

## President's Message

### Spring Means New Beginnings

Dear members,

I hope you've been enjoying the warm weather, sunshine and vivid colors of the season. Spring means renewal and new beginnings. On March 1, we welcomed Kevin Bayes, our new Executive Director from Organization Management Group. Since then, he has been working hard helping us in a lot of aspects. His services are invaluable in the daily operations of VDHA. Welcome emerging leader Julie Martin! On April 21, 2018, she was unanimously approved by the EB to be the chair of Member Services Council. She has been VDHA Historian for a few years. Many of you have seen her at different events taking lots of photos. VDHA Past President and past Planning Chair, Melanie Bartlam, was appointed to be Planning and Development Council chair. It's so good to have you back Melanie!

In June, we will welcome many new colleagues, who are graduating from 6 dental hygiene programs in the Commonwealth. Wishing you a great start, lifelong success and happiness in your careers! Don't forget to convert your student membership after becoming licensed professionals! You are our future!

In February and March, new journeys began for 60 new members of VDHA/ADHA. We had an exciting membership drive at ODU's Winter Weekend in February. ADHA President Tammy Filipiak, Director of Education and Professional Advocacy, Ann Lynch, and Director of Corporate Development and IOH, Maddie Hilpert, helped our hard working recruiting team. We welcomed 52 new/reinstated members during this weekend and 8 new members in March at our Scientific Session.

We had a very successful Scientific Session with about 250 dental hygienists attending. Thank you Karen Avey and Sheila Sheats for organizing this event. Your hard work is really appreciated by many of us! We all enjoyed the camaraderie, catching up with old friends and learning together.

Cheers to all new beginnings,

Mimi Magyar, RDH

President, 2017-2018



## Table of Contents

|                                    |                                      |
|------------------------------------|--------------------------------------|
| President's Message – Page 1       | IOH – Page 11                        |
| Upcoming Events – Page 2           | VDHA Foundation – Pages 12 -13       |
| HOD - Save the Date – Page 2       | AHW Scholarship – Pages 14-16        |
| Component News Pages 3-8           | Student Chapter News – Pages 17 - 23 |
| Membership News – Page 9           | Additional News – Page 24            |
| VHyPAC – Page10                    | Council & Committee Chairs – Page 25 |
| Leadership News– Page10            | VDHA Calendar – Page 26              |
| PHEPA News & Information – Page 11 | VDHA Mission Statement – Page 27     |

## Upcoming Events

### Executive Board Meetings

July 28, 2018 Charlottesville

October 14, 2018 Richmond

### VDHA Foundation

July 27, 2018

### VDHA House of Delegates and Professional Development Workshop

October 12-13, 2018 Richmond, VA

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### SAVE THE DATE!

### VDHA House of Delegates and Professional Development Workshop

October 12-13, 2018

Four Points by Sheraton Richmond

Richmond, VA

More information will be included in the next Curet edition.

Mark your calendars now.



Join us on Facebook!

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

## Component News & Reports

### Greater Richmond

#### Greater Richmond Component contacts

Katie Maurer- Co Chair - [katie.maurer81@gmail.com](mailto:katie.maurer81@gmail.com)

Danielle Nogle- Co Chair - [daniellenogle@gmail.com](mailto:daniellenogle@gmail.com)

Heather Tuthill- Financial Liaison and Secretary - [herrerahm29@gmail.com](mailto:herrerahm29@gmail.com)

Susan Reid-Carr- Trustee - [susanreidcarr@gmail.com](mailto:susanreidcarr@gmail.com)

Natalie Cavalieri- CE Coordinator-- [NCavalieriRDH@gmail.com](mailto:NCavalieriRDH@gmail.com)

#### Activities of the Greater Richmond Component



Mentoring VCU seniors by reviewing interviewing skills and answering questions about working in the real world. Melanie Bartlam also provided students an opportunity for a mock interview!



Greater Richmond Board meeting. We were able to meet outside, TCB, and start planning for all the good things to come. We even had a couple of pups join in.

Next Board meeting Monday August 6<sup>th</sup> at 6:30pm

Wegmans Short Pump. Come join us!



Celebrating VCU Senior Dental Hygiene students. Our event was held at Garden Grove Brewery in Carytown. Students were presented with business nametags with their new credentials. We hoped to give the students an opportunity to relax and socialize and salute their accomplishments



MDHA CE February 9, 2018  
Left to Right: Paula Knight, Christina Morris, Betsey Soulsby, Nicole Wells, Ellen Morissey (Speaker), Evelyn Grant



2018 VDHA Scientific Session: Sheri Moore (Financial Administrator), Evelyn Grant (Trustee)

## Northern Virginia

NVDHA has had a very busy spring offering continuing education courses to our members. Our CE Chair Betsy DiSilvio organized a course on April 14th - 4 CE's Biolase Laser with Speaker Jim Overbay. The course was a hands-on course and very well attended. NVDHA is excited to welcome Connie Simmons. She is making efforts to help develop membership in the Fredericksburg area. She wants to arrange 2 CE events a year with the assistance of our CE Chair, Betsy DiSilvio.

This past October, Deidra Kane and NVDHA partnered with NVCC 2<sup>nd</sup> year dental hygiene students for the third year in a row providing oral health and nutrition education to Nine Head Start classrooms; a total of 153 children in oral health activities in a single morning. Without the voluntary participation of the 2nd year dental hygiene students, this would not be possible. In the spring, Deidra and two generous RDH volunteers, Sindy Lazo (with her office colleagues) and Dana Myers, visited 14 Head Start classrooms across Fairfax County to provide oral health and nutrition education and goodie bags to 238 children. Rhea Rossi and coworkers visited eight kindergarten classes in the Loudon area. Her employer donated goodie bags with toothbrushes and floss. Thank you to all who made Children's Dental Health Month and National Dental Hygiene Month a success. Cathy Berard visited the 2nd year students at NVCC in March and the 1st year students at Germanna CC in February to present a Legislation Update and information regarding Remote Supervision. The students were very engaged in discussion on the subject and had many questions. The NVCC students have been reading Teeth by Mary Otto and were excited to hear that she would be attending the VDHA Scientific Session in Richmond. Congratulations to Germanna Community College student, Tonya Mortensen, for being selected, based on her essay, as District III student delegate to ADHA Annual Session in Columbus, OH in June. NVDHA contributed to District III Red Hot Chili Steppers running/walking group to help raise funds through ADHA 5K race for the ADHA IOH in Columbus, Ohio.

Northern Virginia Community College will be graduating 31 dental hygiene students on May 12<sup>th</sup>. More news will be posted in the Student section.

Respectfully submitted, Julie Simms, Trustee 01



## Northwest Virginia

Chair – Kate Hoffman  
Vice Chair – Megan Hill  
Communication Liaison – Lori Ellington  
Financial Liaison – Karen Avey  
Trustee – Linda Gill

The Continuing Education Course “**The Role of Dental Auxiliaries in Recognizing Signs of Sleep Apnea**” given by Dr. Bonnie Foster on April 28<sup>th</sup> was fantastic! The attendees really appreciated her depth of knowledge and her engaging presentation style!

We have another course coming up.....

**Name It, Claim It, Treat It™: It Takes a Team to Say to Yes!**

**Connie Simmons, RDH, BSDH**

Wednesday June 6, 2018-2 CE

Lord Fairfax Community College – Middletown Campus

Science and Health Building - Room 145

7:00pm-9:00pm

For Details and Registration-Please visit

<https://vdha.wildapricot.org/10-Northwest>

The Component would like to welcome ADHA members, potential ADHA members and the Lord Fairfax graduating dental hygiene students to our profession with a ‘Meet and Greet’ at Third Hill Winery, 2110 Quicksburg Rd, Quicksburg, VA 22847 on June 9<sup>th</sup> 1-4pm. Please RSVP to Kate Hoffman - [khoffmanrdh@gmail.com](mailto:khoffmanrdh@gmail.com) or 540.333.6212



Class of 2018

Submitted,  
Linda Gill  
Trustee Northwest Component 10

## Peninsula

2018 began with Jan. 13th Breakfast and 4-hour CE event of Marge Green presenting VDHA's 2 hr. course: "Remote Supervision: Guidelines for Practice" followed by Kelly Tanner's 2 hr. course: "Womb to Grow". Networking and Marketplace shopping added to the day's enjoyment.



March 15<sup>th</sup>: Julie Martin, Rachel Royal and Amy Rankin represented PDHC at Dr. Park's annual DH Banquet and CE event of 200+ RDHs. The component donated two gift baskets for raffle drawings and ½ year ADHA dues paid as door prize for a Peninsula resident. PDHC Marketplace, networking and Membership marketing were our focused activities.

Amy Rankin presenting door prize

In April, Julie gifted the Board Exam goodie bags to TNCC's 9 seniors.



On April 24<sup>th</sup>, we enjoyed an evening of appetizers, dinner, and networking in a restaurant room filled with participants engaged in an enlightening 2 hr. presentation by William Harper, DDS entitled, "What You Need to Know About Obstructive Sleep Apnea."

On May 8<sup>th</sup> at TNCC's Awards and Pinning Ceremony, the component presented nine graduates with their RDH cloisonné pins and to Nicole Marie Tourot, A.S. the *Future Leader Award* providing ½ year professional membership dues.

Plans are being made for a meet and greet with our six new members acquired through the VDHA/ADHA Membership Initiative in Feb. and VDHA's Initiative at SS in March.

Join our Facebook for keeping connected. <https://www.facebook.com/groups/pdhava/>

**Piedmont** No Submission at this time

**Southwest Virginia** No Submission at this time

**Tidewater**

Happy Spring from Tidewater Component 03!



On April 24<sup>th</sup>, we offered a .2 CE course offered titled, “Ergonomics: Applying Yoga/Barre for Improved Muscular Health” held a Pure Barre in Norfolk.

April 21 brought us together to celebrate the ODU School of Dental Hygiene graduating class of 2018. VDHA Vice President Tracey Martin delivered the keynote address at the Pinning Ceremony. The ceremony is an important benchmark that highlights the students transitioning to professional status in ADHA, VDHA and TDHA. Additionally, TDHA is so grateful for VDHA grant funding that enabled this awarding of RDH pins.



April 26, TDHA sponsored a New Graduate Celebration Reception honoring the Class of 2018. This event was held at O’Connor’s Brewery in Norfolk. Great food and drink.

Kelly Fox, our Membership coordinator and Events planner, along with countless other dental professionals, participated in MOM project that was held in Portsmouth this Spring.



**Upcoming activities in 2018-2019 include:**

September 12 6:30-8:30pm (place TBA) Senator John Cosgrove, Chair of Education and Health Committee, will speak on his role as a Virginia legislator and how the Education and Health Committee impacts Virginians. Hygienists will also take this opportunity to share with him the role dental hygienists have on oral health and overall health as well as the positive changes foreseen with the new remote supervision law.



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## Membership News

Hello, the flowers are blooming and we are on the way to summer! **ADHA summer enrollment runs from April 1<sup>st</sup>-September 30<sup>th</sup>!** Please take advantage of their quarterly payment plan, what a great way to start the summer!



**(312-440-8900- membership services).**

**Congratulations to all the recent and upcoming graduates!** We look forward to a great relationship as you transition your careers from student dental hygienists to registered dental hygienists. Don't forget to also transition your student ADHA memberships, refer to the above information!

**The VDHA and various components are so happy to welcome their newest members gained from the ADHA's and VDHA's 10 State Initiative, which was held at ODU's Winter Weekend in February! Wow, what an inspiring weekend with ADHA leaders, Ann Lynch, Maddie Hilpert and the ADHA President Tammy Filipiak! Continuing education AND 52 new members! Welcome! We are so happy you have made this valuable investment in your dental hygiene future and the future of the dental hygiene profession! Please join us in celebrating this wonderful news as we head into summer!**

If you have any questions regarding membership do not hesitate to contact Emily Ludwig at [eludw003@odu.edu](mailto:eludw003@odu.edu).

*Best,*

*Emily Ludwig, RDH, MSDH*

VDHA Membership

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## VHyPAC News

Greetings from all of the directors of VHyPAC. We are not the VDHA but a group of grass root supporters (most of whom are VDHA members) who advocate for our profession. For those of you who don't know this is a critical tool in our advocacy program. It allows us to support legislators who are friendly to our profession and issues in the general assembly. We are able to receive funds all year, but our main fundraising event is now held at the Scientific Session. Through the generosity of our VDHA Foundation which pays for our room, food and prizes, we are able to have an evening reception that is fun for our members plus benefit from the financial support of those who attend help by making contributions to the PAC.

This year we had two such fundraising opportunities at Scientific Session, both funded by our VDHA Foundation, the book sales from TEETH, by Mary Otto, and our evening event, Bingo which collectively raised \$2467(minus a small percentage from the "square" sales). Thanks to all of the 67 participants, those who purchased the books and/or those who were part of our reception/ Bingo night. With the help our Legislative advisors in the Commonwealth Strategy Group we will put the funds to good use in supporting those who support us as a profession.

The contributions help candidates who share in our goal to foster a better, safer environment for oral health and dental hygiene. Suggested contributions are: \$250(leadership circle), \$100(champion), \$50(advocate), \$35(member) or any contribution that you as an individual would like to make to help achieve our mission of educating legislators and the administration about our professional concerns. To mail a contribution please send to the following address:

Virginia Hygienist PAC (VHyPAC)  
c/o Commonwealth Strategy Group  
118 North 8<sup>th</sup> Street  
Richmond, VA 23219

Respectfully submitted,  
Maureen P. McCann, VHyPAC director

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## Leadership News

Congratulations to Misty Mesimer on her CODA Appointment

Congratulations to Misty Mesimer, RDH, MSCH, CDA, Past President of the Virginia Dental Hygienists' Association (VDHA), on her 2018-2019 appointment as a Commission on Dental Accreditation (CODA) site visitor for dental assisting and dental hygiene programs. Misty currently serves as the Dental Hygiene Program Local Coordinator and Dental Assisting Program Director for Germanna Community College. She also serves as a member of the VDHA Leadership Committee.



## Public Health, Education & Professional Affairs Council News

### Remote Supervision Continuing Education Course AVAILABLE ONLINE SOON!

VDHA is pleased to **generously** offer the “*Remote Supervision: Guidelines for Practice*” CE course **FREE OF CHARGE** to members and potential members for a **three month period**. There will be a nominal charge to take the course after the initial three month period. Please watch your inbox for an email announcing the online availability of this course beginning sometime in May; and check our website for more information: <https://vdha.wildapricot.org/>.

This course meets the criteria set forth by the Virginia Board of Dentistry requiring a minimum of two hours of continuing education by a licensed dental hygienist wishing to practice under the remote supervision of a dentist. (18VAC60-25-190 Requirements for continuing education.)

Resources will also be available to support hygienists wishing to practice under remote supervision in a variety of settings as specified in the new law. These online materials will be available for purchase beginning in the fall.

As your professional organization, VDHA advocates continued competence, lifelong learning and ongoing professional development for licensed hygienists in Virginia. This is just one of the many benefits that you can help to support with your VDHA membership.

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### ADHA Institute for Oral Health

Liaison, Catherine A. Berard, BSDH, RDH

Thank you and Happy Springtime to you:

We each play an important role raising critical funds for the Institute for Oral Health and promoting its programs -- and *your* foundation is launching new exciting initiatives *for you* this year! Please visit the IOH website to see the awards, grants and scholarships that are available to you.

*In Motion 5K: Run, Walk, Fun* (now entering its 3rd year as the premier national fundraising event for the Institute) is a fun and easy way to gain support inside and outside the dental hygiene community. Please visit the District 3 Red Hot Chili Steppers page to donate, any donation that you make to one of the Virginia members on that page will count toward the Virginia assigned goal. This is the link to my name on the team--any donations made are credited toward Virginia's goal:

<https://www.crowdrise.com/o/en/campaign/D3-Red-Hot-Chili-Steppers/cathyberard>

Other Virginia members who are on this team are: Mimi Magyar, Emilie Bonovitch, Trish MacDougall, Heather Tuthill, Tracey Martin, and Emily Ludwig, so please look for their names to direct your donations.

We have raised \$280 this spring due to your wonderful support via the Scientific Session registration and the live Lolita wine glass and Coopers Hawk wine raffle and another \$1875 so far on the 5K site!

**Our VDHA assigned goal for 2018 is \$5,472 so that leaves our remaining goal to achieve at \$3,137.00. I am counting on you to help us reach our goal this year!**

Please contact me if you have any questions, and thank you so much for your continued support of IOH. Cathy Berard, 703-901-6983 (cberard1@msn.com)

PS- You can donate directly to ADHA IOH via the ADHA website or VDHA website:



VISIT [www.adha.org/institute-for-oral-health](http://www.adha.org/institute-for-oral-health) to learn more!



## VDHA Foundation



### VIRGINIA DENTAL HYGIENISTS' ASSOCIATION FOUNDATION HONOR ROLL REPORT OF GIFTS

March 2, 2017 through April 25, 2018

#### **JEFFERSON CLUB**

Northern Virginia Hygienists' Association  
*In memory of Patricia A. Golliday, RDH*

#### **PATRIOT CLUB**

Marge Green  
*In honor of Sheila Sheats & Karen Avey*  
Nancy Martin  
*In honor of Brian Martin*  
Elaine Newland  
*In memory of Paul B. Summey II*  
Susan Pharr, BSDH, MPH  
*In honor of my VDHA colleagues*  
Sheila Sheats  
Julie Simms  
*In honor of my dad, Jim Forsberg and in memory of my mom, Cynthia Forsberg*  
Greater Richmond Dental Hygienists' Association  
Monticello Dental Hygienists' Association  
Peninsula Dental Hygienists' Association  
*In honor of Julie Martin, Chair*  
Tidewater Dental Hygienists' Association

#### **DONOR CLUB**

Julie Allen  
Melanie Bartlam  
Cathy Berard  
Dr. Patricia Bonwell  
Betsy Di Silvio  
*In memory of Judy Walsh*  
Linda Gill  
Evelyn D. Grant, RDH, MBA  
Catherine Johnson  
Judith Knight



**DONOR CLUB (continued)**

Joyce Kwiatkowski-Spieler

*In honor of Volunteerism*

Meg Lemaster

*In memory of Michelle Darby*

Patricia MacDougall

Sheryl Manion

Julie Martin

Margaret Martin

*In memory of Robert F. Jackson, DDS*

Maureen McCann

*In memory of my father, Martin, who always encouraged us to reach for the stars!*

Carolyn Moore

John & Sheri Moore

*In honor of Jamie Davila*

Elizabeth Peebles

Jackie Perry

Susan Reid-Carr, BS, RDH

Rhea Rossi

Kathy Cunningham Starr

*In memory of Patricia Golliday*

Moe Thompson

*In honor of Woodrow Grayson Schmidt*

North West Dental Hygienists' Association

Southwest Virginia Dental Hygienists' Association

*All contributions enable VDHA Foundation to continue to make a significant difference in the lives of many. Thank you to all who have contributed this past year to continue the work of the Virginia Dental Hygienists' Association Foundation. Your tax-exempt donation will be utilized in performing the charitable, educational, research and scientific activities of the association. If you would like to make a donation, please send it to: Marge Green, VDHA Foundation Treasurer, 1919 Old York Hampton Highway, Yorktown, VA 23692-4143*

## ***2018-2019 Alice Hinchcliffe Williams, RDH, MS Merit Scholarship***



The VDHA Foundation (VDHAF) is delighted to announce and introduce recipient, Jamie Knupp, RDH, BSDH

Jamie graduated with a Bachelor of Science in Biology from Bridgewater College in 2011 and a Bachelor of Science in Dental Hygiene from Old Dominion University in 2014. Currently, she is pursuing a Master of Science in Dental Hygiene from ODU with an anticipated graduation date of May 2019.

*“My research focuses on the interprofessional collaboration between school nurses and registered dental hygienists to reduce plaque scores in elementary school aged children. While enrolled in the undergraduate program at Old Dominion University, I decided to pursue the opportunity to earn a Master’s Degree in Dental Hygiene. I wanted to create opportunities for myself later in life as a result of gaining knowledge outside of the traditional realm as a registered dental hygienist. I currently enjoy providing quality, evidence-based care to my patients working five days a week in two different private practice settings. I am in the early stages of setting up an internship to create an interprofessional collaboration between school nurses and dental hygienists in Rockingham County, VA, to try and promote good oral hygiene in a population that would otherwise not receive the necessary education. My goal is to promote awareness in elementary school aged children and help to increase knowledge of proper home care. Just as Ms. Alice Hinchcliffe Williams, enjoyed working in the school systems, the Alice Hinchcliffe Williams, RDH, MS Merit Scholarship would help me to reach my goal of accessing a population that does not always have the means to frequent a private practice office for dental hygiene services.”*

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### **Alice Hinchcliffe Williams, RDH, MS Merit Scholarship for Post Licensure or Graduate Degree**

Funded by the Virginia Dental Hygienists’ Association Foundation and administered by the ADHA Institute for Oral Health (IOH), this scholarship was created to honor Alice Hinchcliffe Williams, RDH, MS—our deceased colleague and benefactor who enabled the establishment of the VDHA Foundation. The Alice Hinchcliffe Williams, RDH, MS Graduate Scholarship provides financial assistance to part-time or full-time students residing in Virginia who are pursuing a baccalaureate or graduate degree in Dental Hygiene or in accredited studies related to the professional roles of the Dental Hygienist. While the applicant must possess an active DH license and Virginia residency, the degree seeking endeavor does not require the applicant to attend school within Virginia. The award amount for this scholarship is \$1500.

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## *Alice Hinchcliffe Williams Scholarship*

The AHW Scholarship is to be awarded each year in the amount of \$500 to a student in the first/Junior year of the fall semester in a Virginia dental hygiene program. Those Virginia dental hygiene students with at least a 2.5 GPA (4.00 Scale) are eligible for this scholarship. Each applicant must be a member of an ADHA Student Chapter and must have demonstrated qualities for success in the dental hygiene program.

The winner of this year's scholarship is Erika Lauren Serrano from Thomas Nelson Community College. I would like to thank our judges Moe Thompson, Maureen McCann and Melanie Bartlam for their help, there were many good essays submitted and it was a tough decision. Congratulations Erika!

The following is a copy of her essay:

*"It is my belief that to be great at your career, it isn't enough to just "do" your job. Instead, using your creative mind to ripple your passion into talents that will reach a larger audience is doing so much more. Sharing my journey through writing and educating others is what I plan to contribute to the Dental Hygiene world after graduation.*

*My creative tool is writing. I have a connection with using words to reach the public, opening their theoretical eyes by allowing them to read a deja entendu fact in a new light. It may not be effective to play a record for each patient every day of "Brush your teeth. Floss. Come back in 6 months." Nor is it an effective record for the professionals in the industry.*

*I plan to be a well published writer in many public and professional dental hygiene editorials. This is a goal I am confident in obtaining because it is something I have accomplished in my current field of Esthetics. My most recent publication was in Skin Inc. and is about infection control, inspired by my time in the dental hygiene program. My goal in that publication was to spread blood borne pathogen awareness to Spa professionals and I believe I have accomplished that. I have similar goals in the dental hygiene field.*

*I plan to revive topics such as infection control, stress management, and passion rejuvenation. I feel I have seen too many negative expressions in print when I research the dental hygiene career and education process. I feel this can be deterring to potential hygiene students and new hygienists. It is a statistical fact that one will remember the negative things they read much more than the positive. I believe I have the ability to be a remembered positive article that trumps the negative.*

*To do this, one must reach their audience in a new light, catering to their differences, keeping up with the times of fast paced intake of information and regurgitation. I want my audience, patients, co workers and readers, to feel understood and in a safe place to absorb new information, as if it was their choice to learn it, not being force fed it.*

*Even more, inspiring fellow hygienists through my writing in the hopes of reigniting their passion and minds will further my contribution. I believe all it takes is one positive person to change a crowd's attitude and with that, I'll make an impact."*

Respectfully Submitted,  
Pam Kitner, RDH, BSDH, VDHA AH Williams Scholarship Chair

*Do you know the inspiring story of Alice Hinchcliffe Williams, RDH, MS, and her legacy?*

Alice was a dental hygiene educator in Roanoke and a practitioner in Lynchburg, Virginia. Following graduation from Eastman School of Dental Hygiene in Rochester, NY, Alice worked as a school dental hygienist serving 20 schools in Liverpool, NY. Her leadership skills as President of the Dental Hygienists' Association of the State of New York became an asset of the Virginia Dental Hygienists' Association in her service as Trustee. With her Masters degree in Science Education from UVA, she then moved on to become the founder and director of the Dental Hygiene Program at Virginia Western Community College in 1975. Her passion for scholarship and lifelong learning for dental hygienists is exemplified with her long-standing, generous and visionary support of the VDHA's continuing education speaker's fund.





## Student Chapter News

### Germanna Community College

#### Germanna Update

As this submission is written, GCC is wrapping up the end of the 2<sup>nd</sup> semester. The students have completed their first semester of clinic with live patients and balanced the 3 P's – pharmacology, pathology, and perio! They did it with grace and joy.

GCC filled the faculty vacancy by hiring Mrs. Rebecca Murray. Becky is a GCC alumni and had taught part-time in both the dental hygiene and dental assisting programs the previous three years. We are lucky to have her on our team.

Students and faculty move into the 8 week summer semester beginning May 16<sup>th</sup>. This summer the entire GCC dental hygiene class will be attending the ADHA Annual Session in Columbus, Ohio. On behalf of faculty and students, thank you to the VDHA Foundation and local components for the grant funding to help offset the costs for our students. Additionally, our very own, Tonya Mortensen was selected as the District III Student Delegate. We know that she will do a phenomenal job representing student interests.

Respectfully submitted,  
Misty L. Mesimer, RDH, MSCH, CDA  
Local Coordinator

### Lord Fairfax Community College

The Dental Hygiene faculty of Lord Fairfax Community College, in the joint venture Dental Hygiene program at Virginia Western Community College, is delighted to announce that 17 students (100%) recently passed the CDCA Clinical Boards. These students are looking forward to their pinning ceremony and graduation at Virginia Western Community College on 11 May 2018 in Roanoke.



## Northern Virginia Community College

While the class of 2018 is nearing graduation, the class of 2019 is looking forward to being “almost” considered second year dental hygiene students. The NVCC Medical Education Campus holds an annual health fair & walk every April called Walk4Life. First and second year dental hygiene students participate in this event and offer free oral cancer screenings, oral hygiene instructions, and distribute oral hygiene bags for those interested. Other health screenings provided at the event include vision, hearing, and blood pressure; with other activities including games, meditation, general health information tables, and food. The dental hygiene students at NVCC feel proud to participate in a health fair that allows them to build a lasting relationship with their community.



[First/Second Year DH Students]

With their dental hygiene program coming to an end, the time for final awards has come. Recipients of awards graciously accepted, however, the award ceremony was bittersweet. The second-year students are glad to be finished with their program and begin their career however, will forever miss the instructors that have raised them into wonderful hygienists that they are. The award recipients are as followed: Colgate Star – Sabrina Hill, Hu-Friedy Golden Scaler – Ingrid Mercado, VDHA leadership – Lindsay Shurtliff, NVDHC Future Leader – Brenda Portillo, Lynn Garris Sheldon Award for community service – Evelin Abad, Howard Kelly Award for outstanding contribution to the dental hygiene community including students, the clinic, the patients, and the program – Allison Bonifant. The Northern Virginia Community College Dental Hygiene Class of 2018 looks forward to joining the Virginia dental hygiene community!



[NVCC Class of 2018]

Submitted by Allison Bonifant, Class of 2018

## Old Dominion University

The Tidewater component of the VDHA held a “New Graduate Celebration Reception” at the O’Connor Brewery in Norfolk. Each new grad received a personalized name tag for the Association and a huge welcome to the profession of dental hygiene.



ODU new graduates



TDHA Members: Kelly Fox, Irene Connolly, Emily Ludwig, Angela Tye and Tracey Martin



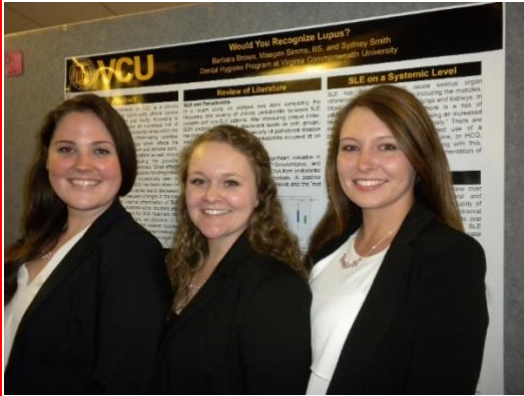
VDHA Trustee Meg Lemaster in center.

## Thomas Nelson Community College

April can be the busiest time of the year as students prepare for final exams, graduation, and pinning ceremonies, but they never can be too busy to give back to the community! The first year dental hygiene students of Thomas Nelson Community College participated in a community health fair alongside Dr. Elias J. Llerandi of Newport News (even having enough time to pose with Mayor Price), while the second year dental hygiene students participated in the Missions of Mercy in Portsmouth, Virginia (pictured below).



## Virginia Commonwealth University



We are very excited to announce that three of our students will attend the 95<sup>th</sup> ADHA Annual Session in Columbus, Ohio this summer. The students attending include Barbara Brown, Maegan Simms, and Sydney Smith where they will present their literature research paper title “Would you Recognize Lupus?”, that discusses the oral manifestations that may be found in patients with Lupus and the role dental hygienists have in providing care to these patients. The three students also won the Dental Hygiene Student Award during VCU School of Dentistry Research Day that took place on April 19, 2018.

Our two dental hygiene Missions of Mercy (MOM) coordinators, Leira Jimenez and Mary Tran, worked diligently setting up the Portsmouth MOM Project that took place in April. The project will be a one-day initiative offering medical and dental triage, x-rays, cleanings, fillings, extractions, and limited additional procedures.

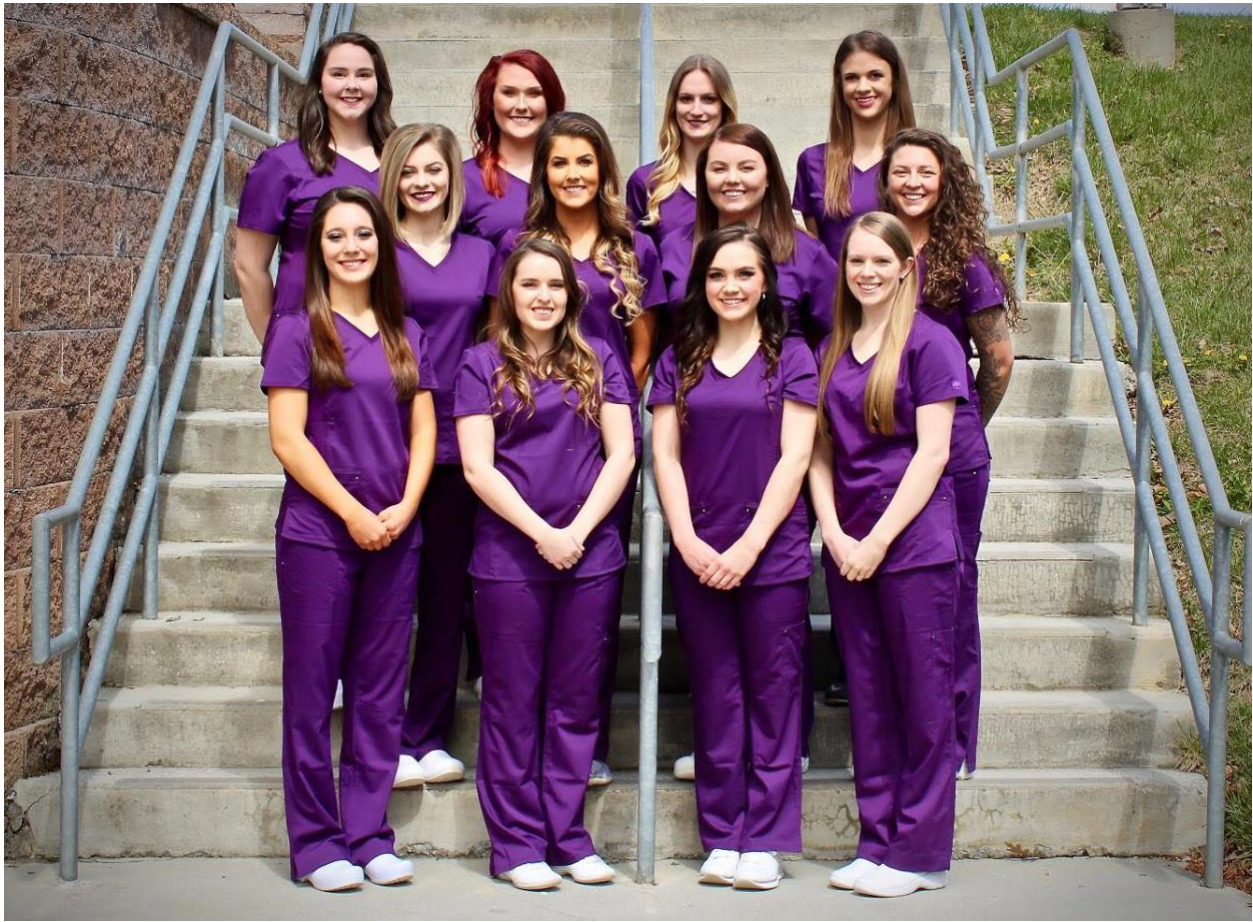


In February, we held our annual Prisoner of Love fundraiser in addition to a hot dog fundraiser. We are happy to announce that in total, we raised \$590 which will go towards our three students attending the 95<sup>th</sup> ADHA Annual Session in Columbus, Ohio this summer.



VCU SoD is pleased to announce the new SCADHA officers for the dental hygiene class of 2019:

- President: Linda Blackburn
- Vice-President: Melissa Stowe
- Secretary/Treasurer: Brooke Ryan
- Historian: Hannah Fritz
- Fundraising Chair: Isabella Muzo
- Additional Members: Madison Browder and Megan Dean
- Dental Health Community Chair: Catlin Cannon
- Additional Members: Sydney Smith and Maegan Simms



Wytheville Community College will hold its pinning and graduation ceremonies on May 12, 2018. Graduates include: 1<sup>st</sup> row (L-R) Melanie Barnett, McKenzy Keen, Lexie Herndon, Sydney Durham. 2<sup>nd</sup> row (L-R) Savannah Dunca, Elizabeth Batton, Allie McGlothlin, MaKayla Ross, Vice-President. 3<sup>rd</sup> row (L-R) Savanah Sykes, Megan Wallace-President, Mauri Deeds, and Atlee Lily. (Not pictured- Talal Aftab).  
Congratulations!

## It's Hygienic, National Board Review Game

February 17, 2018, VCU Dental School

On February 17, 2018, eight teams from six dental hygiene programs competed in It's Hygienic, a National Board review game. It is annually organized by Board Games LLC, owned by Maura Ordovensky, RDH. Teams Scale Squad I and II from ODU, The Hygieniuses from NVCC, Perio Patrol and Quad Squad from VCU, Mighty Molars from TNCC, Tooth Sleuths from VWCC and Plaque Busters from LFCC participated. For the second year, VDHA Foundation sponsored this event by paying for lunch, which was greatly appreciated by competitors and their supporters alike. President-Elect and VCU adjunct faculty, Emilie Bonovitch, Vice President and ODU SADHA advisor, Tracy Martin, and myself were on hand to cheer the teams on. I also was invited to say a few words. I emphasized the importance of being a member of our organization and encouraged all the students who were present to convert their membership to professional status following graduation and obtaining their license so to join our VDHA tribe. The winner of the game was team Tooth Sleuths from VWCC. Team Plaque Busters from LFCC placed second, and team The Hygieniuses from NVCC placed third place.

### 1<sup>st</sup> place-Tooth Sleuths from VWCC



### 2<sup>nd</sup> place Plaque Busters from LFCC



### 3<sup>rd</sup> place The Hygieniuses from NVCC



Submitted by: VDHA President, Mimi Magyar, RDH

## Additional News and Photos



\*\*\*\*\*VDHA is pleased to **generously** offer the “*Remote Supervision: Guidelines for Practice*” CE course **FREE OF CHARGE** to members and potential members for a **three month period**. See page 11 for more information\*\*\*\*\*



### Continuing Education

We have concluded a most successful Scientific Sessions. The speakers were all terrific and well received. For all who attended, there was a lot of praise for the effort that each one of them brought forth to ensure this was a great meeting.

Thanks go to all who attended. Many were our members, but almost as many were potential members! We were so glad to see them. It is fun talking to each other and having becoming new friends.

Most of all, I would like to thank all the volunteers that were the glue. People stepped up wherever and whenever they were needed. Truly, all were so appreciated.

Sheila B. Sheats, RDH  
Continuing Education Chair

### ADHA 95<sup>th</sup> Annual Conference

For more information: <http://www.adha.org/annual-conference/main>



#### Michael Jr.

General Session Keynote Speaker

Sponsored By:  

Saturday, June 23, 8am to 9:45am

Earn 1 CE credit for this session!

Join Michael Jr. for a candid conversation about finding your purpose.



## 2017 – 2018 Officers, Councils & Committee Chairs

|   |  |
|---|--|
| <b>President:</b> Mimi Magyar   | <b>Administrative Council:</b><br><b>(President Elect) Chair:</b> Emile Bonovitch<br><b>Budget and Finance:</b> Co-chairs: Sherri Moore & Jackie Perry<br><b>Vice President:</b> Tracey Martin<br><b>Policy, Bylaws and Resolution chair:</b> Julie Simms<br><b>Committee member:</b> Irene Connolly<br><b>Scopes Manual:</b> Julie Simms<br><b>Corresponding Secretary:</b> Stephanie Bettis<br><b>Recording Secretary:</b> Kate Hoffman<br><b>A.H. Williams Fund:</b> Pam Kitner   |
| <b>President Elect:</b> Emilie Bonovitch  |  |
| <b>Immediate Past President:</b> Patricia MacDougall  |  |
| <b>Vice President:</b> Tracey Martin  |  |
| <b>Treasurer:</b> Sheri Moore   |  |
| <b>Recording Secretary:</b> Kate Hoffman  |  |
| <b>Corresponding Secretary:</b> Stephanie Bettis  |  |
| <b>Speaker of the House:</b> Nicole Fisher Wells  |  |
| <b>Alternate Speaker of the House:</b> Emily Ludwig   |  |
| <b>Trustees:</b><br><b>01-Northern Virginia:</b> Julie Simms<br><b>02-Greater Richmond:</b> Susan Reid-Carr<br><b>03-Tidewater:</b> Meg Lemaster<br><b>05-Piedmont:</b> Vacant<br><b>06-Monticello:</b> Evelyn Grant<br><b>07-Peninsula:</b> Marge Green<br><b>09-Southwest Virginia:</b> Sharon Kennedy<br><b>10-Northwest:</b> Linda Gill   | <b>Planning and Development Council:</b><br><b>Chair:</b> Melanie Bartlam<br><b>Spring Scientific Session Planning:</b> Org Mgmt Group<br><b>Continuing Education:</b> Sheila Sheats<br><b>Ways and Means:</b> Karen Avey<br><b>House of Delegates:</b> Chair-Pam Kitner<br><b>Foundation Director:</b> Chair-Trish MacDougall<br><b>HOD Secretary/ Foundation liaison:</b> Irene Connolly<br><b>Foundation Secretary:</b> Cathy Berard  |
| <b>2018 ADHA Delegates</b><br>Trish MacDougall<br>Mimi Magyar<br>Cathy Berard<br>Keith Duron<br>Heather Tuthill<br>Tracey Martin<br>Emily Ludwig  | <b>Public Health, Education, and Professional Affairs Council:</b><br><b>Co-Chairs:</b> Susan Pharr & Cathy Berard<br><b>Regulation and Practice:</b> Heather Tuthill<br><b>Board of Dentistry Liaison:</b> Cal Whitehead<br><b>Lobbyists:</b> Cal Whitehead<br><b>VHy-PAC Directors' chair:</b> Maureen McCann<br>Vhy-Pac Director (appointed): Tammy Goswick<br>Vhy-Pac Director: Tracey Martin<br>Vhy-Pac Director: Rhea Rossi<br>Vhy-Pac Director: Stacia Brooks<br>Vhy-Pac Director: Jessica Elmore<br><b>Public Health Committee:</b> Susan Pharr<br><b>VA Health Workforce Dev. Authority Liaison:</b> Marty Sullivan<br><b>VA Oral Health Coalition:</b> Dr. Denise Claiborne<br><b>Free Clinic Liaison:</b> Catherine Johnson & Erin Fox<br><b>Head Start Liaison:</b> Deirdre Kane<br><b>VA Rural Health Association Liaison:</b> Dr. Rita Phillips<br><b>Education committee chair:</b> Meg Lemaster<br><b>DH Educators' consortium liaison:</b> Michelle McGregor<br><b>VA Department of Health Liaison:</b> Tiffany Wright<br><b>Ad Hoc Committee Remote Supervision CE:</b> Susan Pharr, Marge Green, Marty Sullivan, & Meg Lemaster |
| <b>Member Services Council</b><br><b>Chair – Julie Martin</b>   |  |
| <b>Membership Committee:</b> Emily Ludwig<br>Committee member: Kelly Fox<br><b>VA Student DH Committee Co-Chairs:</b> Inactive<br><b>ADHA Educ. Network Liaison:</b> Michelle McGregor<br><b>Directory:</b> Betsy DiSilvio<br><b>Newsletter Editor:</b> Moe Thompson<br><b>Awards:</b> Evelyn Grant<br><b>Historian:</b> Julie Martin<br><b>Website Manager:</b><br><b>ADHA IOH Liaison:</b> Cathy Berard |  |
| <b>Leadership Committee</b><br><b>Chair:</b> Kelly Tanner<br>Members: Sheri Moore, Misty Mesimer  |  |

## VDHA 2017-2018 Calendar

### Spring Scientific Session

2018 March 22-25 Hilton Richmond Hotel, Short Pump  
2019 March TBD

### HOD and Professional Development Workshop

2018 October 12-14 Four Points by Sheraton Richmond

### Executive Board Meetings

January 20, 2018 Zoom  
April 21, 2018 Zoom  
July 28, 2018 Charlottesville  
October 14, 2018 Richmond

### Ignite VDHA Leadership Workshop

2018 TBD

### Quarterly Reports Deadline (two weeks prior to E.B. Meetings)

January 6, 2018  
April 7, 2018  
July 14, 2018  
September 29, 2018 (if something to report, otherwise year end reports will take its place on Aug. 25, '18)

### HOD Reports/Year End Reports

August 25, 2018

### Awards Nominations

July 21, 2018

### Curet Deadline (two weeks following Executive Board Meetings)

February 3, 2018  
May 5, 2018  
August 11, 2018  
October 27, 2018

**Council Meetings:** Council meetings should take place online and reports sent **two weeks prior** to the executive board meetings.

### VDHA Foundation

January 26, 2018  
April 20, 2018  
July 27, 2018

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

2018 June 20-26 Columbus, Ohio

### ADHA District III Meetings:

- *Sunday, February 18, 2018, 2-4 pm ADHA District III Delegate Orientation Winter ZOOM Meeting*
- *Friday, June 1, 2018, 7-8:30 pm ADHA District III Reference Committee A ZOOM Meeting*
- *Sunday, June 3, 2018, 2-3:30 pm ADHA District III Reference Committee B ZOOM Meeting*
- *Sunday, June 3, 4:30-6 pm ADHA District III Reference Committee C ZOOM Meeting*
- *Friday, June 8, 2018, 7:30-9:30 pm ADHA District III Delegate-Alternate Delegate Workshop ZOOM Meeting*

### ADHA Executive Board Meetings:

March 23-25, 2018 ZOOM

### VOHC Summit

November 2018

### Unleashing Your Potential Weekend

2018 November TBA

### Virginia Board of Dentistry-Regular Board Meetings:

March 9<sup>th</sup>, 2018 Richmond  
June 8<sup>th</sup>, 2018 Richmond  
September 14<sup>th</sup>, 2018 Richmond  
December 14<sup>th</sup>, 2018 Richmond

### 2017-2018 MOM Project Weekends- VDAF.org for details

Portsmouth Project April 28, 2018  
Special Olympics Project June 9, 2018  
Wise Project July 20-22, 2018  
Grundy Project October 6-7, 2018  
Homeless Connect November 13, 2018

### International Federation of Dental Hygienists

2019 Seoul, Korea

## **Our Mission**

Lead the transformation of the dental hygiene profession to improve the public's oral and overall health and advance the science and practice of dental hygiene.

## **Our Vision**

Dental hygienists are integrated into the healthcare delivery system as essential primary care providers to expand access to oral health care.

Thank you to all who contributed information for this issue of the Curet.

Deadline for submission for the Summer Curet is August 11, 2018.

You may send submissions to [moethompson@gmail.com](mailto:moethompson@gmail.com)

Contributions are requested to be no more than 1 page in length, including photos and sent as an attachment in word doc, 12 pt Times New Roman font.