

President's Message

What an honor and privilege it is to be elected to serve as your President for 2009-2010. What an exciting year it is going to be! Governor Kaine signed the Public Health Dental Hygienist Bill in March and now the regulatory process begins. This is where the VDHA, along with their committee partners, work to determine how the dental hygienist will practice within the Virginia Department of Health. Also the work on regulations for the Dental Assistant II continues. We have an excited new board this year that can help bring strength and change to our organization. I am very thankful that our new board members and officers, as well as previous ones, made the decision to see their potential and choose to help shape and change their organization by becoming a board member.

My focus for the year is Unleash Your Potential. That can be done in so many ways, from personally to professionally. Personally it can be choosing to improve your health, enroll in classes, learn a new language, etc. I have chosen to personally improve my overall health and wellness by becoming active in training for 10k races eventually to include half marathons. I have never been an "athlete" and it is totally out of my comfort zone! Running does not seem comfortable at all right now, but stay tuned...Professionally it can be earning a higher degree, taking the local anesthesia course, career advances, etc. I would like to invite you to become a member or a participant in your local or state component. Each of us has something to offer, the collective efforts of all hygienists have played a part in affecting the changes that have made dental hygiene what it is today. Some have provided public health services and had a vision for care of all while others had visions of delivering anesthesia or reaching out to those who could not access a registered dental hygienist in the typical setting. Some have simply paid their dues so that there would be funds to assist us in this journey. All of you have been instrumental in your own way contributing to our successes. By doing your part and realizing your potential, the Association is stronger. We are here for you. Empowering, Developing and Supporting you.

Ellen Austin-Prillaman, RDH
President Virginia Dental Hygienists' Association
president@vdha.net



2008-09 VDHA Officers Councils and Committee Chairs

| | | | |
|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| President | Ellen Austin-Prillaman - president@vdha.net | Planning and Development : | |
| President Elect | Rita Sheaves presidentelect@vdha.net | Annual Session Planning | Melanie Bartlam |
| Immediate Past President | Kelly Tanner Williams - immediatepastpresident@vdha.net | Continuing Education | Sheila Sheats |
| Vice President | Sarah Hill- vicepresident@vdha.net | Ways and Means | Karen Avey |
| Treasurer | Trish MacDougall - treasurer@vdha.net | House of Delegates | Sheri Moore |
| Recording Secretary | Beth Sadler recordingsecre- tary@vdha.net | Foundation Director | Kelly Williams |
| Corresponding Secretary | Bettina Grodt - correspondingsecretary@vdha.net | Foundation Appointee | Jackie Perry |
| Speaker of the House | Julie Simms - speakerofthehouse@vdha.net | Foundation Secretary | Cathy Berard |
| Alternate Speaker of the House | Kim May | Government And Professional Affairs : Kelly Williams | |
| Trustee's | Trustee's | Regulation and Practice | Lesa Crane(Chair) |
| Trustee 01-Northern Virginia Jenifer Spencer trustee01@vdha.net | Trustee 07-Peninsula Jennifer Podish trustee07@vdha.net | Board of Dentistry Consultant | Cal Whitehead Hilton Graham |
| Trustee 02-Greater Richmond Shelly Caudill trustee02@vdha.net | Trustee 09-Southwest Virginia Margaret Martin trustee09@vdha.net | Contract Review | Rita Sheaves-Chair, Ellen Austin-Prillaman, Trish McDougall, Kelly Williams, Lesa Crane Appointed, Cathy Berard & Marge Green |
| Trustee 03-Tidewater Jackie Perry trustee03@vdha.net | Trustee 10-Northwest Pam Kitner trustee10@vdha.net | VHy-Pac Directors | Chairs: Dawn Southerly and Margarete Moser. Maureen Thompson |
| Trustee 05-Piedmont Bonnie Perry trustee05@vdha.net | Trustee 11-Blue Ridge Cheryl Todd trustee11@vdha.net | Public Health & Education Council: Marty Roberson | |
| Trustee 06-Shenandoah Valley Evelyn Grant trustee06@vdha.net | Trustee 13-Fredericksburg Vacant | Public Health Committee | Susan Pharr |
| Administrative Council : Rita Sheaves | | AHEC Coordinator | Marty Roberson |
| Budget and Finance | Marty Roberson-Chair, Kelly Williams, Ellen Austin-Prillaman, Jackie Perry, Sheri Moore, Trish MacDougall Appointed: Cathy Berard, Misty Mesimer | Education Committee | Marty Roberson |
| Vice-President | Sarah Hill | ADHA State Education Network Liaisons | Irene Connolly |
| Bylaws | Sarah Hill | VIADC | Tammy Cahoon |
| Scopes Manual | Sarah Hill | OHIC | Sharon Stull |
| Nominations and Policy Manual | Kelly Williams | Member Services Council : Margaret Martin | |
| Corresponding Secretary | Bettina Grodt | Membership/SADHA | Carrie Merritt |
| Recording Secretary | Beth Sadler | Membership Directory | Betsy Di Silvio |
| HOD Secretary | Irene Connolly | Newsletter Editor | Michelle Goode |
| | | Community & Professional Relations | Diana Corbin |
| | | Awards | Evelyn Grant |
| | | Historian | Kara Goble |
| | | Webmaster | Susan Reid-Carr |

Immediate Past President's Message

Dear Esteemed Colleagues,

Thank you to my wonderful colleagues who have played such an instrumental part in strides towards advancing our profession. It has been my honor to serve our profession as VDHA President this past year. I will continue to serve VDHA as Council Chair of Government and Professional Affairs and as Head Delegate of Virginia at ADHA Annual Session in Washington DC. We welcome our new president, Ellen Austin-Prillaman, who will continue our mission.

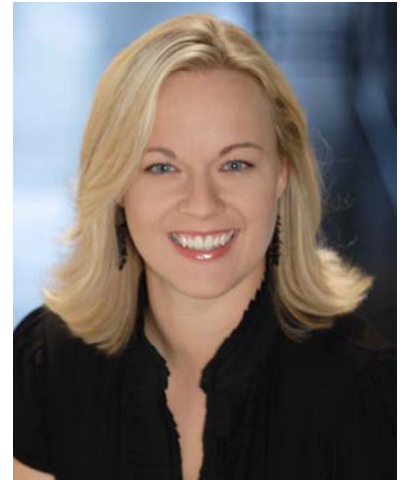
VDHA continues to monitor the development of regulations for the Dental Assistant II and will serve as your voice. Together, we work towards building strong relationships with health care organizations to improve total health and to serve the public.

Your Voice. VDHA

Yours in health,



Kelly T. Williams, RDH, MSDH
Immediate Past President, VDHA



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



CALENDAR UPDATE

May 2009

VDHA Annual Session:

April 15-18 2010 Richmond, VA
 April 7-10, 2011 Roanoke, VA

Executive Board Meetings:

July 18-19, 2009 Charlottesville, Holiday Inn University (6-9pm & 8am-1pm)
 October 3-4, 2009 Charlottesville (6-9pm & 8am-1pm)
 January 10-11, 2010 Charlottesville (6-9pm & 8am-1pm)
 April 15, 2010 Richmond (Pre-Annual Session 6-10pm)
 April 18, 2010 Richmond (Post Session-after 3rd HOD)
 July 17-18, 2010 To be determined

Legislative Meeting:

July 18, 2009 Charlottesville (10am-1pm)
 October 3, 2009 Charlottesville (10am-1pm)
 January 9, 2010 Charlottesville (10am-1pm)

Administrative Council Meeting:

July 18, 2009 Charlottesville (2-5pm)
 October 3, 2009 Charlottesville (2-5pm)
 January 9, 2010 Charlottesville (2-5pm)
 July 17, 2010 to be determined

Annual Session Planning Meeting:

July 18, 2009 Charlottesville (6-9pm)

Member Services Meeting:

July 18, 2009 Charlottesville (2-5pm)

Curet Deadline: One week following Executive Board Meetings

July 25, 2009, October 15, 2009, January 17, 2010

VDHA Leadership Workshop:

October 2, 2009 Charlottesville (9am-4pm)

VDHA Foundation:

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 Fountainsbleau Resort

District III Meeting:

June 17, 2009 Washington, DC Omni Shoreham Hotel

ADHA Center for Lifelong Learning:

June 17-20, 2009 Omni Shoreham Hotel, Washington, DC

Institute for Oral Health:

May 30, 2009 Deadline for donations

Unleashing Your Potential Weekend

November 14-16, 2009 Chicago, IL

VDA Annual Meeting:

June 18-20, 2009 Williamsburg, Williamsburg Lodge

ADA and ADAA Annual Session

Sept. 30-Oct. 4, 2009 Honolulu, HI

Virginia Board of Dentistry-Regular Board Meetings:

June 12, 2009, September 11, 2009, December 4, 2009

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

July 25, 2009
onegooderhd@aol.com



Component 01 Northern Virginia

Happy Spring from The Northern Virginia Dental Hygienists' Association (component 01). Our NVCC students, faculty, and NVDHA members participated in Rally Day in January this year and it was a fun and rewarding experience for all involved. We are so proud of our students who spoke with their legislators to advance the art and science of dental hygiene. Congratulations to Sue Helwege on receiving the component recognition award at annual session this year. Sue has been a valuable member and we appreciate all her years of service in our component. We elected our new officers in March and are looking forward to installing them on May 28th at our installation dinner in Fairfax Virginia. Our new officers are: President-elect, Katie Rohr, President, Jennifer Zimmerman, Immediate Past President, Michelle Goode, Vice President, Rhea Rossi, Trustee, Jenifer Spencer, Treasurer, Trish MacDougall, Secretary, Allison Small, and Member at Large, Emily Smith. It should be a great year with our new board members and we look forward to many great events. The NVCC students are anticipating their upcoming graduation and will be having their pinning ceremony on May 9th. We want to wish them success in their careers and look forward to welcoming them to our profession.

Respectfully Submitted,
Jenifer L. Spencer RDH, BS
Trustee Component 01

Component 05 Piedmont

We had our election of officers last night. Our new President is Ellen Austin-Prillaman. The rest of our board of officers stay the same. We are hoping to contact classes of hygienists thru Facebook for our RDH After Five Reunions. Our CE Chair is working on CE courses for some of the RDH After Fives and also for this Fall. We were very excited to have our VDHA President with us last night. We are hoping to have some new faces in our group after graduation from Virginia Western hygiene department.

Bonnie Perry, Trustee Component 05

Component 10 Northwest Virginia

Our component extends from Harrisonburg to Winchester along highway 81. We meet the third Thursday of every month except June, July, and December. Please join us at the Springhouse Tavern in Woodstock at 6:30 for dinner and 7:00 for our meeting. Lord Fairfax Community College is close by and we mentor the students in the dental hygiene program and occasionally do combined activities such as the Health Fair at the Apple Blossom Mall in Winchester. We invite all hygienists in the area to meet with us and learn all the exciting challenges that are happening in our profession!

Respectfully submitted,
Pam Kitner, RDH,
NWVDHA Trustee

“Adopt a Head Start” Update

Thank you to those who stopped by the Head Start table at Annual Session and expressed interest in this initiative. The Virginia Department of Health is offering new resources to assist components and individual hygienists with their Head Start efforts. We are developing a ‘Lending Library’ which will offer resources that can be ‘signed out’ to use for Head Start education efforts, including staff, parent and classroom presentations.

Look for additional information soon on the VDHA website.

We have several hygienists who have recently become active in this effort, and we are making progress across the state. I would like to specifically thank Betsey Soulsby from the Shenandoah component who has been working diligently for the last two years with the Monticello Area CAA Head Start program. This year, Betsey has spoken to 8 groups of parents, totaling 84 participants, in addition to the training last year of 35 Head Start staff.

Of our 10 active components, 8 have held the CE courses that provide the necessary information related to the “Adopt a Head Start” program. If your component is interested in the two 1-hour CE classes, please call Susan Pharr to schedule for this fall.

For further information, contact Susan Pharr:

Home: 804-745-4958

spharr@comcast.net

Work: 804-864-7782

susan.pharr@vdh.virginia.gov



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**VIRGINIA DENTAL HYGIENISTS' ASSOCIATION FOUNDATION
REPORT OF GIFTS**

April 2, 2008- April 20, 2009

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Northern Virginia Dental Hygienists' Association
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James Forsberg

In honor of Julie Simms

Helen Hatfield, RDH

Nancy Martin, RDH, BSDH

Julie Simms

In memory of Cynthia Forsberg

Joan M. Pellegrini, RDH, MS, PhD

Angela Richwine

In honor of Bowen Richwine-USMC-

Active Duty-Iraq

Dawn Southerly

In memory of Thomas W Smith

Greater Richmond DHA

In honor of Kelly Williams

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Karen Plumley

Amy Rankin

In memory of Sandy Gilkerson Cochran, RDH

Friend of Amy Rankin, RDH

Amy Rankin

In memory of Maximo P White

Father of Amy Rankin, RDH

Susan Reid- Carr

Sheila K. Richards

A. Rachel Royal, BSDH, RDH

Beth Sadler

Sheila Sheats

In honor of Julie Simms and Karen Avey

Sharon C. Stull

In honor of Irene Connolly

Melanie Swain

Moe Thompson

Cheryl A. Todd, RDH

Leonor Vega, RDH

Pam Walters

Kelly Williams

In honor of Rodney, Carter, and Dane Williams

Susan Ashley Wilson

Jennifer Zimmerman

North West Virginia Dental Hygienists' Association

Peninsula Dental Hygienists' Association

In honor of Jennifer Podish

Thank you to all those who 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

VDHA Student Column Chris Whitefleet



Where do you call home?

I was born and raised in Watertown, South Dakota, but I now reside in Ferrum, Virginia

Where do you attend school?

Virginia Western Community College in Roanoke, Virginia

What is your current SADHA position?

President

Why did you choose dental hygiene school?

I have been a dental assistant for 11 years and I have worked in many different types of offices. I love the dental field and I wanted a more interactive role with the patients. I love being able to educate my patients and help them with their oral health.

Who do you consider your mentor?

I have a lot of people on this list, I have worked for such wonderful dentists and hygienists that have taught me so many things along the way. Dr. Leslie Ipock, Dr.'s Ralph and Leroy Howell, Dr. Aubrey Meyers, Dr. Robert Anderson, Dr. Brian Alexander, Wendy Oliver, RDH, Elizabeth Arant, RDH, and Amy Howard, RDH. I think of all my teachers at VWCC to be great mentors as well; Marty Roberson, Colleen Hailey, Heather Harris, and Mary Catherine Dean. I am very grateful to all those that have inspired me along the way. I have a great deal of respect and admiration for all.

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

I have enjoyed many aspects of the dental hygiene program; one of the features that I enjoy is the community aspect. We do not charge for our services, so it is a good feeling to be able to render services to those who might not otherwise be able to obtain treatment. I was thrilled to attend the VDHA annual session as a student delegate. The experience was very enlightening, it demonstrated how the legislative process works, which is something that you do not normally associate with the dental hygienist role.

The biggest change you've seen in yourself since you started the program?

I have become a more positive and upbeat person. Before I was accepted into the dental hygiene program more times than not I would look at the world and see a glass half empty, but I have gained new perspective in regards to what direction I am heading. I feel that being a dental hygienist is my true calling and I get excited thinking about my future.

If you were president for a day?

If I were president for a day I would implement some regulations on the insurance companies so they would not have so much control over who can receive what kind of treatment. It seems that in today's world they dictate how we treat our patients and I think that needs to change.

Three words that would best describe you

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2009 ANNUAL SESSION ROCKED!

This year was a little different, in that the economy and other influences had a bearing on our attendance. However, we all had such a great time and those who attended enjoyed it immensely. The hotel was fabulous, food excellent, accommodations fantastic, speakers were wonderful! Those of us who take a year to plan these events would like to thank all of you that came and participated from the bottom of our hearts. Without you, we'd be miserable. You are the ones that make this all possible. It is so good to see our friends and colleagues again. We support each other in this endeavor of dental hygiene.

Thanks go to all those who helped with the "workings" of the event as well. Not always were you signed up to help, but pitched in anyway. You all are truly appreciated.

Congratulations to Kelly Williams and her board for a successful year and warm wishes go to Ellen Austin-Prillaman for her upcoming tenure as President of Virginia Dental Hygienists' Association.

Sad to say, the engine of our Annual Session is "retiring" in some aspects. Karen Avey has been the inspiration for these meetings and has orchestrated and finessed the mechanics. She has left us with two year's worth of hotels. Her insight and attention to detail is phenomenal: she can see every nuance and turnings that none of the rest of us would ever see. We can never thank her enough for her loyalty to us. Hopefully, someone will step up to continue this high level of achievement. Alas, Jackie Perry will be turning her monumental task of being Registrar over to someone else as well. Thanks, too, Jackie for a job well done.



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Kudos to component 03 member Cheryl Bilbo. She won a pair of loupes from the ADHA drawing when she renewed her membership for the winter cycle.



Annual Session 2009



Congratulations Janet Gilliam from Midlothian, VA. She was the winner of the Hu-Friedy raffle from VDHA at Annual Session. Shelly Caudill (Greater Richmond Trustee) presented her with the prize valued at \$600 donated by Peggy Murray, RDH BS of Hu-Friedy!

Dancing the night away at the President's Banquet during Annual Session





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★ **EXHIBITS**

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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