

President's Message

Dear Esteemed Colleagues,

The Virginia Dental Hygienists' Association has been working very hard on behalf of the profession of dental hygiene to protect and advance your profession. What a GREAT time to be a dental hygienist. There is a very exciting bill being proposed into the Virginia General Assembly this year by the Virginia Department of Health that, if passed, will allow the dental hygienist to have direct access in select rural areas to public school children. This is the first bill to ever allow dental hygienists to have direct access to the public! VDHA supports this bill and we plan to visit our legislators on Rally Day, January 23, at the state Capitol in Richmond. Connect with your component Trustee to learn how you can participate in the morning's events. We would **love** to have you there.

Regulations for the DA II are still in the development stages and the next meeting will take place in February, 2009. We are working extremely hard by attending numerous committee and Board meetings on your behalf so your voice may be heard. In times of great strides, there is an even stronger need to thank our lobbyists Hilton Graham and Cal Whitehead. They advocate for dental hygiene and our profession as our advisors and are a very important part of protecting our profession. The ability to have these gentlemen is one of our greatest advantages of membership and your membership is what supports our ability to have them as a part of our team.

I have issued a membership challenge for each member to recruit a potential member. The member recruiting the most potential members by Annual Session (April) will be presented with a substantial award during the President's Dinner. This challenge is an opportunity for each of us to reach out, discuss our professional membership, and boast its benefits and VALUE with potential members. For more information, please email me directly at president@vdha.net.

One of the most amazing things I find when visiting each component is how similar we each are: passionate, dedicated, and vibrant. We each have dedication to the profession that is pure. Each of us has the ability to affect a person with our passion in a way that we may not understand. You affect lives each day in your profession. You have changed habits, helped people heal, prevented heart disease...and have saved lives.

It is my privilege to be connected with each of you and serving you and a wonderful profession. Please let us know how we can better serve you. Thank you to each of you for your membership and support of YOUR voice. VDHA.

Yours in health,



Kelly T Williams, RDH, MSDH
President, Virginia Dental Hygienists' Association
president@vdha.net



2008-09 VDHA Officers Councils and Committee Chairs

President	Kelly Williams RDH, MSDH - president@vdha.net	Planning and Development : Karen Avey, Chair	
President Elect	Ellen Austin-Prillaman presidentelect@vdha.net	Annual Session Planning	Rachel Royal and Jennifer Podish
Immediate Past President	Julie Simms, RDH BSDH - immediatepastpresident@vdha.net	Continuing Education	Sheila Sheats
Vice President	Sarah Hill- vicepresident@vdha.net	Ways and Means	Karen Avey
Treasurer	Sheri Henry - treasurer@vdha.net	House of Delegates	Misty Sissom
Recording Secretary	Beth Sadler recordingsecre- tary@vdha.net	Foundation Director	Julie Simms
Corresponding Secretary	Melanie Swain - correspondingsecretary@vdha.net	Foundation Appointee	Jackie Perry
Speaker of the House	Pam Kitner - speakerofthehouse@vdha.net	Foundation Secretary	Cathy Berard
Alternate Speaker of the House	Julie Simms	Government And Professional Affairs : Cathy Berard, Chair	
Trustees	Trustees	Legislation	Lesa Crane (Chair)
Trustee 01-Northern Virginia Dawn Southerly trustee01@vdha.net	Trustee 07-Peninsula Carrie Merritt trustee07@vdha.net	Board of Dentistry Consultants	Cal Whitehead Hilton Gra- ham
Trustee 02-Greater Richmond Shelly Caudill trustee02@vdha.net	Trustee 09-Southwest Virginia Margaret Martin trustee09@vdha.net	Contract Review	Ellen Austin-Prillaman-Chair, Sheri Henry, Julie Simms, Kelly Williams, Lesa Crane, Cathy Ber- ard
Trustee 03-Tidewater Jackie Perry trustee03@vdha.net	Trustee 10-Northwest Pam Kitner trustee10@vdha.net	VHy-Pac Directors	Chairs: Dawn Southerly and Mar- garette Moser. Maureen Glick, Kim May, Appointed Christina Morris and Irene Connolly
Trustee 05-Piedmont Bonnie Perry trustee05@vdha.net	Trustee 11-Blue Ridge Cheryl Todd trustee11@vdha.net	Public Health Committee	Susan Pharr
Trustee 06-Shenandoah Valley Evelyn Grant trustee06@vdha.net	Trustee 13-Fredericksburg Crystal Tayman trustee13@vdha.net	AHEC Coordinator	Marty Roberson
Administrative Council : Ellen Austin-Prillaman, Chair		Education Committee	Marty Roberson
Budget and Finance	Marty Roberson-Chair, Sheri Henry, Kelly Williams, Julie Simms, Ellen Austin-Prillaman, Jackie Perry, Mimi Magyar, Crystal Tayman Appointed: Cathy Berard, Sharon Stull	ADHA State Education Network Liaisons	Irene Connolly
Bylaws	Sarah Hill	VIADC	Tammy Cahoon
Scopes Manual	Sarah Hill	OHIC	Sharon Stull
Nominations and Policy Manual	Julie Simms	Member Services Council : Misty Sissom, Chair	
Corresponding Secretary	Melanie Swain	Membership/SADHA	Carrie Merritt
Recording Secretary	Beth Sadler	Membership Directory	Betsy Di Silvio
HOD Secretary	Irene Connolly	Newsletter Editor	Michelle Goode
		Community & Professional Rela- tions	Diana Corbin
		Awards	Trish MacDougall
		Historian	Margaret Martin
		Financial Aid	Melanie Bartlam, Julie Simms
		Employment Recruitment	Betsy Di Silvio
		Webmaster	Susan Reid-Carr

Rally Day 2009

The Virginia Dental Hygienists' Associations 2009 Rally Day is just around the corner. January 23, 2009 (snow date January 30). Please plan to join your fellow hygienists in Richmond to develop and maintain those important legislative contacts. There will be opportunities to visit with individual local legislators, the newly renovated capitol and, if it pleases the Governor, a visit to the Mansion. You don't need to wait until Rally Day to make an appointment. Contacting your legislator is easy and rewarding. The Senators and Delegates appreciate knowing their constituents and their concerns. This is your opportunity as dental hygienists to share your concerns regarding access to health care and other issues that our profession faces. Our association has been planting seeds for access to care for years as well as improving the practice conditions that dental hygienists must practice under in the Commonwealth. Dental hygiene has moved forward in Virginia. Your professional organization, VDHA, has accomplished a more relaxed supervision with general direction, the administering of local anesthesia, and currently improving access to care through supporting Governor Kaine's health care proposal. These efforts contribute to improving access to care and the quality of care dental hygienists are able to provide.

What Now?

Dental hygienists in Virginia are fortunate that after many years of justifying the benefits to the patients to the Board of Dentistry and the General Assembly dental hygienists can now administer local anesthesia. So for those RDH's who have been in practice for many years and those who are new, what now? Many may think that they have been in practice too long to make a commitment to provide this level of care for their patients. Why not? Developing a new skill after years of the same old routine could bring forth a new level of thinking for those of you who may be considering developing this further education and skill. This is not a new skill to be taken lightly, this is an intense course with reviews of head and neck anatomy, pharmacology, medical emergencies, and ethical issues. I would encourage every dental hygienist to complete the course work needed to apply this skill to their patient care. There is no evidence that your liability insurance will increase, but the skills acquired become a valuable asset to patient care and to the dental team. The Virginia Dental Hygienists' Association is committed to helping the membership attain this valuable skill and responsibility. Stay tuned to the website for opportunities as they become available.

Legislative Chair

Lesa K Crane, RDH, BSHS

OUR MISSION

The mission of the Virginia Dental Hygienists' Association is to improve the public's total health and advance the art and science of dental hygiene.

OUR VISION

Oral health professionals promoting total health

**CALENDAR UPDATE
October 2008**

VDHA Annual Session:

April 2-5, 2009	Newport News, VA
April 15-18 2010	Richmond, VA
April 7-10, 2011	Roanoke, VA

Executive Board Meetings:

January 10-11, 2009	Charlottesville, Holiday Inn University (6-9pm & 8am-1 pm)
April 2, 2009	Newport News (Pre-Annual Session 6-10pm)
April 5, 2009	Newport News (Post Session-after 3 rd HOD)
July 18-19, 2009	Charlottesville, Holiday Inn University (6-9pm & 8am-1pm)
October 17-18, 2009	Charlottesville (6-9pm & 8am-1pm)
January 10-11, 2010	Charlottesville (6-9pm & 8am-1pm)

Legislative Meeting:

January 10, 2009	Charlottesville (10am-1pm)
January 23, 2009	Richmond Rally Day (proposed)
January 30, 2009	Richmond Rally Day (snow date)
July 18, 2009	Charlottesville (10am-1pm)
October 17, 2009	Charlottesville (10am-1pm)
January 9, 2010	Charlottesville (10am-1pm)

Administrative Council Meeting:

January 10, 2009	Charlottesville (2-5pm)
July 18, 2009	Charlottesville (2-5pm)
October 17, 2009	Charlottesville (2-5pm)
January 9, 2010	Charlottesville (2-5pm)

Annual Session Planning Meeting:

January 10, 2009	Charlottesville (TBD)
July 18, 2009	Charlottesville (6-9pm)

Member Services Meeting:

July 18, 2009	Charlottesville (2-5pm)
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Curet Deadline: One week following Executive Board Meetings

October 26, 2008, January 18, 2009, July 25, 2009, October 25, 2009

VDHA Leadership Workshop:

October 16, 2009	Charlottesville (9am-4pm)
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VDHA Foundation:

January 9, 2009	Charlottesville, Holiday Inn University 6:00 pm
July 17, 2009	Charlottesville, Holiday Inn University TBD

ADHA Annual Session:

June 17-23, 2009	Washington, DC Omni Shoreham Hotel
June 23-29, 2010	Las Vegas, NV Fountainebleau Resort

District III Meeting:

February 28, 2009	to be determined
June 17, 2009	Washington, DC Omni Shoreham Hotel

ADHA Center for Lifelong Learning:

June 17-20, 2009	Omni Shoreham Hotel, Washington, DC
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Institute for Oral Health:

May 30, 2009	Deadline for donations
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Unleashing Your Potential Weekend

November 14-16, 2008	Chicago, IL
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VDA Annual Meeting:

June 19-22, 2008	Williamsburg, Williamsburg Lodge
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ADA and ADAA Annual Session

October 16-19, 2008	San Antonio, TX
Sept. 30-Oct. 4, 2009	Honolulu, HI

Virginia Board of Dentistry-Regular Board Meetings:

December 12, 2008	
March 6, 2009	

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

February 1, 2009
onegooderh@aol.com

Southwest Virginia

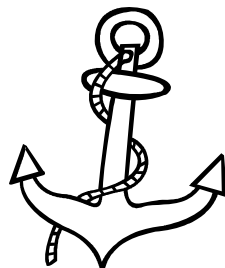
Kudos to Dr. Rita Sheaves who successfully defended on September 2nd!! Rita received her PhD from Virginia Tech in Curriculum and Instruction.

On September 26th a pizza lunch was held for the WCC dental hygiene students.

On October 10th we sponsored a very successful 4 hrs of CE with Mary Ellen Butler from Premier Dental on "Enamel Therapy: New Directions in Remineralization" and Dr. John D. Lentz lecturing on "Periodontal Update".

Submitted by Margaret Martin, 09 Trustee

**2009 Annual Session
April 2-5, 2009
Join us in Newport News
At the Marriot City Center
at Oyster Point**



**East of Williamsburg and Busch Gardens
Bring the entire family!**

AWARDS COMMITTEE SOLICITS NOMINATIONS FOR THE VDHA OUTSTANDING MEMBER AWARD AND THE PATRICIA A. GOLLIDAY AWARD OF DEDICATION

Two awards are presented each year at the VDHA Annual Session. The awards are listed below, along with the rules and criteria for their nomination and presentation. Each award is presented to only ONE recipient each year.

OUTSTANDING MEMBER AWARD

Nominees shall be or have been:

1. Active on the Component and Constituent and/or District III levels for at least one year.
2. A participant in VDHA committee meetings and/or workshops.
3. Present VDHA President is not eligible for this award.
4. Winners of this award during the past five years are not eligible.

OMA AOD

2003-04 Rita Sheaves Sheri Henry

2004-05 Maureen Glick Steve Durant

2005-06 Melanie Bartlam Catherine Berard

2006-07 Catherine Berard Misty Sissom

2007-08 Sheila Sheats Melanie Bartlam

PATRICIA A. GOLLIDAY AWARD OF DEDICATION

Nominees shall be or have been:

1. Active on the Component and Constituent and/or District III levels for at least five years.
2. Served within at least the past five years as a VDHA committee and/or council chair and/or a constituent officer.
3. Present VDHA President is not eligible for this award.
4. Winners of this award during the past five years are not eligible.

RULES AND PERTINENT INFORMATION CONCERNING THE AWARDS

1. Forms for the nomination for Outstanding Member Award and for the Patricia A. Golliday Award of Dedication are available from the Component VDHA Trustee or the VDHA Awards Chair or the VDHA Website. The forms MUST be used or the nomination will not be considered.

2. These completed forms are to be sent to the VDHA Awards Committee Chair by February 14, 2009.

3. The nominees will be judged by the Trustees.

COMPONENT RECOGNITION AWARD

Each component will choose a member to honor. The honor can be for any reason the component chooses. The only criteria is that the recipient be a VDHA member. The certificate of award will be presented at the Annual Session President's dinner. Each component is responsible for providing dinner for their honoree and the Trustee or nominating person from each component will present the award along with the reason they are recognizing the recipient.

Adopt a Head Start

Most of you are aware of VDHA's partnership with the Virginia Department of Health (VDH) and Virginia Head Start. This is a great opportunity for either a component or an individual hygienist to provide volunteer services to a local Head Start program in the way of oral health services. Several of the components have completed the 2-hour CE course offered by Susan Pharr (VDH) which is a preparation for 'adopting a Head Start'. Component 02 (Greater Richmond) has had a very successful relationship with Chesterfield County Head Start for three years. This past August, with 1 volunteer dentist and 5 hygienists, we saw 126 children for dental exams and fluoride varnish applications. We have also held parent meetings and staff trainings on oral health, served on their advisory committee, and had lots of fun in the classrooms!! Other components are just getting started this year. There are toolkits available to help you with your efforts.

Please contact Susan Pharr if you are interested:

Work: 804-864-7782 Susan.Pharr@vdh.virginia.gov

Home: 804-745-4958 spharr@comcast.net

As hygienists we want to increase our visibility and value in our local communities beyond the dental office -----this is one FUN way to do that!

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and Northern Virginia.**

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Calling all volunteers!

ADHA is coming to Washington DC for our 86th Annual Meeting. Please mark your calendar now for June 17-23, 2009.

I hope that you will consider volunteering to help in one of the special areas that only our District III members can fulfill. As co-hosts for this year's meeting we provide the following: hospitality table greeter, product presentation and attendee bag assembler, volunteer office manager, speaker ready room manager, room monitor, table clinic judge.

As a volunteer for the ADHA CLL you will be able to assist in making our association's national meeting a success! You will be able to provide a warm and friendly welcome to our colleagues as they experience all the Washington DC area has to offer. Volunteers will receive an official tee-shirt that you will wear when you perform your assignments. All volunteers must be members of the ADHA and registered attendees of the meeting.

Please contact me if you are willing and able to volunteer for any of the positions during our meeting. I look forward to hearing from you!

Cathy Berard, RDH, BSDH
ADHA Committee on Annual Session member
cberard1@msn.com

ADHA Institute for Oral Health

As the Holiday season approaches, it is a perfect time to reflect on our gratitude for the blessings made possible through the generosity of all those supporting the ADHA's Institute for Oral Health (IOH). This 501(c) 3 foundation was created by dental hygienists to enable dental hygienists throughout the United States to give and receive funding for educational scholarships, fellowships, research grants, and community service grants.

As the liaison for Virginia, I invite all dental hygienists to financially contribute throughout this fiscal year (July, 2008-June 2009) so we may celebrate our collective success of achieving the state's goal of \$9351. Currently, we have a balance of \$280, so we have a long way to go to reach our goal. Please visit the website at www.adha.org and click on Institute for Oral Health to discover the many, easy and secure ways of making your monetary, tax deductible donations. Should you have any questions or the need for further information following your visit to the ADHA and IOH home page, please contact me at 757-898-7739 or mgreenrdh@gmail.com (Please list "IOH" in Subject).

Your generosity makes a measurable difference in the oral health of the people we serve and in the advancement of our profession of Dental Hygiene.

Gratefully,
Marge
Marge Green, RDH, MS
IOH Liaison

JUNE 17-23, 2009

CLL

WASHINGTON, DC
at adha's 86th Annual Session

www.adha.org

★SESSION HIGHLIGHTS

- ★ Two FREE Motivational Plenary Sessions
- ★ Six Educational Tracks
- ★ Hands-on, Interactive Courses
- ★ Course Topics will SUPPORT you in being your BEST:
 - ★ Ultrasonics
 - ★ Soft Tissue Lesions
 - ★ Fitness & Wellness
 - ★ Coding Errors, and More!
 - ★ Local Anesthesia
 - ★ Diabetes Management
 - ★ Ergonomics
- ★ New Product Presentation
- ★ 15 Lunch & Learn Tables
- ★ Table Clinics & Poster Sessions

★NETWORKING ★EXHIBITS ★MARKETPLACE ★LOBBY DAY

adha American Dental Hygienists' Association

Omni Shoreham Hotel – Washington, DC
June 17-20: Center for Lifelong Learning
June 19-20: EXHIBITS XXVIII
June 21-23: 86th Annual Session Business Meeting

Visit our website for the most updated information

www.vdha.net

**2008 ADHA Annual Session
Delegate Report
Albuquerque, NM, June 18-24 2008**

The following VDHA delegates attended the 2008 ADHA Annual Session in Albuquerque, NM. Head Delegate: Julie Simms, Delegates: Kelly Williams, Cathy Berard and Marty Roberson. Alternate Delegates: Ellen Austin Prillaman, Amy Rankin and Catherine Johnson.

Meeting with Stacey Chappel- ADHA Governmental Affairs Division Liaison.

Cathy Berard, Kelly Williams, Ellen Austin-Prillaman and Julie Simms met with Stacey to discuss the following:

- A VOCUS can be sent out at anytime to past members, students and members
- A CD ROM is available from ADHA for
 1. Press releases
 2. How to write testimony
 3. Sample surveys
 4. Sample fact sheets

Advocacy Public Health Workshop

Collaborative Dental Hygiene- Christie Baca, RDH, CPDH- Divine Dental Of Santa Fe

The Collaborative Dental Hygienist works alone without a dentist but along with a dentist. The definition is the science of the prevention and treatment of oral health diseases through the provision of educational assessment, preventive and therapeutic services in a cooperative working relationship with a consulting DDS but without general supervision set forth by the rules jointly established by the dental board committee.

- Does not compete with the DDS and it helps to treat patients
- Accepts Medicaid
- Collaborate with numerous dentists
- Created a SCR Clinical Screening Report
- Website is www.divinedentalofsantafe.com

New Mexico Alliance for school based Health Care Debbie Birkhauser

- Can provide comprehensive range of services
- Can be located in the same building or nearby
- Provide clinical services through a qualified health provider
- Not a school nurse, they will work in collaboration with a school nurse
- Services provided are mental health, primary care, dental care, preventive and education
- For more information go to www.nmasbhc.org Click on the map to get information about a program in that area.

Vice President, Professional services & Chief Dental Officer

Delta Dental of New Mexico, Jesus Galvan, DDS

Third party perspective:

Need a collaborative license

Collaborative Practice Act

www.rld.state.nm.us/dental/ruleslaw.htm/

District III caucuses:

- Maine achieved independent practice thanks to the denturists
- California achieved self regulation, they have their own dental hygiene board
- Minnesota achieved "OHP" and is piloting the ADHP
- It is Virginia's turn to have ADHA Presidential visit will be 2009-10
- Award recipients from Virginia: Irene Connolly, Johnson & Johnson/ADHA
- Awards for Excellence in Dental Hygiene Program For Outstanding Accomplishments and Mary Semancik for *Mentor of the Year*.
- Marge Green is a founding chair and director of National Children's Oral Health Foundation- Toothfairy campaign and is seeking donations.
- Megan Fitzpatrick and Karen Sealander (our Washington Lobbyist) made a presentation and distributed the Partnership-Advocacy Toolkit CD.

Delegate Report, Continued

Live your dreams & the Patient's Perspective: We viewed for the first time the new branding video that ADHA has made to target potential members and to increase the value of membership among members. Copies are available.

Student Advisor Development Workshop: This was a valuable workshop. Student advisors from Florida, Michigan, Washington, and Wisconsin presented. Florida has Florida Student Members of the ADHA where the Student Chapter is a State Chapter...not school specific. To belong to the Student Chapter costs 10.00. There is more information in the power point we were provided regarding the structure and how they handle their student organization. The students have a monthly meeting to discuss fundraising, fiscal responsibility. They donate to ADHA Institute; they have sold cell phone charms and also Oral B® Vitality Toothbrushes.

Florida has an annual SADHA meeting at a central location in the state. Schools are organized into geographic locations and matched with a component. This includes a professional issues forum; advisor breakfast; mentor lunch; delegate orientation; table clinics; reception; lunch w/ District Trustee. This state assesses an additional \$10 to the SADHA dues which offsets the cost of this meeting.

Membership and Branding Workshop

The ADHA conducted extensive interviewing with students regarding their perceptions of dental hygiene school and its challenges. ADHA did this to understand how ADHA could better support the Student Member. ADHA found that a lot of student challenges could have been alleviated if they had been more connected with their component, and that their transition to private practice would have been easier if there was assistance from components or ADHA to help them. ADHA has worked out a deal with a loupes supplier that as an added benefit, members would receive a discount on loupes and also be eligible for a payment plan over a certain number of months to help professionals preserve their ergonomics.

Empower, Develop, Support

Treat students as members in waiting. Tell students ADHA members are comrades in arms and we can help. We can help them find the right practice. Many students and hygienists were interviewed about school, finding the right practice, ethics, physical effects, why not a member. ADHA is going to contact all who have not renewed in last five years and ask them to come back. ADHA is more than lobbying, more than meetings. Continuing Ed, networking with other hygienists, updates on technology, skill changes, law changes, help find a new job in new state. ADHA has contract with Orascope for discount for members and working on contracts with other companies including scrub companies.

Tobacco Cessation – Practice Guidelines for the RDH

ADHA Tobacco Cessation Task Force objective is to increase to 50% of dental hygienists that screen their clients regarding tobacco use. Main elements of SCI (Smoking Cessation Initiative) year one are: Educational program (Ask, Advise, Refer), SCI Liaison Program (designate a liaison in each state), Dedicated Website (www.askadviserefer.org). The ADHA website has many available downloads for all dental hygienists and their clients including a current list of all state quitlines, Dept of Health and Human Services quitline, information services websites and web based cessation programs. Cigarette smoking is an addiction and increased fluids and exercise ease withdrawals from any addiction. The best on the market to help people to not relapse is Chantix and it can be used in combination with the other quit smoking aids (gum, inhaler, nasal spray, patch). Ask every patient at every visit if they smoke, document their smoking status, ask about their desire to quit, offer info (brochures, websites, 1-800-QUITNOW), prescribe nicotine replacement therapy, encourage relapse smokers to quit again. Averaged size cigar or one dose of chew or one dose of snuff equals four cigarettes. Health professionals should grade themselves on how many times they give the message when the opportunity arises. ADA code for tobacco intervention is 1320.

Respectfully Submitted,
Julie F. Simms
VDHA IPP/ Head Delegate