



Virginia
DENTAL HYGIENISTS'
ASSOCIATION

The Curet

Winter 2023

President's Message

“Find a group of people who inspire and challenge you, spend a lot of time with them, and it will change your life.” - Amy Poehler
Rise Up!

Our volunteer leaders have been sharing their time with me, inspiring and challenging me and it is life changing. In the past three months, we have accomplished **A LOT** to keep our Association “kite” rising up! I am so thankful for the volunteer leaders who dedicate their time and talents with me to improve the public’s total health and advance the science and practice of dental hygiene.

In November, we went to work for this Association. The Leadership Services Council was created focusing on our leaders’, our student members’ and dental hygiene educators’ development. They have already started planning the next Ignite!, more school visits (both in person and virtual), and working on bringing back the Educators’ Consortium. Our leadership worked on reviewing OMG (our management company) and updating the contract. Our advocacy team worked on the Call to Action that was sent on Nov. 17, 2022. We also started the process of hiring a lobbyist firm. I ended the month by having a virtual visit with the dental hygiene students from Virginia Peninsula CC (formerly known as TNCC).

In December, the volunteers allowed me to challenge them with a few deadlines before the holidays and I am grateful for their trust in me as President. I started the month with a virtual visit with the dental hygiene students from Germanna Community College. I attended the ADHA Webinar on the new logo (hello purple!!). In the middle of the month, our advocacy ad hoc committee was busy with lobbyists interviews and discussion on the interview. Our Administrative Council held a meeting to review calendar updates, established biweekly OMG meetings with the President and President-Elect, and finalized the OMG contract. I also invested my time in learning about the finances of this Association with our State Treasurer.

In January, we started the New Year on the right foot! Our Leadership Services Council and Member Services Council updated us on their current projects including continued planning for Ignite! in November 2023, plans for our membership and updates to our websites. Our Planning and Development Council came together to focus on finishing the plans for our Scientific Session on March 24-26, 2023 in Falls Church, VA. I learned more about the VDHA Foundation from our ADHA Past President Marge Green, membership concerns from our previous Membership Chair Sam Vest, and another meeting with our State Treasurer Trish MacDougall for continued education on the budget. One of **our biggest wins** this month was hiring our lobbyist team, Legislative Strategies Group! One of **my biggest wins** was the challenge from our Advocacy ad hoc committee to create an educational video for the Virginia Legislators on our profession. Huge **thank you** goes to my husband, Robert, for spending his time filming, and to Past President Michelle McGregor’s son, Carson, for helping to enhance it. **Congratulations** goes to our Advocacy and Legislative Chair for our biggest win this month of bringing back our in-person Rally Day in Richmond, VA! The volunteers were gifted by Past President Emilie Ellis with royal purple scarves (thank you!). The sea of purple scarves showed legislators we are back and ready to work together to protect the public and advance the art and science of our profession.

President's Message (continued)

I would like to **challenge** you, our members. Join us! Share your talents and time or share your treasurers so we can continue to raise this kite and send it soaring. Remember, by working only one full day a year (or use the quarterly plan), you could pay your dues and share your treasurers. Your dues will help us retain the newly hired lobbyists, increase the power of our voice when we meet with our legislatures throughout the year, and host our Scientific Session, Ignite!, House of Delegates and Rally Day!

As an individual, I cannot do it alone. We cannot do this alone. We must take turns holding the kite that is this Association and running with the string in hand to **RISE IT UP**. We must lift each other up when we get tired. It takes teamwork to **persevere, have courage, and confidence** to **RISE UP**.

All of the Association's work is focused on enriching your experience as members, so we are always open to feedback on our current services and how we can better serve you. Feel free to reach out to me, any of our constituent leaders, if you have ideas or would like to get involved. Thank you for your trust in me as your 2022-2023 President. I'm looking forward to continuing to **rise up** with you, and I am grateful for your partnership and dedication to our Association.



Happy New Year to you and yours!

Heather Tuthill, MPH, RDH

Heather Tuthill, MPH, RDH
VDHA President 2022-2023

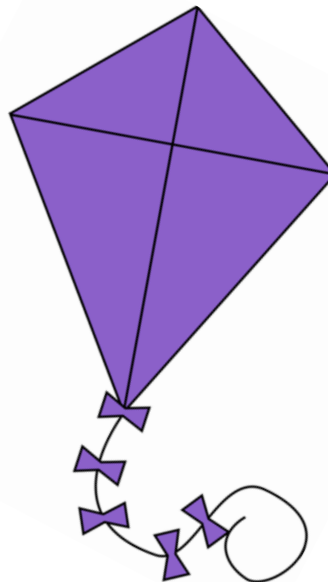


Table of Contents

President's Message – Page 1-2
 Upcoming Events – Page 3
 Meet the President Elect – Page 4
 Component News – Page 5 - 8
 Membership News – Page 9
 Leadership News – Pages 9
 Planning & Development – Page 9
 PHEPA News – Page 10
 Legislative & Advocacy Committee News – Page 11
 VDHA Foundation Page 12 - 13
 ADHA Institute for Oral Health – Pages 14
 Student Chapter News – Pages 15 - 21
 ADHA Conference Dates – Page 22
 Council & Committee Chairs – Page 23
 VDHA Calendar – Page 24 - 25
 VDHA Mission Statement – Page 26
 Curet Submission Information – Page 26

Upcoming Events

Executive Board Meetings

March 26, 2023	5 pm – 8 pm	Falls Church, VA
July 22, 2023	9 am – 1 pm	Zoom

REGISTRATION NOW OPEN!
70th Annual Spring Scientific Session
MARCH 24-26, 2023
Falls Church Marriott



Meet the President-Elect

An interview with Kristen Robbins, BSDH, RDH-President-Elect
fourkristen1992@gmail.com

Why did you want to run for President-Elect?

I have gained a passion for spreading our association's value to local dental hygienists. I have been a member of the VDHA as a student and professional member since 2016. Others noticed my passion for advocacy and public health. I have been a member of the mentorship program, where I gained leadership in preparation for this role. Was this the right time for me? Yes. I knew our profession needed a leader who could aid in transitioning the association into modern times, especially since ADHA is celebrating its' 100th anniversary.



Tell us how you first got involved with VDHA.

I became involved with the VDHA as a delegate for HOD in 2018. In addition, I volunteered as one of the Vhy-PAC directors. In the Greater Richmond Dental Hygienists' Component, I began as a co-legislative chair to get involved with advocacy. Then in 2021, I became chair for Greater Richmond.

What are some of the best things (so far) to happen since you started volunteering with VDHA?

I felt the same passion I have for the profession amongst all the VDHA members. But I was a part of something bigger. Mentors of mine saw my leadership potential, so I went along for the ride and began my journey. First, I volunteered on several committees and was selected to be in the mentorship program. Being chosen to be a mentee in the mentorship program was one of the best things to happen during my time in VDHA.

How would someone describe you?

My friends, loved ones, and colleagues describe me as energetic, loyal, driven, giving, reliable, and generous. Patients tell me how passionate and thorough I am about my job. The students describe me as an instructor who is firm, approachable, and inspiring. I am told I think outside of the box, which has helped me develop as a leader, educator, and clinician. Honestly, I am not one to describe myself, but I feel these represent me well.

What do you do when you aren't volunteering/working?

That is a good question; when am I not volunteering? In my spare time, I am always at a dental event, giving back to the community, and attending dental mission trips abroad. In addition, I enjoy walking my pomsky, Kodi, spending time with family and my husband, Richard, doing yoga, or you can catch me driving my Jeep off road to go fishing at the OBX.

What do you tell someone who is thinking about volunteering with VDHA?

By becoming a member of VDHA, you are a part of a family where you can be yourself among other hygienists. As a mentor, Mary Littleton stated this association is the insurance for our profession to protect it. What would the world be like without dental hygiene? By becoming a member, you can be involved in whatever capacity that works for you. We welcome you to be a part of our inclusive tribe!

Component News & Reports

Greater Richmond

Greater Richmond Component Contacts

Marlene Rhodes, BSDH, RDH, CDA- Trustee - marlenerhodesrdh@gmail.com
 Miranda Menk, BSDH, RDH- Co-Chair – mirandajomenk@gmail.com
 Hagir Saleh, BSDH, RDH – Co-Chair - hagirsaleh7@gmail.com
 LaTasha McLee, BSDH, RDH- Financial Liaison - lateshamclee@gmail.com
 Emily Comia, BSDH, RDH – Secretary - ecomiardh@gmail.com

Scientific Session will be hosted by another component this year and we look forward to seeing all of you there. Registration can be found on the VDHA homepage <https://vdha.wildapricot.org/>. March 24 to 26 at the Falls Church Marriott Fairview Park in Falls Church VA

Events: We were able to have some of our component members attend an in-person Rally Day. Many of our designated Greater Richmond area Virginia representatives were visited. They expressed satisfaction to be in our corner when it comes to protecting our scope of practice and will be glad to represent our association in any way possible.



The Annual VDHA House of Delegates was a huge success where much business was conducted. VCU students attended to witness faculty member Mrs. Tuthill inducted as president. Proud moment!!!!

Next Meeting: March 20, 2023, 6:30 PM at Wegman’s Short Pump location! JOIN US IN PERSON if at all possible. A Zoom link will be available.

Membership and Leadership Opportunities: We are excited to have new component leaders with some fresh ideas for peaking interest in the association. Be on the lookout for new information and emails coming your way.

The VDHA has leadership and mentorship opportunities for those who are interested. Advancing within our association and within your own career is very rewarding and we would love to hear from you.

CEs: We had a CE on Dental Hygiene + DAIH = The New Dental Mid-Level Provider Wednesday, November 9th.

We look forward to our next CE, Nature’s Booster Shot: Eating Smart to Maintain Optimal Oral Health. This meeting will be held in a virtual format on Thursday, February 23, 2023 @ 6:30.

Monticello – No Submission at this time

Northern Virginia

The Northern Virginia Dental Hygienists' Component hosted a 2-hour CE on November 15th at PJ Skidoos, Fairfax. The topic was "Diabetes and Oral/Systemic Health with speaker Sherry Basham, as well as new product information from Proctor and Gamble.

Our Annual Component Brunch at PJ Skidoos, Fairfax was held on December 4th.

Then January 17th, a 2- hour CE "Opioid Addiction and Narcan training" was presented by speaker Linda Boyd Mullins, RDH, BS.

February 15th will offer 2 CE's with speaker Lindsey Bielick. The two topics will include "Supporting Oral Health" and "Guided Biofilm Therapy" presented via ZOOM.

We are proud to support Sherry Basham in her annual community outreach project "Baby." Sherry provides an informative pamphlet about oral health care for children and will be providing infant finger teething rings for young children. She will be delivering these to area hospitals.

Catherine Johnson, NVDHA Public Outreach liaison, is organizing a community service "Giving Back" with the assistance of area hygienists to volunteer at Free Dental clinics. There are two clinics planned: Northern Virginia Dental Clinic, Fairfax Virginia and Sterling Dental Clinic, Sterling, Virginia. Please contact Catherine Johnson (702-820-7170 or cqjhoney@gmail.com) if you are able to volunteer. Alternatively, you can email Jeimy Fuentes, NVDC operations manager at JFuentes@nvdcadmin.org. The event will take place December 2, 2023 from 9-5.

Respectfully Submitted,
Julie Simms, 01 Trustee

Northwest Virginia

The Northwest Component will be holding a continuing education class on February 18 via Zoom. It is a 2-hour CE presented by Carol Jahn, MS, RDH and the topics will be: "Dealing with Difficult People: Strategies for Managing Patients, Co-Workers and Bosses" and "Emerging Trends Linking Oral and Systemic Health". Cost is \$25 for ADHA members and \$50 for non-members. SCADHA members can attend for free.

We will hold a Hygiene Social Event on May 20th. The place is still to be determined. Component meetings are held virtually the 3rd Thursday of every month at 7pm.



Peninsula

Happy New Year! It sure has been a chilly start to 2023 here in the Peninsula. Students and staff from Virginia Peninsula Community College joined VDHA representatives attending the first in-person Rally Day since COVID-19. Rally Day was held on January 27, 2023, at the Capitol in Richmond. We are so proud of our representatives, fellow colleagues, and students for an energetic day of meeting with legislators to advocate for our profession.

Keep a look out for upcoming continuing education courses and component meetings on:
<https://vdha.wildapricot.org/07-Peninsula>



Left: Officers, VPCC Staff, and Students at Rally Day 2023 Right: Cailah Christensen (VPCC student) and Julie Martin

Component Personnel:

Chair: Cindy Saxton

Financial Liaison: Jennifer Podish

Trustee: Marge Green

Secretary: *vacant*

Membership: Desiree Turner

Continuing Education Events: Elizabeth Heath

Continuing Education Sponsorship: Amy Rankin

Fundraising: *vacant*

Facebook: Julie Martin

SC-ADHA Liaisons: VPCC – Kelly Tanner
ODU, SODH

Advisory Board: Marge Green

Legislation: Marge Green

As always, we are looking for more people to join our component! Please reach out to your friends and colleagues in the Peninsula area and tell them all the magnificent reasons to join the VDHA. Stay up to date with our component and join our Facebook group:

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

Southwest Virginia – No submission at this time

Tidewater

Happy New Year and welcome 2023! Tidewater component recently held our annual holiday social. Our component met at Elation Brewery and was so excited to spend the evening with many of the juniors and seniors from ODU's School of Dental Hygiene. We even were entertained by the students, senior Megan Reich and junior Abigail Brown, both happened to be amazing karaoke singers!



Tidewater is working on lining up educational and informative CE's for the upcoming year. Tidewater is also always accepting any member that is interested in learning more about the profession outside of the clinical office. If you have any questions about getting more involved in our component, contact any of our component members.

Tidewater Officers:

Co-Chairs: Jessica Suedbeck and Emily Ludwig

Trustee: Kelly Fox

Financial Liaison: Angela Tye

Media Management Team: Sam Vest

Submitted by Kelly Fox, Trustee 03

Membership News

Your Membership is important for the success of your profession.
Remember to renew and keep your membership up to date.

Leadership News – No submission at this time

Planning & Development Council News

70TH SCIENTIFIC SESSION
 March 24 to 26, 2023
 Falls Church Marriott Fairview Park

JOIN US!

adha™ | **Virginia**
 DENTAL HYGIENISTS' ASSOCIATION

REGISTRATION IS NOW OPEN!! HOPE TO SEE YOU THERE!!



Public Health, Education & Professional Affairs Council News

Public Health Committee Head Start Update

Congratulations and a huge thank you to three VDHA hygienists who are stepping up and starting their journey to develop and maintain collaborative relationships with Virginia Head Start!!!

--**Regina Dixon:** Regina is now a **VDHA Co-Liaison to Virginia Head Start**, a position under the VDHA Public Health Committee. This position helps maximize visibility and involvement of VDHA as a key stakeholder in policy changes. She will be encouraging others to get involved with their local Head Start! Regina is a VCU graduate who is working on her MPH, and wants to be more involved with VDHA and Head Start. This is the perfect fit for her!

--**LaTasha McLee:** LaTasha is the other half of the **VDHA Co-Liaison to Virginia Head Start**. She is interested in the ‘grassroots’ involvement with a local Head Start program, and will be reaching out to the **Henrico County Head Start** program. She is currently an Assistant Professor in the VCU Department of Dental Hygiene and the Clinical Coordinator for the junior DH students! She brings a great foundation – and is also... a great fit!

--**Toni Alaimo:** Toni is serving as the **ADHA/ASTDD Dental Hygiene Liaison to Virginia** ([ASTDD | Head Start State Dental Hygienist Liaisons Information](#)). She was involved with Head Start in Maryland, and has recently moved to the Richmond area. She is very anxious to establish working relationships with Virginia hygienists and Head Start; and help broaden the role of hygienists in the Head Start setting.

We applaud each of these VDHA members, as they explore their passion and interest in moving our profession forward outside of the clinical private practice arena. Their courage and obligation to their profession and serving the public at large has brought them to this exciting adventure!



REMEMBER TO APPLY FOR YOUR NPI NUMBER!



The NPI number is a 10-digit number assigned to YOU as a health care provider. Collectively, it is the first step towards a state policy that changes our payment model in Virginia, as it has in 19 other states, and supports the provision of our services beyond the four walls of the traditional dental office. But it takes a concerted effort with broad participation of everyone!!

BE A PART OF THIS CHANGE TO MOVE OUR PROFESSION FORWARD!!

[Click here](#) to complete the FREE 10-minute application. [Click here](#) for more information!

Legislative and Advocacy Committee

Greetings to all from your Legislative and Advocacy Chair,

We had a very successful Rally Day in Richmond on Friday, January 27. We had 19 Registered Dental Hygienists and 66 students from three Virginia Dental Hygiene programs: VCU, ODU and Virginia Peninsula Community College (formerly known as Thomas Nelson CC). We were divided into 15 groups with each of the hygienists mentoring and leading a group of students to visit with key committees: Health, Welfare and Institutes and the Education and Health Committees. We then went to see all of the legislators. We encouraged all students and RDHs to look up who their legislators are and communicate with them. We had talking points for all so that we delivered a united message. We also delivered oral health care kits to all legislators.

Since we had no legislation that was being presented, the focus points of our “Talking Points” were as follows:

- Thanking our legislators for supporting the 30% increase in Medicaid reimbursements as it should increase the access to care by increasing the numbers of providers that are willing to work with the underserved populations.
- VDHA supports the concept of licensure portability as long as it upholds the same criteria that the BOD has outlined in the regulation 18VAC60-25-150, which defines the parameters for an applicant to be considered for “licensure by credentials”.
- VDHA reminded the legislators to “look for the license” to be displayed when being cared for by a registered dental hygienist.
- We reminded our legislative representatives of the educational requirements that our profession requires of us to competently and safely serve the citizens of the Commonwealth of Virginia. Including our curricula of a minimum of 72-122 college credit hours depending on your degree (Associate or Baccalaureate), plus reminded that some hygienists hold a Master of Science and Doctoral degrees. We complete extensive hours of clinical practice to hone our skills to safely deliver care using instrumentation.
- For our license, we have to complete: a comprehensive written National Board, a state or regional clinical and written exam plus continue to take a minimum of 15 hours of continuing education to renew our license annually.

We felt these were important reminders for our legislators, as there are those who would like to consider having dental assistants perform coronal scaling. No legislation has been introduced, but it has been written about in the Virginia Dental Journal Vol 99 #4 October-December 2022.

Keeping the grassroots members informed and involved will help us to maintain the standards of care and the educational process for those of us who hold a dental hygiene license.



Respectfully submitted, Maureen McCann Sawin, RDH, BSDH

Maureen Sawin, RDH, BSDH, Katarina Jones (VCU), Delegate Wendell Walker (Lynchburg), Emily Teates (ODU), Sarah Mitchell (VCU) and Madison Farnham (VCU).

VDHA Foundation



VIRGINIA DENTAL HYGIENISTS' ASSOCIATION FOUNDATION REPORT OF GIFTS January 1, 2022 through December 31, 2022

JEFFERSON CLUB- \$1,000 or more

Northern Virginia Hygienists' Component
In memory of Patricia Ann Golliday, RDH

MONROE CLUB- \$250 to \$499
Susan Pharr
In honor of my VDHA Colleagues

PATRIOT CLUB- \$100 to \$249

Catherine Berard
In honor of Mike Berard
Irene Connolly
In honor of Emilie Ellis, VDHA Chair
Heather Fonda
In support of advancing and elevating our Association
James H. Forsberg
In honor of Julie Simms
Marge Green
In gratitude for VDHA servant leaders and members
In memory of Mike Berard
April Priest
Elaine Newland
On behalf of the Outcasts
Greater Richmond Dental Hygienists' Component
Monticello Dental Hygienists' Component
Southwest Dental Hygienists' Component
Tidewater Dental Hygienists' Component

DONOR CLUB- \$1.00 to \$99

Y. Amos
Sherry Basham
In honor of Nancy Martin
Emilie Ellis
In honor of Cathy Berard's husband, Mike

Kelly Fox
Evelyn Grant, RDH, MBA
Desiree Harrington
Pam Hill
Catherine Johnson
In memory of Tim E. Johnson
Joyce Kwiatkowski-Spieler
In honor of VDHA volunteers
Mimi Magyar
In honor of Tracey Martin, VDHA President
Julie A. Martin, BSDH, RDH
Tracey Martin
Kimberly M. May
Darian Moore
Tonya Mortensen
In honor of Nancy Martin
Merrilyn Prucha
In memory of Michelle Darby
Susan Reid-Carr
In memory of Jackie Perry, RDH, MS
Princess Rhoads
Marlene Rhodes
In memory of Cristy Cassella
Kristen Robbins
Rhea Rossi
Maureen Sawin
Janis Slezak
Julie Simms
Sydney Smith
Heather Tuthill
Deanne Watson
Maloy Van Faussien
In memory of Jackie Perry, RDH, MS
Northwest Dental Hygienists' Component
Peninsula Dental Hygienists' Component

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

VDHA Foundation continued



VIRGINIA DENTAL HYGIENISTS' ASSOCIATION FOUNDATION

The VDHA Foundation is proud to announce the recipient of our Foundation sponsored Institute of Health scholarship in memory and in honor of our Foundation benefactor Alice H. Williams: David Wein. David is completing his course of dental hygiene study at the Virginia Commonwealth University.

David shared: "I want to express my most heartfelt gratitude for the IOH A. H. Williams dental hygiene scholarship that has been generously awarded to me. I am incredibly grateful and honored to have been selected as the recipient of this award. The financial support that this scholarship provides will go a long way in helping me achieve my dream of becoming a dental hygienist and being able to give back to my community. It takes a significant amount of effort, time, and resources to pursue this career, and this scholarship will relieve some of the financial burdens that have come along with it. I am a determined and compassionate individual who wakes up eager each day to continue my education and work towards making a positive impact in the dental hygiene community, just as Alice Hinchcliffe Williams did within her community. Thank you."



The Alice Hinchcliffe Williams, RDH, MS Merit Scholarship is funded by the Virginia Dental Hygienists' Association Foundation to honor our deceased colleague and benefactor who helped to establish the VDHA Foundation. It is awarded to a student possessing Virginia residency that is seeking a post licensure or graduate degree. The award amount is \$1,500 and applications become available on October 1st of each year and are due to the ADHA IOH by 11:59 pm CST on February 1st of each year.

Please visit the IOH Scholarship and Grant applications page at the ADHA.net website. The Research Grant Application deadline is March 31, 2023 if you have a research project that you wish to pursue.

Respectfully,
Catherine Berard, BSDH, RDH
VDHA Foundation Secretary

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



ADHA INSTITUTE FOR ORAL HEALTH

Please remember that there are multiple scholarships available on the IOH website, the deadline to apply for them is Feb 1st of each year. These scholarships include the one funded by the VDHA Foundation and are specific to Virginia resident applicants!

You can visit our Virginia donor page:

https://mymembership.adha.org/Members/Fundraising/State_Giving_Pages/Virginia_State_Giving.aspx

**Give
Now**

Help fund
the future
of dental hygiene

Student Chapter News

[Danville Community College](#) – No Submission at this time

[Germanna Community College](#)

Germanna's Dental Hygiene cohorts are off to a great start of the year! One way our second-year Dental Hygiene class gives back to the community is participating in Give Kids A Smile held at the Lloyd F. Moss Free Clinic in Fredericksburg, Virginia. Give Kids A Smile is a day of free oral health care services to underserved children. Germanna was able to do an interprofessional collaboration including GCC's paramedic, nursing, and dental hygiene students coming together to give optimal care to the children. The Nursing students provided health education and the Paramedic students took the patients vitals before the second-year Dental Hygiene class provided preventive care. This program was led by Germanna's Dental Faculty: Misty L. Mesimer (Dental Assisting & Hygiene Program Director), Allision Samo, and Dr. Wall.



The first-year students began their first steps into their Dental Hygiene careers and opportunities! This class's first semester gives them a foundation of Dental Anatomy, Oral Histology, Embryology, and Head and Neck Anatomy, Radiology, and Dental Hygiene Theory and Practice I. Some of the first-year students we gained are GCC Dental Assisting Alumni!

Submitted by,
Victoria Dempsey, CDA
Interprofessional Healthcare Student Council President

Laurel Ridge Community College – No Submission at this time

Northern Virginia Community College

Welcome back to class! It's so hard to believe winter break has come and gone and we are back at it again. The first year dental hygiene students have a big semester headed their way but with lots of caffeine and sleepless nights we will conquer these classes. Second semester our classes include Pharmacology, Periodontics, and Pathology, the 3 P's as we affectionately call them. We will be tackling all things gingiva, including diseases and treatment in perio. Pharmacology will teach us about drugs; drug types, drug actions, receptors and how they impact our nervous system, which drugs treat what diseases, and which drugs interact with each other. We will learn about various diseases and lesions, how to identify them, how to treat them, and how to modify our treatment plan for them in Pathology. It's a lot of information but with the help of our excellent professors who want nothing more than our understanding and success we will pass these classes. The biggest hurdle facing our first year class this semester is our locating our first patients. We are all on the hunt to find friends and family willing to be our patients (so if you are willing let us know!). While this is slightly terrifying we are all feeling confident in our skills and excited to begin providing care to those we know. Our cohort is tight-knit and caring as ever, we are supporting each other as we work our way through these courses, the friendships we are forging through this challenging program will last a lifetime. Wishing all the students best of luck in this upcoming semester!

Submitted by: Adelaide Cope first year class of 2024



The class of 2023 has already started our last semester! We are all working diligently in clinic to finish our graduation requirements, studying for our boards and applying for jobs. This semester we will continue our community outreach projects, providing education to the community on the importance of oral health, and volunteering at Northern Virginia Dental Clinic. In preparation for starting our careers, representatives from numerous dental practices will be coming to NOVA to present career opportunities with them. As our time at NOVA is coming to a close and we are all closer to reaching our dream of becoming Registered Dental Hygienists we would like to thank our faculty for all of the opportunities and support they have given us along the way. Our class would like to extend best wishes to everyone for their upcoming careers in dental hygiene.

Submitted by: Roxanne Lam second year class of 2023

Northern Virginia Community College (Continued)

Northern Virginia Community College and the Medical Education Campus is thrilled to welcome their new **Associate Dean of Health Sciences, Marina McGraw!**

Marina has been a registered dental hygienist for 26 years. She spent over 18 years practicing dental hygiene in a General Dentist office in Charlottesville, Virginia. During that time, she was the President of VDHA. She also volunteered as an EMT-E for 3 years for Lake Monticello Fire and Rescue and was a member of the Water Rescue Team. In Spring 2014, she came to NOVA and has served the Dental Hygiene program as the second-year Clinic Coordinator and has been the Program Director and Associate Professor since 2015.

Ms. McGraw earned her Associates Degree in Dental Hygiene from Virginia Western Community College in Roanoke VA. She received her Bachelor's in Health Science from Old Dominion University in Norfolk, VA. She holds a Master's in Health Administration from the University of Phoenix, Phoenix AZ. Currently, she is enrolled in Eastern Virginia Medical School pursuing her doctoral degree in Health Sciences.

She has a thirteen-year-old daughter, Eden, who keeps her busy and in her free time she enjoys cycling and reading.

Please help us in welcoming Associate Dean McGraw to the administrative team of the Medical Education Campus!



Old Dominion University



ODU President, Dr. Brian Hemphill at the ODU Dental Hygiene Care Facility with Senior care provider, Emma Marler and Senior student Meagan Tharrington

Dear Colleagues,
Happy Spring! The Old Dominion University School of Dental Hygiene (SODH) classes of 2023 and 2024 had a successful Fall semester and are excited for the start of the Spring semester. Even the President of Old Dominion University, Dr. Brian Hemphill, came to our clinic in the Fall with one of our wonderful seniors providing his dental hygiene care!

The Senior Class of 2024 has been busy in clinic and classes as well as in the community providing dental hygiene services and oral hygiene education to populations in need! They all also attended the AndyRDH National Board Examination Review and are taking the ODU SODH mock board examination this weekend!
Go Seniors!

The Seniors also recently attended the Virginia Dental Hygienist’s Association’s Rally Day at the Capital in Richmond! Along with ODU Faculty, Assistant Professor and Graduate Program Director, Dr. Denise Claiborne, and Assistant Professor and SADHA Co-Advisor, Emily Ludwig, the students worked alongside VDHA leadership, VCU and VPCC students, and registered dental hygienists to advocate for our profession in Virginia.

The Junior Class of 2024 is also busy with classes and just started seeing their first patients (friends and family) in clinic this week! I am sure we all remember how exciting and stressful this time can be! Go Juniors!

Finally, the ODU School of Dental Hygiene’s faculty have also been busy preparing for their upcoming Winter Weekend event! A weekend of intensive continuing education for dental hygienists, February 24th-26th! We also have an in-person Alumni event scheduled for February 25th from 6-8pm at the ODU School of Dental Hygiene! We hope to see many Alumni there and at Winter Weekend!



Senior Class of 2023 with faculty, Dr. Denise Claiborne, and Emily Ludwig at the Capital in Richmond at VDHA’s Rally Day

Superheroes of Dentistry: Community-Based Dental Care
Mysteries of the Medical History
BioGala Premier
waterpik
Oral Microbiome and Link to GI Health
OLD DOMINION UNIVERSITY

Respectfully submitted,
Emily Ludwig, RDH, MSDH
Assistant Professor and SADHA Co-Advisor

Ann M. Bruhn, RDH, MS
Chair and Associate Professor

SUBMIT YOUR PHOTOS: School of Dental Hygiene Alumni Event
February 25, 6-8 PM

Calling all ODU Dental Hygiene Alumni! We want your photos for our upcoming Alumni event on February 25!

This alumni event will include networking, an exhibit hall, tours of the clinic, light refreshments, and raffles for awesome prizes!

You can submit photos to this email: OfficeofODUSODH@odu.edu

We would love to have you at the event as well, if you would like to attend, please RSVP at https://odu.co1.qualtrics.com/jfe/form/SV_70tk7v52x9h12Lk

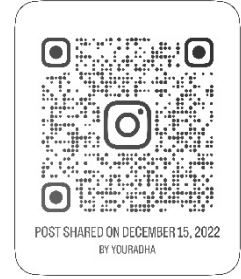
Parking: Constant Center 45th Street Garage 1060 W 45th Street on floors 3-5 ONLY. Please be sure not to park in any clearly marked reserved spaces on these floors.



Virginia Commonwealth University



Congratulations to the VCU SCADHA Chapter for second place and a \$1,000 grant for their Myth Buster video. This video competition is presented each year by the ADHA in order to involve student chapters. VCU took a unique perspective and highlighted some of the myths dental students have about being a dental hygienist. The SCADHA historian Hannah Coley worked diligently to curate this video and involve the whole chapter. You can view the video on the ADHA social media accounts at the QR code attached!



The senior class attended Andy RDH's board review on January 13th-15th in Raleigh, NC. The class reviewed the full dental hygiene curriculum compressed into three full days. The professors here were incredibly helpful to guide us in our studying for the NBDHE. If you want to see our favorite subjects, you can check out our Instagram @scadha_vcu!



The students from VCU attended VDHA Rally Day on January 27th, 2023. Our students had a great time with the VDHA hygienists and students from other hygiene schools. We grew our skills in leadership, advocacy, and networking with mentorship from our VDHA leaders. We handed out oral health kits, advocated for the hygiene profession, discussed important bills related to healthcare, and educated many on the importance of preventative care. The students are extremely grateful for this opportunity to speak to our legislators and look forward to the seeing the impact we have made.



Samantha Richardson, VCU SCADHA President

Virginia Peninsula Community College



Student Delegates Gillian Hogg and Cailah Christtensen with Program Director of Virginia Peninsula Community College, Dr. Kelly Tanner, during the VDHA House of Delegates

Virginia Peninsula Community College Students with Peninsula Dental Hygienists' Association at the State Capitol.



Virginia Western Community College - No submission at this time
Wytheville Community College



Dental Hygiene students, Class of 2023, recently attended board review in Raleigh, NC.



(L-R) Lisa Thompson, Chloe Bostic, Alex Williams, Ashley Felts

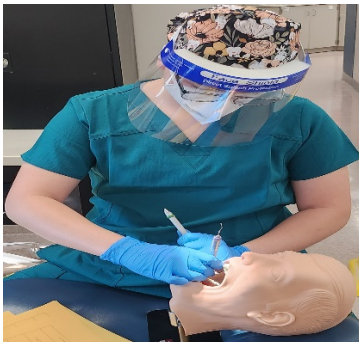


(L-R) Alex Williams, Chloe Bostic, Lisa Thompson, Ashley Felts



Students enjoy Welcome Back Day on campus!

Dental Hygiene students, Class of 2024, are learning the procedures to begin seeing patients.



ADHA Annual Conference Dates



ADHA 2023 CHICAGO — 100TH ANNIVERSARY CELEBRATION!

Chicago, Illinois
Friday, July 7 – Sunday, July 9, 2023

adha23
ANNUAL CONFERENCE

ADHA 2024 NEW ORLEANS

New Orleans, Louisiana
Friday, July 26 – Sunday, July 28, 2024

2022 – 2023 Officers, Councils & Committee Chairs

Officers	Administrative Council: Chair (President Elect): Kristen Robbins
President: Heather Tuthill	President: Heather Tuthill
President Elect: Kristen Robbins	IPP: Tracey Martin
Immediate Past President: Tracey Martin	Budget and Finance: Emilie Ellis
Vice President: Heather Fonda	Treasurer: Trish MacDougall
Treasurer: Trish MacDougall	Vice President: Heather Fonda
Recording Secretary: Samantha Smith	Policy, Bylaws and Resolution chair: Julie Simms
Speaker of the House: Kate Hoffman	Procedure Manual: Heather Fonda
Alternate Speaker of the House: Ryan Maphis	Corresponding Secretary: Samantha Smith
	Recording Secretary: Samantha Smith
	A.H. Williams Fund: Amy Geiser
	Leadership Committee Chair: Kelly Tanner
	Nomination Committee Chair: Emilie Ellis
	Speaker of the House: Kate Hoffman
	Alternate Speaker of the House: Ryan Maphis
Trustees:	Planning and Development Council: Chair: Tonya Mortensen
01-Northern Virginia: Julie Simms	Continuing Education Chair: Sheila Sheets
02-Greater Richmond: Marlene Rhodes	Ways and Means Co Chairs: Jessica Suedbeck & 2 nd vacant
03-Tidewater: Kelly Fox	House of Delegates Chair: Mimi Magyar
06-Monticello: Nancy Dragovitch	HOD Secretary: Amanda Kimball
07-Peninsula: Marge Green	Foundation Director: Chair Tracey Martin
09-Southwest Virginia: Sharon Kennedy	Foundation liaison: Irene Connolly
10-Northwest: Meghan Glago	
2021 ADHA Delegates	Public Health, Education, and Professional Affairs: Chair: Cathy Berard
Tracey Martin, IPP, 1 st delegate	Advocacy and Legislation: Maureen Sawin
Heather Tuthill, Pres, 2 nd delegate	BOD Liaison Tyler Craddock and Troy Garrett, LSG Firm
LaTasha McLee, 3 rd delegate	Lobbyists: Legislative Strategies Group (BOD Liaisons)
Emilie Ellis, 4 th delegate	Public Health Committee: Brooke Crouch
Kristen Robbins (PE), 1 st alternate delegate	Virginia Health Workforce Development Authority Liaison: Vacant
Cathy Berard, 2 nd alternate delegate	VA Health Catalyst: Dr. Denise Claiborne & Susan Pharr
Sam Vest, 3 rd alternate delegate	Free Clinic Liaisons: Sherry Basham
Pam Boyer, 4 th alternate delegate	Head Start Liaison: Regina Dixon
	VA Rural Health Association Liaison: Dr. Rita Phillips
	VA Department of Health Liaison: Brooke Crouch
Leadership Development Services Committee: Chair: Kelly Tanner	VDHA Foundation Directors: Chair: Tracey Martin, IPP
Leadership Mentoring Chair: Emilie Ellis	Chair Elect: Heather Tuthill, VDHA President
Educational Com. Chair: Marion Manski Leadership	Secretary: Cathy Berard
Sustainability Chair: Dr. Kelly Tanner	Treasurer: Marge Green
Nominations Committee: Tracey Martin, Susan Reid-Carr, Mimi Magyar	VDHA Liaison: Irene Connolly
Leadership Development Chair: Misty Mesimer	Ways and Means: Jessica Suedbeck
SCADHA Liaisons: Pamela Boyer, Samantha Smith	Continuing Education: Sheila Sheats
SCADHA Consultant/VDHA Foundation Liaison: Irene Connolly	VDHA Treasurer: Trish McDougall
Student Member: Cailah Belvin (VPCC Student)	
	Member Services Council Chair- Julie Martin
	Membership Committee chair: vacant
	Directory: OMG
	Newsletter Editor: Moe Thompson
	Awards: Meghan Glago
	Historian: Julie Martin
	Website Manager: OMG
	ADHA IOH Liaison: Cathy Berard

VDHA 2022-2023 Calendar (page 1)

Spring Scientific Session

2023 March 24-March 26 Falls Church Marriott Fairview Park, Falls Church, VA
2024 TBD

House of Delegates and Professional Development Workshop

2023 October 27-29 Hilton Richmond Hotel & Spa/Short Pump again

Executive Board Meetings

2023 January 21	9 am-1pm	ZOOM
2023 March 26	5 pm-8pm	Scientific Session
2023 July 22	9am-3pm	ZOOM
2023 October 29	8am-12pm	Richmond, VA
2024 January 20	9am-1pm	ZOOM
2024 March 31	9am-1pm	Scientific Session
2024 July 20	9am-3pm	TBD
2024 October 27	8am-12pm	TBD

Ignite VDHA Leadership Workshop

2023 November 18 TBD
2024 November TBD

Quarterly Reports Submission Deadline: (two weeks prior to Executive Board Meetings)

2023 January 7
2023 March 11
2023 July 8
2023 October 14
2024 January 6
2024 March 16
2024 July 13
2024 October 12

Awards Nominations Deadline

2023 July 15
2024 July 13

Curet Article Submission Deadline: (two weeks following Executive Board Meetings)

2023 February 4
2023 April 8
2023 August 5
2023 November 11
2024 February 3
2024 April 13
2024 August 3
2024 November 9

Council Meetings: Council meetings should take place online, and reports should be submitted two weeks prior to Executive Board meetings.

VDHA Foundation

2023 January 26	1-4 pm	Richmond, VA	The Commonwealth
2023 July 21	TBD	ZOOM	

ADHA Annual Conference/Business Meeting:

2023 July 7-9 (Conference)	July 9-11 (Business Meeting)	Chicago, IL (100 th Anniversary)
2024 July 26-28	TBD	New Orleans, LA

VDHA 2022-2023 Calendar (page 2)

ADHA District III Meetings

ADHA D3 Trustee Delegation Chairs only	January 25, 2023	7:30-8:30 pm	ZOOM online
ADHA D3 Delegates Orientation	February 19, 2023	2-4 pm	ZOOM online
ADHA D3 Delegation HOD Training*	April 24, 2023	7:30-9 pm	ZOOM online
ADHA D3 Reference Committee A	May 20, 2023	10:00 am	ZOOM online
ADHA D3 Reference Committee B	May 20, 2023	10:00 am	ZOOM online
ADHA D3 Reference Committee C	May 20, 2023	10:00 am	ZOOM online
VA Delegation Meeting	May 20 or 21, 2023	2-4 pm	ZOOM online
ADHA D3 HOD Delegation Workshop	May 24, 2023	7:30-9:30 pm	ZOOM online

***(1st time attendees & Reference Comm. Chairs only)**

ADHA Executive Board Meetings:

ADHA Winter Board of Trustee Meeting	TBD
ADHA Spring Board of Trustee Meeting	TBD
ADHA Annual Conference BOT Meeting	TBD

Virginia Health Catalyst Summit (formerly VOHC)

2023 2023 October 6 Richmond, VA

ADHA Dental Hygiene Leadership Summit (formerly Unleashing Your Potential)

2022 June 22-23 Louisville, KY

Virginia Board of Dentistry-Regular Board Meetings:

2023 March 3	9:00 am	Richmond, VA
2023 June 16	9:00 am	Richmond, VA
2023 September 29	9:00 am	Richmond, VA
2023 December TBD	9:00 am	Richmond, VA

2022 MOM Projects: (see VDAF.org for details)

2023 Special Olympics	June 10	U of R	Richmond, VA
2023 MOM Wise Project	July 22-23	UVA Wise	Wise, VA

VDA Annual Session

2023 September 21-24 The Main Norfolk, VA

ADA Annual Session

2023 October 5-9	San Francisco, CA
2024 Oct 23-27	Seattle, WA
2025 Oct 23-25	Washington DC, VA

ADEA Annual Session

2023 March 11-14	Portland, OR
2024 March 9-12	New Orleans, LA
2025 March 8-11	National Harbor, MD
2026 March 21-24	Montreal, Canada

International Federation of Dental Hygienists / International Symposium on Dental Hygiene (biannual)

2024 July 11-14	Seoul, Korea
2026 July 9-11	Milan, Italy
2028 June 2028	Dubai, United Arab Emirates

RDH Under One Roof

2023 July 20-22	Nashville, TN
2024 July 18-20	Denver, CO

Our Mission

The Mission of this Association is to improve the public's total health, and to advance the art and science of dental hygiene.

Our Vision

The vision of this Association is oral health professionals promoting total health.

Diversity, Equity, and Inclusion

The Virginia Dental Hygienists' Association is an inclusive organization that continues to encourage diversity within the profession of dental hygiene. We will not discriminate against race, gender, sexual orientation, or religion. We will be courteous, respectful and encourage positive dialogue. We will work towards more equitable access to quality oral health care and increase public awareness of the benefits of prevention, education, and research. We will continue to embrace diversity and an inclusive environment that encourages curiosity, innovation, and accountability.

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

Deadline for submission for the Spring Curet is Saturday, NOON, April 8, 2023.

You may send submissions to 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.

