



Virginia

Dental Hygienists' Association

The Curet Fall 2015

President's Message

Susan Reid-Carr, Installation Keynote Remarks

Virginia Dental Hygienists' Association 2015 House of Delegates

First I want to thank everyone who made this year's House of Delegates a success after having to cancel our original date in October. From the first frantic text messages, to quickly getting out the cancellation notice, to rescheduling to a one day HOD business meeting, it took a village. Fortunately we have dedicated, diligent, hard working people in our village.

Thank you to Karen Avey, Melanie Bartlam, and Emilie Bonovitch for working to get us a new hotel meeting space. Thanks to Julie Simms, Irene Connelly, and Marian Martin for working through the logistics of how to get the meeting done in one day.

Remember all those things that we went through to get here were just learning opportunities.

Thank you to the VDHA Foundation Board for all of their hard work and support.

Thank you to the students who participated in the HOD as delegates and as pages.

Thank you to my predecessors Moe Thompson and Michelle McGregor. They helped me through this last year and answered what probably seemed like endless questions and I appreciate that. I look forward to working with Trish McDougall and continuing the good work of the VDHA.

President's Message (continued)

And last but maybe most. Thank you to Melanie Bartlam for her installation ceremony. She is a friend, confidant, mentor, spiritual advisor, and partner in the sisterhood of the GRDHA.

I have been involved in VDHA for over 20 years. I can't say I ever aspired to hold the office of President I just decided it was my time and I might be able to help make some positive changes.

When I first came on board last year as President elect I realized there was going to be a theme during my tenure in leadership in VDHA. The overarching theme is change. Some of the changes will be of our choosing and some will be thrust upon us, some changes will be easy, some will be difficult.

There have been changes this past year as we were able to bring on Susan Motley our new executive associate. For many years we have talked about the need to have someone assist us in our organizational management. My hope is to work with her help to streamline the things we do and make the duties we all agree to take on less cumbersome. Her wisdom in guiding organizations will help us navigate these changes to accomplish our goals.

In the near future we will be asked to make some changes by ADHA. I hope that we can all keep an open mind and things go as smoothly as possible.

They will be asking us to make some governance changes and at this time we are not exactly sure what those will be. I do know it will affect us all the way to the component level. I ask that you all be prepared to roll with the changes that are ahead.

I believe that my goals for VDHA this year are probably the same as most of those that came before me.

I want to protect our profession by being vigilant about maintaining the highest standards of oral health care that should be provided by a college educated licensed dental hygienist. We must stand firm in our belief that there should not be a lowering of the standard of care as a substitute for truly protecting and improving the oral health of all people of Virginia.

We must continue to work with all possible stakeholders to improve access to care for all people of Virginia. My hope is that working with all stakeholders will lead to a change in legislation that results in removing the restrictions we currently face in the practice of dental hygiene that keeps oral health out of the reach of so many.

The fact of the matter is that none of this gets done without member support. Of course I am preaching to the choir right now. But I need each of you to be messengers. Our common goal of increasing membership makes it possible to do all the other things. Honestly for me the end result of every one of these goals comes back to being able to provide the best possible care for all who need it.

President's Message (continued)

Now back to that change thing.

There is a quote that is attributed to Gandhi. It resonates with me as a challenge to live a life outside of your self to make things better for others.

"Be the change you wish to see in the world"

It's a challenge to us to see what needs to change and then *"Be the change"*.

So I am going to ask you all to take a journey with me. Walk beside me, take the hills and the valleys and the twists and turns with me. At the end of our short journey (remember I only have about 10 months now) I hope we will have made a difference in the world. I will leave you all with this thought

"Be the change you wish to see in VDHA."

Susan Reid-Carr, BS, RDH
VDHA President 2015-2016



VIRGINIA DENTAL HYGIENISTS' ASSOCIATION RALLY DAY 2016

January 29, 2016
Richmond, Virginia

Calling all hygienists in Virginia! Please mark your calendars for January 29th (Snow Date Feb. 12 as our annual Rally Day. We invite you to join hundreds of dental hygienists and students as we meet with our State Legislators to discuss important bills and budget items that could affect the practice and scope of dental hygiene, as well as earn 1 CE hour. Come join other hygienists from all over the state and ensure that our voices are heard.

Prior to meeting our State Legislators, we will have a morning briefing on what to expect during Rally Day. The morning briefing will inform participants about the agenda for the day, important talking points, and the current legislative agenda. VDHA will provide oral health kits for the legislators and their legislative aide filled with toothbrushes, toothpaste, floss, and important talking points for the session. We need YOU to help distribute these oral health kits and meet your state legislators.

Please don't delay, mark your calendars today and save the date to join us!

Respectfully submitted,
Heather Tuthill, MPH, BSDH, RDH
Regulations and Practice Committee Chair



RENEW YOUR MEMBERSHIP PRIOR TO THE HOLIDAYS!



Winter cycle members, renew your membership prior to **December 31, 2015**. Also remember the quarterly payment plan offered by ADHA. For more information regarding the quarterly payment plan contact membership services at (312) 440-8900.

Component Membership Chairs! - Remember to take advantage of the membership initiative grant. Proposals are accepted on a rolling basis.

Congratulations to the following components that have received \$500 towards membership initiatives: Component 10 Northwest, Component 07 Peninsula and Component 02 Greater Richmond.

Happy Holidays,

Denise M. Claiborne, BSDH, MS
VDHA Membership Chair

SAVE THE DATE!

63rd Spring Scientific Session of the Virginia Dental Hygienists' Association

Where: Hilton Richmond Hotel and Spa Richmond, VA

When: March 18-20, 2016

What: Seventeen hours of continuing education, VDHA Foundation fundraiser reception, Market Place, Vendors Exhibits, and much more!

Start Planning Now! *Need to satisfy your continuing education requirements of 15 hours for the 2015-2016 renewal that ends on March 31, 2016? Or, are you ready to begin the next renewal period? You can accomplish one or both at this meeting, because you can **complete the current renewal and/or carry over up to 15 hours to the renewal period that begins April 1, 2016.***

Registration opens shortly and will be available at www.vdha.net.



Together we can advance the art and science of dental hygiene

Upcoming Calendar Dates:

Executive Board Meetings

January 9, 2016

Rally Day

Friday, January 29, 2016

Friday, February 12, 2016 (snow day)

Save the Date! Spring Scientific Session

March 17 to 20, Hilton Short Pump,
Richmond, VA



Join us on Facebook!

<https://www.facebook.com/groups/vdha.net/>



VHYPAC

We would like to welcome our newly elected directors and returning directors. Newly elected Tracey Martin and Joyce Flores (who has served on VhyPAC in the past). Returning directors are: Maureen McCann, Jessica Elmore and Gail Stone. Our new President, Susan Reid-Carr, will add one more appointed director to VHyPAC.

VHyPAC is a group of politically active members of the Virginia Dental Hygienists' Association (VDHA) who voluntarily pool their resources, through financial contributions and grassroots involvement, to support candidates for offices in the Commonwealth of Virginia who are well placed to support the professional interests of dental hygienists and the patients that they serve.

It is more important than ever that we all step up to the plate as individuals to support our profession. We need your individual contributions with specific information in order to file our reports (I will give that information at the end of this article). We can also be creative! One idea is to have VHyPAC envelopes or membership forms at all component CEs and perhaps give a voucher for a percentage off of the next CE for becoming a VHyPAC member. We can continue the basket "silent auction" with the contributions for the baskets coming from component members.

I would like to give a special "shout-out" to Meg Lemaster, RDH, MS, ODU faculty and VDHA member who gifted us with a hand-made quilt which we have raffled for this past year. It made \$790 for VHyPAC, with \$410 made at the House of Delegates in November! **Way to bring down the "HOUSE"!** Pam Kitner, of component #10, alternate speaker of the House and past president, was the winner of the Quilt Raffle!

Fall marks the beginning of the calendar year to join VHyPAC. A \$25 contribution is considered a membership, with the following contribution levels:

- The Advocate (\$10-\$49)
- The Visionary (\$50-\$99)
- The Champion (\$100 or more)

Please consider one of these levels. To become a member of the PAC at any time, simply send a check made out to VHyPAC to:

Maureen P. McCann, RDH, BSDH VHyPAC Chair
309 N. Pope St.
Bridgewater, VA 22812

Please include: your name, occupation, address, email, and employer along with your contribution.

VHYPAC MEMBERS

Thank you to all of following individuals have already joined VHyPAC this fall:

Champion Member: Carol Ferrara

Visionary Members: Christina Morris and Pam Kitner

Advocate Members: Maureen McCann, Marge Green, Cathy Berard, Trish MacDougall, Catherine Johnson, Julie Simms, Susan Reid-Carr, Mimi Magyar, Rhea Rossi, Nicole Fischer, student delegate, Nichole Wingo and Karen Maschke.

Respectfully submitted,

Maureen P. McCann, RDH, BSDH VHyPAC Chair



Component Reports:

Thanks to all of the component leaders who have sent in reports on the activities in your area! We appreciate your leadership in VDHA! The following reports and photos were submitted by the components. If you have information you would like to include in the next issue of The Curet, please email it to smotley@vdha.net.

Component 1

NVDHA would like to congratulate the newly elected officers:

President-Dana Lumpkin
President-Elect- Rhea Rossi
Immediate Past President- Dawn Southerly
Vice President- Betsy DiSilvio
Secretary- Lindsey Bieligg
Treasurer— Jennifer Zimmerman
Member at Large—Cathy Berard
Membership—Database- Lucy McFaul
Trustee—Vicky McHuen
Legislation- Cathy Berard

Delegates:

Dawn Southerly
Denise Elliot
Betsy DiSilvio
Dana Lumpkin
Cathy Berard
Tammy Goswick
Nancy Martin

In October Cathy Berard presented a continuing education on OSHA. Thank-you for keeping us updated on the new OSHA requirements. We also had a dynamic speaker on dental implants- Dr. Christine Karapetian from Washington Periodontics. Thank-you for teaching us everything we need to know about dental implants. On January 21, 2016 we are looking forward to another CE course on anti-inflammatory with Sally Di Cresare RDH, CWC, CST.

The Christmas party for all members will be held at the Fairfax Hilton Garden Inn on Saturday December 5. We will have a full brunch served with a small gift exchange.

(NVDHA Continued)

We would like to thank the delegates for a successful House of Delegates meeting. It went well considering it was rescheduled and condensed, but yet productive.



Component Two:

GRDHA officers have been implementing VDHA President Susan Reid Carr's message of, "Be the change you wish to see."

Student liaisons, Megan Wilson and Heather Herrera Tuthill planned a wonderful event for the GRDHA Annual VCU Student luncheon held in August. Megan Wilson, Natalie White, Heather Tuthill, Emilie Bonovitch, Susan Reid-Carr, Michelle McGregor, & Melanie Bartlam interacted with the students and gave out door prizes as the students were quizzed on the benefits of being an ADHA member.



Our component held delegate training at Emilie Bonovitch's home. She prepared the most incredible turkey Chili you will ever taste with a lemon-raspberry desert to die for! Our student delegate, Danielle Nogle, attended along with delegates Bonovitch, Tuthill, and Conroy. VDHA PE Susan also attended to lend support to the group.

Dr. Trish Bonwell gave a wonderfully informative CE on geriatric oral health care Sept. 23rd at Henry Schein. Attendees will be able to implement information provided when caring for patients with dementia and Alzheimer's Disease. Thanks to the folks at Schein and to Jennifer Mudd with Listerine for sponsoring the course.

Component Two (continued)

Susan Pharr of the VA Dept. of Health provided a workshop at the Bon Air Library Oct. 13th for local dentists and hygienists interested in participating with the Adopt a Head Start Program in the greater Richmond area. Ali Surine and Mariela Coronado are co-chairs of this project. They plan to establish the locations, directors, number of children, and greatest oral health needs in our local schools.

November 6 was an awesome 3-hour CE on total health at the Zacharias Ganey Institute. Dr. Zacharias spoke about metabolic syndrome and the important roles proper nutrition, stress relief, and exercise play in reducing the effect on the organs. Each hygienist participated in a yoga course demonstrating ways to implement stretches and strength training to support our spine during our work. The nutritionist's message incorporated healthy food choices with an assorted display of vegetables high in fiber and suggested ways to prepare them. A healthy lunch was provided and many colleagues stayed and enjoyed catching up with one another.

GRDHA members, student delegates, and pages displayed their pride at the 2015 House of Delegates, celebrating the year-end for Michelle McGregor as VDHA President. Equally proud, our delegates shared in the Installation of Susan Reid-Carr as the 2015-2016 VDHA President



Component 2 (Continued)

Membership recruitment and retention has been one of Greater Richmond's main focal points this year. The result of brainstorming innovative ways to reach out to students, current active members and members who have not been active lead to a variety of topics and also day/night options for events offered this quarter. A Paint Social was well attended Oct. 20th at Keegan's in the Short Pump area. We are grateful to the VDHA Foundation for the Membership grant money received, as the event was a big success honoring all hygienists during National Dental Hygiene month.

Happy Fall Ya'll!

Melanie Barltlam

VDHA 02 Trustee, Greater Richmond



Tidewater Component

Fall was the season of change for the Tidewater Dental Hygienists' Association (03). September 14th Executive Board meeting was held at the president's home and focused on submitting grant applications for the VDHA Membership Initiative and the VDHA Foundation Speaker Sponsorship.

October 27

- CE was presented by VDHA Lobbyist Ralston King. Ralston gave a review of the political process for the state of Virginia and gave a legislative update on current issues for dental hygienists, dentistry and access to care for the underserved.
- TDHA also honored 2015 graduates with a reception and cake
- 2015-2016 Executive Board Installation
Many thanks to Irene Connolly for serving as Installation officer

2015-2016 TDHA Officers

President: Tracey Martin

Vice President: Lauren Kilmon

Immediate Past President: Amanda Kimball

Secretary: Amanda Kimball

Treasurer: Tracee Dahm

Membership Chair: Kelly Fox

Member at Large: Joan Katabian

Legislative Chair: Emily Ludwig/Meg Lemaster

Trustee: Meg Lemaster

November 14-16

- HOD Delegates present were Amanda Kimball, Joyce Flores, Tracey Martin, and Meg Lemaster. Trustee Jackie Perry and Student Delegate Kimberly Lintag also served
 - TDHA honored Jackie Perry with a Pandora bracelet for her longstanding dedication, service and commitment to our organization
 - Congratulations to our president, Tracey Martin, for being awarded VDHA Outstanding Member for Tidewater Component 2014-2015!



Tracey Martin and Jackie Perry

Tidewater Component (continued)

Paint Nite fundraiser was held at Dave and Busters – over 30 participants joined the fun!



TDHA Board: from left Meg Lemaster, Amanda Kimball, Tracey Martin and Lauren Kilmon in front



First Year Student Logan Culpepper

Tidewater Component (continued)



Real Men Paint!

TDHA leadership strives to positively impact fellow dental hygienists and student dental hygienists. We welcome new members to join us at our next meeting in February 2016 - time and place to be announced. Join our Facebook page for more information

<https://www.facebook.com/groups/tdha03/>

Peninsula Component

The PDHA has been busy with events of continuing education, social networking, association updates and celebration of colleagues' accomplishments.

The October 27th CE: *Integrated Care and the Role of the Dental Hygienist in Leading an Interprofessional Team* presented by Denise Claiborne, BSDH, MS and Sharon C. Stull, BSDH, MS enhanced the group's understanding of Dental Hygiene Education in transformation.

The November 17th CE by Cynthia Flowers, RDH and Keith Duron, CRDH, AS, *What does dental health look like in other countries? A collaboration of mission trip stories*, presented a data based and pictorial story of their volunteerism as providers on the oral health teams that visited Peru and Jamaica in 2015.

The interactive attendance of students from TNCC and ODU at monthly event has been delightful.

Celebrations have included:

Student Delegate and TNCC Student Chapter of ADHA President, Hailey Chohany joining the HOD Delegation Team.



Left to right: Trustee, Marge mentoring Hailey Chohany

Peninsula Component (continued)

Denise Claiborne, Vice President, receiving the 2015 VDHA *Outstanding Member Award*.



Left to right: Julie Martin, Delegate, Marge Green, Trustee, Denise Claiborne, Delegate and Award Recipient, Jessica Suedbeck, PDHA President and Hailey Chohany, Student Delegate

Keith Duron, President Elect, receiving 2015 PDHA *Outstanding Member Award*.



Left to right: Trustee, Marge Green awarding Keith Duron, President Elect

Peninsula Component (continued)

* Election of Jessica Suedbeck as VDHA Recording Secretary and VDHA Delegate to ADHA 2016 Annual Session and Marge Green as Treasurer of VDHA Foundation.

*Jessica Suedbeck, RDH, BSDH, ADHA presidential appointee to “The New Professional Advisory Board”.

*Jessica Suedbeck featured along with ADHA President, Rethman, in Nov. 17th article published by Monster.com entitled, *"5 surprising things you may not know about dental hygienists."*

As phase II of the VDHA Membership Initiative Grant, 273 postcard invitations have been mailed to RDHs in component area for the Dec. 2nd Holiday Hump Day Social at the “Vineyards” with wine tasting and free appetizers.

Submitted by PDHA Trustee, Marge Green, RDH, MS

Component 06, Monticello.



Left to right, Evelyn Grant, Trustee, Yvette Brockington, Student Delegate from Germanna, Mimi Magyar, Delegate, Nicole Fischer, Delegate in attendance to the VDHA House of Delegates.

Activities:

October 29, 2015 – 2 hour CE “Advances in Implant Dentistry: Digital Planning, Bone Augmentation and Implant Placement” presented by Dr. Dan Kelly

November 12, 2015 – 1 hour CE “ It’s a Tissue Graft, not a Tire Patch” presented by Dr. Jack Kayton

November 13-15, 2015 – Attended VDHA House of Delegates

Announcement:

Christina Morris received the Outstanding Component Award

Sincerely,

Evelyn D. Grant, RDH, MBA
Trustee, Component 06

Northwest Component

Greetings from Component 10! We are still 38 members strong and are looking forward to a brand new year with 2016. First on our agenda will be Lobby Day on January 29th where the students from the class of 2016 from Lord Fairfax Community College will be in attendance for the first time. We're very excited to introduce them to our legislators and the advancement of the dental hygiene profession.

Congratulations to the LFCC dental hygiene students Cori Fugal, Chelsea Smith, and Marissa Hicks for being presented with the ADHA Student Chapter scholarships of \$500 each. These are excellent students and their awards are well deserved.

NWVDHA component sponsored a CE Saturday October 24th. At this event it was advertized that anyone who brought a receipt showing they joined the ADHA in the past month would get a free voucher to attend the spring NWVDHA CE for free. This was part of the \$200 VDHA Membership Grant in efforts to attract new potential members. None of the attendees received the voucher so Component 10 will construct another idea to attract new members.

The Northwest component meetings are held at Sal's Restaurant in Edinburg the third Thursday of the month. All hygienists and hygiene students are welcome to join us at 6:30pm for dinner or 7:00pm for the business meeting.

Respectfully Submitted,
Whitney March, RDH



INSTITUTE FOR ORAL HEALTH

It is my pleasure to inform you that Dr. Rita Phillips will be taking over as the new ADHA IOH Liaison! I'm sure she will be an invaluable asset to this program along with our component liaisons Cathy Berard, Melanie Bartlam, Jackie Perry, Nicole Fischer, Marge Green, Moe Thompson and myself for Component 10.

The new raffle tickets were distributed to the liaisons at the November House of Delegates weekend so be sure to contact them to get your chance to win \$1500 at next year's ADHA CLL in Pittsburgh, PA! This meeting is close enough that we should have a great turnout from our state.

I have enjoyed serving as the IOH Liaison for VA and thank all of those who have helped make our state a winner the past three years. Let's keep up the good work and give Rita the support to continue with this challenge.

Thank you,

Pam

Pamuela A. Kitner, RDH, BSDH
Virginia Dental Hygienists' Association
ftvlykit@shentel.net



HONOR ROLL REPORT OF GIFTS
May 1, 2014 through April 30, 2015

JEFFERSON CLUB

Northern Virginia DHA

In memory of Patricia A. Golliday, RDH

PATRIOT CLUB

Tammy Goswick

Nancy Martin

In honor of Brian Martin

Mary Morrison Littleton

Julie Simms

In memory of Cynthia Forsberg and in memory of Ted & Vicki Simms

Monticello DHA

Old Dominion University Student Chapter of ADHA

In memory of Professor Michele Leonardi Darby

Tidewater DHA

In honor of Jackie Perry

DONOR CLUB

Julie Y. Allen

Karen Avey, RDH, MSDH

Melanie Bartlam

Cathy Berard

In memory of Michele Darby & Winnie E. Daves, mother of Lucy McFaul

Irene Mary Connolly

Susan Daugherty

In memory of Danny Gill

Betsy Di Silvio

In memory of Judith A. Walsh

Franci Edwards

Linda Gill

In honor of Tom Smith

Evelyn D. Grant

Patricia MacDougall

Michelle McGregor

Marge Green

In memory of Joe, Marie, Joseph Lappan and in memory of Hazel Green



DONOR CLUB (continued)

Mimi Magyar

In honor of Monticello DHA

Margaret Martin

In memory of Robert F. Jackson, DDS

Maureen McCann

Sheri Moore

Elaine Newland

In memory of Winnie E. Daves, mother of Lucy McFaul

Bonnie Perry

Jackie Perry

Susan Pharr

Rita Phillips, RDH, PhD

Sheila B. Sheats

In honor of Linda Huntington

In honor of Bonnie Perry

Jessica Suedbeck

Moe Thompson

In honor of the engagement of Levi Thompson & Emily Drumsta

In honor of Gates Dentistry

Greater Richmond DHA

In honor of Susan Reid-Carr, VDHA President Elect

Northwest Virginia DHA

Peninsula DHA

In Honor of Outstanding PDHA Vice President, Keith Duron, CRDH, AS

Piedmont DHA

Southwest Virginia DHA



HONOR ROLL REPORT OF GIFTS

May 1, 2015
through April 30, 2016

PATRIOT CLUB

Nancy Martin

In honor of Brian Martin

Julie Simms

DONOR CLUB

Cathy Berard

Betsy Di Silvio

In memory of Judith A. Walsh

Evelyn D. Grant

In honor of Component 06, Monticello DHA

Catherine Johnson

Michelle McGregor

Mimi Magyar

In honor of Monticello DHA

Margaret Martin

In memory of Robert F. Jackson, DDS

Elaine Newland

In memory of Ernestine P. Brown, Sheila Sheats' mother

Rita Phillips, RDH, PhD

Moe Thompson

In honor of the Southwest Virginia DHA