



# The Virginia Curet

The Virginia Dental  
Hygienists' Association  
www.vdha.net

Volume 31, Issue 4

Fall 2007

## President's Message



With the change of the seasons and the Fall bearing vibrant colors, VDHA is also changing and hopes to "Spring" into a new and empowering look! We plan to develop a new logo to create immediate recognition as health professionals working for you. VDHA is challenging its members to become involved with this change. We will hold a contest to design a new and original logo to be voted on at the 2008 Annual Session in Northern Virginia. Further details in this issue.

### **It's Time To Make a Difference!**

VDHA's Annual Leadership Workshop was a tremendous success. The Administrative Council Chair, President-Elect Kelly Williams, Melanie Swain and Suzie Buss were

instrumental in organizing this event. All eight dental hygiene schools were represented by two students, as well as two hygienists from the Roanoke area, which plan to reorganize the Dan River Component. I was so impressed with the enthusiasm of the students and the questions they brought to the workshop to help them in their career. I learned of their challenges of today's dental hygiene students and realized that our students are not just women who are coming from high school, but wives, mothers and single parents and their struggles to juggle family as well as a career. Additional highlights in this issue.

VDHA has recently joined the coalition of SCHIP (State Children's Health Insurance Program). With the guidance from ADHA and Jill Hankin, VDHA has been actively writing letters, contacting congressman and promoting the SCHIP bill. VDHA is in strong support of the children's health needs and will continue to support their efforts to provide aid. In addition to children's health, VDHA had been actively volunteering in the area clinics. Catherine Johnson from Component 01 was recognized as contributing the most volunteer hours at the Free Clinic in Falls Church. Please contact Catherine if you are able to volunteer at [toothycathy@aol.com](mailto:toothycathy@aol.com). Catherine is also helping to organize volunteers for the MOM (Missions of Mercy) project to be held at NOVA in March 2008. Another member, Jenifer Spencer, NVDHA President, helps to generate volunteers in the Leesburg area. Call the Loudon Dental Clinic, 703-669-5360 to volunteer. Hygienists from around the state are practicing dental hygiene in alternative settings. Cheryl Todd from the Lynchburg area rotates through nursing homes in her area. We have members who work at the Naval Base in Hampton Virginia, Jackie Perry and our new member; Anne Pennington works at the VA hospital. Incredible opportunities for dental hygienists!

### **It's Time to Get Involved! You can make a World of Difference!**

In November, Northern Virginia Community College will be hosting the ADHA President, Jean Connor; District III Trustee, Pam Quinones; Jenifer Spencer, NVDHA President and myself. ADHA is reaching out to its existing members, potential members and students to provide support. They will provide employment assistance for all members. ADHA wants to be your source for any professional advancement in a dental hygiene career. They wish to help and provide financial support through the Institute for Oral Health as well as be an evidenced-based research source. ADHA as well as VDHA can be there for you.

Please call 1-888-RDH-VDHA or send me an email [Kringlesimms@cox.net](mailto:Kringlesimms@cox.net) if there is something I can help you with. Please note...I have two teenagers at home. If I do not return your phone call, please call again. I am sure they have deleted all messages but theirs!

Julie F. Simms, RDH, BSDH  
VDHA President

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<b>Newsletter Editor</b>	Michelle Goode	703-858-5880



## Want to Help Save Your Association's Resources?

If you would prefer to be notified when the Curet is accessible on the VDHA website rather than receive a paper copy in the mail, please send an email to [onegooderhd@aol.com](mailto:onegooderhd@aol.com) subject: opt-out.

## KUDOS

VDHA would like to congratulate Misty Sissom for receiving The Lawrence and Martha McMurtry Award for Excellence and Innovation in Community Health and Wellness. She received this award for her work with the Arc of the Rappahannock Dental Resources Program. As a result the Arc of the Rappahannock received \$5,000.00 to continue and improve dental care to adults with intellectual and developmental disabilities.

This award actually is for all the students and volunteer hygienists who participate and have participated in the program. They are the reason for Misty's success and she would like to thank them publicly.

### OUR MISSION

“The mission of the Virginia Dental Hygienists' Association is to advance the art and science of dental hygiene by ensuring access to quality oral health care, increasing awareness of the cost-effective benefits of prevention, promoting the highest standards of dental hygiene education licensure, practice and research, and representing and promoting the interests of dental hygiene.”

### OUR VISION

Oral health professionals promoting total health

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## ATTENTION ALL ARTISTS

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OR

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**CONSIDER THE FOLLOWING VALUES WHEN DESIGNING YOUR NEW LOGO.**

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All entries must be submitted in an electronic format and must be an original work of art. Please ensure that the file format for your artwork is one of the following:

CorelDRAW

Adobe Illustrator

FreeHand - convert text to paths, export file as Generic EPS.

QuarkXPress - include placed files along with all screen and printer fonts.

Microsoft Office - Word, PowerPoint and Publisher. Embed/include fonts.

Bitmap files - JPEG, TIFF, PCX, BMP, GIF, PSD, etc.

Please submit artwork by March 1, 2008 to Kelly Williams at [vacuret@yahoo.com](mailto:vacuret@yahoo.com). Three designs will be chosen from all submitted artwork and voted on at the 2008 VDHA Annual Session by attendees. The winner of the contest will receive either a one-year ADHA membership or \$250.00.

## Virginia Dental Hygienists' Association



## CALENDAR UPDATE

**VDHA Annual Session:**

April 17-21, 2008  
 April 2009  
 April 2010

Northern Virginia, Fairview Park Marriott, Falls Church  
 Norfolk  
 Richmond

**VDA Annual Meeting:**

June 19-22, 2008

Williamsburg, Williamsburg Lodge

**Executive Board Meetings:**

January 13, 2008  
 April 17, 2008  
 April 20, 2008  
 July 19-20, 2008  
 October 18-19, 2008  
 January 10-11, 2009

Charlottesville, Holiday Inn University, 8-2  
 Northern Virginia (Pre-Annual Session 6-10pm)  
 Northern Virginia (Post Session-after 3<sup>rd</sup> HOD)  
 Charlottesville, Holiday Inn University (6-9pm & 8am-1pm)  
 Charlottesville, Holiday Inn University (6-9pm & 8am-1pm)  
 Charlottesville, Holiday Inn University (6-9pm & 8am-1pm)

**VDHA Leadership Workshop:**

October 17, 2008

Charlottesville, Holiday Inn University

**Legislative Meeting:**

January 12, 2008  
 January 18, 2008  
 January 25, 2008  
 July 19, 2008  
 October 19, 2008  
 January 11, 2009  
 January 16, 2009  
 January 23, 2009

Charlottesville (10am-1pm)  
 Richmond **Rally Day** (proposed)  
 Richmond **Rally Day** (snow date)  
 Charlottesville (10am-1pm)  
 Charlottesville (10am-1pm)  
 Charlottesville (10am-1pm)  
 Richmond **Rally Day** (proposed)  
 Richmond **Rally Day** (snow date)

Next Deadline for  
 submitting articles  
 and/or letters to the  
 editor:

January 20, 2008  
[onegooderhd@aol.com](mailto:onegooderhd@aol.com)

**Administrative Council Meeting:**

January 12, 2008  
 July 19, 2008  
 October 18, 2008  
 January 10, 2009

Charlottesville (3-7pm)  
 Charlottesville (2-5pm)  
 Charlottesville (2-5pm)  
 Charlottesville (2-5pm)

**VDHA Foundation:**

TBD

**ADHA Annual Session:**

June 22-25, 2008  
 June 16-24, 2009  
 June, 2010

Hyatt Regency, Albuquerque, New Mexico  
 Washington, DC, Omni Shoreham Hotel  
 Miami, FL

**District III Meeting:**

February 23, 2008  
 June 7-8, 2008

Frederick, MD  
 Frederick, MD

**ADHA Center for Lifelong Learning:**

June 18-21, 2008

Hyatt Regency, Albuquerque, New Mexico

**Curet Deadline:** One week following Executive Board Meetings

October 28, 2007, January 20, 2008, July 27, 2008, October 26, 2008,  
 January 18, 2009

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

2007: December 7

2008: March 7, June 6, September 12, December 12

**Institute for Oral Health:**

May 30, 2008

Deadline for donations

**ADA and ADAA Annual Session**

October 16-19, 2008

San Antonio, TX



## Greater Richmond

We have great CE courses lined up for the next couple of months. Please RSVP asap being seats are limited.

Questions? Beth can be reached at (804) 363-7482 or (804) 746-4451

### **December 6<sup>th</sup> "Write the Right Stuff"**

Location– Johnston-Willis Hospital

Time – 6:30 - 9:00 pm

Presenter– Vivian Biggers

Continuing Education Credits– 2.5 hours

Members: \$15 Potential Members/Team Members: \$30 Students: FREE

**\*\*Food and drinks provided by Sunstar Butler\*\***

### **January 22<sup>nd</sup> "Women's Wellness: An Oral Health Perspective"**

Location– Benco Dental

Time– 6:30 - 9:00 pm

Presenter– Linda Blackiston

Continuing Education Credits– 2.5 hours

Members: \$15 Potential Members/Team Members: \$30 Students: FREE

**\*\*Food and drinks provided by Sonicare\*\***

### **March 14<sup>th</sup> "Pit and Fissure Sealants: The Next Generation"**

Location– Benco Dental

Time– 9:00 am - 12:00 pm

Presenter – Madeline Moodie

Continuing Education Credits– 3 hours

Members: \$15 Potential Members/Team Members: \$30 Students: FREE

**\*\*Breakfast provided by Pulpdent\*\***

#### ***Addresses:***

Benco Dental  
1123 Alverser Dr. 1401  
Midlothian, VA 23113

Johnston-Willis Hospital  
Johnston-Willis Drive  
Richmond, Virginia 23235

## Blue Ridge

### **Blue Ridge News**

At our September meeting we voted Margarett Moser, Secretary, our Outstanding Member, 2007. She will be presented the traditional pewter Jefferson Cup at our Nov. 13 meeting at Charley's Restaurant. At that same meeting, we will present an hour of CE by Dr. Dave Titcomb, physical therapist, on TMJ disorders.

Our member Jamie Worley is off again to San Pedro, Honduras from Oct. 31 through Nov. 11, with the Lend-A-Hand Medical Mission team, taking along the portable autoclave which we were able to provide thanks to your great participation in our CE courses.

Most recently we sponsored Dr. David Clark from Toronto. His course and the food at Sweetbriar College were so well received, several people have set aside Oct. 24, 2008 to return for our next CE! (Speaker TBA).

Cheryl Todd, Trustee

## Northern Virginia

### Northern Virginia News

The Northern Virginia Dental Hygienists' Association began the year with a general membership kick-off meeting on September 26<sup>th</sup>. VDHA President Julie Simms visited and shared state news with the membership present. The association offered 2 ceu's free to attendees. The topic "Sensodyne Update" was presented by Julie Simms. Tom Wilson from the Northern Virginia Dental Clinic spoke to the members present about the volunteer needs of the clinic. On October 6 we hosted "Oral Health Interventions for Infants, Children, and Teen; Oral and Systemic Health through the Golden Years" presented by Linda Blackiston, RDH, BS.

NVDHA continues to mentor and promote educational achievement for the NVCC Dental Hygiene students in a variety of ways. We have received positive response to the online board review course that we funded the last 2 years for the NVCC students so we are providing funding for the online review course for the Class of 2008. All students are welcome to attend our component Executive Board meetings and General Membership meetings are complimentary for students.

NVDHA Past President, Catherine Johnson was honored recently by the Northern Virginia Dental Clinic.

She received the Ellen S. Flanagan Volunteer Service Award for her numerous volunteer hours over the past year.

Upcoming continuing education opportunities provided by NVDHA include:

October 29, 2006: NVCC Student Table Clinic Presentations and "Forecasted Trends in the Healthcare Workforce" by Andrew Cornell, NVCC Dean of Allied Health

November 27, 2007 "Early Childhood Oral Health/Head Start" by Susan Pharr, RDH

January 30, 2008 "OSHA Update" by Louis G. DePaola, DDS, MS

Please contact Emily Smith, emily23232@aol.com or Denise Elliot, elliot0607@verizon.net for details about continuing education meetings.

Respectfully submitted,

*Dawn Southerly, RDH*

Dawn Southerly, RDH

**SAVE THE DATE**

**VDHA ANNUAL SESSION**


**APRIL 17-21, 2008**

**HOSTED BY NVDHA**

**AT**

**THE FAIRVIEW PARK MARRIOTT**

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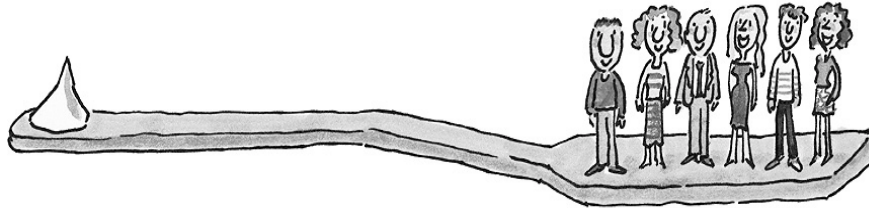
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## STUDENT COLUMN

Featuring Rhea Rossi



Where do you call home?  
I was born and raised in Agoura Hills, California. I have lived in Virginia for 8 years now.

Where are you attending school?  
I am currently attending school at Northern Virginia Community College Medical Education Campus in Springfield.

Your current SADHA position?  
I am SADHA President.

The book that's had the most significant impact on your life?  
Well, what kind of a hygiene student would I be if I didn't say Wilkins? I would say that the book Love Story is one of my all time favorite books. It reminds me to cherish the ones I love.

The biggest change you've seen in yourself since you started the program?  
The biggest change I've seen in my self since the start of the program is that I have become someone I look up to. I have become someone stronger, and more professional. I have become a Dental Hygienist.

If you were President for a day?  
I would help our troops finish what they are doing and come home safe.

If you weren't a dental hygiene student, what would you be doing?  
If I were not in dental hygiene school I would be doing photography.

Three words that describe you best?  
Fun, Easy going, and Dedicated

Why did you choose dental hygiene?

As a dental assistant for many years, I had a desire to do more with my profession, and to expand my education in the dental field. I choose dental hygiene because I truly feel a desire for the profession. I enjoy helping to ensure the health and wellbeing of others.

Who do you consider your mentors?

I have one amazing woman in my life that I look up to, my sister Hannah. She is such a strong and intelligent women. Having been through a lot of struggles, she has always been the one person I could look up to. She has taught me that despite the hard times, there will always be better things around the corner. She is an amazing person and makes me want to be a better person. I am forever grateful for her love and support.

What have you enjoyed most about the dental hygiene program so far?

My best experience so far in the program has been able to help others. I have had so many wonderful opportunities to get out into my community and help others. Myself and a fellow student went to a local elementary school and gave oral hygiene instructions to over 300 1st grade and Head Start kids. It was a wonderful feeling getting to help all of those kids.

Your proudest accomplishment?

My proudest accomplishment is being here right now in this program. Becoming a Dental Hygienist is one of my biggest dreams and it is coming true! I couldn't be more proud of myself.

### FUNDRAISING

The time has come, our cookbooks are here  
An excellent present for any time of the year  
Support NVCC SADHA and The Class of 2008

Smile Train is the charity to which we'd like to donate

Cleft lip or palate is a difficult way to live  
This is why we are asking you to give  
These children need a chance for an easier life

So come on and buy a cookbook for your husband or wife

We will do our part if you help us out

After all giving back is what it's all about  
\*Please Contact Allison Small @ (703) 313-0524 or allison\_4207@yahoo.com to order your cookbooks

We are asking for a donation of \$10 for each cookbook





### Legislative Committee Activities from July 2007 to October 2007

VDHA's Legislative Committee has been working hard during the last quarter monitoring the Board of Dentistry meetings and actions. The current language regarding dental assisting has been approved by the Board of Dentistry. It reads as follows:

*A "Dental assistant I" is a person who is employed to assist a licensed dentist or dental hygienist by performing duties not otherwise restricted to the practice of a dentist, dental hygienist, or dental assistant II, as prescribed by regulations of the Board;*

*A "Dental Assistant II" is a person who has met such additional educational and training requirements as may be prescribed by the regulations of the Board, holds a certification from a credentialing organization recognized by the American Dental Association, and is registered with the Board. A dental assistant II may perform duties not otherwise restricted to the practice of a dentist or dental hygienist under the direction of a licensed dentist that are reversible, intraoral procedures specified in regulations of the Board;*

The BOD adopted this language at the July meeting.

I know many of you are anxiously awaiting regulations regarding the future of Local Anesthesia passed by the General Assembly in 2006. As of the October Legislative Committee meeting, local anesthesia is in the third stage of the regulatory process. It next goes to the governor for approval with a 30 day public comment period before the regulations are approved. Optimistically our legislative council feels this will be finalized in the spring of 2008. However, it is possible that it could be longer.

The time frame between examinations for general supervision of the dental hygienist has been extended from 7 to 10 months. This change went into effect August 25, 2007.

The Annual VDHA Rally Day is set for January 18, 2008 with the snow date as January 25. Tours of the newly renovated capital will be available on this day as well. This is a wonderful opportunity to mentor students and other dental hygienists uneasy about visiting the legislators. It is a great time to renew friendships within your own profession. As usual, VDHA will be providing legislators with dental health supplies to help them through their busy session. This is also a time to offer VDHA as the voice of dental hygiene and let legislators know who speaks for our profession. Every legislator needs to have a local contact when an issue regarding oral health presents itself in a bill. Please consider being that voice for your Senator or Delegate to the General Assembly. If you have questions on how to locate your representative it is easily located at <http://conview.state.va.us/whosmy.nsf/main?openform>

It is an honor and privilege to serve as your Legislative Committee Chair this year. I hope you will consider joining me and other dental hygiene colleagues at the Capitol in Richmond this year. Each of us is only one voice, but together we can collectively make positive changes for those we serve in the Commonwealth of Virginia. I hope to see you there!

Respectfully submitted,  
Lesa Crane, RDH, BSHS  
VDHA Legislative Chair

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## The 4<sup>th</sup> Annual Leadership Workshop

On Friday, October 19, VDHA held the 4<sup>th</sup> Annual Leadership Workshop in Charlottesville, Virginia which was a huge success. In addition to inviting the Executive Board members, Council and Committee chairs, each Dental Hygiene Program Director in Virginia identified 2 students to invite and each Component association of VDHA to selected two representatives. Our speaker, Steve Sivadge from Omaha Nebraska, focused on generational differences with communication skills and leadership styles. Steve was an outstanding facilitator and assisted us in the development of an improvement plan for VDHA. He introduced tactics on how to improve our mission statement, assess our core values and how to utilize talents among each generation to accomplish our goals.

During the afternoon activity, VDHA conducted a student forum: "It's all about YOU." Students representing each dental hygiene program in Virginia interacted with each VDHA member individually to discuss topics of student interest. Students gave us very useful feedback on how to improve mentoring and how to help them understand the tangible and intangible benefits of membership. Although you may not have participated as a student in this workshop, we encourage each of you to contact us for constructive improvements—we WANT to hear from you and we want to improve!

The insight that VDHA gained from the students and leaders was invaluable. As a result of the recommendations given at the workshop, the Executive Board will improve several aspects of mentoring, planning and leadership. Thank you to all who attended and made all of this positive change possible... you are each appreciated!

Yours in health,



Kelly T. Williams, RDH, MSDH  
VDHA President-Elect



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**The Virginia Dental  
Hygienists' Association**

Michelle Goode, RDH  
Newsletter Editor  
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Ashburn, VA 20147

**VDHA TOLL FREE  
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Please call before 9 pm

**WELCOME NEW VDHA MEMBERS!**

ANDREA BEAM	RUSSELL HARMS	KASEY NESTER	ANDREA TEAGUE
LISA BOERTLEIN	KELLY HARRIS	KRISTA OSIKOWICZ	ARPITA THAKKAR
NEKEIA BORDERS	LINDA HARRIS	SHANON PERGAR	PATRICIA TRAUGOTT
BOWMAN, ERIN	ERICA HAWKINS	LIEN PHAN	DEVEDA WATKINS
LYNNE BRADSHAW	DENISE HILL	JOSHUA PIERCE	BRINA WHITLEY
PAMELA BROOKS	PEGGY HUANG	GERRY PORCH	CHASITY WIMBISH
STEPHANIE BROWN	SHEHZAD HUSSAIN	SARAH PUTNAM	CYNTHIA YELLEN
FARIDA CALIBOSO	KERRY JANSSEN	JANET PUZEY	KAMALA YOUNG
LOUANN COTE	KATE KLINE	MEAGAN REXRODE	SUSAN ZELLNER- COOPER,
DELGERNA DAGZA-HATCHELL	MARY KNOX	TAISHA REYNOLDS	
JOANNA DELMOTTE	KATIE LATTA	CYNTHIA ROGERS	
MARJ EASTERLING	DEVANNA LAWRENCE	LAURA ROWE	
DENISE ELLIOTT	PRISCILLA LI	CATHERINE SEIFERT	
ANA GAMEZ	MARIE LYLE	BEATRIZ SEVILLANO	
MONICA GIBBS	JESSICA MACCORKLE	CARRIE SIMPSON	
JULIA GIRSHEVITSKY	ALAN MARLING	MICHELLE STEPHENSON	
CHRISTINA GOLAY	CHRISTY MARTIN	KARA STROUTH	
LORENDA GOUKER	JENNIFER MCQUILLAN	APRIL SWAIN	
MARY GRAY	VALI MOHLER		