Service Centre at **1-888-727-7766** to speak with a Customer Service Representative, Monday to Friday from 8 a.m. to 8 p.m. ET. For assistance with investments and retirement planning, Financial Education Specialists are available Monday to Friday, 9 a.m. to 5 p.m. ET.

To request a Pension Plan enrolment kit, please contact Bernice Léger, Office Coordinator at 506-532-9189 and start saving money today.

SCHOLARSHIP

SPRING 2015

We are proud to be able to promote the dental assisting profession by helping 2 students with a \$500 scholarship each towards a dental assisting program in Canada. Fill the application form and must be received by August 31. Form can be found and printed on the NBDAA website at www.nbdaa.ca under downloads.

WINNERS OF DENTAL ASSISTANTS RECOGNITION WEEK

One dental assistant from each local will receive a gift in honour of the Dental Assistants Recognition Week from NBDAA.

Karla Munn from Fredericton
Stehanie Jensen from Moncton
Shiloh Smyth from Saint John
Marie-Eve Breau from the North Shore
Ashley Budrow from USJRV

The winners from the **Moncton local** are: Danika Allain, Bonita Casey, Angelic Weaver, Pamela Brace and Sylvie Nowlan.

Congratulations to all!



MISSION STATEMENT

The NBDAA is the provincial organization for dental assistants that foster opportunities for the professional growth and is the voice of New Brunswick Dental Assistants.

The six most important goals arrived at are:

Communication

Professional participation

Public promotional of what a Dental Assistant is

Education

National Unity

Members benefits

MEMBERSHIP DUES INCREASE

Yes, the time has come! As of June 1, 2015—The membership fee will increase from \$100 to \$135 per year. This increase will include malpractice insurance for ALL regular members.

PENSION PLAN ENROLMENT

It seems several members want to be a part of the pension plan but do not know where to begin. Bernice will do most of the work for you by registering you in the plan and approaching your employer to participate in your plan and she will also contact your payroll administrator to iron out the payment details.

Forms will be available at the AGM for participants. Don't miss out. The pension plan comes in handy when you reach Bernice's age.

CDAА ON-LINE CONTINUING EDUCATION

As of March 31, 2015, CDAА is no longer offering on-line continuing education courses.

AGENDA

1. **Call to Order**
2. **Roll Call**
3. **Approval of the meeting agenda... Any additions or omissions?**
4. **Approval of the minutes of May 10, 2014***
5. **Executive Reports:**
 - 5.1 President: Pamala Dupuis
 - 5.1.1 40th Anniversary
 - 5.1.2 Infection control and guidelines
 - 5.1.3 Fee increase
 - 5.2 Past President: Amber Caissie
 - 5.2.1 2016 Board of Directors
 - 5.3 Vice President: Marie-Christine Arseneau
6. **Affiliate Updates:**
 - 6.1 Moncton: Jean-Marie Christensen
 - 6.2 Fredericton: Melissa Lagacy
 - 6.3 Saint John: Ronda Marr
 - 6.4 North Shore: Marie-Eve Breau
 - 6.5 USJRV: Vacant
7. **Representative's Report**
 - 7.1 NB Dental Society: Amber Caissie
 - 7.2 CDAA Board Member: Shelley Fletcher
 - 7.2.1 On-line courses no longer available
 - 7.2.1 Resignation and CDAA Representative
 - 7.3 Office Coordinator: Bernice Léger
 - 7.3.1 2014 Audited Financial reports*
 - 7.3.2 Budget 2015-2016*
 - 7.3.3 Financial reports
 - 7.3.4 Pension Plan enrolment
8. **New Business:**
 - 8.1 Mentorship - Shelley Fletcher
 - 8.2 Scholarships - Julien Robichaud
 - 8.3 Next board of directors' meeting
 - 8.4 Next year's AGM location and date
9. **Adjournment**

* To reduce printing cost, these reports have not been printed in your package. If you wish to obtain a copy, please visit our website at www.nbdaa.ca under downloads or contact Bernice Léger, Office Coordinator at bernioff@nb.sympatico.ca or call 1-866-530-9189.

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Kevin Henry: March 15, 2015

For dental assistants, respect is one of the battles they fight on a daily basis. I've heard many dental assistants tell me that they always feel like "the lowest rung on the ladder in the practice" and "the most underappreciated member of the team." "Honestly, I can't argue with them when I hear that ... but I also am quick to ask them what they have done in their practices to earn that much-desired respect?

I am a firm believer that respect isn't something that is handed to you. It's definitely something that is earned through hard work. So how can you earn respect in the practice and add value to what you do on a daily basis as a dental assistant? Here's an idea...

Know what you do every day. Take a moment before the end of the week to think about everything you do in the practice... and I mean everything. What do you do to help the practice that everyone else might take for granted or overlook? There is no one (and I mean, no one) who knows all of the things that you do in the practice to help make it successful. When I lecture to dental assistants around the country, I'm surprised to find out how many of them actually don't think about all of the amazing things they do every day to make the practice churn.

Make a list of everything you do in the practice and keep that with you when the time is right to talk about a salary increase. You'll be surprised at what you do every day... and so will anyone else. The key is not to use it as a "brag tool." The list is to be used as a way to show what you do to help the practice... and build the foundation for you to do even greater things.

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