

THE CHRONICLE MONTHLY

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highlights



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SPOTLIGHT: DENTAQUEST HEALTH EQUITY HERO

JOIN US IN RECOGNIZING AAWD PAST PRESIDENTS DR. MARY MARTIN AND DR. LILIA LARIN AS TWO OF 2022'S HEALTH EQUITY HEROES!



On the second annual Health Equity Hero Day, DentaQuest, a purpose-driven oral health care company dedicated to improving the oral health of all, announced its 2022 Health Equity Heroes: disruptors in health systems. In addition to celebrating and promoting the work of the 12 Health Equity Heroes, DentaQuest is making \$60,000 in charitable contributions — \$5,000 in the name of each hero to a nonprofit of their choice.

Now in its eighth year, the DentaQuest Health Equity Hero program celebrates individuals and organizations responsible for extraordinary work that champions equitable access to health care (medical, oral health, behavioral health) and optimal overall health outcomes. This year, DentaQuest selected forward-thinking agents of change — heroes taking action to transform health systems in their communities in an effort to remedy long-standing disparities.

“Over the last two years, it’s become startlingly clear that our current health systems are in desperate need of transformation,” DentaQuest President Steve Pollock said. “These Health Equity Heroes are earnestly taking action, finding innovative and inspiring ways to champion change and create a more inclusive system. We are privileged to honor them as heroes and give thanks to them and so many others who are making a difference in oral and overall health.”

Read on to learn more about Drs. Larin and Martin!

[Click Here to read the full article from DentaQuest](#)



Lilia Larin, DDS

According to a CDC report, Hispanics under the age of 50 experienced higher rates of Covid-19 infection compared to the general U.S. population. Dr. Lila Larin, a community dentist and oral health advocate, saw that fear of the virus and the vaccine was hurting the Spanish-speaking community. She joined the San Diego County Medical Reserve as a volunteer vaccinator, one of the few and often the only Spanish-speaking volunteer vaccinator, and was interviewed about the vaccines on English- and Spanish-speaking television. Dr. Larin also distributed vaccination-safety talking points to members of the Hispanic Dental Association and helped educate state and federal legislators on oral health and the vaccines. DentaQuest is honoring Dr. Larin with a donation to the **Hispanic Dental Association Foundation.**

A co-founder of Smiles for Success in 1995, Dr. Mary E. Martin rejoined the nonprofit organization's board in 2017 to restart the program. Smiles for Success helps women completing job training programs while transitioning from welfare, homelessness, or incarceration access the dental care they need to approach job interviews with confidence. The life-transforming dental care is provided pro bono by members of American Association of Women Dentists working with affiliate programs in Boston, Abilene and Austin, Denver, Baltimore and Pensacola with more locations to come. Dr. Martin has asked that her Health Equity Hero donation be used to support **Smiles for Success.**



Mary E. Martin, DDS

Don't Miss Out on AAWD's Anniversary Cruise!



**DENTAL CE CREDITS.
ALL ON A CRUISE!** 🇺🇸

Get your dental CE credits and cruise from Ft. Lauderdale to the Bahamas this November 2022! Smiles at Sea Dental Cruises are BACK!

- ✓ **Multiple-credit CE Courses**
- ✓ **Network with dental professionals**
- ✓ **Energize and recharge with your team**

➔ Interested? [Click Here to view the itinerary and register!](#)

If you (or your patients) are struggling or in crisis, don't wait, call 988!

The new 988 number for the National Suicide Prevention Lifeline went into effect on July 16, 2022. In July 2020, the Federal Communications Commission (FCC) designated 988 as the new three-digit number for the Lifeline. The number will have trained staff to answer calls from individuals at risk for suicide as well as those experiencing other mental health and substance use-related emergencies. Specialized services will be available for veterans, LGBTQ+ individuals, and other groups.

How It Works

Call: When you call 988, you will first hear a greeting message with the options to press 1 for the Veterans Crisis Line, 2 for Spanish, or stay on the line while your call is routed to your local Lifeline network crisis center. Then a trained crisis counselor will answer the phone, provide support, and share resources if needed.

Text: When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center, who will answer the text, provide support, and share resources if needed.

There is hope.



Chat: Visit 988lifeline.org and find the chat button in the top right-hand corner of the screen. You will complete a short survey letting the crisis counselor know a little bit about your current situation. Then you'll see a wait-time message while you are connected with a trained crisis counselor who will answer the chat, provide support, and share resources if needed.



Talk with us.



Whether you're gearing up to pack lunches for your kids or for yourself, this avocado chicken salad is a great make-ahead option! Make a large batch to use on sandwiches, salads, wraps, or even to eat with a spoon! Hate cilantro? Substitute chopped fresh parsley to keep the soap out of your mouth! Short on time? Use a rotisserie chicken!

Avocado Chicken Salad



INGREDIENTS

- 3 cups cooked chicken, shredded or cubed
- 2 medium avocados, diced
- 1/2 cup celery, finely chopped
- 3 tbsp fresh squeezed lime juice
- 1/4 cup thinly sliced green onion
- 1/2 cup finely chopped cilantro
- 3 tbsp mayo
- Salt and Pepper to taste

HOW TO PREPARE

1. Mix diced avocados with 1 tbsp of the lime juice and salt to taste
2. Mix mayo and remaining lime juice to make the dressing
3. Mix shredded chicken, dressing, celery, and green onions until chicken is well coated.
4. Gently fold avocado and cilantro into chicken mixture.
5. Add salt and pepper to taste.
6. Serve as is, with chips or crackers, or on a salad, sandwich, or wrap!

Looking to shop?
Check out our
preferred vendors!

Call for Nominations
AAWD Board of Directors



Everyone needs a support system of individuals who both understand their struggles and support their endeavors. For 100 years, AAWD has offered that support system to women dentists. We are looking for women to advance and support AAWD's mission of being the leading resource for advancing, connecting, and enriching the lives of women dentists by serving on the Board of Directors.

Build your leadership skills and resume while working alongside other passionate women dentists to provide a meaningful support system to women dentists across the country!

[Click Here to Nominate!](#)

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spotlight

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- Pay off high interest rate business loans and consolidate into one loan³
- Principal reduction and early payoff options
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Limited-time offer

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first 2 years

and then a competitive rate
through maturity^{2,3}

Offer expires
March 31, 2022



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AAWD
American Association of Women Dentists