



## Connecticut Dental Hygienists' Association, Inc.

### SEVENTEENTH ANNUAL NUTMEG CONFERENCE AND 95TH ANNUAL SESSION NOVEMBER 10 – 12, 2011 HARTFORD MARRIOTT ROCKY HILL, ROCKY HILL, CT

Welcome to the Seventeenth Annual Nutmeg Conference and 95th Annual Session of the Connecticut Dental Hygienists' Association, Inc. at the Hartford Marriott Rocky Hill on November 10 – 12, 2011. Do not miss this opportunity to join your colleagues and friends for social as well as professional events over the three days.

- Expand your knowledge with continuing education courses in the series of *The Role of the Dental Hygienist in a Collaborative Healthcare Team*.
  - Hear Dr. David Brady of the University of Bridgeport discuss becoming proactive in the area of autoimmune disease.
  - Treating special needs patients and those with substance abuse and psychiatric illnesses, is the topic for Connecticut Valley Hospital specialists, Dr. Jeffrey Rosow and Kathy Langlias, RDH.
  - Become updated on what biofilms have to do with chronic disease from nationally-known presenter, Anne Guignon, RDH, MPH.
- Reconnect with instructors, mentors and friends from your alma mater.
- Network with colleagues.
- Advance the profession through the development of policy.
- Party and shop at the Award Gala and Silent Auction.

**Do not wait. Reserve your room now for Thursday and Friday.**

~ The 2011 Council on Annual Session and Continuing Education

### NUTMEG CONFERENCE SPONSORS

#### COME TO THE TRADE SHOW

Learn about new products, place discounted orders for your practice,  
and receive samples from new and returning companies.



Exhibit hours are Friday, November 11, 2011 from 9:30 am – 2:00 pm

**Connecticut Dental Hygienists' Association, Inc.**  
**SEVENTEENTH ANNUAL NUTMEG CONFERENCE**  
**AND 95TH CDHA ANNUAL SESSION**  
**NOVEMBER 10 - 12, 2011**  
**HARTFORD MARRIOTT ROCKY HILL, ROCKY HILL, CT**

**PROGRAM DESCRIPTIONS**

**Thursday, November 10, 2011**

**CE I 3 CEUs & Dinner**  
**6:00 - 10:00pm Autoimmune Disease: Leaving the Era of Reaction and Entering the New Proactive Era of Prediction**  
**David M. Brady, ND, DC, CCN, DACBN**



This presentation will review the current evidence-based approaches in the evaluation of the GI microbiota, mucosal immunity and the overall gastrointestinal environment in the guidance of the comprehensive management of systemic autoimmune disorders. These systemic disorders range from autoimmune inflammatory disorders including rheumatoid arthritis and ankylosing spondylitis to immunogenic thyroiditis (i.e. Graves and Hashimoto's disease). Within this

framework, the role of molecular mimicry in the genesis of autoimmune diseases will be fully explored. Novel diagnostic modalities and functional/metabolic objective laboratory assays, including emerging predictive antibody testing in these applications will also be presented and critiqued. Finally, specific rational and efficacious integrative treatment interventions for these specific clinical situations will be offered.

**Dr. Brady** is a licensed Naturopathic Physician, a Chiropractic Physician and a Board Certified Clinical Nutritionist. He is the Vice Provost of the Division of Health Sciences, the Director of the Human Nutrition Institute, and an Associate Professor of Clinical Sciences at the University of Bridgeport in Connecticut. He also serves as the Chief Medical Officer and primary product formulator for Designs for Health, Inc. Dr. Brady is a technical consultant for Metamatrix Clinical Laboratories and also maintains a private practice, Whole Body Medicine, in Trumbull, CT, specializing in "Functional and Metabolic Medicine". Finally, Dr. Brady has been the author and contributor for numerous books and professional publications. His newest release is *Dr. Brady's Healthy Revolution: What You Really Need to Know to Stay Healthy in a Sick World*.

*Underwritten by Mutual of Omaha*



**Friday, November 11, 2011**

**CE II 3 CEUs & Lunch**  
**1:30-5:00 pm Treating Patients with Substance Abuse and/or Psychiatric Illnesses in a General Dental Office Setting**



**Jeffrey Rosow, DMD and Kathy Langlais, RDH**

The purpose of this multimedia presentation is to provide insight and tips for the treatment of psychiatric and substance abuse patients in a general practice setting. The use of some Integrative Medicine techniques for patient management will be discussed. There will also be a short participatory section on Qigong (similar to Tai Chi) which is a moving meditation exercise that is excellent for both relaxation and stretching.

**Dr. Rosow** is a 1980 graduate of the UConn Dental School. He did his residency at Connecticut Valley Hospital where he's continued to work full time tending to the dental needs of the psychiatric and substance abuse patients in the facility. He's been the dental director since 1993. Dr. Rosow has lectured extensively both locally and nationally on treating substance abuse and psychiatric patients in a general dental setting.

**Kathy Langlais, RDH** graduated from Tunxis Community College and she has worked as a dental hygienist for The Department of Mental Health and Addiction Services for the past 4 years at Connecticut Valley Hospital. For most of her career, Kathy's clinical experience was focused in private practice. In addition, she has worked as a clinical coordinator for a community health center and also as a dental hygienist for the Meriden School system. Kathy

is an educational assistant for the Tunxis Community College Dental Hygiene Program and she has been involved with students from The University of Bridgeport and Lincoln College. She has lectured frequently to dental hygiene students and professional organizations, and she is currently pursuing a degree in Health Studies.

*Underwritten by Select Dental Staffing, LLC*



**Saturday, November 12, 2011**

**CE III 2 CEUs & Continental Breakfast**  
**7:30 - 10:00am What do biofilms have to do with chronic disease, persistent wounds and recurrent infections?**



**Anne Nugent Guignon, RDH, MPH**

Recent research is shedding more light on biofilms, complex polymicrobial communities that play a major role in our world. Biofilms are a known contributor to many chronic diseases, such as periodontal disease and are thought to play a significant role in the development of chronic wounds, delayed wound healing and persistent re-infections. Biofilms are unique interdependent microbial communities that resist traditional antibiotic therapy and must be dealt

with combination therapies rather than traditional approaches aimed at singular organisms. Learn how to incorporate new ideas into your daily routine—ideas that can improve patient evaluation, enhance treatment modalities, augment our recommendations and effectively involve patients in battling biofilms

**Ms. Guignon** is an internationally recognized speaker who is passionate about creating an environment that promotes more exciting careers for dental professionals. Her programs are timely, straightforward, practical and fun. Anne writes the "Comfort Zone" column in *RDH Magazine* and has written feature articles for many other publications. In addition, she has authored chapters on ergonomics and power driven instrumentation for dental hygiene textbooks. Anne has practiced dental hygiene in Houston, TX for more than 30 years and is an active ADHA member.

*Underwritten, in part, by Orascoptic and Colgate Professional*



**Trade Show & Marketplace**

**Exhibit hours**  
**Friday, November 11, 2011**  
**from 9:30 am - 2:00 pm**

**All courses are open to all healthcare professionals.**  
**These courses are accepted for Connecticut mandatory continuing education credits for dentists and dental hygienists.**



## SCHEDULE OF EVENTS

### Thursday, November 10, 2011

3:00pm-6:00pm Registration  
 4:30pm-5:45pm Professional Issues Forum  
 6:00pm-10:00pm CE I & Dinner 3 CEUs  
*Autoimmune Disease*

### Friday, November 11, 2011

7:00am-7:00pm Registration  
 7:30am-9:00am Continental Breakfast  
 8:00am-9:30am Opening Session/ADHA District II  
 Trustee Report/Keynote Address  
 9:30am-10:45am First House of Delegates  
 9:30am-2:00pm Trade Show  
 9:30am-2:00pm Marketplace  
 10:45am-12:00pm Town Meeting  
 1:30pm-5:00pm CE II & Lunch 3 CEUs  
*Treating Patients with Substance  
 Abuse and/or Psychiatric Illnesses*  
 5:30-6:30pm Component Meetings  
 6:30pm-11:00pm Mabel C. McCarthy Award Gala  
 & Silent Auction

### Saturday, November 12, 2011

7:30am-1:00pm Registration  
 7:30am-10:00am CE III & Breakfast 2 CEUs  
*What do biofilms have to  
 do with chronic disease*  
 10:15am-11:15am Candidates' Forum  
 11:15am-1:15 pm Second House of Delegates  
 1:15pm-1:30pm Balloting  
 1:30pm-2:45pm President's Luncheon honoring  
 Sandra Stramoski, RDH, MSDH  
 3:00pm-4:00pm Third House of Delegates  
 4:00pm-5:00pm President's Reception honoring  
 Laurel Risom, RDH, BS, MPH  
 with recognition of our honored guests

## REGISTRATION INFORMATION

NAME: \_\_\_\_\_ CREDENTIALS: \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 HOME PHONE: \_\_\_\_\_ OTHER PHONE: \_\_\_\_\_  
 E-MAIL: \_\_\_\_\_ FAX: \_\_\_\_\_  
 ADHA#: \_\_\_\_\_ COMPONENT: \_\_\_\_\_  
 MEMBER \_\_\_ NON-MEMBER \_\_\_ DELEGATE \_\_\_ ALT. DELEGATE \_\_\_ 2011 GRADUATE \_\_\_

### REGISTRATION:

All attendees must pay the registration fee which includes 2 CEU credits for attending a multi-day meeting and access to all free events.

Registration Member \$35.00 \_\_\_\_\_  
 Non-Member \$50.00 \_\_\_\_\_

### INDIVIDUAL EVENTS:

Please indicate all events you plan to attend (including free events).

#### Thursday, November 10, 2011

4:30 pm - 5:45 pm Professional Issues Forum All Registrants Free \_\_\_\_\_  
 6:00 pm - 10:00 pm CE I *Autoimmune Disease* Member \$70 \_\_\_\_\_  
 Choose One:  Chicken Marsala or  Red Pepper Tortellini  
 3 CEUs & Dinner Non-Members \$105 \_\_\_\_\_

#### Friday, November 11, 2011

7:30 am - 9:00 am Continental Breakfast Free \_\_\_\_\_  
 8:00 am - 9:30 am Opening Session/ADHA Trustee Report/Keynote Address Free \_\_\_\_\_  
 9:30 am - 10:45 am First House of Delegates Free \_\_\_\_\_  
 9:30 am - 2:00 pm Trade Show Free \_\_\_\_\_  
 9:30 am - 2:00 pm Marketplace Free \_\_\_\_\_  
 10:45 am - 12:00 pm Town Hall Meeting Free \_\_\_\_\_  
 1:30 pm - 5:00 pm CE II *Treating Special Needs Patients* Members \$65 \_\_\_\_\_  
 Choose one:  Cobb Salad or  Butternut Squash Ravioli  
 3 CEUs & dinner Non-Members \$95 \_\_\_\_\_  
 5:30 pm - 6:30 pm Component Meetings Free \_\_\_\_\_  
 6:30 pm - 11:00 pm Mabel C. McCarthy Award Gala & Silent Auction \$65 \_\_\_\_\_

#### Saturday, November 12, 2011

7:30 am - 10:00 am CE III *Biofilms and Chronic Disease* Members \$40 \_\_\_\_\_  
 2 CEUs & Breakfast Non-Members \$60 \_\_\_\_\_  
 10:15 am - 11:15 am Candidates' Forum Free \_\_\_\_\_  
 11:15 am - 1:15 pm Second House of Delegates Free \_\_\_\_\_  
 1:30 pm - 2:45 pm President's Luncheon honoring Sandra Stramoski, RDH, MSDH \$40 \_\_\_\_\_  
 Choose one:  Chicken Parmesan or  Halibut Veracruz  
 3:00 pm - 4:00 pm Third House of Delegates Free \_\_\_\_\_  
 4:00 pm - 5:00 pm President's Reception honoring Laurel Risom, RDH, MPH  
 with recognition of our honored guests Free \_\_\_\_\_  
 Discount of 10% off total, if postmarked by 9/30/11 Less \_\_\_\_\_

TOTAL DUE \$ \_\_\_\_\_

Please make any dietary request with your registration. If food choice is not given, the first dinner listing will be given. (NO SUBSTITUTIONS)

Registration is accepted only with payment.

Send registration with payment to:  
 CDHA Central Office • P O Box 1091 • Hartford, CT 06143-1091  
[info@cdha-rdh.com](mailto:info@cdha-rdh.com) • Fax 860-688-5188

Make checks payable to CDHA  
 VISA, MasterCard and Discover accepted

Acct # \_\_\_\_\_  
 Exp. Date \_\_\_\_\_ 3 or 4-digit code \_\_\_\_\_  
 Signature \_\_\_\_\_

Registration confirmations will be sent by email or fax only. Written refund request must be received two weeks prior to the conference. No refunds after stated deadline. A \$20 fee will be charged for returned checks or reprocessing of credit cards. Registration is non-transferable. For more information, please see website at [www.cdha-rdh.com](http://www.cdha-rdh.com) or contact the CDHA Central Office at [info@cdha-rdh.com](mailto:info@cdha-rdh.com) or 860-688-7307.

## EVENTS

### Professional Issues Forum

Facilitated Discussion led by Linda Ferraro, RDH, BS, Office of Oral Health, CT Dept of Public Health, to address topics and issues relative to the oral health of older adults in Connecticut. This will focus on those residing in nursing homes and long term care facilities and the potential role of the registered dental hygienist.

### Continental Breakfast

A great start to the day on Friday, for our registrants with a complimentary continental breakfast.

### Opening Session/District II Trustee Report and Keynote Address

We open the 95th CDHA Annual Session on Friday morning with welcoming addresses, recognition of attendees, the State of the Association address, a report of ADHA activities from Megan Brightbill, RDH, BS, our District II Trustee and a keynote address from an invited speaker.

*Underwritten by RDH Temps, Inc.*



### House of Delegates

The delegates from the nine components meet three times over two days to address the policies which govern the association in all its activities. The bylaws can be amended during these sessions.

### Trade Show

Come with your practice's shopping list to take advantage of the convention specials. Representatives will be on hand to answer your questions and process your orders. Samples are readily available. Please support our generous sponsors. *Underwritten by sponsors listed on first page of our Nutmeg Conference Program.*

### Marketplace

Student organizations, components and CDHA related committees sell their items for fundraising. Come with your checkbook to support their efforts. *Underwritten by Dental Works*



### Town Hall Meeting

Formerly known as the Reference Committee Hearings, the Town Hall Meeting will start with the traditional discussion of proposed resolutions, bylaw amendments and annual reports. That will be followed with discussion of other issues confronting the practice of dental hygiene.

### Component Meetings

Come to an informal gathering of member, students and non-members to connect with friends and colleagues within your geographic locale and statewide. Join us for fun and conversation. Information about your local component will be available at this event.

### Mabel C. McCarthy Award Gala and Silent Auction

We will recognize the recipient of the Mabel C. McCarthy Award, which is the highest award conferred by CDHA, by recognizing a member who has promoted dental hygiene in an outstanding manner. Also be prepared to bid on some wonderful items at the silent auction to support CDHA efforts.

### Candidates' Forum

Come hear the platform statements made by the candidates for officers in CDHA and ask your questions to help the delegates and the BOT choose the best qualified.

### President's Luncheon

This is the opportunity for Sandra Stramoski, RDH, MSDH to recognize those who assisted her during the year and the rest of us to honor her for her leadership.

### President's Reception

Come congratulate Laurel Risom, RDH, MPH on her installation as president of CDHA, along with the other newly installed and returning officers. We will also recognize honored attendees such as new members, retired members and legislators that helped promote dental hygiene.

## HOTEL INFORMATION

**Hartford Marriott Rocky Hill**  
**100 Capital Boulevard**  
**Rocky Hill, Connecticut 06067**  
**Telephone: 860-257-6000 or 800-228-9290**

**CONVENTION ROOM RATE: Single or Double - \$99**

- Please make reservations directly with the hotel.
- Convention room rates are available for **November 10 to November 13, 2011.**
- To receive special rates, hotel reservations must be made no later than **October 15, 2011.**
- You must mention "**Connecticut Dental Hygienists' Association**" to receive the special rates.

### DIRECTIONS TO HOTEL:

- **From Hartford and areas north:**  
Take I-91 South to Exit 23. At top of ramp, turn left. At second traffic light, turn right. Hotel is first entrance on right.
- **From New Haven, Meriden and areas south:**  
Take I-91 North to Exit 23. At top of ramp, turn right. At traffic light, turn right. Hotel is first entrance on right.

## Nominations for 2011 - 2012 CDHA Officers

Nominations are being accepted for the 2011-2012 CDHA offices of President-Elect, Vice-President, Secretary, Speaker of the House, three ADHA Delegates, three ADHA Alternate Delegates and two Conn HyPAC Directors. Here is the opportunity for you to become active in the state organization that is leading the way for your profession. If you personally are unable to take a position of leadership at this time, please submit the names of members who can fulfill the responsibilities of the open positions of the Connecticut Dental Hygienists' Association, Inc. (CDHA).

If you have any questions concerning the responsibilities of any of the open positions, please call the Nominations Chair for a copy of the appropriate page from our Policies and Procedures Manual.

E-mail, mail or call in all nominations to:

Nominations Chair: Brenda Florio Ruggiero, RDH, BS  
15 Wind Swept Hill Road • Wallingford, CT 06492  
Cell phone: (203)980-5167 • Email: [Bfrwine@aol.com](mailto:Bfrwine@aol.com) ●



2011 CDHA President, Sandra Stramoski, RDH, MSDH delivers her Inaugural Address