

President's Message

Dear Colleagues,

I hope everyone took advantage of the Scientific Session held in Richmond at the end of March. I also invite you to attend the Center for Lifelong Learning (CLL) and Annual Session this year in Las Vegas. 2014 marks the start of a new milestone of the 101st year of the dental hygiene profession and our strength in our association is YOU! There is no better way to celebrate than in Las Vegas June 18-24 at Caesars Palace! Our Virginia Delegates and Alternate Delegates are already preparing for this and will be attending our District 3 Workshop May 30th – June 1st.

In addition to the preparations for the ADHA CLL & Annual Session, VHDA members continue to engage in multiple areas representing our profession. The teledentistry bill has been carried over to next year and we maintain collaboration with stakeholders to increase the dental hygienists' role in access to care. The Board of Dentistry listened to our concerns about the added CE requirement for those with local anesthesia certification and removed the proposed four hours of CE every two years. The Virginia Oral Health Coalition (VOHC) has contacted VDHA as the experts to provide an oral health assessment for the student nurses' association. The Virginia Rural Health Association has reached out to VDHA and is interested in mutual cooperative efforts. These are just a few of the activities taking place within VDHA as an effort to carry out our mission: to improve the public's total health and advance the science and practice of dental hygiene.

As always, I applaud your commitment to membership in your professional association and encourage you to find an area at the component or state level that allows you to serve in an area of your comfort.

Best regards, Moe

Moe Thompson
President VDHA 2013-2014



President Elect's Message

Greetings,

As the long turbulent winter ends, you can feel the sense of renewal and rebirth that comes with spring. It is a time to clean, de-clutter and explore fresh new ideas, a time of inspiration. The wonderful continuing education courses offered this spring are opportunities to nurture and stimulate our minds with new knowledge and then put this new knowledge to work with renewed vigor. It is a time to examine the role we play in oral health care, ensure we are current with the rules and regulations that govern our practice and be proactive to facilitate change when needed. We are inspired to be experts at searching the literature, obtaining new skills and providing the best evidence-based care to our patients.

The VDHA continually works seeking new opportunities to advocate and strengthen and grow the professional organization. It was wonderful to see so many dedicated professionals at the VDHA Scientific Session in Richmond seeking expertise, building relationships and just having fun. An array of vendors shared new products and talented speakers stimulated our minds. Networking took place during the casino night while cards were dealt, the roulette wheel spun, chips flew and laughter could be heard through out the room. Great preparation for those who may be attending the ADHA Annual Session in Las Vegas! Thank you to everyone who committed to making the event a success. I wish everyone an inspirational and productive spring.

"Spring work is going on with joyful enthusiasm."

— John Muir

Sincerely,
McGregor, RDH, BS, M. Ed
VDHA, President Elect



2013-14 VDHA Officer Councils and Committee Chairs

President: Moe Thompson president@vdha.net	Administrative Council: Michelle McGregor (President Elect) Chair
President Elect: Michelle McGregor presidentelect@vdha.net	Budget and Finance: Cathy Berard- Chair Vice President: Nicole Fischer Bylaws: Julie Simms Scopes Manual: Julie Simms Nominations and Policy Manual: Pam Kitner Corresponding Secretary: Meg LeMaster & Jessica Elmore Recording Secretary: Amanda Haddix A.H. Williams Fund: Jackie Perry
Immediate Past President: Pam Kitner immediatepastpresident@vdha.net	
Vice President: Nicole Fischer vicepresident@vdha.net	
Treasurer: Patricia MacDougall treasurer@vdha.net	
Recording Secretary: Amanda Haddix recordingsecretary@vdha.net	Planning and Development Council: Bonnie Perry- Chair
Corresponding Secretary: Meg LeMaster correspondingsecretary@vdha.net	Spring Scientific Session Planning: Melanie Bartlam Continuing Education: Sheila Sheats Ways and Means: Karen Avey House of Delegates: Rita Phillips Foundation Director: Pam Kitner- Chair Foundation Appointee: Jackie Perry Foundation Secretary: Cathy Berard ADHA IOH Liaison: Pam Kitner
Speaker of the House: Julie Simms speakerofthehouse@vdha.net	
Alternate Speaker of the House: Dana Hampel	
Trustees:	
01-Northern Virginia: Julie Simms- trustee01@vdha.net	Public Health, Education & Governmental Affairs Council: Co-Chairs Cathy Berard & Susan Pharr
02-Greater Richmond: Jen Stevens- trustee02@vdha.net	Regulation and Practice: Heather Herrera & Jen Stevens Board of Dentistry Consultants: Kelly Williams, Melanie Bartlam Lobbyists: Cal Whitehead & Ralston King Contract Review: Michelle McGregor- Chair VHy-PAC Director: Maureen McCann- Chair Public Health Committee: Susan Pharr AHEC Coordinator: Marty Sullivan VOHC: open Free Clinic Liaison: Catherine Johnson Head Start Liaison: Heather Herrera VA Rural Health Association Liaison: Rita Phillips Tobacco Intervention Initiative – Jackie Moran VA Board for People w/ Disabilities: Joyce Flores
03-Tidewater: Jackie Perry- trustee03@vdha.net	
05-Piedmont: Bonnie Perry- trustee05@vdha.net	
06-Monitcello: Evelyn Grant- trustee06@vdha.net	
07-Peninsula: Marge Green- trustee07@vdha.net	
09-Southwest Virginia: Kara Davis- trustee09@vdha.net	
10-Northwest: Maureen McCann- trustee10@vdha.net	
	Member Services Council: Rita Phillips (Chair)
	Membership Committee: Denise Claiborne Membership/Student Chapter of ADHA Liaison: Dawn Southerly ADHA Education Network Liaison: Denise Claiborne Membership Directory: Betsey DiSilvio Newsletter Editor: April Prest (Senior ODU student Jacqueline Harrison) Awards: Evelyn Grant Historian: Kara Davis Web Mistress: Susan Reid-Carr



Institute For Oral Health

March 30, 2014

A SPECIAL THANK YOU TO VIRGINIA'S 2013-2014 DONORS!

Northern Virginia DHA	Northwest Virginia DHA	Southwest Virginia DHA
Peninsula DHA	Greater Richmond DHA	Julie Allen
Melanie Bartlam	Irene Connolly	Rosalie Javier
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Ethel Nativi	Ralston King	Antoinette Kahan
Jennifer Joyce	Angela Richwine	Elizabeth Puette
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Charlene Frappier	Elizabeth Puette	Julie Martin
Nancy Martin		

We are getting very close to our goal! If you have not had a chance to donate, please go to the www.adha.org/ioh/ website and donate with a credit card using the friendly drop down menu – be sure to designate your donation to Virginia and let me know you've donated so that I can verify credit toward our goal.

Pamuela A. Kitner, RDH, BSDH

Virginia Dental Hygienists' Association

Immediate Past President/ADHA IOH Liaison

IPP@vdha.net



Scientific Session

Thank you all so very much for making this Scientific Session fantastic. I think all the speakers brought something different to the meeting. Some were quite basic and some were more involved. I hope we met the needs of all participants. WE have to please hygienists in all phases of their profession so there is a wide appeal for everyone. It is hard to please everyone.

There were quite a few potential members that attended and I hope they all felt welcome. There were 110 members and 85 potential members attending. We were filled to the brim with wonderful colleagues. Our attendance numbers were terrific. In fact, we had 4 potential members sign up! Karen Avey, as always, was fantastic working the registration and CVent site. Thank you everyone else for helping, as monitors, runner of errands, handing out bags.

The Casino Night was so much fun. Our VDHA Foundation provided this activity as well as the Friday afternoon course and the reception. Thank you to our Foundation. There were lots of prizes for everyone to win.

We'd also like to thank the Crown Seating Company for providing an operator's stool as a raffle item. We'd love to thank Hu-Friedy for providing the basket of instruments, etc as a raffle item as well. That helped our bottom line. Thanks to all of you that purchased tickets. The VhyPac did well and there were many creative baskets and items. The exhibitors always love coming to this event because of the great interaction with the group. This is their 20th anniversary with us! They get a shout out from us. Especially, thank you to the sponsors that provided the speakers for us.

I was disappointed with those playing with their phones, checking email and games though. Kids addicted to their phones??????

Part of the reason that these meetings are successful is that the reconnection with friends from before as well as making new friends. Hygienists are the best!

Sheila B. Sheats, RDH, Continuing Education Chair

Scientific Session Pictures



Susan Reid-Carr was the winner of the Hu-Friedy raffle valued at over \$1100



Hannah Pope was the winner of the Crown Stool raffle valued at \$800

Component 01

NVDHA just held our annual elections for officers. Congratulations to
Dawn Southerly, President
Dana Hampel, President Elect
Trish MacDougall, Past President
Rhea Rossi, Vice President
Jen Zimmerman, Treasurer
Lindsey Sullivan, Secretary
Julie Simms, Trustee

The following members will serve as Delegates for the HOD 2014: Betsy DiSilvio, Cathy Berard, Jen Zimmerman, Catherine Johnson, Sheila Richards, Mary Boyle, Nancy Martin.

Installation of new officers will take place on May 9th at Dawn Southerly's home. All members are invited.

We will resume our meetings in August for a planning meeting.

April 25th- 4 CEU's Anne Guignon – "Say No to Aches and Pains and soft drink junkies". This course was been rescheduled for the fall.

September 11, 2014 Kick off meeting. Speaker –Lil Caperilla. "Fifty Shades of Grey". Sponsor GSK- Sensodyne- FREE TO MEMBERS

November 11, 2014 Speaker Lewis Meyers- "XP Technology" What exactly is it?

May 2, 2014 Several NVDHA members are volunteering at two local free dental clinics for the afternoon.

Thank you to Catherine Johnson for her many hours of organizing, scheduling and implementing the hygiene volunteers for the Missions of Mercy, March 14-15, 2014.

Respectfully submitted,
Julie Simms, RDH, BSDH
Trustee 01

Component 02

Greetings! Your Greater Richmond Component has a lot of exciting news this spring! Our most recent meeting was held April 3rd 2014 at the Gaskins Panera, in Richmond. There was a lot accomplished and as always we had fun catching up with local members.

First off, we would like to welcome Natalie Cavalieri as our new Component 02 CE Chair. We are very excited to get to know her, and see what new ideas she has in store this year. Our next CE is tentatively scheduled for May 21st. The topic will be about caries risk assessment, and training on the new CariVu camera that detects caries. Please stay tuned, and check your e-mails for more information regarding the topic and possible prizes to be won!

In recent news, VDHA had a very successful turnout this year for the Spring Scientific Session at the Richmond Hotel and Spa in Short Pump. Melanie Bartlam was one of the many who helped make this such a wonderful event this year. It was a great weekend for learning about new and exciting topics in Dental Hygiene, as well as having a little fun of course! Pictured below are two Component 02 members- Susan Reid-Carr and Hannah Pope, who both won prizes at the event! We are also proud to announce that Hannah is due any day now with her first baby Emma. We are all very excited for you Hannah! Also pictured below are new toothbrushes and oral hygiene information, donated to all Chesterfield County Head Start programs.

In upcoming news, we are currently planning our second annual Happy Hour Social for the Virginia Commonwealth University, Dental Hygiene Class of 2014. This event is to congratulate these hard working, future hygienists in graduating from Dental Hygiene school. We are welcoming them to this wonderful profession and awarding each student their own custom name-tag. Stay turned for pictures from this fun event!

Lastly, our component would like to congratulate Heather Herrera for her upcoming award, which will be presented at the VCU alumni event at the Richmond Omni Hotel Friday, April 11th. This award is given to the most "Outstanding Alumni Of The Last Decade." Heather is extremely involved with Component 02 as our current Legislative Chair, as well as pursuing her Masters of Public Health at VCU, and volunteering her time to Mom projects and other local events. We are very lucky to have such a driven and enthusiastic hygienist in our component.

If you would like to find out more about Component 02- please don't hesitate to contact myself, Jennifer Stevens at JStevens737@gmail.com, or our component President, Megan Wilson at Wilsonmr101@gmail.com. Hope to see you at a future CE, or local meeting!

Jennifer Stevens BSDH, RDH
Component 02 Trustee/ Regulations
And Practice Co-Chair

Component 02 Pictures



Susan Reid-Carr and Hannah Pope



Toothbrushes and oral hygiene information for Head Start



Heather Herrera

Component 03

The Tidewater Dental Hygienists' Association (TDHA), component 03 of the Virginia Dental Hygienists' Association has been very busy over the last calendar year. In April, we elected new officers: Amanda Kimball, president, Erin Simmons, vice president, Amanda Verissimo, secretary, Tracee Dahm, treasurer, Lauren Kilmon, membership chair, Tracy Martin, president elect, Cathy Seifert, immediate past president, Jackie Perry Trustee. Meg Lemaster is our legislative chair and Lauren Kilmon is our membership chair. In July, we hosted a social to welcome the recent graduates from Old Dominion University. The social was at a local restaurant and was a great opportunity for networking and giving these graduates who were just starting the career lots of tips and advice. Additionally, the TDHA Executive Board was sworn in by Cathy Seifert and Irene Connolly.

October was an extremely busy month for the TDHA. In the first of the month, we had several of our members attend the House of Delegates meeting in Richmond. All of our delegates reported really enjoying this experiencing and getting a chance to see how decisions are effectively made by the VDHA. Two of our members were elected to positions to attend the annual session in Las Vegas in June, Joyce Downs and Meg Lemaster. We also organized a fund raising event where an outdoor workout class was conducted at Mt. Trashmore, in Virginia Beach, and several members came out to participate. Our vice president, Erin Simmons, is a certified personal trainer and volunteered her experience for this fund raiser. It was a great time had by all, but I'm sure several people were sore the next day! The fall continuing education course was held in October. Together, we constructed a panel of five dentists ranging in experience from five to fifty years, both general and specialty fields. The dentists held a Q&A session where the audience of dental hygienists and dental assistants could ask questions and get the dentists' professional opinions on the matter. We had a large turnout of over fifty people.

Finally, in November our winter social was held at a local restaurant to celebrate the year and the upcoming holiday season. Several door prizes were given away and everyone enjoyed mingling.

The TDHA has big plans for the spring. Tracey Martin, our president elect attended Rally Day, in Richmond, on January 24th, along with Jackie Perry, our Trustee, and Irene Connolly accompanying the ODU students. We had several members attend Old Dominion University's Winter Weekend, February 21-23rd. The TDHA raffled off door prizes at Winter Weekend in hopes to fundraise for ADHA pins for Old Dominion's new graduates. During the first night of the Winter Weekend, February 21st, TDHA also hosted a social at Hilton's Catch 31, in Virginia Beach.

Our first spring CE was held on Tuesday, March 11th, with Shannon Brinker educating the dental professional on products that help patients achieve brighter whiter smiles. On March 8th, members of the TDHA volunteered at Suffolk, VA's Mission of Mercy projects. The component also offered several baskets to the annual Scientific Session, so that the state could auction them off as a means of fundraising. On Thursday, March 27th, the component held a wine tasting at a local restaurant to fundraise for the chapter. Finally, in April the component has a second CE planned on Tuesday, April 22st, involving the Medical Reserve Corps and its relationship with dental hygiene. Elections for new offices plan to be held during the April CE.

Jackie Perry

Tidewater Dental Hygienists' Association, Inc.



Component 06



Monticello Dental Hygienists' Association March 2014 Curet Report

I. Officers:

President/Trustee: Evelyn D. Grant
Vice President/CE Chair: Mimi Magyar
Treasurer: Sheri Moore
Secretary: Paula Knight
Legislative Chair: Christina Morris
Membership: Betsey Soulsby
Communication Coordinator: Nicole Fischer

II. Membership: 35

III. Meetings:

April 16, 2014 - Business Meeting (Budget Adoption, Officer Election)

IV. Activities:

7 members attended the Spring Scientific Session at the Hilton Inn and Spa in Short Pump
April 17, 2014 – Parliamentary Session at Central Library

V. Recommendations and resolutions: None

Respectfully Submitted,
Evelyn D. Grant, RDH, MBA

Component 07

Peninsula Dental Hygienists' Association

The Peninsula Dental Hygienists' Association President, Julie Martin joined colleagues from TDHA and ODU School of Dental Hygiene faculty and students in their VDHA Foundation grant funded bus transportation to the Capital on Jan.24th. PDHA Trustee, Marge Green joined the contingency for a fabulous Rally Day of conducting advocacy visits with legislators and legislative aides. Our monthly CE events have been well attended by members, potential members and students from TNCC and ODU. The component supported VhyPac with annual dues and a silent auction item for Scientific Session and made its annual donation to the VDHA Foundation.

Feb. 5th: 1 hour CE: "Maintenance of the Dental Implant" by periodontists: Dr. Jon Piche
and Dr. Sayward Duggan

March 5th: PDHA President, Julie Martin participated as member of the ODU, School of Dental Hygiene Advisory Board at the annual meeting.

March 6th: Parks Orthodontics Hygiene Banquet: 2 hr. CE: Kelly Williams, RDH, MSDH, "*Oral Anatomy as it Relates to the Patient's Total Health*".

April 4th: "*New Era of Dental Technology: Tablets in a Clinical Setting*": 1 hr. CE
Technical
Sergeant Keith Duron, AS, RDH

On April 4th, members elected Julie Martin-President, Keith Duron-Vice President, Terri Hoffeditz-Secretary, and Rachel Royal-Treasurer

On April 26th, PDHA will present their "*Future Leader Award*" and participate with TDHA in conducting the RDH pinning ceremony of the graduates of ODU, School of Dental Hygiene.

On May 14th, PDHA will conduct the RDH Pinning ceremony and present their "*Future Leader Award*" for the graduates of Thomas Nelson Community College Dental Hygiene Program.

A Call to Action for a letter writing campaign to ADA, Commission on Accreditation re: standards for a dental hygiene-based dental therapy track has been implemented by webpage and email communications.

Submitted by: Marge Green, RDH, MS, Trustee-07

Component 10

Please join us at any of our component meetings, which are held the third Thursday of the month with the exception of June, July and December, at Sal's Italian Restaurant in Edinburg, VA. Dinner starts at 6:30 pm and the Business Meeting starts at 7pm. Our next meeting is on April the 17th and the May meeting is on the 15th.

Please join in **May on the 17th** for our next exciting Continuing Education course. It will be held from 9:00am to 4:30 pm at Lord Fairfax Community College, Science/Health Building in Room 145

We welcome: Judy Zack Bendit, RDH,BS who will present a 6 hour continuing education course. The morning session: **The Myths, Legends and Realities of OTC Products**

Lunch included and a chance to purchase a raffle ticket for an ergonomic dental operator stool generously donated by Crown Seating (\$10 per raffle ticket or 3 for \$25). Drawing will be held after the course.

The afternoon course: **Ergonomic Longevity in Dental Hygiene: Positioning for Life.**

We hope to see you there. Please go to our website: nwvdha.org to download a registration form. Any questions please contact Maureen P. McCann, RDH, BS Trustee #10 at 540-246-5991 or email me at mccannqlik@aol.com

Newly Restructured Districts

Localities in Component 01 Northern Virginia – Stafford, Fredericksburg, Spotsylvania

Alexandria, Arlington County, Fairfax City, Fairfax County, Falls Church, Fauquier County, Loudoun County, Manassas, Manassas Park, Prince William County, Rappahannock County

Localities in Component 02 Richmond – Cumberland, Prince Edward, Dinwiddie, Prince George, Caroline, Lunenburg, Mecklenburg, Petersburg

Amelia County, Blackstone, Charles City County, Chester, Chesterfield County, Colonial Heights, Goochland County, Hanover County, Henrico County, Hopewell, King William County, New Kent County, Nottoway County, Powhatan County, Richmond

Localities in Component 03 Tidewater – Brunswick, South Hampton, Greenville, Isle of Wright, Sussex

Accomack County, Chesapeake, Norfolk, Northampton County, Portsmouth, Suffolk, Virginia Beach

Localities in Component 05 Piedmont – Charlotte, Halifax, Pittsylvania, Bedford, Danville, Campbell, Lynchburg, Henry

Alleghany County, Bath County, Botetourt County, Craig County, Franklin County, Roanoke, Roanoke County, Rockbridge County

Localities in Component 06 Monticello – Buckingham, Amherst, Appomattox

Albemarle County, Augusta County, Culpepper County, Fluvanna County, Greene County, Louisa County, Madison County, Nelson County, Orange County

Localities in Component 07 Peninsula – King George, Westmoreland, Essex, James City, Surry

Gloucester County, Hampton, James City County, King and Queen County, Lancaster County, Mathews County, Middlesex County, Newport News, Northumberland County, Poquoson, Richmond County, Williamsburg, York County

Localities in Component 09 Southwest

Bland County, Buchanan County, Carroll County, Dickenson County, Floyd County, Giles County, Grayson County, Lee County, Montgomery County, Patrick County, Pulaski County, Russell County, Scott County, Smyth County, Tazewell County, Washington County, Wise County, Wythe County

Localities in Component 10 Northwest

Clark County, Frederick County, Front Royal, Harrisonburg, Highland County, Page County, Rockingham County, Shenandoah County, Warren County, Winchester

Registration is Still Open



<http://www.adha.org/annual-session>