



Virginia

Dental Hygienists' Association

The Curet

Fall 2021

President's Message

As I reflect on our recent highly successful, in-person House of Delegates and Professional Development weekend, I can't help but smile. I am so grateful for being able to see one another in person, and to feel that true connection not possible through the magic of Zoom.

I am proud and honored to begin my second term as VDHA's President. I am humbled by the talent and passion of our newly elected Officers, Trustees, Board Members, ADHA delegates and alternate delegates, and appointed Council and Committee chairpersons. Thank you all for your servant leadership and your commitment to VDHA and our beloved profession.

Through spirited discussion and careful consideration, VDHA's mission and vision has been moved forward by a body of diverse, determined, professional and student members. New, well-seasoned, and future professionals came together for the purpose of positive change, and I can't wait to see how this impacts us moving forward. Renewed optimism and hope, excitement and gratitude were only a few of the emotions I experienced as I watched our Association in action.

Action through belonging will remain my mantra and driving theme this year, as we continue to lift up our members both personally and professionally, increase our reach through new members and our educational programs, and advocate for positive change in our profession.

VDHA's commitment to and development of its Diversity and Inclusion Statement was the highlight of my first term, and I remain steadfast in my personal commitment to you, our members, to keep this attitude in all aspects of my life and leadership.

I mentioned in my remarks at our President's Luncheon how social media has an uncanny way of bringing things full circle in a serendipitous way. Facebook "Memories" are intuitive, but in this case, I think they were reading my mind.

"Accessibility is being able to get in the building.
Diversity is getting invited to the table.
Inclusion is having a voice at the table.
Belonging is having your voice heard at the table."

I wish you all have a safe and happy Thanksgiving, and that the tables around which you gather are full of joy, love, and bounty.

Sincerely,
Tracey Martin
VDHA President



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Upcoming Events

Executive Board Meetings

January 22, 2022	9am-1pm	via Zoom
April 23, 2022	9am-1pm	via Zoom

Save the Date!

69th Spring Scientific Session
 of the Virginia Dental Hygienists' Association

April 29-May 1, 2022



Hilton Richmond Hotel & Spa/Short Pump
 12042 West Broad Street, Richmond, VA

Details to follow in the mail
 and also on vdha.net



Component News & Reports

Greater Richmond

Greater Richmond Component Contacts

Marlene Rhodes, BSDH, RDH, CDA- Trustee - marlenerhodesrdh@gmail.com

Kristen Robbins, BSDH, RDH- Chair - fourkristen1992@gmail.com

LaTasha McLee, BSDH, RDH- Financial Liaison - lateshamclee@gmail.com

Missy Stowe, BSDH, RDH - Secretary Missystowe99@gmail.com

Congratulations!!!! Our very own Greater Richmond component rock star Heather Tuthill became our VDHA President Elect at the House of Delegates meeting. We are proud of her and look forward to her leadership and innovative direction during her service to our association.

Events: We were able to welcome the next group of hygiene students when the first semester of classes for the fall started. We are excited to welcome them and look forward to their careers.

We had a fantastic night out in October for dental health awareness at Brambly Park Winery.

Our other big event was the annual House of Delegates last weekend. It was a very successful meeting during which a lot of great work was accomplished.



Leadership Opportunities: 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 if you have the desire to join one of these groups

Membership: We are hoping the new year brings more interest in our association and increased numbers. We believe that the work we are doing for all of the hygienists in our state can and should increase our numbers and we are working to get the information out on social media and other platforms to increase awareness.

CEs: We had a very successful CE presented by our new President Elect Heather Tuthill on the 28th of October. The CE concentrated on different nutritional options for health and wellness of our patients. We are looking forward to our next CE by Dr. Graham Gardner and welcome his new associate to provide information on the newest and greatest orthodontic options for patients. This will be held November 18th 6:30-7:30 at 1206 Willow Lawn Drive

Next Meeting: 6:30 PM is on January 31st 2022 at Wegman’s Short Pump location! JOIN US IN PERSON!

Monticello – No Submission at this time

Northern Virginia

NVDHA had their first in-person Continuing education course since the pandemic. Lt. John M. Weinstein was the speaker for “Dealing with the Difficult Patient”. His presentation was very funny and entertaining. October was our annual Blood borne CE with the infamous Dr. DePaolo from the University of Maryland. He always presents the facts with clarity and precision. Our upcoming CE, “Diabetes and Oral/Systemic Health,” will be presented by Cynthia Stegman, RDH, PhD, with date and time announced in the near future. Proctor and Gamble are providing sponsorship.

VDHA held their annual House of Delegates in-person in Richmond. I want to first thank all of the Delegates and Alternate Delegates and the NOVA students for their time and dedication. NVDHA Rocks!! Shout out to Janis Slezek, Cathy Berard, Betsy DiSilvio, Tonya Mortensen, Sheila Sheats, Valerie Yang and Trish MacDougall. Our NOVA students Arina Janaty and Madina Shakhmaeva were engaging and plan to continue their involvement and encourage other students to remain members after graduation.



NVDHA would like to congratulate all the members who were elected to the VDHA Executive Board. We also wish to recognize Cathy Berard for having been elected as a delegate to represent VDHA at the ADHA HOD in June 2022. Cathy Berard is also the Secretary for the VDHA Foundation, PHEPA Co-Chair and ADHA IOH liaison. Thank you. Sheila Sheats remains as our fearless VDHA CE Chair. Janis Slezak was reelected as the VDHA Secretary, Betsy DiSilvio manages the VDHA directory, Trish MacDougall has been reelected as the VDHA Treasurer and also last but not least, Tonya Mortensen is the Chair of Planning and Development. It truly is powerful how Component 01 participates on the State Level. We are very proud.

Respectfully Submitted,
Julie Simms, Trustee 01

Northwest Virginia

The Northwest Component would like to congratulate Pam Boyer as this year's Outstanding Component Member. She is our current Co-Chair and has done an amazing job in the position for the past year. She was also our delegate to HOD for the second year in a row. Thank you, Pam, for all you do for our component. We wouldn't be able to function without you.

Component 10 would like to recognize Kate Hoffman for being re-elected as Speaker of the House and Ryan Maphis for being elected Alternate Speaker. Meghan Glago will also be taking on a new role as Awards Chair. Thank you, ladies, for all you do on the component level, as well as the state level.

We had so much fun at the House of Delegates this year. Our amazing delegates, Ryan Maphis and Pam Boyer, as well as our student delegates, Jordan Carpenter and Kristen Henry, worked hard in committee to advance the PR's and PBY's. We also made time for fun by attending the King's Dominion Fear Fest after HOD. Work Hard, Play Hard.

We will be hosting a continuing education class on November 13 on Everyday Oral Pathology and Important Updates. The next component meeting will be held November 18 at 7pm at the Spring House Tavern in Woodstock.



Peninsula

Summer time focused on PDHC's leadership team transition which has led us smoothly into preparing for the 68th session of VDHA's House of Delegates (HOD). Trustee Green hosted a luncheon orientation for the student delegates and a component team briefing culminating in all highly engaging the governance process of HOD.



PDHC Caucus in the outdoor, fresh air: photo - left to clockwise:

Marge Green, Cynthia Saxton Flowers-Delegate, Elizabeth Heath, Maricruz Perez Valenzuela, Taylor Loper-Delegate



Maricruz Perez Valenzuela

Student Delegates of TNCC were enthusiastic in speaking to policy formulation and learning from their experiences of serving on Reference Committees of the HOD



Elizabeth Heath



PDHC's Outstanding Member, Kelly Tanner, PhD, RDH
Celebrated at the VDHA President's Luncheon for her exemplary service of 2 terms as PDHC Chair



Invitation to come to all RDH's across Virginia for PDHC's December, two hour, virtual and interactive CE course on local anesthesia

Cynthia Saxton Flowers, BSDH, RDH - Chair – cyn11saxton@hotmail.com

Marge Green, RDH, MS – Trustee – mgreenrdh@gmail.com

Ceara Welch, AAS, RDH – Secretary – ceara.welch@gmail.com

Financial Liaison – vacant

Desiree Turner, BS, AAS, RDH – Membership Chair – desturner.89@gmail.com

Christina Quiros, MS, RDH – Continuing Education Chair – christinardh85@gmail.com

Visit <https://www.facebook.com/groups/pdhava> to connect with PDHC. Stay safe and well.

Southwest Virginia

This has been a successful year for our Southwest Virginia Component. We have had two great C.E. Courses and component online Zoom meetings March 21st, August 8th, 27th and October 18th.

We were represented at the 2021VDHA House of Delegates by Margaret Martin and Megan Wallace as delegates, and Sharon Kennedy as Trustee. We were joined by two students from Wytheville Community College: Melanie Miller and Meghan Bosserman. Moe Thompson was presented with outstanding member award for our component.



Southwest Virginia Component & Student Delegates attended 2021 House of Delegates

Tidewater

Another season has passed and as we head into the colder months, Tidewater would like to make sure everyone has a healthy and wonderful holiday season. With that being said Tidewater just returned from our Virginia Dental Hygienist Association's Annual Conference in Richmond Virginia. This year our conference was held at the beautiful Virginia Crossings Hotel. Tidewater's delegations were composed of our very active members and two student representatives from Old Dominion University. The work put forth by our component is nothing short of impressive. We work so well together and would love for others to become involved and learn the fundamental details of how our profession functions. Pictured below is our 2021 Delegation as well as our VDHA president Tracey Martin; recording secretary Amanda Kimball; alternate speaker of the house Sam Vest; and a few other students from Old Dominion who joined us for a very productive weekend.



Tidewater's delegates included Emily Ludwig, Jessica Suedbeck, Angela Tye, and Amanda Hill. Our alternate delegates were Libby McCray and Maribeth Hebenstreit. Jaelyn Vickery and Monica Puentes represented Old Dominion University.

Tidewater also would like to thank Jessica Suedbeck for her commitment to Tidewater. She received the Outstanding Member Award.

Please visit our social media pages for upcoming events that we are planning for the end of the year and the beginning of next. Our Facebook page is always up to date with event happenings, as well as job and temp posting. If you would like to become more involved within your professional association please reach out to Kelly Fox, Trustee 03 at flosswithmerdh2015@gmail.com.



Tidewater Officers:

Co-Chairs: Jessica Suedbeck and Emily Ludwig

Trustee: Kelly Fox

Financial Liaison: Angela Tye

Media Management Team: Sam Vest

Membership News

Happy Fall and greetings from the Membership team at the VDHA!

The VDHA is happy to report that our House of Delegates (HOD) that occurred on October 22nd and 23rd in Glen Allen, VA was an overwhelming success! Thank you to all those that participated and assisted with the event! If you have any questions or interest in participating in the next HOD, please feel free to reach out to your local components to become more involved.

Many components are utilizing in-person CE now in addition to virtual options as well. Be on the lookout for your local component to see what CE opportunities, social hours, and meetings they have. Consider bringing a friend as a potential new member!

With the winter season and holidays approaching, the VDHA hopes that all components continue to reach out to current members, as well as prospective members. Membership is crucial to ensuring a positive outlook for our association! Please utilize all social media platforms as much as possible to stay in touch with others and share news and pictures. Challenge yourself to think of future membership retention ideas, possible CE topics, and events that could draw in new members.

If you have any questions regarding membership do not hesitate to contact Samantha Vest at svest001@odu.edu

Best,
Samantha Vest BSDH, RDH
VDHA Membership Chair



Planning & Development Council News

Continuing Education

This year we will be having our Scientific Session a little differently. Our dates, for one thing, have changed. The date of the session is 29 April 2022-1 May 2022. The location will still be in Richmond at Short Pump one of our favorite hotels-Short Pump in Richmond is the lap of luxury for sure. In addition, to the change of date, we will have the dental exhibitors on Friday evening right after the last course. Please visit the exhibitors because they are supporting us as well. All information will be explained when the registration comes out. We just want you to be able to make plans accordingly and mark your schedules accordingly to come to this fantastic meeting.

We will be able to reconnect with friends. As a reminder, please mask and we will try to try to distance ourselves.

Again, there is a top shelf lineup. Sandra Reen from the Virginia Board of Dentistry to answer any questions we have since there have been so many things that have changed. We will have a question and answer period as well. Karen Davis, BS, RDH will present “The Magic of Air on Dysbiotic Biofilm”. Ryan Rutar, RDH, MAM, BS, BA will give us two courses in one: “Making Space for Enhancing Cultural Sensitivity for LGBTQ + Patients” and “Anxiety Through the Roof”. Amber Lovatos, RDH, BSDH will present “Dental Hygienists” Superheroes of Dentistry” and Kathryn Gilliam, BA, RDH, FAAOSH, presenting “Breathless: Signs of a Silent Epidemic”. We are fortunate to have our own VDHA member, Amanda Cole Hill, BSDH, RDH present “Curiosity Revived the Cat: Digging Into The Most Important Trait For Patient Communication And Career Fulfillment”.

This will be a great in person meeting and can't wait to see you.
Sheila B. Sheats, RDH

***** **SAVE THE DATE!** *****



Save the Date



Friendly Reminder
APPOINTMENT

For: 69th Annual Spring Scientific Session

Date: April 29 - May 1, 2022

Where: Hilton Richmond Hotel & Spa/Short Pump



Watch for more details at VDHA.net

Public Health, Education & Professional Affairs Council News

No submission this edition

**Advocacy & Legislative Committee
(Formerly Regulation and Practice Committee)**

News from the Advocacy and Legislative Committee

The Executive Board of the VDHA has renamed our Regulation and Practice Committee. We are now the Advocacy and Legislative Committee. September was our Advocacy Kick-off Month. During this year’s House of Delegates meeting, our committee was host for the Professional speaker presentation via Zoom.

Now that the elections have taken place, this will be a great time to introduce yourself to your representatives. If you do not know who represents you, an easy way to find out is to go to the following website: whosmy.viriniageneralassembly.gov. Once there, enter your home and practice addresses in the search box.

You can visit your legislators’ website and subscribe to their constituent newsletter. Follow them on social media, visit the General Assembly website: viriniageneralassembly.gov and visit the Virginia Public Access Project: www.vpap.org

You are an important part of our Association’s advocacy efforts. Without you, the VDHA has less input on future rules and regulations that govern our profession. Please consider meeting, supporting and becoming an expert resource for your legislators. There are few who serve that are knowledgeable about our profession. In fact, there are very few who serve who are also health care providers.

The goal of our committee is to inform all component representatives of important issues that need input and representation from each component at every Executive Board meeting. This representative is the Legislative chair from your component. They serve as liaisons for you at the Board and bring important information to you.

Feel free to reach out if you have any questions.

Sincerely, Maureen McCann Sawin, Chair of the Advocacy and Legislative Committee



VDHA Foundation



VIRGINIA DENTAL HYGIENISTS' ASSOCIATION FOUNDATION REPORT OF GIFTS

January 1, 2021 through November 5, 2021

JEFFERSON CLUB- \$1,000 or more
Northern Virginia Hygienists' Component
In memory of Patricia Ann Golliday, RDH

PATRIOT CLUB- \$100 to \$249
Irene Connolly
In honor of Trish MacDougall, VDHA Treasurer
James H. Forsberg
In honor of my daughter, Julie Simms for her birthday
Marge and Barry Green
In memory of Jackie Davis Perry, RDH, MS
Marge Green
In appreciation of all DH volunteers advancing our profession
Tracey Martin, RDH, BSDH
In memory of my Father, Robert "Buzz" Curtis
Tracey Martin, RDH, BSDH
In honor of my Mother, Sara R. Curtis
Tracey Martin, RDH, BSDH
In honor of the 2020-21 Executive Board
Nancy Martin
Sheila Sheats
In memory of Delaney Rose Mortensen
Julie Simms
In honor of my dad, James Forsberg
Heather Tuthill
Greater Richmond Dental Hygienists' Component
Monticello Dental Hygienists' Component
Southwest Dental Hygienists' Component
Tidewater Dental Hygienists' Component

DONOR CLUB- \$1.00 to \$99
Melanie Bartlam
Cathy Berard
Roya Bidarian
Laila Bonner
Elizabeth DiSilvio
In memory of Judy Walsh
Susan Dunmire
Kelly Fox

Andrea Fuller, RDH
Michelle Gillis
Evelyn Grant, RDH, MBA
Gudrun Harvard
Dane Hooser
Catherine Johnson
In honor of Tim E. Johnson
Deirdre Kane
Joyce Kwiatkowski-Spieler
In honor of VDHA leaders
Taylor Loper
Mimi Magyar
In honor of Tracey Martin, VDHA President
Sheryl Manion
Julie A. Martin, BSDH, RDH
Kimberly May
Maureen McCann Sawin
In honor of Martin McCann
Misty Mesimer
In honor of past and present VDHA formal and informal leaders
Susan Miller
In honor of Suzie Miller and Pat Golliday
Sheri Moore
In honor of Jackie Perry, RDH
Ethel Nativi
Lien Phan
Susan Pharr, BSDH, MPH
In honor of my VDHA colleagues
Danielle Pyer
Susan Reid-Carr, BS, RDH
Angela Richwine
Kathryn Rohr
Janis Slezak
Roseanne Stupar
Jessica Suedbeck
Valerie Shiyi Yang
Northwest Dental Hygienists' Component
Peninsula Dental Hygienists' Component
In honor of Amy Sue Rankin

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)

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

\$1500 funded by the Virginia Dental Hygienists' Association Foundation honoring their deceased colleague and benefactor who enabled establishment of the VDHA Foundation in order to support:

- The **part-time or full-time** student 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 attendance within a Virginia educational institution.**

Scholarship application must be submitted to ADHA Institute for Oral Health (IOH) by no later than February 1, 2022. To be awarded after July, 2022 for the fall semester of 2022.

<https://www.adha.org/ioh/scholarships>

ADHA Institute for Oral Health (IOH)
(312) 440-8900 (option 7) or (312) 440-8912
Shanna Young: shannay@adha.net

Mailing Address:
ADHA Institute for Oral Health
444 N Michigan Ave, Suite 400
Chicago, IL 60611





ADHA INSTITUTE FOR ORAL HEALTH

LIAISON, Catherine A. Berard, BSDH, RDH

Many thanks to all of you who have donated so generously to IOH over the past years, the IOH fiscal year runs from July 1st through June 30th every year.

Our goal to raise this year for the ADHA Institute for Oral Health this year is \$7,508.

ADHA started a new campaign during National Dental Hygiene Month and you can visit our Virginia donor page: <https://www.mightycause.com/team/Vdha-Ioh>

You can also visit the Virginia specific donation page on the ADHA website to make your donations if you wish to do so:

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

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!

PLEASE VISIT <https://www.adha.org/ioh-scholarships-main>

THANK YOU FOR YOUR GENEROUS DONATIONS!

ADHA INSTITUTE FOR ORAL HEALTH

Catherine Berard

In memory of Jacqueline Davis Perry

Catherine Berard

In honor of National Dental Hygiene Month

Irene Connolly

Elizabeth DiSilvio

Kelly Fox

Margaret Green

In honor of Dawn Ann Dean, ADHA President Elect

Mimi Magyar

Susan Pharr

In memory of Jacqueline Davis Perry

Maureen Sawin

Sheila B. Sheats

Julie Simms

Jessica Suedbeck

Valerie Shiyi Yang

ADHA INSTITUTE FOR ORAL HEALTH (continued)

PATRONS- VDHA House of Delegates

Catherine Berard

Tu Bui

Irene Connolly

Kourie Crismond

Elizabeth DiSilvio

Mimi Magyar

Susan Pharr

Maureen Sawin

Sheila Sheats

Janis Slezak

Heather Tuthill

Valerie Shiyi Yang

LEGISLATIVE FUND

Tu Bui

Irene Connolly

Elizabeth DiSilvio

Margaret Green

Mimi Magyar

Susan Pharr

Maureen Sawin

Julie Simms

Janis Slezak

Jessica Suedbeck

Valerie Shiyi Yang



Student Chapter News

Germanna Community College

Germanna Community College is pleased to share the following good news! Recognition of our 2021 NVCC/GCC graduates:

- Heather Fonda – recipient of the Virginia Dental Hygienists’ Association Student Award and recently elected as VDHA Vice President
- Jennifer Settle – recipient of the Hu-Freidy Golden Scaler Award
- Jessica Morris – recipient of the Colgate S.T.A.R. (Student Total Achievement Recognition) Award

We are so proud of our final class as Germanna partnered with Northern Virginia Community College. Germanna has completed the final step in approval for their dental hygiene program. The program will pilot an accelerated program for students who have completed the dental assisting program and all of their general education classes. This cohort of students will begin in Fall 2022. Admissions is expected to begin in March upon receipt of formal notification from CODA for initial accreditation. The college hosted a successful site visit in October. Beginning in January 2023, a cohort will begin a traditional model for completion of the dental hygiene program. Beginning in January 2024, an annual cohort of 10 students are expected. The complementary dental assisting, dental hygiene, and expanded functions dental assisting programs are hopeful to lay a strong foundation for students and graduates when the dental therapist or advanced dental hygiene practitioner model is implemented in Virginia. GCC looks forward to partnering with 4-year institutions to make this transition as seamless as possible for alumni.

In addition, GCC’s new building at the Locust Grove Campus is expected to be open in July 2023. A 6-chair dental clinic will be housed on the second floor of the Frank and Nancy Turnage Health Sciences Center. GCC dental programs will incorporate teledentistry practices between their 2 clinical locations.



Lord Fairfax Community College

As a faculty member at this dental hygiene program site, I am so proud to present these photos of student participation at the 2021 VDHA House of Delegates. Jordan Carpenter and Kristen Henry, LFCC Student Delegates, were proudly seated with the Northwest Component. I am also very proud of the fact that former LFCC students, Pamela Boyer, Kirsten Estep and Ryan Maphis, were members of the delegation guided by Trustee Meghan Glago. And last but not least, Kate Hoffman, VDHA Speaker of the House. So very pleased to see these current students and graduates supporting the association, representing in leadership positions, and taking an active role to preserve and advance OUR profession.

Karen D. Avey RDH, MSDH



Meghan, Kristen, Jordan



Ryan, Kirsten, Pam



Maureen (35+ year ADHA member), Kristen, Jordan,
Kirsten, Ryan, Kate and Meghan

Our New Normal

The **class of 2023** has been coping with the pandemic and everyone’s “new normal” along with the rest of the world. We’ve all had to find new ways to complete our tasks and activities with adjustments for social distancing and personal protection a top priority. Virtual meetings and online threads have allowed for communication and even bonding between the students. Of course, this is a hands-on profession and we still have labs and clinics to complete, but as you can see, we are well protected! While we would much prefer the “old normal” it’s good to know we are all flexible enough to adapt to new circumstances, and continue our path to the dental hygiene profession. Submitted by Roxanne Lam



In the meantime, the **class of 2022** is busy completing another semester and attempting to get clinic requirements accomplished. It is hard to believe there will be only one semester remaining! Two students from NVCC represented us at the VDHA HOD last month. It was a pleasure to represent our school and meet students from around the state. This is something that everyone would benefit from. The warm welcome from future colleagues and being part of the collaboration was remarkable. Thank you Arina Janaty and Madina Shakhmaeva! Students are completing local anesthesia instruction and beginning to give injections to our patients.



Old Dominion University

Dear Colleagues,

Happy Fall and greetings from the Old Dominion University (ODU) School of Dental Hygiene (SODH)! The Fall semester for the Class of 2022 and the incoming Class of 2023 kicked off successfully! Both classes are working very hard in clinic, pre-clinic, and didactic courses to become competent dental hygienists! Both classes were able to enjoy an outdoor “Welcome Back” breakfast in August to meet and mingle with each other as well as faculty and staff!



In October, Seniors Jaelyn Vickery and Monica Puentes were nominated by faculty and honored to serve as Student Delegates for the 2021 VDHA House of Delegates/Professional Development workshop in Richmond, VA. Along with SODH faculty, Seniors Katelyn Wolkowich, Riley Andrews, and Allison O’Toole also attended to learn more about professional membership, the VDHA, and the procedures of the House of Delegates. The SODH thanks the VDHA Foundation for their support of students for this valuable opportunity. We are so proud of our Senior leaders!

Finally, please congratulate our newest SADHA leaders and enjoy SADHA’s ghoulishly fun outdoor Fall/Halloween party! Senior SADHA Officers: President – Monica Puentes, Vice President – Jaelyn Vickery, Secretary – Emma Schramm, Treasurer – Riley Andrews, Historian – Denise Klingler, Student Reps – Allison O’Toole, Jenna Ward, and Dani Cramer. Junior SADHA Officers: President – Reina Kitchens, Vice President – Madison Insley, Secretary – Summer Sampson, Treasurer – Michel’Le Pooler, Historian – Emily Butler, Student Reps: Katelyn Bright and Jontel Bolden

Above: Front row left to right: Seniors, Allison O’Toole, Jacklyn Vickery, Katelyn Wolkowich. Second row left to right: Seniors Monica Puentes, Riley Andrews, Clinical Adjunct Professor, Angela Tye. Back row left to right: Clinical Adjunct Professor, Samantha Vest, Director of Clinical Affairs and Assistant Professor, Jessica Suedbeck, Assistant Professor, Emily Ludwig (2021 VDHA HOD)

Respectfully submitted,
Emily Ludwig, RDH, MS
Assistant Professor and
SADHA Advisor

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



Above: SADHA Fall/Halloween party with Juniors, Seniors, Faculty and Staff

Thomas Nelson Community College– No Submission at this time

Virginia Commonwealth University

Giving Back to the Community at VCU School of Dentistry

The Fall semester at VCU School of Dentistry has brought lots of excitement, community service opportunities, and enrichment for its dental hygiene students. The senior students began the semester with a local anesthesia lab, while the junior students began their pre-clinical sessions, learning the fundamentals of instrumentation, ergonomics, and infection control. During National Dental Hygiene Month in October, both classes devoted themselves to completing multiple community service projects across Richmond, including volunteering with the Norrell Elementary School Head Start and CARITAS (Congregations Around Richmond To Assure Shelter) programs. Junior students also had the opportunity to provide students with oral hygiene instructions at James H. Blackwell Elementary and answered students' questions about oral health. Additionally, senior dental hygiene student Morgan Noland organized a volunteer opportunity for students to decorate Halloween cards to be distributed to local long-term care facilities. The month of October highlighted just how much VCU School of Dentistry promotes community service and service-learning opportunities, instilling in its students the passion of serving the community. To close out the month, many students were able to participate in the Virginia Dental Hygienists' Association House of Delegates Professional Development Workshop, held in Glen Allen, Virginia. Senior Brittany Tomlinson remarked, "[House of Delegates] was an empowering experience for my future in dental hygiene. I am honored to attend . . . alongside the amazing dental hygiene faculty that have such a large hand in this organization." As the Fall semester ends in December, senior students will begin preparing for Mock Boards while junior students reflect on their first clinical experiences and prepare to see more patients in the Spring.

-Samantha S. Smith, VCU SCADHA President



Left Photo: VCU Dental Hygiene students at VDHA House of Delegates, alongside their VCU Dental Hygiene faculty: Ms. LaTasha McLee, Ms. Emilie Ellis, and Ms. Heather Tuthill - Right Photo: Senior Dental Hygiene students providing oral health screenings at CARITAS with Senior Clinical Coordinator, Ms. Heather Tuthill

Virginia Western Community College– No Submission at this time

Wytheville Community College no submission at this time

ADHA Annual Conference Dates

**ADHA 2022 ANNUAL CONFERENCE
& HOUSE OF DELEGATES**

Location: Louisville, Kentucky
Kentucky International Convention Center
Dates:
Friday, June 17 – Sunday, 19 (Business Meeting)
Friday, June 24 – Sunday, 26 (Conference)

**ADHA 2023 ANNUAL CONFERENCE
& HOUSE OF DELEGATES
100th ANNIVERSARY**

Location: Chicago, Illinois
McCormick Place
Dates:
Friday, July 7 – Sunday, July 9 (Conference)
Sunday, July 9 – Tuesday, July 11 (Business Meeting)



2020 – 2021 Officers, Councils & Committee Chairs

Officers	Administrative Council: Chair (President Elect): Heather Tuthill
President: Tracey Martin	Budget and Finance: Emilie Ellis
President Elect: Heather Tuthill	Vice President: Heather Fonda
Immediate Past President: Emilie Ellis	Policy, Bylaws and Resolution chair: Julie Simms
Vice President: Heather Fonda	Committee member: Irene Connolly
Treasurer: Trish MacDougall	Procedure Manual: Tonya Mortensen
Recording Secretary: Janis Slezak	Corresponding Secretary: vacant
Corresponding Secretary: vacant	Recording Secretary: Janis Slezak
Speaker of the House: Kate Hoffman	A.H. Williams Fund: Pam Kitner
Alternate Speaker of the House: Ryan Maphis	Leadership Committee Chair: Kelly Tanner
Trustees:	Nomination Committee Chair: Emilie Ellis
01-Northern Virginia: Julie Simms	Planning and Development Council: Chair: Tonya Mortensen
02-Greater Richmond: Marlene Rhodes	Continuing Education Chair: Sheila Sheats & Amanda Cole Hill
03-Tidewater: Kelly Fox	Ways and Means: Karen Avey
06-Monticello: Evelyn Grant	House of Delegates Chair: Mimi Magyar
07-Peninsula: Marge Green	Foundation Director: Chair Emilie Ellis
09-Southwest Virginia: Sharon Kennedy	HOD Secretary: Amanda Kimball
10-Northwest: Meghan Glago	Foundation liaison: Irene Connolly
2021 ADHA Delegates Emilie Bonovitch, IPP, 1 st delegate Tracey Martin, Pres, 2 nd delegate Cathy Berard, 3 rd delegate Marlene Rhodes, 4 th delegate Heather Tuthill (PE), 1 st alternate delegate Jessica Suedbeck, 2 nd alternate delegate Sam Vest, 3 rd alternate delegate Ryan Maphis, 4 th alternate delegate	Public Health, Education, and Professional Affairs: Co-Chairs: Cathy Berard and Marge Green
	Advocacy & Legislative: Maureen Sawin
	Board of Dentistry Liaison: Mark Hickman- mark@commonwealthstrategy.net
	Lobbyists: Mark Hickman and Cal Whitehead, Commonwealth Strategy Group
	Public Health Committee: Susan Pharr
	Public Health Committee Liaison – Brooke Crouch
	Virginia Health Workforce Development Authority Liaison: Vacant
	VA Health Catalyst: Dr. Denise Claiborne
	Free Clinic Liaisons: Sherry Basham
	Head Start Liaison: Nikia Washington
	VA Rural Health Association Liaison: Dr. Rita Phillips
	Education committee chair: vacant
	DH Educators' consortium liaison: Misty Mesimer
	VA Department of Health Liaison: Brooke Crouch
Leadership Committee: Chair: Kelly Tanner	VDHA Foundation Directors: Chair: Emilie EI, IPP
Members: Tonya Mortensen	Chair Elect: Tracey Martin, VDHA President
General Member - Misty Mesimer	Secretary: Cathy Berard
Trustee Member – Kelly Fox	Treasurer: Marge Green
Student Member: Miranda Menk (VCU)	VDHA Liaison: Irene Connolly
Liaison: Emily Ellis, IPP	Ways and Means: Karen Avey
	Continuing Education: Sheila Sheats
	VDHA Treasurer: Trish McDougall
Nomination Committee: Chair: Emilie Ellis, IPP	Member Services Council Chair- Julie Martin
Members: Vacant, VDHA Past President	Membership Committee chair: Sam Vest
Vacant, general member	VA SADHA Liaison: Janis Slezak
	ADHA Education Network Liaison: vacant
	Directory: Betsy Disilvio
	Newsletter Editor: Moe Thompson
	Awards: Meghan Glago
	Historian: Julie Martin
	Website Manager: vacant
	ADHA IOH Liaison: Cathy Berard

VDHA 2021-2022 Calendar

<u>Spring Scientific Session</u>		<u>ADHA District III Meetings</u>
2022 April 28 – May 1		ADHA D3 Trustee Delegation Chairs only 25-Jan-22 7:30-8:30pm ZOOM online ADHA D3 Delegates Orientation 20-Feb-22 2-4pm ZOOM online
<u>House of Delegates and Professional Development Workshop</u>		ADHA D3 Delegation HOD Training 25-Apr-22 7:30-9pm ZOOM online ADHA D3 Reference Committee A 16-May-22 7:30-9:30pm ZOOM online ADHA D3 Reference Committee B 17-May-22 7:30-9:30pm ZOOM online ADHA D3 Reference Committee C 18-May-22 7:30-9:30pm ZOOM online ADHA D3 Delegation Workshop 26-May-22 7:30-9:30pm ZOOM online
2022 October 28-29 Richmond, VA		
<u>Executive Board Meetings</u>		<u>ADHA Executive Board Meetings:</u>
2022 January 22 9am-1pm ZOOM		ADHA Fall Board of Trustee Meeting On Site
2022 April 23 9am-1pm ZOOM		ADHA Winter Board of Trustee Meeting ZOOM online
2022 July 23 9am-3pm Charlottesville, VA		ADHA May Board of Trustee Meeting ZOOM online
2022 October 23 8am-12pm Richmond, VA		ADHA Annual Conference BOT Meeting ZOOM online
2023 January 21 9am-1pm ZOOM		
2023 April 22 9am-1pm ZOOM		
2023 July 22 9am-3pm Charlottesville, VA		
<u>Ignite VDHA Leadership Workshop</u>		<u>Virginia Health Catalyst Summit (formerly VOHC)</u>
2021 November 20 ZOOM		2021 Virtual Richmond, VA
<u>Quarterly Reports Submission Deadline: (two weeks prior to Executive Board Meetings)</u>		<u>Unleashing Your Potential Weekend</u>
2022 January 8		Converted to a virtual Leadership Summit that will take place on 2 different dates: TBD
2022 April 9		
2022 July 9		<u>Virginia Board of Dentistry-Regular Board Meetings:</u>
2023 January 7		2021 10-Dec 9:00am Richmond, VA
2023 April 8		2022 Calendar not yet available, will be updated when available.
2023 July 8		
<u>HOD Reports/Year End Reports Submission Deadline:</u>		<u>2022 MOM Projects: (see VDAF.org for details)</u>
2022 August 20		2021 Homeless Connect Mini MOM Project November TBD Richmond, VA 2022 Special Olympics MOM Project TBD 2022 Wise MOM Project July 22-23 Wise, VA 2022 Piedmont Smiles/Fauquier County MOM Project October TBD
<u>Awards Nominations Deadline</u>		
2022 July 16		<u>VDA Annual Session</u>
		2022 September 14-19 Williamsburg Lodge
<u>Curet Article Submission Deadline: (two weeks following Executive Board Meetings)</u>		<u>ADA Annual Session</u>
2022 February 5		2022 March 28-29
2022 May 7		2023 April 24-25
2022 August 6		2024 April 15-16
2022 November 6		
2023 February 4		<u>ADEA Annual Session</u>
2023 May 6		2022 March 19-22 Philadelphia, PA
2023 August 5		
<u>Council Meetings:</u> Council meetings should take place online and reports submitted two weeks prior to Executive Board meetings.		<u>International Federation of Dental Hygienists / International Symposium on Dental Hygiene</u>
<u>VDHA Foundation</u>		2022 August 10-13 Dublin, Ireland 2024 Date TBD Seoul, Korea 2026 July 9-11 Milan, Italy
2022 January 21 6-9pm ZOOM		
2022 April 2 6-9pm ZOOM—If Needed		<u>RDH Under One Roof</u>
2022 July 22 6-9pm Charlottesville, VA		2022 July 21-23 Orlando, FL 2023 July 20-22 Nashville, TN
<u>ADHA Annual Conference/Business Meeting:</u>		
2022 June 24-26 (Conference) June 17-19 (Business Meeting) Louisville, KY		
2023 July 7-9 (Conference) July 9-11 (Business Meeting) Chicago, IL (100th Anniversary)		

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 Winter Curet is NOON, February 5, 2022.

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 docx, 12 pt Times New Roman font.



"Don't judge each day by the harvest you reap but by the seeds that you plant."
-Robert Louis Stevenson