

## President's Message

Greetings fellow members of the Virginia Dental Hygienists' Association,

The fall season marks the Annual Virginia Dental Hygienists' Association's Professional Development Workshop. Once again, the workshop proved to be educational as well as inspirational. For the morning portion, Jacqueline Moran provided a wealth of information on tobacco cessation. During the afternoon, we had the distinct pleasure of having Dr. Brenda White Wright speak on "Change". With her overwhelming enthusiasm for life, she was able to keep us energized and motivated. In addition, she created an environment that caused us to reflect on our future, both personally and professionally. There is no doubt that the leaders of the Association will gain strength and wisdom from the experience as we deal with the upcoming challenges to our profession.

Speaking of change, as I mentioned in the previous newsletter, the Virginia Board of Dentistry is restructuring Chapter 20 of the regulations. The restructure will break down Chapter 20 into four chapters. The first chapter to be addressed will be on the profession of Dental Hygiene. It is imperative that you keep yourself well-informed of the activities of the Virginia BOD as this is sure to impact your profession and future. It is also a critical time for potential members to get involved in protecting the profession. If you know of a potential member, please invite him/her to attend a component meeting or the Executive Board meeting. In addition, please pass his/her name along to our Membership Chair, Maureen Thompson at [moethompson@gmail.com](mailto:moethompson@gmail.com) so she can send membership materials.

Furthermore, VDHA is still in the process of investigating access to care issues and possible solutions. The Association is so fortunate to have members who tirelessly give of themselves to accomplish so much for our wonderful profession. Please get involved on some level. The camaraderie and networking is amazing!

Remember, if we *Dream* it, *Believe* it,  
then we can *Achieve* it.

Rita Sheaves, BSDH, RDH, PhD  
President  
The Virginia Dental Hygienists' Association  
[president@vdha.net](mailto: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**

**Rally Day:**

- |                             |                            |
|-----------------------------|----------------------------|
| January 18, 2011 (option 1) | Richmond                   |
| January 25, 2011 (option 1) | <b>Snow Date</b> -Richmond |
| January 21, 2011 (option 2) | Richmond                   |
| January 28, 2011 (option 2) | <b>Snow Date</b> -Richmond |

**Executive Board Meetings:**

- |                   |   |
|-------------------|---|
| January 8-9, 2011 | Charlottesville, Holiday Inn University |
| April 7+10, 2011  | Roanoke                                 |

**Curet Deadline:**

- |                  |  |
|------------------|--|
| January 22, 2011 | e-mail submissions to:<br><a href="mailto:smile_cleaner05@hotmail.com">smile_cleaner05@hotmail.com</a> |
|------------------|--|

**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

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

## President Elect's Message

Top 5 Moments as VDHA's President Elect  
Second Quarter, July – October 2010

1. Attended the Virginia Commonwealth University's Dental Hygiene "welcome students luncheon" hosted by the Greater Richmond Dental Hygienists' Association.
2. Continued to seek leadership and mentorship from President, Dr. Rita Sheaves and other seasoned VDHA leaders as I transition into the role of President Elect.
3. Consulted and prepared for the Professional and Development Workshop with assistance from the VDHA Administrative Council team. I was fortunate to have a dedicated team. Thank You!!!
4. Attended the October VDHA Governmental and Professional Committee, Administrative Council Committee and Executive Board meetings a week before the big date of Halloween. I have Spiderman at home ready to trick or treat. I'm asked daily "Is it Halloween today?" by my 3-year-old son.
5. Participated in a successful Professional and Development Workshop in Richmond. Both speakers, Jackie Moran RDH and Dr. Brenda White Wright had positive feedbacks from attendees. This year's workshop was a huge success with the greatest number of student attendees to date.

Please stay tuned for more "top moments" of the upcoming next quarter. I anticipate more "firsts" as I journey through my President Elect experience.

Submitted by Melanie C. Swain BSDH, RDH



## GOVERNMENTAL AND PROFESSIONAL AFFAIRS COUNCIL UPDATE

Lobbyist Hilton Graham has suggested that most of our efforts in the coming months be directed at the NOIRA review that the Board of Dentistry will be conducting involving regulatory changes for dentists, dental hygienists and dental assistants. He has asked for an estimated number of dental hygienists who are currently unemployed or under employed at this time, especially new graduates. Kara Davis has put this question out on Facebook and all members are encouraged to register as “friends” of the Virginia Dental Hygienist’s Association and respond so that we can start acquiring these numbers.

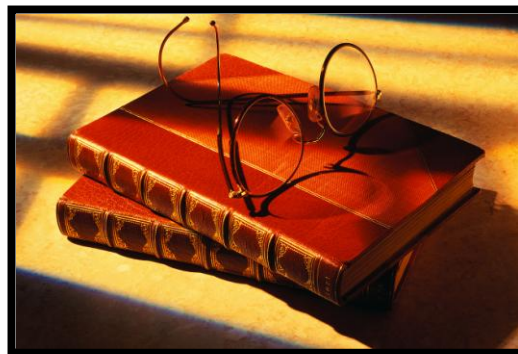
The regulations for Dental Assistant II are still on the governor’s desk waiting to be signed. A letter was hand carried by our lobbyist expressing the concern of VDHA that we are being grouped together with the DAII throughout the proposal instead of recognizing the differences in educational background, regulation and clinical expertise.

Medicaid provider status is also on the agenda to try and attain in the near future. Dr. Rita Sheaves is working on “Talking Points” that can be used at Rally Day and when contacting the Department of Health with our request. This status would be beneficial when accessing care to more of the indigent populations.

Rally Day will be held two days in January 2011 to allow access for more dental hygiene students to attend. Tuesday, January 18 and Friday, January 21 will be the regularly scheduled days with Jan 25 and Jan 28 as back up days in case of bad weather. Items for the legislative bags were distributed at the last meeting and we hope to see another good turn out of students and experienced members to help hand them out to senators and delegates at the General Assembly.

Vhy-Pac will be doing a silent auction again at annual session to raise funds for our lobbyist. A 50/50 raffle is being held at VDHA Executive Board meetings and components are encouraged to find creative ways to raise funds at their regular monthly meetings. This is a big year for legislative changes and we need extra funds to make sure that our voice is being heard!

Respectfully submitted,  
Pam Kitner, RDH  
Governmental and Professional  
Affairs Council Chair



## Adopt a Head Start

In 2006, Component 02 (Greater Richmond) adopted the Chesterfield County Head Start program, which served as the pilot for the statewide partnership between VDHA, Virginia Head Start, and Virginia Department of Health.

Since then 8 components have been trained through the Virginia Department of Health Dental Health Program; and 10 Head Start programs have been adopted by ~15 individual hygienists and 2 dental hygiene schools (ODU and Germanna). Many thanks to all of you who have donated your time and expertise to these programs.

The 2-hour CE trainings are still available to any component who has not been trained or needs a 'refresher'. The course prepares you to provide educational programs as well as serve on the local Head Start advisory committee as a dental health representative. If your component has been trained but needs some 'technical assistance', that is available also.

Through this partnership, we have been successful at bringing hygienists 'to the table' in several ways. Not only have we improved Head Start's access to important education and preventive measures on the local level, but we now have VDHA representation on the Virginia Head Start Health Advisory Committee, with Lesa Crane as our representative.

### **THE CHALLENGE:**

This year I would like to challenge each component to provide at least ONE parent oral health session for a local Head Start. I have 'user-friendly' resources that make this very easy. A parent session usually lasts about 20 – 30 minutes, depending on the local program format.

This is your opportunity to share your much-needed knowledge with parents who may not get these messages simply because they cannot afford to take their child to the dentist.

### **Contact Information:**

Susan Pharr, RDH, MPH  
Early Child Oral Health Coordinator  
Virginia Department of Health/Dental  
Health Program  
Susan.Pharr@vdh.virginia.gov  
804-864-7782 (W) 804-745-4958 (H)



## Dues Increase Scheduled for 2011/2012

As a result of recommendations outlined in the Lang Report, the Board of Trustees, at their September 2009 meeting, directed that ADHA increase national dues from \$170 to \$175 (3%) beginning January 2012 with a subsequent yearly cost of living increase of 3% to be re-evaluated every three years beginning in 2015.

The biggest reason for the dues increase is because of the cost of inflation in the last decade. The cost of ADHA to continue to do business and offer the benefits that they do continues to rise. ADHA is effectively trying to pay for more and more with less and less. Also, traditional sources of non-dues revenue for associations are declining across the board. They can no longer count on affinity royalty programs, investment income or advertising revenue in a tumultuous economy.

*The increase will be effective starting with the 2011/2012 winter cycle. Dues notices going out in October 2011 will reflect this increase as will dues notices going out in the 2012 summer cycle.*

## Gearing up for Winter Cycle 2011

Winter Cycle 2011 is just around the corner and ADHA has some very exciting plans as they move into the New Year. Beginning in October ADHA will start to roll out a new communication strategy for renewing members. This new approach will be modeled after the existing personalized communications used in their renewal efforts over the past 2 years. The goal with this new strategy is to feature new content to further engage our members and encourage membership renewal.

In Mid-October ADHA will begin electronic communications to renewing members. They will again encourage online renewal by offering anyone who renews online a chance to win a pair of Orasoptic Loupes. Any member who renews online as an annual or who enrolls in the Quarterly Payment Plan (QPP) before December 31st will be eligible to win!

*Reminder any member wishing to transition from an annual member to the QPP must do so before December 31st.*

In order to further ADHA's efforts of "going green" they will be reaching out to any member who renewed their dues online last year and encouraging them to sign up for ADHA's new automatic annual renewal program. ADHA hopes to have significant participation from this group of members and hopes to reduce the number of hard copy invoices that they send out.

## Welcome to our newest members!

Please visit our website for constituent and component contact information. We will be happy to speak with you, and encourage you to find an area where you will enjoy active participation.

### Our Newest VDHA Members:

ENLERS, EVA	VA01	KNOWLES, HOLLY	VA01
KOLB, MARY	VA01	WELCH, LINDA	VA01
ZIA, MARANA	VA01	BOCCIA, SARAH	VA03
HARTE, PAMELA	VA13	SIMPSON, BARBARA	VA13
AGUILAR, MARIA	VA01	AHMADZAI, NADJMA	VA01
BASHAM, SHERRY	VA01	CELESTINO, GAYEANNE	VA01
CLARKE, SHARON	VA01	DAMIAN, MARGOT	VA01
DO, COURTNEY	VA01	ENLERS, EVA	VA01
EROME, MEAZA	VA01	EVANS, REGINA	VA01
FAUROT, DANIELLE	VA01	FIELDING, PUNITA	VA01
FROEDE, KATHARINE	VA01	GARRETT, ANNE	VA01
GILLESPIE, NAOMI	VA01	HAAG, CYNTHIA	VA01
HABTOM, AARON	VA01	HANCOCK-DOOLY, HOLLY	VA01
HARDY, LAVONN	VA01	HARRIS, ANNIE-LAURIE	VA01
JARVIS, MAUREEN	VA01	KLAUSMEYER, KAREN	VA01
LONG, LAURA	VA01	LY, QUYEN	VA01
MCCALL, BRITTANY	VA01	MCDONELL, LORI	VA01
MOUKDARATH, SOMCHAY	VA01	NGUYEN, THU	VA01
PATIL, HEMAL	VA01	PODGED-TOMLIN, HELENA	VA01
RIORDAN, CHARLOTTE	VA01	SOEMANTORO, AJENG	VA01
SWAVELY, BARBARA	VA01	THAYAPRASAT, DARANEERAT	VA01
WOODMAN, YVETTE	VA01	ZIA, MARANA	VA01
ATKINS, SUSAN	VA02	BARKER, MARJORIE	VA02
BARNETTE, HANNAH	VA02	BRANN, KATHRYN	VA02
CARTY, KELLY	VA02	CLARK, SARAH	VA02
DAVIS, SHANNON	VA02	FITZGERALD, JENNIFER	VA02
GREEN, CHRISTINA	VA02	HAMPTON, AJANET	VA02
LLOYD, TABITHA	VA02	MCMAMARA, RUTH	VA02
ROBERTS, EMILIE	VA02	SKINNER, ERICA	VA02
STANOVICK, KELLYN	VA02	TONEY, ELIZABETH	VA02
WATSON, DEANNE	VA02	BLAND, CAROLYN	VA03
CREPSAC, CARA	VA03	DEARMOND, MEGAN	VA03
DOYLE, LISA	VA03	HADDIX, AMANDA	VA03
HOLLINGSWORTH, MELISSA	VA03	IGNACIO, JOAN	VA03
JONES, JENNIE	VA03	KARR, AUSTIN	VA03
LU, HAI-UYEN	VA03	TYL, BROOKE	VA03
VANSICKELS, PAMELA	VA03	WHITNEY, MEGHAN	VA03
YOST, YHONIE	VA03	HO, HOA	VA05
PETERS, KRISTY	VA05	SPRADLIN, TAMMY	VA05
WHIDDON, AMANDA	VA05	DODD, NICOLE	VA06
HOUSER, ASHLEY	VA06	PATTERSON, KIMBERLY	VA06
WOOTEN, CYNTHIA	VA06	ANDERSON, KATHRYN	VA07
CARRITHERS, DEBRA	VA07	HOWARD, NAKIA	VA07
SARGEANT, RHONDA	VA07	SHUPE, MARY	VA07
SPARKS, LEAH	VA07	TRAN, HOANMY	VA07
AKERS, ELIZABETH	VA09	ALLEY, HELEN	VA09
FLETCHER, MORGAN	VA09	CHANDLER, TABATHA	VA10
O'HARA, MEGHAN	VA10	ROHRBAUGH, KELLY	VA10
ROSS, CARRIE	VA10	TOY, PATRICIA	VA10
BUTTERWORTH, LINLEE	VA11	COLLINS, ROSALIE	VA11
LARONDA, MELANIE	VA11	PHELPS, JESSICA	VA11
SHAW, KATRINA	VA11	ZICCARDY, KRISTA	VA11
CARPER, NICOLE	VA13	KELLY, DIANE	VA13
MATA, COURTNEY	VA13	TOURNE, CECILIA	VA13



## Component 02

### ***Upcoming Event for Greater Richmond***

Tuesday February 8, 2011 - *“Just Because They Need It”*

Location: Benco Dental 1123 Alverser Drive Midlothian, VA 23113

Time: 6:15pm Registration and light refreshments  
6:30-8:30pm Class

Presenter: Linda Blackiston, RDH, BS with Philips Consumer Lifestyle,  
Philips Sonicare

Cost: Members: \$15  
Potential Members: \$25  
Students: FREE

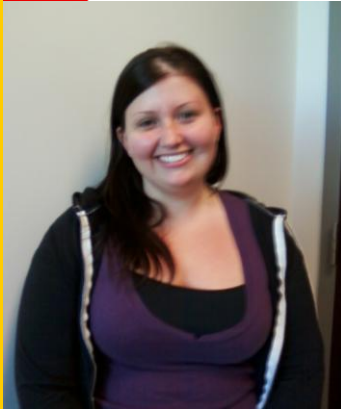
## Component 11

Blue Ridge Component has selected it's Outstanding Member for service in 2009-2010. This time we had an unbreakable tie: Ashley Milstead, who has contributed time and effort as a student and as a recent graduate equal to any veteran member, and Joanne Kane, who has been a consistently influential member and mentor for over 15 years.

Our member Sharlene Toone came in 324th out of 1080 runners in the 37th annual Virginia Ten Miler, which was run Sept. 25 in Lynchburg. We applaud her!

Cheryl Todd, Trustee

## Meet Our Students



**Kristin Clark**

**1. Where do you call home?**

Danville, Virginia

**2. Where do you attend school?**

Danville Community College/Virginia Western Community College

**3. What is your current Student Chapter of ADHA position?**

Vice President

**4. Why did you choose dental hygiene school?**

I have always known that I wanted a career in a health field but I knew I did not want nursing. One day while I was at the dentist I began talking to my dental hygienist. She was talking about how much she loved her job. I have always liked going to the dentist. This is when I began looking into a career in dental hygiene.

**5. Who do you consider your mentor?**

I consider my mom to be my mentor. She is always strong and positive no matter how bad things look.

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

The thing that I have enjoyed the most about dental hygiene school is being able to help people that can't afford dental care. To see the look on my client's faces after their teeth have been cleaned is priceless. It makes it all worth while.

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

The books that have had the most impact on my life are the chicken soup for the soul books. They always remind me that no matter how bad things seem or how big I think my problems are there are always people that have greater problems than I do.

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

The biggest change that I have seen in myself is my ability to multitask and manage my time. I have greatly improved on managing my time between school, work, and life.

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

If I wasn't in dental hygiene school I would want a job to work with animals.

**10. Three words that best describe you.**

Motivated. strong-willed. ambitious

## Opportunity, Adventure, and Purpose: A Summer Internship with The Indian Health Service



This summer, I had the invaluable opportunity to experience an exceptional and rewarding internship through the Indian Health Service. My 1,300-mile trip from Richmond, VA landed me in the Oklahoma City suburb of El Reno, Oklahoma. El Reno lies 20 miles west of Oklahoma City and is a part of the Cheyenne – Arapaho Nation. The city is located at the intersection of two historic highways, nostalgic Route 66 and the Chisolm Trail (Highway 81), in the heart of the Canadian Valley.

The El Reno Indian Health Center includes medical, dental, optometry, public health nursing, podiatry, pharmacy, pediatrics, and behavioral health services. The dental clinic's staff includes 2 dentists, 2 assistants and 1 dental hygienist position. The clinic provides emergency services, general dentistry, pediatrics, simple extractions, and non-complex endodontic therapy. While in El Reno, I had the opportunity to see a distinctive population with diverse and critical oral health needs. Some patient needs included quadrant scaling and root planing, multiple visits, extensive OHI sessions, and information on systemic diseases and nutritional habits. While assigned, I had an opportunity to see a patient with squamous cell carcinoma, calculus bridges, Class III mobility and shadow the dentist during some local anesthesia injections. Majority of the population seen in this clinic were diabetic, had high blood pressure, or both. Many had severe signs of bruxism and multiple missing teeth. Since I had spent the past 9 years as an Air Force dental technician, I was familiar with many of the policies and procedures in the clinic. So, I was able to help out in other areas of the clinic, as well. On my first day of reporting to the El Reno dental clinic, I helped the assistant with sterilization, radiology, assisting, and was soon able to answer questions from patients over the phone. The clinic is equipped with digital radiography, nitrous oxide, and a mini laboratory. Since my leaving, the clinic has began renovations to include new up-to-date chairs.

Overall, this rewarding experience allowed me to grow both personally and professionally. The dentists and staff at the El Reno Indian Health Clinic were always welcoming and open to help. I was mentored by an experienced Commissioned Corps officer of 18 years, Dr. James Palerino, DDS who provided me with experiences and lessons that have built a foundation for my future in dentistry. He not only enlightened me in terms of the dental field and profession, but offered a wealth of information in reference to career avenues as a Commissioned Officer in the Public Health Service. He helped me to realize the importance of the dental hygienist as a member of the oral health care team. This internship allowed me to gain invaluable networking connections, mentors, and lasting relationships with professionals throughout dentistry.



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Being a summer intern at the El Reno dental clinic allowed me to experience the rich Native American culture of the Cheyenne-Arapaho Nation. I had the opportunity to view the reservation, ate my first Indian taco, visited Bricktown, and enjoyed learning about the different native cultures. This experience has provided a great building block for my interest in public health. It was an amazing travel, clinical and cultural experience. Truly, the Indian Health Service's mission of opportunity, adventure, and purpose was evident in the daily activities of my internship at the El Reno Indian Health Clinic and in Oklahoma this summer.

The week of June 22-27, I was afforded the opportunity to attend ADHA's CLL Annual Session in Las Vegas, NV. While at annual session, I attended ADHA's community service day, student track sessions and activities, and Exhibit Hall. I and three other hygiene students from Virginia Commonwealth University spent the week gaining knowledge, personal experience from other students and hygienists, and taking advantage of mentorship and networking opportunities. Whether I am presiding over and interacting with my peers and the community during SCADHA, sitting in on and getting experience with GRDHA component involvement, or becoming re-energized and gaining continual education through ADHA's annual session, the first year of my dental hygiene journey has been truly remarkable!



**Latasha Turner**  
**Dental Hygiene Student 2011**  
**Virginia Commonwealth University**

# **SAVE THE DATE**

## **April 7 – 10, 2011**

### **VDHA Annual Session**



**Again, we will be looking forward to  
Annual Session in our favorite place--  
Hotel Roanoke and Conference Center**



We are going to have a great time! Don't forget to mark the date in your 2011 office calendars. We always have wonderful speakers and enjoy the wonderful facilities the Hotel Roanoke provides! It is a non-stop food frenzy. So save the date and save your \$\$ to come to this exciting weekend.