

## **Dental Health and Child with CP - Working with your Dental Health**

**By Dr. Nancy Vertel**

Dr. Nancy Vertel is currently a Trainee Clinical Investigator at the University of British Columbia. She is in her 2<sup>nd</sup> year of study working towards a MSc in Craniofacial Science & Pediatric Dentistry. She has 12 years' experience as a general dentist, speaks English and Spanish and is a mother of a three year old son.

She is currently working on her research project at the Dental Department of BC Children's Hospital and the UBC Pediatric Dentistry Graduate program. The project is entitled "Access to Care for Children with Special Health Care Needs: A Pilot Study at BC Children's Hospital Dental Department". This project aims to identify the barriers that caregivers of children with special health care needs face in their journey towards obtaining dental care.

## **Inspiration and Desperation Make You a Better Advocate!**

**By Sarah Yates-Howorth**

Advocacy demands a unique set of skills but most of all it demands your full focus, a touch of inspiration and plenty of hard work. You have to know yourself and grow yourself to be a more effective advocate and that comes with a price. When you lean into your own strengths, be prepared to throw up your arms, even throw the occasional plate or hairbrush and despair. Walk a mile; hit a baseball. Cry. Drink a cup of tea...Whatever it takes to regain your equilibrium and get back into the game. You need to manage yourself as well as the campaign.

As the mother of a feisty daughter with cerebral palsy and the author of *Lucky Lou Gets Game*, Sarah Yates is still learning the skills. Please join her and be inspired. Listen, laugh and talk with her about the challenges. It promises to be fun.

### **Biography**

Sarah Yates has been a writer and editor for most of her working life. In 1992, she formed Gemma B. Publishing to create literary role models for children with disabilities and published *Can't You Be Still? Nobody Knows!* and *Here's What I Mean to Say*...which she promoted with the creation and performance of puppet shows, based on the books. She performed for children and adults wherever she found an audience at hospitals, schools, libraries and finally at Winnipeg's International Children's Festival in 2007, travelling from Manhattan, Chicago, to Vancouver, with numerous stops in between. ABC-TV in Chicago (*Disabilities with Karen Myers*) filmed some of a show she performed there in April, 2011.

In March, she published the young adult novel *Lucky Lou Gets Game*, a book featuring a heroine with cerebral palsy, which is inspirational, awesome, and funny. After serving on the board and as President of the Cerebral Palsy Association of Manitoba she has focused on remaining active in the lives of her daughter, Gemma Brooks (after whom her publishing company was named) now 22 and in university and her artist/husband E. J. Howorth currently travelling on a sabbatical year.