



Virginia

Dental Hygienists' Association

The Curet

Spring 2022

President's Message

Breathe Easy

We think of Spring as a time of new beginnings, rebirth, rising, warm sunshine, and fresh air. A time to lift our faces to the sky, close our eyes, and breathe in deeply (through our noses, of course). A big exhale allows us to let go of the negative, the spent, the tired, creating space for endless possibilities.

To me, and to VDHA, this Spring represents a time to celebrate. We celebrate removing the masks, coming back together to learn, grow, and invest in ourselves and our profession. We celebrate our new graduate members as they begin their professional journeys, and the educators and mentors that guide them. We celebrate our clinicians that persevere and pivot to ensure we and our patients are safe and healthy. We celebrate our volunteer member leaders, who selflessly give of their time, talent, and treasure to ensure that our profession continues to rise and remain.

We celebrate all of us, who, through the connections we have made and continue to nurture, came through the most challenging two years our profession has ever seen. We recognize and celebrate that we did it with grace, compassion, and a better sense of worth and value that dental hygienists have ever known.

Breathe easy, I truly believe the best is yet to come.

Tracey Martin
VDHA President



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Upcoming Events

Executive Board Meetings

July 23, 2022	9am-3pm	Charlottesville, VA
October 30, 2022	8am-12pm	Richmond, VA

SAVE THE DATES! October 28-30, 2022
House Of Delegates/Professional Development Workshop

Hilton Richmond Hotel & Spa Short Pump, 12042 West Broad Street, Richmond, VA 23233



Meet the President Elect!

An interview with Heather Tuthill, MPH, BSDH, RDH- President Elect herrerahm29@gmail.com



Heather with IPP Emilie Ellis & Current VCU DH students fundraising at Scientific Session 2022.

*What is your education background?

I graduated from Old Dominion University in 2005 with a BS in Psychology. Next, I went to Virginia Commonwealth University and graduated in 2009 with my BS in Dental Hygiene. Finally, I graduated from VCU in 2015 with my Master of Public Health.

*What is your involvement with our student members?

I am a co-advisor for the Student Chapter of ADHA at VCU! I encourage our students to attend meetings and I send them the Zoom links when they are on rotations. I help students network in the area they are going to work in after graduation. I promote students, network with them and help shine light on their talents. I encourage them to go for scholarships with ADHA or leadership opportunities. I present and advocate for the importance of becoming a member after graduation. My favorite thing is to mentor graduates because they are the future of dental hygiene!

*What is your favorite memory as a SCADHA chapter member?

One of my favorite memories was a fundraising opportunity where students and participants paid to “lock” up prisoners of love. It was the fundraiser I proposed and it lasted until within the school about covid time period. It was all in good fun of course! We rounded up the bandits of love and they got to hang out in our “jail” which was a cafeteria space in our school with decorations, yard games and food. My year, I dressed as a cop and had fake handcuffs to lock up participants.

*What have you advocated for on behalf of student members in the Association?

Rally Day here in Virginia is my proudest event so far. As a student, I remember asking why we were here at the Capitol and what am I doing? I created a PowerPoint with other leaders and presented it annually at Rally Day. We provided a network opportunity for our students to meet each other before heading to the Capitol. I hope to bring this back as soon as we can!

Last year, I had our students present their research to the local component. It was a hit and I advocated for students around the state to be able to present research at Scientific Session. I’m hoping to continue the growth of that opportunity next year. We are an evidence based profession and what is better than learning from our students?

*How do your students perceive you/describe you?

I was recently honored “Most Spirited” for my positivity, advocacy, and being the cheerleader for dental hygiene from my senior class.



Heather with VCU DH graduates and current students who attended Scientific Session 2022

Component News & Reports

Greater Richmond

Greater Richmond Component Contacts

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

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

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

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

Membership: Our most recent meeting for our component was in person at a centrally located venue. There were many attendees to include some of our VCU students and our component leaders. Spending time together is one of the aspects of membership that we value most. There are resources and advice that is so valuable within our ranks please come out and join in the conversation, we would love to hear your advice and about your experiences.

Events: April was a very busy month for our component.

On April 14th we hosted the VCU seniors for a happy hour to celebrate their graduating and transition into the profession. (See photo to the right)

April 29-May1 we were lucky enough to experience in person VDHA Spring Scientific Session. The speakers were awesome and much information was given.

The VCU students were able to attend Marketplace where the sales of scrub caps and stickers benefited fundraising.



Leadership Opportunities:

Leadership/mentorship opportunities continue to be a passion of our state's President Elect and Immediate Past President. If you are interested, please contact Marlene Rhodes. Mentors would love to help you grow and develop professionally.

Volunteer Opportunities:

Greater Richmond Component 02 Chair, Kristen Robbins is a great contact for volunteering within our communities which can be very rewarding. From MOM projects to free clinics in your area, there is a need for the services and education we provide. Please consider volunteering this year. There are multiple clinics in need of help.

Next Meeting:

6:30 PM on August 1, 2022 at Bon Air Library

CEs: On April 22nd we held an in-person CE with Mrs. Sonja Lauren. She is a hygienist and author of the book A Covered Smile (available through Amazon for under \$12). It was very impactful hearing about her real-life story of abuse, neglect, forgiveness and triumph after suffering dental trauma and full mouth extractions at only 11 years old. Her knowledge that we as hygienists can make a difference in the lives of our patients was empowering.

Component 06 Monticello Officers:

Chair/Financial Administrator – Christina Morris
Recorder – Paula Knight
Membership – Betsey Soulsby
Website Coordinator – Nicole Fischer Wells
Trustee – Evelyn Grant

SAVE THE DATE:

Thursday, September 15, 2022

7:00 PM

2-hour CE Zoom Webinar

**Premedication Guidelines for Dental Professionals
presented by Sue Scherer, RDH, BS**



Northern Virginia

NVDHA sponsored a February CE with our own Lindsey Bielick. Two topics were presented: Supporting Oral Health Among Breastfed Infants & The Hygienists Role in Identifying Patients with Sleep Related Breathing Disorders.

Our speaker for the March CE was Sherry Basham. She presented “The Big “C” – Treating Patients with Cancer.” Component ZOOM meetings were held February 16th and March 16th.

We are planning an “end of the year” in person brunch Sunday, May 22. The location is yet to be determined. We are proud to mention that NVDHA made our annual donations to the VDHA Foundation and increased our donation to the ADHA IOH.

NVDHA’s named our annual “Teaching Strategies” presentation to the NOVA dental hygiene students as the “Nancy Martin” seminar. This is in memory of Nancy who taught at NOVA.

NVDHA would like to send heartfelt sympathy to our dear friend Cathy Berard who lost her husband Michael. NVDHA made a donation to IOH in Memory of Michael Berard.



Congratulations to the Dental Hygiene NOVA Class of 2022. Our best wishes to you!

Northwest Virginia

The Northwest Component is hosting an Axe Throwing Social on May 21st at 3PM at the Shenandoah Valley Axe Throwing Co. If you would like to attend, please email Pam Boyer at pamelaboyer23@gmail.com by May 13. We hope to see you there!



Component meetings are held the 3rd Thursday of every month at 7pm. Meetings are held online via Zoom. Please check our component Facebook page for updates.



Peninsula

Peninsula component members have been busy with a variety of activities advancing the mission of VDHA and supporting TNCC's Dental Hygiene Program. April began with visiting with the junior students and Dr. Barry Green delivering a perio presentation in Professor Meg Lemaster's theory class.

Marge shared information guiding the upcoming graduates in participating in VDHA's statewide NPI Campaign. A Zoom, interactive session with students conducted by Kelly Tanner and Marge Green focused on student inquiries of looking toward their bright future, challenges, opportunities, leadership pathways, the "why" of volunteerism, mutual benefits of philanthropy, and how to become involved with VDHA following graduation. Along with being enriched by 17 hours of meaningful CE and uplifted by in person networking at the 69th Spring Scientific Session, our members worked the Membership Table, served as CE monitors and participated in VDHA and IOH fundraising. On May 6th, we all came together to honor the Class of 2022!



Meg Lemaster
Marge Green
Christina Quiros
Dr. Barry Green
*Sharing
Knowledge and
Advancing
VDHA's Mission*



Virtual interaction with the awesome Class of 2022



Cindy Saxton and Desiree Turner, PDHC Membership Chair manning the table designed by Julie Martin, Council Chair



PDHC members, VDHA president, and VDHA Historian participated in Dental Hygiene Awards and Pinning Ceremony on May 6th celebrating the Class of 2022. As you can see from the smiles, it was a glorious evening shared with the TNCC family and friends.



Cindy Saxton, PDHC Chair, Elizabeth Heath, 2021 Student Delegate, and Marge Green, PDHC Trustee as CE monitors

Southwest Virginia– No Submission at this time

Tidewater

Tidewater Officers:

Co-Chairs: Jessica Suedbeck and Emily Ludwig

Trustee: Kelly Fox

Financial Liaison: Angela Tye

Media Management: Sam Vest



April 20, 2022 TDHC held an event at Old Dominion University that included a panel of dental professionals, as well as vendors able to assist the new senior class as they prepare to graduate and embark into our amazing profession.

TDHC is so excited that we are able to return to in-person CE courses. This photo is from our CE course Instruments Reimagined held in March presented by Amanda Hill, BSDH, RDH.

To keep up with all the events of our Tidewater component, please visit <https://vdha.wildapricot.org/events->



Our next CE will be via Zoom. This is a CE you do not want to miss.

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 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

Spring is here! Greetings from the VDHA Membership team! We hope everyone is remaining safe and enjoying the recent warm weather!

VDHA had their 69th Spring Scientific Session in Richmond at the end of April and the VDHA membership team provided membership information and offered several raffle prizes!



Be on the lookout during these spring and upcoming summer months for several CE events being offered across the state! Remember – being a member provides FREE registration to most CEs provided by the constituent and component levels! Invite co-workers and other dental hygiene friends to come to our CE and social events and encourage membership!

If you haven't already registered, don't forget to register for the in-person ADHA National Annual Conference that is being hosted in Louisville, Kentucky from June 24th-26th! Check out adha2022.org for more information!

From our membership team, we hope that all components and its members continue to reach out to potential members at their workplaces, institutions, or even through social media! Continue using social media platforms as much as possible to stay connected with each other, share news and pictures, as well as future events!

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

Best,
Samantha Vest MS, RDH
VDHA Membership Chair

Planning & Development Council News

Scientific Session April 2022

This past Scientific Session was a huge success. We finally got to meet in person after such a long time. Being together is what this meeting means as well as learning new, exciting things.

Our speakers were fabulous and gave us really good new information. Thank you to Jamie Sacksteder, Nancy Miller, Ryan Rutar, Kathryn Gilliam, Amber Lovatos, and Amanda Cole Hill for their presentations. Special thanks go to the sponsors for making this happen for us.

We all realize that so many CE zoom courses are available on line (some are free) and this makes it a little more challenging to have the in-person conferences, but we did it! Thank you to all the potential members that attended and I think a few became members. What a gift!

Everyone worked very diligently to make this work. Thank you to the VDHA Board for supporting all this and to the VDHA Foundation for funding the Continuing Education portion and speakers. ‘

See you next year in Northern Virginia.

Sheila B. Sheats, RDH

VDHA Scientific Session 2022 Patrons

- Sherry Basham
- Dani Cao
- Cynthia Flowers
- Mary Davis-Headley
- Emilie Ellis
- Evelyn Grant
- Sylvia Grow
- Desiree Harrington
- Catherine Johnson
- Joyce Kwiatkowski-Spieler
- Mimi Magyar
- Kimberly May
- Susan Pharr
- Susan Reid-Carr
- Princess Rhoads
- Rhea Rossi
- Maureen Sawin
- Janis Slezak
- Regina Stevens-Smith
- Maloy VanFaussien
- Deanne Watson
- Susan Whitney

Public Health, Education & Professional Affairs Council News

REMINDER: Apply for your National Provider Identification (NPI) number!

Quick Tips to Apply:

- Have your Dental Hygiene license number handy.
- Go to: [NPPES \(hhs.gov\)](https://www.hhs.gov/nppes) and create a New Account.
- These 2 fields are not required: 'endpoint' and 'other identifiers'. Leave them blank, don't click 'save'. Scroll down to 'NEXT'.
- Taxonomy number for dental hygienists: 124Q00000X (or it will auto fill using dropdown).
- For 'business practice' or 'correspondence', you may use your home or work address.
- You should receive an NPI confirmation email within minutes, followed by an email with your NPI number.
- **MEMBERS:** There is prize money from VDHA Foundation!! Once you've received your NPI number, forward that email to Susan Pharr: shpharr@gmail.com.

If you want more from your profession, please take a few minutes to do this for your profession!



Virginia Health Catalyst, a statewide public health nonprofit, is accepting applications to present at their Annual Summit on October 7. This is an exciting opportunity to highlight Virginia-specific programs, policies, research, or other initiative that is improving the oral and overall health of communities.

Share your Virginia-specific public health work with change makers and health care advocates from across the commonwealth!

Apply to present during a breakout session at the Virginia Health Catalyst Annual Summit on October 7 in Richmond, VA!

[Click here](#) to learn more about the Summit, the benefits of being a Summit speaker, and how to apply.

Applications due online by May 20.

Legislative & Advocacy Committee

This past weekend the VDHA held its 69th Scientific Session. It was a face-to-face wonderful weekend with colleagues and upholding our commitment to be a life-long learner so that we can uphold the “Dental Hygiene Oath”.

One of our speakers, Amanda Hill, RDH, BSDH reminded us of the Oath we took upon graduation and gave us a “toolbox” of how we can follow its words. I’m going to share these words of the **Dental Hygiene Oath** for you to ponder:

***In my practice as a dental hygienist, I affirm my personal and professional commitment to improve the oral health of the public, to advance the art and science of dental hygiene and to promote high standards of quality care.

***I pledge continually to improve my professional knowledge and skills, to render a full measure of service to each patient entrusted to my care and to uphold the highest standards of professional competence and personal conduct in the interest of the dental hygiene profession and the public it serves.

One of the main ways for us to follow this is to become a member of an Association that looks out for the interests of our profession, The American Dental Hygienists’ Association, and with that membership you are a part of the Virginia Dental Hygienists’ Association and a part of your local area association/component. This Association is there as a trusted, support organization that is committed to protecting our profession. We’ve all heard the term “strength in numbers” and that is exactly the concept of how belonging to the association has an integral part of upholding our oath.

The ADHA recently put together a one-minute video that will help you embrace the concept of Advocacy, adhavoices.gv-one.com. The VDHA put together this great learning weekend for us to increase our knowledge and impact the care we render. They put together quick emails that outline for you how to contact your legislators when there are actions in motion that may have a negative impact on the care your patients will receive and you as a working dental hygienist.

We need your input. A united front is essential when legislative agendas call for changes that impact what we do daily. Belonging and participating in the ADHA will protect our profession on all levels: Federal/state and local. It is seeking ways to help us expand access to care, break down barriers for licensure(portability), help us to manage the recent global crisis (impacts of Covid on us as practitioners) and advancing our scope of practice. We are all in this together!

Respectfully,

Maureen McCann Sawin, RDH, BSDH/ Chair of Legislative and Advocacy Committee

VDHA Foundation



VIRGINIA DENTAL HYGIENISTS' ASSOCIATION FOUNDATION REPORT OF GIFTS January 1, 2021 through December 31, 2021

JEFFERSON CLUB- \$1,000 or more
Northern Virginia Hygienists' Component

In memory of Patricia Ann Golliday, RDH

MONROE CLUB- \$250 to \$499

Sheila Sheats

In memory of Delaney Rose Mortensen

In memory of Anne Newland, daughter of Ted and Elaine Newland

PATRIOT CLUB- \$100 to \$249

Irene Connolly

In honor of Trish MacDougall, VDHA Treasurer

James H. Forsberg

In honor of my daughter, Julie Simms for her birthday

Marge and Barry Green

In memory of Jackie Davis Perry, RDH, MS

Marge Green

In appreciation of all DH volunteers advancing our profession

Tracey Martin, RDH, BSDH

In memory of my Father, Robert "Buzz" Curtis

In honor of my Mother, Sara R. Curtis

In honor of the 2020-21 Executive Board

Nancy Martin

Julie Simms

In honor of my dad, James Forsberg

Heather Tuthill

Greater Richmond Dental Hygienists' Component

Monticello Dental Hygienists' Component

Southwest Dental Hygienists' Component

Tidewater Dental Hygienists' Component

DONOR CLUB- \$1.00 to \$99

Melanie Bartlam

Cathy Berard

Roya Bidarian

Laila Bonner

Elizabeth DiSilvio

In memory of Judy Walsh

Susan Dunmire

Kelly Fox

Andrea Fuller, RDH

Michelle Gillis

Evelyn Grant, RDH, MBA

Gudrun Harvard

Dane Hooser

Catherine Johnson

In honor of Tim E. Johnson

Deirdre Kane

Joyce Kwiatkowski-Spieler

In honor of VDHA leaders

Taylor Loper

Mimi Magyar

In honor of Tracey Martin, VDHA President

Sheryl Manion

Julie A. Martin, BSDH, RDH

Kimberly May

Maureen McCann Sawin

In honor of Martin McCann

Misty Mesimer

In honor of past and present VDHA formal and informal leaders

Susan Miller

In honor of Suzie Miller and Pat Golliday

Sheri Moore

In honor of Jackie Perry, RDH

Ethel Nativi

Lien Phan

Susan Pharr, BSDH, MPH

In honor of my VDHA colleagues

Danielle Pyer

Susan Reid-Carr, BS, RDH

Angela Richwine

Kathryn Rohr

Janis Slezak

Roseanne Stupar

Jessica Suedbeck

Valerie Shiyi Yang

Northwest Dental Hygienists' Component

Peninsula Dental Hygienists' Component

In honor of Amy Sue Rankin

VDHA Foundation (continued)



VIRGINIA DENTAL HYGIENISTS' ASSOCIATION FOUNDATION REPORT OF GIFTS January 1, 2022 through April 18, 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
Marge Green
In gratitude for VDHA servant leaders and members
Susan Pharr
April Prest
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

Yolanda Amos
Sherry Basham
In honor of Nancy Martin
Emilie Ellis
In honor of Cathy Berard's husband, Mike
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
Sydney Smith
Heather Tuthill
In honor of Emilie Ellis
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

Institute for Oral Health Donors

Heather Fonda

Marge and Barry Green

Lovingly in honor of Cathy and Mike Berard

Julie Martin

In honor of the Peninsula Dental Hygienists' Component

Amy Rankin

In memory of Maximo P. White

Amy Rankin

In memory of Jackie Perry

Kristen Robbins

You can visit our Virginia donor page: <https://www.mightycause.com/team/Vdha-Ioh>

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

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

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

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

Student Chapter News

Germanna Community College no submission at this time

Lord Fairfax Community College no submission at this time

Northern Virginia Community College

The class of 2023's second semester is coming to a close. We have all learned a plethora of new skills in the clinic from interactions with our patients to working cooperatively with our partners, and most importantly the hands-on skills needed for our chosen career in dental hygiene. The medical education campus open house and health fair was a success with free oral cancer screenings for intraoral and extraoral exams. We had several students attend the fair which gave them an overview of our dental clinic settings including over thirty patient



chairs, radiology rooms, and the sterilization room. Students were amazed to have a tour around the dental clinic and were pleased to see it is an actual dental clinic set for student success. Moreover, newly accepted students to the dental hygiene program had a chance to ask questions, enhance ideas for preparation for the upcoming two years in the program, and discuss the class material load. It was a phenomenal event for the instructors, and current and upcoming students to interact in preparation to accomplish goals as outstanding dental hygienists in Northern Virginia.

-Submitted by Roxanne Lam

It is a bittersweet moment for the DNH class of 2022 as the 2nd year students prepare for graduation. The students have worked so hard over the past two years and are excited to apply the skills and knowledge they have learned from the amazing instructors at NOVA, as they embark on their new careers. Many events have kept the students busy over the past few weeks. Students held a potluck for the instructors to honor them for their dedication over the past two years. Students participated in the Medical Care for Children Partnership (MCCP) Foundation event providing pediatric dental screenings and fluoride application in Falls Church, VA. It was a wonderful event for students to give back and fulfill an oral health need within the community. Pacific Dental Services kicked off the graduation celebrations hosting a fun networking event at TopGolf for students and faculty. The Pinning Ceremony honoring the outstanding achievements of the graduating students will be held on Thursday, May 12th and the Commencement ceremonies will be held on Sunday, May 15th. Enjoy pictures below of 2nd year students enjoying their last year and making memories. Congratulations DNH Class of 2022, we did it!



-Submitted by Miquala Branklin

Old Dominion University

Dear Colleagues,

The ODU SODH is incredibly proud of the graduating Class of 2022! They walked across the stage on May 7th as successful, ethical, and competent alumni of the SODH! Their accomplishments were celebrated in an Awards Ceremony on May 5th and all were pinned into the profession! The faculty, staff, and students in the SODH worked tirelessly and safely this past semester and we are so proud of the accomplishments of the Class of 2022! All SODH students are winners, the below are highlighted for their achievements.



Senior and Graduate students celebrate their achievements at the SODH Awards Ceremony, May 5th.

Hu-Friedy Golden Scaler Award Winner: Candace Jones
American Association of Public Health Dentistry Award Winner: Yeganeh Rafighi

John J. Donahue Award Winner: Candace Jones

Virginia Dental Hygienist's Association Award Winner: Monica Puentes

Colgate Student Total Achievement Award Winner: Destiny Mangrum

Academic Achievement Award Winner: Daria Membreno

Alpha Eta Honor Society Award Winners: Vanessa Burga Llorca (Post-Licensure), Daniel Soki (Post-Licensure), Katrina Keyser, Monica Puentes, Destiny Mangrum, Lora Weisser, Skylar Mailhes, Jaclyn Vickery, Samantha Vest (Graduate)

Sigma Phi Alpha Award Winners: Daria Membreno, Lora Weisser, Katrina Keyser, Jaclyn Vickery, Samuel Hix (Post-Licensure)

Hirschfeld Graduate Student Award Winner: Samantha Vest

Excellence in Dental Hygiene BSDH Post Licensure Award

Winner: Daniel Soki



Junior and Senior Students at the SADHA/TDHA Beyond the Classroom Exhibit Hall.

In April, the ODU SADHA and the Tidewater Dental Hygienist's Association (TDHA) also jointly held an event for the rising Class of 2023 and the graduating class of 2022 entitled Beyond the Classroom. A wonderful panel of speakers who work in differing roles of the dental hygienist (public health, administrator, researcher, clinician, entrepreneur, corporate, educator) gave an informative discussion about their role in dental hygiene! The event also included an exhibit hall of dental hygiene practices seeking to recruit hygienists and give information about their offices, a VDHA/ADHA membership table, and loupes representatives! Congratulations Class of 2022!

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

Thomas Nelson Community College is delighted to introduce this year's graduating class of Dental Hygienists! This small but mighty group gave it their all to finish strong. Their last semester at Thomas Nelson was filled with emotions ranging from stress due to the never-ending list of clinic requirements, to excitement as we approached the finish line, to sorrow from having to say goodbye to one another. Over the past two years, the class has grown to be very tightknit. While they are a diverse group of women with a great mixture of personalities, they have come to really appreciate and applaud what each of them brings to the dental hygiene profession.

On Friday, May 6th, the senior class celebrated their Pinning Ceremony. The students were pinned as Registered Dental Hygienists by the VDHA President Tracey Martin, PDHC Chair Cindy Saxton, and Past ADHA President and Trustee Marge Green.



Above. Marge Green, Cindy Saxton-Flowers, Autumn Smith, Aubree Shreve, Bethany Seidnitzer, Maricruz Perez Valenzuela, Randa Molyneaux, Elizabeth Heath, Natalie Costantino, Stephanie Chacon, Tracey Martin

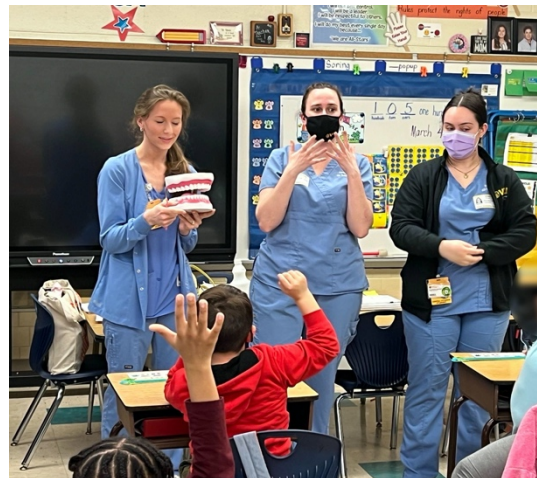


Left. Top row: Randa Molyneaux and Bethany Seidnitzer
Middle row: Aubree Shreve and Autumn Smith
Bottom row: Stephanie Chacon, Natalie Costantino,
Elizabeth Heath, and Maricruz Perez Valenzuela

Honors & Awards within VCU SCADHA Chapter

Dental hygiene students are finishing the Spring semester strong as they have completed many community service events and even won the Outstanding Community Service Award out of all of the organizations between the two VCU campuses. Additionally, junior Rachel Throckmorton was elected as District III Student Delegate. The junior hygiene students volunteered at the Marketplace during Scientific Session, selling scrub caps and dental hygiene stickers. Students raised over \$750 for future events. In addition to outreach and fundraising efforts, dental and dental hygiene students participated in an oral hygiene demonstration and nutritional counseling activity, serving over 200 local first graders in the Colonial Heights school district. As the semester comes to a close, seniors celebrated their success with GRDHA leadership at Brambly Park in April. Lastly, SCADHA honored the seniors with graduation cords. I am overjoyed with all the Chapter has accomplished and have high hopes for the future.

- Samantha Smith, VCU SCADHA President



Left: Junior students selling stickers and scrub caps at Scientific Session

Right: Senior students demonstrating proper brushing techniques to first graders at North Elementary School in Colonial Heights, VA

Wytheville Community College

Wytheville Community College presents the Class of 2022
Congratulations on a job well done!



1st row (L-R): Miranda Potter, Bethany Roop
2nd row: Rachel Martin, Chloe Allen, Aliyah Rakes
3rd row: Kenzie Muncy, Abigail Cooper, Tabitha Friess, Sterling Payne, Bailey Patton, Rhiannon Snow
4th row: Abi Easter, Veronica De La Cruz Lopez

Spotlight 2022 ADEA Award

Patti DiGangi Scholarship for Dental Hygiene Innovation



The scholarship was named in Patti DiGangi's honor to recognize dental hygiene students who share and express Patti's desire to transform oral health through leadership and innovative care delivery. Miranda Menk has done this in her career at VCU's School of Dentistry and at Christopher Newport University. At the School of Dentistry, she is the CARITAS coordinator and has been selected to represent VCU at the 2021 Virginia Dental Hygiene Associations House of Delegates as a student delegate. At the university level, she serves by being the dental hygiene liaison for the American Association of Public Health Dentistry and the American Geriatrics Society Interprofessional Committee. She is a member of the Alpha Sigma Lambda National Honor society for Adult and Non-Traditional Students.

Her service and academic achievement throughout her time at Virginia Commonwealth University and at Christopher Newport University (CNU) have poised Miranda to excel in academia as an allied health member. At CNU, she was the recipient of the Service Distinction Award, Edward Diamonstein Memorial Scholarship and member of the President's Leadership Program, Order of Omega Greek Honor Society, Alpha Sigma Alpha Sorority and American Red Cross Club. She was the president and treasurer of the CNU Swim Club.

Balancing many activities, service to the community and high academics demonstrates her ability to be dedicated, organized and persistent. Miranda's community activism speaks for itself. She exemplifies the ability to be dedicated to a cause, influence others in a community to believe and take action. These qualities make her stand out for innovative thought and action.

Aside from her commitments to her school and community, Miranda is a resolute, well respected and hardworking student. She has provided outstanding service, leadership and commitment to her classmates, universities attended and the dental hygiene profession. Congratulations Miranda on being the inaugural recipient of the Patti DiGangi Scholarship for Dental Hygiene Innovation!!

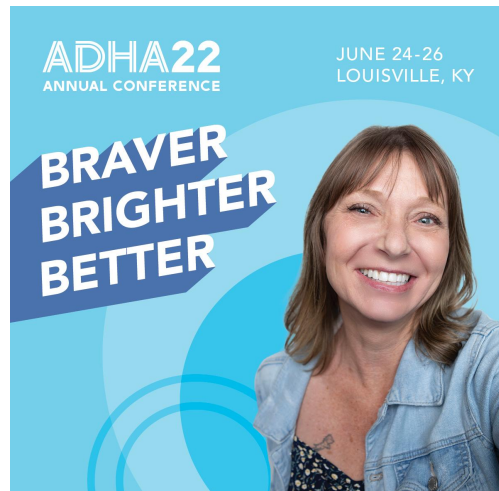
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Best regards,
Tammy Swecker M.Ed, BSDH
Interim Program Director
Associate Professor, Dental Hygiene
Department of General Practice
VCU School of Dentistry

ADHA Annual Conference Dates

ADHA 2022 Annual Conference

Louisville, Kentucky
Kentucky International Convention Center
Dates: Friday, June 24 – Sunday June 26



ADHA 2023 CHICAGO — 100TH ANNIVERSARY CELEBRATION!

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

ADHA 2024 NEW ORLEANS

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

2021 – 2022 Officers, Councils & Committee Chairs

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

VDHA 2021-2022 Calendar (page1)

<u>Executive Board Meetings</u>
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 21 9am-1pm ZOOM
2023 April 22 9am-3pm ZOOM
2023 July 22 9am-3pm Charlottesville, VA
2023 October 29 8am - 12 pm Richmond, VA
<u>Council Meetings:</u> Council meetings should take place online and reports submitted <u>two weeks prior</u> to Executive Board meetings.
<u>Quarterly Reports Submission Deadline: (two weeks prior to Executive Board Meetings)</u>
2022 January 8
2022 April 9
2022 July 9
2022 October 16
2023 January 7
2023 April 8
2023 July 8
2023 October 16
<u>Curet Article Submission Deadline: (two weeks following Executive Board Meetings)</u>
2022 February 5
2022 May 7
2022 August 6
2022 November 12
2023 February 4
2023 May 6
2023 August 5
2023 November 11
<u>Spring Scientific Session</u>
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
<u>Awards Nominations Deadline</u>
2022 July 16
2023 July 15

VDHA 2021-2022 Calendar (continued page 2)

<u>HOD Reports/Year End Reports Submission Deadline:</u>
2022 August 20
2023 August 19
<u>House of Delegates and Professional Development Workshop</u>
2022 October 28-29 Richmond, VA
2023 TBD
<u>Ignite VDHA Leadership Workshop</u>
2022 November TBD
<u>VDHA Foundation</u>
2022 April 2 6-9pm ZOOM—If Needed
2022 July 22 6-9pm Charlottesville, VA
<u>ADHA Annual Conference/Business Meeting:</u>
2022 June 24-26 (Conference) June 17-19 (Business Meeting) Louisville, KY
2023 July 7-9 (Conference) July 9-11 (Business Meeting) Chicago, IL (100th Anniversary)
<u>ADHA District III Meetings</u>
ADHA D3 Trustee Delegation Chairs only 25-Jan-22 7:30-8:30pm ZOOM online
ADHA D3 Delegates Orientation 20-Feb-22 2-4pm ZOOM online
ADHA D3 Delegation HOD Training* 22-Apr-22 7:30-9pm ZOOM online
ADHA D3 Reference Committee A 16-May-22 7:30-9:30pm ZOOM online
ADHA D3 Reference Committee B 17-May-22 7:30-9:30pm ZOOM online
ADHA D3 Reference Committee C 18-May-22 7:30-9:30pm ZOOM online
VA Delegation Meeting May 22, 2022 2-4 pm ZOOM online
ADHA D3 Delegation Workshop 26-May-22 7:30-9:30pm ZOOM online
*(1st time attendees & Reference Comm. Chairs only)
<u>ADHA Executive Board Meetings:</u>
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
<u>ADHA Dental Hygiene Leadership Summit (formerly Unleashing Your Potential)</u>
2022 March 4-5 Virtual
2022 June 22-23 Louisville KY

VDHA 2021-2022 Calendar (continued page 3)

<u>Virginia Board of Dentistry-Regular Board Meetings:</u>
2022 March 11 9:00am Richmond, VA
2022 June 10 9:00am Richmond, VA
2022 September 9:00am Richmond, VA
2022 December 9 9:00am Richmond, VA
<u>Virginia Health Catalyst Summit (formerly VOHC)</u>
2022 TBD Richmond, VA
<u>2022 MOM Projects: (see VDAF.org for details)</u>
2022 Special Olympics MOM Project June 11 Richmond VA
2022 Wise MOM Project July 22-23 Wise, VA
2022 Piedmont Smiles/Fauquier County MOM Project October TBD
2022 Homeless Connect Mini MOM Project November TBD Richmond, VA
<u>VDA Annual Session</u>
2022 September 14-19 Williamsburg Lodge
<u>ADA Annual Session</u>
2022 October 13-17 Houston TX
2023 October 5-9 San Francisco CA
2024 October 23-27 Seattle WA
<u>ADEA Annual Session</u>
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
<u>Intl Federation of Dent. Hyg / Intl Symposium on Dent. Hyg</u>
2022 August 10-13 Dublin, Ireland
2024 Date TBD Seoul, Korea
2026 July 9-11 Milan, Italy
<u>RDH Under One Roof</u>
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 Summer Curet is Saturday, NOON, August 6, 2022.

You may send submissions to moethompson@gmail.com.

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

