



Virginia

Dental Hygienists' Association

The Curet

Winter 2020

Presidents Message

Dear Members,

Since the previous release of the Curet, VDHA has been very busy working hard for dental hygienists across the state. In November 2019, we hosted our annual leadership development workshop, in Charlottesville, Virginia, called IGNITE!. We had the largest attendance yet, and had an exceptional time learning about each individual's DISC profile. The most fascinating part was how every single person's personalities interact with each other. Many remarked in their feedback that this would be helpful within their work environment and home life. Our speaker, Dana McKee, was extremely engaging—and I would dare say she “ignited” each individual's passion for finding their inner leader.

On January 31, 2020, VDHA hosted their annual Rally Day in Richmond, Virginia. Over the last few years we have had to adjust the number of attendees due to construction on the General Assembly building. Since this is an ongoing process, our PHEPA (Public Health, Education, and Professional Affairs) Council has worked diligently to still make sure our voice is heard at the Capitol. Heather Tuthill, our VDHA Regulation and Practice Chair, did a remarkable and exceptional job organizing the over 90 participants for this year's Rally Day! One of the major items we advocated for this year was a budget amendment surrounding the addition of adult dental benefits through Medicaid. This would be a monumental achievement and provide so much more care to those in need!

In addition to both of the previous events, our Membership Services Council has worked continually to provide renewal and recruitment opportunities for members and potential members. As the saying goes, there's power in numbers! As an association (ADHA and VDHA), we can only be impactful if we stay together and support each other. We hope each of you will encourage your fellow dental hygienists to renew or become members of ADHA, and in turn VDHA.

For those of you who have read the previous Curet President's Message's over the last year, you have noticed The Greatest Showman movie theme. Many of you probably think it's just some silly circus movie, a Hollywood embellishment if you will. To me, it has become a mantra. “No one ever made a difference by being like everyone else” means that each of your unique abilities and personalities matters. I hope each of you know what makes you different, and you embrace it!

Emilie M. Bonovitch, RDH
VDHA President 2018-2020



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Upcoming Events

Executive Board Meetings

April 18, 2020	9am-1pm	ZOOM
July 25, 2020	9am-3pm	Charlottesville, VA

Spring Scientific Session

March 27-29, 2020

Hilton Richmond Hotel & Spa/Short Pump Richmond, VA

67th Spring Scientific Session
of the Virginia Dental Hygienists' Association
March 27-29, 2020



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

Check out VDHA on Facebook & Instagram for Speaker Highlights!

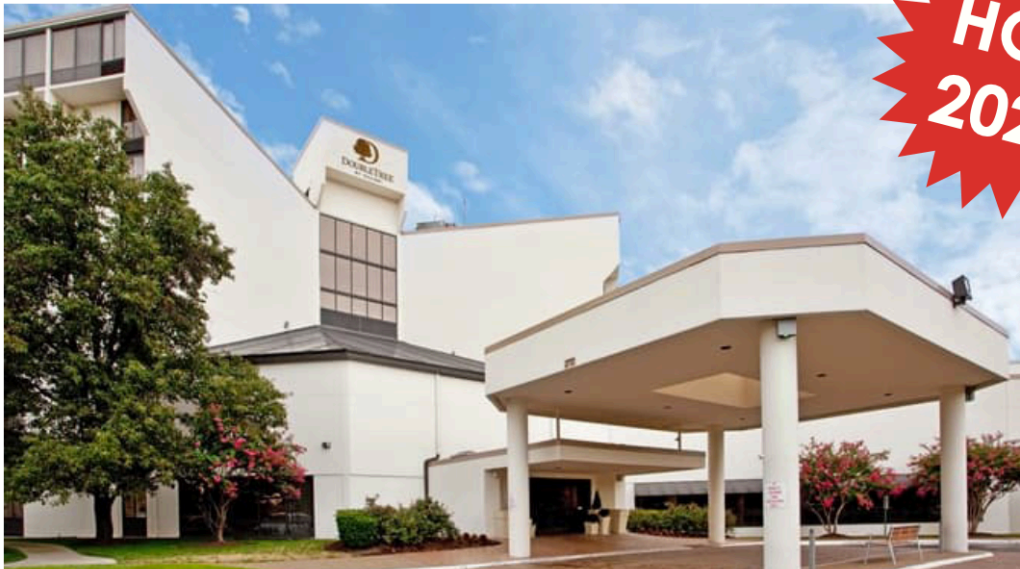
For more details and to register visit vdha.net



SAVE THE DATE!

2020 House of Delegates and Professional Development Workshop

October 23-25



DoubleTree by Hilton
Richmond Midlothian

1021 Koger Center Blvd, Richmond, VA 23235



Virginia

Dental Hygienists' Association

**Registration opens soon for the House of Delegates.
Watch for more details at VDHA.net.**

Component News & Reports

Greater Richmond

Greater Richmond Component Contacts

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



Rally Day: On January 31, 2020, several Greater Richmond RDHs gathered to mentor VCU Student Dental Hygienists and advocate for our communities. Pictured: Current VDHA President Emilie Bonovitch, Marlene Rhodes, Kristen Greene, Past VDHA President Melanie Swain, Past President Susan Reid-Carr, Rally Day Coordinator Heather Tuthill and Emily Comia.



Spring CEs: Save the Date for March 19th OSAP Infection Control Update with Lisa Williams and April 9th REVIVE Opioid Training with Julie Karr. Both start at 6pm at Henry Schein on Southlake Blvd.

Monticello

Annual MDHC CE Course -2020

When: Friday, February 28, 2020 8:30 AM, EST

Where: Unity of Charlottesville 2825 Hydraulic Rd. Charlottesville, VA 22901

Registration starts at 8:30 AM, lunch WILL be provided
Registration questions or issues? Email Sheri Moore at uflossin1@gmail.com

EVENT DETAILS:

The Monticello Component of the VDHA presents:

6 hours of Continuing Education

February 28th, 2020

Charlottesville, Virginia

~That's Not What I learned in School~

Did you learn that floss is the magic elixir preventing everything from caries to bone loss? Or perhaps you are still providing 'routine care' – such as prophylaxis, fluoride treatments and radiographs. While education provides the foundation, it depreciates over time as new research, therapies, and treatments emerge. This course will empower you to move out of your comfort zone and feel confident adopting new evidence-based strategies for everyday patient care.

~Dealing with Difficult People~

Do you have a patient that you feel you can never please? A co-worker who always seems to have an attitude? Or a boss who pressures and challenges you at every turn? You are not alone. Everyone has had to face the challenge of dealing with a difficult person. This course will help you develop effective strategies to help you feel more confident and empowered to take control, manage the situation and have a more enjoyable workplace.

Guest Speaker: Carol Jahn, RDH, MS

Carol Jahn, RDH, MS has a BS in dental hygiene from the University of Iowa and an MS in Continuing Education from the University of St Francis. She has been a dental hygienist since 1982. Currently, she is the Director of Professional Relations & Education for Water Pik, Inc.



Monticello Dental Hygiene Component is collaborating with Child Health Partnership (CHP) to provide care for a lower income patient.

Northern Virginia

NVDHA has had a very productive fall and winter CE program thanks to the efforts of Betsy DiSilvio. In November, Proctor and Gamble sponsored a 2-hour CE and provided free Oral B electric toothbrushes. Our speaker, Cathy Berard, discussed “Waterlines in the Dental Office”. NVDHA had our Annual Holiday Party at PJ Skidoos. We said goodbye to Kelly DiVito, our component Secretary. She and her husband moved to Maryland. Lisa Moutawakil has stepped up to be our Secretary. Thank you to Lisa.

A huge shout out to Diana Corbin, RDH, BS, from Young Innovations who was able to step in at the last minute and present a CE on HPV for our January CE.

February 12th, NVDHA will present “Microbial Risk assessment and antimicrobial therapy” with Bill Landers; and to complete the year, April 15th, there will be a presentation on “Opioid overdose”.

I would like to thank VDHA for the monumental task of organizing Rally Day in Richmond. Thank you to Cathy Berard for being instrumental in getting volunteers from Northern Virginia and students from NOVA. Deidra Kane is asking for volunteers to help with presentations to Head Start classrooms for Children’s Dental Health Month. She has contacted programs that give aid to over 600 children. NVDHA will provide toothbrushes and educational material to all these Head Start students.



Rally Day, January

Northwest Virginia

President – Kate Hoffman
Vice President – Megan Hill
Secretary – Lori Ellington
Treasurer – Karen Avey
Trustee – Linda Gill

Component CE opportunity coming May 30th! Look for an email announcement from VDHA! (Due to the high cost of mailing, post cards will not be sent.) Want More info? Please contact Sue Daugherty-flossy3511@aol.com or view online at vdha.wildapricot.org under “Events.”

The dental hygiene students from Lord Fairfax Community College will be participating in the 26th annual Valley Health Community Wellness Festival on Saturday, February 29, 2020, from 10 a.m. to 4 p.m. at Apple Blossom Mall in Winchester. (Toothbrushes have been donated by Component.)



Yes-- the tooth fairy is making another appearance! Want more info? Please go to <https://www.valleyhealthlink.com/about-us/our-community-commitment/community-wellness-festival/>

All are welcome at our component meeting at Sal's Bistro in Edinburg the third Thursday of the month -- meeting starts at 7:00pm.

Respectfully,
Linda Gill, Northwest Component Trustee

Peninsula – No Submission at this time

Piedmont – No Submission at this time

Southwest Virginia

Co-chairs: Kara Davis, Megan Wallace
Financial Liaison: Margaret Martin
Student Liaison for WCC: Dr. Rita Phillips
Web Page Liaison: Moe Thompson
Facebook Manager: Kara Davis
Membership Chair: Margaret Martin
CE Chair: Kara Davis
Trustee: Sharon Kennedy

On February 3, 2020, we held our first meeting of the year via ANYMEETING.com. Our thanks to Moe Thompson for setting this up for us. We have CE courses planned for August 12, 2020 with 6 hours of credit.

Kara is also working on obtaining speakers for next year's CE courses.

Respectfully submitted,
Sharon Kennedy, RDH



Tidewater

Tidewater Officers:

Co-Chairs: Jessica Suedbeck and Emily Ludwig

Trustee: Kelly Fox

Financial Liaison: Angela Tye

Media Management Team: Sam Vest, Jessica Suedbeck, and Meg Lemaster

Happy Winter (Spring, Fall, Summer)! Really, what season is it? Down here in Tidewater it has been a mixed bag of the seasons to start off 2020. Accompanied by VDHA representatives, students from Old Dominion University took time out of their busy schedules to attend the annual Rally day, held January 31, 2020 at the Capital in Richmond, Virginia. They meet with legislators and observed how to advocate for our profession; supporting those who have limited access to care and promoted expansion of Medicaid benefits.



Our Upcoming events this year are very exciting to us as a component. We will be hosting an Active Shooter training course at OMG on March 24, 2020 at 6:30. We are also preparing the upcoming ODU seniors for graduation by having a Mock Interview and “Real-World” application process at the end of March. Continue to look for our upcoming events on <https://vdha.wildapricot.org>. If anyone is not yet a member of ADHA, and would like to become involved and support your profession, Tidewater is always happy to mentor new members to join our tribe. Please feel free to contact me at flosswithasmilerdh2015@gmail.com if you would like to get involved.



Tidewater closed out the end of 2019 with our annual holiday celebration with our members and some of our ODU students. We had a contest to see who could adorn the ugliest Christmas sweater, and also who traveled the farthest. Prizes, games, and mentoring, what more could you ask for to end a great year!! Here's to a happy and healthy 2020!

Kelly Fox, Trustee 03

flosswithmerdh2015@gmail.com

Membership News



Greetings from the VDHA Membership Team! **You can still renew your Membership Today, it is not too late for the February 14th deadline/drop date!** All members renewing before the deadline will be entered to win a pair of Apple AirPods! The ADHA even offers a quarterly payment plan! Please take advantage of this great opportunity (312-440-8900- membership services). The ADHA is also offering 20% off **new** memberships through February 29th! Visit ADHA.org and use code FB20 when signing up for a new membership! Recent grads, call ADHA directly to get this offer if you are transitioning your membership!



AirPods are wireless Bluetooth earbuds created by Apple. Though designed for the iPhone, Apple's AirPods are also compatible with Android smartphones and tablets,

VDHA members and not-yet members, Scientific Session is fast approaching! Join us in Richmond, VA March 27th-29th for a weekend of continuing education, networking, products, and prizes. The VDHA Membership team will also be holding drawings for prizes each day for new and renewing members! Visit <https://vdha.wildapricot.org/event-3640077> to register!

VDHA members and not-yet members, also please consider attending Old Dominion University's Dental Hygiene Winter Weekend (Feb. 29-March 1st) in Virginia Beach. Please visit <https://www.odu.edu/cepd/dental-hygiene/winter-weekend> for more information and to sign up for a great weekend of networking and CE!

If you have any questions regarding membership do not hesitate to contact Emily Ludwig at eludw003@odu.edu or Jessica Suedbeck at jsued07@gmail.com.

Best,
Jessica Suedbeck, RDH, MSDH and Emily Ludwig, RDH, MSDH
VDHA Membership Co-Chairs

VHyPAC News

Greetings from the Directors of VHyPAC. The Virginia Dental Hygienists' Political Action Committee directors are made up of elected and appointed members. Directors are: Maureen McCann, RDH, BSDH, Jessica Elmore McManus, RDH, MS, Rhea Rhossi, RDH, Marlene Rhodes, RDH, Kristen Greene, RDH and advised by our lobbyist, Cal Whitehead and Mark Hickman (who is our primary contact and advisor). Mark is a presenter at our Scientific Session in March and will share his knowledge of advocacy for our professional interests.

The goal of the PAC is to raise funds for those who serve in the Virginia General Assembly and statewide candidates who share our goal to foster a better, safer environment for oral health and dental hygiene. In the Commonwealth of Virginia, Richmond has a greater impact on your practice and patients than DC. Political contributions allow us to target our message and connect you to important decision- and policy-makers in Richmond. With financial support, we can achieve our mission of educating legislators and the administration about our professional concerns. Last year our dedicated Virginia dental hygienists contributed \$3750 at our Scientific Session to the PAC. This year we hope to exceed that target goal.

Please look for us as you register at Scientific Session and at Market Place. We have great incentive gifts again this year for our contributors.

At any time contributions can be made at:
Virginia Hygienists' PAC (VHyPAC)
c/o Commonwealth Strategy Group
118 North 8th Street
Richmond, VA 23219



Respectfully submitted,
Maureen P. McCann, RDH, BSDH VHyPAC Chair



Planning & Development Council News



Scientific Session has rolled around again. I can't believe it has been a year!

Friday morning, our first course will address access to care. VDHA member and Team Placement owner, Betty Peebles, has produced a very moving video titled, "Hidden Pain" and its impact on underserved people. Legislators will give greetings and Mark Hickman, our legislative liaison will update us on current legislation impacting our dental hygiene profession.

This year the Dental Hygiene Show will be held Friday night with the exhibitors demonstrating the latest and exciting innovations in dental hygiene. For those who haven't been with us previously, new product demonstrations will be offered. In addition, we will celebrate Mardi Gras! There will be beads and a "bingo card" with prizes. If you visit the exhibitors they will each stamp your card and then you can see what prizes you might receive.

Remember the complimentary Friday afternoon course is provided free of charge by the Virginia Dental Hygienists' Association Foundation. This course will roll right into the Dental Hygiene Show. Yes, there will be appetizers. Hu-Friedy is also donating a basket to be raffled off during the weekend.

This year brings terrific new speakers to VDHA. We are lucky to have Anne O. Rice discussing the relationship between dementia and dental disease. Kathryn Gilliam will provide instruction about Celiac disease. Important information about vaping, a topic impacting family members, friends and patients will be addressed. Dr. Joy Void-Holmes, Maryland resident, Fortis educator and speaker, will discuss instrumentation with hands on training incorporated in her course. Shavonne Healy, DC resident and Immediate Past President of the DC Dental Hygienists' Association, will present Implant Dentistry and keeping it all healthy. (These are not in course order of appearance so please check out the website and bios).

This meeting will fulfill ALL your credits for the year in addition to some extra. It is also the opportunity to have a great time in a luxurious hotel that even has a spa! We can renew friendships, make new friends, and learn, learn, learn.

I will look forward to seeing everyone again. Please register before the deadline so you can take advantage of the early bird rate (vdha.net). See you there.

Yours,
Sheila B. Sheats, RDH
Continuing Education Chair



67th Spring Scientific Session

of the Virginia Dental Hygienists' Association

March 27-29, 2020



Hilton Richmond Hotel & Spa/Short Pump

12042 West Broad Street, Richmond, VA

Check out VDHA on Facebook & Instagram for Speaker Highlights!

For more details and to register visit vdha.net



2020 House of Delegates and Professional Development Workshop

October 23-25



DoubleTree by Hilton Richmond Midlothian

1021 Koger Center Blvd, Richmond, VA 23235



Registration opens soon for the House of Delegates.
Watch for more details at VDHA.net.

Public Health, Education & Professional Affairs Council News

The VDHA PHEPA Council would like to ‘re-introduce’ you to the newly named Virginia Health Catalyst (VHC) organization, formerly known as the Virginia Oral Health Coalition. This new name reflects the organization’s mission, goals, and objectives of the organization, while still maintaining its primary focus on oral health as part of total health. VHC prides itself on grassroots approaches and partnerships around the commonwealth to advocate for the oral health of all Virginians. Currently, they are very involved with General Assembly legislation; however, their year-round efforts are wide and varied and offer several opportunities for grassroots involvement.

As licensed dental hygiene professionals and members of ADHA, we can provide excellent insight and expertise into the issues that VHC is addressing. Furthermore, VHC has expressed a need and desire for hygienists to be represented ‘at the table’ on multiple issues. We have provided links below for your consideration for involvement.

Regional Oral Health Alliances:

Currently, there are three active alliances: Northern Virginia, Richmond/Petersburg, South Hampton Roads. These diverse groups are open to anyone with an interest in improving oral health, including representatives from health care, human services, education, and economic development, among others. How does that sound for broadening your horizon!! You will learn from them as they learn from you! If you’ve ever wanted to explore public health/community health, this is a great way to expand your career path while contributing to your local community’s health needs.

Click below to find specific information on each. Typically, they meet 2 – 3 times a year and sometimes with online meetings. This may conflict with work schedules; however, the meetings are announced a few months ahead which makes the planning a little easier. Each group is ‘grassroots’, focusing on local needs. You can also click on ‘past meeting materials’ to see their meeting agendas and minutes. <https://vahealthcatalyst.org/regional-alliances/about-the-regional-alliances/>

Note: Susan Pharr has recently joined the Richmond/Petersburg Alliance. She is unable to attend all the meetings, so it would be nice to have one or two more to join to have full coverage. Please contact Susan if you have any questions about the Regional Alliance groups. (shpharr@gmail.com)

Other VHC Programs

VHC also has Statewide Workgroups that focus on a broader topic that affects state level policies, including the Rapid Response Team that VDHA has been involved in now for a couple years. VDHA has at least one representative from each component serving as a local resource to help localities respond to local challenges to community water fluoridation. You will find more information at this link:

<https://vahealthcatalyst.org/about-us/our-committees/>

As stated by ADHA President, Matt Crespin regarding the ADHA Code of Ethics, “Community is one of the code’s fundamental principles, expressing our concern for the bond between individuals, the community and society in general.”

Whether it is at the policy level or individual care level, stepping beyond our comfort zone into the community reflects our recognition that we all have a professional role in the health of the public.

Virginia Dental Hygienists' Association Rally Day 2020



On January 31, 2020, the Virginia Dental Hygienists' Association hosted its annual Rally Day, where hygienists and student dental hygienists met with their legislators to talk about the importance of oral health, disease prevention and advocate on behalf of our patients and community oral health. This year our message to legislators is to advocate for an adult dental benefit in Medicaid expansion. Many thanks to all who attended and dedicated their time, passion and efforts to our profession.

Rally days are my favorite ways to see democracy in action. I have been coordinator five times in the last six years (one year off due to baby). Hygienists and student dental hygienists from all over the state come together to advocate for not only oral health but for comprehensive and accessible oral health care in Virginia.

Due to the ongoing reconstruction at the Capitol, VDHA has had to reduce the traditional number of 200+ attendees to half this size. This year VDHA Foundation hosted a breakfast orientation and a 5-hour schedule of events for over 90 participants representing 56 counties and independent cities in Virginia. Collectively, we engaged the legislators and/or their legislative aides in conversations on oral health, the dental hygiene profession, the VDHA mission and the messages delineated on our *Fact Card*. They were particularly interested in hearing stories from their constituents concerning the need for better oral health coverage for adult Medicaid recipients.

If you were not able to attend the VDHA Rally Day, then we have another way for you to advocate for your community! VDHA has partnered with the Virginia Health Catalyst in their postcard campaign, which has sent over 400 postcards (Jan 28, 2020 data). If you have a story to tell and would like to share your first-hand experience of seeing a need for oral health coverage for adults, please reach out to Heather Tuthill, MPH, BSDH, RDH at herrerahm29@gmail.com for assistance in sending an advocacy letter or email to your legislators.

Thank you again to all who joined us at the Capitol on January 31!

Heather Tuthill, MPH, BSDH, RDH
Chair, VDHA Regulation and Practice Committee

VDHA Foundation



VIRGINIA DENTAL HYGIENISTS' ASSOCIATION FOUNDATION ANNUAL REPORT OF GIFTS

January 1, 2019 through December 31, 2019

JEFFERSON CLUB

Northern Virginia Hygienists' Component

In memory of Patricia A. Golliday, RDH

PATRIOT CLUB

Cathy Berard

Irene Mary Connolly, RDH, MS

In Honor of Karen Avey, RDH, MSDH

James H. Forsberg

In honor of the birthday of my daughter, Julie Simms

Marge Green

In gratitude for Karen Avey & Sheila Sheats

Meg Lemaster

In memory of Michelle Darby

Nancy Martin

In honor of Brian Martin

"From your friends in hygiene"

In memory of Sarah J. Klenk and William F. Klenk, parents of Kathy McGarey

Susan Pharr, BSDH, MPH

In honor of my VDHA colleagues

Sheila Sheats

Julie Simms

In honor of my dad, Jim Forsberg,

In memory of my mom, Cynthia Forsberg

In memory of Ted & Vicki Simms

Greater Richmond Dental Hygienists' Component

Monticello Dental Hygienists' Component

Southwest Dental Hygienists' Component

Tidewater Dental Hygienists' Component

DONOR CLUB

Julie Allen

DONOR CLUB

Karen D. Avey

In honor of Sheila Sheats and Jackie Perry

Melanie Bartlam

Many thanks to Sheila Sheats for all your years of dedication to VDHA CE

Dr. Patricia Bonwell

Emilie Bonovitch

In honor of VCU Dental Hygiene Students

Stacia Brooks

Deborah Buckley

In honor of Pat Golliday

Maria Camacho-Bell

Betsy Di Silvio

In memory of Judy Walsh

Linda Gill

Evelyn D. Grant, RDH, MBA

Desiree Harrington

Catherine Johnson

Antoinette Kahan

Deirdre Kane

Judith Knight

Joyce Kwiatkowski-Spieler

Margaret Lemaster

Elaine Loftin

Patricia MacDougall

Mimi Magyar

In honor of Emilie Bonovitch,

VDHA President

Sana Mahnoor

Sheryl Manion

DONOR CLUB (continued)

Julie A. Martin, BSDH, RDH

In honor of Jackie Perry

Nancy Martin

Kimberly May

Maureen McCann

In memory of my dad, Martin McCann, always on my side

Carolyn Moore

John & Sheri Moore

In honor of Jamie Davila

Elizabeth Peebles

Jackie Perry

Susan Pharr

Susan Reid-Carr, BS, RDH

Rhea Rossi

Janis Slezak

Pat Shand

In memory of Daniel Gallagher

Kathy Cunningham Starr

In memory of Patricia Golliday, RDH

Kathleen Stewart

Moe Thompson

In honor of Woodrow Grayson Schmidt

Christina Tulloch

Deanne Watson

Christian Waterman

Jennifer Zimmerman

Northwest Dental Hygienists' Component

Peninsula Dental Hygienists' Component

In honor of Julie Martin's 3 year term as PDHC's Chair

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

VDHA Foundation (continued)

2020 Alice Hinchliffe Williams Scholarship Winner!

AH Williams Scholarship Chair Pam Kitner, RDH, BSDH

The AHW Scholarship is to be awarded each year in the amount of **\$500** to a student in the first year (Junior year if in a 4year program) of the fall semester in a Virginia Dental Hygiene Program. Those Virginia dental hygiene students with at least a 2.5 GPA (4.00 Scale) are eligible for this scholarship. Each applicant must be a member of an ADHA Student Chapter and must have demonstrated qualities for success in the dental hygiene program. The students were asked to submit an essay and answer the question: What role or support are you prepared to contribute to ADHA (National, State, or Local) and the dental hygiene profession after graduation from the dental hygiene program? The winner this year is Kayla Khau, a dental hygiene student at VCU! Kayla submitted the following essay:

Dental Hygiene and Community Service are two terms married together. Community Service is an element that was ingrained in me at a young age when my mother would bring me along with her to volunteer events at our local church. She worked as a beautician and offered unconventional ways of helping the homeless in our church such as grooming their nails and feet for them to feel better, especially for those who traveled many miles to seek shelter at our church. From my mother, I have learned that anyone is capable of making an impact on others' lives it just takes a certain person. Serving the community has always been a passion for me and I want to continue to advocate for ADHA following completion of my program. Upon graduation from the dental hygiene program, I aspire to expand my practice as a dental hygienist outside the four walls of private practice. I want to broaden the horizons in various settings such as community clinics, schools, nursing homes, and hospitals. From my experience, I often hear that people are too busy and do not have time to make appointments, especially the geriatric community in nursing homes who are mostly wheelchair bound. I witnessed this first hand during an internship at Sentara Rehabilitation and Life Care Center, which sparked the idea of bringing dental care right to the facility. As I have seen at public dental projects I have volunteered at, individuals struggle to cross the boundaries of coming into a dental office whether it be fear, anxiety, or financial concerns. It is a personal goal to meet them halfway and bring the dental clinic to them. To be able to witness a patient who is stricken with anxiety transform into one who cannot wait to come back for their next visit is all the more rewarding for me. I consider myself to be very fortunate in receiving my education so why not help those behind me?

Thank you to the judges, Melanie Bartlam, Maureen McCann and Kelly Fox, Chair -Pam Kitner



ADHA Institute for Oral Health
Liaison, Catherine Berard, BSDH, RDH

This year ADHA IOH has once again divided up the year into Autumn Giving Campaign from July 1st through December 31st and the 2020 ADHA IOH National Fundraising Campaign, which was launched January 15, 2020 in tandem with the ADHA 97th Annual conference and Business Meeting Registration, launch date. There will be pedometers and an app that will track each of our team members' steps as we work toward our goal.

Our VDHA assigned goal for 2019-20 is \$8,752 and we have already raised \$699 to date. The money raised through the Lynch Creek Fundraising site has not yet come into the VDHA treasury but will be sent to ADHA as soon as it does so. It was only \$65 this year but will gain traction as a nice adjunct to our fundraising efforts due to their beautiful product line. Many thanks to all of you who have already donated to IOH and to those who participated in the Lynch Creek Raffle at our House of Delegates in October! You can view the national results of the Autumn Giving Campaign (\$32,457 was raised nationally!) at this website:

<https://charity.gofundme.com/o/en/campaign/fall-giving>

Donors to date to the Institute for Oral Health:

Anonymous	Sheila Sheats
Emilie Bonovitch	Julie Martin
Ashley Milstead	Mimi Magyar
Diane Lum	Kelly Fox
Jam Phouminh Keoviengkhone	Meghan Glago
Margaret Martin	Christian Waterman
Betsy DiSilvio	Cathy Berard
Sana Mahnoor	Patricia MacDougall
Nancy Martin	Marge Green
Sheri Moore	

Please visit the IOH website to see the awards, grants and scholarships that are available to you which include the Alice Hinchcliffe Williams, RDH, MS Merit Scholarship that is funded by the Virginia Dental Hygienists' Association Foundation.

VISIT www.adha.org/institute-for-oral-health to learn more

Student Chapter News

Germanna Community College - no submission at this time

Lord Fairfax Community College

The spring semester for the Lord Fairfax Community College dental hygiene students will be a full and busy one. Here are a few things they have planned. On April 1st and 2nd CDCA boards have been scheduled at LFCC and the students are eagerly searching for board patients. In addition to finalizing board preparations and completing program requirements, they are planning to participate in the Valley Health Community Wellness Festival at the Apple Blossom Mall on February 29th. Also in February, the students will visit preschool classrooms for Children's Dental Health month. Next, in early March they will join the *It's Hygienic* competition in Richmond. Later in March, they are looking forward to attending the VDHA Annual Session and are planning a table in the marketplace. In addition to these extra activities, they continue to give back to the community through rotations scheduled at the Dental Clinic of the Northern Shenandoah Valley in Winchester, Virginia and at St. Luke's Community Center in Front Royal, Virginia.



The featured picture is of Pam Boyer and MaryGrace Doyle who helped to provide dental screenings at the Project Connect/United Way of the Northern Shenandoah Valley event that took place on January 23rd.

Northern Virginia Community College

Northern Virginia Community College Seniors have been hard at work in their last semester. Since the Fall, we have done rotations at The Lamb Center in Fairfax; Arlington Free Clinic in Arlington; and Northern Virginia Dental Clinic in Fairfax. Each rotation has proven to be an education all its own! Along with our external rotations we continued with our partnership with Medical Care for Children Partnership Foundation (MCCP). We have treated many children in our clinic through this program. The MCCP partnership has brought a lot of purpose and satisfaction to our experience as students. We also participated in our first Head Start outreach with faculty member Ms. Deirdre Kane, RDH, MSH. The children were delighted with all the fun stuffed animals, books, and interaction. Of the experience student Megan Bradley stated, “The children were very engaged and eager to learn how to properly brush their teeth. It was a fun and rewarding experience!”



As anyone who has been through dental hygiene school before understands, this is also a busy time for preparation for the many board exams required to obtain our license. “I’m doomed.” says Chloe Lee. Anxiety is high, but we have faith and trust that our education will prevail.

Meanwhile, first year students, who survived their first semester, are preparing for the three P’s: Pharmacology, Periodontics, and Pathology. Also, sneaking up is the ever-present fourth “P”: Patients. They will also participate in their first public health outreach initiative with Head Start and Ms. Kane. “I’m excited and electrified at the opportunity to be able to open little eyes up to the importance of hygiene...even if they aren’t aware of it yet!” said first-year student Kara Bowman.

In addition to their educational initiatives, the Dental Hygiene Club has taken on first-year junior board members. Congratulations and welcome to our new board members: President Sarah French, Vice President Elizabeth Wu, Secretary Kara Bowman, and Treasurer Delmy Cruz. These ladies will be mentored by the existing board of seniors. This will allow for some needed continuity for some exciting new initiatives at the Medical Education Campus. Stay tuned!

The Dental Hygiene Club has been working on table initiatives to improve the oral health of our campus by providing oral hygiene education — finding patients doesn’t hurt either!



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 2021 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 2020 has started their last semester of clinic and will head to a national board review course at the end of February in preparation for their upcoming National Boards! The Juniors and Seniors are also eager for the Old Dominion University School of Dental Hygiene's upcoming Winter Weekend, February 29th – March 1st, where they will support the SODH as well as fundraise for SADHA with a merchandise table!

Finally, the ODU SODH Senior Class of 2020 was able to attend the VDHA's Rally Day 2020 at the State Capital in Richmond on January 31st. ODU faculty members, Jessica Suedbeck and Emily Ludwig (SADHA Advisor) attended with students. This was a wonderful and enlightening experience for the students to explore a different dental hygiene role as they met with legislators to advocate for the expansion of Medicaid benefits to include adult and underserved populations. The Seniors and the ODU SODH are grateful for this experience from the VDHA and the Rally Day planning team! We cannot wait for Rally Day next year!



Above: ODU SODH Senior Class of 2020 and SODH faculty members Jessica Suedbeck and Emily Ludwig on the steps of the Capital in Richmond, VA for Rally Day 2020



Above: All attendees of Rally Day 2020 on the Capital steps in Richmond, VA.



Above: ODU SODH Seniors in the Gallery of the House of Delegates where they were recognized on the House floor for their attendance at Rally Day 2020

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

The Class of 2021 show off their stylish loupes provided by Orasopic.



Madelyne Smith (pictured below) and the senior class partnered with Smart Beginnings and Old Dominion University to give oral health education to over 500 preschool children in the Newport News area.



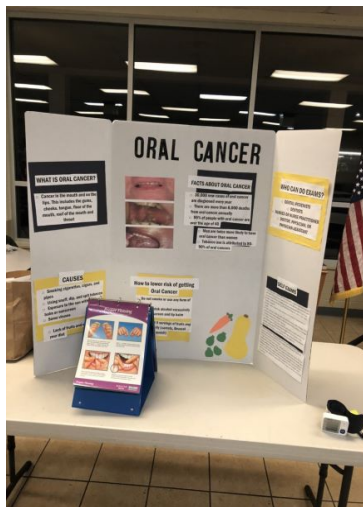
Jennifer Anderson and Cynthia Lee work together to perfect their instrument sharpening technique before mentoring the junior students.



Virginia Commonwealth University

VCU's SCADHA has been very busy since October. Our community outreach chairwoman, Regina Dixon, organized an oral cancer screening night for a local Salvation Army Adult Residential Center in early November. There, Ms. Dixon and fellow student Lauren Jenkins provided a presentation on oral cancer and oral hygiene. Additionally, senior dental hygiene students paired up with the junior dental hygiene students to perform oral cancer screenings. This gave the students an opportunity to educate the residents and give recommendations on where to seek further care. All participants were given goodie bags of oral hygiene products to encourage the residents to maintain good oral health.

In January, hygiene students visited the state capital building to participate in the annual VDHA Rally day! Students from VCU and other schools across the state received an informational presentation by VDHA lobbyist Mark Hickman on the basics of Virginia legislation and the importance of lobbying for our profession. Students were paired with RDHs and visited delegates and senators of Virginia to speak on the importance of Medicare Adult dental benefits. This was a fantastic opportunity for students and RDHs alike to make a difference in the lives of Virginians.



Virginia Western Community College no submission at this time

Wytheville Community College no submission at this time

Children's Dental Health Month



Celebrating 75 Years of Water Fluoridation

February is National Children's Dental Health Month

ADHA Conference Dates



Future Years

ADHA 2021 Annual Conference

Location: Phoenix, Arizona

Phoenix Convention Center

Dates: Friday, June 18- Sunday, June 20
(Conference Dates)

Sunday, June 20 – Tuesday, June 22
(Business Meeting)

ADHA 2022 Annual Conference

Location: Louisville, Kentucky

Kentucky International Convention Center

Dates: Friday, June 24 – Sunday, June 26
(Conference Dates)

Sunday, June 26 – Tuesday, June 28
(Business Meeting)

ADHA 2023 Annual Conference- 100th Anniversary

Location: Chicago, Illinois

McCormick Place

Dates: Friday, July 7th – Sunday, July 9th
(Conference Dates)

Sunday, July 9th – Tuesday, July 11th
(Business Meeting)



2019 – 2020 Officers, Councils & Committee Chairs

President: Emilie Bonovitch	Administrative Council:
President Elect: Tracey Martin	(President Elect) Chair: Tracey Martin
Immediate Past President: Mimi Magyar	Budget and Finance: Trish Macdougall
Vice President: Christian Waterman	Vice President: Christian Waterman
Treasurer: Trish MacDougall	Policy, Bylaws and Resolution chair: Julie Simms
Recording Secretary: Lori Ellington	Committee member: Irene Connolly
Corresponding Secretary: Uswa Arain	Procedure Manual: Christian Waterman
Speaker of the House: Kate Hoffman	Corresponding Secretary: Uswa Arain
Alt. Speaker of the House: Meghan Glago	Recording Secretary: Lori Ellington
	A.H. Williams Fund: Pam Kitner
Trustees:	Leadership: Kelly Tanner
01-Northern Virginia: Julie Simms	
02-Greater Richmond: Heather Tuthill	2020 ADHA Delegates
03-Tidewater: Kelly Fox	Emilie Bonovitch, IPP, 1 st delegate
05-Piedmont: Vacant	Tracey Martin, Pres, 2 nd delegate
06-Monticello: Evelyn Grant	Christian Waterman, , 3 rd delegate
07-Peninsula: Marge Green	Rhea Rossi, 4 th delegate
09-Southwest Virginia: Sharon Kennedy	Cathy Berard, 5 th delegate
10-Northwest: Linda Gill	TBD---, , PE, 1 st alternate delegate
	Julie Simms, 2 nd alternate delegate
Leadership Committee Chair: Kelly Tanner	Heather Tuthill 3rd alternate delegate
Members: Christian Waterman Misty Mesimer	Julie Martin 4 th alternate delegate
Student Member: TBD	Cynthia Saxton-Flowers, 5th alt. delegate
Public Health, Education, & Professional Affairs Council: Co-Chairs: Cathy Berard and Marge Green	Planning and Development Council Chair: Melanie Bartlam
Regulation and Practice: Heather Tuthill	Continuing Education: Chair: Sheila Sheats
Board of Dentistry Liaison: Mark Hickman mark@commonwealthstrategy.net	Ways and Means: Karen Avey
Lobbyists: Mark Hickman and Cal Whitehead	House of Delegates Chair: Sheri Moore
VHy-PAC Directors' chair: Maureen McCann	Foundation Director: Chair-Mimi Magyar
Vhy-Pac Director (appointed): Marlene Rhodes	HOD Secretary: Amanda Kimball
Vhy-Pac Director: Jessica Elmore McManus	Foundation liaison: Irene Connolly
Vhy-Pac Director: Rhea Rossi	Foundation Secretary: Cathy Berard
Vhy-Pac Director: Kristen Greene	
	Member Services Council Chair- Julie Martin
Public Health Committee: Susan Pharr	Membership Committee Co-Chairs: Emily Ludwig & Jessica Suedbeck
VA Health Workforce Dev. Authority Liaison: Marty Sullivan	VA SADHA Liaison Co-Chairs: Janis Siezak & Betsy DiSilvio
VA Oral Health Coalition: Dr. Denise Claiborne	ADHA Educ. Network Liaison: position open
Free Clinic Liaison: Sherry Basham	Directory: Betsy DiSilvio
Head Start Liaison: Deirdre Kane	Newsletter Editor: Moe Thompson
VA Rural Health Association Liaison: Dr. Rita Phillips	Awards: Evelyn Grant
Education committee chair: Meg Lemaster	Historian: Julie Martin
DH Educators' consortium liaison: Michelle McGregor	Website Manager: Managed by OMG - Meg Lemaster
VA Department of Health Liaison: Tiffany Boyd	ADHA IOH Liaison: Cathy Berard
Ad Hoc Committee Remote Supervision CE: Susan Pharr, Marge Green, Marty Sullivan, & Meg Lemaster	

VDHA 2019-2020 Calendar

Spring Scientific Session

2020 March 26-29 Richmond, VA

HOD and Professional Development Workshop

2020 October 23 - 25

Executive Board Meetings

2020 January 25 9am-1pm ZOOM

2020 April 18 9am-1pm ZOOM

2020 July 25 9am-3pm Charlottesville, VA

2020 October TBA

Ignite VDHA Leadership Workshop

2019 November 16, 2019 Charlottesville, VA

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

2020 January 11

2020 April 4

2020 July 11

2020 October TBA (if something to report, otherwise year end reports will take its place on Aug. 24, 2019)

HOD Reports/Year End Reports

2020 August 22

Awards Nominations

2020 July 18

Curet Deadline (two weeks following Executive Board Meetings)

2020 February 8

2019 May 2

2020 August 8

2020 October TBA

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

VDHA Foundation

2020 January 24 6-9pm Zoom

2020 April 17 6-9pm Zoom

2020 July 24 6-9pm Charlottesville, VA

ADHA Center for Lifelong Learning & Annual Session:

2020 June 12-16 New Orleans, LA 😊

ADHA District III Meetings

ADHA D3 Trustee-Delegation Chairs only 7-9pm ZOOM online

ADHA District III Meetings (continued)

ADHA D3 Trustee Delegation Chairs only 7-9pm ZOOM online

ADHA D3 Delegates Orientation 2-4pm ZOOM online

ADHA D3 Reference Committee A 4-6pm ZOOM online

ADHA D3 Reference Committee B 7-9pm ZOOM online

ADHA D3 Reference Committee C 7:30-9:30pm ZOOM online

ADHA Executive Board Meetings:

ADHA Fall Board of Trustee Meeting [In Person](#)

ADHA Winter Board of Trustee Meeting ZOOM online

ADHA May Board of Trustee Meeting ZOOM online

ADHA Annual Conference BOT Meeting ZOOM online

VOHC Summit

2019 November 7 Richmond, VA

Unleashing Your Potential Weekend

2019 November Chicago, IL

Virginia Board of Dentistry-Regular Board Meetings:

2019 December 13 9am Richmond, VA

2019 March 15 9am Richmond, VA

2019 June 21 9am Richmond, VA

2019 September 13 9am Richmond, VA

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

2019 Special Olympics MOM Project: June 8, 2019

2019 Wise MOM Project: July 12-13, 2019

2019 Martinsville MOM Project: November 2, 2019

Homeless Connect mini-MOM: November 2019 (Date TBD)

Northern Virginia MOM Project: No project planned for 2019

Grundy MOM Project: No project planned for 2019

VDA Annual Session

2020 September 23-26 The Main, Norfolk, VA

ADA & ADEA Annual Session

ADA 2020 October 15-19 Orlando, FL

ADEA 2020 March 14-17 Baltimore, MD

International Federation of Dental Hygienists

2019 August 13-17 Brisbane, Australia

RDH Under One Roof

2020 July 15-18 Aurora, CO

Our Mission

Lead the transformation of the dental hygiene profession to improve the public's oral and overall health and advance the science and practice of dental hygiene.

Our Vision

Dental hygienists are integrated into the healthcare delivery system as essential primary care providers to expand access to oral health care

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

Deadline for submission for the Spring Curet is NOON, May 2, 2020.

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

