

# MONTAGE

WINTER  
2015/2016



Stephanie Gordon, Madison Gordon, Leanne Enns, Heather Sirkovsky, and Stephanie Champagne strike a pose with the Christmas Cheer Board teddy bear mascot on Monday, December 14<sup>th</sup>. Joined by two significant others (who preferred to remain anonymous) this group represented the MDHA and had a fun evening getting into the spirit of the season by delivering Christmas Cheer Board hampers to ten families.

## SEASONS GREETINGS FROM YOUR MDHA

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The MDHA Montage has returned and with it, the MDHA Executive Board and all volunteers would like to offer our members the warmest holiday wishes and a very happy new year.

The new year is approaching quickly along with many great opportunities for MDHA members. There are great

professional development opportunities, the *Business with Breakfast* meeting at the 2016 MDA Convention and National Dental Hygienists Week taking place during the second week of April.

Here's to a promising and successful 2016!



### MDHA VISION

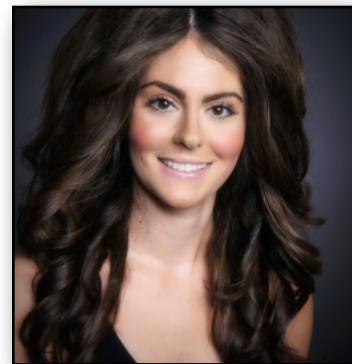
To be the collective voice of Manitoba Dental Hygienists in promoting the profession; cultivating partnerships with member-owners and other stakeholders and empowering our member-owners for the good of the profession and the public

### 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



Winter times are beautiful: the blankets of romantically fallen snow, a breath of crisp snowflakes, the scent of fresh pinecones, indulging in a mug of eggnog by the warmth of the fire and the sparkling of seasonal lights. Winnipeg is winter, so let us love our own and celebrate this time for sharing with loved ones, families and friends.

For those who do not yet know, my name is Larissa Bubnowicz and I am honoured to introduce myself as the President of the Manitoba Dental Hygienists Association for this current 2015 - 2016 term. I am humbled to, once again, have the opportunity to advocate, represent and collaborate with such dedicated, passionate and inspirational membership owners.

In late October, members of the MDHA Board of Directors and Staff attended the Canadian Dental Hygienists Association National Conference, EXPLORE, and Annual General Meeting in beautiful Victoria, British Columbia. The



*The British Columbia Parliament Buildings in Victoria, BC seen through the colourful autumn leaves.*

EXPLORE-ation of this year's conference will forever be memorable: the West Coast culture, life and fresh seafood cuisine, the breathtaking sceneries and rich heritage, the observations of the natural habitat (baby orcas!), and the exploration of the highest quality oral health care education, research, and cutting-edge innovations.



*The Opening Ceremonies of the CDHA National Conference*

The conference officially commenced with the Opening Ceremonies, led by Butch Dick, member of the Songhees Nation, and was overseen by the Royal Canadian Dental Corps contingent. Keynote speaker, Dr. Wenche Borgnakke, Senior Research Associate in Health Sciences and Assistant Clinical Adjunct Professor at the University of Michigan School of Dentistry,

honoured our conference theme with exploring the relationship between the oral microbiome and systemic health in her plenary presentation.

Oral health for older adults is a real concern, as there is a need for improved quality of life and increased access of care. Our collective explorative focus at the CDHA Provincial Presidential Meeting was on that of "Access to Oral Health Care for Older Adults" and parallel lobbying strategies. Candid discussions demonstrated that continuous dynamic intra-professional collaboration and teamwork, on interterritorial fronts, is fundamental and integral to the existence of quality client-centered health care. It is only together, through our combined knowledge, experience and expertise that we are able to best serve the oral health needs of our provincial communities, and national population.



*A pod of Orca whales swimming off the BC Coast*

The upcoming 2017 CDHA National Conference and AGM, in collaboration with the National Centre for Dental Hygiene Research and Practice, will be held in gorgeous, "Yours to discover" Ontario. Make plans to join us during the annual cascade of autumn leaves in our nations capital!

The coming of the year 2016 will mark the 50<sup>th</sup> Anniversary of the Manitoba Dental Hygienists Association! Since our incorporation in 1966, the MDHA has been fortunate to have a strong history, which defines us as the association, and ultimately as the profession, which we are today.



*CDHA President and Provincial Presidents*

Each one of us should resonate pride: of our past, rich in history of accomplishments: our present, vibrant with progress: and our future, full of bright prospects. This celebration is a moment to cherish all that we were, all that we are, and all that we are still yet to be.

As we approach the frozen dates of early January, the MDHA looks forward to together sharing in the beginnings for a year honoured with jubilant celebrations of this monumental occasion. We truly hope that each of you will join us to welcome the next 50 years of our membership and the Association!



"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts." – Thich Nhat Hanh. Breathe out the past, letting go - reflection upon this year will forever leave a smile on my face and a fondness in my heart. Breathe in the future, breathing in new life - as we journey into this New Year, my parting words for each of you is this... imagination has no age, laughter is timeless, dreams are forever and embrace this life with every taken breath.

Merry Christmas, **Христос Раждається**, festive holidays and best wishes to you and your families for continued joy, happiness, health and prosperity!

**Larissa Bubnowicz, B.Sc, Dip.DH, RDH**  
**President, Manitoba Dental Hygienists Association**  
[larissabubnowicz@gmail.com](mailto:larissabubnowicz@gmail.com)



# MESSAGE FROM YOUR PRESIDENT ELECT

Welcome back to the Montage!

After many years as Montage Editor, Val Oliver has stepped down from her volunteer position. She did a fantastic job during her time as Editor and the MDHA would like to express our sincere thanks to Val for all of her hard work and dedication! The torch has been passed and it gives me great pleasure to welcome Taleisha Doiron as the new Montage Editor. Taleisha will be working with Morgan Galinaitis and our always awesome administrative assistant, Amanda, to once again produce quarterly editions of the Montage, keeping us current with what's happening in the MDHA community. If you have any suggestions, ideas for submissions or comments please feel free to contact them at [info@mdha.ca](mailto:info@mdha.ca).

Save the date - Friday, January 29, 2016! The always popular "Business with Breakfast" meeting will be taking place at the 132<sup>nd</sup> Manitoba Dental Association 2016 Annual Meeting and Convention. MDHA members enjoy a reduced registration fee for the convention, and the Business with Breakfast meeting is an exclusive benefit for MDHA members only. At the breakfast meeting we will be hearing from CDHA CEO Ondina Love as well as having a peek into what is shaping up to be an exciting year for the MDHA. Dr. Ann Eshenaur Sporlarich, RDH, PhD. will be the MDHA keynote speaker at the convention. We are looking forward to her session titled "*Commonly Prescribed Medications and Managing the Oral Side Effects of Medication Use*" which will be interesting and informative. I hope to see you there!

May the coming holiday season, however you celebrate, be filled with lots of love and laughter, and we hope that all of your wishes and dreams for 2016 come true!

Heather Sirkovsky

**President-Elect, Manitoba Dental Hygienists Association**

## Get Connected

'Like' the MDHA on Facebook

Follow us on Twitter @MDHA\_MB



# MESSAGE FROM YOUR EXECUTIVE DIRECTOR

So happy that we are back on track and able to communicate with all MDHA members through the Montage! The Montage is only one of our communication strategies but it is an important one and we are thankful that we are once again in a position to communicate with you through this publication.

As we near the end of 2015 - I know, hard to believe - we are all looking back on the past 12 months and reflecting on our activities. The years do seem to fly by, don't they? When I look back on this year and particularly reflect on the activities of the MDHA, I have to say that I am very proud of all of the MDHA Board members, and of course, our Administrative Assistant, Amanda, without whom much of the work of the MDHA would not get done!

The Board continues to work on making improvements to process that allow us to function efficiently and professionally and one of those changes was in the length of the term served by your President. As you are aware, as a member of the MDHA you have the opportunity to participate in the election of officers at the annual general meeting. That election results in officers being elected to the Board of Directors, but not to a specific position on the Board. After the AGM, the Board collectively determines who will serve in the positions of President, President Elect, Treasurer and Directors-At-Large. This year, the Board decided that having the President serve for more than one year, if agreeable, would be good for the functionality of the Board and, fortunately, Larissa Bubnowicz was agreeable. This may become a trend for the future, however, the decision to have a President serve for longer than one year, will lie with the Board of Directors and will only happen if incumbent is agreeable. This practice allows the President to hone their skills over the first year and then comfortably and competently continue as President for a second term, and is of benefit to the entire Board of Directors.

So, as we rapidly approach the end of 2015 and look forward to what 2016 has in store for us, I want to wish all of you a Very Merry Christmas and all the best for 2016! Looking forward to seeing you at the Business with Breakfast in January!

Kim J Wozniak

**Executive Director, Manitoba Dental Hygienists Association**

## 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](mailto:info@mdha.ca).

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

## GOOD LUCK!

# UPDATE FROM THE COLLEGE OF DENTAL HYGIENISTS OF MANITOBA

## **On-Line Registration**

As 2015 comes to a close, we would like to take this opportunity to thank all our registrants for their cooperation and patience in the inaugural year of our online registration system.

All the staff at the CDHM were very impressed with your willingness to learn this system and get your applications in on time. We have enjoyed working with you and were very pleased to see some of our registrants make use of the College's computer resources in order to provide assistance in facilitating their online registration submission. To date, administration staff at the CDHM have helped, in-person, over 20 registrants walk through the system.

As of the December 1, 2015 deadline, 710 registrants had applied and been already approved! Over 99.5% of the registrants used our new system to apply in this inaugural year!

Some of the many benefits of this system include a reduced amount of errors made on applications as well as a significant decrease in processing times.

Stay tuned in 2016 for a closer look at the benefits and success of our new online registration system!

Thank you,

Stephanie Gordon, RDH, BA

**Registrar/Executive Director**

**College of Dental Hygienists of Manitoba**





THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRE

## CDHA CORNER

Hello all!

*My name is Deanna Mackay. I am the new representative from Manitoba on CDHA's board of directors. As I follow in the footsteps of many great dental hygienists and mentors,*



*I feel tremendously honoured that I have been provided with this opportunity to represent our great province at the national level!*

*I just want to quickly introduce myself, and to share a bit about who I am. I graduated from the School of Dental Hygiene at the University of Manitoba in 2007. I completed my Bachelor of Dental Science (Dental Hygiene) from the University of British Columbia in 2012, and I am currently enrolled in Master of Science studies at the University of Manitoba.*

*Within the MDHA, I have served as president, mentorship committee chair, newsletter editor, and student representative. Professionally, I am currently employed at a periodontal specialty practice and as an independent dental hygiene contractor working in long-term care.*

*Those who know me know that I love to chat about anything dental hygiene (especially dental hygiene instruments!!). If you see me around, please do not hesitate to approach me to chat. I look forward to meeting you all personally at future MDHA events!*

*Cheers,*

*Deanna  
BDS(DH), RDH  
manitoba@cdha.ca*

## WHAT'S NEW AT CDHA?

### PROFESSIONAL DEVELOPMENT

Online Oral Cancer Screening Course—revised and updated for 2015. [www.cdha.ca/courses](http://www.cdha.ca/courses)

### Webinars

TIME FOR CHANGE! A New Curriculum for Evidence-based Periodontal Debridement (January 13)

E-Cigarettes: Exploring the Issues

(now on demand, along with 20 other titles—many free!).

[www.cdha.ca/webinars](http://www.cdha.ca/webinars)

### CDHA AWARD NOMINATIONS

CDHA recognizes members who have made outstanding contributions to the dental hygiene profession, either in their communities or nationally through the association. Nominations are open for CDHA's Award of Merit, Distinguished Service Award, and Life Membership Award until January 29, 2016.

[www.cdha.ca/dhrp](http://www.cdha.ca/dhrp)

### DH IN HD VIDEO CONTEST

We received 55 great entries in this contest. You have until January 8 to cast a vote for your favourite.

[www.youtube.com/playlist?list=PLYKDKofs5N0BH0cJ7vlnB6mzw3vhrtaej](http://www.youtube.com/playlist?list=PLYKDKofs5N0BH0cJ7vlnB6mzw3vhrtaej)

### 2015 NATIONAL CONFERENCE WRAP-UP

Check out CDHA's online image gallery featuring memorable moments from our national conference in Victoria, BC.

[www.cdha.ca/2015conference/photogallery](http://www.cdha.ca/2015conference/photogallery)

### AREAS OF INTEREST ON OUR WEBSITE

- Update your membership profile: [www.cdha.ca/profileedit](http://www.cdha.ca/profileedit)
- Media Releases, CDHA and our Members in the News: [www.cdha.ca/press](http://www.cdha.ca/press)
- Oral Health Calendar of Events: [www.cdha.ca/calendar](http://www.cdha.ca/calendar)



WWW.CDHA.CA



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www.facebook.com/theCDHA

# CDHA Wishes You Happy Holidays

Watch the CDHA Holiday Video at  
<https://animoto.com/playlyZPz.lz2LckHn878sizJGZQ>

Please note that CDHA's offices will be closed from December 25 to January 3, inclusive.  
We will be back at work on Monday, January 4, and will respond to your voicemails and emails at that time.



## Your Insurance Expires December 31. Renew Today!

**RENEW NOW**



CDHA Office Closed December 25 - January 3.

# SAVE THE DATE

OCTOBER 19-21, 2017 | OTTAWA, CANADA

CDHA National Conference  
in collaboration with the National Center  
for Dental Hygiene Research & Practice





## PROFESSIONAL DEVELOPMENT

Check out the **MDHA Lecture Series** and  
other **Professional Development Events**  
in **2016!**

<b>Monday, February 8, 2016</b> 7:00 pm to 9:00 pm	Faculty of Dentistry, Schwartz Theatre	<b>MDHA Lecture Series - Lecture 3: Caries Risk Assessment</b> Dr. Bob Schroth, DMD, MSc, PhD
<b>Wednesday, March 9, 2016</b> 7:00 pm to 9:00 pm	Faculty of Dentistry, Schwartz Theatre	<b>MDHA Lecture Series - Lecture 4: Enhancing One's Critical Thinking for Bettering One's Practice</b> Laura MacDonald, RDH, BScD(DH), MEd
<b>Saturday, April 9, 2016</b>	Brandon University, Louis Riel Room	<b>How to Motivate Your Clients to Quit Tobacco</b> Aaron Ladd



# CONGRATULATIONS!

The MDHA would like to recognize and congratulate the following members on receiving their 25 Year Pins from the CDHA



Congratulations from everyone at the MDHA!

## Check out The MDHA Website!

Exclusive Members Area  
The Latest Information from your MDHA



Check it out at <http://www.site.mdha.ca/>



## Employment Opportunities

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](http://www.mdha.ca) and click on Employment Opportunities. Also contact us if your office needs to place a job posting at: [employment@mdha.ca](mailto:employment@mdha.ca).



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