

## President's Message

Greetings colleagues! I hope this finds you all well and enjoying the change of seasons in beautiful Virginia.

With October being National Dental Hygiene month, the Virginia Dental Hygienists' Association kicked it off with a hugely successful 6<sup>th</sup> Annual Leadership Workshop in Charlottesville. Students and leaders from throughout the commonwealth came together for a wonderful day jam packed with learning, enrichment and sharing. Will Turner gave his lecture on the power of belief, personal motivation, and individual assessment to develop and achieve your goals titled "Believe and Succeed" during the morning session. We had the honor of a visit from our District III Trustee Jill Grassmick who led a conversation about the benefits of membership in the ADHA. During the afternoon, past ADHA President and national speaker Maria Perno Goldie gave a wonderful and informative CE on "RDH and ACP: The Leaders in Prevention". Then to cap it off, staff from ADHA was there to present their Road Show discussing incorporating the ADHA brand, membership benefits, and how ADHA is there for us. Plus they had lots of great give-a-ways!

On behalf of all who attended, I would like to thank the committee who organized this event; President Elect Rita Sheaves, Vice President Sarah Hill and Corresponding Secretary Bettina Gigliello for an amazing job!

I would encourage you all to use this month's designation for dental hygiene as a "conversation starter" to inform people about what we as dental hygienists do and of our mission statement to improve the public's total health and advance the art and science of dental hygiene.

At VDHA we have been working hard to let your voice be heard. We have representatives and Lobbyists attending all Board of Dentistry meetings and seated on committees that VDHA has interests. VDHA has been growing our affiliations with health-centered coalitions.

Planning continues for the VDHA's 57<sup>th</sup> Annual Session in Richmond April 15-18 at the Koger Center. It is a wonderful opportunity to take a CE, connect with old and new friends, check out the latest dental products in the Exhibition Hall and meet our ADHA President Lynn Ramer. I hope to see many of you there!

I am continuing my visits to components throughout the state attending CEs, student functions and events on behalf of VDHA. I am often amazed at the energy of the hygienists and the passion we all share to promote our profession. I am truly honored to serve as your President, but I have also had intrinsic benefits of my tenure. I am inspired by your love of people and volunteerism. We are truly blessed to have a skill that we can give back to the community in ways that not all can.

We are a volunteer organization and I want to thank the Board and Committee members who volunteer their time and are actively involved in the operation of VDHA. I also want to thank those of you who are not actively involved but who maintain your membership and support us. By doing your part and realizing your potential, VDHA and in turn ADHA is stronger. We are here for you. Empowering, Developing and Supporting you.

Best,

Ellen Austin-Prillaman, RDH

President  
Virginia Dental Hygienists' Association



## 2008-09 VDHA Officers Councils and Committee Chairs

President	Ellen Austin-Prillamn - president@vdha.net	<b>Planning and Development :</b>	
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	<b>Government And Professional Affairs : Kelly Williams</b>	
Trustees	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	<b>Public Health &amp; Education Council</b>	Marty Roberson
Trustee 06-Shenandoah Valley Evelyn Grant trustee06@vdha.net	Trustee 13-Fredericksburg Vacant	Public Health Committee	Susan Pharr
<b>Administrative Council : Rita Sheaves</b>		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	<b>Member Services Council : Maureen Thompson</b>	
Corresponding Secretary	Bettina Grodt	Student Members	Carrie Merritt
Recording Secretary	Beth Sadler	Membership Directory	Betsy Di Silvio
HOD Secretary	Irene Connolly	Newsletter Editor	Michelle Goode
		Awards	Evelyn Grant
		Historian	Kara Davis
		Webmaster	Susan Reid-Carr

## ANNUAL SESSION 2010



***Alert: You will be receiving your Annual Session registration on line this year.***

The course topics and synopsis will be included then, but as a little tickler for next year will be Karen Raposa: Autism, a representative from ADA speaking on Community Fluoridation, Shannon Nanne, Linda Blackiston, Anne Guignon, Amy Hazelwood will also present. Titles of courses will be on the registration. As a special treat, VDHA will have our ADHA President bring us up to date on happenings at the national level.

**Please mark your calendars for 16, 17, 18 April 2010 in Richmond, VA.**

### 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***



The Virginia Dental Hygienists' Association

### CALENDAR UPDATE October 2009

<b>VDHA Annual Session:</b>	
April 15-18 2010	Richmond, Holiday Inn Koger Center
April 7-10, 2011	Roanoke, Hotel Roanoke
<b>Executive Board Meetings:</b>	
January 9-10, 2010	Charlottesville, Holiday Inn University
April 15, 2010	Richmond (Pre-Annual Session 8-10pm)
April 18, 2010	Richmond (Post-Annual Session-after 3 <sup>rd</sup> HOD)
July 17-18, 2010	Charlottesville, Holiday Inn University
October 16-17, 2010	TBA
January 8-9, 2011	Charlottesville
<b>Governmental &amp; Professional Affairs Council Meetings:</b>	
January 9, 2010	Charlottesville (9:30-1:00)
July 17, 2010	Charlottesville
October 16, 2010	TBA
January 8, 2011	Charlottesville
<b>Rally Day:</b>	
January 22, 2010	Richmond (proposed)
January 29, 2010	Richmond (snow date)
January 21, 2011	Richmond (proposed)
January 28, 2011	Richmond (snow date)
<b>Administrative Council Meetings:</b>	
January 9, 2010	Charlottesville (2:00-5:00)
July 17, 2010	Charlottesville
October 16, 2010	TBA
January 8, 2011	Charlottesville
<b>Member Services Meetings:</b>	
January 9, 2010	Charlottesville
<b>Curet Deadline: One week following Executive Board Meetings</b>	
October 10, 2009, January 18, 2010, July 24, 2010, October 23, 2010	
<b>VDHA Leadership Workshop:</b>	
October 15, 2010	TBA (9am-4pm)
<b>VDHA Foundation:</b>	
January 8, 2010	Charlottesville, Holiday Inn University
<b>ADHA Annual Session and Center for Lifelong Learning:</b>	
June 23-29, 2010	Las Vegas, NV
<b>District III Meeting:</b>	
February 2010	TBA
June 4-6, 2010	TBA
<b>Institute for Oral Health:</b>	
May 30, 2010	Deadline for donations
<b>Unleashing Your Potential Weekend</b>	
November 13-15, 2009	Chicago, IL
<b>VDA Summer Meeting:</b>	
June 17-19, 2010	Williamsburg, Williamsburg Lodge
June 16-18, 2011	Williamsburg, Williamsburg Lodge
June 14-16, 2012	Williamsburg, Williamsburg Lodge
<b>ADA and ADA Annual Session</b>	
October 9-13, 2010	Orlando, FL
<b>Virginia Board of Dentistry-Regular Board Meetings:</b>	
December 4, 2009	

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

January 18, 2010  
onegooderhd@aol.com

**Component 01 Northern Virginia**

The Northern Virginia Dental Hygienists' Association held its annual kick-off meeting on September 23<sup>rd</sup> to great success. Cathy Berard RDH, BS presented a terrific CE course on "The Future of Dental Hygiene-charting our own destiny". Other upcoming CE's include: "Swine Flu and Other Health Hazards" presented by Dr. Henry Botuck on October 26<sup>th</sup>. The NVCC students will also be presenting their table clinics that evening. "Perspectives on the Precarious Perio Potential" presented by Dr. Nicholas Ilchyshyn on November 18th. In January we will host our annual OSHA course. Stay tuned for more details on that and other upcoming courses in February and March. All of our evening CE courses are held from 7-9pm with registration beginning at 6:30pm. Several of our members were recently able to participate in the annual VDHA Leadership Workshop including two of our NVCC students, Remay Feldman and Dana Hampel. We are so proud that these students are assuming leadership roles so early in their careers!

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

**Component 02 Greater Richmond****Greater Richmond Dental Hygienists' Association  
2009-2010 CE Courses**

*What Can Ultradent Do for You?* – Thursday November 12, 2009 6:30pm-8:30pm

*Ergonomics and Nutrition* – Thursday February 4, 2010 6:30pm-8:30pm

*Periodontal Disease and Systemic Health* – Tuesday March 9, 2010 6:30pm-8:30pm

Each CE will provide 2 credit hours.

**For more information please contact Tiffany Boyd at 804-986-7342 or [miss tcb2u@verizon.net](mailto:miss tcb2u@verizon.net)**

**Component 03 Tidewater**Continuing Education & Events:

Date: October 19<sup>th</sup>, Monday 7:00 PM - 8:30 PM

Location: Bayview Lab, Volvo Parkway, Chesapeake

CE: LED Technology, Jennifer Strickler, RDH

(Ultradent will be sponsoring speaker and providing goody bags for all attendees)

RSVP: October 15, Jackie Perry, [jsp3@juno.com](mailto:jsp3@juno.com)

\*\*We are in the process of scheduling “The Future of Dental Hygiene”

CE in November with Cathy Berard, RDH, BS, and our Virginia Dental Hygienists’ Association President, Ellen Austin-Prillaman, RDH.

A notification of date and location will be sent out soon.

\*\*The Gene W. Hirschfield School of Dental Hygiene is celebrating its 40th Anniversary Nov 7&8 2009 commemorating the graduation of our first class of dental hygienists in 1969; the history and growth of the School; and the achievements of our faculty, students, partners, and alumni. Please contact ODU Dental Hygiene for information .

\*\*Members of TDHA are also invited to attend the Peninsula Dental Hygienists’ Association Continuing Education Courses; information is available on Component 07’s link from the VDHA Website.

Jackie S Perry, RDH, MS  
TDHA President

Please utilize the Virginia Dental Hygienists’ Association Website  
[www.vdha.net](http://www.vdha.net)

Click on Component and go to Tidewater

**Component 06 Monticello****Officers:**

President/ Trustee – Evelyn D. Grant

Vice President – Sarah Hill

Secretary/Newsletter/ CE Chair – Sheri Moore

Treasurer – Mimi Magyar

Legislative Chair – Christina Morris

Membership Chair – Betsey Soulsby

SADHA Chair – Kim Syndor

**Meetings:**

October 22, 2009 – Component Meeting

**Activities:**

November 12, 2009 – One hour CE course The Future of the Dental Hygiene Workforce,  
presented by Cathy Berard

December 2009 – Social (TBA)



**Component 09 Southwest**

I have just returned from the VDHA Leadership Workshop/Executive Board Weekend and am tired but energized at the same time. What a delight to be surrounded by such wonderful, hard working hygienists that do so much to protect and serve our association and profession and whom I can call friends!

Our component was thrilled to have **6** Wytheville Community College dental hygienist students who **wanted** to go to this event. We had **8** component members that also attended and would have had **9** if one had not gotten the flu. [Four of these members are also active on the VDHA level!]

Our component has come a long way from struggling to have the ten required members for a component to now having 25 members. VDHA's dedication to dental hygiene students has made the difference in our component. Engaging students in Leadership Workshops and VDHA House of Delegates have triggered their interest and enthusiasm and they are beginning to transition their membership more readily. **Thank you VDHA!!**

Margaret Martin  
Trustee

**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. We are sponsoring a CE at Lord Fairfax Community College on November 19 at 6:30 entitled "Implant Dentistry, A Surgeons Perspective" by Dr. Mark Zemanovich. You can contact Kim May at [kimrdh99wvul@aol.com](mailto:kimrdh99wvul@aol.com) to register. VDHA President Ellen Prillaman will be joining us and meeting some of the dental hygiene students. We are also collecting items to put in "goody bags" for the students to be presented at the CE.

Pam Kitner, Trustee

**VDHA MARKETPLACE**

Organization or Component\_\_\_\_\_

Contact person\_\_\_\_\_

Address\_\_\_\_\_

Telephone\_\_\_\_\_

Items to be sold\_\_\_\_\_

Booth to be attended by\_\_\_\_\_

Signature\_\_\_\_\_

Enclose check for \$35.00 (to VDHA); Return reservation to Cheryl Todd, 1024 Rivermont Terrace, Lynchburg, VA 24503 by 3/1/10.

## STUDENT COLUMN

### Shay Preece Germanna Community College

1. Where do you call home?

Kansas, since that is where I lived most of my life.

2. Where do you attend school?

Germanna Community College

3. What is your current SADHA position?

Student Advocate

4. Why did you choose dental hygiene school?

In the world today, you rarely hear of someone going to the dentist and having a pleasurable or inspiring visit. From a very young age, I had a very different type of experience when it comes to the field of dentistry. I can reflect back on my visits of going to the dentist and being able to look forward to having my teeth cleaned, my braces adjusted, or even restorative work such as having a cavity filled. My dentist and his staff always made me feel comfortable and at ease. I remember Dr. Smith and his staff, telling my sister and I he was going to give us Miss America smiles. His focus was on the clientele and making them feel good about themselves and their experiences in his dental clinic. I looked forward to the promise of a beautiful smile, while having instilled in me the value of maintaining good oral care, and preserving my teeth for many years to come. I would like to share and give others the same type of positive experiences that I had.

5. Who do you consider your mentor?

I believe that mentors change as we go throughout life. Right now, my mentors are my dental hygiene instructors. They have the most to offer at this point in my life. Everyday they challenge us and help shape us into the hygienist we will be.

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

Making a difference in someones life on a daily basis. The personal and emotional interaction that you share with patients cannot be replaced.



I have had a lot of really great volunteer opportunities while in the dental hygiene program. This summer a fellow classmate and I went on a mission trip to Kingston, Jamaica. Words cannot express the impact of a mission trip, I encourage all that can to go.

7. The book that's had the most significant impact on your life?

All of my dental hygiene books are about to.

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

Seeing the dedication I can give if I really love something. I only wish I would have seen this earlier!

9. If you weren't a dental hygiene student, what would you be doing?

I would probably be a Registered Nurse like everyone else in my family.

10. Three words that would best describe you?

Compassionate, Determined, Confident





**STUDENT COLUMN**  
**Laurie Miller Germanna Community College**



1. Where do you call home? Good old Stafford Virginia.
2. Where do you attend school? Germanna Community College
3. What is your current SADHA position? I currently hold the historian role in my class.
4. Why did you choose dental hygiene school? I had been working in the dental field for 5 years and loved it. I always loved hygiene, so I went for it.
5. Who do you consider your mentor? Gosh, I have so many... all of my instructors from the hygiene program, my family (mom especially) and my best friend Elizabeth who just graduated this past year from the program.
6. What have you enjoyed most about the dental hygiene program so far? Learning, I have learned so much and helping people
7. The book that's had the most significant impact on your life? Wilkins...LOL
8. The biggest change you've seen in yourself since you started the program? I feel like I know myself better
9. If you weren't a dental hygiene student, what would you be doing? Something in the dental field... or with animals
10. Three words that would best describe you  
Caring, thoughtful, and understanding



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We extend a warm welcome to all new members listed below. Please visit VDHA's website (<http://www.rdh-vdha.org/vdha.asp>) for your specific component contact information. ADHA is implementing a quarterly payment plan beginning with the winter cycle members. It should be available online by November 1, 2009.

AHMADZAI, NADJMA	VA01	DELCHER, DIANA	VA02	WOOD-KOBERT, JEAN	VA06
AHMED, NAREEN	VA01	EATON, RACHEAL	VA02	DALLAS, MARY	VA07
ALEMAN, MORENA	VA01	FEIERABEND, SARAH	VA02	HARDING, CYNTHIA	VA07
BERNARD, JADE	VA01	JONES, MEREDITH	VA02	LOEFFLER, KELLY	VA07
BOYD, LINDA	VA01	KARNES, TERESA	VA02	MARABLE, JENNIFER	VA07
BOYD, ZOILA	VA01	NAGLE, STEPHANIE	VA02	WALSH, LANE	VA07
BREWER, JILLIAN	VA01	ROY, REBECCA	VA02	FOWLER, AMANDA	VA09
CHAMBERLIN, NANCY	VA01	ROY, DAWN	VA02	HILL, MIRANDA	VA09
EVERSMAN, BARBARA	VA01	WILKINS, BROOKE	VA02	HUDSON, LYNDSEY	VA09
IVANKOV, KRISTI	VA01	ARNOLD, AMY	VA03	PRICE, DEANA	VA09
JONES, PATRICIA	VA01	BOCCIA, SARAH	VA03	RASNAKE, ANGEL	VA09
KNOWLES, HOLLY	VA01	CONWAY, WANDA	VA03	SHUMATE, NICHOLE	VA09
KOLB, MARY	VA01	DORSMAN, STEPHANIE	VA03	TURNER, SARAH	VA09
MOUKDARATH, SOMCHAY	VA01	GUTIERREZ, MYRIAM	VA03	WACEK, WHITNEY	VA09
NGUYEN, HAI-UYEN	VA01	HOLLINGSWORTH, MELISSA	VA03	WEBB, CHRISTINA	VA09
RALSTON, STACY	VA01	LU, HAI-UYEN	VA03	WEYANT, ALISHA	VA10
ROJANAPRAPARN, PIYANAN	VA01	MCCOMBS, GAYLE	VA03	JACOBS, ERICA	VA11
SAHNO, KAMELIA	VA01	NEWCOMB, TARA	VA03	REHNBORG, LYNN	VA11
SEELY, DONNA	VA01	RAND, KELLY	VA03	WOROSBYT, AMANDA	VA11
SMITH, STEFANIE	VA01	SAN JUAN, LORRIE	VA03	BRANHAM, MICHELLE	VA13
SOEMANTORO, AJENG	VA01	WAUGH, ERIN	VA03	HARTE, PAMELA	VA13
SPURRELL, SUSAN	VA01	DAVIS, SHAMYRA	VA05	MALONEY, ALLISON	VA13
STEVENSON, MARJORIE	VA01	HOLMES, CHRISTINE	VA05	SIMPSON, BARBARA	VA13
THEISEN, DORETTA	VA01	WILL, JENNIFER	VA05	SYDNOR, KIMBERLY	VA13
VIRKAITIS, MALINDA	VA01	BARNETTE, DARIAN	VA06		
WELCH, LINDA	VA01	CONNER, AHLON	VA06		
WRIGHT, BRENDA	VA01	HUGHES, LISA	VA06		