

## President's Message

Dear Colleagues,

I want to remind everyone of the upcoming Scientific Session to be held March 20-23 at the Hilton Richmond Hotel & Spa. VDHA is fortunate to have council and committee members who have worked very hard to provide great CE courses with a classy venue hoping to meet all your needs.

Like the concierge of a hotel, your officers watch over our profession and are there to assist in multiple areas. Much of this work takes place behind the scenes while you are working, socializing or sleeping at night. VDHA has numerous dedicated members who quietly work behind the scenes to protect the practice and science of dental hygiene.

In addition to the preparations for our Scientific Session, VDHA members have been engaged in multiple areas representing our profession. Most recently, we have worked in collaboration with the Virginia Dental Association to craft a bill on teledentistry. This collaboration included multiple conference calls, policy and regulation research and in person meetings including the assistance of lobbyist Ralston King. Your officers also worked in collaboration with the Virginia Oral Health Coalition (VOHC) to create talking points to be used during VOHC's legislative day and we held our own Rally Day at the capital with over 200 dental hygienists (including students) attending. VDHA also has members attending the Board of Dentistry (BOD) meetings and has submitted letters to the board concerning proposed regulations on CE and requirements on local anesthesia.

Did you know that the proposed regulations had added a clause that would require "a dental hygienist who monitors patients under general anesthesia, deep sedation, or conscious sedation or who administers nitrous oxide or non-topical local anesthesia shall complete four hours every two years of approved continuing education directly related to administration or monitoring of such anesthesia or sedation as part of the hours required for licensure renewal." Through the watchful eyes of one of our members, this insert of "or non-topical anesthesia" was caught and we were able to voice our concerns to the Board of Dentistry. This same regulation is required for dentists, however the "or non-topical anesthesia" was not added as a clause to their regulations. After VDHA sent comments and had VDHA representatives present at the February 7<sup>th</sup> Regulatory-Legislative committee meeting; the BOD committee members recommended removing this clause from the proposed regulations. We will continue to keep a vigilant watch over the Board's actions and voice concerns about unfair discrimination of dental hygienists.

Your commitment to membership in your professional association supports these, and many other areas too numerous to list. Just as a concierge quietly provides amenities to make your stay enjoyable, dedicated members provide many services that are often overlooked. I congratulate you on your understanding of the importance of membership in VDHA and ask you to spread the word to those who have not yet reached this comprehension and commitment level. Your Virginia Dental Hygienists' Association does make a difference and I am grateful to our members and dedicated officers. Be sure to thank those who serve and give their time.

Hope to see you at our March Scientific Session! Best regards, Moe

VDHA President 2013-2014  
Maureen M Thompson BSDH RDH



OUR MISSION

"THE MISSION OF THE VIRGINIA DENTAL HYGIENISTS' ASSOCIATION IS TO IMPROVE THE PUBLIC'S TOTAL HEALTH AND ADVANCE THE SCIENCE AND PRACTICE OF DENTAL HYGIENE."



OUR VISION

*Oral health professionals promoting total health*

Calendar

**Executive Board Meetings:**

March 23, 2014

Hilton Richmond Hotel & Spa/Short Pump

July 12-13, 2014

Holiday Inn, Charlottesville

**Spring Scientific Session**

March 20-23, 2014

Hilton Richmond Hotel & Spa/Short Pump

**HOD and Professional Development Workshop**

September 25-27, 2014

Sheraton Park South, Richmond

**Curet Deadline:**

April 6, 2014

e-mail submissions to:  
Prest.April@gmail.com

**VDHA Foundation**

July 11, 2014 @ 6 p.m.

Holiday Inn, Charlottesville

**ADHA Center for Lifelong Learning & Annual Session:**

June 18-24, 2014

Las Vegas, NV-Caesars Palace

June 17-23, 2015

Nashville, TN- Music City Center

**Please go to our website for a complete Calendar update**

[www.vdha.net](http://www.vdha.net)

**2013-14 VDHA Officer Councils and Committee Chairs**

<p><b>President:</b> Moe Thompson      president@vdha.net</p>	<p><b>Administrative Council:</b> Michelle McGregor (President Elect) Chair</p>	
<p><b>President Elect:</b> Michelle McGregor      presidentelect@vdha.net</p>	<p>Budget and Finance: Cathy Berard- Chair Vice President: Nicole Fischer Bylaws: Julie Simms Scopes Manual: Julie Simms Nominations and Policy Manual: Pam Kitner Corresponding Secretary: Meg LeMaster &amp; Jessica Elmore Recording Secretary: Amanda Haddix A.H. Williams Fund: Jackie Perry</p>	
<p><b>Immediate Past President:</b> Pam Kitner immediatepastpresident@vdha.net</p>		
<p><b>Vice President:</b> Nicole Fischer      vicepresident@vdha.net</p>		
<p><b>Treasurer:</b> Patricia MacDougall      treasurer@vdha.net</p>		
<p><b>Recording Secretary:</b> Amanda Haddix      recordingsecretary@vdha.net</p>	<p><b>Planning and Development Council:</b> Bonnie Perry- Chair</p>	
<p><b>Corresponding Secretary:</b> Meg LeMaster correspondingsecretary@vdha.net</p>	<p>Spring Scientific Session Planning: Melanie Bartlam Continuing Education: Sheila Sheats Ways and Means: Karen Avey House of Delegates: Rita Phillips Foundation Director: Pam Kitner- Chair Foundation Appointee: Jackie Perry Foundation Secretary: Cathy Berard ADHA IOH Liaison: Pam Kitner</p>	
<p><b>Speaker of the House:</b> Julie Simms      speakerofthehouse@vdha.net</p>		
<p><b>Alternate Speaker of the House:</b> Dana Hampel</p>		
<p><b>Trustees:</b></p>		
<p><b>01-Northern Virginia:</b> Julie Simms- trustee01@vdha.net</p>		
<p><b>02-Greater Richmond:</b> Jen Stevens- trustee02@vdha.net</p>	<p><b>Public Health, Education &amp; Governmental Affairs Council:</b> Co-Chairs Cathy Berard &amp; Susan Pharr</p> <p>Regulation and Practice: Heather Herrera &amp; Jen Stevens Board of Dentistry Consultants: Kelly Williams, Melanie Bartlam Lobbyists: Cal Whitehead &amp; Ralston King Contract Review: Michelle McGregor- Chair VHy-PAC Directors: Maureen McCann- Chair Public Health Committee: Susan Pharr AHEC Coordinator: Marty Sullivan VOHC: open Free Clinic Liaison: Catherine Johnson Head Start Liaison: Heather Herrera VA Rural Health Association Liaison: Rita Phillips Tobacco Intervention Initiative – Jackie Moran VA Board for People w/ Disabilities: Joyce Flores</p>	
<p><b>03-Tidewater:</b> Jackie Perry- trustee03@vdha.net</p>		
<p><b>05-Piedmont:</b> Bonnie Perry- trustee05@vdha.net</p>		
<p><b>06-Monitcello:</b> Evelyn Grant- trustee06@vdha.net</p>		
<p><b>07-Peninsula:</b> Marge Green- trustee07@vdha.net</p>		
<p><b>09-Southwest Virginia:</b> Kara Davis- trustee09@vdha.net</p>		
<p><b>10-Northwest:</b> Maureen McCann- trustee10@vdha.net</p>		
<p><b>11-Blue Ridge:</b> Ashley Milstead- trustee11@vdha.net</p>		
<p><b>13-Fredricksburg:</b> None active at this time- trustee13@vdha.net</p>		
		<p><b>Member Services Council:</b> Rita Phillips- Chair</p>
		<p>Membership Committee: Denise Claiborne Membership/Student Chapter of ADHA Liaison: Dawn Southerly ADHA Education Network Liaison: Denise Claiborne Membership Directory: Betsey DiSilvio Newsletter Editor: April Prest (assisted by 2<sup>nd</sup> Yr ODU student Jacqueline Harrison) Awards: Evelyn Grant Historian: Kara Davis Web Mistress: Susan Reid-Carr</p>

## President Elect's Message

Just like the unpredictable weather in Richmond Virginia this winter, the future of healthcare continues to be unpredictable and the source of many challenging conversations. As the healthcare reform continues to evolve, the mechanisms for oral health care delivery and the role of dental hygienist will undoubtedly see change. I attended the Virginia Oral Health Coalition Summit and the Virginia Health Workforce Development Authority Stakeholders meeting this winter. Both meetings included fruitful discussions and insightful recommendations to meet future health care needs of our communities, including oral health care needs.

It is encouraging seeing so many disciplines gathering and working together. As the climate changes it will be necessary to monitor and evaluate population trends, utilization of services, educational requirements and the scope of practice that can be provided by each type of practitioner. Dentistry has seen new models of auxiliaries being proposed and dental hygiene has experienced different levels of remote supervision across the states. This constant flux and change can cause uncertainty and fear. The reality is this; to improve positive oral health outcomes it will take the effort of many. Future success is ultimately dependent on collaboration between communities, businesses, politicians and all types of practitioners, and the future will look different. The theme that I continue to hear in all of these discussions is "teamwork". I believe the dental hygienist will continue to be a valued member of the team alongside emerging dental auxiliaries and other health care providers.

What an exciting time to be a dental hygienist, an esteemed member of the oral health care community! We can be part of these newly evolving health care teams and seek opportunities to collaborate with other organizations in the delivery of care. Our educational institutions and continuing education courses must expand in breadth on topics of geriatrics, inter professional education and care, pediatrics, telemedicine, technology and health literacy to keep pace with changing demands.

I encourage everyone to be open to change, committed to your profession and excited to be a dental hygienist.

McGregor, RDH, BS, M.Ed  
VDHA, President Elect

Dental Hygiene Program Director, Department of Oral Health Promotion and Community Outreach, Virginia Commonwealth University School of Dentistry





## Institute For Oral Health

Thank you to everyone who has contributed funds to provide scholarships and grants to dental hygiene students, educators and practitioners. Virginia has been challenged this year with a goal of \$5,188.70 so we need to work fast to meet this goal by the end of May! In the last Curet I challenged each component to have 100% participation to show their support in the future of our profession and promised to list the contributors. Please let me know if your name is missed so that I can make sure Virginia is credited with your donation.

VDHA PROFESSIONAL MEMBERS: Bonnie Perry, Julie Martin, Melanie Bartlam, Melanie Swain, Helen Hatfield, Jennifer Zimmerman, Rita Phillips, Amanda Verissimo, Margaret Martin, Marge Green, Sheila Sheets, Michelle McGregor, Pam Kitner, Amy Harlow, Moe Thompson

VDHA STUDENT MEMBERS: Whitney March, Jacqueline Harrison, Tonya Hampton

POTENTIAL MEMBERS: Anita Pugh, Connie Keplinger, Sonya Haynes

NON-MEMBERS : Debbie Shifflett, Anne Marie Cooper, Donnell Ford, Christy Frenzdel

The IOH Ambassadors from each component should send me a list of their contributors when they send in their raffle ticket money to ADHA to show that everyone is appreciated. Each component should also have IOH listed as a budget item to ensure 100% participation.

Another great way to contribute to IOH is to purchase the 100 year Commemorative Ornament from ADHA and be sure to list Virginia as your home state!

We can make a BIG difference in our future when we each give a little.

Pamuela A. Kitner, RDH, BSDH  
Virginia Dental Hygienists' Association  
Immediate Past President  
ADHA IOH Liaison

## VDHA MEMBERSHIP UPDATES

Dear Colleagues,

Join me in extending congratulations to our winners for the Winter Early Renewal Challenge: Ms. Pamela Reynolds-component 03 and Ms. Whitney Dargavell-component 06. Let us also welcome our new members!

### Component 01

ALI, KARIMA  
 SONNESSA, KELSEA  
 MONGILLO, STEPHANIE  
 ARSENAULT, JAMIE  
 MAN, JESSICA  
 CASSARA, MEGAN  
 CARDONA, MARISELA  
 KANE, DEIRDRE  
 JENKINS, AMANDA  
 SULZBACH, JULIE  
 NGUYEN, ANTHONY  
 PAULS, ROCIO  
 COUGHLIN, VALERIE  
 BOBYAK, IRMA  
 SULTANI, NADIA  
 HOGG, TRUDY  
 FREEMAN, DOREEN  
 PAZUKI, NEDA  
 LYONS, KELLY  
 DURBIN, ANNE  
 WILLIAMS, HEATHER  
 DICKENS, JENNIFER  
 YOUSOFI, WAJMA

### Component 09

HUBBLE, AMBER  
 DALTON, BRITTANY  
 PORTER, RACHEL  
 MEADE, BRITTANY  
 SHELTON, KRISTI  
 STOKER, ALICIA  
 HUANG, JAMES  
 SIMMONS, RACHAEL  
 GRIM, KIMBERLY  
 KAPRANOS, CANDICE  
 ANDERSON, ERICKA

### Component 02

FELDER, LAKESHA  
 GIUSTINO, KRISTIN  
 RASNAKE, SELENA  
 THOMAS, NATALIE  
 RAMSEY, HEATHER  
 FAULKNER,  
 AMANDA

### Component 05

EHRHARD, BRITTANY  
 LYTTON, PENNY  
 CANNON, LINDSAY  
 HAMLET, CARMEN  
 CUNNINGHAM,  
 BRANDY  
 POWELL, MICHELLE

### Component 06

PALMER, KELSIE

### Component 07

SHORTT, BRITTNEY  
 DRESLER, REBECCA  
 COPPAGE, REBECCA  
 KERCSI, SARAH  
 RICE, ERIN  
 SAMUEL-THOMAS, AMY

### Component 03

FAIRCLOTH, REBECCA  
 SCHLEYER, KATIE  
 HART, JENNIFER  
 BARNES, TOMMIE  
 CRACE, CANDACE  
 JACOBS, JONNEISHA  
 JOHNSON, LAURYN  
 SWARTZENTRUBER, LAUREL  
 CARTER, JONATHAN  
 LONDON, ASHLEY  
 SPANGLER, LORI  
 WRINKLE, ILMIRA  
 SOKOLOFF, CODY  
 REDDING, MARISSA  
 NGUYEN, TRAM  
 BLOOMBERG, KELLY  
 WILLIAMS, TIFFANY

### Component 10

SAGER, DESTINEY

### Component 11

COX, CRYSTAL  
 FARRISH, HANNAH  
 COOK, JENNIFER  
 LOGAN, WENDY  
 HENDERSON,

### Component 13

CAMPBELL,  
 BRITTANY  
 CALLAHAN, LAURIE

Please remember to encourage perspective and current members about the quarterly payment plan option!

Respectfully Submitted,

**Denise M. Claiborne, BSDH, MS**  
**VDHA Membership Chair**



## RALLY DAY JANUARY 24TH, 2014

### **Virginia Dental Hygienists' Association Storms the Capitol at its Annual Rally Day January 24<sup>th</sup> in Richmond, Virginia**

This year's main message for our Senators and Delegates, was asking support for: Senator Barker's 301 #2s and Delegate Dance's 301 #34h, both budget amendments, which puts dental benefits for pregnant women enrolled in Medicaid back into the budget.

After visiting the Senators and Delegates with goodie bags, filled with dental items and important talking points, many were able to sit in the House of Delegates and Senate session. One of the highlights for many was the lovely introduction of our group by Senator George Barker from Alexandria, and Delegate T. Scott Garrett from Lynchburg, VA. VDHA even made a debut in the Sunday Metro Section of the Richmond Times Dispatch!

This year's Rally Day was one of the biggest in recent years, with a grand total of 200 Dental Hygienists! Dental Hygiene schools represented this year were: Virginia Commonwealth University, Old Dominion University, Northern VA CC, Germanna CC, Thomas Nelson CC, Lord Fairfax CC and Virginia Western CC. Many Dental Hygienists and faculty members took time out of their busy work and social schedules to show support of our organization. Students were able to learn a great deal about the Legislative process and understand how important it is to spread the word of oral health throughout the state. We would like to thank everyone who worked so hard to make this year's Rally Day a success. VDHA would also like to thank our wonderful Lobbyists: Ralston King and Cal Whitehead for all their hard work and time dedicated to our professional organization. We are all geared up and excited to make next year's Rally Day even more successful!

Heather Herrera and Jennifer Stevens  
Regulations and Practice Co-Chairs  
Virginia Dental Hygienists' Association



## RALLY DAY PICTURES



**Seniors from Thomas Nelson Community College**

**ODU Class of 2014 and faculty**





## RALLY DAY PICTURES



## VDHA CURET STUDENT COLUMN

### **1. Where do you call home?**

My name is Jacqueline Harrison, and I am an Army brat and moved around so much as a child. I was born in West Palm Beach Florida and have also lived overseas. I joined the Coast Guard after high school, which eventually brought me to Virginia. I love living in Virginia and can proudly say that I now call Virginia home. Virginia is for lovers.

### **2. Where do you attend school?**

I currently am a senior at Old Dominion University in Norfolk Virginia.

### **3. Do you hold a current SADHA position?**

I currently hold the position of President with SADHA. I encourage all students in a dental hygiene program to become involved in some way with your association. When I started the dental hygiene program I was unaware of all the benefits of being a member. I plan on continuing my membership after graduation.

### **4. Why did you choose dental hygiene school?**

I chose dental hygiene school because the mouth and teeth have always fascinated me and I wanted to know more. I was a dental assistant in the Coast Guard and shadowed our hygienist on many occasions, and knew that this is exactly what I wanted to do when I got out of the military.

### **5. Who do you consider your mentor?**

My father has always been my mentor growing up, and he has tried to lead me down the right path while letting me make my own choices along the way. Since I have been in the dental hygiene program at ODU my mentor is Meg Lemaster. She understands the stresses of this program and always manages to give an unbiased opinion. Even though she is no longer a professor of mine, I know that I can always go and talk to her when I have questions or concerns. She, along with Joyce Flores are the main reason why I am so involved in my student chapter and why I want to continue on with the association after graduation.

### **6. What have you enjoyed most about the dental hygiene program so far?**

I have enjoyed the people I have met in this program the most. One of my professors describes our association as a "sisterhood," and I feel that bond even with the people in my program. There are women in this program that will forever be in my life, and I am lucky to know them. Without them, this program would be so much more difficult.

### **7. The book that's had the most significant impact on your life?**

The book that has had the most significant impact on my life is *Women Invent!* By Susan Casey. I read this book while working on my minor in Women's Study at ODU. I never knew the struggles women went through to have a patent in their own name. Until 1809 all patents had to be submitted under a man's name. I found this book to be inspiring and liberating. There are so many things women invented that I had no idea about such as, the windshield wiper, Kevlar, and whiteout!

## **VDHA CURET STUDENT COLUMN** **CONTINUED**

### **8. The biggest change you've seen in yourself since you started the program?**

The biggest change I've seen in myself is my ability to adapt and overcome. No one enjoys change but this program has taught me how to adapt to different situations and be able to think on my feet and keep it moving. To me, this is a good change because your patients are going to change on a day to day and I feel prepared to handle those situations after this program.

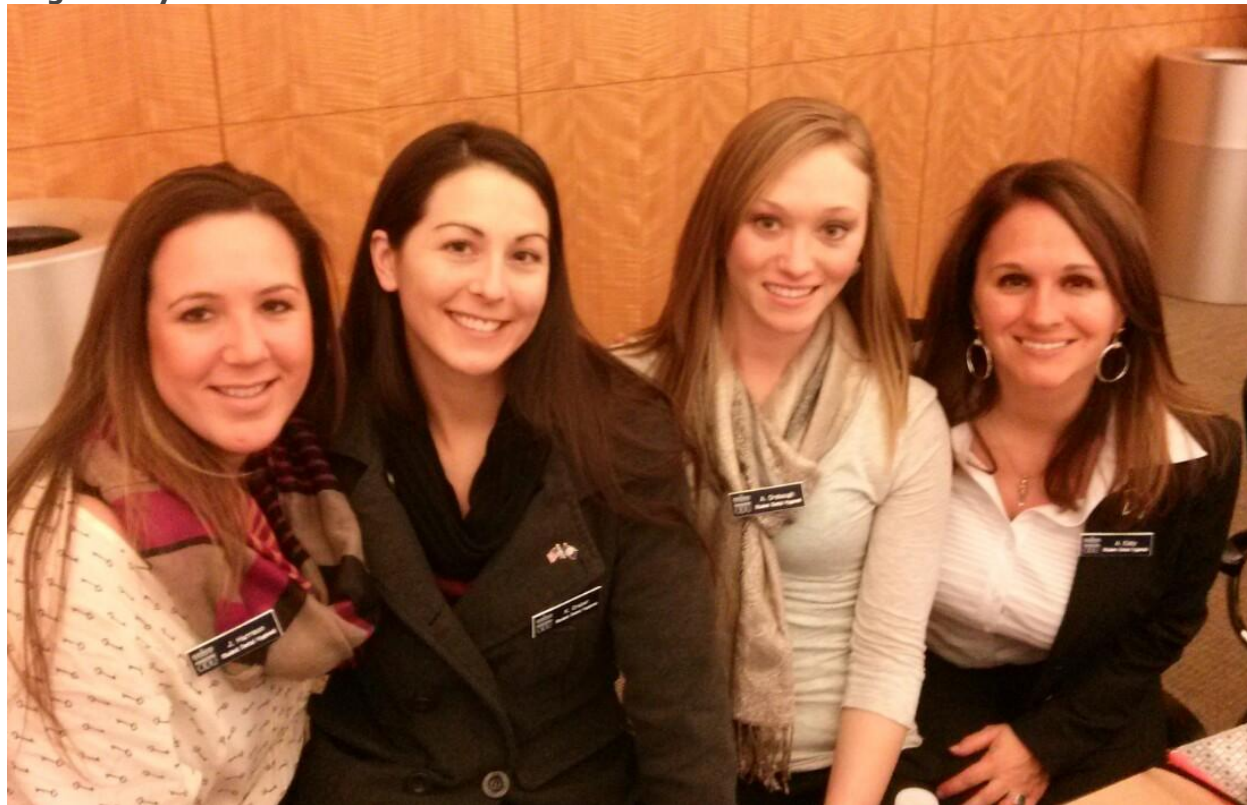
### **9. If you weren't a dental hygiene student, what would you be doing?**

It is hard to imagine myself not in dental hygiene school, but if I had to I would probably still be in the Coast Guard. I enjoyed working on a boat and going on search and rescue cases. Something about being on the water is very relaxing and beautiful for me.

### **10. Three words that best describe you.**

**Three words that best describe me are funny, hardworking, and loyal.**

**Rally Day with my ODU sisters,(Lt to Rt) myself, Kerri Graber, Autumn Orebaugh, Angie Eddy**



### Component 01

NVDHA has a very busy winter season full of wonderful CE's.

February 12th-2 CEU's- Dr. Eugene " Regenerate therapy in Periodontal and Implant Dentistry". NDHA offers this CE FREE TO MEMBERS.

March 11, 2014- 2 CEU's- Rick Flemming(Oral B)

April 25th- 4 CEU's Anne Guignon – "Say No to Aches and Pains and Soft Drink Junkies". Location Fairfax Hilton Garden Inn. President Maureen Thompson will be present to give greetings.

May- Installation of New officers TBA

September 11, 2014 Kick off meeting. Speaker TBA FREE TO ALL HYGIENISTS  
NVDHA would like to express our sincere sympathy to the Walsh family and friends for the passing of our dear friend and colleague, Judy Walsh. Judy served on both the component and constituent level for multiple years. She will be missed.

Respectfully submitted,  
Julie F. Simms, RDH, BSDH  
Trustee 01

### Component 06



Evelyn Grant was U Team member for the month of October 2013 at UVA Health Sciences Center Department of Dentistry, her nomination states that she is truly dedicated to the patients. She shares her knowledge with coworkers making difficult procedures seem easy. She takes time to explain the procedures to the patients and relieves their concerns. She defines teamwork. On January 24, 2014 Evelyn Grant attended Rally Day and was accompanied by Christina Burton and April Dennis, dental hygiene students from LFCC.



### Component 06 Photos



CE Course 2-7-14 Emerging Concepts in Periodontitis and Overall Health - Separating Fact from Fiction, Ralston King, Moe Thompson, Mimi Magyar, Evelyn Grant, Sheri Moore.



Mimi Magyar, Betsey Soulsby, Moe Thompson, Dianne Glasscoe Watterson, Evelyn Grant, Sheri Moore, Paula Knight.



## Component 09

Greetings! Our component officers have just returned from the VDHA Rally Day and executive board meetings in Richmond, Virginia, January 24<sup>th</sup> – 26<sup>th</sup> 2014. Rally Day was a huge success. Over 150 Dental Hygiene students and twenty-five members attended to advocate for our profession. Moe Thompson, VDHA President, and I met with the Senators and Delegates from our area. These meetings provided oral health education to our legislation and a request to reconsider the Medicaid budget which will provide oral health care to women who are pregnant.

We are always open to member participation. In addition to our component and quarterly VDHA executive board meetings, we participate in numerous activities. If you would like to become active at the component level, send me your request (kscooby04@hotmail.com).

I would also like to impress upon each of you the importance of your membership in this association. This year, the Virginia Board of Dentistry will establish Chapter 25, which encompasses the rules and regulations governing dental hygiene. VDA set forth a bill to regulate teledentistry and provide telehealth in the Commonwealth. VDHA is working very close with this bill to decrease restrictions, create jobs, provide access to care, and protect our profession. Collectively, we can support our profession and the mission of VDHA which is to improve the public's total health and advance the science and practice of dental hygiene. The collective efforts of many make our jobs in dental hygiene continue to improve and provide stability for future jobs.

If you have the opportunity, check out the VDHA website (<http://www.vdha.net/>) and ADHA website (<http://www.adha.org/>) for helpful links regarding dental hygiene and your association.

Your component officers for the 2013-2014 year are as follows:

President/Trustee: Kara Davis  
Shuler

Vice President: Amber

Secretary: Nicole Shumate  
Shuler

Student Member Liaison: Amber

Legislative Chair: Rita Phillips  
Martin

Treasurer: Margaret

I look forward to a great year! – Kara Davis, SWVDHA President/Trustee

## Component 10

Component 10 is announcing 2 upcoming CE events.

March 29, 2014 with speaker: Deborah Andrews Krueger, RDH,BS  
Fostering a Motivated, Compliant Patients in the morning and Meth Mouth in the afternoon.

May 17 with speaker: Judy Zack Bendit, RDH, BS.  
Myths, Legends about OTC Products in the morning and Ergonomics: Longevity in Dental Hygiene/Positioning for Life in the afternoon.

I refer you to our [www.nwvdha.net](http://www.nwvdha.net) for more details and to register. We look forward to seeing you all there.

Maureen P. McCann, RDH, BSDH  
Trustee #10



### Spring Scientific Session

We hope all members and non-members of the VDHA will sign up for our Spring Scientific Session. This is a great opportunity to earn credits to complete the necessary 15 CE's for this year or to 'bank' them for next year. The Spring Session is being held at a lovely hotel...the Richmond Hilton Hotel and Spa at Short Pump. You will have a weekend of learning, meeting with friends, sharing of ideas and pampering. I think we all deserve a time of renewal and professional empowerment. We look forward to seeing each of you the weekend of March 20-24, 2014.

Bonnie Perry, Planning and Development Council Chair

Bonnie A. Perry, RDH  
418 Summer Breeze Dr.  
Boones Mill, VA 24065

### **Links with Additional Information**

[Click her for Guidance Documents on Proper Phrases to Use for People with Disabilities](#)

[Click here for legislation on Teledentistry](#)

**Hold control key down, place cursor over link and left click to open.**