

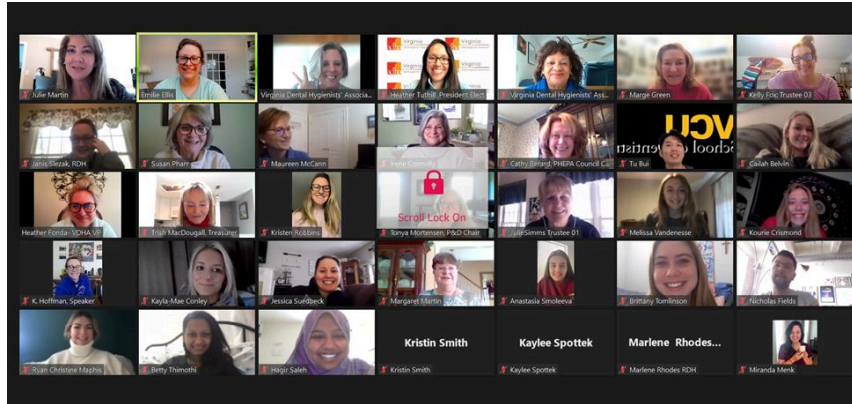


Virginia

Dental Hygienists' Association

The Curet Winter 2022

President's Message



**“Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals.”
- Dr. Martin Luther King Jr.**

As 2022 commences, and marches on at an incredible pace, I would like to acknowledge the resolute, enthusiastic, and capable body of Oral Healthcare Professionals that make up the leadership of the Virginia Dental Hygienists' Association. Their impact on our profession and on each other is deep and wide, seen and unseen, nonetheless appreciated. I am deeply grateful for them, their commitment to me, to each other, to our profession, and to all dental hygienists in our great Commonwealth.

Change is inevitable, and VDHA remains a consistent change agent for forward progress, both for dental hygiene professionals and the patients we serve. Advocacy efforts are in place to increase Medicaid provider reimbursement, ensure the safety of ourselves and our patients through infection control standards, and collaborations with stakeholder organizations remain strong. We are well positioned to affect change on the national level through our ADHA Delegation (Delegates/Alternates/Students) as we come together (virtually) in June to help shape the future of dental hygiene at ADHA's Annual House of Delegates Business Meeting. Our commitment to education is unwavering. Virginia's Dental Hygiene programs remain strong and consistent, supported by our teams of liaisons, advisors, and member-educators. Our continuing education programs are bringing nationally recognized speakers and educators to VDHA's Annual Scientific Session in Richmond in April.

As we move through (and hopefully past) the COVID-19 pandemic, VDHA is fully committed to the safety of our members, patients, students, and our events. We will be in person when possible, and virtual if necessary. Regardless, **we are here for YOU.**

Tracey Martin
VDHA President



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Upcoming Events

Executive Board Meetings

April 23, 2022	9am-1pm	via Zoom
July 23, 2022	9am-3pm	Charlottesville, VA
October 30, 2022	8am-12pm	Richmond, VA

69th Spring Scientific Session
 of the Virginia Dental Hygienists' Association
April 29-May 1, 2022



Hilton Richmond Hotel & Spa/Short Pump

12042 West Broad Street, Richmond, VA

See VDHA.net for more information

Meet the President Elect!

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

Why did you want to run for President-Elect?

The timing is right for my leadership style and energy for our Association. I have been a volunteer for the past 11 years and have held a leadership position (local, state, or national level). For the past 3 years, I have been engaged in mentoring my local leaders and creating tools for them to be successful knowing I was going to be running. I would have run last year but I lost my dad March 2020 to brain cancer. In the past year, I really took to heart my goals, my vision, and my leadership skill set. With the volunteer climate changing, leaders retiring, leaders emerging and the need for a changing environment, more diverse and inclusive, I am ready to be the leader the Association needs.



Tell us how you first got involved with VDHA?

I was a student member at VCU's SCADHA and volunteered to be a page at their professional House of Delegates. I enjoyed it so much that when I graduated, I asked how to get involved. I became Greater Richmond Dental Hygienists' Component's Recording Secretary that same year.

What are some of the best things (so far) to happen since you started volunteering with VDHA?

I have poured my heart into mentoring others and asking people to come along my journey in VDHA. I have been able to mentor previous students, coworkers, and even new leaders in our Association. I love that I am friends with previous students and seeing them grow professionally. Sharing my passion for our profession and having others share their passion with me has been the best thing!

How would someone describe you?

So, I had to ask a few of my mentees because it really is not in my style to boast about myself. I give my time not just for recognition but to truly move others and the Association forward. I enjoy teaching/inspiring/mentoring others to shape them into the leaders and clinicians of the future. I have a giving spirit, very humble, genuine, accountable, empathetic, and a great listener. You are very organized with your lists and documents. Plus, you are technologically savvy... You're just amazing and you push me and inspire me. You see the potential in people and you do not let that go unnoticed.

What do you do when you aren't volunteering/working?

You can find me playing with Legos, outside or with superheroes these days with Encanto playing in the background with my two sons. Or I'm out chasing my two Australian Shepherd puppies, Anna and Elsa, because they like to herd the people walking on my street.

What do you tell someone who is thinking about volunteering with VDHA?

The Immediate Past President, Emilie Ellis, says it best, "If you don't, then who will?" I think that best sums it up. The future is ours and our Association needs to represent our diverse backgrounds and we are striving to be inclusive. There is a volunteer role of every size/time commitment and there is something for everyone. Come join us!

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. Our numbers have increased in the recent months, and we are grateful to see this trend. Look out for a coming Greater Richmond newsletter introducing all members to our component Executive Board.

Events: In November we had several component members attend IGNITE Professional Development Workshop, it was a great event to learn from fantastic leaders.

In April, we will be the host component for the 2022 VDHA Spring Scientific Session. We look forward to this weekend of in person learning.

When attending please make sure to support all attending student chapters in their fund-raising efforts.

Facebook Page and Email List:

Please be sure to check out the Facebook Group “VDHA -Greater Richmond Dental Hygiene Component”. We list any announcements, job listings for part-time, full-time, or temporary work and upcoming events.

Please check your membership page to ensure your contact information is up to date. Many communications are sent out throughout the year and we want you to be well informed.

Leadership Opportunities:

Greater Richmond Component has several leadership/mentorship opportunities available. If you are interested, please contact Marlene Rhodes. We have opportunities for all and would love to help you grow and develop professionally.

Volunteer Opportunities:

As many of you know volunteering within our communities can be very rewarding. From MOM projects to free clinics near 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. For a list of opportunities please contact 02 Chair Kristen Robbins.

Next Meeting:

6:30 PM on March 28th, 2022 at Wegman’s Short Pump.

CEs: In November, we had a CE with Dr Graham Gardner to welcome his new associate and give information on the newest and greatest orthodontic options for patients. It was a fun night had by all. We are working out the details for several CE courses to include one about TMJ Disorder treatments and in person as well as free online CE’s through UltraDent.

Component 06 Monticello Officers:

Chair/Financial Administrator – Christina Morris

Recorder – Paula Knight

Membership – Betsey Soulsby

Website Coordinator – Nicole Fischer Wells

Trustee – Evelyn Grant

February 24, 2022 7:00 PM Virtual 1.5 CE Course
Burnout and Bruxism: The Dental Implications of Sleep and Disordered Breathing,
presented by Karese Laguerre, RDH, OMT

FREE for VDHA members (\$15 non-members)

SAVE THE DATE: May 5, 2022 and May 13, 2022 Charlottesville

Free Dental Clinic – Dental Hygiene Volunteer Days



**Be sure to read further for information about an easy incentive
that might put some extra cash in your wallet.**

(You will learn more in the PHEPA section)

“Stand Up, Apply & Be Counted!”

Northern Virginia

The year 2021 ended with a bang. Several of our members were able to enjoy themselves at PJ Skidoos in Fairfax for a Holiday gathering.

Our fearless Vice President, Betsy DiSilvio has continually scheduled exciting continuing education courses. NVDHA will have a virtual 2-hour CE on February 23rd from 7-9 p.m. The speaker will be our own Lindsey Bielick, RDH, MS. She will present “Supporting Oral Health Among Breastfed Infants & Hygienists Role in Identifying Patients with Sleep Related Breathing Disorders.”

Mark March 24th on your calendars for a two-Hour CE offering. “The Big “C” - Treating Patients with Cancer” will be presented by Sherry Basham, RDH, BSDH, MSDH.

We would like to thank Sheila Sheats for organizing the CE program for Scientific Session in March.



Respectfully Submitted,
Julie Simms, Trustee 01

Northwest Virginia

The Northwest Component is planning an in-person continuing education class this Spring with focus on Ergonomics in the Dental Hygiene Practice. The date is to be decided and will be held at Lord Fairfax Community College. Please check the VDHA website for future updates.

Component meetings are held the 3rd Thursday of every month at 7pm. Typically meetings are held in person but may be switched to Zoom, when needed. Please check our component Facebook page for the current meeting place.

Peninsula

PDHA highlighting future colleague activities

The senior class at Thomas Nelson Community College understands the importance of giving back to our patients and the community. As we count down the days until our graduation, we came up with a way to raise money for our pinning ceremony while also demonstrating our appreciation to the individuals that have supported our growth as clinicians from the very beginning, our patients! The senior class worked as a team to put together a home care basket, which includes two Philips Sonicare toothbrushes and other essential home care products! Patients and other members of the community are welcome to participate in this raffle. We appreciate everyone who wants to be part of our fundraiser.

As we know, COVID has impacted many dental clinics in our community. The seniors at Thomas Nelson are happy to attenuate at least some of this stress by performing Public Health rotations in community clinics, such as Lackey Clinic and Olde Towne Medical and Dental Center.

Elizabeth Heath, senior Class President, and Maricruz Perez Valenzuela, Class Treasurer, had the honor of representing Thomas Nelson Community College as delegates at the 2021 VDHA House of Delegates meeting under the mentorship of Marge Green. Both students were excited to be involved in advocating for the dental hygiene profession. Being surrounded by empowering women in the dental hygiene profession, the HOD was an experience filled with professional growth for Elizabeth and Maricruz. They both look forward to joining their local components after graduation.

While our senior class is staying very busy this semester, our motivation to finish strong pushes us to give it our all as we make time to study for boards. April is approaching us faster than we are ready, but we are working diligently to wrap up our two years at Thomas Nelson community College Dental Hygiene and become exemplary dental hygienists.



Above: The Senior Class:
Autumn, Aubree, Elizabeth,
Maricruz, Natalie, Bethany, Randa,
and Stephanie.



Above: House of Delegates Meeting
Cynthia Flowers, Maricruz Perez Valenzuela,
Taylor Loper, Elizabeth Heath and Marge Green.

Southwest Virginia

Component 07 Southwest Virginia Officers:

President: Margaret Martin
Financial Liaison/Secretary: Margaret Martin
Trustee: Sharon Kennedy
Membership Chair: Sharon Kennedy
Legislative Chair: Rita Phillips
2022 HOD Delegates: Rita Phillips & Margaret Martin

We held an email election of officers December 30, 2021.



Legislation is now moving through the Virginia General Assembly. Be sure to read page 12 for more information about how this impacts your profession and how to contact your representatives.



An Email from VDHA will be arriving to your inbox with details about an incentive that might put some extra cash in your hand. (More information may be found on page 14 of this Winter 2022 Curet)

Tidewater

Tidewater would like to wish everyone a happy and healthy new year! Can you believe we are in 2022? We have all endured so many changes within our lives and within our profession. Tidewater would like to reach out to anyone that would be excited to join our component. We are always looking for other colleagues to join our group and help out with keeping our component strong and successful. Who would not want to join us? We are fun, outgoing, and always looking for ideas to be executed. The photo below is from our holiday social that we all love to attend. This year we decided to go to the Norfolk Botanical Garden for the Million Light Bulb Walk. It was very cold, but we all had a great time.



Tidewater has some amazing continuing education courses for the upcoming months. We are so excited to have a combination of face-to-face CE's as well as Zoom webinars. We will be reaching out to the students at ODU for an open Q&A with fellow seasoned Registered Dental Hygienists. If anyone has any questions, please contact any of our component members. We hope to see everyone soon!!!!

Tidewater Officers:

Co-Chairs: Jessica Suedbeck and Emily Ludwig

Trustee: Kelly Fox

Financial Liaison: Angela Tye

Media Management Team: Sam Vest

Kelly Fox, BSDH, RDH
Trustee

Membership News



Happy Winter and greetings from the VDHA Membership team! We hope everyone is remaining safe and enjoying the snowy weather!

These last few months have been all about membership with VDHA! We have been working diligently to recruit any new members as well as ensuring those with us renew! Currently we are at a 73% renewal rate which is almost to our 80% renewal goal! The renewal period with ADHA ends on **February 14th** and after this date all memberships will be dropped, so make sure you are renewed and remind your friends and coworkers!

VDHA is also sending out a huge reminder to sign up for our 69th VDHA Spring Scientific Session which will be held in-person in Short Pump, VA from Friday, April 29th through Sunday, May 1st! Registration is now open and you do not want to miss this years' presentations: "The Magic of Air on Dysbiotic Biofilm", "Making Space for Enhancing Cultural Sensitivity for LGBTQ+ Patients and Anxiety Through the Roof", "Breathless: Oral Signs of a Silent Epidemic", "Dental Hygienists-Superheroes of Dentistry: Empowering Hygienists to Provide Care in General and Public Health Dentistry", and "Curiosity Revived the Cat: Digging into the Most Important Trait for Patient Communication and Career Fulfillment". Our membership team will have a table for potential new members to become members, as well as several raffle prizes will be given away! We would love to have all our current members and potential new members support the amazing things our association has to offer!

  	<p><i>Friendly Reminder</i></p> <p>APPOINTMENT</p>
	<p><i>For:</i> <u>69th Annual Spring Scientific Session</u></p>
	<p><i>Date:</i> <u>April 29 - May 1, 2022</u></p>
	<p><i>Where:</i> <u>Hilton Richmond Hotel & Spa/Short Pump</u></p>
<p>Watch for more details at VDHA.net</p>	

Continue using social media platforms as much as possible to stay connected with each other, share news and pictures, as well as future events! Stay safe and warm weather and sunshine will be here before we know it!

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

Best,
Samantha Vest BSDH, RDH
VDHA Membership Chair

Planning & Development Council News

Get ready to see your hygiene friends, learn hot topics in dentistry, and see what your favorite companies have been up to since 2020!

[Register](#) NOW for the 69th Spring Scientific Session! This year's event will be **in person** at the Hilton Richmond Hotel & Spa/Short Pump from April 29th -May 1st.

The planning team has been busy putting together a top-notch line of speakers. Things will kick off bright and early Friday morning with an update from the Virginia Board of Dentistry to let us know all that's going on behind the scenes concerning our profession. Then [Karen Davis, RDH, BSDH](#), will kick off our **16 hours of continuing education** with biofilm and subgingival air polishing. Followed by the entertaining and enlightening [Ryan Rutar, RDH, MAM, BS, BA](#) to ease and expand our minds around anxiety and inclusion.

Friday night, we are incredibly excited to host a **happy hour** with our favorite dental companies. But sure to block off this time to see new products, learn about innovations that will help our patient care and extend our careers, and most importantly, get some cool swag and win prizes!!!

Saturday will be just as action-packed with [Kathryn Gilliam, BA, RDH, FAAOSH](#), helping us understand the airway epidemic and how we can make a difference in patients' lives. After lunch [Amber Lovatos, RDH, BSDH, MAADH](#), also known as the Latina RDH, will open our minds to all the opportunities that exist to provide care in our communities.

If that's not enough to fill your brain, Sunday morning will have you digging into yourself and how to ignite your curiosity. [Amanda Hill, RDH, BSDH](#), will finish the action-packed weekend exploring five pathways to avoid burnout and find career and life fulfillment.

Can't commit to the whole weekend? No worries, we have [different packages](#) to accommodate any schedule. We just want to see you!!!

The planning team promises you will leave this weekend with new information to take back to your operatory, your life, and fill your cup that has been running on empty for a few years now! Don't miss out on the fantastic opportunity to connect, learn, and push your career to the next level!!!

[Register now!](#) The early bird rate ends March 25th, don't delay!



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

Public Health, Education & Professional Affairs Council News

CALL TO ACTION

Make your voice be heard today, these bills are now moving through the Virginia General Assembly

Tips for contacting your Representatives via their email on the Virginia General Assembly website, you can also find who your legislators are at this site: <https://viriniageneralassembly.gov>

- State that you are a constituent (this means that you are a voter in their district)
- Explain why you are writing by listing the bill number or budget item
- Clearly state your request for their vote of support or otherwise
- Remain brief telling your own story or use 1-2 VDHA Talking Points for justification
- Thank them for their consideration and public service
- Provide full address in the contact information, following your name at the end

Virginia Dental Hygienists' Association policy supports the following:

Budget Amendment Item 304 #6s: Department of Medical Assistance Services

- Address the underfunded dental Medicaid benefit in the budget to enable more dentists to participate and provide the essential care needed by Virginians
- The last increase made to Medicaid reimbursement rate was 30% in 2005
- Increasing the reimbursement rate will result in more providers participating and help reduce patients seeking hospital emergency care for their oral health pain
- Access to care will be improved by enabling more providers to participate

Item 304 – 37h: Medicaid Coverage of Anesthesia for Children's Dental Procedures

- Young children and patients with special health care needs are prone to involuntary movements and risk serious injury from sharp instruments in the mouth with local anesthesia only for dental treatment
- General anesthesia administered by an anesthesiologist and/or certified registered nurse anesthetist in a hospital operating room can cost \$3,500-\$5,000 or more. Virginia Medicaid only pays \$150
- Many parents delay dental treatment for their child due to the lack of insurance for general anesthesia. Children who have delayed dental extractions because they are unable to receive general anesthesia suffer further pain

HB981 Health professions, certain: licensure by endorsement/credentialing

- Currently, the CODE (54-1-2722) states: “may grant a license to practice dental hygiene...” Passing this bill would mandate that a license be issued immediately following verification of the applicant’s fulfillment of requirements set forth in the law and regulations. This would eliminate the unnecessary delays occurring following an applicant’s credential review and validation
- Requiring the Boards of Dentistry, Medicine, and Nursing to grant a license, certification, or registration by endorsement for applicants wishing to practice regulated professions would ensure an efficient system essential to support the health workforce needs and resources

HB191 Health Workforce Development; creates Special Advisor position to the Governor

- Collaboration between the Virginia Health Workforce Development Authority and the Special Advisor, employers of health and health science professionals and institutions will enhance alignment of education and training initiatives with the evolving and expanding health workforce
- Addresses regulatory, payment and other issues negatively impacting recruitment and retention of health workers in critical practice areas including behavioral health, nursing, and public health
- The Virginia Health Workforce Development Fund, a nonreverting fund, will support work of the Authority and provide grants to regional health and health science workforce development initiatives

Virginia Dental Hygienists' Association | www.vdha.net

Public Health, Education & Professional Affairs Council News (continued)

Update from the Virginia Health Catalyst

If you are not yet familiar with the Virginia Health Catalyst (formerly the Virginia Oral Health Coalition), now might be the time to sit up and pay attention! Beginning in August 2020, VHC initiated the Future of Public Oral Health (FPOH) Taskforce with the purpose of focusing on issues related to the impact of COVID on access to oral health care. Several workgroups were formed to address workforce, data, medical-dental integration and technology. In January 2021, VHC released the official FPOH Recommendations: [Future-of-Public-Oral-Health-Taskforce-Recommendations.pdf \(vahealthcatalyst.org\)](https://vahealthcatalyst.org/future-of-public-oral-health-taskforce-recommendations.pdf) and summarized in the table below.

As part of the American Rescue Plan Act (ARPA), Virginia recently allocated **\$1 million to support the transformation of the public oral health system**. No other state has dedicated funds towards oral health recovery from COVID – ‘recovery’ that includes promoting resiliency and addressing the burnout that we all have felt during the last two years. Regardless of your work setting, you are serving the ‘public’s health’!! These funds will support the work of the FPOH taskforce mentioned above. Here are the Goals and Strategies of this group:

FPOH Recommendations: Goals and Strategies

The oral health workforce meets the needs of Virginians	<ul style="list-style-type: none">• Support the current workforce to promote resiliency and reduce burnout• Maximize the existing workforce to ensure team-based, patient-centered care• Invest in the future workforce	Data informs health care decision making	<ul style="list-style-type: none">• Increase the use of data collection, sharing, and analysis to monitor and improve health• Increase the use of consistent assessment tools and data sharing across sectors• Incorporate data equity across assessment, eligibility, and survey tools to support decision-making that is equitable and patient-centered
Technology meets people, patients, providers where they are	<ul style="list-style-type: none">• Increase utilization of teledentistry for emergent care, consultations, and care coordination in clinical and community settings to increase engagement and trust with the public oral health system• Identify and utilize technology to improve clinic efficiencies, promote data interoperability, increase patient/provider satisfaction, and utilization of services	Oral health is a critical component of overall health	<ul style="list-style-type: none">• Increase utilization of dental and chronic disease prevention and management strategies that are patient-centered, holistic, and equity-based• Integrate oral health services, education, and referral across the health care system• Enable clinicians and frontline public health workers to address barriers to health and wellness related to social determinants of health and environmental issues• Ensure payment and incentives value integrated, comprehensive care that focuses on prevention

Several VDHA members, including Brooke Crouch, Anne Kornegay, Tracey Martin, Misty Mesimer and Susan Pharr have been heavily involved in the workforce, integration and technology workgroups. Meetings have been via ZOOM so far, and much of the work is done via email, so geography and work schedules are less and less a factor.

It’s important to realize how impactful this can be in terms of moving the dental hygiene profession forward. Changes often begin with a ‘community/public health’ pilot program; and much of this money is dedicated to pilot projects, as well as evaluation and replications of those projects. Change is coming!! If you’ve ever wanted to ‘get your feet wet’ and get to the table, your voice is needed now! You are the grassroots of the profession, whether you are in a clinical, academic or community health setting. Numbers = strength = progress!

Please contact Susan Pharr for more information: shpharr@gmail.com

STAND UP, APPLY AND BE COUNTED!

Have you ever stopped to think about the total number of services that you provide as a licensed dental hygienist, day after day, year after year?! All your expertise as an educator and all of the skilled clinical services that you provide add up to improving the dental health and overall health of a whole lot of people here in the Commonwealth! Imagine what those numbers would look like on a state level!! How many services could be attributed to Virginia-licensed dental hygienists who are members of the VDHA?

Along those lines, be on the lookout in early February from VDHA for information and instructions for applying for your National Provider Identifier number (NPI). The NPI is a unique 10-digit HIPAA identifier issued to organizations/clinics and health care providers, including dental hygienists. Currently, the services you provide are tracked in Virginia, but completely hidden, because they are tracked under the NPI of the employer dentist or business.

Thanks to the VDHA Foundation, we are able to include an ‘incentive’ (read: \$\$) to be a part of this valuable campaign to further our profession, not only to be counted, but to allow for expansion of future practice opportunities.

So...WAIT for the email and then ACT QUICKLY!!



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

No submission at this time

VDHA Foundation



The mission of the Virginia Dental Hygienists' Association Foundation shall be to perform the charitable, educational, research and scientific activities of the Virginia Dental Hygienists' Association.

Aug. 2021-January 2022

2021-2022 Board of Directors: Chair: Emilie Bonovitch, Chair Elect: Tracey Martin, Treasurer: Marge Green, Secretary: Cathy Berard, Directors: Karen Avey, Sheila Sheats, Irene Connolly, Trish MacDougall. Tonya Mortenson, P & D Chair, for informational purposes.

Student activities:

- Funded 14 student delegates and 2 student pages from dental hygiene programs in Virginia. (Registration fees \$350, gifts \$67, HOD manuals \$150, overnight lodging & meals \$3750).
- Legislators Breakfast. \$666.

Contributions to VDHA:

- Contribution to *Ignite Workshop* \$1000 speaker and \$400 room fee.
- Commonwealth Strategy Group Advocacy CE Webinar. \$2500.
- Commonwealth Strategy Group Advocacy Programs - Professional Development Workshop at the 2021 HOD. \$2500
- Paid for printed Fact cards and postage. \$310.
- Executive Board's Post HOD breakfast. \$268.94

Virginia Health Catalyst

Provided sponsorship for the Virginia Health Catalyst Annual Summit. \$750

VDHAF ONGOING ACTIVITIES

- Approved Grant for a Head Start Educational Video for dental hygiene schools. (\$900 over a determined amount of time)
- Design and provide lectures on Advocacy to senior dental hygiene students.
- Advocacy: VDHA Fact Cards, Community Outreach, Remote Supervision research, etc.
- Gifting graduating students with RDH cloisonné pins for their pinning ceremonies, upon request.
- Continue to support VDHA whenever possible keeping within the mission of the Foundation.
- Cover expenses for 2022 Scientific Session (flyer printing, mailing and speaker's fees)

Respectfully submitted,
Irene Mary Connolly, RDH, MS
VDHAF, Director Liaison

Emilie Bonovitch, BS Biology, BSDH, RDH
VDHAF Chair, VDHA Immediate Past President

VDHA Foundation (continued)

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

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

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

Our goal this year for the ADHA Institute for Oral Health is to raise \$7,508. Many of you have donated during registration for the VDHA House of Delegates and for the upcoming VDHA Scientific Session. Thank you all so much! I will post the list of donor names during Scientific Session in the next Curet. Those who donated during House of Delegates in October, 2021 are listed below.

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>

ADHA Institute for Oral Health Donors

Catherine Berard

In memory of Jacqueline Davis Perry

Catherine Berard

In honor of National Dental Hygiene Month

Irene Connolly

Elizabeth DiSilvio

Kelly Fox

Margaret Green

In honor of Dawn Ann Dean, ADHA President Elect

Mimi Magyar

Susan Pharr

In memory of Jacqueline Davis Perry

Maureen Sawin

Sheila B. Sheats

Julie Simms

Jessica Suedbeck

Valerie Shiyi Yang

Student Chapter News

Germanna Community College no submission at this time

Lord Fairfax Community College

The Lord Fairfax CC Dental Hygiene Students recently took advantage of a few spare minutes of time to catch up on a quick shoot for their Class of 2022 photos. COVID got us a little behind, but we checked this off the list. This class has been busy fundraising (Chick Fil A lunches and basket raffles) and have been able to purchase their white coats, graduation uniforms, and are planning to raise more funds to offset a portion of their Board Review expenses. They are now attending those board review courses and preparing for national and clinical boards which they will complete this spring.



Northern Virginia Community College

First semester is on the books for the class of 2023. Even though Covid has continued to create challenges, our faculty and students have continued to be up to the task. Pre-clinical time has been very successful in preparing us for our actual clinic patients starting this semester. The dental hygiene club participated in this year's NOVA Day on campus. We shared information about our dental clinic that is open to the community and demonstrated proper tooth brushing techniques. We expect new challenges and opportunities this semester and look forward to sharing ideas and techniques to ensure success for all.

Submitted by Roxanne Lam.



The second-year students are in their final semester and close to completing the program. In clinic, students are now allowed to declare eligible patients as “private practice mode” where students have only 90 minutes to complete the patient, instead of the typical 3.5 hours in clinic. Students are acquiring a taste of what it will be like for them in just a few months as licensed hygienists! Students are now preparing to take the NBDHE and CDCA exams. Most students will take the NBDHE during their spring break in March and the CDCA clinical examination is scheduled April 8, 2022! To prepare for the upcoming examinations, students are also now taking board review courses such as StudentRDH and AndyRDH. Over the past weekend, a group of students attended AndyRDH’s live seminar in Raleigh, North Carolina. They learned a ton and had a great time while doing it! Let’s all wish our students the best of luck as they complete their journey to become licensed dental hygienists!

Submitted by Miquala Branklin.



Old Dominion University

Dear Colleagues,
Spring is around the corner and greetings from the Old Dominion University School of Dental Hygiene (ODU SODH)! The Junior Class of 2023 will start seeing their first patients in clinic next week! I am sure we all remember how exciting and stressful this time can be! The Senior Class of 2022 has started their last semester of clinic and are busy in Community rotations providing valuable dental hygiene care to the public and underserved. The Seniors also just completed their national board review course in preparation for their upcoming National Boards! Way to go Seniors!



Above: ODU SODH Seniors at their National Board Review in Raleigh, NC.

In November, Seniors Jenna Ward and Destiny Mangrum were honored to attend the VDHA's Ignite Leadership and Professional Development Workshop. Thank you to the VDHA for supporting students in this event! Seniors are also excited to view the VDHA's State Advocacy Presentation to learn more about the value of advocacy in the dental hygiene profession!
Junior SADHA officers also recently attended the Student Organization Fair to give information about ODU's undergraduate dental hygiene program, our clinic, and handed out oral hygiene aids to the student population! Way to go, Juniors!

Finally, the ODU School of Dental Hygiene's faculty have also been busy preparing for their upcoming Winter Weekend event. A weekend of intensive continuing education for dental hygienists, February 25th-27th!

We look forward to a great rest of the semester and are so proud of the progress of our students, faculty, and staff in the ODU School of Dental Hygiene!

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

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



Above: ODU SODH Juniors attend the Student Organization Fair to give out program and clinic information and pass out oral hygiene aids to the student population.

**THOMAS
NELSON**

becoming

**VIRGINIA PENINSULA
COMMUNITY COLLEGE**

Thomas Nelson Community College will soon be known as Virginia Peninsula Community College. As the college prepares to embrace the new name, senior dental hygiene students Maricruz Perez Valenzuela, Elizabeth Heath, and Stephanie Chacon (pictured below from left to right) stop into the clinic to mentor the junior dental hygiene students on principles of instrument sharpening.



Junior dental hygiene students, Cailah Christenson and Priscilla Scragg, make the best out of getting the hang of this important new skill 😊



Virginia Commonwealth University

Plans for Spring: Community Service & Advocacy

The dental hygiene students at Virginia Commonwealth University have continued to be involved in extracurricular activities, serving the city of Richmond and surrounding areas. December was an eventful month, as students finished the fall semester, completed volunteer events, and even showcased their work on the American Dental Hygienists Association's Instagram page – this being the first time a hygiene class at Virginia Commonwealth University has been featured on this page. Additionally, several senior students contributed to the Adopt a Patient project, organized by the VCU Health System. Students volunteered to adopt two patients and supply them with items on the patients' Christmas wish-lists. New officers have been elected for the 2022-2023 year, and students have been working together to complete community service and fundraising projects outlined in the plan for Spring 2022. In addition to electing new officers, the organization has also established a new Advocacy Committee, with senior Miranda Menk as chair. The purpose of the Advocacy Committee is to promote the practice of dental hygiene within the School of Dentistry. In regard to service, one community project planned for February is volunteering at local elementary schools in honor of Children's Dental Health Month. Dental hygiene students have also worked diligently to gather the supplies necessary to donate to several projects in the past, including Head Start programs and U.S. troops stationed overseas. Students are looking forward to a successful spring semester and gaining recognition within the School of Dentistry for their dedication to the oral health of the community.

-Samantha S. Smith, SCADHA President



Left: VCU dental hygiene students pose as they organize hygiene bags for U.S. troops
Right: Senior students Miranda Menk and Brittany Tomlinson pose at Target while shopping for items as a part of the Adopt a Patient project for VCU Health System

Virginia Western Community College– No Submission at this time
Wytheville Community College no submission at this time

Invitation for Student Chapters to attend Scientific Session Marketplace

**69th VDHA Spring Scientific Session Market Place
April 29th to May 1st, 2022**

Dear SCADHA Liaison and Program Head,

We would like to extend an invitation to your student chapter to attend Scientific Session Marketplace.

This event allows your students to fund raise through the sale or silent auction of goods.

Our attendees are always happy to help and give of their finances to do so.

There will be two sessions to choose from or you can choose both sessions.

See the form below to register and choose options.

Thank you and we look forward to having your students at the meeting to share.

Name of Component or School: _____

Number of Tables to Reserve: _____

Please check one of the three options for table reservations:

Friday 5:15-7:15 pm during Dental Hygiene Show: _____

Saturday Noon – 1:15 pm during Lunch: _____

Both Friday evening and Saturday lunch: _____

Please provide email address of preferred contact person. _____

******* This will be a no fee registration this year. *******

**Please respond to Marlene Rhodes
marlenerhodesrdh@gmail.com by 2/28/2022**

ADHA Annual Conference Dates

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

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

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

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



Did you read the invitation for Student Chapters to attend the FREE Marketplace during this year's VDHA Scientific Session? See page 23 for more information.

2020 – 2021 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: Pam Kitner 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 Continuing Education Chair: Sheila Sheats & Amanda Cole Hill Ways and Means: Karen Avey House of Delegates Chair: Mimi Magyar Foundation Director: Chair Emilie Ellis HOD Secretary: Amanda Kimball Foundation liaison: Irene Connolly
2021 ADHA Delegates Emilie Bonovitch, IPP, 1 st delegate Tracey Martin, Pres, 2 nd delegate Cathy Berard, 3 rd delegate Marlene Rhodes, 4 th delegate Heather Tuthill (PE), 1 st alternate delegate Jessica Suedbeck, 2 nd alternate delegate Sam Vest, 3 rd alternate delegate Ryan Maphis, 4 th alternate delegate	Public Health, Education, and Professional Affairs: Co-Chairs: Cathy Berard and Marge Green Advocacy & Legislative: Maureen Sawin Board of Dentistry Liaison: Mark Hickman- mark@commonwealthstrategy.net Lobbyists: Mark Hickman and Cal Whitehead, Commonwealth Strategy Group Public Health Committee: Susan Pharr Public Health Committee Liaison – Brooke Crouch Virginia Health Workforce Development Authority Liaison: Vacant VA Health Catalyst: Dr. Denise Claiborne Free Clinic Liaisons: Sherry Basham Head Start Liaison: Nikia Washington VA Rural Health Association Liaison: Dr. Rita Phillips Education committee chair: vacant DH Educators' consortium liaison: Misty Mesimer VA Department of Health Liaison: Brooke Crouch
Leadership Committee: Chair: Kelly Tanner 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 Chair Elect: Tracey Martin, VDHA President Secretary: Cathy Berard Treasurer: Marge Green VDHA Liaison: Irene Connolly Ways and Means: Karen Avey Continuing Education: Sheila Sheats VDHA Treasurer: Trish McDougall
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 Spring Curet is Saturday, NOON, May 7, 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.

Dear member,

I have placed the contents of the calendar for this edition on three different pages due to the list of dates is so numerous. In order to keep everything on one page, it would have been necessary to shrink the font to a size that is not kind to the eyes. Let me know if you prefer to keep everything on one page and I will be happy to accommodate the majority of the readers. I hope you enjoy reading the Curet and have a better understanding of how your membership is working for you.

Kind regards,
Moe Thompson
2021-2022 Curet Editor
(moethompson@gmail.com),

