



Volume 1, Issue 3

Fall 2011

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Ready to Smile was launched in 2010 by The Oregon Community Foundation's South Coast Leadership Council as a Regional Action Initiative. *Ready to Smile* delivers dental health services and education to eligible students in grades K-7 throughout Coos and Curry counties. *Ready to Smile* is coordinated through Coos County Public Health.

Do you know about the free King Fluoride Program?

Get it in your school!

Drinking fluoridated water is the most effective way to prevent tooth decay. However, several communities have not opted to add fluoride to the water supply. While fluoridated water would be beneficial in protecting children's teeth throughout the South Coast, there is another way to access fluoride for healthy teeth development.

The Oregon Health Authority runs a program called King Fluoride through the Oral Health Program. This voluntary, school-based program serves K-6 students in communities without fluoridated water. Schools in which 30 percent or more of the students receive free or reduced lunches are eligible; they can choose to administer a weekly fluoride rinse, or a daily fluoride tablet.

Dental health data show that a regular fluoride routine can reduce tooth decay by 20 to 40 percent. When ingested, fluoride is incorporated into the enamel of developing teeth, making them more resistant to decay. After teeth erupt, topical fluoride continues to strengthen teeth by preventing decay and promoting enamel remineralization. Fluoride also decreases decay occurring along the gum line and on root surfaces, which is usually seen in older patients.

According to the 2007 Oregon Smile Survey, 35 percent of Oregon children in grades 1-3 have untreated tooth decay, and 63 percent have untreated or treated tooth decay. Furthermore, children in Oregon have poorer oral health than children in the nearby states of Washington, California, Idaho and Alaska.

Special Thanks
 Karen Brown, Coos Bay School District Nurse, is dedicated to *Ready to Smile*. Karen assists by scheduling schools, getting students to return permission slips and encouraging students to continue good brushing habits. She will be working diligently this school year to improve the participation rate for Millicoma and Sunset students. Karen also serves on the *Ready to Smile* Steering Committee. Thank you Karen!

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Help Ready to Smile Meet the Mudd Family Foundation Matching Grant Opportunity

The Mildred E. and Harvey S. Mudd Foundation offered a \$40,000 matching grant to *Ready to Smile* in February 2011. As a result of outreach to several local service clubs, *Ready to Smile* has secured \$21,000 in cash and in-kind donations to date. Donations will be accepted through December 31, 2011. All contributions support direct services and coordination efforts through *Ready to Smile*. Unable to make a cash donation? Volunteer time counts too! See page four for opportunities.

For more information, contact Melissa Durham, OCF Director of Strategic Projects:
South Coast Ready to Smile Fund
The Oregon Community Foundation
1221 SW Yamhill St., Suite 100
Portland OR 97205



Meet the Staff of Ready to Smile



From left: Cecilee Shull, Verena Caudle and Astrid Diepenbroek.

Ready to Smile's staff provides high-quality preventive dental services to students in grades 1, 2, 6 and 7 in Coos and Curry counties, and is excited to begin the program's second year.

Cecilee Shull, Program Manager. Cecilee lives in Myrtle Point, and has been married to Bruce Shull for 36 years. She and her husband participate in many community activities through the school system and their church. They are also members of the Myrtle Point Rotary Club and founding members of the Myrtle Point Forum. Cecilee has twenty years of experience as a dental office manager, and brings her enthusiasm and organizational skills to the team.

Verena Caudle, Dental Assistant. Verena resides in Myrtle Point with her husband Bill Caudle. Verena has been a dental assistant for more than 15 years. She loves to travel, and has given her time as a volunteer on many mission trips.

Astrid Diepenbroek, Dental Hygienist. A resident of Bandon, Astrid has been involved in dentistry for more than 15 years. Her interests include travel, organic gardening and volunteering at Coos County Public Health to provide dental screenings. She is employed by Waterfall Community Health Center in North Bend, and works with *Ready to Smile* during the school year.

New Treatment Program Planned

The OCF *Ready to Smile* Steering Committee recognizes the need for a treatment component to complement the prevention and education services provided in the region. That's why *Ready to Smile* is recruiting dentists for an organized effort to treat children who have urgent needs, as identified by the school-based program. Based on the Neighborhood Dentist Program in Salem-Keizer School District, *Ready to Smile's* program will match volunteer dentists with schools to provide one free dental visit per month for a student needing urgent care. The program has already matched a dentist to almost every school in the region, thanks to the recruitment efforts of Coos Bay dentist and Steering Committee member Dr. Thomas Holt.



Steering Committee members Penny Allen (center), Tom Holt (right back) and Frances Smith (right) with local dentists at a *Ready to Smile* dinner event on May 5 in Coos Bay.

The *Ready to Smile* team believes this program will help children establish a dental home, and is committed to ensuring a top-notch experience for dentists who welcome students into their offices.

Ready to Smile Concludes 2010-2011 School Year with Worthy Stats

On May 19, *Ready to Smile* completed its first school year by organizing a booth at the Coos County Commission on Children and Families' "Teenopoly" event. The booth taught students proper brushing and flossing techniques, and explained the effects of soda, sports drinks and juice on teeth and diet.



Verena Caudle shares oral health information with a student from the Coquille School District at the Teenopoly event.



This event was the culmination of a year of growth, knowledge and challenges. In Year One, *Ready to Smile* distributed 2,721 dental kits in Coos and Curry counties, and provided dental screenings to 756 students. The *Ready to Smile* team placed 3,545 sealants, and applied 627 fluoride varnishes. These kits and services had a total value of more than \$190,000.

The largest learning curve in the program's first year was student participation. Some schools had participation rates as high as 83 percent, while others were as low as 15 percent. This year, school superintendents, principals and administrative staff will work to improve participation rates.

School staff are being asked to include the *Ready to Smile* permission form in the student registration packet that parents must complete before their children can attend school. These forms are for grades 1-2 in Curry County only, and grades 6-7 for all school districts in Coos and Curry counties.

Program goals for the 2011-12 school year include:

1. Increasing student participation by 25 percent, which equates to a minimum of 55-percent participation at each school.
2. Offering dental education or program presentations at public forums, school events, health fairs and service club meetings.
3. Providing dental education and dental kits to at least 3,750 students in all nine school districts.
4. Coordinating with Tooth Taxi and Medical Teams International Dental Vans to provide restorative dental care after screenings.
5. Continuing to work with local dentists, dental associations and service clubs to provide care in local dental offices.

Fall Ready to Smile Activities

September 15. Presentation at Coos/Curry School Superintendents meeting. ESD Office, Coos Bay.

September 20. Powers School District (grades 6-7).

September 26-29. Riley Creek Elementary School, Gold Beach (grades 1-2).



Tooth decay is five times more common than asthma and seven times more common than hay fever.

September 30. Dental screenings for all K-6 students, Myrtle Crest School, Myrtle Point.

October 3-6. Riley Creek Elementary School, Gold Beach, Grades 6 and 7 and Classroom Education for students in grades K, 3-5.

October 27. Presentation to Coquille Kiwanis Club.

King Fluoride Program, cont. from page one

Myrtle Point School District is currently the area’s only district that participates in the King Fluoride Program. At Myrtle Crest Elementary School, parents sign a permission slip at the beginning of the school year, during registration. Teachers then dispense fluoride tablets to students at the same time every day.

District Nurse Donna Martz explains that this program is “extremely important, because the city of Myrtle Point does not add fluoride to the water system, and many of our students who live in outlying areas drink well or spring water.” Thanks to a staff that understands the importance of oral health, this simple program has been successful for five school years.

The King Fluoride Program is administered at no cost to schools or students, so talk to your principal, teacher or school nurse about getting your school signed up today.

For more information, visit <http://public.health.oregon.gov> and search for “King Fluoride” in the top right corner.



Students at Riley Creek Elementary School received dental screenings, sealants and fluoride varnish in spring 2011.

Calling All Volunteers!

Want to get involved? Here are some areas where *Ready to Smile* could use your help:

- Administrative support (e.g., photocopying, organizing materials)
- Providing oral health education to students
- Passing out dental kits at schools

Contact *Ready to Smile* Coordinator Cecilee Shull to discuss your role.



Myrtle Point Rotary members volunteered to work as an assembly team for Ready to Smile. They assembled 452 dental kits in 45 minutes comprising a toothbrush, floss, toothbrush cover, disclosing tablets, toothpaste and a two-minute timer, all packed neatly in a zippered vinyl pouch.

Ready to Smile is operated through Coos County Public Health
Phone: 541.756.2020 ext. 526
cshull@co.coos.or.us

South Coast

Steering Committee Members

Penny Allen, Chair	Kathryn Laird
Myrna Barber	Christine Nichols
Barbara Bassett	Heidi Pahls
Karen Brown	Kim Rollins
Michelle Brown	Patricia Savage
Ali Chisti	Frances Smith
Kathy Cooley	Sharon Smith
Elizabeth Day	John Sweet
Thomas Holt	Dale Thomas
	George Woodruff

The Oregon Community Foundation’s Regional Action Initiative (RAI) is involving citizens in identifying and solving local problems. In regions across the state, OCF’s volunteer leadership councils are working on solutions to local issues with a special funding allocation from the Foundation. For more information, contact Melissa Durham, Director of Strategic Projects, at 503.227.6846 or mdurham@oregoncf.org.