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Celebrating National Health Center Week (August 4-10) By Chineze Enwanwu, DMD

National Health Center Week takes place each year for one week in the month of August, to celebrate and increase awareness of the mission and accomplishments of community health centers the United States, and advocate for the resources that community health centers need to continue their mission. National Health Center Week honors community health center staff, stakeholders, supporters and beloved patients who make it possible to provide high quality comprehensive service to millions of patients across the country. To date there are at least 1400 community health centers in America, serving over 30 million people annually.

Community health centers are primary care healthcare facilities that are community-based and mission-driven. They are safety net for low-income, underserved, uninsured, underinsured, vulnerable and special-at-risk populations such as the homeless, individuals with substance abuse disorder, refugees, immigrants and migrant workers.

As a dentist who has worked for over 8 years in various capacities in one such health center (more specifically a Federally Qualified Health Center or FQHC), I take tremendous pride in acknowledging the role that community health centers play in reducing health care barriers and disparities and in bridging the gaps in the American healthcare system. Community health centers are mission-driven. They exist to provide quality integrative health care services to populations who need it the most, regardless of their ability to pay. These

services include medical, dental, behavioral health, pharmacy services, transportation, social work. Community health centers have the advantage of being embedded within the communities they serve. This allows for greater accessibility to the patients for comprehensive health care services, thereby reducing emergency, and hospital visits.

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Each day of the week of National Health Center Week is dedicated to a particular area of focus:

- Sunday, 8/4: Public Health in Housing Day
- Monday, 8/5: Healthcare for People Experiencing Homelessness Day
- Tuesday, 8/6: Agriculture Worker Health Day
- Wednesday, 8/7: Patient Appreciation Day
- Thursday, 8/8: Stakeholder Appreciation Day
- Friday, 8/9: Health Center Staff Appreciation Day
- Saturday, 8/10: Children's Health Day

Each of these focus days highlights the expansive and innovative ways community health centers provide high quality health care, advance primary care, reduce health care disparities, and improve health outcomes in the community.

As I mentioned earlier, I work in a Federally Qualified Health Center (FQHC), which is a community health center that is highly subsidized by the government grants and payments from Health Resources and Services Administration (HRSA). I was introduced to the world of FQHC's during an externship in dental school. I was attracted to not only the diversity of the patient population, but the ability to provide oral healthcare in a multidisciplinary environment. Moreover, as a woman of color, it is empowering to be able to treat patients that look like me and to be looked upon as a key decision maker in their health choices. From ability to provide oral healthcare in a multi-disciplinary setting, to loan repayment programs /scholarship programs, good work-life balance, opportunities for leadership positions and much more, working in a community health center can be immensely rewarding and gratifying.

This year's theme for National Health Center Week is Powering Communities Through Caring Connections. As we celebrate the upcoming National Health Center Week, show support to community health centers in your community, by developing partnerships with the community centers around you.

Get involved in your local health center during National Health Center Week.

Volunteering your time and expertise helps build caring connections and strengthens community health.

"Alone we can do so little; together we can do so much." - Helen Keller

Embracing the Spirit of Collaboration in Dentistry

In the rapidly evolving field of dentistry, the importance of collaboration cannot be overstated. Dr. Rambob, AAWD President, beautifully captured this sentiment in her announcement about her opportunity to present opening remarks at the International Dental Genetics and Clinical Diagnostics Conference. She said, "I urge each of you to embrace the spirit of collaboration. Engage with colleagues from different disciplines, share your knowledge, and seek out new perspectives. Let us break down the barriers that separate us and build bridges that connect us."

The Value of Collaboration Over Competition

In an industry often marked by competition, it's crucial to recognize the immense value that collaboration brings. When dental professionals work together, they can tackle complex issues in oral health more effectively. Collaboration allows for the sharing of diverse knowledge and skills, leading to innovative solutions and improved patient care.



Dr. Rambob emphasized this point, stating, "Collaboration is the key to addressing complex issues in oral health." By engaging with colleagues from various disciplines, dental professionals can gain new insights and approaches that they might not have considered otherwise. This spirit of teamwork not only enhances individual professional growth but also elevates the entire field of dentistry.

Breaking Down Barriers

One of the significant challenges in fostering collaboration is overcoming the barriers that often exist between different specialties and practices. Dr. Rambob's call to action encourages us to actively seek out and eliminate these barriers. By building bridges and connecting with one another, we can create a more unified and supportive dental community.

Practical Steps to Foster Collaboration

- 1. Engage in Interdisciplinary Conferences and Workshops: Attend events like AAWD's recent webinar with the AMWA on Sleep Apnea and the International Dental Genetics and Clinical Diagnostics Conference to meet and learn from professionals in different fields. Stayed tuned for announcements of future collaborative AAWD webinars and events!
- 2. **Join Professional Organizations**: Becoming an active member of organizations such as the AAWD provides opportunities to network and collaborate with peers.
- 3. **Share Knowledge**: Take part in forums, webinars, and study groups where you can exchange ideas and experiences with others.
- 4. **Mentorship Programs**: Participate in or create mentorship programs within your practice or professional community to foster a culture of learning and collaboration. Stay tuned for more information about AAWD's upcoming mentorship program for more collaborative opportunities! Interested? Let us know by completing **this short survey!**

As Dr. Rambob aptly put it, collaboration is not just beneficial but essential for progress in dentistry. By embracing this spirit, we can work together to overcome challenges, innovate, and provide the best possible care for our patients. Let us heed her call to break down barriers and build bridges, creating a future where collaboration is the cornerstone of our professional lives.

Welcome New Members!

AAWD is Growing! Say hello to our newest members!



Lola Rodriguez

Josie May

Shauni Cooley

Elizabeth Fenichel

Tiffany Hermann

Ariana Sarkhail

Lauren Lamoutte

Olivia Ocs

Emma Hammer

Dr. Nouran ElShamy

Dr. Salma Eissa

Dr. Reem Khorshed

Dr. Shrouk Abdelghany

Cheyanne Cornwell

Dr. Ethar ElShennawy

Emma Nolan

Dr. Mallory Girdlee

Dr. Nikkita Madhu

Dr. Isadora Garcia

Dr. Ivette Daly

Celebrating Achievements in Dentistry

At AAWD, we take pride in the remarkable achievements of our members like Drs. Rambob and Enwonwu. Whether it's groundbreaking research, community outreach, or advancing clinical practice, our members are making significant contributions to the field of dentistry. We encourage you to share your success stories with us, so we can celebrate your accomplishments and inspire others.

Click here to submit your achievement to the next edition!



Apcoming

<u>August</u>

4-10: National Health

Center Week

6: National Fresh

Breath Day

11: National Align

Your Teeth Day

22: Tooth Fairy Day

<u>September</u>

Gum Care Month
Office Manager
Appreciation Month

2: Labor Day

17: International Patient Safety Day

We want to hear from you! What events would you like to see AAWD host? Click here to **share your feedback!

Promote the Future of Women in Dentistry



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THE NEW AAWD MEMBER PORTAL

is here!

Reaching out to friends and support networks is essential for mental health and self-care. The new AAWD Member Portal offers another avenue to reach out to fellow AAWD members to seek support, bounce ideas, or even just vent your frustrations with women who likely share many of your experiences and challenges as women in dentistry.

If you haven't done so already, please create your account in the new portal by <u>clicking here</u>. Once you create your account, make sure to download the MemberPlus app to have access to the portal on the go (Download from the iTunes store here - <u>MembersPlus iOS version</u>. NOTE: iOS 10 (or higher) are supported; download from the Google Play store here - <u>MemberPlus Android version</u>).

Once you access your portal, update your directory listing with your most updated contact information (and add some photos and a bio so other members can get to know you!) and explore the Active Member Directory.

We want your feedback! Do you have questions or concerns about the new portal? **Click here** to share your feedback! This link is also available in the portal in the left menu.



AAWD MEMBER PORTAL TIP: ADD YOUR SOCIALS TO YOUR DIRECTORY LISTING!

- 1. Click My Directory Listing from the left menu in your portal
- 2. Click the plus sign next to contact info
- 3. Paste the URL to your social page (FB, IG, or LI) into the "Phone, Email, or Website" field (e.g., the AAWD Instagram URL is https://www.instagram.com/aawd1921/)
 - Change the "Type" field to "Social Site"
- 4. Change the "Type" field to "Social Site"
- 5. Click Done! Now your social page will display as an icon on your directory listing!