



# Virginia

Dental Hygienists' Association

## The Curet Winter 2016

### President's Message

Dear Virginia Dental Hygienist,

We all have that friend or co-worker who wonders how we know what is going on in dental hygiene. For example, they want to know what products are new and what works, where are they going to get CE's, should they have malpractice insurance, when is Rally Day, where is the ADHA national meeting? My challenge to all of you is to encourage those friends and colleagues to become members or to re-new their American Dental Hygienists' Association membership. I can't imagine not being a member. I would feel lost and out of touch in our rapidly changing health care and technology environment. Research shows that the number one, most effective membership recruitment strategy is the recommendation of a trusted colleague.

**Here's the challenge:**

If every member would encourage one other friend or colleague to become a member we could double our membership!

The difference we could make for the citizens of Virginia and their oral health with increased representation from hygienists should not be underestimated.

President's Message (continued)

**Here's a perfect place to start:**

With an ADHA membership there is a discount for March's Scientific Session registration. There are enough CE credits offered that weekend for the entire year! Or, carry them over to the next year if you have already met your requirements for this year.

Let's make this happen! See me at the Scientific Session and tell me your story of recruiting a colleague to join and I will have a special gift for you.

**Don't forget:**

February is **National Children's Dental Health Month**. I hope we can all take some time to do something to impact the oral health of a child. There may be opportunities to participate in Give Kids a Smile Day, or visit a school or daycare.

**One last thing:**

I just want to say a quick word about Rally Day. Thank you to all that were involved to make Rally Day a success. Dental hygienists and dental hygiene students from all over the state were able to meet with legislators at the General Assembly and ask for support for a remote supervision bill, SB712, this session. There are several articles in this issue of *The Curet* explaining the impact of this bill.

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

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



## Scientific Session Is Sooner Than You Think

We are excited to present another fun, informative program March 18 to 20, 2016. We have nationally known speakers and that is the best there is! You will be able to get 17 hours of credit as well.

Friday will have Cal Whitehead, VDHA lobbyist, discussing legislative issues pertaining to our profession. In addition, Melanie Swain, RDH, BSDH, VDHA member and immediate past president of the Virginia Board of Dentistry, will review the new regulations that have been implemented along with Board of Dentistry executive director, Sandra Reen.

Jane McGinley, RDH, MBA is a representative from the American Dental Association and will cover the importance of fluoridation for the population. There has been some controversy about fluoridating the water in different areas and she will present facts in support of fluoridation.

In the afternoon, we will present an overview of the interprofessional team concept in the care of patients. There are different areas that interlock with treatment. Old Dominion University faculty, Dr. Linda Bennington of the School of Nursing and Sharon Stull RDH, MSDH of the School of Dental Hygiene will deliver the presentation.

Saturday morning, Sherri Lukes, RDH, MS, FAADH, will present "From Cradle To Grave: Oral Pathology Through the Life Span." She will discuss a more clinical aspect of this subject.

Saturday afternoon, Eva Grayzel will be the CE speaker. She is so exciting and relates her experience in dealing with her own oral cancer. She is a storyteller, motivational speaker, rapper, and music presenter. I have never heard a more exciting speaker who really gets her message across.

Sunday morning, Tom Viola, RPh, CCP, will present "Take It On The Run Baby! Substance Abuse and Its Clinical Dental Considerations." He is also a nationally known presenter and in great demand.

Sheila B. Sheats, RDH CE Chair



**63<sup>rd</sup> Spring Scientific Session  
of the  
Virginia Dental Hygienists' Association**

**When**

Friday, March 18, 2016 8:30 AM - Sunday, March 20, 2016 3:00 PM

**Where**

Hilton Richmond Hotel and Spa  
12042 W. Broad Street, Richmond, Virginia 23233

RSVP

Tuesday, March 1, 2016

Link to full schedule and registration (cut and paste into your browser):

[http://www.cvent.com/d/CU8yFKA9\\_0G3mIMizUPsTQ/47nf/P1/1Q?](http://www.cvent.com/d/CU8yFKA9_0G3mIMizUPsTQ/47nf/P1/1Q?)





## **Virginia Dental Hygienists' Association Storms the Capitol at its Annual Rally Day January 29<sup>th</sup> in Richmond, Virginia**



The snowstorm of mid-January did not stop the Virginia Dental Hygienists' Association from advocating for our profession. The Virginia Dental Hygienists' Association was back in action at the Capitol this year. The members of the association advocated for the passage of Senate Bill 712 (SB 712), which, if passed, will expand remote supervision for dental hygiene.

Representatives of the Virginia Dental Hygienists' Association (VDHA) and the Virginia Dental Association (VDA) have worked together over the past year to develop a bill that will expand remote supervision of licensed dental hygienists to new settings to serve more patients through direct access. Remote supervision of dental hygienists employed by the Virginia Department of Health both as a pilot study and ongoing program has proven to be a highly successful model in improving access to care and cost savings.

VDHA will continue to advocate for expansion of the Remote Supervision Public Health Model for the dental hygienist employed outside of the Virginia Department of Health so that all patients have direct access for care by the dental hygienist and can receive necessary referrals to a dentist. Enabling dental hygienists to practice as an employee and/or volunteer with a supervising dentist for both general and remote supervision will immediately better serve the needs of Virginians residing in Dental Health Professional Shortage Areas (DHPSA).

This year's Rally Day had attendance that was greater than last year with a grand total of 212 Dental Hygienists! Dental Hygiene schools represented this year were: Virginia Commonwealth University, Old Dominion University, Northern VA Community College, Germanna Community College, Thomas Nelson Community College, Lord Fairfax Community College, and Virginia Western Community College (*pictured below*).



Many Dental Hygienists and faculty members took time out of their busy work and school schedules to display support for our organization. Students were able to learn a great deal about the legislative process and meet with their legislators. They also learned how important it is to share information throughout the state that oral health is connected to total health and to advocate for the Dental Hygiene profession.

We would like to thank everyone who worked toward and dedicated his or her time to make this year's Rally Day a success. VDHA would also like to thank our wonderful Lobbyist and his firm: Cal Whitehead for all his and his team's 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 Tuthill, MPH, RDH, BSDH  
Regulations and Practice Committee Chair  
Virginia Dental Hygienists' Association



## Virginia Dental Hygienists' Association Foundation Supports Rally Day

The Virginia Dental Hygienists' Association Foundation (VDHAF), awarded grant funding to five institutional recipients enabling transportation of dental hygienists and students from across the state and the distribution of informative program materials supporting their role as advocates at the annual VDHA Rally Day.



VCU students at Rally Day

The VDHAF's grant money sponsored production of 145 Oral Health Fact Kits and bags, as well as printed materials for disbursement during the Capitol visit of more than 200 Dental Hygiene professionals speaking as "*The Voice of Dental Hygiene.*"

Thank you to the VDHF for supporting Rally Day!



Faculty and students from Thomas Nelson Community College at Rally Day

## REMEMBER TO RENEW YOUR MEMBERSHIP



Happy winter to each of you! **Winter Cycle Members - It is Not TOO late to renew your Membership Today!** Please take advantage of the quarterly payment plan offered by ADHA (**312-440-8900- membership services**). The quarterly payment plan allows the convenience of paying every three months versus the full amount at the time of renewal.

VDHA members, the Membership Council wants to hear from you! Why did you become a member of the professional association and why have you chosen to remain active? **Post your responses on our Facebook page at <https://www.facebook.com/groups/vdha.net/>**  
**Make sure to use #VDHAMembership.**

If you have any questions regarding membership do not hesitate to contact Denise M. Claiborne at [dclaibor@gmail.com](mailto:dclaibor@gmail.com).

**Stay warm,  
Denise M. Claiborne, BSDH, MS, PhD(c)  
VDHA Membership Chair**



Dear colleagues,

It was a pleasure to serve as your president last year and truly an honor to serve alongside our current president Susan Reid-Carr as she challenges us to “Be the Change”. The last year has seen many changes with the assistance of our new Association Executive, Ms. Susan Motley and YOU- our members. It takes the power and engagement of members to continue to elicit the changes you want to see in your profession.

There is much excitement around the new draft legislation for remote supervision (SB 712) being reviewed in the 2016 session of the Virginia General Assembly. We had an amazing turn out on January 29<sup>th</sup> of students and registered dental hygienists from across the state to support this legislation. You are the experts in oral health care and prevention and it’s vital to educate your legislators on the issues not just on Rally Day but every day. The legislators are bankers, farmers, doctors, lawyers, from business and industry; they work and live in your communities but they are not oral health care experts. Thank you to everyone who attended Rally Day and continue to advocate for improved oral health.

We hope to see you at the March 2016 Spring Scientific Session located in Richmond.

Come expand your knowledge while spending time with friends and colleagues.

Sincerely,



Michelle McGregor, RDH, BS, M. Ed  
VDHAF Chair 2016-2017  
VDHA IPP 2015-2016  
VDHA President 2014-2015



**Upcoming Calendar Dates:**

**Executive Board Meetings**

Saturday April 23  
Charlottesville, VA

**Spring Scientific Session**

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



**Join us on Facebook!**

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



## VHyPAC

### *An Invitation to the VHyPAC Reception*

Please join us at the free Virginia Dental Hygienists' Association Political Action Committee (VHyPAC) Annual Reception Friday, March 18 at the Hilton Richmond Hotel and Spa.

It will be held on Friday evening following the Annual Session classes for the day from 5:15-7:15pm. There will be an opportunity to become a member and garnish door-prize tickets for the baskets that all of the components provide. There will be surprise entertainment and you are sure to have the opportunity to let you “hair down!” Hope to see you there!



Lord Fairfax Community College students at Rally Day



### **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](mailto:smotley@vdha.net).

### **Component Two:**

#### Winter 2016 Greater Richmond DHA News

In November I had the honor of installing long-time active member, Susan Reid-Carr, as VDHA President. Her chosen theme, "Be the change you wish to see," has been an inspiration to many. We look forward to a year of being a part of change in expanding access to care to all citizens of the Commonwealth.

Following the VDHA House of Delegates, GRDHA held its executive board meeting. It has become a favorite new tradition of the officers to meet at Emilie's, where she prepares an incredible main dish and everyone attending brings a side dish to share. As always, all members are welcome. Natalie has been busy arranging CE courses for February and March. More information will follow through face book and also e-mail. Don't forget, members receive a 50% savings on the cost, a great member benefit.

Heather Tuthill did an amazing job arranging meetings between Senators and Delegates and our students and hygienists at the VDHA Rally Day January 29<sup>th</sup>. For all who were able to attend, the excitement of meeting with legislators and sharing the exciting news about the benefits of expanding remote supervision was empowering. VDHA worked with VDA leaders for many months to expand remote supervision of licensed dental hygienists to new settings to serve more patients. If SB 712 passes, Dental Hygienists will be able to practice not only as a volunteer or a public health hygienist, but also as an employee with a supervising dentist, better serving the needs of Virginians residing in Dental Health Professional Shortage areas.



## Component Two (continued)

Special congratulations to Susan Pharr on her recent retirement from the VA Dept. of Health. Thank you Susan for your years of service to the Commonwealth and on your many accomplishments towards improving Oral Health. We look forward to working with you on increasing the Adopt a Head Start services in Virginia.



Congratulations are also in order to President Megan Wilson on her wedding engagement. She and Keith will be saying their “I do’s” this October. Heather will be bringing a new little Tuthill into this world and we all wish her the very best as well.

Membership recruitment and retention continues to be one of Greater Richmond’s focal points this year. If you want to know more about meetings, CE courses, volunteer opportunities or how to get involved, please give me a shout and I will be glad to get you connected.

Stay Warm!

*Melanie Bartlam, RDH*

VDHA 02 Trustee, Greater Richmond



Senator McEachin meets with VCU students at Rally Day



VCU students and VDHA immediate past president meet with Delegate Jimmie Massie



### Tidewater Component 03

Warm winter wishes from the Tidewater Dental Hygienists' Association Component 03!

Our component officers have just returned from the VDHA Rally Day held at the Richmond State Capitol January 29, 2016. Any member can attend this worthwhile (and free!) event – plan to attend next year. We are always open to member participation.



Over 35 senior dental hygiene students, 5 graduate students and 5 dental hygienists from the Tidewater area attended to advocate for our profession.



Students were fortunate to meet Delegate Scott Taylor

Component 03 (continued)

Additionally, they were able to meet Senator Frank Wagner's intern, Travis Rickman, who is ODU alum. Go Big Blue!



VDHA is working statewide with our lobbyist to decrease practice restrictions, create jobs, provide access to care, and to protect our profession. Collectively, we can support our profession and the mission of VDHA: to improve the public's total health and advance the science and practice of dental hygiene. Our grassroots efforts will improve our profession and provide stability for future job opportunities.

If you are not yet a member of ADHA, I would like to encourage you to join today. If you would like to become active at the local level or you have any questions, contact me at [meglemaster92@gmail.com](mailto:meglemaster92@gmail.com).

Tidewater Executive Board met recently to plan out the winter and spring agenda...lots coming up! Join our Facebook page for more information <https://www.facebook.com/groups/tdha03/>. If you would like to be on the email list for TDHA information, let us know.

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/>

Here's to a successful 2016!  
Meg Lemaster, Trustee 03



## Peninsula DHA 07

PDHA Trustee, Marge Green

The Jan. 20<sup>th</sup> Executive Board meeting solidified plans for CE events and networking socials through May. Programs focused on transitioning of student membership shall be marketing of the *PDHA Future Leader Award* for recipient selection from TNCC and ODU, continued sponsorship of graduation RDH pinning ceremony and development of a *Mentorship Program* built upon input solicited from the student dental hygienists.

**Jan. 28:** *Perfect Your Posture. Ergonomics Awareness for the Dental Hygienist*, Dr. Kim S. Charney, D.C. was well attended by RDHs, DAs and student dental hygienists.

A 5 question paper survey as to how they heard of the program, what caused them to attend, what would they like to have at future meeting events and CE topics, their interest in becoming more involved with PDHA as well as being a mentor for a TNCC student dental hygienist provided beneficial data from 17 respondents. Opinion data is being collected from the 18 TNCC students on their expectations of a mentor to assist PDHA in the development of its Mentorship Program.



## Component 07 (continued)

**Jan. 29:** VDHA Rally Day: PDHA members Julie Martin, Marge Green and Marguerite Scott actively participated in advancing Remote Supervision (SB712) legislation, visiting with legislators and aids and mentoring students in their role as Advocates.



Marge Greene, Delegate Pogge, Pamela Gunn and Lauren Ruiz, students from Thomas Nelson Community College

**Feb. 9:** *The Five W's of Xylitol: An Effective Approach for Total Health*, Lisa Stillman, RDH, BS will be presented at TNCC following a tour of the Dental Hygiene Program facilities. Networking and desserts shall be enjoyed with the junior and senior student dental hygienists following the CE.

**March 23:** *Non-surgical Periodontal Therapy*, Dr. Nick Ilchyshyn

**April 13:** *Lasers for Soft Tissue Management*

**May 16:** Installation of 2016-2017 Leadership Team and *Spring Social*

Southwest Virginia Dental Hygienists' Association  
Componet 9

2015-16 Officers

President –Moe Thompson | Vice-President – Rita Philips | Treasurer/Secretary – Margaret Martin | Trustee – Margaret Martin | Legislative Chair – Rita Phillips

An Executive Board meeting was held on January 8, 2016 with an online meeting planned for February 2 at 7:45 p.m.

On October 9, 2015 a very successful Fall CE was held with Dianne Watterson on “The Consummate Dental Office Experience—Polishing the Apple.” Dianne is an excellent speaker and the six hours flew by!

A spring CE is planned for April 8, 2016 with Cathy Berard presenting our annual OSHA and Bloodborne Pathogen update.

Our fall CE is schedule for October 7, 2016 with Dianne Watterson on “Prevention vs. Prosecution—Patient Care Issues in Dentistry” and “Ten Things You Should Never Say to Patients: Communication Tools You Need”.

Margaret Martin  
09 Trustee



Rita Phillips and VCU students with Delegate Pillion, an Abingdon Pedodontist Rally Day 2016





## **INSTITUTE FOR ORAL HEALTH**

The ADHA Institute for Oral Health (IOH), established in 1957, continues to provide thousands of dollars each year advancing the Dental Hygiene profession through scholarships, services, and research. These funds would not be available if it were not for the generous contributions of our members, like you. Please consider donating to the IOH. There are several ways that you may do this. First, contact your VDHA Liaison for your component. They are as follows: Cathy Berard (01), Melanie Bartlam (02-acting), Jackie Perry (03), Evelyn Grant (06), Marge Green (07), Moe Thompson (09), and Pam Kitner (10). Your liaisons are selling raffle tickets with the grand prize being \$1500 AND you do not have to be present to win!

In addition, Virginia is participating in the Red Hot Chili Stepper 5K for District III. Details available at [www.crowdrise.com/districtiiiiteamredhotchilisteppers/fundraiser/teamd3](http://www.crowdrise.com/districtiiiiteamredhotchilisteppers/fundraiser/teamd3).

You may also visit the website of the IOH for more information and donations: [www.adha.org/institute-for-oral-health](http://www.adha.org/institute-for-oral-health).

The following have given donations during the time period of July 2015-October 2015. Watch for the next issue for updates to the list.

Julie Allen	Susan Pharr
Ralston King	Susan Reid-Carr
Beverly Maguire	Sheila Sheats
Melanie Bartlam	Julie Simms
Catherine Berard	Jessica Suedbeck
Nicole Fischer	Maureen Thompson
Margaret Green	Linda Gill
Heather Herrera	Helen Hatfield
Pamela Kitner	Sherry Hearne
Emily Ludwig	Laura Steinmetz
Whitney March	Meghan Hill
Michelle McGregor	Maureen McCann
Vicky McHuen	
Bonnie Perry	
Jackie Perry	

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