



Virginia

Dental Hygienists' Association

The Curet

Fall 2020

## President's Message

#WeBelong

Belonging is a verb. Webster defines the word belonging as: 1. To be a member or part of a group, organization, or class, 2. To fit in a specified place or environment, and 3. To be rightly placed in a specified position. How does this apply to VDHA? Numbers 1 and 2 are simple.... If you are a dental hygienist in the Commonwealth of Virginia and pay your dues, then, Viola.... you belong. The third definition, to be **rightly** placed in a specified position, is where belonging requires action and effort.

Buddha said, "Your work is to discover your world and then with all your heart, give yourself to it" Currently I work with a dental office that practices and promotes team focused leadership. As a team, but also as individuals, we are encouraged to "Find our Why, find our What, and finally, find our How?" VDHA has provided me with the opportunities to discover my why, through continuing education, encouraging me to apply to ADHA's Leadership Institute Unleashing You Potential, and through VDHA's Leadership Development Workshop, Ignite! and mentors, many of which are with us today. I have discovered that my Why is to Contribute. I want a seat at the table, to be a part of the conversation, I want to make a difference in our profession, our Association, and to be an inspiration to future dental hygienists.

My VDHA journey has been swift, becoming President of our Tidewater Component 03, serving as Delegate to VDHA for several years, and then finally serving as a VHyPAC director and Alternate Delegate to ADHA for the last 3 years. Tammy Filipiak was ADHA President at the time, and her theme for the year was "Find Your Tribe", encouraging relationships within ADHA to feed your WHY. It was then that I realized that this was WHAT I was searching for throughout my 30+ year career. My HOW was to take advantage of all the opportunities I could to develop myself as an individual, a clinician, and as a leader. Most of those opportunities came from VDHA. Being with like-minded individuals is a powerful means to validate and add value to BELONGING. It takes making a commitment to yourself and to those that you serve. Commitment is my HOW? Committing to developing myself as a leader, serving my patients and my employer with integrity, and committing to do my best to serve VDHA and the profession of dental hygiene.

Through the recent COVID-19 pandemic and beyond, VDHA has been and will continue to be the Voice of Dental Hygiene in the Commonwealth. We were fortunate to have over 400 new members join VDHA, and I am committed to help those members, as well as our longstanding and student members realize the value of that membership. This is where the rubber hits the road.... each of us must make an effort to FIND WHERE YOU BELONG.

Throughout the next year, in my posts on VDHA's website, social media and email correspondence, I will be elaborating on my "Circle of Belonging". I will ask for commitment from our members and leaders, because without commitment there is no action. The efforts we make and the results we get from those actions gives us a sense of accomplishment and satisfaction. This adds value to our Association for others, and ultimately to ourselves. The value of membership becomes a part of our culture, and ultimately inspires others to join, commit and act. The Circle of Belonging starts with commitment, moves into action, finds value in its results, and inspires others to commit. I promise to do my best, to continue to grow as a person and as a leader,

## Presidents Message (Continued)

to always act in the best interest of VDHA and our profession, honor my relationships with all of you to make you proud, and hopefully inspire you to FIND WHERE YOU BELONG.

William Arthur Ward wrote, “Do more than belong, **participate**. Do more than care, **help**. Do more than believe, **practice**. Do more than be fair, **be kind**. Do more than forgive, **forget**. Do more than dream, **work**” I look forward to serving with you, and for you.

Tracey Martin, RDH, BSDH  
VDHA President, 2020-2021



\*\*\*\*\*

### Table of Contents

President's Message – Page 1 - 2  
Upcoming Events – Page 3  
Save the Date – Page 3  
Component News – Pages 4 - 9  
Membership News – Page 10  
VHyPAC – Page 11- 12  
Planning & Development – Page 13  
PHEPA News & Information – Page 14 - 15  
VDHA Foundation– Page 16  
ADHA Institute for Oral Health – Pages 17  
Student Chapter News – Pages 18-22  
ADHA Conference Dates & Highlights– Page 23  
Council & Committee Chairs – Page 24  
VDHA Calendar – Page 25  
VDHA Mission Statement – Page 26  
Curet Submission Information – Page 26



\*\*\*\*\*

## Upcoming Events

### Executive Board Meetings

January 23, 2021	9am-1pm	ZOOM
April 17, 2021	9am-1pm	ZOOM
July 24, 2021	9am-3pm	Charlottesville, VA
October 24, 2021	8am-12pm	Richmond, VA

### IGNITE VDHA Leadership Workshop

November 14, 2020 ZOOM

### Spring Scientific Session

March 26-28, 2021  
Virtual Zoom Meeting

\*\*\*\*\*

**SAVE THE DATE!**

# 68<sup>th</sup> Spring Scientific Session

of the Virginia Dental Hygienists' Association

## March 26-28, 2021



Save the Date!



Virtual Meeting via Zoom

Details to follow in email  
and on **vdha.net**



## Component News & Reports

### Greater Richmond

#### Greater Richmond Component Contacts

Heather Tuthill, MPH, BSDH, RDH- Trustee -- [herrerahm29@gmail.com](mailto:herrerahm29@gmail.com)  
Marlene Rhodes, BSDH, RDH- Chair – [marlenerhodesrdh@gmail.com](mailto:marlenerhodesrdh@gmail.com)  
Amber Mosby, BSDH, RDH- Financial Liaison -- [amber9ski@comcast.net](mailto:amber9ski@comcast.net)  
Missy Stowe, BSDH, RDH—Secretary [Missystowe99@gmail.com](mailto:Missystowe99@gmail.com)

#### **Gratitude is attitude around in Greater Richmond this quarter! We have reflected on what this Association means to us:**

- “I’m grateful to the Association for showing me the potential of our profession and the potential in me.”- Emilie B.
- “Gratitude and inspiration, not only during difficult times such as COVID, but every time we gather in small or large groups, I am in the company of amazing leaders in our field and genuinely inspired by them to be better.” – Marlene R.
- “I’m grateful for the organization’s support in leadership and advocacy for members and students in Virginia. We collectively work together to promote and enhance our profession. I’m also grateful for all the wonderful friendship.”-Michelle M.
- “My ADHA membership has given me long lasting friendships and a network of support. These enrich me as a professional registered dental hygienist.”- Mel. S.
- “ADHA/VDHA/GRDHC has provided a voice for our profession.”- Tammy S.
- “I am grateful for being a member of the ADHA because it has surrounded me with other hygienists and excellent mentors who are passionate about our careers and want to make a difference.”- Denise T.
- “I am grateful for the guidance of mentors within the Association when you first become active and the honor to pass that baton on to younger, newer members. It’s a life-giving cycle that keeps this organization moving forward.”- Susan P.
- “Being new to Richmond area, the Greater Richmond component has really welcomed me with opened arms. It has been my desire to become more involved in our professional organization and they have provided with excellent mentorship and encouragement to do so. “- LaTasha M.
- “I’m grateful for the support, mentorship, friendships and opportunities to grow as a leader/person/hygienist and I’m really missing the faces of Greater Richmond Hygienists at the CEs!” – Heather T.



**HOD:** Thank you to our 2019-2020 Greater Richmond Delegates: Marlene Rhodes, BSDH, RDH, Emily Comia, BSDH, RDH, Amber Mosby, BSDH, RDH, Denise Thieleman, BSDH, RDH and LaTasha McLee, MSDH, RDH. Congrats to our student delegates from VCU: Jessica Reid-Burrell and Abby Geiser.

**CEs:** Due to COVID, we have not been able to have in-person CEs. We are working on ZOOM CEs but have not been successful in obtaining a speaker. Please contact [herrerahm29@gmail.com](mailto:herrerahm29@gmail.com) if you have a contact speaker to share. Thank you.



## Monticello

Component 06 Monticello participated in the first Virtual VDHA House of Delegates

Our Delegates were Betsey Soulsby and Nicole Fischer Wells

Student Delegates from Germanna Community College (GCC):  
Heather Fonda and Jennifer Settle

Trustee Evelyn Grant



## Northern Virginia

Northern Virginia Dental Hygienists' Association would like to thank Tonya Mortensen for hosting our delegates for the October VDHA HOD session at her home in Fredericksburg. Our delegates worked diligently and professionally in this COVID 19 arena. I would like to thank Sheila Sheats, Janis Slezak, Betsy DiSilvio, Tonya Mortensen, Cathy Berard, Deirdra Kane, Nancy Martin, Stephany Gardner and Valerie Wang. Our students from NOVA were Crystal Chmiel and Kate Bowman. Thank you for representing your school in a leadership role and giving your time investing in your future as a dental hygienist.

We would like to thank Sheila Sheats for serving as continuing education Chair this past year; she has stepped up, once again, to serve as VDHA CE Chair. Congratulations to Janis Selzak for accepting the role as NVDHA's new CE Chair.

Congratulations to Betsy DiSilvio, the well-deserved winner of the Component 01 Award. Congratulations also to Tonya Mortensen for her recent election to the VDHA Vice President position and Janis Slezak as the VDHA Recording Secretary. Many thanks to Cathy Berard for her continual service as Foundation Secretary and Co-Chair of PHEPA. We are very proud of our members for continuing their commitment to the Association.

NVDHA has had several Social/business ZOOM meetings during the past months. Our next ZOOM meeting will be November 18<sup>th</sup> at 7:00. We held our annual OSHA continuing education via Webex with Dr. DiPaolo in October. We registered 115 people. Thank you to Betsy DiSilvio who made this happen.



Respectfully submitted,  
Julie Simms, RDH, BSDH  
Trustee 01

## Northwest Virginia

The Northwest Component met for an RDH Meet and Greet at Old Hill Cider in Timberville, VA on September 12, 2020. We were able to socialize, outside and from a safe distance, while enjoying some delicious hard cider straight from the Shenandoah Valley. We plan to hold another social event in the Spring so be on the lookout.

While the VDHA House of Delegates was held online this year, our component met as a small group to virtually participate. Our Trustee, Linda Gill, hosted delegates Ryan Maphis and Pamela Boyer, and alternate delegates, Sue Daugherty and Dawn Southerly for the 2 day event. Jordan Carpenter, LFCC Page, was also in attendance. Ryan and Pam served as student delegates for LFCC in 2019 and were very excited to hold a more official role as voting delegates this year.

Meghan Glago was recognized as our Outstanding Member Award recipient for her contributions to the component over the past year. In addition to serving as Alternate Speaker of the House for HOD, she has been the component co-chair for the past four years as well as the social media and website liaison. She looks forward to her new role as component 10 Trustee.



Pictured: Sue Daugherty, Linda Gill, Pamela Boyer, Ryan Maphis, Jordan Carpenter and Dawn Southerly



## Peninsula

Kelly Tanner, PhD, RDH - Chair – [kellytannerwilliams@gmail.com](mailto:kellytannerwilliams@gmail.com)  
Rachel Royal, BSDH, RDH – Financial Liaison – [Royalrdh@gmail.com](mailto:Royalrdh@gmail.com)  
Marge Green, RDH, MS – Trustee – [mgreenrdh@gmail.com](mailto:mgreenrdh@gmail.com)  
Erika Girard, AAS, RDH – Secretary – [Erikalauren9@yahoo.com](mailto:Erikalauren9@yahoo.com)

Along with Copy formatting from one location and apply it to another chairs of Desiree Turner, Membership and Christina Quiros, Continuing Education Events. Desiree graduated in 2020 from TNCC and was recipient of the PDHC *Future Leader Award*. Christina, TNCC's Dental Hygiene Program Director has also served two terms as Alternate Delegate. During transition, Amy Rankin extended her CE Sponsorship position to successfully coordinate and manage a well-attended, in person, CPR recertification course in September. Our collective goal remains on recruiting colleagues to step up into their chosen position of PDHC's leadership team.



The summer remained busy with Zoom, monthly executive committee meetings and a fun, August Happy Hour. Our in person Delegation Team work sessions on our PRs (15) followed by prepping for HOD in addition to Trustee Green's mentoring session with the TNCC Student Delegates, Anita Bibliari and Ceara Welch created a cohesive group all geared up for VDHA's governance activity of the 67<sup>th</sup> HOD. The team convened for the two, long days of HOD at Marge and Barry Green's home. See photo below displaying our collective GRATITUDE to our many special colleagues and OMG for empowering us to successfully govern our profession and VDHA, virtually!



*Congrats  
to  
PDHC's  
Outstanding  
Member  
of the  
year!  
Dr. Kelly Tanner*

GRATITUDE to our colleagues for their technological expertise and to OMG for facilitating the 67<sup>th</sup> HOD via a virtual platform! A memorable two days of thought provoking governance decisions, nutritional cuisine, collegial bonding and a breakout session in the beautiful outdoors. The gems of volunteerism!



<https://www.facebook.com/groups/pdhava> to connect with PDHC.  
[Stay safe and well.](#)

**Piedmont** – No Submission at this time

**Southwest Virginia** – No Submission at this time



**2020-2021 TDHC Leaders**

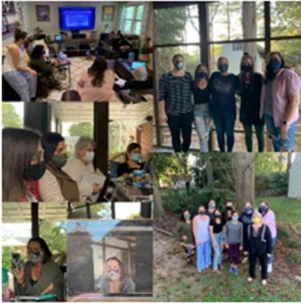
**Co-Chairs: Jessica Suedbeck and Emily Ludwig**

**Trustee: Kelly Fox**

**Financial Liaison: Angela Tye**

**Media Management: Sam Vest and Jessica Suedbeck**

As we come to an end of a very interesting year, Tidewater is delighted to be closing on a high note, after all... 2020 has not been so encouraging for most. In October, Tidewater Component members were able to safely meet locally and conduct business with all other Virginia components via Zoom. The 67<sup>th</sup> Virginia Dental Hygienists' Association House of Delegates was conducted via zoom for the first time in history and everyone was ready and accepting of this "New Normal." Adapting to a large meeting and new format was difficult and required the effort of many to make it happen. The meeting this year has shown that when we believe it can happen, no matter the obstacles, we as a group can all come together and make it happen. Tidewater component would like to thank everyone for their hard work and dedication towards a successful 67<sup>th</sup> VDHA HOD.

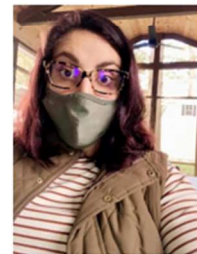


**2020 House of Delegates, Alternate, and Student Delegates**  
**Delegates:** Angela Tye, Irene Connolly, Cara Crepsac, Sam Vest  
**Alternates:** Emily Ludwig and Jessica Suedbeck  
**Students Delegates representing Old Dominion University:**  
Libby McCray and Mairbeth Hebenstreit



Tidewater's very own Irene Connolly was given the special privilege of presenting **Jacqueline Davis Perry, RDH, MS**, with the VDHA Lifetime Membership Award for dedication to the profession. Jackie has served in a multitude of positions within our national, state, and local levels over several decades. Her contributions to our profession have been instrumental.

Our financial Liaison, **Angela Tye, RDH, MSDH** was awarded Tidewater Component Outstanding Member of the Year Award during this year's House of Delegates. Angela has been serving for our component since her graduation in 2015. She is always there to help, even outside of her other commitments. She continuously checks in and always asks what she can do to help, even while adjusting to her role as a new mother. She is a great asset to our component and we appreciate all that she does.



**WANT TO GET INVOLVED! Come join your local component!!! Nervous about how to start, we've got you covered. At Tidewater we are always looking for other hygienists that share the same passion as we all do. The passion for our profession and moving it forward as well as continuous protection of our profession. If we have no members, then we have no Association. Email me @flosswithmerdh2015!@gmail.com. We would LOVE to have you!!!!!!**

\*\*\*\*\*

## Membership News

Happy Fall and greetings from the VDHA Membership team!

In October, ADHA held a fantastic Faces of Courage campaign during National Dental Hygiene month, showcasing photos of members in the midst of a global pandemic. This January, ADHA will provide its first-ever virtual Dental Hygiene Leadership Summit and is offering \$20 off registration, if you renew your membership before November 15, 2020. Don't miss out on this two-day packed leadership education covering current practice settings, diversity and inclusion in dental hygiene, advancement in education and association leadership, as well as potential career pathways!



The VDHA is happy to report that our inaugural all virtual House of Delegates (HOD) that occurred October 23<sup>rd</sup> and 24<sup>th</sup> was an overwhelming success! Thank you to all those who 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 your local components to get more involved!

With the winter season and holidays approaching, the VDHA hopes that all components continue to reach out to current and prospective members! Ensure that you are utilizing all social media platforms as much as possible to stay in touch with others, and share news and pictures, especially due to current global circumstances! Challenge yourself to think of future membership retention ideas, possible CE topics, and events that could draw in new members!

Stay safe, mask-up, and get involved!

If you have any questions regarding membership do not hesitate to contact Samantha Vest at [svest001@odu.edu](mailto:svest001@odu.edu)

*Best,*

*Samantha Vest BSDH, RDH*

VDHA Membership Chair

<https://www.adha.org/summit>



\*\*\*\*\*

## VHyPAC News

### VHyPAC Needs YOU!

Our directors are: Maureen McCann, RDH, BSDH; Marlene Rhodes, RDH; Rhea Rossi, RDH; Kristen Greene, RDH; Stephany Gardner, RDH, and advisor Mark Hickman of Commonwealth Strategy Group.

We say good bye to two directors that have served us well: Tracey Martin, who served for several years and is now our VDHA President and Jessica Elmore McManus, who also worked hard through the years. This leaves us with one position as director open. If you have an interest please contact me, Maureen McCann at [mccannlik@aol.com](mailto:mccannlik@aol.com).

### A friendly reminder from your VHyPAC team

While we are all in a place of holding pattern when it comes to getting back to practicing our beloved profession, I wanted to ask each of you to sincerely consider our Political Action Committee (**VHyPAC**).  
Your leadership within the Association (VDHA) is working diligently with our lobbyist to assist all of us during this trying time.

This is exactly why **VHyPAC** is so very important. There are many happenings that occur behind the scenes that move our profession forward for each and every hygienist in the state. Laws don't change without our commitment to changing them. Rally days and conversations with representatives are so very important and integral for any changes to move forward.

Together, we are powerful and our voices are heard. Donations to the PAC fund helps that occur. VHyPAC directors normally have a chance to interact with other hygienists during the state at meetings like Scientific Session and CE courses but right now, during the pandemic, we have been unable to reach out personally.

Please consider donating to the committee whenever you can, the importance of these contributions cannot be stressed enough. When making a donation, please provide the completed form on the following page, as we are required by law to report to the State Board of Elections. You can attach a card number and have your donation recurring.

To send a physical check:

**VHyPAC**  
**C/O Commonwealth Strategy Group**  
**118 N. 8th St.**  
**Richmond, VA 23219**

Thank you in advance for your consideration and future donations,  
Maureen McCann Sawin, Marlene Rhodes, Kristen Greene, Rhea Rossi, Stephany Gardner  
**VHyPAC chairs for the Virginia Dental Hygienist Association**





# Virginia Hygienists PAC

## The Political Voice for Virginia's Dental Hygienists

Virginia Hygienists PAC uses contributions to fund Virginia General Assembly and statewide office candidates who share our goal to foster a better, safer environment for oral health and dental hygiene. Richmond has a much greater impact on your practice and patients than D.C. Political contributions allow us to target our message and connect you to important decision- and policy-makers in Richmond. With your support of the PAC, we can achieve our mission by educating legislators and the Administration about our professional concerns.

Yes, I want to help dental hygienists and patients! Please accept my contribution of (check one):

\$ 250 (Leadership Circle)

\$ 100 (Champion)

\$ 50 (Advocate)

\$ 35 (Supporter)

\$ 20 (Student)

\$ \_\_\_\_\_ (Other)

*Please complete all information legibly:*

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Occupation \_\_\_\_\_ Employer \_\_\_\_\_

Principal Place of Business (City, State) \_\_\_\_\_

Cash  Check  Credit Card:  Square/POS or complete card information below:

Card Type \_\_\_\_\_ Credit Card # \_\_\_\_\_

Security Code \_\_\_\_\_ Expiration \_\_\_\_\_

Signature \_\_\_\_\_

**MAKE CHECKS PAYABLE TO VIRGINIA HYGIENISTS PAC.**

**Please return completed form and contribution to staff or mail to (do not mail cash):**

*Contributions to Virginia Hygienists PAC are not tax deductible as charitable contributions. Virginia law requires all political action committees to maintain a record of the name, mailing address, occupation information (includes type of work, employer and principal place of business) for each individual who contributes to our committee. All cumulative donations over \$100 are reported. Federal law prohibits any political organization to accept contributions from a foreign national or foreign corporation. An exception to the law is granted for individuals who have a valid green card.*

\*\*\*\*\*

## Planning & Development Council News

Scientific Session News: 26-28 March 2021 SO SAVE THE DATE!

Planning has been going on for several months and now most everything is in place. This will be a virtual conference again this year because sadly, we cannot meet in person. Luckily, we have people that can do the technological end of the meeting. Last year it turned out to be a last-minute switch and these wonderful people handled it beautifully. I certainly hate missing everyone in person and the good time we have.

The proposed speakers will be co presenters on Friday morning Sherri Lukes, RDH, MS, MAADH, and Dr. Robert Lee presenting “Stressed Out! Coping With Consequences in Challenging Times,” Dr. Lee will also present Friday afternoon “Ignite your plan B! – Diversifying Your Career In The Industry.” Saturday morning will have Pat Pine, RDH, COM who will present a course on Oral Myofunctional Disorders information titled: “Orofacial Myology Awareness for the Licensed Hygienist.” This is pertinent since the Virginia Dental Hygienists’ Association just passed a resolution recognizing this area of expertise. Saturday afternoon we will have a newcomer to us, Christy Jo Fogarty, RDH, ADT, BSDH, MSOH will discuss the evolution of Dental Therapist (how Minnesota created and got it passed). Since Virginia has a course in the works pertaining to this area this may give good information we can use. Lastly, for Sunday morning, Brent Garvin will speak on “Get FIT—Improve Your Dental FITness: Fully Integrating Technology.” Course descriptions will be given soon.

This was a difficult conference to plan, because recently there have been numerous free online courses with wonderful speakers. We would love to have your support for the VDHA and attend what we have to offer. Support for your association comes in many forms and this is one!

“See” you in March.  
Sheila B. Sheats, RDH  
Continuing Education Chair

### 68<sup>th</sup> Spring Scientific Session of the Virginia Dental Hygienists' Association March 26-28, 2021



Virtual Meeting via Zoom

Details to follow in email  
and on [vdha.net](http://vdha.net)



## Public Health, Education & Professional Affairs Council News

### HYGIENISTS SUPPORTING HEAD START

In the September/October ACCESS issue, ADHA's President, Lisa Moravec calls for hygienists to be **innovative and adaptable** when working locally to voice our oral health messages. We can do that by a quick 'reach out' to a local Head Start program, offering our expertise and knowledge during this ongoing challenging school year. These programs need our help NOW and in the coming months! Children's Dental Health Month is just around the corner!! Make yourself visible in your community as a primary oral health educator!

Thank you to our Dental Hygiene Programs across the state who are involving their students in this worthwhile effort! We look forward to seeing your videos!! Two 'winners' from each school will have their videos posted on the VDHA You Tube Channel for others to access.

And a special thanks to the VDHA Foundation for their support in providing 'cash' prizes to the students who submit the winning videos!! This is a great added incentive for these busy students to pursue this worthwhile activity!

Check out all the resources that are available to you through the VDHA website!!

And, also feel free to reach out to Deirdre Kane and Susan Pharr for more ideas and guidance. We are having LOTS of fun being creative with this project, yet doing it all from home!

Deirdre: [deirdre@vonkane.com](mailto:deirdre@vonkane.com)

Susan: [shpharr@gmail.com](mailto:shpharr@gmail.com)

### **KNOW THE LAW AND REGS: General Supervision**

#### **18VAC60-25-10. Definitions.**

"General supervision" means that a dentist completes a periodic comprehensive examination of the patient and issues a written order for hygiene treatment that states the specific services to be provided by a dental hygienist during one or more subsequent appointments when the dentist may or may not be present. Issuance of the order authorizes the dental hygienist to supervise a dental assistant performing duties delegable to dental assistants I.

#### **18VAC60-25-60. Delegation of services to a dental hygienist.**

Duties that are delegated to a dental hygienist under general supervision shall only be performed if the following requirements are met:

1. The treatment to be provided shall be ordered by a dentist licensed in Virginia and shall be entered in writing in the record. The services noted on the original order shall be rendered within a specified time period, not to exceed 10 months from the date the dentist last performed a periodic examination of the patient. Upon expiration of the order, the dentist shall have examined the patient before writing a new order for treatment under general supervision.
2. The dental hygienist shall consent in writing to providing services under general supervision.
3. The patient or a responsible adult shall be informed prior to the appointment that a dentist may not be present, that only topical oral anesthetics can be administered to manage pain, and that only those services prescribed by the dentist will be provided.
4. Written basic emergency procedures shall be established and in place, and the hygienist shall be capable of implementing those procedures.

**Know where to go:** [https://www.dhp.virginia.gov/Dentistry/dentistry\\_laws\\_regs.htm](https://www.dhp.virginia.gov/Dentistry/dentistry_laws_regs.htm)



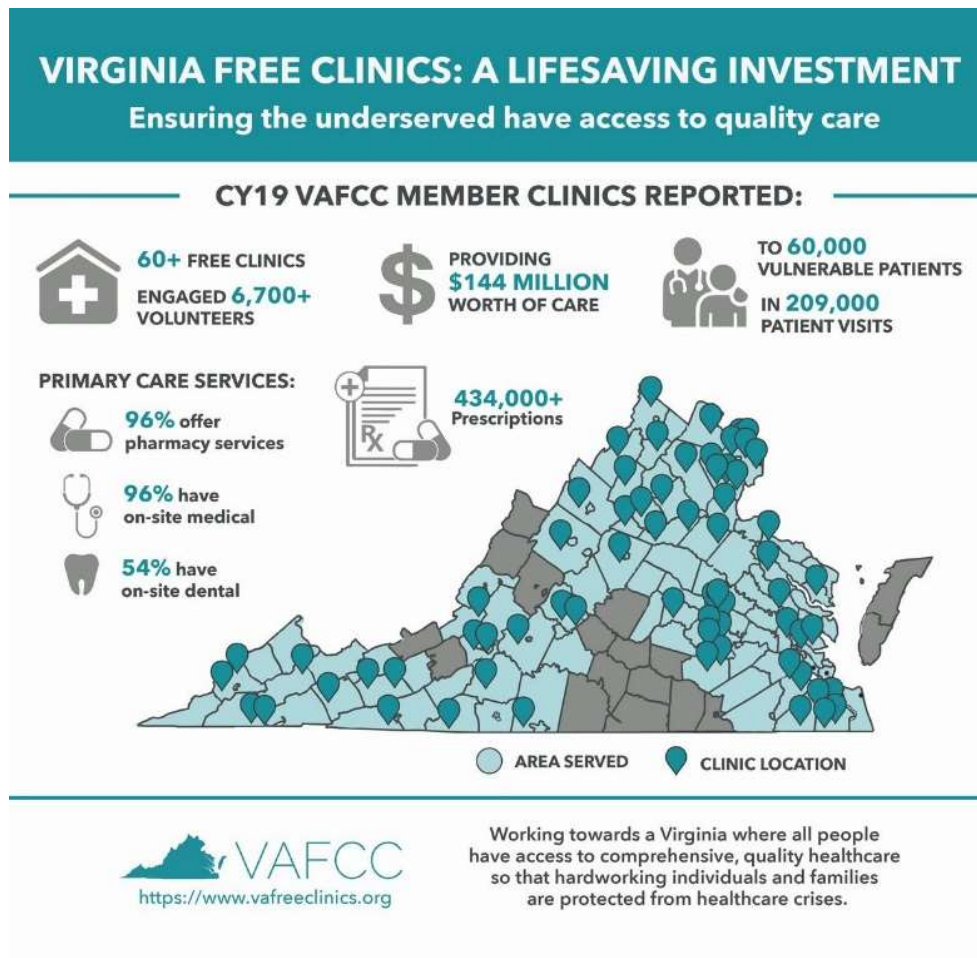
## Public Health, Education & Professional Affairs Council News (Continued)

### Virginia Association of Free and Charitable Clinics Update:

Sherry Basham, RDH, MSDH  
VDHA Liaison to VAFCC

The VAFCC will be holding their annual conference “Recovery & the New Normal” virtually this year. It begins November 10<sup>th</sup> and will run for eight days. Thursday, November 12<sup>th</sup>, our own Susan Pharr and Brooke Crouch will be presenting “Remote Supervision and Teledentistry: A Perfect Combination for the New Normal!”. Refer to <https://www.vafreeclinics.org/annual-conference> or our Facebook page for more information.

The VAFCC medical clinics have been instrumental during COVID in our outlying communities by supplying COVID testing and emergency visits. Dental clinics were able to see emergency patients and even assist the medical side with such tasks as pharmacy refills. The bilingual skills of the staff were used to keep patients connected to the clinic with educational information. Some of the clinics were able to expand their services by using teledentistry! Many of the dental clinics have returned to patient care, but are seeing a significant increase in demand as a result of rising unemployment due to the pandemic. The dental clinics are still in need of volunteers. Please consider helping our low-income communities. Refer to the list of VAFCC dental clinics on our website (see link above) to find a clinic in your component.



## VDHA Foundation



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

January 1, 2020 through November 6, 2020

#### **JEFFERSON CLUB**

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

#### **MONROE CLUB**

Susan Pharr, BSDH, MPH  
*In honor of my VDHA colleagues*

#### **PATRIOT CLUB**

Irene Mary Connolly, RDH, MS  
*In Honor of VDHA Treasurer,  
Marge Green, RDH, MS*  
James H. Forsberg  
*In honor of the birthday of my daughter, Julie Simms*  
Nancy Martin  
*In honor of Brian Martin*  
Julie Simms  
*In memory of my mom, Cynthia Forsberg*  
Greater Richmond Dental Hygienists' Component  
Monticello Dental Hygienists' Component  
Southwest Dental Hygienists' Component  
Tidewater Dental Hygienists' Component  
*In honor of all Tidewater members*

#### **DONOR CLUB**

Karen D. Avey, RDH, MSDH  
Melanie Bartlam  
*Thank you President Bonovitch for your continued  
leadership!*  
Cathy Berard, BSDH, RDH  
*In honor of Jackie Perry*  
Laila Bonner  
*For Charitable Activities*  
Emilie Bonovitch  
*In honor of all the great VDHA leaders*

Stacia Brooks  
*In memory of Kathryn Smith Ward*  
Paige Chicklo  
Evelyn Grant  
Marge Green, RDH, MS  
*In honor of Emilie Bonovitch,  
VDHA President*  
Desiree Harrington  
Catherine Q. Johnson, RDH  
Joyce Kwiatkowski-Spieler  
*In honor of the event volunteers*  
Mimi Magyar, RDH  
*In honor of Emilie Bonovitch,  
VDHA President*  
Sheryl Manion  
Julie A. Martin, BSDH, RDH  
Kimberly May  
Maureen P. McCann  
Keoviengkhone Phouminh  
Susan Reid-Carr  
Rhea Rossi  
Kimberly Dawn Stone  
*In honor of Max*  
Moe Thompson  
*In honor of Woodrow Grayson Schmidt*  
Christina Tulloch  
Christian Waterman  
Deanne Watson  
Northern Virginia Dental Hygienists' Component  
*In honor of Sheila Sheats, NVDHC Chair*  
Northwest Dental Hygienists' Component  
Peninsula Dental Hygienists' Component  
*In honor of Kelly Tanner, PhD, RDH,  
PDHC Chair*

*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**

**Liaison, Catherine A. Berard, BSDH, RDH**

**Our VDHA assigned goal for 2020-21 is \$7,441.68 for the IOH year that runs July 1, 2020 through June 30, 2021.**

***You can visit the Virginia specific donation page to make your donations if you wish to do so before the end of this year:***

**[https://mymembership.adha.org/Members/Fundraising/State\\_Giving\\_Pages/Virginia\\_State\\_Giving.aspx](https://mymembership.adha.org/Members/Fundraising/State_Giving_Pages/Virginia_State_Giving.aspx)**

Also, please visit the IOH website to see the awards, grants and scholarships that are still available to you which include the Alice Hinchcliffe Williams, RDH, MS Merit Scholarship that is funded by the Virginia Dental Hygienists' Association Foundation. And check out the brand new ADHA IOH DentalCodeology Consortium Trailblazer Travel Grant program.

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

The ADHA Institute for Oral Health DentalCodeology Consortium (DCC) Trailblazer Travel Grant

**<https://www.adha.org/dcc-trailblazer-travel-grant>**





### Germonna Community College

#### **Hello from the GCC Dental Hygiene Cohort of NVCC!**

We took a sabbatical from submitting to the last newsletter given the stagnation of social activities since COVID came to town. Despite this, our schoolwork load and graduation requirements have not slowed and we even had the recent fortune of being involved in the following leadership events.

- In September:
  - Dental Hygiene SADHA president and LDC student member, Heather Fonda, and VDHA Vice President, Tonya Mortensen were interviewed by GCC local Dental Hygiene Coordinator, Misty Mesimer on advice and steps for emerging student leaders. The video can be accessed on the VDHA website.
- In October:
  - Dental Hygiene SADHA president, Heather Fonda, and Dental Hygiene Class Treasurer, Jenn Settle had the privilege of representing GCC as student delegates at the 2020 VDHA HOD.
    - Although we as students, were not able to vote on proposed regulations, by-laws, or elected positions, we were able to witness how policy, by-laws, and democracy take place. We found the experience extremely informative and beneficial as future leaders and advocates of our organization.
    - We want to give a huge shout out to the VDHA Monticello component for providing Heather and Jenn with the tools, mentorship, and inclusivity they needed before and during HOD. You all are amazing!
- In November:
  - Dental Hygiene Class Treasurer, Jenn Settle, and Dental Hygiene student Kate Traweek will attend the 2020 VDHA Ignite Leadership Workshop, representing GCC and developing their leadership skills.

*In closing, we want to express our sincere gratitude to the VDHA for advocating manikin based clinical board exams! We students collectively thank every one of you!*

Until the next time...

Happy Fall and

Happy Thanksgiving!!



## Lord Fairfax Community College

The ADHA student chapter of Lord Fairfax Community College in Middletown, Virginia held its first meeting in October. At the meeting, student officers were elected. Sherri Baldwin was elected to be president, Amanda Hayes is Vice-President, Cathy Luong is Secretary, and Hayley Carver is Treasurer. Each of the students are excited about their appointed positions. In addition to holding these positions they will take turns attending the LFCC SGA meetings to keep up with activities in the SGA organization. At the meeting students also discussed and brainstormed fundraising ideas for the upcoming year.



Sherri Baldwin, SADHA President  
Kathy Loung, Secretary



Carver, Treasurer



Haley  
Amanda Hayes, Vice President

**N**orthern Virginia  
Community College  
Medical Education  
Campus Student Delegates  
Kara Bowman and Crys  
Chmiel attended the 2020  
VDHA house of Delegates  
Professional Development  
Workshop in October.



Kara states, “I had the opportunity to attend the annual session for VDHA as a student delegate. It was a great experience to be a part of something that we are working so hard towards during our time in the hygiene program. It was held differently this year due to COVID. They created a hybrid type session with a combination of Zoom meetings and a socially distanced, limited attendance, in person meeting with just the Northern Virginia Component. It was inspiring to see how passionate our hygienists are to ensure the future and growth of our career. We were able to meet with a lobbyist who explained the legislative process and the importance of effective advocacy especially at the state and local levels. We also directly observed how policies are changed and amended. The association worked really hard to keep everyone engaged and the process was seamless. I look forward to participating as an active member of the association as a registered hygienist next year”.

Crys talks about her experience at the workshop as well, “As a student delegate for the VDHA, I was able to actively participate in amending and articulating my views on standing PR’s that would be voted on during the House of Delegates meeting. I found student contribution to be essential and imperative functions to facilitate ideas of those still in the educational component to be heard on aspects directly affecting us. This includes dialogue on clinical board examination alterations pertaining to the efficacy and ethical lines of live patient utilization”.

The girls were able to use their voices and leadership skills to represent and advocate for not only the NOVA class of 2021, but also for all current and future dental hygiene students and hygienists.

The NOVA MEC clinic has been working on extended hours to make up requirements from missed clinic hours due to multiple Covid shutdowns. In order to not exceed the clinic’s allotted patient load, the students have been working in pairs to treat patients. The clinic has continued to have a great patient turnout, while the classmates continue their teamwork and provide support for one another, even during these prolonged unprecedented times.

Submitted by: Sheila Garrovillo



## Old Dominion University

Dear Colleagues,

Greetings from the Old Dominion University School of Dental Hygiene (ODU SODH)! As I am sure we are all familiar, the SODH looks very different than what we are used to! COVID-19 has brought many changes to faculty, clinic, school, and student life. But, given a challenge, the ODU SODH hygiene will always triumph! Since COVID-19, the faculty and staff have worked diligently to ensure a safe return to clinic, lab, and didactic instruction. Many new policies and engineering controls have been implemented and changed in the clinic and labs. The profession might look a little different, but it is safe and thriving in the SODH! The students have also been working just as diligently as faculty and staff to complete requirements and become competent dental hygienists, even in the face of COVID-19! We are so proud of the Junior and Senior class of 2021 and 2022



Senior Class of 2021 in full PPE, ready to see their patients in the ODU Dental Hygiene Care Facility!

In October, two of our Senior dental hygiene students, Libby McCray and Maribeth Hebenstreit, along with Assistant Professor, Emily Ludwig and Assistant Professor and Director of Clinical Affairs, Jessica Suedbeck, attended the VDHA House of Delegates 2020 Virtual Meeting as student delegates. The students were honored to learn more about leadership and network virtually with other students and dental hygienists from different areas in the state.



Left to right: Senior Student, Maribeth Hebenstreit, Assistant Professor, Emily Ludwig, Assistant Professor and Director of Clinical Affairs, Jessica Suedbeck, Senior Student, Libby McCray, Graduate Teaching Assistant and Graduate Student, Samantha Vest

The SODH is also happy to announce the Junior Class of 2022's newest SADHA representatives, Jenna Ward, Allison O'Toole, and Dani Cramer. While SADHA looks different this semester, we are working hard to connect both classes and give them many leadership and professional opportunities!

We wish you all well and stay safe and healthy!

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

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

**Thomas Nelson Community College** – no submission at this time

**Virginia Commonwealth University**

The semester is back in full swing with our newest hygiene students joining us in July. COVID has made us all adapt quickly to a new normal from changes with how clinics are structured to how classes are taught (virtual and hybrid). As we welcomed our junior hygiene students into the program, we told them all about the ADHA and what they could expect as a student member as well as a professional member in the future.

While this year has looked different from years past, the junior students were able to experience their first taste of the VHDA on October 23 when both junior and senior dental hygiene students attended the annual House of Delegates conference. Senior students, Abby Geiser and Jessica Reid-Burrell attended both Friday and Saturday's events as student delegates. They were able to see firsthand how proposed resolutions are written and voted upon. Our very own Kayla Khau, a senior dental hygiene student won the Alice Hinchcliffe Scholarship with her beautifully written essay on how she will serve her community as a dental hygienist and member of the ADHA.

This year's fundraising efforts also look different due to COVID-19. The students used their creativity and artistic skills to create stickers for both dental and dental hygiene students! This proved to be an excellent (and safe) way to raise money!

Next up on the hygiene agenda, the junior and senior students will be creating a short video for the ADHA's 2nd annual Student Chapter Video competition.



Scholarship winner  
Kayla Khau (senior)



Student Delegates  
Jessica Reid-Burrell and Abby Geiser



Fundraiser Stickers



There is much to be thankful for at Virginia Western this semester. Students have been able to participate in all in-person clinics and labs, and to provide care for patients from the community. School administration has fully supported the clinic with PPE for faculty and students, air purifiers, and high-volume evacuation systems. ADEA and FEMA surprised us with a generous donation of KN95 masks. Students and faculty have perfected their Zoom skills and online courses have progressed smoothly. We anticipated a challenging semester due to the pandemic, but with preparation, patience, and support we are happy to report that all is well!



Students and faculty participated in **fit testing** for N95 masks



1<sup>st</sup> year students celebrating the arrival of the ADEA/FEMA masks. Thank you ADEA and FEMA!

Wytheville Community College no submission at this time



## ADHA Conference Dates



### **ADHA 2021 Annual Conference**

Location: ~~Phoenix, Arizona~~ NOW VIRTUAL

~~Phoenix Convention Center~~ NOW VIRTUAL

Dates: Friday, June 18- Sunday, June 20 (Conference Dates)  
Sunday, June 20 – Tuesday, June 22 (Business Meeting)

### **ADHA 2022 Annual Conference**

Location: Louisville, Kentucky

Kentucky International Convention Center

Dates: Friday, June 24 – Sunday, June 26 (Conference Dates)  
Sunday, June 26 – Tuesday, June 28 (Business Meeting)

### **ADHA 2023 Annual Conference- 100th Anniversary**

Location: Chicago, Illinois

McCormick Place

Dates: Friday, July 7<sup>th</sup> – Sunday, July 9<sup>th</sup> (Conference Dates)  
Sunday, July 9<sup>th</sup> – Tuesday, July 11<sup>th</sup> (Business Meeting)

\*\*\*\*\*

## ADHA PODCAST LINKS

VDHA members participated in podcasts with ADHA

Kelly Tanner (Peninsula Component)

Heather Tuthill (Greater Richmond Component)

<https://podcasts.apple.com/us/podcast/your-official-adha-podcast/id1510670243>



## 2020 – 2021 Officers, Councils & Committee Chairs

<b>Officers</b>	<b>Administrative Council:</b> Chair (President Elect): vacant
<b>President:</b> Tracey Martin	<b>Budget and Finance:</b> Trish MacDougall <b>Vice President:</b> Tonya Mortensen <b>Policy, Bylaws and Resolution chair:</b> Julie Simms Committee member: Irene Connolly <b>Procedure Manual:</b> Tonya Mortensen <b>Corresponding Secretary:</b> Uswa Arain <b>Recording Secretary:</b> Janis Slezak <b>A.H. Williams Fund:</b> Pam Kither <b>Leadership Committee Chair:</b> Kelly Tanner <b>Nomination Committee Chair:</b> Mimi Magyar
<b>President Elect:</b> vacant	
<b>Immediate Past President:</b> Emilie Bonovitch	
<b>Vice President:</b> Tonya Mortensen	
<b>Treasurer:</b> Trish MacDougall	
<b>Recording Secretary:</b> Janis Slezak	
<b>Corresponding Secretary:</b> Uswa Arain	
<b>Speaker of the House:</b> Kate Hoffman	
<b>Alternate Speaker of the House:</b> Meghan Glago	
<b>Trustees:</b> <b>01-Northern Virginia:</b> Julie Simms <b>02-Greater Richmond:</b> Heather Tuthill <b>03-Tidewater:</b> Kelly Fox <b>06-Monticello:</b> Evelyn Grant <b>07-Peninsula:</b> Marge Green <b>09-Southwest Virginia:</b> Sharon Kennedy <b>10-Northwest:</b> Meghan Glago	
<b>2020 ADHA Delegates</b> Emilie Bonovitch, IPP, 1 <sup>st</sup> delegate Tracey Martin, Pres, 2 <sup>nd</sup> delegate Christian Waterman, 3 <sup>rd</sup> delegate Rhea Rossi, 4 <sup>th</sup> delegate Cathy Berard, 5 <sup>th</sup> delegate PE-Christian Waterman 1 <sup>st</sup> alternate delegate Julie Simms, 2 <sup>nd</sup> alternate delegate Heather Tuthill, 3 <sup>rd</sup> alternate delegate Julie Martin, 4 <sup>th</sup> alternate delegate Cynthia Saxton-Flowers, 5 <sup>th</sup> alternate delegate	<b>Public Health, Education, and Professional Affairs:</b> Co-Chairs: Cathy Berard and Marge Green  <b>Regulation and Practice:</b> Heather Tuthill <b>Board of Dentistry Liaison:</b> Mark Hickman- <a href="mailto:mark@commonwealthstrategy.net">mark@commonwealthstrategy.net</a> <b>Lobbyists:</b> Mark Hickman and Cal Whitehead, Commonwealth Strategy Group <b>Public Health Committee:</b> Susan Pharr <b>Virginia Health Workforce Development Authority Liaison:</b> Marty Sullivan <b>VA Oral Health Coalition:</b> Dr. Denise Claiborne <b>Free Clinic Liaisons:</b> Sherry Basham <b>Head Start Liaison:</b> Deirdre Kane <b>VA Rural Health Association Liaison:</b> Dr. Rita Phillips <b>Education committee chair:</b> Meg Lemaster <b>DH Educators' consortium liaison:</b> Michelle McGregor <b>VA Department of Health Liaison:</b> Tiffany Boyd <b>Ad Hoc Committee Remote Supervision CE:</b> Susan Pharr, Marge Green, Marty Sullivan, and Meg Lemaster
<b>Leadership Committee:</b> Chair: Kelly Tanner Williams Members: Tonya Mortensen Misty Mesimer Evelyn Grant Student Member: Heather Fonda <b>Liaison:</b> Emily Bonovitch, IPP	<b>VDHA Foundation Directors:</b> Chair: Emilie Bonovitch, IPP  <b>Secretary:</b> Cathy Berard <b>Treasurer:</b> Marge Green <b>VDHA Liaison:</b> Irene Connolly <b>Ways and Means:</b> Karen Avey <b>Continuing Education:</b> Sheila Sheats <b>VDHA Treasurer:</b> Trish McDougall
<b>Nomination Committee:</b> <b>Chair:</b> Mimi Magyar Members: Julie Simms, VDHA Past President Kristen Greene, general member	<b>Member Services Council</b> Chair- vacant <b>Membership Committee chair:</b> Samantha Vest <b>VA SADHA Liaison:</b> Janis Slezak <b>ADHA Education Network Liaison:</b> Betsy Disilvio <b>Directory:</b> Betsy Disilvio <b>Newsletter Editor:</b> Moe Thompson <b>Awards:</b> Evelyn Grant <b>Historian:</b> Julie Martin <b>Website Manager:</b> Meg Lemaster <b>ADHA IOH Liaison:</b> Cathy Berard
<b>VHy-PAC</b> <b>Chair:</b> Maureen McCann <b>Vhy-Pac Director (appointed):</b> Marlene Rhodes <b>Vhy-Pac Director:</b> Rhea Rossi <b>Vhy-Pac Director:</b> Kristen Greene <b>Vhy-Pac Director:</b> Jessica Elmore	

## VDHA 2020-2021 Calendar

### Spring Scientific Session

2021 March 26-28

2022 April 28 - May 1

### HOD and Professional Development Workshop

2020 October 23-25 Virtual Meeting

2021 October TBD

### Executive Board Meetings

2020 October 25 8am-12pm ZOOM

2021 January 23 9 am – 1 pm ZOOM

2021 April 17 9am-1pm ZOOM

2021 July 24 9am-3pm Charlottesville VA

2021 October 24 8am-12pm Richmond VA

### Ignite VDHA Leadership Workshop

2020 November 14 Holiday Inn Monticello, Charlottesville, VA

2021 November TBD

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

2020 October 11

2021 January 9

2021 April 3

2021 July 10

2021 October 10

### HOD Reports/Year End Reports

2020 September 05

2021 August 21

### Awards Nominations

2020 July 18

2021 July 17

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

2021 February 6

2021 May 8

2021 August 7

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

### VDHA Foundation

2020 July 24 6-9pm Charlottesville, VA

2020 October 24 6-9pm Midlothian, VA

2021 January 22 6-9 pm ZOOM

2021 April 16 6-9 pm ZOOM

### ADHA Annual Conference/Business Meeting:

2021 June 18-20 Conference June 20-22 Bus Mtg Phoenix AZ

2022 June 24-26 Conference June 26-28 Bus Mtg Louisville KY

2023 July 7-9 Conference July 9-11 Bus Mtg Chicago 100th Anniversary

### ADHA District III Meetings

ADHAD3 Reference Committee A 05/11/2020 7:30-9pm ZOOM

ADHAD3 Reference Committee B 05/12/2020 7:30-9pm ZOOM

ADHAD3 Reference Committee C 05/14/2020 7:30-9:30pm ZOOM

### ADHA Executive Board Meetings:

ADHA Fall Board of Trustee Meeting In Person

ADHA Winter Board of Trustee Meeting ZOOM online

ADHA May Board of Trustee Meeting ZOOM online

ADHA Annual Conference BOT Meeting ZOOM online

### VA Health Catalyst Summit (formerly VOHC)

2020 October 8 Richmond, VA

### Unleashing Your Potential Weekend

2020 November Chicago, IL

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

2020 June 12 9am Richmond, VA

2020 September 11 9am Richmond, VA

2020 December 11 9am Richmond, VA

### RDH Under One Roof

2020 July 15-18 Aurora, CO

### 2018-2019 MOM Project Weekends- VDAF.org for details

2020 Special Olympics MOM Project June 13 Richmond

2020 Wise MOM Project: July 10-11

2020 Martinsville MOM Project: October TBD

Homeless Connect mini-MOM November 2020 (Date TBD)

2020 Southampton MOM Project Date TBD

### VDA Annual Session

2020 September 23-26 The Main, Norfolk, VA

2021 September 21-25 Williamsburg VA

### ADA & ADEA Annual Session

ADA 2020 October 15-18 Orlando, FL

ADA 2021 October 11-15 Las Vegas NV

ADA 2022 October 13-17 Houston, TX

ADEA 2020 March 14-17 Natl Harbor MD CANCELLED

### International Federation of Dental Hygienists

2022 August 10-13 Dublin Ireland

2022 August 10-13 Dublin Ireland

2024 Date TBD Soel Korea

2026 July 9-11 Milan Italy



## 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.

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

**Deadline for submission for the Winter Curet is NOON, February 6, 2020.**

You may send submissions to [moethompson@gmail.com](mailto:moethompson@gmail.com) Contributions are requested to be no more than 1 page in length, including photos and sent as an attachment in word doc, 12 pt Times New Roman font.

