



**Virginia**  
DENTAL HYGIENISTS'  
ASSOCIATION

# VDHA CURET



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## *President's Message*

**If you want it, you want will it and  
if you will it, it will be yours!**

In October, we celebrated the 70th House of Delegates. During the meeting, we held an interactive Professional Development Workshop by Delegate Mike Cherry and Legislative Training by Tyler Craddock and Troy Garrett. We had virtual greetings from our District III Director, Sheri Moore, and our ADHA President, Dr. Becky Smith.

I am honored to begin serving my term as your President of VDHA from 2023-2024.



. I am excited to announce we have new members as our Elected Officers, Executive Board members, Trustees, and the ADHA delegates and alternate delegates. I welcome our newly appointed Councils and Committee Chairs. VDHA is grateful for the volunteers who serve the association and commit to improving the science of Dental Hygiene.

As VDHA moves forward into the next 100 years of ADHA, change is our driving force. We are pleased to celebrate an increase in membership, but our association speaks in numbers. We always welcome new members, whether you are retired or a recent graduate. I include our renewing members as well. The change in membership numbers from the impact of COVID has affected the VDHA, but we have risen up and are not willing to give up. On a positive note, we are increasing membership numbers, including professional and transitional student membership. With you, VDHA will be able to advocate for your profession.

We must continue to have a voice in our profession. Having a voice in our profession opens many avenues. Those avenues are at the educational, advocacy, and clinical levels. This year's success was passing the Medicaid dental reimbursement rate, which was increased by 30%. We support educational programs to allow more dental hygienists to enter the workforce. More than ever, we must address the workforce shortage of dental professionals, which leads to licensure portability. Licensure portability would allow Virginia to get relief in workforce shortage areas, enabling us to serve the public demand better.

We have a great year ahead on many levels. Mark your calendars for upcoming events, advocacy efforts, and continuing education courses. VDHA is hosting Ignite for professional development with Carol Jahn on November 18, 2023. Our next Rally Day is Friday, January 19, 2024, at the Capital in their new building! The weekend of March 22-23, 2024, will be our 71st Scientific Session in Richmond, where you can get all your CEs in one weekend. Remember, being a member has perks, such as discounted CE courses, leadership opportunities, discounts through Benefit Hub through ADHA, and protection to preserve the science of dental hygiene.

This year in VDHA, we will continue to change and adapt along with ways to stay current and present with our members. We are working on keeping our website up-to-date and other electronic methods to stay better engaged and inform our members. I and VDHA send best wishes for a Happy Thanksgiving and the upcoming holidays.

Best,  
Kristen D. Robbins, MPH, BSDH, RDH  
VDHA President

# Upcoming Events

VDHA Executive Board Meetings  
January 13, 2024 via ZOOM  
April 13, 2024 via ZOOM

**VDHA Rally Day 2024**

Save the date now to join us in January!  
**Thursday, Jan. 11 7:30pm -8:30 Zoom Orientation**  
**Friday, Jan.19 Rally Day at the General Assembly**

A woman with curly hair is holding a white sign with the text "TOGETHER WE RISE!" written on it in black marker. The background is a solid yellow color.

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**71ST SCIENTIFIC SESSION**

March 20, 22-23, 2024  
Zoom and Hilton Short Pump,  
Richmond  
Registration opens December 1st

**JOIN US!**

A circular inset image shows a close-up of a dental professional wearing blue gloves examining a patient's teeth with a dental instrument. The patient is smiling.

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ASSOCIATION

# Component News

## Northern Virginia (01)

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NVDHC was proud to have five of our members represent our component at the VDHA House of Delegates the end of October. Thank you to Cathy Berard, Janis Slezak, Sheila Sheats, Kelly DiVito, Tammy Goswick and the first time attending Arati Singh as our alternate delegate. Our student delegates were Kayla Orange and Rosa Tripp. So excited they were able to participate. We would like to congratulate Janis Slezak for being presented the Component Recognition Award. Janis has been an active member since her graduation and has served as Chair for several years. We appreciate her time and dedication.

I would like to welcome and recognize several members who were new to the House of Delegates. Arati Singh serving as our alternate delegate, Katarina Jones, a new graduate from VCU and Derik Sven having recently moved from Seattle and serving on our state board.

October was a successful presentation. Dr. DePaolo from the University of Maryland presented an OSHA update and blood borne pathogens.

November we will be hosting Anne Miller, RDH, MS from Proctor and Gamble presenting “Pro Smile, Rx – A Prescriptive Approach to a Healthier Practice and Healthier Patients”. This is a two-hour ZOOM CE that NVDHC is offering free to members and potential members.



In lieu of having a December gathering, a February get together is February 11th at PJ Skidoos.

Please join us. Please contact Julie Simms, [kringlesimms@gmail.com](mailto:kringlesimms@gmail.com)

Respectfully submitted, Julie F Simms, Trustee 01



## A Letter from Arati Singh, Component 01, Alternate Delegate

“Although I had gotten my Dental Hygiene degree in the state of New York, it was always my desire to move back and practice Dental Hygiene in the state of Virginia, where I was born, and originally from. I was able to fulfill that dream in late 2019 when I moved back to Virginia and obtained my license to practice Dental Hygiene. Being an ADHA member, I had also become a member of the VDHA, Northern VA Component. Recently, I was approached with the opportunity of being an alternate delegate for the House of Delegates weekend in Richmond, and this piqued my interest, as I was always curious as to how resolutions were approved and passed in relation to the practice of dental hygiene. I had absolutely no clue as to what I was getting into. But I was thankful to have met Julie who made me feel welcome and informed every step of the way. As an alternate delegate, I learned that my role was to step in as an acting delegate in order so our component would be considered complete and our vote counted if one of the official delegates happened to be delayed or could not show up. During the recent HOD weekend, I did in fact get the opportunity to credential in and participate during the second meeting of the session. It was an exciting moment for me to be able to partake and affect change in the practice of dental hygiene, a profession I am proud to be a part of in my home state. I was also very excited to network with other Dental Hygienists throughout the state and I loved it to see just how supportive this group of women were to each other, while being passionate about the profession of dental hygiene. The one thing that I loved learning about VDHA is that they always prioritize family. This was something that they constantly spoke about during the weekend and this was very encouraging to me.

I am very fortunate that I got the chance to attend and I look forward to attending future sessions, hopefully as a future delegate, representing the Northern Virginia component within the VDHA.”



## Greater Richmond (02)

### Greater Richmond Component Contacts

Marlene Rhodes, RDH, BSDH, CDA- Trustee - marlenerhodesrdh@gmail.com

Hagir Saleh, BSDH, RDH- Chair – hagirsaleh7@gmail.com

LaTasha McLee, MSDH, BSDH, RDH- Financial Liaison, - lateshamclee@gmail.com

Emily Comia, BSDH, RDH – Secretary, Membership Chair - comiaen@vcu.edu



Events: October 27-28 Member Delegates, Student Delegates, and Alternate Delegates represented our Component at the House of Delegates in Richmond.

Recognition: We will have several delegates from our component representing us at the coming year's ADHA meeting. Pictured is Melvena Talley giving her personal statement, and VCU Student Delegate David Wein providing testimony. Several members moved or will shortly be moving into new positions within the association. Heather Tuthill is now VDHA IPP, Kristen Robbins is now our VDHA President, Marlene Rhodes will be the Legislative Co-Chair. Mentorship of new leaders who will be transitioning into new roles will take place all year.



Legislative: Now that elections are over; members and legislative chairs from across our components will be reaching out to all new and incumbent legislators to offer our services and become acquainted with them personally.

Next Meeting: 6:30 PM on January 22nd, 2024 W Broad St, Richmond, VA 23220

## Tidewater (03)

Tidewater was represented well at this year's VDHA House of Delegates in Richmond. Our awesome component was represented by our delegates, alternate delegates and ODU's student delegates. Shown below is (front row): Delegate Jessica Suedbeck, ODU Student Delegate Krystal Mabey, Trustee 03 Kelly Fox, Delegate Adaira Howell, and ODU student Abigail Brown, (back row): ADHA's Student Delegate and ODU student Kellee Dreeson, Past President of VDHA Tracey Martin, VDHA's recording secretary Amanda Woodland, Alternate Delegate Ameerah Dixon, Delegate Monica Drew, ODU Student Delegate Grace Turlington, and Delegate Sam Vest. Mentorship and professional development are very important to our association, as well as the support we provide for the dental hygiene profession.



Congratulations to all of our amazing members that serve our profession. A huge shout out to Sam Vest for their newly elected position as VDHA's Speaker of the House, Jessica Suedbeck for her newly elected position as Alternate Speaker of the House, and Monica Drew for accepting her award as Tidewater's Outstanding Member for 2022-23. If any RDH's would like to become more involved with their local component, we would love to have you join us! Please contact Kelly Fox at [flosswithmerdh2015@gmail.com](mailto:flosswithmerdh2015@gmail.com). Tidewater's next Continuing Education course is coming up on Nov.15th at ODU Health Science Bldg. 6:30-8:30, 2 CE credits. This course is being presented by Dr. Joshua Collingsworth: Empowering the Everyday Dental Hygienist. Tidewater is wishing everyone a happy holiday season!! We hope to see you all soon at the upcoming CE and keep an eye out for our upcoming holiday social.



## Monticello (06)

Monticello component has been collecting empty personal hygiene product containers, (including toothpaste tubes and used toothbrushes) for recycling with Terracycling. We recently used the earned funds to purchase toothpaste, floss, and Monticello DHC imprinted toothbrushes. These oral healthcare kits were delivered to food banks in 8 of the 12 counties in our component area. Win! Win! - less plastic going to landfills, helping those in need, and elevating recognition of our professional organization. Thank you Betsey Soulsby for your hard work on this!

Monticello held a CE in October: Snap, Crackle, Pop! What Your Patient's Assessment Is Telling You About Their Nutrition Presented by: Melia Lewis, MEd, RDH and Shelley Brown, MEd, RDH

The Outstanding Component Member Award was presented this year to Evelyn Grant. Evelyn was a superb example of someone who dedicated her time and efforts to moving the dental hygiene profession forward. She retired earlier this year after 43 years of practice. Evelyn began her career in Savannah, GA and once married followed her husband in the military until landing in Charlottesville in 1990 where she worked at UVA. During her time, she served as President of our Component, Delegate to HOD multiple times, Trustee, VDHA Awards Chair, Speaker of The House, and was awarded the Patricia Golliday Award of Dedication. We want to thank Evelyn for her hard work and dedication but most of all enjoy your retirement! You deserve it!

We were excited to have 2 student Delegates join us at HOD this year. Kristie Coleman and Jordan Green will be graduating this December from the accelerated program at Germanna Community College. We want to thank them for their participation but most importantly wish them well as they take their boards and embark on their careers as dental hygienists.



## Peninsula (07)

Chair: Cynthia Saxton-Flowers  
Trustee: Julie Martin  
Financial Liaison: Marge Green  
Membership: Desiree Stowe-Turner  
Facebook Manager: Julie Martin and Desiree Stowe-Turner  
Fundraising: VACANT

PDHC was represented at the VDHA 70th HOD in Richmond Fri. Oct 27-Sat. Oct 28 with our Delegation Team that included PDHC Chair and Delegate Cynthia Saxton-Flowers, VPCC Student Delegate Megan May, Delegate Desiree Stowe-Turner, VPCC Student Delegate Faith Ballard, and 07 Trustee Marge Green.

A special thank you to our now retired PDHC Trustee, Marge Green. Thank you for over a decade of dedication and mentorship you have provided for not only our component, but to our profession. Marge has spent countless hours going above and beyond. We simply cannot thank her enough.



Congratulations to PDHC member Julie A. Martin, BSDH, RDH For being recipient of the VDHA Outstanding Member Award 2022-2023



**!!SAVE THE DATES!!**

Look in your email and VDHA.net for more information about upcoming events!

Thursday December 14 VPCC Student appreciation

5 p.m. at VPCC Williamsburg campus.

Saturday February 10, 2023. 9 a.m. 2 Hr. CE

Posture, airway, TMD, orthodontic, sleep apnea connection: It all begins in early childhood.

## Southwest (09)

Chair – Kara Davis  
Co-Chair – Rita Phillips  
Secretary – Margaret Martin  
Immediate Past Chair – Sharon Kennedy  
Chair Elect –  
Trustee – Kara Davis  
Financial Administrator – Margaret Martin  
Committee Chairs  
Continuing Education Events and Curet –  
Head Start Liaison –  
Public Health Outreach –  
Membership – Amber Shuler  
Website Coordinator – Maureen Thompson  
Legislation –  
Delegates – Maureen Thompson and Wendy Oyakawa  
DH School Liaisons /Advisory Board – Amber Shuler  
and Rita Phillips



Pictured: Maureen Thompson (Delegate), Isaiah Crigger (Student Delegate), Hannah Graham (Student Delegate), and Kara Davis (Trustee)

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### Welcome Fall!

SWVDHA would like to give a big thanks of appreciation to our delegates that served at the VDHA House of Delegates in Richmond at the end of October. Thank you to our returning delegate, Maureen Thompson, past VDHA President. In addition, we had two student delegates from Wytheville Community College, Isaiah Crigger and Hannah Graham. These members worked very hard to express their opinions and vote on bills and policy in the best interest for our component, VDHA, and all registered dental hygienist in the state of Virginia. We appreciate their time, which involves an overnight stay or two away from their families. Congratulations to Kara Davis who won the SWDHA Outstanding Member Award. And a huge shout out to Maureen Thompson who won the VDHA Pat Golliday Award of Dedication. This award is very meaningful to all dental hygienists and especially holds a special place for Maureen that understood the dedication, desire, and passion that Pat Golliday shared. Maureen has worked very hard on the state and local levels for numerous years and helps maintain the activity for SWVDHA. SWVDHA held a two CE courses in August one on Probiotics and dental health benefits sponsored with BioGaia and an instructor-led course with Maureen Thompson on Naloxone administration and education. In September, our CE Speaker was Deirdre Kane on integrating medical and dental.

Stay tuned and keep in touch for our holiday gathering. Time and place to be determined. We are striving for this small component to reach out and accomplish big things: Increase membership, bringing new ideas, and providing more activities for the component and future members. If you like to share your passion for dental hygiene, please join us today by visiting the website.

## Northwest (10)

Our Component Outstanding Member Award was given to Karen Avey this year. We are so lucky to have her as an invaluable member of our component. She currently serves as the component treasurer. She goes out of her way to mentor members as they take on new roles within the component and within VDHA. She also is the clinical coordinator at Laurel Ridge Community College, teaching the next generation of dental hygienists. Thank you, Karen, for all you do.

A very productive meeting was held this year at the VDHA House of Delegates. This was the last year our component member, Kate Hoffman, served as Speaker of the House. Ryan Maphis, one of our very own, was elected to President Elect. Congratulations to all the volunteer members who were elected to serve the VDHA in the coming year.

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Component meetings are held virtually the 3rd Thursday of every month at 7pm. Our next meeting will be held November 16, 2023


# Public Health and Professional Affairs Council— Lobbyist Update

Election Day has come and gone, and we now have a much clearer, albeit still somewhat fuzzy, view of what to expect for the 2024 General Assembly session. The Democrats held the majority in the Senate of Virginia and picked up a majority in the House of Delegates. As of this writing, the Senate makeup is 21 Democrats and 19 Republicans. The House numbers reflect a similar split: 51 Democrats and 49 Republicans. The partisan split in and of itself is significant. On one level, it certainly reflects how closely divided Virginians are along partisan lines. Even more significant, however, is that the ideological divide is much wider than in decades past. While our issues are generally not ideological or partisan, the partisan and ideological divide among citizens and legislators shapes the environment in which our issues are debated and decided.

Partisan and ideological shift is not the only dynamic that will shape the upcoming session. Redistricting helped create the circumstances that led to many open seats. As a result, there will be a number of new legislators this year. Almost 30% of the House of Delegates will be brand new as will 15% of the Senate (not even counting new Senators who are coming over from the House). That is a significant share.

With the partisan switch in the House and significant numbers of new members in both chambers, the most immediate effect will be in the leadership and composition of committees that affect legislation and issues of importance to VDHA. As you know, much of the work of the General Assembly takes place as part of the committee process. With so many new members, we have an excellent opportunity before us to build new relationships and share information with new members (and returning members alike) about who we are, what we do, and why we are an integral part of the oral health continuum of care.

To that end, we would very much encourage you to reach out to those elected and re-elected to the Senate of Virginia and Virginia House of Delegates to congratulate them, introduce yourself, and let them know you are there to help. You can look up winners for your address here: <https://www.vpap.org/electionresults/20231107/my-ballot/>, email addresses for current legislators here: <https://lis.virginia.gov/232/mbr/MBR.HTM>, and newly elected candidates here: <https://www.elections.virginia.gov/casting-a-ballot/candidate-list/2023-november-general-election---ga-candidates/>.



Your email to them can be pretty simple:

Dear (Senator/Senator-elect/Delegate/Delegate-elect),

Congratulations on your (election/re-election) to the (Senate/House of Delegates). As a constituent and member of the Virginia Dental Hygienists Association, I wanted to introduce myself and offer my best wishes for your success during the upcoming General Assembly session. If I can ever be of assistance to you on issues related to oral health, please do not hesitate to reach out to me. [NOTE: IF YOU LIKE YOU CAN ALSO REQUEST A MEETING]

Thank you all for all that you do in support of VDHA advocacy. Please do not hesitate to reach out to us if we can be of assistance to you.





# Planning and Development Council

Please join us at the 2024 Scientific Session happening March 20, and March 22-23. We will be offering a total of 15 CEs-2 hours virtually on March 20, 2024, and 13 hours (including 1 CE for visiting the Dental Hygiene Industry Show) in person at the Hilton Short Pump Hotel in Richmond, VA.

You requested it and we listened! We are offering an option to visit the Exhibits without signing up for CE.

WEDNESDAY, MARCH 20, on Zoom

7:00 - 9:00 p.m. Beware and Be Aware A Primer for Practitioners  
Provost Pamela Zarkowski, BS, MPH, JD

FRIDAY, MARCH 22

10:00 a.m. - 1:00 p.m. Trauma-Informed Care in the Dental Office  
Kyle Isaacs, RDHEP  
3 Credits

2:00 p.m. - 5:00 p.m. Tooth Auto Transplantation (1.5)

Soft Tissue Grafting (1.5)

Christopher Richardson, DMD, MS  
3 Credits

SATURDAY, MARCH 23

9:00 a.m.-12 p.m. Collecting the Pathology Puzzle Pieces

Sarah Glass, DDS

3 Credits

2:00 - 5:00 p.m. The Working “Athlete”

Cheryl Hancock, DPT

3 Credits

Respectfully submitted,

Mimi Magyar, RDH

Planning and Development Council Chair

# Legislative and Advocacy Committee

Greetings to all. The idea that Advocacy and Legislation are needed to move our profession forward has long been a concept that is understood by the leadership and many of the members of the VDHA. This year is no exception. Our committee has a time-line of events during the year to move us forward. Please keep the following dates in mind for our upcoming RALLY DAY to help it to run more smoothly and be more productive.

The dates are as follows: If you plan to attend our Rally Day on January 19, 2024@ 8:30 a. m. to about 1:00p.m. in Richmond, please let the chairs of this committee know by January 5, 2024. This will help when organizing the groups for the visits to all of the legislators. We pair students with practicing RDHs as mentors. This worked beautifully this past year in January 2023. We will have a Zoom orientation for attendees and students on January 11, 2024 from 7:30-8:30 p.m.

Prior to attending, it is a good idea to touch base with legislators to set up appointments. This is an excellent time to contact your legislators and congratulate them, as the elections have just been held and many areas of the state have new representation. Introducing yourself as a constituent and expert in the area of oral health is on point. We had a speaker, at our recent House of Delegates in Richmond in October 2023, who reminded us that often representatives are assigned to committees and subcommittees that may not be in their area of expertise. When that happens, they do rely on input from citizens/ constituents who have more insight. So be a voice, but have input from the VDHA, so we that have are a united voice.

Our focus for Rally Day will be in put into a “Talking Point” format and will be printed and available to talk with and leave for your legislators. We are looking at two things to have on our agenda, but this will be updated and finalized as we get closer to RALLY DAY. Both the VDHA and VDA are supporting the Dentist and Dental Hygienist (DDH) Compact legislation. If enacted, it would allow the RDH and the dentist to practice in participating compact states with “compact privilege”. This has been talked about for the past few years and we need at least seven states to sign on in order to be initiated. I have attended both online reviews and a workshop at the ADHA Annual Session in Chicago this summer on compact legislation.

The other piece of legislation we have been asked to consider supporting is the Safe Haven proposal, asking licensing for support of licensed individuals who need help to be able to seek help (addiction/ mental health/ well-being) without triggering their boards and jeopardizing their livelihood by impacting their license to practice. Thanks for your consideration of all of these important concerns to help us to keep moving forward.

Respectfully submitted, Maureen McCann Sawin, RDH, BSDH out-going Advocacy and  
Legislative Chair

# ADHA District 3 News

I would like to thank Heather Tuthill and the Virginia Dental Hygienist Association for the invitation to attend your House of Delegates in October. Congratulations to Kristen Robbins as the newly installed VDHA President and to all the elected officers and Trustees. I was smiling when I returned home from that feeling of being around my VDHA family. I was bursting with personal news about my friends as well as news about the students, the professional development workshop and incoming new leadership. My husband John stated he noticed how much I had missed everyone. For those of you getting ready to enter the profession or newly active within the VDHA, the friends and connections you will make along your journey are everlasting.

Let me share with you a recent connection and hopefully a new friend. While in Chicago attending the Annual Conference celebrating the 100th anniversary of ADHA, I was introduced to an individual who resides in District III and the Constituent of Virginia. We were at an event on the Navy Pier. There was music, food, lots of people and noise. He was new to the east coast. Talking with him he confessed it was his first time attending the ADHA Annual Conference and it was a little overwhelming to him the amount of people. I introduced him to several dental hygienists who reside in Virginia, and I know would reach out to him if he wanted to be involved within VDHA or just make some new friends. There was one individual he wanted to meet. He had listened to his podcast over the years. I pointed him out in the crowd and he was on his way to introduce himself. Over the next few days, I saw him at different events, and he was making new friends, and I could tell he was enjoying himself.

Why am I telling you this story? When I was attending the VDHA House of Delegates in October, I was introduced again to this person. I sat in the back of the room and had several conversations with him. He is becoming involved in the Association and finding the place where he can best serve. As many of us do when meeting people, we friend them on social media. Upon returning home from the VDHA House of Delegates, I looked at his Facebook page. There he was sitting at a table in Chicago with some of the people he had met. A light bulb went on over my head, this was the individual I met in Chicago, but I had not made that connection while sitting next to him in the back of the room in Virginia. Maybe he recognized me but was being a gentleman by not pointing out the fact that I was not making the connection.

The point is, you never know who you will meet along the way in your leadership journey and how you may influence them, or they influence you. Reaching out to introduce yourself and let someone know they are welcome and have a place within the Association is important. Thank you, Derik Sven, for your permission to share our story with VDHA.

Sheri Moore, RDH, BSHS, FADHA, ADHA District III Director

# VDHA Foundation



## Alice Hinchcliffe Williams Scholarship Winner- Letter of Gratitude

I am deeply honored and grateful to have been selected as a recipient of the Alice Hinchcliffe Williams, RDH, MS Merit Scholarship. This generous support from the Virginia Dental Hygienist's Association Foundation relieves some of the financial burdens of pursuing my Ph.D. in Health Services Research at Old Dominion University and is a tremendous source of motivation and encouragement. I am committed to making the most of this opportunity, dedicating myself to my research on oral health literacy, and striving for excellence in all that I do. Thank you from the bottom of my heart for investing in my future and helping me support this incredible journey toward knowledge and personal growth. I am genuinely thankful for your generosity, and I am thrilled that this scholarship will support my research efforts to improve oral health literacy among low-income caregivers of young children in our community.



Sincerely, Melissa Sullivan, RDH, MS

*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

Danville Community College- No submission at this time.  
Virginia Western Community College- No submission at this time.

## Germanna Community College

Submitted by Victoria Dempsey, CDA  
Interprofessional Healthcare Student Council President



Germanna's Dental Hygiene cohorts have been busy this semester treating patients at the Moss Free Clinic and gaining knowledge each day! The second-year cohorts are preparing to take their National Boards. Germanna will be hosting the CDCA on December 5th. Some of GCC's Dental Assisting Cohorts have already taken their National Boards and are getting ready for graduation in December as well!

During this semester, both GCC's Dental Hygiene classes and Dental Assisting have volunteered for a mission project and attended many educational events. One event that was held by GCC's Interprofessional Healthcare Student Council (IPC) went over how to navigate and discuss Title IX, the Americans with Disabilities Act, and inappropriate behavior issues with peers/colleagues and patients. We learned that healthcare providers are four times as likely to encounter these behavioral issues from their peers and patients, making the healthcare providers a victim of harassment. The takeaway was for healthcare students to recognize inappropriate behaviors and to be able to handle those situations better, not only as a student at Germanna, but as a professional in their future career. GCC's Dental Hygiene and Assisting cohorts are looking forward to participating in a disaster simulation event coming up toward the end of the semester!

One event that Germanna's Dental Programs gave back to the community was by volunteering at the Remote Area Medical Clinic (RAM) at West Moreland High School in Montross, Virginia in September. This mission project, including dental, vision, medical providers, and general support, was an opportunity for students, especially health science students, to see the need for access to quality health care in our region. The event was able to serve over 200 patients and provided over \$250,000 worth of free care! Our Dental Program Cohorts left this mission with a rewarding experience. Germanna's Dental Programs went national by being featured in an article on the Bulletin of Dental Education with the American Dental Education Association! Read more about GCC's RAM experience on ADEA's website:

[https://www.adea.org/ADEA/Blogs/Bulletin\\_of\\_Dental\\_Education/Germanna\\_Community\\_College\\_Teams\\_Up\\_With\\_Other\\_Health\\_Science\\_Students\\_to\\_Provide\\_Care\\_to\\_Underserved\\_Populations.html?\\_zs=IfIhc1&\\_zl=m2WF9](https://www.adea.org/ADEA/Blogs/Bulletin_of_Dental_Education/Germanna_Community_College_Teams_Up_With_Other_Health_Science_Students_to_Provide_Care_to_Underserved_Populations.html?_zs=IfIhc1&_zl=m2WF9)

As we are sending our second-year Dental Hygiene cohorts and Dental Assisting Cohorts into the field this coming year, we are gearing up to welcome another hygiene and assisting class starting in January!





# Laurel Ridge Community College



Chloe Eckard and Lisa Kraslavka



Samantha Sheads and Elizabeth Field

The Northwest (10) Component had the privilege of having Student Delegates from Laurel Ridge Community College and Virginia Western Community College represented and assist with conducting business of the 2023 Virginia Dental Hygienists' Association House of Delegates



These students interacted on the state level with VDHA Members on Reference Committees, Component 10 Trustee Meghan Glago, Delegates Maureen Sawin and Lori Ellington, Alternate Delegate Karen Avey, Speaker of the House Kate Hoffman (10) and welcomed the newly elected Ryan Maphis (10) to her VDHA President-Elect position. All attendees participated in the Professional Development Workshop presented by Virginia Delegate Mike Cherry, 66th District, who spoke on the importance of accepting change in our personal as well as professional lives.

# Northern Virginia Community College

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Second Year (Written by Adelaide Cope): We are halfway through the fall semester here at Northern Virginia Community College and we have been so very busy. The second year dental hygiene students have been clocking in the clinic hours, seeing many patients and really improving and honing our skills. We are becoming more efficient in our treatment and getting better and better at radiographs, periodontal assessments and debriding. Second year began to learn local anesthesia this semester; this has been both a nerve wracking but exciting experience. We have been giving each other the injections every week and we are starting to get comfortable with all of that. It has been one of the most interesting and engaging parts of the program so far - we are so grateful that our professional association has been fighting for us to be able to learn this and perform this skill.

Even now in the clinic we can see how much of a difference being able to make our patients comfortable makes in our ability to perform our jobs to the best of our ability. We are nearing the end of the semester and our final semester is in sight now, we are all so excited to graduate and to start making our mark in this profession - we just have to survive boards first! Hoping everyone has a great semester and a great winter break!



First Year (Written by Shalini Jain): This semester at the Medical Education Campus of NVCC was about moving from classrooms to a real- world clinic. With our instructors guiding us, we practiced hands-on skills on typodont dental models and live patients. Active participation was key – listening to speakers, joining workshops, and getting hands-on in clinical sessions. Learning infection prevention and control, air polishing techniques, non-surgical periodontal therapies, and the precision of digital scanning added excitement to the curriculum. October was National Oral Hygiene Month and it was thrilling. We discovered the future of toothbrushes that use AI and integrated technology, enhancing at-home oral hygiene care. Halloween in October lets us get creative, making dental-themed Halloween decorations, displaying the dark and scary corners of dental hygiene and the allied health professions, in a memorable way. From orientation week, our bigs or mentors supported us through academics and clinics, offering encouragement and extra help when needed. Our journey isn't just about studying; it's about perfecting the art of smiling in dental hygiene. Working together, we're not just learning, but also making a positive impact on oral health and creating confident, bright smiles in our community!

# Old Dominion University

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Dear Colleagues,

Happy Fall and greetings from the Old Dominion University (ODU) School of Dental Hygiene (SODH)! The Fall semester for the Class of 2024 and the incoming Class of 2025 kicked off successfully! Both classes are working very hard in the clinic, pre-clinic, and didactic!

The SODH held another successful HOPES Clinic patient care day in partnership with Eastern Virginia Medical School's (EVMS) HOPES Esperanza Clinic on September 30, 2023! SODH students were able to provide quality oral care services such as scaling and prophylaxis, radiographs, sealants, SDF, and fluoride varnish therapy to the HOPES pediatric patient population for free! The services provided were the equivalent of \$8750 in national average fees! Way to go SODH!

In October, seniors Krystal Mabey and Grace Turlington were nominated by faculty and honored to serve as Student Delegates for the 2023 70th VDHA House of Delegates/Professional Development workshop in Richmond, VA. Along with SODH faculty, senior Abigail Brown attended to learn more about professional membership, the VDHA, and the procedures of the House of Delegates. Additionally, several seniors in the Class of 2024 were also nominated by faculty and honored to attend VDHA's Ignite Leadership Professional Development workshop! The SODH thanks the VDHA Foundation for their support of students for this valuable opportunity. We are so proud of our Senior leaders!

The SODH is also looking forward to Winter Weekend, our virtual continuing education event, February 23rd- 25th, 2024! We have a wonderful lineup of speakers and sponsors and look forward to a successful event!

Check out our SODH Facebook (Old Dominion University School of Dental Hygiene) and Instagram (@odu\_dentalhygiene) for school and student updates, and Winter Weekend information and speaker highlights!

Respectfully submitted by Emily Ludwig, RDH, MS, Assistant Professor and SADHA Advisor and Ann Bruhn, RDH, MS, Chair and Associate Professor

ODU SODH Faculty and Students attending  
VDHA's House of Delegates  
Top left to right: Amanda Woodland, Jessica  
Suedbeck, Ameerah Dixon, Adaira Howell, Monica  
Drew, Samantha Vest  
Bottom left to right: Senior Student and Student  
Delegate Krystal Mabey, Senior Student and DIII  
ADHA Student Delegate, Kellee Dreeson, Senior  
Student and SADHA Social Media Manager Abigail  
Brown, Senior Student and Student Delegate  
Grace Turlington



# Virginia Commonwealth University

VCU Faculty and Students participated in the VDHA's House of Delegates October 27-28, 2023.

Our senior students Sharon Giron and David Wein served Greater Richmond's delegation as Student Delegates. They gained an understanding of the HOD and participated in presenting testimony and serving on reference and minutes committees. Sharon presented her winning submission to the HOD for the Alice Hinchcliffe Williams Scholarship Award. They made us VCU Proud!

Faculty Heather Tuthill completed her Presidency term and is now VDHA's Immediate Past President. Adjunct faculty Kristen Robbins was installed as President of the VDHA 2023-2024. Faculty LaTasha McLee, Marion Manski and Adjunct faculty Emilie Ellis served as Delegates to VDHA representing Greater Richmond. Emilie Ellis was chosen to serve as Delegate to The American Dental Hygienists' Association representing Virginia. She also is serving as ADHA's Chair of the Committee on Policy and Bylaws. We are proud of our faculty and students for their dedication to servant leadership and moving our profession forward.

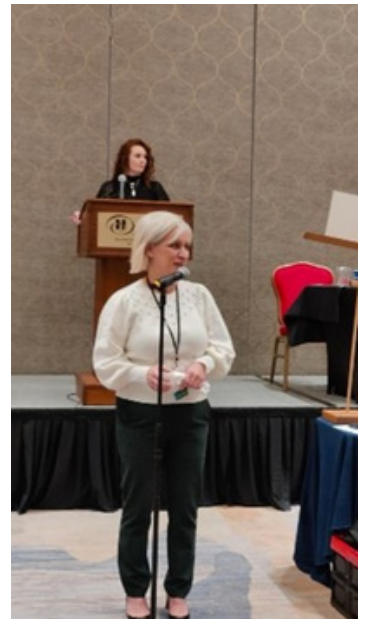




## Virginia Peninsula Community College

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A lot of fun, excitement, and learning at Virginia Peninsula Community College. Faith Ballard and Megan May represented Virginia Peninsula Community College at VDHA's 70th House of Delegates. Also pictured is VPCC graduate Desiree Stowe-Turner, who was this year's recipient of the PDHC's Outstanding Member Award. Thank you to the members of the VDHA who mentored our students through the HOD process.



In other news, we are having fun in the clinic, learning lasers, and getting “QUACKED” by a mysterious student. We also get to learn from our amazing new adjuncts Kristy Foleck and Amanda Hill and honored to have a visit from our new VDHA president Kristen Robbins. We appreciate everyone's love and support of our program.



## Wytheville Community College

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Wytheville Community College Dental Hygiene students attended the Virginia Dental Hygienists' Association House of Delegates in October representing the Southwest component. Isaiah Crigger and Hannah Graham serve as the SCADHA officers for the Class of 2024.



The students found the sessions to be very helpful and enjoyed meeting VDHA leaders and other dental hygiene students from across the Commonwealth. These students will have a strong presence in the future of VDHA!



# 2023-2024

## VDHA Officers, Councils, Committees, ADHA Delegates and Foundation Directors

### Executive Board:

President: Kristen Robbins  
President-Elect (PE): Ryan Maphis  
Immediate Past President (IPP): Heather Tuthill  
Vice President: Heather Fonda  
Treasurer: Trish MacDougall  
Recording Secretary: Samantha Smith  
Speaker of the House: Sam Vest  
Alternate Speaker of the House: Jessica Suedbeck

### Trustees:

01-Northern Virginia: Julie Simms  
02-Greater Richmond: Marlene Rhodes  
03-Tidewater: Kelly Fox  
06-Monticello: Nancy Dragovich  
07-Peninsula: Julie Martin  
09-Southwest Virginia: Kara Davis  
10-Northwest: Meghan Glago

### 2023 ADHA Delegates

\*Emilie Ellis, Head Delegate  
Heather Tuthill, 1st delegate  
Kristen Robbins, Pres, 2nd delegate  
Emilie Ellis, 3rd delegate  
Janis Slezak, 4th delegate  
Ryan Maphis, PE, 1st alternate delegate  
Melvena Talley, 2nd alternate delegate  
Tracey Martin, 3rd alternate delegate  
Cathy Berard, 4th alternate delegate

### VDHA Foundation Directors:

Chair: Heather Tuthill  
Chair Elect: Kristen Robbins, President  
Secretary: Cathy Berard  
Treasurer: Marge Green  
VDHA Liaison: Irene Connolly  
Ways and Means: Jessica Suedbeck  
Continuing Education: Sheila Sheats  
VDHA Treasurer: Trish MacDougall

### Administrative Council:

Chair (PE): Ryan Maphis  
Budget and Finance: Emilie Ellis  
Treasurer: Trish MacDougall  
Vice President: Heather Fonda  
Policy, Bylaws and Resolution Chair: Julie Simms  
Procedure Manual: Heather Fonda  
Recording Secretary: Samantha Smith  
A.H. Williams Fund: Abby Geiser  
Speaker of the House: Sam Vest  
Alternate Speaker of the House: Jessica Suedbeck

### Planning and Development Council:

Chair: Mimi Magyar  
Continuing Education Chair: Sheila Sheets  
Ways and Means: Co-Chairs: Jessica Suedbeck  
House of Delegates Chair: Mimi Magyar  
Foundation Director: Chair Heather Tuthill  
HOD Secretary: Amanda Woodland  
VDHA Foundation Liaison: Irene Connolly

### Public Health, Education, and Professional Affairs:

Chair: Cathy Berard  
Advocacy and Legislative Co-Chairs: Marlene Rhodes and Tracey Martin  
Board of Dentistry Liaison: Tyler Craddock, Troy Garrett, LSG Firm  
Lobbyists: Tyler Craddock and Troy Garrett, LSG Firm  
Public Health Committee: Brooke Crouch  
Virginia Health Workforce Development Authority Liaison: Vacant  
VA Health Catalyst Liaisons: Dr. Denise McKinney, Susan Pharr  
Free Clinic Liaisons: Sherry Basham  
Head Start Liaisons: Regina Dixon, LaTasha McLee  
VA Rural Health Association Liaison: Dr. Rita Phillips  
VA Department of Health Liaison: Brooke Crouch



**Member Services Council Chair:** Vacant

Membership Committee Chair: Heather Tuthill

Directory: OMG

Newsletter Editor: Emilie Ellis

Awards: Meghan Glago

Historian: Julie Martin

Website Manager: OMG

ADHA IOH Liaison: Cathy Berard

Website Committee: Ryan Maphis

**Leadership Services Council:**

Chair: Derik Sevin

Leadership Mentoring Chair: Emilie Ellis

Educational Committee Chair: Misty Mesimer

Leadership Sustainability Chair: Dr. Kelly Tanner

Leadership Development Chair: Misty Mesimer

SCADHA Consultant/VDHA Foundation Liaison: Irene Connolly

Student Member: Vacant

Nominations Committee:

Heather Tuthill

Susan Reid-Carr

Mimi Magyar

SCADHA Liaisons:

Mary Claryns Truz

Samantha Smith

# VDHA 2023-2024 Calendar

## Spring Scientific Session

2024 March 20 and 22-23, 2024 Hilton Short Pump, Richmond VA

## House of Delegates and Professional Development Workshop

2024 October 25-26 Hilton Short Pump, Richmond, VA

## Executive Board Meetings

2024	January 13	9am-1pm	ZOOM
2024	April 13	9am-1pm	ZOOM
2024	July 13	10am-3pm	TBD
2024	October 27	8am-12pm	TBD

## Ignite VDHA Leadership Workshop

2024 October 26 Hilton Short Pump, Richmond, VA

## Quarterly Reports Submission Deadline: (two weeks prior to Executive Board Meetings)

2023	December 30
2024	March 30
2024	June 29
2024	October 12

## HOD Reports Year-End Reports Submission Deadline:

2024 August 1

## Awards Nominations Deadline

2024 July 13

## Curet Article Submission Deadline: (two weeks following Executive Board Meetings)

2024	January 27
2024	April 27
2024	July 27
2024	November 9

**Council Meetings:** Council meetings should take place online, and reports should be submitted two weeks prior to Executive Board meetings.

## VDHA Foundation

TBD



### **ADHA Annual Conference/Business Meeting:**

2024 July 26-28 New Orleans, LA

2024 TBD Long Beach, CA

### **ADHA District III Meetings**

ADHA D3 Trustee Delegation Chairs only January 25, 2024 7:30-8:30 pm ZOOM online

ADHA D3 Delegates Orientation February 18, 2024 2-4 pm ZOOM online

ADHA D3 HOD Delegation Workshop and Reference Committee Meetings

June 2, 2024 9:00-3:00 pm ZOOM online

### **ADHA Executive Board Meetings:**

ADHA Winter Board of Trustee Meeting TBD

ADHA Spring Board of Trustee Meeting TBD

ADHA Annual Conference BOT Meeting TBD

### **Virginia Health Catalyst Summit (formerly VOHC)**

2024 October 18 Richmond, VA

### **Virginia Board of Dentistry-Regular Board Meetings:**

2023 December 8 9:00 am Richmond, VA

2024 March 8 9:00am Richmond, VA

2024 June 21 9:00am Richmond, VA

2024 September 13 9:00am Richmond, VA

### **2024 MOM Projects: (see VDAF.org for details)**

2024 Suffolk March 16 Kings Fork Middle School Suffolk, VA

2024 Special Olympics June 8 University of Richmond Robins Center Richmond, VA

2024 Wise July 19-20 UVA Wise Wise, VA

### **VDA Annual Session**

2024 September 13-14 The Greenbriar White Sulphur Springs, WV

### **ADA Annual Session**

2024 Oct 23-27 Seattle, WA

2025 Oct 23-25 Washington D.C.



  
**ADEA Annual Session**

2024	March 9-12	New Orleans, LA
2025	March 8-11	National Harbor, MD
2026	March 21-24	Montreal, Canada

**International Federation of Dental Hygienists / International Symposium on Dental Hygiene (biannual)**

2024	July 11-14	Seoul, Korea
2026	July 9-11	Milan, Italy
2028	June 2028	Dubai, United Arab Emirates

**RDH Under One Roof**

2024	July 18-20	Denver, CO
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## **Our Mission**

The Mission of this Association is to improve the public's total health, and to advance the art and science of dental hygiene.

## **Our Vision**

The Vision of this Association is oral health professionals promoting total health.

## **Diversity, Equity, and Inclusion**

The Virginia Dental Hygienists' Association is an inclusive organization that continues to encourage diversity within the profession of dental hygiene. We will not discriminate against race, gender, sexual orientation, or religion. We will be courteous, respectful and encourage positive dialogue. We will work towards more equitable access to quality oral health care and increase public awareness of the benefits of prevention, education, and research. We will continue to embrace diversity and an inclusive environment that encourages curiosity, innovation, and accountability.

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

Respectfully, Emilie Ellis, BSDH, RDH

Deadline for submission for the Winter Curet is Saturday, NOON, January 27, 2024.