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Two Big Events on the Horizon

Gearing Up for Great Conferences

MORE THAN JUST MAY FLOWERS

The Strangest Gardens in the World – and Beyond!



Spring has sprung, and for many people, that means it's time to get back into the garden. Before you reach for your watering can, take a moment to see how your own garden compares to some of the most unique gardens in the world.

THE ANCIENT CITY OF SIGIRIYA

Location: Sri Lanka

By far the oldest entry on this list, Sigiriya is the ruins of an ancient capital city, built around A.D. 480. Today, it's a World Heritage site. Its vast system of winding irrigation channels, high terraces, and rock sculptures make up the three main gardens: a terraced garden, a water garden, and a rock garden made of boulders so massive, one has a 15-foot-tall throne carved into it. whc.unesco.org/en/list/202

POISON GARDEN

Location: England

The Duchess of Northumberland's Poison Garden sits behind skull-and-crossbones-bearing black iron gates in the Alnwick Garden. This garden is home to over 100

varieties of poisonous plants, from South America's *brugmansia* to the more common laurel hedge. No one has died in the garden yet, though in the summer of 2014, seven people passed out after inhaling toxic fumes from some of the plants. alnwickgarden.com

GROWTH CHAMBER

Location: The International Space Station

Being able to grow food in space would be an invaluable boon to long-distance space travelers, and the growth chambers aboard the International Space Station are bringing astronauts closer to that goal. Cinnamon basil seeds were successfully germinated during a three-week mission back in 2007, and NASA currently has plans for sending even larger chambers to the ISS.

While your own garden may not be centuries old or up in space, that doesn't mean it's any less special. This spring, may your garden grow as green as the envy of your neighbors! nasa.gov/content/veggie-plant-growth-system-activated-on-international-space-station

As you already know, summer is the busiest time for pediatric dental assistants. With schools beginning to close between now and the end of June, appointments start piling up fast. Schedules get hectic, but there's no shortage of excitement. Even more exciting than a full schedule of appointments are two big events that I have highlighted on my calendar.

The first event is the 70th annual session of the American Academy of Pediatric Dentists, also known as AAPD 17, which is coming up at the end of May in Washington, D.C. It is *the* event in our industry, and all the big names from every sector of pediatric dentistry will be in attendance. This year, I'm thrilled to **again** have a booth for the Pediatric Dental Assistants Association, where I'll be providing information and signing up new members throughout the event. If you will be there, stop by booth 714 to say hello. And don't forget to tell your friends and colleagues about us!

As much as I'm looking forward to AAPD 17, I'm even more thrilled to be planning our third annual PDAA Conference. The dates are set for October 6 and 7, and the event will be held right here in Hotlanta. Put it on your calendar now, as it is the only continuing education conference designed specifically for pediatric dental assistants. You'll walk away with valuable information that can be used in your office every day.

One of the best things about the PDAA Conference is that you'll have the chance to converse and connect with other pediatric dental assistants. You'll quickly

realize that challenges you thought were unique to your practice are experienced by people all over the country. It's a chance to meet people with similar interests and life experiences who speak the same language as you.

In addition to receiving valuable, work-related tips, I promise there will be a lot of fun and laughs. We always have fun games and a few prizes to give away. Further details about the event will be coming soon, and you'll be able to register online before the summer is over. You can stay up-to-date with all the relevant information by visiting www.thepdaa.org.

We might be approaching the busiest season for pediatric dentistry, but don't forget to cherish the time you spend with your family this summer. School will be back in session before you know it, so now's the time to squeeze in a summer getaway. Don't worry, little Johnny and your other patients will be ready for their appointments when you get back!

Rhea M. Haugseth, D.M.D

THE ROSETTA *PHONE*

Language Learning Apps for Everyday Life

It's said the best way to learn a new language is to be fully immersed in another country. Unfortunately, most of us need to be at work on Monday. So, if taking an extended trip for an immersive language lesson is out of the question, consider one of these language-learning apps, perfect for learning around your 9-to-5 job.

DUOLINGO

Learn a new language on your own time with Duolingo. This app lets you select your lesson intensity based on how much time you're able to dedicate to each session and can be adjusted at any time. Lessons can range from 5–25 minutes, meaning you can be learning a new language during your lunch break! Additionally, Duolingo blends video game aspects into the learning, awarding students with experience and providing support and encouragement as you advance through the lessons.

BUSUU

Along with writing and grammar exercises, as well as flashcards and quizzes, students can communicate with any of the 60 million other users across the

globe through audio recordings. Users can get help with pronunciation and find answers to questions from native speakers with firsthand knowledge. An independent study conducted by City University of New York determined 22.5 hours of busuu Premium offered the same level of knowledge and experience as a semester in a college-level language course.

BABBLE

Using speech recognition technology, the Babble app really focuses on helping students get their pronunciation correct right from the start. Rather than overwhelming students with grammar rules, vocabulary comes first, with students learning grammar as they go. Babble offers more customization in its lesson plans, meaning you can focus on the vocabulary that's relevant to you and your current needs.

Whether you want to learn a new language for travel, work, or just for fun, apps like these can help turn you into a real multilingual lover of words.

Treat Yourself on the Cheap

Frugality Doesn't Have to Mean Deprivation

Frugality might seem like a death sentence for fun, but if you're creative, it is very easy to have a great time and still live well within your means.

STAY IN

Usually, activities you do "out" will cost significantly more than the same thing done at home (such as watching a movie on your couch instead of at the theater or cooking a great dinner instead of going out to eat). Try turning home cooking into a game. For instance, start with a few leftover ingredients and seeing what amazing new dish you can come up with. If you do date night at home 90 percent of the time, you'll be able to splurge later on a night out.

USE THE LIBRARY

If you're not in the habit of using the library for recreation, you're missing out on a great opportunity. Check out entire seasons of popular TV shows and cut cable and TV streaming packages from your budget. The library also has a great selection of

movies, books, audiobooks, video games, and CDs. Best of all, everything's free!

RENT INSTEAD OF OWN

What about owning cool stuff? Well, even if you can't afford to buy everything you want brand-new, it's easier than ever to borrow and share. There's a totally free online platform called Peerby that connects

people who want to borrow and lend items, including everything from power tools to folding chairs. Never again let a lack of ownership keep you from doing the things that make you happy!

The point is, you really *can* have an amazing life without spending a ton of money. So get out there, save, and have fun!



PAPERWORK PROBLEMS

WHEN PARENTS REFUSE TO UPDATE A CHILD'S MEDICAL HISTORY

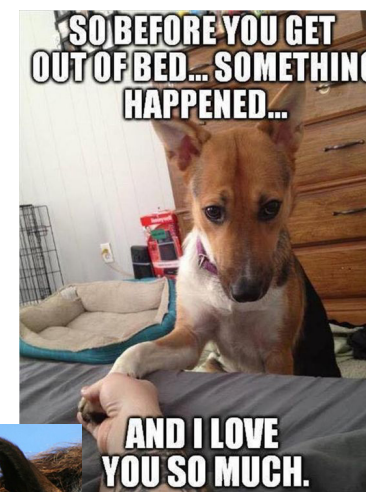
Nobody likes paperwork, especially when it comes to medical history. In pediatric dentistry, however, it's critical that a child's medical records are up-to-date prior to each cleaning. It's not a matter of bureaucracy; it's a health and safety issue. You need to know if a child has allergies, for example, or has experienced febrile seizures recently. Some parents get annoyed when you ask them to update their child's forms, but there are a few ways to defuse the situation.

The first strategy is simply communicating the importance of updating medical history. If you clearly state the reasons behind the request, parents are less likely to resist. Tell them that your goal is to provide the best care for their child, and you can only do that with updated medical records. A lot can change in six months, especially when you're dealing with children. Parents may find the process a chore, but they can't object to the logic behind it.

Another way to ease tensions surrounding paperwork is to make updating records as easy as possible. Let parents fill out records prior to arriving at the office so it doesn't seem like a task that was just sprung on them. You can either have them print the forms from your website and bring them in, or have them submit them online. If you send a postcard with an appointment reminder, include a note that records will need to be updated and direct them to the page on your website where they can find the forms. Preregistration will avoid the feeling that their appointment is being delayed while forms are filled out.

Getting people excited about paperwork is a pipe dream, but you can avoid flare-ups with open communication and easy registration. Once parents understand the importance and get in the routine of updating their child's medical history, you'll find they are less likely to complain about the process.

ENJOY A LAUGH ON US!



MARVELOUS MACARONI SALAD

Spring is here and summer is on its way, which means picnic season has sprung. Enjoy this incredible pasta salad recipe with friends, or steal it all for yourself. We won't tell! You can add protein by adding hard boiled eggs, chicken, tuna, etc.

INGREDIENTS

DRESSING

- 1 cup mayonnaise
- 2 tablespoons vinegar
- 1 tablespoon mustard
- 1 teaspoon sugar
- 1 teaspoon salt
- ¼ teaspoon pepper

SALAD

- ½ pound macaroni, cooked, drained, and cooled
- 1 cup sliced celery
- ½ cup chopped green pepper
- ½ cup chopped red pepper
- ½ cup chopped green onion

INSTRUCTIONS

1. Mix together dressing ingredients.
2. Mix together salad ingredients.
3. Mix dressing and salad together. Chill before serving.

Enjoy!

Recipe inspired by Food.com.