



Virginia

Dental Hygienists' Association

The Curet

Fall 2022

President's Message

**"Kites rise highest against the wind, not with it." Winston Churchill
Rise Up!**

In the past two years, as healthcare professionals we have seen more individuals (including ourselves) on anti-anxiety/anti-depression medication than ever before. There is an increase in emotional and physical exhaustion. We have been bullied by bosses, managers or mentors in unethical and immoral ways detrimental to our health. Our membership rates continue to be a loss. Research shows the new generation does not prioritize joining Associations.

If this continues, what will our Association look like five years from now? Will we even exist? Are we prepared to **RISE UP** to the challenges and obstacles heading our way?

We must continue to persevere, have courage and confidence during the continuous struggle since the pandemic. We must find power in ourselves despite anything we are going through in our lives. We must stay determined and **RISE UP** a thousand times again. **We belong** in this profession and in this **fight** for our expansion of scope of practice.

One of our priorities this year is our membership. Yes, I said "Our priority." Membership involves everyone in the Association, not solely a chair or committee. It is **our** responsibility to continue to invite other hygienists to our table, where they "belong" as our Immediate Past President Martin vocalized.

We must continue to "build bridges," as Past President MacDougall championed, if we want to recruit and retain members. We shall have a welcoming committee. A personal phone call will be made to new members to welcome them and invite them to their next component event. Let's **RISE UP** our new members, at the start of their journey.

Continued support and expansion of **Ignite!**, created under Past President Magyar, will create ongoing personal development and leadership development of all members. Every member deserves support no matter the size of the volunteer position. The Executive Board voted to create a new Leadership Development Services Council (check out the Officer and Council page!) to support this effort.

The students are the future of this Association. Our membership starts with **THEM**. We **MUST** do better to develop and support the dental hygiene student journey if we want to see long term positive growth in leadership succession. President Reid-Carr promoted being the change you want to see. We are changing how we mentor our student leaders. We have two previous student members leading our student leaders in monthly

President's Message (continued)

meetings. They have the opportunity to discuss what their school does to represent our profession in their communities and build bridges with each other. I can't wait to see these leaders **RISE UP!**

I am bringing back in person school visits and component visits! I will also offer a virtual option. I will visit for the opportunity of student and professional member engagement. The pandemic put us in silos. We have not been able to find common threads, share our experiences or build relationships outside our components. We need to change the current resource equity so that all student members and professional members have the capability to **RISE UP.**

Our Advocacy team had a productive meeting early November to plan for an in-person Rally Day as well as prepare for the upcoming General Assembly. It will take place on **January 27, 2023!** I invite you to join me and other members here in Richmond, VA! Let us **RISE UP** to the challenge of protecting our communities and our scope of practice.

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

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



Happy Holidays to you and yours!

Heather Tuthill, MPH, RDH

Heather Tuthill, MPH, RDH

VDHA President 2022-2023

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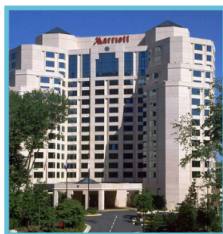
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Upcoming Events

Executive Board Meetings

January 21, 2023	9 am-1 pm	Zoom
March 26, 2023	TBA	Falls Church, VA
July 22, 2023	9 am – 1 pm	Zoom

SAVE THE DATE!



Friendly Reminder APPOINTMENT

For: 70th Annual Spring Scientific Session

Date: March 24-26, 2023

Where: Falls Church Marriott Fairview Park

Join us for our 70th anniversary celebration in 2023
 — and dig out that 1970s attire for a fun event!

Watch for more details at VDHA.net

Component News & Reports

Greater Richmond

Greater Richmond Component Contacts

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

Congratulations!!!! Our very own 02 component rock star Heather Tuthill was inducted as VDHA President, and our now former chair Kristen Robbins was elected as President Elect at the House of Delegates meeting. We are proud of both of them and look forward to benefiting from their new direction and leadership moving us forward.

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.

Our other big event was the annual House of Delegates October 28-29. VCU's own Ms. Throckmorton was able to speak to her experience at the national level as Head Student Delegate. VCU students showed up to watch faculty member Mrs. Tuthill be inducted and it was AWESOME!!!!

Many members attended Ignite right after the close of business for HOD it was a fantastic meeting filled with encouraging and fun information and motivation.



Next Meeting: 6:30 PM is on January 23rd 2023 at Wegman's Short Pump location! JOIN US IN PERSON for information and discussion about the recent HOD meeting and our "food for thought" topic.

Membership and Leadership Opportunities: 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 begin having a "topic of discussion" to peak interest at meetings.

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.

CEs: We are looking forward to our next CE Dental Hygiene + DAII = The New Dental Mid-Level Provider Wednesday, November 09, 2022 at 6:30 PM, EST 8550 Magellan Pkwy Suite 100 Richmond, VA 23227

Monticello No Submission at this time

Northern Virginia

NVDHA would like to make a huge shout out to the delegates that served at the VDHA House of Delegates in Richmond just a few weeks ago. Thank you to our returning delegates, Cathy Berard, Janis Slezak, Sheila Sheats and Kelly DiVito. Our newest delegates were Sherry Bashman and Griselda Lopez. Our student from Northern Virginia Community College was Makenzie Billingsley. Clinicians, educators and students represented our component. These members worked hard to express their opinions and vote on bills and policy in the best interest for our component and VDHA. We appreciate their time, which involves an overnight stay, sometimes two nights away from their families.

Congratulations to Sheila Sheats who won the VDHA Outstanding Member Award. Sheila is retiring from the state level as CE chair. We so appreciate all the years of service to our association. Thankfully, Sheila will continue to serve on the component level as our Employment Referral chair.

Congratulations to Cathy Berard who won the VDHA Pat Golliday Award of Dedication. This award is very meaningful to Cathy since she served on the local and state boards with Pat Golliday, past VDHA President, who passed away from cancer. Cathy has worked hard on the state and local levels for numerous years as the VDHA Legislative co chair and our component legislative chair.

Congratulations to Betsy DiSilvio for winning the NVDHA Outstanding Member Award. Betsy has served as CE Chair for our component for endless years and has brought exciting and informative continuing education courses to our area. We thank her for her time and dedication.

In September, our CE speaker was Lt. Speaker Lt. John Weinstein, “Stop the Bleed”. October, bought back by popular demand, Dr DePaolo on the OSHA update. November brings several speakers, Sherry Bashman, RDH, BSDH, MSDH, “The Sweet News About Diabetes” and Cathy Berard on “Water lines”. Sponsored by Oral B.

December 4th will be our annual Christmas gathering. Time and place. TBD.

Submitted by Julie Simms



Northwest Virginia - No Submission at this time
Peninsula

Gillian Hogg, Senior Class President, and Cailah Christensen, Senior Class Vice President, had the honor of representing Virginia Peninsula Community College as Student Delegates at the HOD meeting. The students enjoyed the mentorship of Component Trustee Marge Green and Delegates Elizabeth Heath and Julie Martin. Gillian and Cailah were excited to be involved in advocating for the dental hygiene profession. They enjoyed networking with fellow student delegates and meeting members of the association that have made outstanding changes to the profession. They both look forward to joining their local components after graduation.

Peninsula is excited to offer an upcoming CE course:

Nov. 5 CE - CPR Recertification Hands-on Course 3 hours

Location: Isle of Wight Volunteer Rescue Squad 13080 Springs Road Smithfield, VA 23430

We are delighted that Peninsula had 39 registrants for our first in-person CE since the pandemic on Sept. 22. CE - *Severe Mental Illness and Oral Health: Xylitol Can Help! Unmasking Psychological Effects from the Pandemic.*

Speaker: Lisa E. Stillman, RDH, BS North East Regional Education Manager, Xlear.

Thank you, Kelly Tanner, Ph.D., RDH, for an excellently delivered CE on “*Legal and Ethical Risks in the Dental Practice.*” Which took place on Oct. 11 Via Zoom with 49 registrants.

As always, we are looking for more people to join our component! Membership is an asset for personal and professional development. Please reach out to your friends and colleagues in the Peninsula area and tell them all the reasons to join the VDHA. Stay up to date with our component and join our Facebook.

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



Left to right Julie Martin (Delegate), Cailah Christensen (Student Delegate), Elizabeth Heath (Delegate), Gillian Hogg (Student Delegate), and Marge Green (Trustee).

Southwest Virginia

2023 Officers:

Chair—Kara Davis
Financial Liaison—Margaret Martin
Trustee—Sharon Kennedy
Delegates—TBA



WCC Student Delegates:
Lisa Thompson & Ashley Felts

Tidewater

Tidewater Officers:

Co-Chairs: Jessica Suedbeck and Emily Ludwig

Trustee: Kelly Fox

Financial Liaison: Angela Tye

Media Management Team: Sam Vest

Tidewater is gearing up for some colder weather, however it surely does not seem as though it is coming, considering that it is November and it is a whopping 75 degrees outside today. As we moving into the winter months, TDHC has held a CE course at Old Dominion University on Nov. 7th, 2022 with the enthusiastic presenter Amanda Hill. The CE was provided to our members, those who are potential members, and students from ODU on the “Ergonomic Woes of a Dental Professional”. TDHC also just returned from a very productive House of Delegates (HOD) meeting in Richmond, Va. This year’s delegates were Emily Ludwig, Sam Vest, Irene Connolly, and Monica Puentes. TDHC’s alternate delegates were Libby McCray, Adaira Howell, and Riley Andrews. ODU had two student delegate representatives Michel’le Pooler and Emma Marler. ODU also invited a few other senior students to join us in Richmond. Those students are Sophia Clavel, Tamaki Farman, Harlie Allen, Zeinab Gyamfi, Janel Ann Decena, Soukayna Kassabi. The mentorship and learning more about the dental hygiene profession is priceless to us all.



Tidewater also awarded Sam Vest as our components Outstanding Member Award for the 2022 year. YAY! Sam was also nominated to serve at ADHA’s national HOD in June 2023 as an alternate delegate.

Are you our NEXT Outstanding Member?
Come join us! We are always looking for
those RHD’s that want to give back to their
profession and move it forward.



Submitted by Kelly Fox, BSDH, RDH

Membership News



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

As VDHA President, I would like for you to help me welcome our members since the last Curet publication! I can't wait to see you **RISE UP with us!**

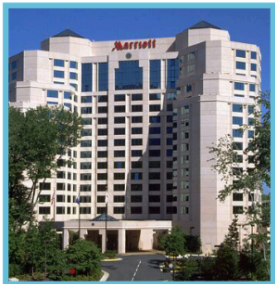
Aaron B.
Abby B.
Anallely B.
Amanda M.
Amanda S.
Amy J.
Brian E.
Bruce L.
Catherine J.
Chasity T.
Christina Q.
Christine W.
Claudia P.
Emily S.
Gail D.
Harrison B.
Jason K.

Jennifer G.
Jennifer M.
Jill S.
Joanne L.
Kasey N.
Kayla O.
Kelly T.
Kristin S.
Layda B.
Linda B.
Lisa M.
Lori E.
Minh S.
Nicole P.
Patricia R.
Ryan M.
Shiyi Y.

Remember to check out our Facebook page for job postings, laughs and the opportunity to meet other members in your area!

Leadership News – No submission at this time

Planning & Development Council News



Friendly Reminder APPOINTMENT

For: 70th Annual Spring Scientific Session

Date: March 24-26, 2023

Where: Falls Church Marriott Fairview Park

Join us for our 70th anniversary celebration in 2023
— and dig out that 1970s attire for a fun event!

Watch for more details at VDHA.net



Public Health, Education & Professional Affairs Council News

Virginia Association of Free and Charitable Clinics Update:

Sherry Basham, RDH, MSDH
VDHA Liaison to VAFCC

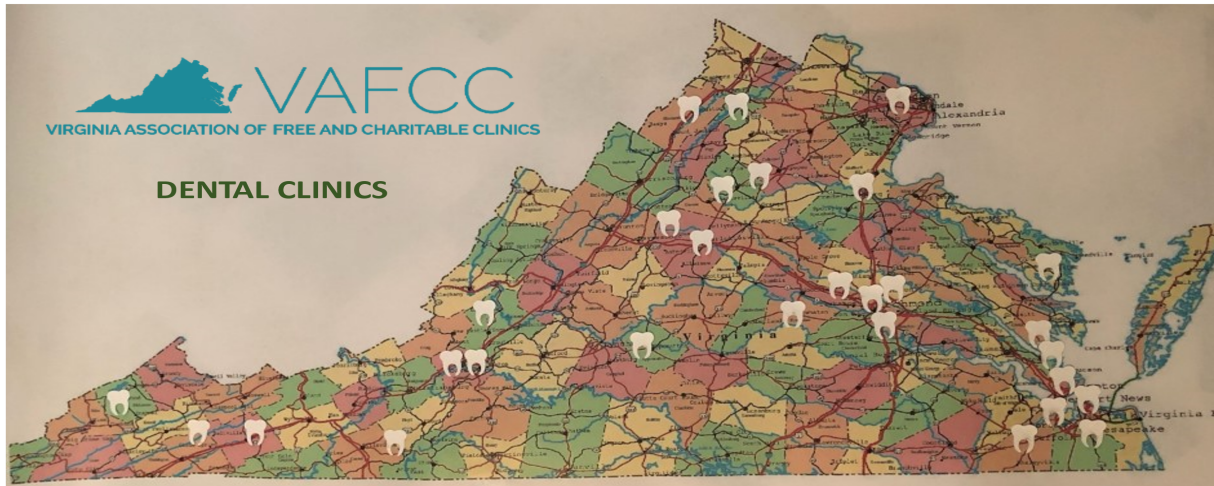
The VAFCC will be holding their annual conference “Resilience & Transformation in the Safety Net” November 13-15, live and November 16-18 virtually this year. VDHA will be represented with both a live and virtual exhibit. We will be emphasizing the importance of oral systemic health.

The Augusta Regional Clinic held a Dentalpalooza on October 22, 2022. Uninsured residents of Augusta County age 18 and over received free dental services, including consultations, cleanings, fillings and extractions. Seventeen volunteers from local dental offices joined the clinic’s staff to provide care for 55 patients. The clinic plans to hold another Dentalpalooza in the Spring of 2023. The clinic received a \$100,000 grant from the Virginia Healthcare Foundation which will allow the clinic to serve nearly a thousand more low-income residents in the coming year.

The Appalachian Regional Commission has awarded the Health Wagon with a \$500,000 grant for dental services. The money will be used to fund hiring new dental employees, provide education and oral health care services for 2,000 patients. The Health Wagon will be able to assist patients in Buchanan, Dickenson, Lee, Russell, Scott, and Wise counties.

Remember the free clinics are always looking for volunteers. If you can find time in your schedule to work with this much needed population, please refer to the Free and Charitable Clinic Volunteer Opportunity Board- <https://volunteer.vafreeclinics.org/>

Thank you for showing hygienists care!



Advocacy Committee

Report from the Advocacy Committee to all licensed registered dental hygienists in the Commonwealth of Virginia

So, what is advocacy? The ADHA explains it in a very simple video clip which takes about a minute to watch (adhavoices.gv-one.com). They explain that advocacy means having trust, support and commitment; someone who is always by your side. The ADHA champions the profession of dental hygiene by supporting causes and policies that advance the profession. It is a collective voice to improve the oral health and the well-being of the public that we serve. Advocacy addresses the expansion of access to quality oral health care, concerns that create barriers to licensure and works to advance the scope of practice of dental hygienists.

The Advocacy Committee for the VDHA acts as a watchdog for actions that threaten our profession and will advise what you can do to improve the situation. Recently we were made aware of a very threatening comment made by the newly installed VDA president and there will soon be an “email-blast” sent to all licensed dental hygienists in the state. Our concerns are real, so, please be on the look-out for that email blast that will go out once the final draft is complete.

How can you be a part VDHA advocacy? Numbers speak volumes to legislators. Please consider maintaining and renewing your membership in the ADHA and encourage dental hygiene colleagues or friends who are not, to consider becoming members. We must have everyone on board to be able to stand up for the standards of care and education that has long been a part of the licensed and college-educated registered dental hygienist.

Maureen McCann Sawin, RDH, BSDH, Advocacy Committee Chair



VDHA Foundation



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

JEFFERSON CLUB- \$1,000 or more

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

MONROE CLUB- \$250 to \$499

PATRIOT CLUB- \$100 to \$249

Catherine Berard
In honor of Mike Berard
Irene Connolly
In honor of Emilie Ellis, VDHA Chair
Heather Fonda
Marge Green
In gratitude for VDHA servant leaders and members

Susan Pharr
April Priest
Elaine Newland
On behalf of the Outcasts
Greater Richmond Dental Hygienists' Component
Monticello Dental Hygienists' Component
Southwest Dental Hygienists' Component
Tidewater Dental Hygienists' Component

DONOR CLUB- \$1.00 to \$99

Y. Amos
Sherry Basham
In honor of Nancy Martin
Emilie Ellis
In honor of Cathy Berard's husband, Mike
Kelly Fox
Evelyn Grant, RDH, MBA
Desiree Harrington

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

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



ADHA INSTITUTE FOR ORAL HEALTH

Liaison, Catherine A Berard, BSDH, RDH

ADHA Institute For Oral Health Donors

July 1, 2022 through June 30, 2023

Catherine Berard
Irene Connolly
Kelly Divito
Emilie Ellis
Heather Fonda
Kelly Fox
Marge Green
Mimi Magyar
Julie Martin
Maureen Sawin
Julie Simms
Sam Vest

New Way to Support IOH – AmazonSmile

<https://smile.amazon.com/ch/36-3468143>

**Support
American Dental Hygienists
Association Institute for Oral
HEA.**

When you shop at smile.amazon.com,
Amazon donates.

Go to smile.amazon.com

amazonsmile

ADHA Institute For Oral Health (continued)

Liaison, Catherine A Berard, BSDH, RDH

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

Our state goal this year for the ADHA Institute for Oral Health is to raise \$6,30.06

Many of you donated during registration for the VDHA House of Delegates as well as on the IOH Fundraising page Mighty Cause and even directly through the ADHA website or by writing a check and mailing it into ADHA. Each of our components also donate annually which helps a great deal!

This year, something new has been added that I love! If you shop on Amazon (which I seem to do on a regular basis), you can select Institute for Oral Health as your charity and Amazon sends a percentage of your purchase directly to IOH. You sign up on the Amazon Smile page where you will go to shop and select “American Dental Hygienist’s Association Institute for Oral HEA” as your charity. IOH raised over \$200 nationwide in just the month of September thanks to folks who shop on Amazon.

I have already donated money to IOH just by making my usual purchases simply by naming them as my charity of choice.

You can visit our Mighty Cause donor page at:

<https://www.mightycause.com/team/8e2zmf>

Thank you all so much!

The list of donor names is located in this edition of the Curet.

You can visit our Virginia donor page:

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>



VDHA Legislative Fund Donors
House of Delegate Registration

Cathy Berard
Emilie Ellis
Heather Fonda
Marge Green
Mimi Magyar
Julie Martin
Maureen P. Sawin
Julie Simms

VDHA Patrons
House of Delegate Registration

Irene Connolly
Elizabeth Heath
Marge Green
Julie Martin
Cathy Berard
Heather Fonda
Maureen P. Sawin
Emilie Ellis
Mimi Magyar
Julie Simms



Thank you for your donations.

Student Chapter News

Danville Community College See submission under Laurel Ridge Community College
Germanna Community College

GCC's first cohort in the accelerated dental hygiene program is doing well! They have completed Oral Histology, Embryology, and Head and Neck Anatomy as well as Dental Anatomy. They are finishing up Dental Hygiene Theory and Practice I, Medical Emergencies, and Oral Pathology. Their firm foundation in dental sciences and dental assisting is proving to be an asset to their education.

The program was well represented by Jordan Green and Aubrie Clements at the VDHA *Ignite!* Leadership Workshop. They were able to bring back their nuggets of new knowledge and skills and share that with not only other dental hygiene students but with nursing, phlebotomy, physical therapy assistant, and dental assisting students through our Interprofessional Student Council.

The second cohort has been offered admission and will begin in January. The start of this class will get the program on their normally planned admissions cycle of starting each January. GCC filled the faculty vacancy by hiring Mrs. Allison Samo. Allison is a University of Texas alumni and had taught part-time in both the dental hygiene and dental assisting programs for the previous three years. We are extremely blessed to have her on our team. She brings experiences from Texas, Florida, and Maryland.

Dr. Tonya Parris-Wilkins, Dental Assisting II Lead Faculty, spoke with the Greater Richmond Dental Hygienists' Association on Wednesday, November 9th sharing how dental hygienists can add value to the practice and help with increasing access to care by completing their DA II credentials. Dental hygienists have the option to take an exemption exam and test out of the 50-hour Oral Anatomy and Operative Dentistry course, going straight into the lab/clinical courses for this credential. Anyone interested should check out our website at www.germanna.edu/dental. Direct any questions on the program to mmesimer@germanna.edu.

Respectfully submitted,



Misty L. Mesimer, MSCH, RDH, CDA
Dental Assisting & Hygiene Program Director



Laurel Ridge Community College

Virginia Western Joint Venture Dental Hygiene Programs

Laurel Ridge Community College Student Chapter of ADHA

Laurel Ridge is off to a great start with our new Class of 2024. Students hit the floor running in August and are getting settled into the “dental hygiene” routine.



Newly elected SCADHA Officers – President – Elizabeth Field, Vice President – Erica Clear, Secretary – Samantha Sheads and Treasurer – Diana Cortes

VDHA 2022 House of Delegates



Elizabeth Field and Samantha Sheads represented Laurel Ridge as Pages for the 2022 VDHA House of Delegates held in Richmond (l. row 1). They are pictured along with Local Coordinator/Alternate Delegate Component 10 Lori Ellington. Danville Student Delegates– Devon McClure /Lindsey Little (m. row 1). VW Student Delegates – Olivia Pittman/Kimberly Piedmont (r. row 1) Students from all three the of the Virginia Western Joint Venture Program sites – VW: Kimberly Piedmont, Olivia Pittman, Danville: Devon McClure and Lindsey Little, Laurel Ridge: Samantha Sheads and Elizabeth Field. (row 2)

Laurel Ridge Community College (Continued)

VDHA 2022 IGNITE

Laurel Ridge students and Danville students and faculty participated in the VDHA IGNITE event on Sunday of the House of Delegates weekend.



Laurel Ridge students Erica Clear and Diana Cortes with the Geriatric Tooth Fairy



Danville students Mallory Fisher and Kerrie Reaves. Looks like Mallory hit the jackpot with gift cards from the Geriatric Tooth Fairy! Also, attending with the students were Danville faculty members Amy Joyce (below far left) and Tina Gaudin (far right)



Northern Virginia Community College

It's hard to believe the first semester is dwindling down. They say time flies when you're working hard, and that's what the class of 2024 has been doing. With determination and lots of coffee, big steps have been taken in the introduction of our dental hygiene careers. In our head and neck anatomy classes we have learned about muscles of facial expression along with the arteries and veins that supply them. Oral anatomy has taught us that not one tooth is the same. In radiology, we have learned how to take proper radiographs and the term "open the contacts" is embedded in our minds for the rest of our dental hygiene careers. In our clinic, this semester we have been introduced to real dental hygiene skills like scaling! We have completed most of our skills evaluations and are now getting ready for our clinic final. Students have officially made good friends with both Wilkins and Gehrig books, and have learned more than we thought was possible. As the first semester comes to an end, none of what we learned so far could be possible if the class of 2024 did not have each other or our amazing instructors. When you have a bad test day, a FMX went bad, or you're nervous about a skill evaluation, the support of our classmates as well as our instructors has really pulled us out of some slumps, and made the impossible seem possible.

Submitted by Evelyn Seacrest, First Year



First Year Students

The fourth semester is coming to a close for the class of 2023 and we are looking forward to entering our last semester as dental hygiene students. This semester has provided us with many new experiences working with our community and becoming more involved with the VDHA. At the end of October, the VDHA held their annual House of Delegates meeting. Our student delegate, Mackenzie Billingsley, was able to meet with hygienists from all over the state, learn more about the important work of the VDHA, and how to become more involved with the decision-making process. We have also had the opportunity to work with our community hands-on, providing oral health instruction services at local facilities, as well as volunteering rounds at the Northern Virginia Dental Clinic, where low income residents have access to oral health services. Northern Virginia Community College has also participated with MCCP (Medical Care for Children Partnership) to help provide dental hygiene services such as prophylaxis to uninsured children in Fairfax county. A big thank you to NOVA for providing these opportunities that have prepared us to serve our communities in our new role as dental hygienists.

Submitted by Roxanne Lam Second Year



Second Year Students

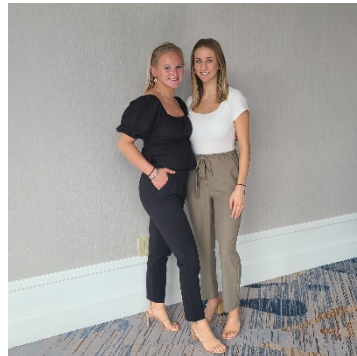
Old Dominion University

Happy Fall and greetings from the Old Dominion University (ODU) School of Dental Hygiene (SODH)! The Fall semester for the Class of 2023 and the incoming Class of 2024 kicked off successfully! Both classes are working very hard in clinic, pre-clinic, and didactic!

In October, Seniors Michel'le Pooler and Emma Marler were nominated by faculty and honored to serve as Student Delegates for the 2022 69th VDHA House of Delegates/Professional Development workshop in Richmond, VA. Along with SODH faculty, Seniors Janel Decena, Zeinab Gyamfi, Soukayna Kassabi, Harlie Allen, Tamaki Farman, and Sophie Clavel also attended to learn more about professional membership, the VDHA, and the procedures of the House of Delegates. Additionally, Seniors Shae Sebetzki and Morgan Reich were also nominated by faculty and honored to attend VDHA's Ignite Leadership Professional Development workshop! The SODH thanks the VDHA Foundation for their support of students for this valuable opportunity. We are so proud of our Senior leaders!



Seniors Emma Marler (left), Michel'le Pooler (right) at the VDHA HOD/Professional Development Workshop



Seniors Morgan Reich (left) and Shae Sebetzki (right) at VDHA's Ignite Leadership Development Workshop



Seniors Harlie Allen (back left), Sophie Clavel (back middle), Tamaki Farman (back right), Soukayna Kassabi (left), Janel Decena (middle) Zeinab Gyamfi (right), at the VDHA HOD/Professional Development Workshop

The SODH is also looking forward to Winter Weekend, our virtual continuing education event, in February! We have a wonderful line up of speakers and sponsors and look forward to a successful event!

ODU School of Dental Hygiene
invites you to
The 2023 Winter Weekend Continuing Education Event
Join us February 24-26, 2023 for our annual, intensive Continuing Education Program. Earn 15 CE hours during one information packed weekend. This is a virtual conference. This year's Winter Weekend courses will be offered virtually via live and recorded webinars.

Superheroes of Dentistry: Community-Based Dental Care
From Burnout to Recovery-Strategic Solutions to Address and Manage Burnout

Mysteries of the Medical History

You've got to see this! Using intraoral cameras alongside the comprehensive head and neck examination to educate, identify, and raise awareness about airway health

waterpik
Oral Microbiome and Link to GI Health


premier

OLD DOMINION UNIVERSITY


Check out our SODH Facebook (Old Dominion University School of Dental Hygiene) and Instagram (@odu_dentalthygiene) for school and student updates and Winter Weekend information and speaker highlights!

Respectfully submitted, Emily Ludwig, RDH, MS Assistant Professor and SADHA Advisor
Ann M. Bruhn, RDH, MS Chair and Associate Professor

Virginia Commonwealth University


 The dental hygiene students from VCU were able to attend the VDHA HOD and Ignite weekend! The classes were able to observe the house establish business as well as witness our professor, Mrs. Tuthill, become installed as the 2022-2023 VDHA President. The students were inspired by their faculty obtaining new positions and reaching new levels of leadership which included: Mrs. Robbins as President Elect, and Ms. McLee and Mrs. Ellis as ADHA Delegates. At Ignite our students in attendance included: Makeba Diallo and Samantha Richardson. Both students enjoyed the speaker and sensitive conversations immensely. It was an invaluable experience to hear from experienced hygienists as well as being able to connect with other students.

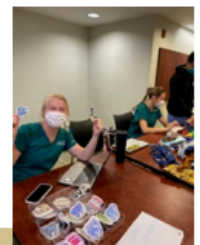



 The VCU dental hygiene classes have been busy volunteering within the community. This fall, the VCU students served the people of Warrenton, VA with free dental care at the Fauquier Smiles MoM Project. Our students in attendance included: Marissa Balducci, Marshall Dixon, Samantha Richardson, and Kelly Vaughan. The advocacy committee, which includes Carrie McKinney and Claryns Truz, have established collaborative relationships with




the Pre-Dental Club at VCU and the Ashland YMCA to help advocate and educate our communities. Logan Rainey and Kelly Vaughan make up our community service committee and have established many community opportunities like the Belle Isle State Park trash pickups. Lastly, the students have been attending CARITAS events that provide free oral cancer screenings, oral hygiene bags and dental referrals for the homeless community coordinated by Destiney Coles and Hannah Coley.

 The fundraising committee which consists of Marshall Dixon has been making great strides for our student chapter. SCADHA has been selling scrub caps and stickers to our colleagues and faculty within the VCU School of Dentistry. The senior class is now offering apparel within an online store platform at: <https://www.bonfire.com/store/vcu-dental-hygiene-2023/>



 Now that Dental Hygiene Month has concluded, we are glad to say that we have felt the love from the VCU faculty which included a lunch party and candy grams. The students have also been showing their appreciation to the faculty with customized water bottles, candy grams, and email shout outs.



 The junior class will hold SCADHA elections in November and continue to be mentored throughout the spring semester.

-Samantha Richardson, VCU SCADHA President

Virginia Peninsula Community College - No submission at this time

Virginia Western Community College – See submission under Laurel Ridge CC

Wytheville Community College

Wytheville Community College Dental Hygiene, Class of 2023 attended a Community Events for Hispanic Families, in Galax, Virginia, in September. The students informed participants about the Dental Hygiene Clinic at WCC and distributed information on dental health.



Class officers, Lisa Thompson (L) and Ashley Felts (R), attended the Annual VDHA HOD in October.



ADHA Annual Conference Dates



ADHA 2023 CHICAGO — 100TH ANNIVERSARY CELEBRATION!

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

adha23
ANNUAL CONFERENCE

ADHA 2024 NEW ORLEANS

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

2022 – 2023 Officers, Councils & Committee Chairs

Officers	Administrative Council: Chair (President Elect): Kristen Robbins
President: Heather Tuthill	President: Heather Tuthill
President Elect: Kristen Robbins	IPP: Tracey Martin
Immediate Past President: Tracey Martin	Vice President: Heather Fonda
Vice President: Heather Fonda	Treasurer: Trish MacDougall
Treasurer: Trish MacDougall	Budget and Finance: Emilie Ellis
Recording Secretary: Samantha Smith	Speaker of the House: Kate Hoffman
Speaker of the House: Kate Hoffman	Alternate Speaker of the House: Ryan Maphis
Alternate Speaker of the House: Ryan Maphis	Policy, Bylaws and Resolution chair: Julie Simms
	Procedure Manual: Heather Fonda
	Recording Secretary: Samantha Smith
	A.H. Williams Fund: Amy Geiser
Trustees:	Planning and Development Council: Chair: Tonya Mortensen
01-Northern Virginia: Julie Simms	Continuing Education Chair: Tracey Martin
02-Greater Richmond: Marlene Rhodes	Ways and Means: Jessica Suedbeck
03-Tidewater: Kelly Fox	House of Delegates Chair: Mimi Magyar
06-Monticello: Evelyn Grant	HOD Secretary: Amanda Kimball
07-Peninsula: Marge Green	Foundation Director: Chair Tracey Martin
09-Southwest Virginia: Sharon Kennedy	Foundation liaison: Irene Connolly
10-Northwest: Meghan Glago	
2021 ADHA Delegates	Public Health, Education, and Professional Affairs: Chair: Cathy Berard
Tracey Martin, IPP, 1 st delegate	Advocacy and Legislation: Maureen Sawin
Heather Tuthill, Pres, 2 nd delegate	Board of Dentistry Liaison: Tracey Martin
LaTesha McLee, 3 rd delegate	Lobbyists: Vacant
Emilie Ellis, 4 th delegate	Public Health Committee: Brooke Crouch
Kristen Robbins (PE), 1 st alternate delegate	Virginia Health Workforce Development Authority Liaison: Vacant
Cathy Berard, 2 nd alternate delegate	VA Health Catalyst: Dr. Denise Claiborne
Sam Vest, 3 rd alternate delegate	Free Clinic Liaisons: Sherry Basham
Pam Boyer, 4 th alternate delegate	Head Start Liaison: Regina Dixon and LaTesha McLee
	VA Rural Health Association Liaison: Dr. Rita Phillips
	VA Department of Health Liaison: Brooke Crouch
	VDHA Foundation Directors: Chair: Tracey Martin, IPP
	Chair Elect: Heather Tuthill, VDHA President
	Secretary: Cathy Berard
	Treasurer: Marge Green
	VDHA Liaison: Irene Connolly
	Ways and Means: Jessica Suedbeck
	Continuing Education: Tracey Martin
	VDHA Treasurer: Trish McDougall
Leadership Development Services Committee: Chair: Kelly Tanner	Member Services Council Chair- Julie Martin
Education committee chair & DH Educators' consortium liaison: Marion Manski	ADHA Education Network Liaison: Marion Manski
Nomination Committee Chair: Tracey Martin, IPP	ADHA IOH Liaison: Cathy Berard
VA SADHA Liaison Co-Chairs: Pam Boyer and Samantha Smith	Awards: Meghan Glago
	Directory: OMG
	Historian: Julie Martin
	Membership Committee chair: vacant
	Newsletter Editor: Moe Thompson
	Website Manager: OMG

VDHA 2022-2023 Calendar (page 1)

Spring Scientific Session

2022 April 28 – May 1 Hilton Richmond Hotel and Spa (Short Pump), Richmond, VA
2023 March 24-March 26 Falls Church Marriott Fairview Park, Falls Church, VA

House of Delegates and Professional Development Workshop

2022 October 28-29 Hilton Richmond Hotel and Spa (Short Pump), Richmond, VA
2023 TBD

Executive Board Meetings

2022 January 22	9am-1pm	ZOOM
2022 April 23	9am-1pm	ZOOM
2022 July 23	9am-3pm	Charlottesville, VA
2022 October 30	8am-12pm	Richmond, VA
2023 January 1	9am-1pm	ZOOM
2023 March 26	TBA	Falls Church, VA
2023 July 22	9am-1pm	Zoom
2023 October 29	8am-12pm	Richmond, VA

Ignite VDHA Leadership Workshop

2022 November TBD
2023 November TBD

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

2022 January 8
2022 April 9
2022 July 9
2022 October 16
2023 January 7
2023 April 8
2023 July 8
2023 October 15

HOD Reports/Year End Reports Submission Deadline:

2022 August 20
2023 August 19

Awards Nominations Deadline

2022 July 16
2023 July 15

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

2022 February 5
2022 May 7
2022 August 6
2022 November 13
2023 February 4
2023 May 6
2023 August 5
2023 November 12

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

VDHA Foundation

2022 January 30	1-4pm	ZOOM
2022 April 2	6-9pm	ZOOM— If Needed
2022 July 22	6-9pm	Charlottesville, VA

VDHA 2022-2023 Calendar (page 2)

ADHA Annual Conference/Business Meeting:

2022 June 24-26 (Conference)	June 17-19 (Business Meeting-Virtual))	Louisville, KY
2023 July 7-9 (Conference)	July 9-11 (Business Meeting)	Chicago, IL (100 th Anniversary)

ADHA District III Meetings

ADHA D3 Trustee Delegation Chairs only	January 25, 2022	7:30-8:30pm	ZOOM online
ADHA D3 Delegates Orientation	February 20, 2022	2-4pm	ZOOM online
ADHA D3 Delegation HOD Training*	April 22, 2022	7:30-9pm	ZOOM online
ADHA D3 Reference Committee A	May 16, 2022	7:30-9:30pm	ZOOM online
ADHA D3 Reference Committee B	May 17, 2022	7:30-9:30pm	ZOOM online
ADHA D3 Reference Committee C	May 18, 2022	7:30-9:30pm	ZOOM online
VA Delegation Meeting	May 22, 2022	2-4 pm	ZOOM online
ADHA D3 HOD Delegation Workshop	May 26, 2022	7:30-9:30pm	ZOOM online

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

ADHA Executive Board Meetings:

ADHA Winter Board of Trustee Meeting	March 11-12, 2022	ZOOM online
ADHA Spring Board of Trustee Meeting	April 29, 2022	ZOOM online
ADHA Annual Conference BOT Meeting	June 3, 2022	ZOOM online

Virginia Health Catalyst Summit (formerly VOHC)

2022	Date TBD	Richmond, VA
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ADHA Dental Hygiene Leadership Summit (formerly Unleashing Your Potential)

2022	March 4-5	Virtual
2022	June 22-23	Louisville, KY

Virginia Board of Dentistry-Regular Board Meetings:

2022	March 11	9:00am	Richmond, VA
2022	June 10	9:00am	Richmond, VA
2022	September 9	9:00am	Richmond, VA
2022	December 9	9:00am	Richmond, VA

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

2022	Vernon J. Harris mini-MOM	January 29-30	Richmond, VA
2022	Special Olympics MOM Project	June 11	Richmond, VA
2022	Wise MOM Project	July 22-23	Wise, VA
2022	Fauquier County MOM Project	October TBD	Fauquier, VA
2022	Homeless Connect Mini MOM Project	November TBD	Richmond, VA

VDA Annual Session

2022	September 15-18	Williamsburg Lodge	Williamsburg, VA
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ADA Annual Session

2022	October 13-17	Houston, TX
2023	October 5-9	San Francisco, CA
2024	Oct 23-27	Seattle, WA

ADEA Annual Session

2022	March 19-22	Philadelphia, PA
2023	March 11-14	Portland, OR
2024	March 9-12	New Orleans, LA
2025	March 8-11	National Harbor, MD
2026	March 21-24	Montreal, Canada

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

2022	August 10-13	Dublin, Ireland
2024	Date TBD	Seoul, Korea
2026	July 9-11	Milan, Italy

RDH Under One Roof

2022	July 21-23	Orlando, FL
2023	July 20-22	Nashville, TN
2024	July 18-20	Denver, CO

Our Mission

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

Our Vision

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

Diversity, Equity, and Inclusion

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

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

Deadline for submission for the Winter Curet is Saturday, NOON, February 4, 2023.

You may send submissions to moethompson@gmail.com.

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



"We rise by lifting others."
Robert G. Ingersoll