

# “Moving forward in the new normal”

## President’s Newsletter

August-September 2020

“Yo soy yo y mi circunstancia y si no la salvo a ella no me salvo yo.”

Jose Ortega y Gasset (*Meditaciones del Quijote*, 1914)

El escritor español exhorta al lector a descubrir lo que le hace feliz y perseguir lograrlo o hacerlo. Nos dice que no se tienen que dar explicaciones o justificaciones al hacer esto.

### ***The New Normal: Cover nose and mouth, wear a surgical mask***

Initially, individuals were told not to wear face masks. This was intended to preserve personal protective equipment for health professionals on the front lines of COVID-19 care. But now it is more important than ever that everyone do their part and Mask Up to stop the transmission of COVID-19.

As the U.S. continues to grapple this new normal of wearing masks as part of their daily attire, patients might have questions. Masks must be worn properly. Proper size masks must cover nose and mouth at all times when in use. Masks must be disposed when wet and or soiled.



Todos reconocemos que el acceso a información de fuentes fiables es muy importante. ¿Pero qué sucede cuando recibimos un exceso de información de estas, cada día cambiante y contradictoria?

Seguramente ustedes, como yo, han participado de decenas de presentaciones científicas sobre el COVID-19 durante los pasados 3-4 meses. Todos hemos estado recibiendo cuantiosa información del CDC, la Organización Mundial de la Salud, la Asociación Dental Americana, asociaciones dentales estatales, otras asociaciones profesionales como el HDA, autoridades sanitarias gubernamentales, instituciones educativas, etc.... Seguramente hemos participado también de presentaciones sobre cómo sobrevivir económicamente y cómo manejar los retos a la salud emocional que enfrentamos con nuestras familias y equipos de trabajo.

A pesar de toda esta información, sufrimos gran confusión... ¿Que síntomas? Fiebre, malestar general, dolor en la garganta, tos seca, congestión nasal, dolor de cabeza, falta de olfato, disestesias perórales, purpuras y hematomas en dedos, cambios en la sensación del gusto, vómitos, Cólicos, diarrea... (y parece que cada semana los expertos añaden algo nuevo...) ¿Qué pruebas y cuando? ¿Que terapias? hidroxyclorequina, azitromicina, dexametazona, Remdesivir, Ritonavir-Lopinavir, Interferon-1- Beta, plasma convaleciente, etc.... ¿Usar o no usar mascarilla/cubre boca por mandato gubernamental? ¿Tendremos vacuna contra el COVID-19 antes del fin de año? Todo esto solo valida la milenaria máxima Socrática: “Yo solo sé que no sé nada.”

Por todo el empeño que la comunidad científica del planeta está poniendo, estoy confiado que superaremos el monumental reto de esta pandemia, y que será más temprano que tarde. Pero mientras, lo único que podemos asegurar para prevenir enfermarnos, lo universalmente básico, es que todo(a)s debemos continuar con la más estricta higiene de nuestras manos, debemos cubrir nuestra boca y nariz, mantener distanciamiento físico en lugares públicos y, evitar o minimizar el tiempo de confinamiento en lugares cerrados con aglomeración de personas y

pobrememente ventilados. Protejamos a nuestras familias, equipos de trabajo y pacientes.

### ***In spite of the pandemic, the work of the Association continues...***



### ***The 2020 Virtual HDA Student Regional Conference and HDAF Scholarships presentation***

“Meet” you in Philadelphia on Saturday September 26, 2020. The program starts at noon EST. The University of Pennsylvania School of Dental Medicine hosts this year’s event. Thanks to HDA Trustee Herta Granado DS4, a UPenn-SDM senior class member, for leading.

The 2019 HDA Student Regional Conference took place in Los Angeles, CA. The 2021 SRC, expected to be an in-person event, returns to University of Pennsylvania. Future hosts of this Conference include the University of North Carolina (Chapel Hill) and the University of Washington (Seattle).

### ***HDA’s Annual Meeting in Houston, TX***

Be it physically or virtually, HDA is meeting in Houston, TX on December 4, 2020. The planning committee is working very hard to put up a remarkable program and meeting for all. This event will serve as stage for the recognition of “Nuestros Niños” and “Orgullo” contests winners. Stay tuned.

### ***20 for 20 Virtual C.E. Series continues***

HDA thanks 2014 HDA President, Dr. Tyrone Rodriguez (Lake Moses, WA & New Haven, CT), Mr. Ali Oromchian JD, LLM (San Ramón, CA), CPA Juan González-Green (PR) and Dr.

Jeff Paz (San Antonio, TX) for their stellar participation as lecturers in this CE program.

The “20 for 20” presentations launched in May 2020 with “COVID-19: Coffee and Quarantine”. All members and guests are invited to attend these presentations. Schedules and times are posted in the HDAssoc.org, under Upcoming Events.



### ***Dr. Iván Vázquez Santiago, New trustee***

The HDA welcomes Iván Vázquez-Santiago DDS, a practicing pediatric dentist from Hauppauge, NY to its Board of Trustees. He will serve a three-year term, concluding in January 2023.

Dr. Vázquez is a graduate of NYU College of Dentistry, with an undergraduate degree from the University of Puerto Rico.

Dr. Vázquez has been active in organized dentistry for decades. He is currently a member of the ADA House of Delegates for the NY State Dental Association (NYSDA). He is a founder and past president of the Puerto Rico Dental Association-USA, past president of the Suffolk County Dental Society (NYSDA). He served as vice-president of the NYHDA.



***Don't be left out! Census ends Sept. 30, 2020***

***You make us proud! Congratulations to:***

***The NYHDA, Massachusetts HDA, Boston Univ. Goldman SDM HSDA, Columbia University College of Dental Medicine HSDA, the UT-Houston School of Dentistry HSDA and the Greater LA-USC Ostrow SDM HSDA for their recent community outreach and/or educational videos postings on social media..***

***Trustees Dr. Christina Meiners on her election as President of the San Antonio District Dental Society (Texas Dental Association component) and Dr. Ana M. Zea for achieving the degree of Doctor of Public Health (DPH).***

***In July, Ms. Jessica and Dr. Jose I Alamo became the happy and proud parents of Charlotte Anne Alamo. Blessings to you!***

### ***Announcing the HDA's Award for Excellence in Continuing Education***

**Purpose:**

Promote excellence and recognize the Hispanic Dental Association membership individual efforts to update and elevate their professional knowledge and competence.

**Requirements:**

Completion of a threshold minimum\* of hours of ADA-CERP or AGD-PACE accredited continuing education, in a natural year (January 1<sup>st</sup> thru December 31). HDA sponsored programs must account for at least half of the continuing education submitted for qualification for this award.

All non HDA sponsored documentation must be submitted to HDA Programs/Education Committee and/or Staff by January 15.

**Eligibility:**

All HDA members (professionals and students)

**Award:**

A certificate of recognition and year-long public display of awardee name in HDAssoc.org.



**Citizen's Responsibility: Tues., November 3, 2020**

### ***HDA has made Public Statements on:***

- . On ability of Dental Practices to perform pre-treatment in-office COVID-19 testing of patients seeking care.
- . Raising public awareness on the increased costs to providers offering quality and safe oral healthcare services brought about by the COVID-19.
- . Against Institutional Racism and social injustice
- . In support of California's AB 1998 (Hon. E. Low, San Jose), on Tele-Dentistry (Dental Practice Act)
- . Concurring with the ADA in respectfully disagreeing with the WHO definition or designation of dental and oral healthcare as Essential Healthcare. Reassuring patients and the public in the U.S. of the need to keep up with and safety of oral healthcare during the pandemic.

### ***COVID-19: Dentists Application for HHS Provider Relief Fund Deadline Extended to August 28, 2020***

What expenses or lost revenues are considered eligible for reimbursement from the Provider Relief Fund? The term "healthcare related expenses attributable to coronavirus" is a broad term that may cover a range of items and services purchased to prevent, prepare for, and respond to coronavirus, including:

- Supplies & equipment to provide healthcare services for possible or actual COVID-19 patients;
- Workforce training;
- Developing and staffing emergency operation centers; and
- Acquiring additional resources, including facilities, equipment, supplies, healthcare practices, staffing, and technology to expand or preserve care delivery.

The term "lost revenues that are attributable to coronavirus" means any revenue that you as a healthcare provider lost due to coronavirus, these could include:

- Employee or contractor payroll;
- Employee health insurance;
- Rent or mortgage payments;
- Equipment lease payments; and
- Electronic health record licensing fees.

Note: Payments cannot be used to "reimburse expenses or losses that have been reimbursed from other sources or that other sources are obligated to reimburse, such as Paycheck Protection Program (PPP) loans. When is the deadline for dentists to apply? August 28, 2020. Dentists (whether a Medicaid/CHIP provider or not)

Where can I find help completing the application? • Provider Support Line: 866-569-3522 – Real-time technical support, as well as service and payment support. – Hours of

operation are 7 a.m. to 10 p.m. Central Time, Monday – Friday.

## Callout for submissions...

### HDA's 30<sup>th</sup> Anniversary Essay and Poster Contests



We call out all writers and artist out there. You are invited to participate in our Essay and Poster contests submitting your original work.

#### **Themes:** HDA's Mission and Vision

Your reasons to be a member of the HDA

Oral Health's Pan-Hispanic Home, the HDA

**The challenge:** To illustrate graphically and textually one of the described themes.

**Goals:** To heighten awareness about relevance of the HDA.

**Who can participate?** All HDA members and their immediate family

**Categories:** Professional (Dentists, Dental Hygienists, Dental Assistants and other staff)

Honorary and international members

Students and postgraduate residents

Immediate HDA members' family

**Judging criteria:** Creativity, originality, appropriateness and relationship to theme chosen. Essays will also be judged on content and writing mechanics (grammar, punctuation, capitalizations etc....)

**Ownership of work submissions:** HDA reserves the right to reproduce & publish any and all work submitted

**Timeline:** Submissions close at midnight on Nov. 15, 2020

Winners will be notified by Dec. 2, 2020

Public announcements and possible on-line gallery postings, on [www.HDAssoc.org](http://www.HDAssoc.org)

#### **Guidelines for all submissions**

1. Submit electronically
2. Only one submission per participant
3. Provide with submission: Name, Title of work, original dimensions, medium used, 100 words artist's explanation, artists under 18 must submit

written permission signed by parent or legal guardian & statement signed by artist on originality of submitted work

#### **Specific art poster guidelines**

1. Must be explicit, self-explanatory
2. May include mixed media (i.e. Photography, collage)
3. Must be original work
4. Depictions should be non-offensive and suitable for all ages
5. Any included text may be in English and/or Spanish
6. Submit in pdf or jpeg format

#### **Specific essay guidelines**

1. Use clear, concise language
2. Must be logical, original work
3. Language of essay may be English or Spanish
4. Digital manuscripts must be 3,500 words or less.
5. Submit in pdf format
6. The author's name, mailing address/e-mail and contact telephone number should appear on the cover page of the manuscript (HDA student and postgraduate resident members should also include the name and address of their school/program).

## Yes, it's that time of the year again...

### Hurricane Season (June 1<sup>st</sup> thru November 30!)

Hurricane Isaias hit hard the Caribbean, NJ, NY and New England in late July. What???

The NOAA NWS National Hurricane Center 2020 season forecast includes 19-25 named storms and 7-11 hurricanes (half of which are expected to be major).

When you know a hurricane is coming, [prepare your home and family](#) for the possibility of impact. Stay away from glass windows and doors during the storm and be ready to follow hurricane evacuation instructions from emergency officials

*But year round we are subject to much more than hurricanes... Thunderstorms, winter storms, floods, wildfires, tornados, earthquakes are among these.*

Disasters are scary. The threat of these creates anxiety in all of us (especially on kids and the elderly). Disruption to routine, unfamiliar surroundings and sensing parents and caretakers fear all add to anxiety. Talk about it and have a

plan. If everyone knows their role and you've practiced, you and your family will be ready to face whatever nature throws your way.

Being prepared helps both kids and adults have less anxiety during emergencies. Build your plan, your kit and rehearse your strategy. Everyone should know how to call 911, identify themselves, identify their location, reach emergency contacts and get to predetermined safe locations. Extremely important is to stay calm..

Have an [emergency plan](#). Include two evacuation routes, a safe room and two different meet-up locations —Build or periodically replenish your emergency supplies kit. Include a three-day supply of water, nonperishable food, flashlights, blankets and kid-friendly activities. Do not forget to include gloves, masks and hand sanitizer.

Some reminders on preparedness for....

1. [Hurricane](#) Find out if you live in a hurricane evacuation zone. Locate the nearest shelter if you need to leave your home. Review/update insurance policies. Plan to protect your home. Stay informed with the latest information.
2. [Severe thunderstorm](#) When thunder roars, go indoors! If you know a severe storm is heading your direction, get inside. If you see lightning or hear thunder, unplug electrics. Avoid using running water, as faucets can conduct electricity. If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately. If necessary, take shelter in a car with a metal top and sides. Don't touch anything metal.
3. [Snowstorms/Extreme Cold](#) Stay off roads, stay indoors and dress in multiple layers. Prepare for power outages and use generators if possible, keeping them away from windows. Know the signs of hypothermia and frostbite and check on neighbors.
4. [Flooding](#) "Turn Around, Don't Drown!" Don't go into a flooded area. Just six inches of moving water can knock you off your feet and one foot of moving water can sweep your vehicle away.
5. [Wildfire](#) If you are under a wildfire warning, get to safety right away. Leave if told to do so. If trapped, call 9-1-1 and use N95 masks to keep particles out of the air you breathe.
6. [Tornado](#) If you are in the path of a tornado, have a "safe place." This is typically the lowest level of the building. Stay away from windows, doors and outside walls. If you don't have a basement, get in the bathtub. If you are outside with no car or nearby shelter, lie down in a ditch and protect your head.
7. [Earthquake](#) Practice the "Drop, Cover and Hold On"

method, and learn to recognize safe places in each room at home and at school.

FEMA and the American Red Cross have more resources available in their websites.

## COVID-19 MEMORIAL



We all know of a HDA member, colleague or close family member who has passed away due to the pandemic. HDA wishes to pay tribute to them and you can help do that, by submitting their names and other pertinent information to HDA's staff.

## What is Oral Health?

As defined by the FDI World Dental Federation in 2016, oral health is not just the absence of oral disease. Oral health is a fundamental component of health and physical and mental well-being. It reflects the physiological, social, and psychological attributes that are essential to the quality of life. It is influenced by the person's changing experiences, perceptions, expectations, and ability to adapt to circumstances.

Oral health is multifaceted and includes the ability to speak, smile, smell, taste, touch, chew, swallow, and convey a range of emotions through facial expressions with confidence and without pain, discomfort, and disease of the craniofacial complex.

## Professional Chapters Briefs...

The National Cyber Chapter of HDA has a president: Alejandro Aguirre DDS, MS, MBA (Plymouth/Metro Minneapolis, MN). We look forward to great things for this young but large chapter.

We are looking for HDA professional members to help establish and lead chapters in North Central FL, NC, NJ and

many other parts of the country. Interested? Let HDA Staff know of your willingness and availability.

### **2020 Hispanic Dental Association Board of Trustees**

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*Lydia M. Ruiz Trinidad (San Juan, PR) Membership Services Coordinator*

As the leading voice for Hispanic Oral Health the Hispanic Dental Association (HDA) provides Service, Education, Advocacy, and Leadership in the promotion of overall health of the Hispanic and other underserved communities.

The HDA is 501 C (3) non-profit national professional association, with a varied membership including dentists, dental hygienists, auxiliaries and dental students. It was established in 1990.

#somoshda



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