

## President's Message

Greetings fellow members of the Virginia Dental Hygienists' Association,

I am extremely honored to be elected to serve as your President for 2010-2011. I am also privileged to serve with a wonderful Executive Board. Our Board consists of new, returning, and seasoned VDHA members who are willing and eager to commit their time and effort in serving the profession. The upcoming year is likely to be filled with excitement and roads not traveled, but together we will make a difference.

My theme for my year as President is *Dream-Believe-Achieve*. Achievement is a process of steps. The first step is to have a dream and a clear vision of what you want. A vision that is unclear or unfocused will only lead to suboptimal results. The next step is to believe in yourself and those around you. Only then can success be obtained.

My dream for this year as VDHA President is to have our Association be established as "The Leader" in preventive oral health measures and to become a recognizable entity in the public's eye. I believe that this task can be accomplished through the process of continuing our connections with other associations, publishing individual as well as group successes, and using every opportunity to educate your patients, the public, and legislators about the profession and our wonderful Association, VDHA.

My challenge to you as individuals and as an Association member is to strive to be the best clinician, educator, researcher, and Association member. Dream big for yourselves and the Association, don't settle, believe in yourself and each other, because together *We Are Extraordinary!*

Rita Sheaves, BSDH, RDH, PhD  
President  
*The Virginia Dental Hygienists' Association*  
president@vdha.net



**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**

**Institute for Oral Health:**

May 30, 2010

Deadline for donations

**Executive Board Meetings:**

July 17-18, 2010

Charlottesville, Holiday Inn

University

October 23-24, 2010

Richmond, Marriott West

**VDHA Professional Development Workshop:**

October 22, 2010  
(9am-4pm)

Richmond Marriott West (9am-4pm)

**Curet Deadline:**

July 25, 2010

e-mail

[smile\\_cleaner05@hotmail.com](mailto:smile_cleaner05@hotmail.com)

**Please go to our website for a complete  
Calendar update [www.vdha.net](http://www.vdha.net)**



**2010-11 VDHA Officer Councils and Committee Chairs**

<b>President:</b> Rita Sheaves- president@vdha.net	<b>Administrative Council:</b> Melanie Swain-Chair
<b>President Elect:</b> Melanie Swain- presidentelect@vdha.net	Budget and Finance: Cathy Berard- Chair, Melanie Swain, Ellen Austin-Prillaman, Trish McDougall, Rita Sheaves, Sheri Moore, Elected: Mimi Magyar Vice President: Sarah Hill Bylaws: Sarah Hill Scopes Manual: Sarah Hill & Denise Claiborne Nominations and Policy Manual: Ellen Austin-Prillaman Corresponding Secretary: Julie Simms Recording Secretary: Beth Sadler House of Delegates Secretary: Jackie Perry
<b>Immediate Past President:</b> Ellen Austin-Prillaman- immediatepastpresident@vdha.net	
<b>Vice President:</b> Sarah Hill- vicepresident@vdha.net	
<b>Treasurer:</b> Patricia MacDougall treasurer@vdha.net	
<b>Recording Secretary:</b> Beth Sadler- recordingsecretary@vdha.net	
<b>Corresponding Secretary:</b> Julie Simms-correspondingsecretary@vdha.net	<b>Professional Development Council:</b> Jackie Perry-Co-Chair, Maureen McCann-Co-Chair
<b>Speaker of the House:</b> Julie Simms-speakerofthehouse@vdha.net	
<b>Alternate Speaker of the House:</b> Michelle Goode-onegooderdh@aol.com	Annual Session Planning: Bonnie Perry, Ellen Austin-Prillaman Continuing Education: Sheila Sheats Ways and Means: Karen Avey House of Delegates: Sheri Moore Foundation Director: Ellen Austin-Prillaman- Chair Foundation Appointee: Jackie Perry Foundation Secretary: Cathy Berard
<b>Trustees:</b>	
<b>01-Northern Virginia:</b> Jennifer Spencer- trustee01@vdha.net	
<b>02-Greater Richmond:</b> Carrie Simpson- trustee02@vdha.net	
<b>03-Tidewater:</b> Jackie Perry- trustee03@vdha.net	
<b>05-Piedmont:</b> Bonnie Perry- trustee05@vdha.net	
<b>06-Shenandoah Valley:</b> Evelyn Grant- trustee06@vdha.net	
<b>07-Peninsula:</b> Jennifer Podish- trustee07@vdha.net	
<b>09-Southwest Virginia:</b> Margaret Martin- trustee09@vdha.net	
<b>10-Northwest:</b> Pam Kittner- trustee10@vdha.net	
<b>11-Blue Ridge:</b> Cheryl Todd- trustee11@vdha.net	<b>Government and Professional Affairs Council:</b> Pam Kitner-Chair
<b>13-Fredricksburg:</b> Lesa Crane- trustee13@vdha.net	
	Regulation and Practice: Carrie Simpson-Chair Board of Dentistry Consultants: Kelly Williams, Carrie Simpson Lobbyists: Hilton Graham, Cal Whitehead Contract Review: Melanie Swain- Chair, Rita Sheaves, Ellen Austin-Prillaman, Trish McDougall, Carrie Simpson, Cathy Berard, Marge Green VHy-PAC Directors: Maureen McCann- Chair, Pam Kitner, Jennifer Zimmerman, Bettina Gigliello, Melanie Bartlam, Maureen Thompson
	<b>Public Health and Education Council:</b> Tiffany Boyd- Co-Chair, Sharon Logue- Co-Chair
	Public Health Committee: Susan Pharr AHEC Coordinator: Marty Roberson Education Committee: Marty Roberson & Elaine Smith VIADC: Tammy Cahoon OHIC: Sharon Stull Free Clinic Liaison: Misty Mesimer
	<b>Member Services Council:</b> Margaret Martin- Chair
	Membership/Student Chapter of ADHA Liaison: Maureen Thompson Membership Directory: Betsy DiSilvio Newsletter Editor: Shelly Caudill Awards: Evelyn Grant Historian: Kara Davis Webmistress: Susan Reid-Carr

## Immediate Past President's Message

Dear colleagues,

It has been my honor and privilege to serve as your President this past year. I am proud of the work our Executive Board, Trustees, Council and Committee members have done to advance our profession and represent our members. I will continue to serve VDHA as Head Delegate of Virginia to ADHA's Annual Session in Las Vegas as well as Annual Session Planning Co-Chair for VDHA's event in Roanoke next April.

Our newly elected President Rita Sheaves will continue our mission and is a wonderful representative of our Association.

We are a volunteer organization and I want to thank all those who give 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 our profession is stronger. We are here for you. Empowering, Developing and Supporting you.

Best,



Ellen Austin-Prillaman, RDH  
Immediate Past President



### Annual Session Congratulations!

Winner of the 2010 Email Forwarding Contest Held During Annual Session Registration:

**Beth Sadler**

Beth received a prize from Hu-Friedy valued at \$600!!!

Winner of the Orasoptic Loupe/Light/Chair Raffle Held During Annual Session

Weekend: **Nancy Miller**

**Congratulations Ladies!**



### A word about VHY-PAC and you...

What is it and why is it vital to the Virginia Dental Hygienists' Association? It is a voluntary, non-profit committee of dental hygienists that are not affiliated with any particular political party. How does the VDHA form this committee? Our house of delegates votes for two people to become directors for two years and two people to serve a one year term. At the first executive board meeting the new VDHA president appoints two people who are ratified by the executive board. We have several fund raisers annually. Our lobbyist helps us to investigate fund raisers, dinners, etc. where we can contribute from the funds that we raise to politicians who are friends of the dental hygiene profession. These politicians may help us by supporting or opposing a bill or a regulatory change that may or may not serve our profession well.

The fund-raiser at our Annual Session that you all have helped so much with is the silent auction baskets. Each component in the state is responsible for bringing in a basket and they are wonderful. We sell pins and jewelry at the basket table. We "roast our outgoing president" at the president's banquet at Annual Session and take up a collection for VHY-PAC. All of these are wonderful ways of raising funds, but lobbyist is always quick to let us know that we can never have enough to "help our voice to be heard".

So, I guess you are now wondering what can I do to help, right? We can accept your contribution at any time during the year, not just at Annual Session. We have beautiful VHY-PAC pins that are available for a \$50 contribution or you can determine your own modest contribution. We could have over \$30,000 in VHY-PAC funds, if every hygienist in the state, could just give \$10 (which is considered an Active status contribution). Won't you please do your part? Send your contribution with pride. Make your checks payable to VHY-PAC and send it to me, our VHY-PAC chair to the address listed below. For a \$50 donation, I will send you your pin. Thanks so much, in advance for your contribution! This could make all the difference for the future of our profession.

Maureen P. McCann, RDH, BS  
VHY-PAC Director  
511 E. College St.  
Bridgewater, VA 22812  
540-246-5991 call if you have any questions

**Congratulations to VDHA member  
Jackie Perry  
who was awarded the  
Old Dominion University Outstanding Dental Hygiene  
Alumni Award for 2010  
Way to go Jackie!**

## Meet Our Students

### Hannah Barnette



- 1. Where do you call home?** Mechanicsville, VA
- 2. Where do you attend school?** Virginia Commonwealth University
- 3. What is your current ADHA student chapter position?** President
- 4. Why did you choose dental hygiene school?** I have always been very meticulous about taking care of my teeth, and I wanted to educate and influence others on the importance of this.
- 5. Who do you consider your mentor?** Shelly Caudill, an active member of Greater Richmond component. Following graduating from VCU she quickly became involved in VDHA, and her commitment to the association has been an excellent example of the member I want to be.
- 6. What have you enjoyed most about the dental hygiene program so far?** In our final year we have had an increased amount of clinic time, and I thoroughly enjoy the patient interaction I have everyday.
- 7. The book that's had the most significant impact on your life?** As weird as it is, my high-school yearbook has had a lot of influence on my life. I served as editor-in-chief, and I learned a lot about time management and organization.
- 8. The biggest change you've seen in yourself since you started the program?** I have grown up a lot in the past 2 years of school. The professionalism of the program has had an impact on my demeanor. Oh and of course, the sleep deprivation.
- 9. If you weren't a dental hygiene student, what would you be doing?** I would probably still be working as an orthodontic assistant in my hometown.



## Alice 'Ali' Gentry

- 1. Where do you call home?** Beautiful Rappahannock County, Virginia.
- 2. Where do you attend school?** Virginia Western Community College, joint venture with Lord Fairfax Community College, Middletown, Va.
- 3. What is your current ADHA student chapter position?** I hold an active membership and I am class treasurer at my college.
- 4. Why did you choose dental hygiene school?** I recognized that the dental field offered various levels of job opportunity and was regarded as professions that was important and contributed to society. The idea that the profession was regarded that way was very appealing to me. I was always interested in the independence and magnitude of importance of the dental hygienists in the dental field. I felt that hygiene was a great starting point and a profession that I could really contribute to.
- 5. Who do you consider your mentor?** Diana Corbin RDH, has been a mentor to me since I was a child. Of all the people that I have ever met, she is one of the biggest advocates of dental hygiene and public health. She inspires me to be all that I can be in this profession and I admire her for all of the contributions that she has made to several communities and for being a person that has always motivated the people around her. AMAZING!
- 6. What have you enjoyed most about the dental hygiene program so far?** I have really enjoyed clinical treatment with my patients. I love being able to give my patient oral hygiene instructions and watch them improve at successive appointments. Treatment time with your patients can be very rewarding, especially when your efforts as a clinician are appreciated.
- 7. The book that's had the most significant impact on your life?** Honestly, I have only read textbooks for the last four years. Prior to that, the book that had the greatest impact on me was "To Kill a Mockingbird." There are some many values that are addressed in that book. I would definitely consider this book as a must read.
- 8. The biggest change you've seen in yourself since you started the program?** I have become more accepting of peoples limitations, whatever they may be. I have also learned to sit back and reflect upon situations prior to coming to conclusions. More than anything, I think this program has helped me to be more patient and determined. Hygiene school is exceptionally hard and it really lets you know what you are made of.
- 9. If you weren't a dental hygiene student, what would you be doing?** I really love this profession and I hope that I would be in the dental field in some capacity, but if not, I have always fantasized about being an attorney.
- 10. Three words that best describe you.** Motivated, caring and dedicated

**Virginia Dental Hygienists' Association Foundation  
Honor Roll Report of Gifts**

May 1, 2009—April 30, 2010

**JEFFERSON CLUB**

Northern Virginia Dental Hygienists' Association  
*In memory of Patricia A. Golliday, RDH*

**PATRIOT CLUB**

Catherine Berard, BSDH, RDH  
Shelly Caudill, BSDH, RDH  
Marge Green, RDH, MS  
*In memory of her brother, Joseph T. Lappan*  
*In honor of Dr Barry Lee Green*  
Mary Littleton, RDH  
Nancy Martin, RDH, BSDH  
Elaine Newland, RDH  
Marty Roberson  
Julie Simms, RDH  
*In memory of Cynthia Forsberg*

Monticello Virginia Dental Hygienists' Association  
*In honor of Evelyn D. Grant,*  
*Monticello DHA President*

Lord Fairfax Community College Faculty  
*In honor of Claudia Mazurkiewicz, RDH*

**DONOR CLUB**

Julie Y. Allen  
Karen D Avey, RDH, MSDH  
Melanie Bartlam  
Linda Boyd  
Irene Mary Connolly, RDH, MS  
Diana Corbin  
*In memory of Dr Lewis Armstrong*  
Janet Gilliam  
Michelle Goode  
Evelyn D. Grant, RDH

**DONOR CLUB (continued)**

Dolores Hedgepeth  
Susan Helwege  
*In memory of Mary Semancik's father*  
Sarah Hill  
Catherine Q Johnson  
Pam Kitner, RDH  
Patricia MacDougall  
Mimi Magyar  
Margaret Martin  
*In memory of my Dad, Dr Robert F Jackson, Sr.*  
Kimberly May  
Maureen McCann  
Sheri A Moore  
Bonnie Perry  
Jackie D Perry  
Susan Pharr, RDH, MPH  
Jennifer Podish  
Susan Reid- Carr, BS, RDH  
Angela Richwine  
Beth Sadler, BSDH, RDH  
Susan Ashley Selfe  
Sheila B. Sheats  
*In honor of Karen Avey*  
Rita Sheaves, BSDH, RDH, PhD  
Deanne Shuman  
Dawn Southerly  
*In memory of Thomas Wilson Smith*  
Jennifer L. Spencer  
Melanie Swain  
Maureen Thompson, BS, RDH  
Cheryl Todd  
Jennifer Zimmerman  
  
North West Virginia Dental Hygienists'  
Association

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.



## *Component 01*

The Northern Virginia Dental Hygienists' Association has had several successful CE courses this spring. We were pleased to offer a free CE course to our members in February on Orthodontics. Our speaker was Dr. Kolman Apt and the course was very well received. Our next event will be our annual Installation Dinner on May 19<sup>th</sup> at PJ Skidoos in Fairfax. We will be installing our newly elected officers and recognizing our members for their dedication to our association. Component 01 is excited to announce that Cathy Berard received the component recognition award at the VDHA annual session presidents banquet this year. Cathy has given many years of service to NVDHA and VDHA and we respect and admire her dedication to advancing the art and science of dental hygiene. Ten of our members volunteered their time as delegates and alternate delegates at this years VDHA annual session and we wish to express our gratitude to them. A big thank you goes out to Dana Hampel who took the time out of her busy schedule as a NVCC 1<sup>st</sup> year student to be our student delegate this year. The NVCC 2<sup>nd</sup> year students are all abuzz with the end of the semester here and the NERB exam at the end of April. Good luck to all of them in passing their clinical requirements. 2<sup>nd</sup> year student Janice O'Brien was selected to receive the NVDHA future leader award which will be presented to her at the NVCC pinning ceremony on May 1<sup>st</sup>. We are proud to have such promising leaders in the graduating class. We wish everyone a healthy and happy summer!

Respectfully Submitted,

Jenifer L. Spencer

## *Component 02*

The Greater Richmond Dental Hygienists' Association would like to thank all the volunteers who helped at the VDHA Annual Session in Richmond this past April. We appreciate your sacrifice of time to ensure that all attending had a fun and educational weekend. We would also like to extend a big "Thank You" to Melanie Bartlem for her willingness to serve in the position of Annual Session Planning Chair. Our list of 2010-2011 CE Course Offerings will be out by mid August so be on the lookout through e-mail and future *Curets* for speakers, titles, and times!

Respectfully Submitted,

Shelly Caudill

Immediate Past President 02

# **SAVE THE DATE**

**April 7 – 10, 2011  
VDHA Annual Session**



## **Hotel Roanoke and Conference Center**

