



Virginia

Dental Hygienists' Association

The Curet

Fall 2019

Presidents Message

Dear Members,

It is my honor to serve you all for an additional 6 months to facilitate the progression of our leadership team and wonderful association. I look forward to the many changes and upcoming programs that our councils/committees have planned.

Since the last release of the Curet, VDHA hosted the annual House of Delegates in Richmond, Virginia, October 25-27, 2019. This years meeting was no exception to the professional business meetings held in years past. We had a total of 16 dental hygiene students represented from dental hygiene schools across the state as delegates or pages. In addition, we had numerous dental hygiene students attend the First House for observation, set up tables for fundraising for the student chapters of ADHA, and interact with fellow hygienists and state legislators.

In addition to an extremely efficient business meeting, we held elections and installed new officers this Fall. Many of you are familiar with my theme over the last year being The Greatest Showman. As I have said on many occasions, "No one ever made a difference by being like everyone else." But what does this truly mean within our association? As I reflect back on the past year and I look at the members within our association, I am in awe of what we have accomplished and what we are continuously working on for our fellow hygienists. Being different can be what brings us together and unites us. Last year I spoke on the different performers and cast members of a circus... the tight rope walker, the trapeze artists, the clowns. Each possesses a unique skill set.

The ADHA has created a list of recommended skill sets for a leader. This list includes things like honesty, transparency, preparedness, respect, proactive attitude, adaptability, and forward- thinking. When you hear this list, do you see some of these qualities in yourself? Do you value these skills, or feel your leaders should value these? Each of our leaders has a different leadership style, but they all embody the skill sets listed previously.

There will always be that one driving factor that unites us, and it's dental hygiene. No matter what aspect you serve within our profession, you serve the public and the greater good. So, as we go through this next year, remind yourself what brings all of us together. If you feel compelled to serve your association, and in turn your profession, I ask you to step up and step out.

I leave you with another phrase from the Greatest Showman:

"So trade that typical for something colorful—and if it's crazy, live a little crazy."

So what do you say, why don't you run off and join the circus?

Emilie M. Bonovitch, RDH

VDHA President 2018-2020



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Upcoming Events

Executive Board Meetings

January 25, 2020	9am-1pm	ZOOM
April 18, 2020	9am-1pm	ZOOM
July 25, 2020	9am-3pm	Charlottesville, VA

Ignite VDHA Leadership Workshop

November 16, 2019 9 AM – 3 PM
Holiday Inn Monticello, Charlottesville, VA



SAVE THE DATE!

Spring Scientific Session

March 27-29, 2020
Hilton Richmond Hotel & Spa/Short Pump Richmond, VA

67th Spring Scientific Session
of the Virginia Dental Hygienists' Association
March 27-29, 2020



Hilton Richmond Hotel & Spa/Short Pump
12042 West Broad Street, Richmond, VA

Details to follow in the mail
and also on **vdha.net**



Join us on Facebook!
<https://www.facebook.com/groups/vdha.net>

Component News & Reports

Greater Richmond

Greater Richmond Component Contacts

Heather Tuthill, MPH, BSDH, RDH- Trustee -- herrerahm29@gmail.com
Christian Waterman, BSDH, RDH- Chair -- watermanrdh@gmail.com
Amber Mosby, BSDH, RDH- Financial Liaison -- amber9ski@comcast.net
Missy Stowe, BSDH, RDH—Missystowe99@gmail.com



Welcome Luncheon: On August 16th, we held our annual Welcome Luncheon for the VCU Dental Hygiene students. We enjoyed meeting the students and introducing them to their local component. We continued President Bonovitch's Greatest Showman theme for the year by wearing red noses.



Congrats to Heather Tuthill, MPH, BSDH, RDH on being Greater Richmond's **Outstanding Member of the Year 2019!**

Celebration of NDHM: On October 17th, GRDHC hosted a wine tasting event at Richmond Wine Station to celebrate National Dental Hygiene Month!



House of Delegates: A big thank you to our Greater Richmond Delegation: Heather Tuthill as Trustee and delegates Kristen Greene, Marlene Rhodes, Missy Stowe and Christian Waterman. Our VCU student delegates Helena Nefferdoff and Cassandra Cooper and our Scholarship Recipient Winner Denise Steers-Smith We had additional guidance from Melanie Bartlam (Past VDHA President), Susan Reid-Carr (Past VDHA President) and Emilie Bonovitch (President).



Monticello

Betsey Soulsby is Component 06 Monticello 2019 Outstanding Component Member. Betsey is and has been an active, faithful member for **decades**. She is currently the continuing education chair, schedules meeting rooms for component meetings and spearheads the Terracycle program. She has served as a delegate for VDHA House of Delegates and sat in as Trustee at VDHA Executive Board meetings on several occasions. She is active in various Outreach and Community programs. Betsey is indeed deserving of the 2019 Outstanding Component Award.



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- Any brand of toothpaste cartons and toothbrush outer packaging
- Any brand of floss containers



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Northern Virginia

NVDHA had a successful Kick-Off CE in September with Open Wide: Expanding Our Vision of Oral Health with Susan Pharr, RDH, BSDH, MPH and Carrie Redden, MPH, MCRP. They presented the video “Hidden Pain”, produced by Betty Pebbles. The video was very well received.

Our October speaker for OSHA and Blood Borne Pathogens by the infamous Dr Louis DePaola, DDS, MS was well attended.

Thank you to all the NVDHA Delegates and Alternate Delegates who attended the VDHA House of Delegates in Richmond, October 25th-26th; Sheila Sheats, Cathy Berard, Betsy DiSilvio, Rhea Rossi, Nancy Martin, Tammy Goswick, Kelly DiVito and Tonya Mortensen. We would especially like to thank our NOVA Dental Hygiene students, Sana Mahnoor and Valerie Yang. They demonstrated great professionalism and leadership. We look forward to working with them and seeing them grow within our organization. Our Component Award was given to Cathy Berard at the VDHA President’s Luncheon. Cathy has been a mentor to many and we appreciate all the endless tasks she does for Legislation on both local and state levels. Cathy is always your “go to” person. Thank you, Cathy.

Congratulations to NVDHA members who will be representing VDHA at the ADHA Annual Session in New Orleans in June 2020; Cathy Berard, Rhea Rossi and Julie Simms.

NVDHA will be hosting on November 20th a CE at PJ Skidoos on “Waterlines” by our own Cathy Berard. Proctor and Gamble will be sponsoring this event and distributing complementary Oral B electric toothbrushes. We thank Proctor and Gamble for all their support throughout the years.



We would also like to recognize the individuals who will be attending Ignite, November 16th in Charlottesville, VA, Ashley Davidson, Tamara Banks, Wendy Wimmer and Tonya Mortensen. NVDHA is excited to include these dental hygienists who have expressed interest in Leadership opportunities within ADHA. Look forward to working with you.

Respectfully submitted,
Julie Simms, 01 Trustee

Northwest Virginia

President – Kate Hoffman
Vice President – Megan Hill
Secretary – Lori Ellington
Treasurer – Karen Avey
Trustee – Linda Gill

Component 10 had a very interesting and successful continuing education program on October 19 featuring Julie Pettler, MS, BA- Title: CBD Oil Explained and Iris Anastasia Panos, DMD, MS- Title: The True Cost of Vaping. Many thanks to Sue Daugherty for arranging a superb meeting! And speaking of Sue Daugherty, she was elected Northwest Component member of the year and awarded a certificate at the House of Delegates President Luncheon in Richmond on October 26!

More news from the House of Delegates.....

Kate Hoffman was awarded the VDHA Outstanding Member of the Year award. Way to go Kate! Kate was also elected Speaker of the House for next year's HOD!



HOD attendees left to right: Kate Hoffman, Ryan Maphis, Laura Montemurro, Linda Gill, Madison Poole, Meghan Glago, Pam Boyer, Lori Ellington. (Missing: Dawn Southerly)

Peninsula

The Peninsula Component has been busy expanding its leadership capacity by having young professionals serve on the executive committee that conducts business both by Zoom and face to face meetings. Four members shall be participating in the *Ignite Workshop* and the Nov. 4th Fiduciary Training Session. Our trustee conducted a separate, interactive orientation session with the TNCC Student Delegates prior to the Delegation Team's briefing in her home, as well as provided dinner to make hard work fun, too.



Marge Green, Julie Martin, Christina Quiros, Desiree Turner, St. Del., Kaile Sansbury, St. Del., Cynthia Saxton Flowers, Rachel Royal - absent

The September business meeting and 2 hr. CE event was enjoyed by many as Lisa Stillman, RDH, BS presented a comprehensive presentation on the evidence-based utilization of Xylitol for oral and general health. Erin Bailey, RDH, Colgate Oral Pharmaceutical Rep. kindly provided product samples complimented by an informative presentation, as well. Component and VHyPAC fundraising, networking, along with corporate sponsored appetizers made for a memorable event.



The 66th HOD session was filled with celebrations of awards to bring home and be reiterated during our Nov. 12th CE event conducted by Lisa Doyle, BSDH, RDH 3M Rep. on Management of Xerostomia.



Julie Martin, BSDH, RDH received the VDHA *Patricia A. Golliday Award of Dedication*



Amy Rankin, BSDH, RDH recognized for the Component's *Outstanding Member*.

Piedmont – No Submission at this time
Southwest Virginia

This has been a successful year for our component 09. We have had two great C.E. Courses and component online Anytime meetings on the following dates: March 21st, August 8th, 27th and October 18th.

We were represented at HOD by Margaret Martin and Megan Wallace as delegates and Sharon Kennedy as Trustee. We were joined by two students from W.C.C., Melanie Miller and Meghan Bosserman. Moe Thompson was presented with outstanding member award for our component.

Melanie and Meghan will be attending Ignite in Charlottesville representing ou Southwest Virginia component.

Respectfully submitted, Sharon Kennedy, RDH



Moe Thompson receives Outstanding Component Member Award



Emilie Bonovitch recognizes SWVDHA Trustee Sharon Kennedy



L to R: Megan Wallace, Delegate; Sharon Kennedy, Trustee; Melanie Miller, Student Delegate; Margaret Martin, Delegate & Megan Bosserman, Student Delegate

Tidewater

Happy Holiday season from Tidewater Dental Hygienists' Component 03!



Tidewater would like to congratulate our very own Tracey Martin on her newly elected position as VDHA's President Elect, voted on at the 66th House of Delegates in Richmond, Virginia. At the HOD, Tidewater worked very diligently and was represented by Trustee Meg Lemaster, Delegates Jessica Suedbeck, Kelly Fox, Irene Connolly, Emily Ludwig, and alternate delegate Mary Gray. Student delegates representing Old Dominion University were Alexis Flaherty and Jenna Billups, and a huge shout out to them for all of their participation.

Tidewater continues to maintain an active season well into the spring with some great upcoming CE and social events, keep a look out through the VDHA website <https://vdha.wildapricot.org> and as always our very busy Facebook page <https://www.facebook.com/groups/tdha03/>.

Upcoming Events:

- November 22, 2019 Dr. Bryan Konikoff presents Periodontal Considerations
- December there will be a Holiday social: date TBD
- January 23, 2020 Dr. Haveles presents Opioid Use in Oral Healthcare: The Good and The Bad

Our leadership roles have changed a little this year and we are always looking for more volunteers to join our group! Let anyone of us know if you are interested!

2019-2020 THDA Leaders

Co-Chairs: Jessica Suedbeck and Emily Ludwig

Trustee: Kelly Fox

Financial Liaison: Angela Tye

Medial Management: Jessica Suedbeck, Meg Lemaster, and Sam Vest

Membership: Jessica Suedbeck and Emily Ludwig

Kelly Fox, Trustee
Flosswithmerdh2015@gmail.com

Membership News

Happy Fall and greetings from the Membership team at the VDHA! **May graduates—we hope you have been enjoying your free upgrade to professional membership and encourage you to renew with this upcoming cycle.** Remember members, quarterly payments are always an option. To review all that ADHA has done in the past year, make sure to check out the annual report video here:

<https://vimeo.com/geomatrixproductions/review/331811646/d04687336f>

We hope you all also enjoyed the National Dental Hygiene Month incentives offered to members as well as the #DoTheSwish challenge. What a wonderful partnership ADHA had with Johnson & Johnson and Walgreens!



<https://images.app.goo.gl/WvcM8kCs3KvuptYX8>

Local components, we want to encourage you to reach out and show appreciation to your local members. Invite them to your meetings and offer mentorship to our newest members. Make sure you also reach out to potential members and invite them to your events and meetings. Finally, we challenge you to create an active Facebook page that shows postings of membership benefits and encourages membership participation. See the VDHA Facebook page for ideas at

<https://www.facebook.com/groups/vdha.net/>.

If you have any questions regarding membership do not hesitate to contact Emily Ludwig or Jessica Suedbeck at eludw003@odu.edu or jsued07@gmail.com.

Best,

Emily Ludwig, RDH, MSDH and Jessica Suedbeck, RDH, MSDH

VDHA Membership Co-Chairs

VHyPAC News

Greetings from the Directors of VHyPAC. The elected and appointed directors of the Virginia Hygienists' Political Action Committee are as follows: Director/Chair: Maureen McCann, RDH, BSDH, Directors: Tracey Martin, RDH, BSDH, Jessica Elmore McManus, RDH, MS, Rhea Rhossi, RDH (re-elected in 2019 HOD), Kristin Green, RDH (newly-elected in the 2019 HOD) and Appointed Director; Marlene Rhodes. We are advised by our lobbyist Cal Whitehead and Mark Hickman (who is our primary contact and advisor).

The VHyPAC uses contributions to fund Virginia General Assembly and statewide candidates who share our goal to foster a better, safer environment for oral health and dental hygiene. Richmond has a much greater impact on your practice and patients than D.C. Political contributions allow us to target our message and connect you to important decision- and policy-makers in Richmond. With your support we achieve our mission of educating legislators and the Administration about our professional concerns. This year we contributed \$3750 to the following candidates: George Barker of Alexandria (Senate candidate), Friends of Patrick Hope of Arlington, Orrock for House of delegates (Thornburg), Adams for Delegate (Richmond), Sickles for Delegate (Franconia), Friends of Dr. Todd Pillion (Arlington), Friends of Steve Newman (Forrest), Commonwealth Victory Fund (Richmond), House Republican Campaign Committee (Henrico), Virginia Senate Republican Caucus (Williamsburg), Kathy Tran (Springfield), Friends of Amanda Chase (Midlothian), Delany for Delegate (Centreville) and Friends of Glen Sturtevant (Midlothian).

At our House of Delegates, we raised an additional \$750. With two more \$50 contributions coming afterwards from members who were not at the HOD weekend. My "hats off" to our directors who worked to educate those members who attended the HOD. This is what will make our fund perpetual and make our voice known.

You can directly send contributions, at any time, to: Virginia Hygienists' PAC (VHyPAC)
c/o Commonwealth Strategy Group
118 North 8th Street
Richmond, VA 23219

Respectfully submitted, Maureen P. McCann, RDH, BSDH VHyPAC Chair



Planning & Development Council News

Save the date for Scientific Session! 27-29 March 2020 at the Hilton Hotel and Spa in Richmond, VA.

This year brings exciting new speakers. We will be having an 8:30-9:30 session and we will view a video produced by one of our long-standing members, Betty Peebles, owner of Team Placement. It is an eye-opening view of the need for dental care and the lack of access to care for some populations. It is thought provoking. There will also be state legislators present to bring greetings.

After that, we will have Kathryn Gilliam, RDH. BS.FAAOSH presenting "The Celiac Surge: Oral Signs of a New Epidemic". The afternoon presenter is Maj. Iris Anastasia Panos, DMD, MS MSc, discussing "Electronic Cigarettes (e-cigs) and Oral Health."

Saturday's courses will bring "Healthy Mouth Healthy Mind OR Dementia and the Dental Impact" presented by Anne O. Rice, RDH, BSDH. Saturday afternoon we'll have the IPP from District of Columbia Dental Hygiene Association Shavonne Healy, MSDH, RDH, ICP and she will present "The Role of the Implant Practitioner in the Preventive and Management of Peri-Implantitis."

Sunday morning ends a terrific line up with Dr. Joy Void-Holmes RHD, BSDH, MHs, AADH and her course is "What's New: Exploring Technological Advancements in Dental Hygienist's Instrumentation." This will be hands on.

We are fortunate to have such acclaimed speakers. We look forward to seeing everyone there!

Sheila B. Sheats, RDH

CE Chair

67th Spring Scientific Session
of the Virginia Dental Hygienists' Association
March 27-29, 2020



Hilton Richmond Hotel & Spa/Short Pump
12042 West Broad Street, Richmond, VA

Details to follow in the mail
and also on **vdha.net**



Public Health, Education & Professional Affairs Council News

Co-Chairs: Cathy Berard, BSDH, RDH and Marge Green, RDH, MS

PRACTICE OF DENTAL HYGIENE IN VIRGINIA: KNOW YOUR LAWS AND REGULATIONS!!

There are three levels of required 'direction' in Virginia:

1. Indirect supervision
2. General supervision
3. Remote supervision

The delegable duties under each level of direction vary, and it is important to know the differences to protect your license and your patients.

Always refer to the Board of Dentistry website for the facts:

https://www.dhp.virginia.gov/Dentistry/dentistry_laws_regs.htm#reg



VDHA Foundation



2019-2020 Alice Hinchcliffe Williams, RDH, MS Merit Scholarship



The VDHA Foundation (VDHAF) is delighted to announce and introduce recipient, Samantha Vest, RDH, BSDH.

Samantha graduated with a Bachelor of Science in Dental Hygiene from Old Dominion University in 2019. She will begin pursuing her Master of Science in Dental Hygiene from ODU this fall, with a concentration in education and an anticipated graduation date of May 2021.

*“During my undergraduate program, I learned everything there was to know about dental hygiene. Now as I make this step into my graduate program, I hope to learn everything and more about how to **teach** dental hygiene. I originally was going to continue my education in the Public Health field, but decided to switch to Dental Hygiene. With the guidance and encouragement of dental hygiene faculty from ODU, I feel I have made the best decision with my focus and track on education in dental hygiene. While in my undergraduate program, I had the opportunity to volunteer at several facilities and schools. Public health will always be a passion of mine and one that I hold dear to my heart. I plan to continue that passion through volunteering with the Norfolk Medical Reserve Corps and Virginia Health Department. My overall passion and goal now is teaching. The faculty at ODU helped me in ways that I never imagined teachers could and inspired me to one day help students the same way they helped me. As I begin my graduate research, I hope to start somewhere with an idea I had as a freshman in college. I hope to create a collaboration with the ODU School of Dental Hygiene Clinic and other health departments on campus such as counseling services, student health center, women’s health center, and other health sciences programs, to create one large College Health Day. This day would consist of providing various screenings and tests for ODU students for free. This collaboration would not only provide experience for health science students, but also provide education, awareness, and interprofessional collaboration between the other departments on campus and students. Similar to Ms. Alice Hinchcliffe Williams, I hope to continue a lifelong journey of learning. With the generous help through the Alice Hinchcliffe Williams, RDH, MS Merit Scholarship, I will one day be able to inspire future generations, the same way she has.”*

svest001@odu.edu; samantha.vest@outlook.com

Phone #: (302) 745-2844

VDHA Foundation (continued)



Gratitude to VDHA members, Susan Pharr and Deirdre Kane for manning VDHA's Exhibitor's Table, funded by the VDHA Foundation (VDHAF), at the Virginia Health Catalyst (VHC) Oral Health Summit (Nov. 7th) that attracted 250 attendees. Their exemplary leadership as Advocates advanced our profession's visibility and VDHA's interprofessional collaborative efforts to improve the public's total health. As seen in the photo, several other colleagues attended and joined in promoting the role of the dental hygienist and the benefits afforded the health care system with utilization of remote supervision



The VDHAF's annual funding of Student Delegates and Pages' service learning experience of engaging governance of the DH profession and association throughout the 66th weekend session of the House of Delegates was a huge success. This program remains a wise investment for developing future leaders who will protect and advance the Profession treasured by all.

VDHA Foundation (continued)
VIRGINIA DENTAL HYGIENISTS' ASSOCIATION
FOUNDATION HONOR ROLL REPORT OF GIFTS
 January 1, 2019 through November 9, 2019

JEFFERSON CLUB

Northern Virginia Hygienists' Component
In memory of Patricia A. Golliday, RDH

PATRIOT CLUB

Cathy Berard
 Irene Mary Connolly, RDH, MS
In Honor of Karen Avey, RDH, MSDH
 James H. Forsberg
In honor of the birthday of my daughter, Julie Simms
 Marge Green
In gratitude for Karen Avey & Sheila Sheats
 Meg Lemaster
In memory of Michelle Darby
 Nancy Martin
In honor of Brian Martin
 Elaine Newland & The Outcasts
In memory of Sarah J. Klenk and William F. Klenk, parents of Kathy McGarey
 Susan Pharr, BSDH, MPH
In honor of my VDHA colleagues
 Sheila Sheats
 Julie Simms
In honor of my dad, Jim Forsberg, In memory of my mom, Cynthia Forsberg In memory of Ted & Vicki Simms
 Greater Richmond Dental Hygienists' Component
 Monticello Dental Hygienists' Component
 Southwest Dental Hygienists' Component
 Tidewater Dental Hygienists' Component

DONOR CLUB

Julie Allen
 Karen D. Avey
In honor of Sheila Sheats and Jackie Perry
 Melanie Bartlam
Many thanks to Sheila Sheats for all your years of dedication to VDHA CE
 Dr. Patricia Bonwell
 Emilie Bonovitch
In honor of VCU Dental Hygiene Students
 Stacia Brooks
 Deborah Buckley
In honor of Pat Golliday
 Maria Camacho-Bell
 Betsy Di Silvio
In memory of Judy Walsh
 Linda Gill
 Evelyn D. Grant, RDH, MBA
 Desiree Harrington
 Catherine Johnson
 Antoinette Kahan
 Deirdre Kane
 Judith Knight
 Joyce Kwiatkowski-Spieler
 Margaret Lemaster
 Elaine Loftin
 Patricia MacDougall
 Mimi Magyar
In honor of Emilie Bonovitch, VDHA President
 Sana Mahnoor
 Sheryl Manion

DONOR CLUB (continued)

Julie A. Martin, BSDH, RDH
In honor of Jackie Perry
 Nancy Martin
 Kimberly May
 Maureen McCann
In memory of my dad, Martin McCann, always on my side
 Carolyn Moore
 John & Sheri Moore
In honor of Jamie Davila
 Elizabeth Peebles
 Jackie Perry
 Susan Pharr
 Susan Reid-Carr, BS, RDH
 Rhea Rossi
 Janis Slezak
 Pat Shand
In memory of Daniel Gallagher
 Kathy Cunningham Starr
In memory of Patricia Golliday, RDH
 Kathleen Stewart
 Moe Thompson
In honor of Woodrow Grayson Schmidt
 Christina Tulloch
 Deanne Watson
 Christian Waterman
 Jennifer Zimmerman
 Northwest Dental Hygienists' Component
 Peninsula Dental Hygienists' Component
In honor of Julie Martin's 3 year term as PDHC's Chair

All contributions enable VDHA Foundation to continue to make a significant difference in the lives of many. 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

Student Chapter News

Germanna Community College

What has the GCC Dental Hygiene Cohort of NVCC Been Up To?

The Germanna Community College cohort of the Northern Virginia Community College Dental Hygiene Program has been busy their first semester with academic, extracurricular, and community service events.

Here are some of the events they've been a part of:

- Interprofessional Healthcare Collaboration

This event brought together a network of healthcare professionals providing an environment for education from each profession. We worked with pharmacists, nurses, and physical therapist assistants discussing poly-pharmacy, safe work environments, and fall assessment and prevention.

- Wellness Day

This was a community event held at the GCC

Fredericksburg Campus where the Dental Hygiene class offered free oral health education, toothbrushes, and toothpaste.

- VDHA House of Delegates Development Workshop Weekend

Two students, Heather Fonda and Kate Traweek represented their Dental Hygiene Program, worked as pages, and sold pop sockets the class designed to raise money for their student chapter.



Additionally, on November 16, class officers, Heather Fonda (President) and Jennifer Settle (Treasurer) will attend the VDHA Ignite Leadership Workshop in order to represent their college and hone their leadership skills.

If you would like to support the GCC Dental Hygiene class of 2021 by buying a pop socket(s) please contact Heather at hrh2350@email.vccs.edu or Jenn at Jjs2221@email.vccs.edu.



Lord Fairfax Community College

Students from Lord Fairfax Community College (LFCC) had the opportunity to attend the 2019 House of Delegates (HOD) conference. Pamela Boyer and Ryan Maphis attended the conference as student delegates to represent the LFCC class of 2020. They were able to meet with experienced dental hygienists and observe the legislative process of proposing a change in VDHA regulations, as well as discover new resources available to them in this profession. The Student Chapter of the American Dental Hygienist Association (SCADHA) at LFCC also had Heidi Gutberlet and Morgan Propst attend HOD on Friday to sell club t-shirts to fundraise for graduation scrubs and board reviews. A huge thank-you to everyone who purchased a shirt and supported our class!



Pam Boyer, Ryan Maphis, Laura Montemurro, Madison Poole



Heidi Gutberlet and Morgan Propst

Northern Virginia Community College

Northern Virginia Community College class of 2020 has been busy working within our community to provide oral hygiene education and recruit children into our MCCP program. This semester has been particularly effective, and we've recruited more than double our regular number of participants. These children receive prophylaxis, fluoride treatment, and oral hygiene education. Our students also worked with MVLE to provide OHI for patients with special needs. Also, the class has volunteered at the local Head Start program to review OHI with the student and their parents. Further, we've partnered with The Lamb Center, Northern Virginia Dental Clinic, and Arlington Free Clinic to support the community population in need. Class of 2020 has developed a dental hygiene fund in which we intend to ask community leaders for donations to support patients in need.



Old Dominion University

Dear Colleagues,

Happy Fall and greetings from the Old Dominion University School of Dental Hygiene! The classes of 2020 and 2021 are working diligently in clinic and classes as the Fall semester is flying by! Seniors, Jenna Billups and Alexis Flaherty, and faculty members Emily Ludwig and Jessica Suedbeck were honored to attend the VDHA's HOD and learn about leadership as well as network with other students and hygienists! Both students gave a presentation about HOD and their experience with the VDHA at their Halloween themed general SADHA meeting to educate the class on their wonderful experience! Seniors, Cassidy Jackson and Meghan Webber are also preparing to attend the VDHA's Ignite Leadership Workshop in November. ODU is honored to have the support from the VDHA to attend these wonderful events.



Above: SODH Senior SADHA officers with the newly elected Junior SADHA officers



Above: SODH faculty member Jessica Suedbeck (3rd from the left) pictured with Seniors, Jenna Billups (6th from the left) and Alexis Flaherty (7th from the left), at the VDHA's House of Delegates and Professional Development Workshop, October 26, 2019.

ODU's SADHA Chapter also inducted their newest Junior Officers at the start of the semester! The newest inductees are looking forward to mentorship from the Seniors and learning about the SADHA and what professional membership means at all levels.

The ODU Student American Dental Hygienist's Association Chapter also recently participated in the Susan G. Komen "Think Pink!" Walk on October 12, 2019! It was a great time for the students to get together outside of school and honor one of their faculty members by participating in the race!

Respectfully submitted,
Emily Ludwig, BSDH, MS, RDH
Lecturer and SADHA Advisor

Ann M. Bruhn, BSDH, MS, RDH
Associate Professor and Chair

Virginia Commonwealth University

October was an exciting month for VCU's SCADHA. The students focused on the upcoming 66th VDHA House of Delegates and what to expect when attending their first HOD. The current president of the VDHA, Ms. Emilie Bonovitch, provided a beautiful presentation explaining the purpose of the association and how the national, state and local levels all worked together to provide a voice for our profession. Additionally, she provided information on why young hygienists should stay members even though they may not hold an official position. Ms. Bonovitch informed the students of how their membership funds go towards hosting CE courses and lobbying for the betterment of the hygiene profession.

Senior hygiene students, Ms. Helena Nefferdorf and Ms. Cassandra Cooper were selected as student delegates at the HOD for the Richmond component. They said it was an experience like no other. Ms. Cooper sat in on a reference committee with RDH's who hold leadership positions within their components and took part in discussions about new proposed bylaws and resolutions that the group was delegated to make recommendations on. Ms. Nefferdorf was part of the Minutes Committee and invited to give testimony on a proposed resolution on the controversial topic of the ADHA supporting the baccalaureate degree as the minimal entry level education for an RDH.

The student delegates came away changed from their weekend at the Virginia House of Delegates. Both were struck by the passion for dental hygiene these strong women and men had. They were also keenly aware of how respectful and attentive each hygienist was during the debates and forums. This was an unforgettable experience for them and will certainly stay with them the rest of their lives.



Thomas Nelson Community College no submission at this time
Virginia Western Community College no submission at this time
Wytheville Community College no submission at this time



Seeking Participants for a VCU Research Study of Remote Supervision

Have you seriously explored or participated in a remote supervision dental hygiene project in Virginia? Remote supervision stakeholders, together with VCU researchers, are conducting a study titled “Examining the Implementation of the Remote Supervision Dental Hygienist model in Virginia” to learn about barriers, facilitators, preferences, and limitations of using the remote supervision dental hygienist model in Virginia.

Participation in this study is voluntary and involves one interview lasting approximately 45 minutes conducted in person (depending on your location), by phone, or by a web application. Participants will not be paid for participating and there would be no direct benefit to you. However, this research has the potential to inform and improve statewide implementation of the remote supervision dental hygiene model and also inform national conversations among practitioners, policymakers, and scholars. Participants’ identities will remain private in any results that are produced from this study. This study has been approved by the VCU Institutional Review Board (HM20017378.)

To learn more about the study and determine if you are eligible, please contact Sarah Raskin at seraskin@vcu.edu.

Thank you.

2019 – 2020 Officers, Councils & Committee Chairs

President: Emilie Bonovitch	Administrative Council:
President Elect: Tracey Martin	(President Elect) Chair: Tracey Martin
Immediate Past President: Mimi Magyar	Budget and Finance: Trish Macdougall
Vice President: Tracey Martin	Vice President: Christian Waterman
Treasurer: Trish MacDougall	Policy, Bylaws and Resolution chair: Julie Simms
Recording Secretary: Lori Ellington	Committee member: Irene Connolly
Corresponding Secretary: Uswa Arain	Procedure Manual: Christian Waterman
Speaker of the House: Kate Hoffman	Corresponding Secretary: Uswa Arain
Alt. Speaker of the House: Meghan Glago	Recording Secretary: Lori Ellington
	A.H. Williams Fund: Pam Kitner
Trustees:	Leadership: Kelly Tanner
01-Northern Virginia: Julie Simms	
02-Greater Richmond: Heather Tuthill	2020 ADHA Delegates
03-Tidewater: Kelly Fox	Emilie Bonovitch, IPP, 1 st delegate
05-Piedmont: Kyla Kelleher	Tracey Martin, Pres, 2 nd delegate
06-Monticello: Evelyn Grant	Christian Waterman, , 3 rd delegate
07-Peninsula: Marge Green	Rhea Rossi, 4 th delegate
09-Southwest Virginia: Sharon Kennedy	Cathy Berard, 5 th delegate
10-Northwest: Linda Gill	TBD---, , PE, 1 st alternate delegate
	Julie Simms, 2 nd alternate delegate
Leadership Committee Chair: Kelly Tanner	Heather Tuthill 3rd alternate delegate
Members: Christian Waterman Misty Mesimer	Julie Martin 4 th alternate delegate
Student Member: TBD	Cynthia Saxton-Flowers, 5th alt. delegate
Public Health, Education, & Professional Affairs Council: Co-Chairs: Cathy Berard and Marge Green	Planning and Development Council Chair: Melanie Bartlam
Regulation and Practice: Heather Tuthill	Continuing Education: Chair: Sheila Sheats
Board of Dentistry Liaison: Mark Hickman mark@commonwealthstrategy.net	Ways and Means: Karen Avey
Lobbyists: Mark Hickman and Cal Whitehead	House of Delegates Chair: Sheri Moore
VHy-PAC Directors' chair: Maureen McCann	Foundation Director: Chair-Emilie Bonovitch
Vhy-Pac Director (appointed): Marlene Rhodes	HOD Secretary: Amanda Kimball
Vhy-Pac Director: Tracey Martin	Foundation liaison: Irene Connolly
Vhy-Pac Director: Rhea Rossi	Foundation Secretary: Cathy Berard
Vhy-Pac Director: Kristen Greene	
Vhy-Pac Director: Jessica Elmore	Member Services Council Chair- Julie Martin
Public Health Committee: Susan Pharr	Membership Committee Co-Chairs: Emily Ludwig & Jessica Suedbeck
VA Health Workforce Dev. Authority Liaison: Marty Sullivan	VA SADHA Liaison Co-Chairs: Janis Siezak & Betsy DiSilvio
VA Oral Health Coalition: Dr. Denise Claiborne	ADHA Educ. Network Liaison: position open
Free Clinic Liaison: Sherry Basham	Directory: Betsy DiSilvio
Head Start Liaison: Deirdre Kane	Newsletter Editor: Moe Thompson
VA Rural Health Association Liaison: Dr. Rita Phillips	Awards: Evelyn Grant
Education committee chair: Meg Lemaster	Historian: Julie Martin
DH Educators' consortium liaison: Michelle McGregor	Website Manager: Managed by OMG - Meg Lemaster
VA Department of Health Liaison: Tiffany Boyd	ADHA IOH Liaison: Cathy Berard
Ad Hoc Committee Remote Supervision CE: Susan Pharr, Marge Green, Marty Sullivan, & Meg Lemaster	

VDHA 2018-2019 Calendar

Spring Scientific Session

2020 March 26-29 Richmond, VA

HOD and Professional Development Workshop

2020 TBA

Executive Board Meetings

2020 January 25 9am-1pm ZOOM

2020 April 18 9am-1pm ZOOM

2020 July 25 9am-3pm Charlottesville, VA

2020 October TBA

Ignite VDHA Leadership Workshop

2019 November 16, 2019 Charlottesville, VA

Quarterly Reports Deadline (two weeks prior to E.B. Meetings)

2020 January 11

2020 April 4

2020 July 11

2020 October TBA (if something to report, otherwise year end reports will take its place on Aug. 24, 2019)

HOD Reports/Year End Reports

2020 August 22

Awards Nominations

2020 July 18

Curet Deadline (two weeks following Executive Board Meetings)

2020 February 8

2019 May 2

2020 August 8

2020 October TBA

Council Meetings: Council meetings should take place online and reports sent **two weeks prior** to the executive board meetings.

VDHA Foundation

2020 January 24 6-9pm Zoom

2020 April 17 6-9pm Zoom

2020 July 24 6-9pm Charlottesville, VA

ADHA Center for Lifelong Learning & Annual Session:

2020 June 12-16 New Orleans, LA

ADHA District III Meetings

ADHA D3 Trustee-Delegation Chairs only 7-9pm ZOOM online

ADHA District III Meetings (continued)

ADHA D3 Trustee Delegation Chairs only 7-9pm ZOOM online

ADHA D3 Delegates Orientation 2-4pm ZOOM online

ADHA D3 Reference Committee A 4-6pm ZOOM online

ADHA D3 Reference Committee B 7-9pm ZOOM online

ADHA D3 Reference Committee C 7:30-9:30pm ZOOM online

ADHA Executive Board Meetings:

ADHA Fall Board of Trustee Meeting In Person

ADHA Winter Board of Trustee Meeting ZOOM online

ADHA May Board of Trustee Meeting ZOOM online

ADHA Annual Conference BOT Meeting ZOOM online

VOHC Summit

2019 November 7 Richmond, VA

Unleashing Your Potential Weekend

2019 November Chicago, IL

Virginia Board of Dentistry-Regular Board Meetings:

2019 December 13 9am Richmond, VA

2019 March 15 9am Richmond, VA

2019 June 21 9am Richmond, VA

2019 September 13 9am Richmond, VA

2018-2019 MOM Project Weekends- VDAF.org for details

2019 Special Olympics MOM Project: June 8, 2019

2019 Wise MOM Project: July 12-13, 2019

2019 Martinsville MOM Project: November 2, 2019

Homeless Connect mini-MOM: November 2019 (Date TBD)

Northern Virginia MOM Project: No project planned for 2019

Grundy MOM Project: No project planned for 2019

VDA Annual Session

2020 September 23-26 The Main, Norfolk, VA

ADA & ADEA Annual Session

ADA 2020 October 15-19 Orlando, FL

ADEA 2020 March 14-17 Baltimore, MD

International Federation of Dental Hygienists

2019 August 13-17 Brisbane, Australia

RDH Under One Roof

2020 July 15-18 Aurora, CO

Our Mission

Lead the transformation of the dental hygiene profession to improve the public's oral and overall health and advance the science and practice of dental hygiene.

Our Vision

Dental hygienists are integrated into the healthcare delivery system as essential primary care providers to expand access to oral health care

Thank you to all who contributed information for this issue of the Curet.

Deadline for submission for the Winter Curet is February 8, 2020.

You may send submissions to moethompson@gmail.com Contributions are requested to be no more than one page in length, including photos and sent as an attachment in word doc, 12 pt Times New Roman font.

