



# Chronicle Monthly

VOLUME 16, EDITION 12

JULY 26, 2021

## SPECIAL POINTS OF INTEREST:

**AAWD**  
celebrates 100  
years of women  
in dentistry!

**Presidents' Series**

**Federal Services  
Award  
Nominations  
Open!**

**Call for  
Nominations for  
the 2022-2024  
Board of  
Directors!**

## INSIDE THIS ISSUE:

Register Now!	1
Presidents' Series	1
EscaRosa Smiles Campaign	2
Meet nano—NSK	3
Join Our Team!	3
Contact	3



**PERSISTENT. RESILIENT. EMPOWERED.**

*A workshop for women*

**Saturday, Sept. 18th  
& Saturday, Oct. 23rd** | 10am-2pm EST

## Attend the Virtual Workshop for Women!

### Session Topics :

- Orofacial Pain
- Geriatric Dental Medicine
- Antibiotic Stewardship
- Family Planning & Fertility Q&A
- Treating Special Needs Patients
- Management of the Pregnant Patient
- Contract Negotiation
- Forensic Odontology

[Click Here to Register Online](#)

## Presidents' Series

What does it mean to you to have been president of AAWD?  
In 1999 – 2000 I served as President of AAWD. I am very proud to be part of this amazing legacy of women in dentistry. The leaders before and after my term continue to inspire me.

During my term as president, AAWD was going through a time of transition. As officers and trustees we participated in several discussions and a retreat to discern the new direction of AAWD as we were entering the new millennium.

At times AAWD was viewed as a splinter organization that would weaken other dental associations. One of our revelations as leaders of AAWD, was to center

on addressing the needs of our members, not worry about being viewed as a splinter group and to not apologize for being women dentist with a vision to enrich and advance dentistry.

**How do you reflect on 100 years of women in dentistry?**  
The past 100 years of women in dentistry have been very transitional. From women not being granted admittance to dental schools or associations, to women currently holding several positions of leadership and representing fifty plus percent of dental school students.

## Rebecca De La Rosa, 1999

Do you have any advice or hopes for women in the next 100 years?  
Pursue and maintain balance of your professional and personal life. Give yourself permission to succeed. Be generous with your wealth and keep to the core value of providing optimal care to your patients. Finally, take pride in being a successful female dentist, what is good for women dentists is good for all of dentistry.





## How YOU can help the Smiles for Success Foundation WIN BIG!

YOU can help the Smiles for Success Foundation WIN BIG! Give during A Community Thrives' fundraising window from July 19<sup>th</sup> through August 13<sup>th</sup> and SFS could receive a grant of up to \$100,000! Your donation will make an incredible difference!

The **EscaRosa Smiles Campaign** launches in the Escambia and Santa Rosa counties in North-west Florida which form a common region with shared resources but limited collaboration, especially for this underserved population. The Smiles for Success Foundation has the resources to get started, and we need your help to build this new network. Our goals are:

1. Establish collaboration between volunteer dentists, workforce agencies and clinics
2. Develop an online portal to manage their resources and communication
3. Match patients with case managers
4. Resolve patient dental issues and build their confidence

The funding for the new SFS EscaRosa network pilot program will be used for administrative support, incentive for dentists, dental lab fees, patient transportation, and online technology services.

**What:** Give the Smiles For Success Foundation to support their **A Community Thrives** campaign

**When:** July 19<sup>th</sup> through August 13<sup>th</sup>

**Where:** Donate Online at:

<https://mtyc.co/7v3ybf>



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## Recipe Share: Kale with Cherries, Romano cheese, White Balsamic Vinegar, & Persian Lime Olive Oil

Although kale is packed with nutrients it also contains oxalic acid, which binds calcium and magnesium causing crystallization that we see with kidney stones and inflammation, an unwanted side effect. It's goitrogenic to the thyroid by interfering with iodine and tyrosine uptake, thus inhibiting thyroid hormone production. Occasionally, consumption of these healthy greens needs monitoring if a person is taking Warfarin (coumadin) to prevent a thrombotic episode. The high Vitamin K content counteracts the anticoagulant effect and lowers their INR.

### Recipe Ingredients:

Kale 3-4 cups. Leaves rinsed/drained well and stems removed

Olive oil Persian lime 3 tbsp

White balsamic vinegar 6 tbsp

Cherries fresh or jarred 1/3-1/2 cup sliced in half and 1 tsp cherry juice from the jar

Romano cheese grated 3 tablespoons and some additional shaved to garnish

Fresh 1/2 lemon zested and juiced. Plus, the juice of one lemon

Massage the kale: After cleaning and drying with a salad spinner, chop kale leaves into 1/2-inch-wide leaves and put into a large bowl and squeeze the juice of one lemon on top and sprinkle with 1-2 tsp coarse sea salt and massage leaves. As you massage them you will notice the leaves will start to wilt and soften and will turn a deeper green color. Once this begins the leaves are ready for consumption. Now rinse the leaves of the excess salt and lemon juice and remove excess moisture and salt before combining the ingredients. Combine all ingredients, mix and mangia! Just like my Grandmother used to say.

Submitted by Dr. Sharon Pollick

**Join  
our team!**  
We're hiring.

*smiles for success*  
AAWD &



Director of Grant Writing

Board of Directors

Thank you to all of our partners!

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