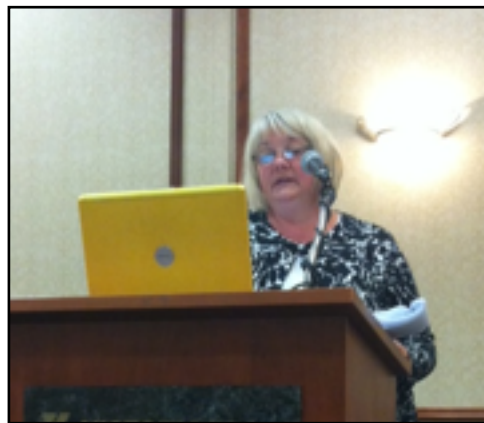


MONTAGE

SUMMER
2014



MDHA ANNUAL MEETING ACTIVITIES

This year's MDHA Annual General Meeting was held at the Victoria Inn on Saturday June 7, 2014 with another great member turn out.

The Association activities from the past year were reviewed along with the financial statements. We welcomed the new president and president elect - Larissa Bubnowicz and Heather Sirkovsky, respectively - and the

morning was rounded off with a presentation from keynote speaker, Sherri Scott, Dental Therapist, RDH, Preventive Programs Coordinator for the First Nations and Inuit Health Branch/Health Canada.

Thank you to all of the volunteers for your effort and dedication to your association, and thank you to past president, Stephanie Champagne, for

your term as president! Great work everyone!

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MDHA VISION

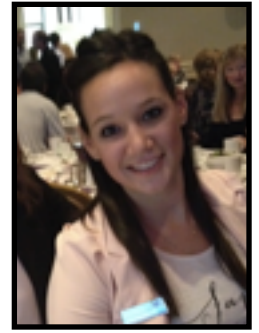
To be the collective voice of Manitoba Dental Hygienists in promoting the profession; cultivating partnerships with member-owners and other stakeholders and empowering our member-owners for the good of the profession and the public

MISSION STATEMENT

To advocate and promote the profession of Dental Hygiene; represent our member-owners, encourage lifelong learning and evidence based practice; and provide education & health promotion to the public. This includes:

- Acting as the collective voice, resource and advocacy body for Dental Hygienists
- Providing professional development and social networking opportunities
- Encouraging continued growth and development of the profession
- Creating public awareness of the profession of Dental Hygiene
- Providing opportunities for health promotion, education and community outreach

MESSAGE FROM YOUR PRESIDENT



As I sit here and write my final submission for the Montage, I cannot help but reflect on my past year as President of the MDHA and realize what a fantastic experience it has been for me. I have been privileged to meet many passionate and talented people from across the country and have learned so much from all of them.

Just over a year ago, at the 2013 MDHA Annual General Meeting, new board members were elected and I assumed the role of MDHA President, accepting the gavel from Past President, Shauna McGregor. Larissa Bubnowicz was elected to the position of President Elect, and will now assume the role of President for the 2014-2015 term. The MDHA Board of Directors consists of MDHA members who are committed and passionate about the profession of Dental Hygiene and we are fortunate to have them serving on the MDHA Board of Directors.

The accomplishments of the MDHA are not only attributed to the hard work and dedication of our board members, but also to all MDHA members who support our Association in one way or another, as well to our two staff members who are both new to the MDHA this year. Kim Wozniak, Executive Director and Amanda Marten, Administrative Assistant have proven to be very positive additions to our association and we thank them for the support they provide us on a day to day basis.

I would also like to thank all who attended the 2014 AGM held at the Victoria Inn on June 7. It was great to see so many familiar faces on a very early Saturday morning. Thanks again to Lori Olafson, of Sunstar for the donation of the dental supply packages that were presented to each MDHA member in attendance.

I would also like to thank all who completed the AGM survey. The information provided will assist the MDHA Board of Directors in meeting the needs of our members in the coming year.

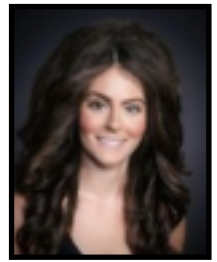
Over the past year the MDHA has worked on a number of initiatives to raise the profile of the Dental Hygiene profession and to provide our members with current, relevant information. Our website, www.mdha.ca, is updated on a regular basis and we connect with members and the public through our Facebook page, (Manitoba Dental Hygienists Association) and through Twitter (@MDHA_MB). Remember to check the MDHA website and follow us through social media for news articles, photos from MDHA outings, and information on upcoming volunteer opportunities.

In closing, I would like to say that I am extremely honoured to have served as President of such a fantastic organization. I definitely had to step out of my comfort zone in order to do this, however, it quickly became a part of who I am. I love meeting new people and public speaking is no longer as intimidating as it once was. I strongly encourage anyone reading this to consider becoming a part of the MDHA board; it is truly a rewarding and enjoyable experience.

Thank you for all of your support in the past year and I hope to see you in the years to come!

Stephanie Champagne, RDH

MESSAGE FROM YOUR PRESIDENT ELECT



“And so with the sunshine and the great bursts of nature’s fine growth, I had that familiar conviction, that life was beginning over again” – Unknown. With the coming of summer, life begins anew for the Manitoba Dental Hygienists Association ... it is simply hard to believe that this term, and my responsibilities as President Elect, is at a conclusion and that a new one awaits us.

I feel blessed for my time here at the MDHA. If the experiences of this year have instilled anything within me, it is a reconfirmation, of my fierce love and passion for this profession, and a deep respect for its individuals. Being a part of this association has been entirely rewarding and an experience of a lifetime. The results leave one with the confidence that our futures, both professional and personal, only hold the utmost potential and endless wondrous possibilities; the sky is indeed the limit ... it is your sky, with your limits.

Throughout the past year, I have witnessed, learnt and developed a firm belief that it certainly takes someone special and quite courageous to be the President of the MDHA. To hold this position demands passion, endless dedication, motivation and resilient strength. As President, Stephanie Champagne gracefully overcame an extremely challenging term, as the association was in between major transitional changes, growth and progression. Stephanie, on behalf of the MDHA, thank you for all the countless volunteer hours and gracious devotion that have been imperative to our successes and accomplishments. I would like to personally thank you for your mentorship and guidance, for sharing your experience and knowledge, all of which has been essential in preparing me for tomorrow’s professional challenges.

Through this journey, I have come to realize that it is not what you have, but whom you have in your life that matters most. From the bottom of my heart, a tremendous thank you to the MDHA Board of Directors. I know you each are truly an amazing individual, with such beauty, talent and kindness. Thank you all for constantly giving: giving your support, dedicating your time, committing your energy, and sharing your passion. You have offered guidance, inspiration and expertise and for that we, as members, are eternally grateful.

And thank you to **you**, the collective membership of the MDHA. I have truly loved getting to know each of you, personally and as an oral health professional. I would like to extend my sincere appreciation to all those who actively participated, contributed and volunteered their time, big or small, in whichever ways possible, throughout this past year. The association is only as strong as that of our collective members. Ultimately, the MDHA is **your** professional association, with its continued successful future relying on each of **you** and **your** meaningful contribution to its members and community.

I truly look forward to the upcoming year of presidential commitments, with all of its newly awaited challenges, welcoming opportunities, unknown potential and future endeavours. Please do not hesitate to contact me personally, larissabubnowicz@gmail.com, at any time. I would love to hear from you! I will see you all in the fall as the President of the MDHA!

Larissa Bubnowicz, B.Sc, Dip.DH, RDH
MDHA President Elect

For better dentistry

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- May be applied to wet tooth surface to save time and effort¹
- Formulated for no dripping or stringing to reduce potential mess¹
- Gluten-free for patients with dietary concerns¹
- Patent-pending design

Reference: 1. Data on file, Dentsply Professional.
2. Compared to competitive varnishes. Date on file.

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MESSAGE FROM YOUR EXECUTIVE DIRECTOR

Summer seems to have finally arrived and after a very long, cold winter, I'm sure you are looking forward to enjoying the lazy, hazy days of a Manitoba summer as much as I am.

The MDHA Annual General Meeting took place on June 7th and with that event now under our belts, we are looking forward to a few weeks of summer enjoyment before starting a new association year in September.

When we reconvene in September it will be with a new Board of Directors and I am pleased to be working with Stephanie Champagne, Mary Bertone, Larissa Bubnowicz, Maricris Filoteo, Charissa Jacinto, Karen Kiazzyk Kaatz, Nikki Nhan and Heather Sirkovsky as the new MDHA board of directors.

The Board will meet once more before we officially break for summer to appoint committee chairs and to fill the open board positions from among the board members. The full slate of officers/positions and committee chairs will be published in the next edition of the Montage.

September will be the start of the 2014/15 Association Year and the Board and Committee Chairs will kick off the year by participating in a Board Education workshop and strategic planning session in September. The strategic plan is the roadmap that guides the work of your professional organization. Planning for the future is always exciting and I am really looking forward to working with the Board as we develop our roadmap for success.

Fall also heralds the start of the new MDHA professional development year. Be sure to check the MDHA website for the dates of the 2014/15 professional development and networking opportunities. The MDHA Professional Development Committee strives to bring meaningful, relevant PD programs to our members and your support of these initiatives is greatly appreciated. Watch for information on PD programming and register early!

Since joining the MDHA in February of this year I have been on a pretty big learning curve, which has been exhilarating! I love learning and hope to be able to bring new and exciting ideas and learning opportunities to the MDHA Board and Committees.

Now that summer is here relaxing at the beach is definitely on my calendar of events and my wish for all of you is that you are able to enjoy whatever summer activities make you happy!

Kim J Wozniak

MESSAGE FROM THE COLLEGE

COLLEGE OF DENTAL HYGIENISTS OF MANITOBA CLARIFIED PRACTICE HOUR REQUIREMENTS

The College of Dental Hygienists of Manitoba recognize that it may not always be possible for its members who hold a practising registration with the CDHM to be employed in a traditional 40 hour work week. The Board of Assessors recently undertook the task of developing Guidelines to assist those members who wish to maintain their practising registration but who wish to do so in an alternative method. Post-graduate education and volunteer hours may count towards the currency requirement of practice hours.

The following documents explain what hours may qualify and can be found on the CDHM website, <http://www.cdhm.info/legislation-resources/practice-guidelines/> :

- Practice Hours (Currency Requirement)
- Using Education Hours Towards the Currency Requirement (Hours of Practice)
- Using Volunteer Hours Towards the Currency Requirement (Hours of Practice)

Follow us on Facebook and Twitter!

www.facebook.com/pages/MDHA-The-Manitoba-Dental-Hygienists-Association

and

Twitter @MDHA_MB

CONTEST! MEMBERS IN THE COMMUNITY!

Part of MDHA's Mission includes providing education and health promotion to the public – we couldn't meet this objective without your dedicated effort.

Our members are doing a lot of great work and we want to highlight it – and say thanks! – to you for supporting community outreach initiatives.

Share your Community Outreach experience (either through MDHA or your own initiative) for a chance to win one of two gift cards for \$10 in each edition of the Montage!

Send a short write up of your experience (include pictures if you want) and send to info@mdha.ca.



*Winning submissions will be randomly drawn and announced in the next edition of the Montage

GOOD LUCK!!

"CDHA CORNER"



Celebrating 50 years of CDHA
& 100 years of the dental
hygiene profession worldwide

What's Happening @ CDHA...



NEW! BRUSHING VS. FLOSSING

Should you recommend interdental
brushing or flossing for your clients?
[Check out the new CDHA Position
Statement & Practice Guideline.](#)



NORTH AMERICAN/GLOBAL DENTAL HYGIENE RESEARCH CONFERENCE

October 14-16. Bethesda, Maryland. [Check out the
program](#)




CDHA MEMBER SURVEY

Take the CDHA membership survey and win!
Survey information and contest details [available
here](#)

CIBC Run for the Cure is Back!



Canadian Breast Cancer Foundation
CIBC  Run for the Cure'

Help raise funds for the Canadian Breast
Cancer Foundation in this year's CIBC Run
for the Cure event, Sunday, October 5 and
help us reach our goal of exceeding 280
participants. We are looking for participants in
various locations - [enter or join in your area
today!](#)

A business card for Dentsply Canada. The top right corner features the name 'Andrea Moore O'Connor, BHE' with her title 'Product Specialist' and cell phone number '(204) 793-3866'. The bottom left corner has the text 'For better dentistry' above the 'DENTSPLY CANADA' logo, followed by 'Cavitron® CAULK MIDWEST®' and 'NASDAQ: XRAY'. The bottom right corner contains the company name 'DENTSPLY Canada Limited' and its address: '161 Vinyl Court Woodbridge, ON L4L 4A3', along with phone numbers '(905) 851-6060' and '1-800-263-1437', fax '(905) 851-9809', email 'aoconnor@dentsply.com', and website 'www.dentsply.ca'.

"DEAR EDITOR"

From a friendly dental hygienist in the community...

This Spring I had the privilege of providing the grade three students at Whyte Ridge School with an oral health presentation. Over the years, I have had other opportunities to promote dental health on many different themes, however, this time I decided to focus my attention on beverage choices children at this age often make independently. We compared the sugar content of each product and discussed the positive and negative aspects of each choice on their dentition. The presentation was interactive and fun! Throughout the discussion, I asked many questions such as, "what are two things the dental team look for when you go for a dental visit, what is plaque, what is stronger bones or enamel, and who thinks bacteria eats enamel?" The concepts were explained through posters, a science experiment of vinegar and baking soda "exploding" when combined and a guessing game of how much sugar is in a variety of beverages. We also compared the harmful effects of liquid sugar (example: Gatorade) to solid sugar (example: Skiddles) and the importance of length of time and frequency of the sugar exposure in the oral cavity. I concluded the presentation with the "2 X 2 Rule" of daily dental care of how brushing 2 minutes 2 times per day is an effective way to establish good dental habits now in order to promote healthy dental check-ups in the future.

Heather Jackson, RDH

SIGMA PHI ALPHA HONOR SOCIETY

DELTA ETA CHAPTER

SCHOOL OF DENTAL HYGIENE, UNIVERSITY OF MANITOBA

Congratulations to our four new inductees to the Delta Eta Chapter of Sigma Phi Alpha Society, a national society for the dental hygiene profession. This year's recipients are new graduates Holly Spencer, Jessica Cyr, David Forde, and faculty member Terri Archibald. All four have proven themselves as leaders and professional role models. In addition, they have provided service to others, whether to students at the School of Dental Hygiene or the public at large.

Our chapter's purpose is to bestow this honor to three senior dental hygiene students and a deserving School of Dental Hygiene instructor who has been teaching for a minimum of 3 years.

Look for more news from the chapter in the next Montage!

Diane Girardin, President

Delta Eta Chapter



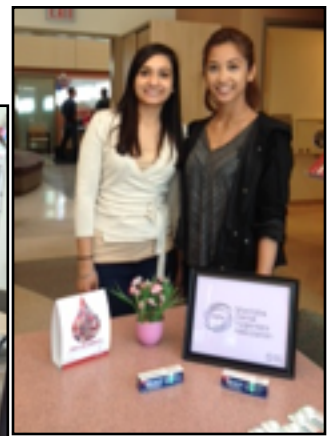
Thank you Sunstar!

The University of Manitoba, School of Dental Hygiene graduating class of 2014 and the MDHA would like to extend a BIG "Thank you!" to Sunstar for sponsoring Welcome to the Profession Dinner!



Congratulations Graduates!

THANK YOU! to all the volunteers and everyone who donated for our
'National Dental Hygienist Week' Blood Drive!





MDHA
Professional
Development
Calendar
2014 / 2015

STAY TUNED FOR
EXCITING UPCOMING
EVENTS FROM YOUR
PROFESSIONAL
DEVELOPMENT TEAM!

Pacific Dental Conference

save these
dates!

March 5-7, 2015

Vancouver, BC



Inspiring
program



Fantastic
networking



Unforgettable
location!

- Three days of varied and contemporary continuing education sessions
- Over 130 speakers and 150 open sessions and hands-on courses to choose from, as well as the Live Dentistry Stage in the Exhibit Hall
- Over 300 exhibiting companies in the spacious PDC Exhibit Hall
- Fantastic shopping, beautiful seawall access within blocks of your hotel, and great spring skiing on the local mountains



Online registration begins October 15th, 2014 at...

www.pdconf.com

EXCELLENCE IN EDUCATION

Since 1953

School of Dental Hygiene Continuing Professional Development Local Anesthesia November 07, 08, 09, 2014

FACULTY

Course Coordinator:

Mrs. Diane Girardin, R.D.H.

Mrs. Girardin is a graduate of the School of Dental Hygiene, University of Manitoba and has over 35 years of practice experience in preventive, orthodontic and restorative techniques. She has 21 years of clinical teaching and is at present, the Course Coordinator for the Pain Management Course. In addition, Mrs. Girardin is the course facilitator and lecturer for the Restorative Techniques for Dental Hygienists Continuing Professional Development module.

**FOLLOWING REGISTRATION
A DETAILED COURSE
OUTLINE AND SCHEDULE
WILL BE SENT TO YOU.**

OVERVIEW

This course will prepare the dental hygienist to become competent in the administration of both block and infiltration local anesthesia. Emphasis is placed on the mechanisms of pain and a thorough understanding of the pharmacology of dental drugs and their interactions with the client's current conditions and medications. The course consists of a minimum of 6 weeks of self-study prior to the 3-day workshop. Examination of didactic material (passing grade: 70%) will occur on the first day of the workshop following a review of didactic materials. The 2nd and 3rd days of the workshop will consist of the clinical administration of anesthesia on each other.

This course is recognized by the following provincial licensing authorities: BC, AB, SK, MB, NS.

DURATION

Minimum 6 weeks self-study
24 hours course attendance
(Friday, Saturday, Sunday)

COURSE REQUIREMENTS

Participants must be graduates of an accredited Dental Hygiene Program and hold current licensure in their province or state of residence. Participants must also hold a current certification in CPR (Basic Rescuer Level), and hold current malpractice insurance.

Proof of all the above credentials must accompany registration.

REQUIRED ARMAMENTARIUM

1 Lab coat or clinic attire
1 Self-aspirating anesthetic syringe
1 Hemostat
1 Pair of safety glasses
1 Mouth mirror

MEDICAL HISTORY

A medical history needs to be completed as all participants will be required to sit as clients for each other during labs. If contraindicating medical conditions exist, you will be required to make alternate arrangements.



UNIVERSITY
OF MANITOBA



Traditions of Excellence, Horizons of Change
Division of Continuing Professional Development

(continued on next page)

Comments from Previous Participants

"This was a positive and enjoyable learning experience. Good instruction!"

"It was great to be part of this course. Many thanks for your input and all the knowledge you shared with me."

"I think you have a great program here... yours is one to be modeled from. Truly an awesome group of professionals."

"Excellent course... you have instilled knowledge and confidence. It has been a privilege to have met and worked with everyone!"

FOLLOWING REGISTRATION A DETAILED COURSE OUTLINE AND SCHEDULE WILL BE SENT TO YOU.

REQUIRED TEXTBOOKS

1. Pain Management Workshop Manual 2014 (Salme Lavigne)
2. Handbook of Local Anesthesia (6th Ed.)(Stanley Malamed) – required as reference.

Both are available at the University of Manitoba, Health Sciences Bookstore (Brodie Centre), 727 McDermot Avenue. Open Monday to Friday, from 9:00am to 5:00pm (closed on Saturday during the summer).

Tel: (204) 789-3601
Fax: (204) 789-3901
E-mail: medbookstore@umanitoba.ca

The required manual and handbook are sold separately and are not included in the registration fees. Participants are required to purchase them by the registration due date as they are necessary for your 6 weeks study period.

WORKSHOP FEES AND REGISTRATION

Workshop fee of \$985.00 is payable to the University of Manitoba. **Payment in full must accompany registration.**

Registration closing date is September 01, 2014. Late registration may be considered.

Refunds less a \$230.00 administration charge will be issued for cancellations received in writing by September 01, 2014. After this date, requests for refunds will be assessed on a case to case basis and at the discretion of the course coordinator.

***This program is subject to minimum participants registered.**

TO REGISTER ONLINE GO TO

https://events.cpdumanitoba.ca/startup/new_recovery/CDHE-Nov14

We accept payment by Visa, Master Card, cheque or money order, made payable to the University of Manitoba.

If paying by cheque or money order please mail payment and copies of all mandatory credentials to:

Continuing Professional Development
School of Dental Hygiene
University of Manitoba
260 Brodie Centre
727 McDermot Avenue
Winnipeg, Manitoba R3E 3P5

For further information, you may contact Continuing Professional Development at:
Phone (204) 789-3457 Fax (204) 789-3911

or

The School of Dental Hygiene at:
Phone (204) 789-3683 Fax (204) 789-3948

http://umanitoba.ca/faculties/dentistry/dentalhygiene/dh_index.html



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FACULTY OF
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DENTAL HYGIENE

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Division of Continuing Professional Development

MDHA wants to hear from you!

We are currently in the process of planning for next years professional development calendar and we need your help. MDHA would like to know which topics, speakers, courses you would be interesting in attending. Our goal it to provide YOU the member with a professional development calendar that will help you achieve your continued growth and development as a dental hygienist.

Members in the Community WINNER is:

Twyla Szoke

Congratulations! You have won a \$10 gift certificate to Tim Horton's!

Thank you for supporting community outreach initiatives and sharing your experience!

You are doing GREAT work!

Employment

Members, if you are looking for employment do not forget to check our website for job postings which are regularly updated. Just visit us at www.mdha.ca and click on Employment Opportunities. Also contact us if your office needs to place a job posting at: employment@mdha.ca.



Contact Information:

Office Address:

200E-1215 Henderson Highway
Winnipeg, Manitoba R2G 1L8

Phone number:

204-981-7327

Website: www.mdha.ca

Email:

info@mdha.ca

Employment Postings:

employment@mdha.ca