

# It's Time to Renew your MDHA/CDHA Membership!













#### IT'S MEMBERSHIP RENEWAL TIME

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It's September and with it comes the start of another membership renewal season! Renew your joint MDHA-CDHA Membership today at <a href="https://www.cdha.ca/cdha/">https://www.cdha.ca/cdha/</a>. Join or renew with CDHA by September 30 and you'll be automatically entered in the early bird contest for a chance to win one of two grand prizes, each consisting of a \$250 shopping spree.



#### THE MDHA VISION STATEMENT

The vision of the MDHA is for Registered Dental Hygienists to be recognized as primary health care professionals providing client-centred oral health care for all Manitobans.

#### THE MDHA MISSION STATEMENT

To advocate for and promote the profession of Dental Hygiene; to support our memberowners by providing opportunities for professional development; to encourage evidence based practice and lifelong learning; and to provide education and health promotion to the public.

#### A MESSAGE FROM YOUR PRESIDENT

It's hard to believe that summer has come to a close! Autumn is one of my favourite times of year. The leaves are changing colour, it's time for sweaters, scarves, and anything pumpkin flavoured. But it also marks a time to get to work!

The MDHA had our first board meeting after the summer break and I am looking forward to the the year ahead. Our board has several new members that are passionate about the profession of dental hygiene and are excited to be a part of the work that the MDHA does to advocate for our profession. In my two years with the MDHA (the first as Montage Editor, the second a MDHA Vice President) I haven't seen the board room so full of people and of energy as I did during this past board meeting. I can't wait to see what this year will hold.



I'm very pleased to be able to welcome our new executive director, Ms. Lee Hurton, to the MDHA. The MDHA had a long interview and selection process for the executive director position and I know we have made the right choice in selecting Lee. She has been with us for a short while but in that time she has shown a great passion to learn about the profession of dental hygiene and the MDHA; she has jumped right into the role! I appreciate her commitment and I know all of you will appreciate the skill and expertise that Lee brings to the table as much as I do.

I'm also excited to announce that we have a new MDHA Montage Editor, Ms. Rebekka Tia. Rebekka graduated from the University of Manitoba School of Dental Hygiene program this past spring and wanted to get involved! She has great skills in creativity and design as is evidenced by her achieving the position of top three finalist in the 2017 CDHA "I am a Dental Hygienist" poster competition as part of National Dental Hygienists Week. It's bittersweet for me to be handing the Montage over to Rebekka but I know she will do great things with the newsletter to better serve MDHA members. Thank you Rebekka for your commitment to the MDHA and our members! (If you have anything that you would like to add to future Montage editions, Rebekka can be reached at the email address editor@mdha.ca)

We have the CIBC Run for the Cure fast approaching. This will be my second time participating and I look forward to seeing other MDHA Members at the event on October 1st! It's a fantastic event and it's so encouraging to see so many MDHA members participate with Team MDHA Brush for the Cure.

Keep up to date with MDHA events and professional development opportunities by following us on Facebook and visiting our website. I look forward to getting to know many more of you in my year as president of the MDHA!

Taleisha Doiron, RDH MDHA President president@mdha.ca

#### A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

My name is Lee Hurton and I am very pleased and excited to be the new Executive Director of the MDHA. After graduating from the University of Winnipeg in 2005, I found myself drawn to the non-profit side of administration. As a result, I have spent the last 10 years of my career in various forms of association management ranging from sport to construction to sheep farmers – a little bit of everything! I have worked both independently as well as for an association management firm, allowing me to diversify my experience and skills. Regardless of the group or topic, my goal is always to support the volunteers dedicating their valuable time to the organization, because without them, there would be no association! I have been able to meet your MDHA Board of Directors and have been so impressed with their enthusiasm and energy



for the profession and the MDHA's goals and vision. I have also been able to meet the MDHA's office staff person, Amanda Marten, and feel so lucky to have her in place to help educate and guide me while I learn and grow in my position as well.

Now, a little about me personally. I am born and raised in Winnipeg and currently live just past East St Paul with my husband and 3 children. My husband is a high school math teacher and my children, aged 7, 5 and 3 are involved in various sports and activities, allowing both my husband and I opportunities to coach and volunteer in our community. In my spare time I enjoy gardening, spending time with our family and extended family as well as working out and running.

I am looking forward to learning more about the profession and the MDHA as I delve into the position. Thank you for this opportunity to serve you and the association!

Lee Hurton
Executive Director
executivedirector@mdha.ca



# **CDHA**CORNER

#### Hello friends and colleagues,

Have you heard the news? I know you must have! FREE WEBINARS! YES, I said it: FREE WEBINARS!! Starting November 1, all Canadian Dental Hygienists Association (CDHA) webinars will be free as



part of your membership! This is just one more reason to renew your membership by October 31!

If you are like most people, your summer has been busy, and the hustle and bustle of getting back to routine after the September long weekend just add to the chaos. But if you have a spare minute I encourage you to visit CDHA's website. Let me give you some quick highlights.

- Did you know that CDHA has 70 downloadable resources for your use?
- Are you looking for a new job or moving to a different province? No problem! Just check CDHA's job board for career opportunities across the country.
- What is the average hourly wage of a dental hygienist in Manitoba or in other provinces? The Job Market and Employment Survey that CDHA conducts every 2 years answers these questions and more.

Do you follow CDHA on Facebook? Twitter? Instagram? If not, give it a try as it is a great way to stay connected and up to date on everything that is going on within our profession.

Cheers, Deanna Mackay, BDSc(DH), RDH CDHA board director, Manitoba

#### WHAT'S NEW AT CDHA?

#### PROFESSIONAL DEVELOPMENT

CDHA is committed to supporting your ongoing professional development so we're thrilled to announce that **all webinars will be available to members for FREE as of November 1, 2017,** saving you hundreds of dollars.

#### Webinars now on demand:

2017 Job Market & Employment Survey Report

Dentin Hypersensitivity, sponsored by Colgate

Silver Diamine Fluoride for Caries Control

Oral Rinsing: What Should You Tell Your Clients?

#### FREE webinars coming soon:

Community Water Fluoridation, October 4, 2017

Challenges of Our Diabetic Clients, November 15, 2017 sponsored by SUNSTAR

www.cdha.ca/webinars

#### **MEMBERSHIP RENEWAL**

CDHA membership provides access to many great benefits. Check out our new benefits flyer to learn more: www.cdha.ca/benefits. If you renew by September 30 you will be entered into our early bird contest for a chance to win prizes. www.cdha.ca/renew

#### PARTNERS' CIRCLE

CDHA's Partners' Circle is comprised of dental industry firms dedicated to the advancement of the dental hygiene profession and the important role that dental hygienists play in the oral health care team. We are extremely proud to announce the members of the 2017 CDHA Partners' Circle: www.cdha.ca/partnersCircle

#### **NDHW™ 2017**

Another round of celebrations are over and our contest winners have been announced at www.cdha.ca/NDHW. Thanks to our sponsors Dentsply Sirona, Sunstar G•U•M, TD Insurance, PHILIPS Sonicare, and PHILIPS ZOOM! Mark your calendars now for #NDHW18 (April 7-13).

#### **SAVE THE DATE**

 CDHA National Conference, October 19 to 21, 2017 Ottawa, Ontario. www.cdha.ca/2017conference











# 6 Reasons to be a CDHA Member



# BEHEARD

We're your voice representing the profession to key federal and provincial decision makers, the media, and the public

# SAVE NEY

Over \$200,000 saved through our discount programs: dining, entertainment, fitness, travel, and home/auto/health insurance

# COMPREHENSIVE INSURANCE COVERAGE

CDHA Protect – Worry-free professional liability insurance



#### DEVELOP LEADERSHIP SKILLS

Shape your future: biennial leadership summit, board/committee positions, and a student leadership program



# **EXPAND KNOWLEDGE** & ADVANCE YOUR CAREER

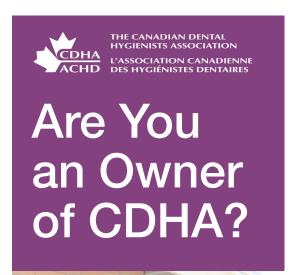
- More than 140 professional development hours at your fingertips – some offerings are free!
- ◆ Over 70 downloadable resources
- ◆ 400 positions posted on the job board annually



- Unite with more than 19,000 dental hygienists
- Be part of an established association with 54 years of history

www.cdha.ca/benefits

**Your Voice Your Profession** 





# Your CDHA Board of Directors

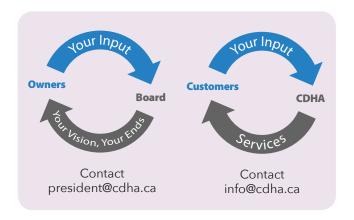
CDHA's board of directors is more than a body that reviews decisions and activities. It is the leadership think-tank for CDHA, and that's where our board's visionary role comes into play with representation from all provinces and territories.

#### Your Board in Action

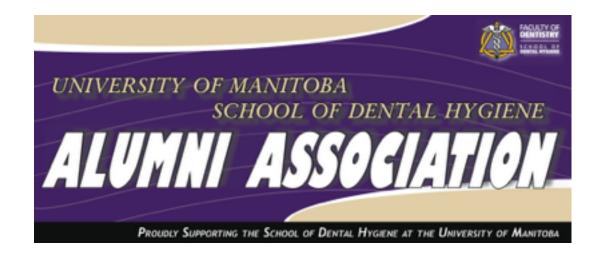
The board is accountable to its owners, so we need to understand what is important to you. The board creates goals, referred to as "ends," which ensure that the association produces benefits that reflect the values of all its owners.

# You as a CDHA Owner and a Customer

As a member of CDHA, you are both an owner and a customer! As an owner, you care about the future of the association and the profession. You are part of the board's "ends" conversation, and your input helps to define our collective values. As a customer, you can count on CDHA to be here for you today and every day. You are part of CDHA's operations and the conversations that shape the benefits, products, and services that members need and value most.



We Need Your Input!
Your Profession, Your Association
www.cdha.ca



The UMSDHAA is proud to have a partnership with the MDHA as evidenced in our collaborative agreement to promote each other's pursuits throughout the year. Many thank you's to President, Heather Sirkowsky and the members of the MDHA executive committee for their ongoing support over the years. Without this support the UMSDHAA would not be the viable association we have grown into today.

Our Wine and cheese event hosted March 10th had a maximum capacity participation with the entire first and second year dental hygiene student classes in attendance featuring the DH3 class displaying their community student poster boards. We also had a surprise distinguished visitor, Pf. Marnie Forgay our founding Director of the School of Dental Hygiene who our students were able to meet with. We appreciate the participation of students and members also the support of fundraisers in the past year to be able to afford discounted fees to students to attend our event.

The UMSDHAA would like to thank all those who supported us by attending our Annual General Meeting May 4th. We enjoyed our two speakers Dr. Gayle Halas and Deanna Mackay presentations who shared with us their doctoral dissertation and master thesis findings, respectively. Next year we will feature Kathy Yerex presenting her master thesis research on cat cariology and link to the pattern of human caries. We will also be featuring the winner of our Baccalaureate student poster presentation scholarship, Terri Archibald who will be presenting her poster at the CDHA conference in October. Congratulations Terri!

At the Alumni of Distinction Gala at Ft Garry Hotel Sept 22 we celebrated the AOD of the School of Dental Hygiene for 2017, Carol Yakiwchuk class of 1992. She is truly worthy of this recognition for her commitment to the dental hygiene community in the area of community health and her many contributions to our profession.

We are hoping to host another fundraising event in the winter 2018, Applebee's breakfast in the winter 2018 so we can plan another Wine and Cheese event in the spring.

Please contact us by email at umsdhaa@outlook.ca for membership information of \$30 visit our Facebook page, or stay tuned for further fundraising details.

We encourage our members to designate their online tax-deductible donations to "Smiles for Miles" at https://give.umanitoba.ca/ or to the "University of Manitoba School of Dental Hygiene Alumni Association Diploma and Bachelor of Science in Dental Hygiene Award".

We are excited and look forward to another fruitful year.

#### Delta Eta Chapter Sigma Phi Alpha National Dental Hygiene Honor Society

Now that the fall season is quickly approaching, I would like to extend a warm hello from the officers of the board at the *Delta Eta Chapter* of the Sigma Phi Alpha National Dental Hygiene Honor Society!

My name is Jasmine Bonenfant and I am the newly elected vice-president of our chapter. I look forward to working closely alongside Larissa Bubnowicz, president, and Jordan Klassen, secretary and treasurer, as we kick off the start of our new term.

I would like to take this opportunity to congratulate our new inductees. This past spring, three dental hygiene graduates, as well as one faculty member, who have demonstrated leadership, served as professional role models, and showed outstanding service in dental hygiene, were honored at our Annual General Meeting. Congratulations to Alexa Wolfe, Carissa Shaw, and faculty inductee, Lila Jorheim-MacInnes. Unfortunately Alexa was unable to attend as she was in the Dominican volunteering as part of a dental mission.



Carissa Shaw, Lila Jorheim-MacInnes, Jasmine Bonenfant

What is unique about this situation is that I was the third inductee, meaning I had the privilege of getting to know Alexa and Carissa over our two-year journey through dental hygiene. Alexa, an adventurous go-getter, is always ready for a challenge and Carissa, a charismatic optimist, is always ready to solve a problem or lend an ear. Both of them are well deserving of this honor and I look forward to seeing where our careers take us. Lila Jorheim-MacInnes was our clinic instructor; her knowledge, expertise, and professionalism taught us all a great deal and I was happy to witness her induction.

We are excited to continue to grow our chapter, and provide scholarship and recognition, to students, graduates, and faculty members who continue to strive for excellence. To all members of the *Delta Eta Chapter*, thank you for your continued membership and support in allowing our chapter to attain these goals. If you have yet to renew your membership for this term and would like to do so, please contact <u>sigmaphialpha.deltaeta@gmail.com</u>. Or, if you simply wish to (re)connect with us, we would love to hear from you!

Jasmine Bonenfant, RDH

Vice-President – Delta Eta Chapter, Sigma Phi Alpha National Dental Hygiene Honor Society



#### Gloria Kroeker (nee Kehler) 1963-2017

Those of us who knew Gloria were shocked and saddened by her passing in September 2017, after losing her battle to depression. Gloria was one of us, a dental hygienist.

I had the privilege to know Gloria. We were in the same dental hygiene class. We probably connected at first because she was from a farming community in southern Manitoba, and I was from a farming community in the Interlake. Gloria was kind, hard-working, and strong in her faith. One of our classmates, upon being informed of her death, recalled: "She never said a bad word about anyone. She was beautiful inside and out." Gloria received several awards upon graduation.

When we were students, I distinctly remember an occasion when Gloria and I were walking down a hallway and I was complaining about something. Gloria was walking beside me, head turned, her eyes on me. In other words, she wasn't watching where she was going. How could she do that and not run into a wall? That was probably my first lesson in how to listen to people. The term "active listening" was probably not around in the early 1980's, but she had it mastered already, in her signature calm and collected way.

Fast forward through the decades. We both had private practice employment and we attended each other's weddings. Generally we saw each other every couple of years, and each time picked up where we had left off. She always had an aura of contentment about her and always was interested in how others were doing. As summarized by another of our classmates, "She always seemed to have life figured out".

Whether you knew Gloria or not, depression has taken another person. How do we move on? An interest in the lives of others can enrich us, as it clearly did for Gloria, and all whom she tirelessly helped. Let us be supportive and encouraging with each other's goals and dreams. And, as dental hygienists, let us strive for a balance. We know how exhausting it can be to care for our clients, our families, and our friends. Let us take time for ourselves, and step back and reflect on our own needs, too.

- Lila Jorheim MacInnes, RDH, Class of 1983

Donations in Gloria's memory can be made to the University of Manitoba's Smiles for Miles program which helps dental hygiene students provide care free of charge for newcomers to Canada. Gifts may be made online at: <a href="http://give.umanitoba.ca/GloriaKroeker">http://give.umanitoba.ca/GloriaKroeker</a> or sent to the following address: Alumni and Donor Relations, 200-137 Innovation Drive, University of Manitoba, Winnipeg MB R3T 6B6. Cheques made payable to the University of Manitoba.





Orthodontic treatment should be available to everyone and we want to make this happen.

Misaligned, crooked teeth left untreated can hinder the social development of many young people. Sadly orthodontic treatment maybe out of reach for the budget of some families. Thanks to Dr.Tim Dumore and friends we now have a Smiles4Life local chapter in Manitoba. We award

orthodontic scholarships to students between the ages of 11-18 who have significant aesthetic or functional needs for braces and who's family demonstrates a financial need. Currently, we have eight orthodontists donating their skills with clinics in Winnipeg, Thompson, Steinbach, and Portage la Prairie. General dentists, Liberty orthodontic lab, and oral surgeons Dr.Leland Mcfadden and Dr.Tim Blight all gift their talents to S4L.

Dr. Rana Shenkarow

Arianna, Smiles for a

orthodontist with

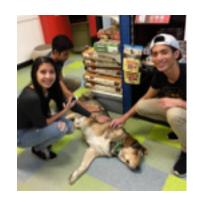
Lifetime Recipient

I am privileged to serve on the smiles4life board of directors. Our board is a diverse group of professionals; each member brings their own unique experiences and views. Our Board consist of a Lawyer, principal, social worker, resource teacher, judge, transplant coordinator, teacher, doctor, orthodontic assistant, manager, dentist, dental student, and a RDH. We meet twice a year, in April and September to screen applicants and award orthodontic scholarships. This is a fun night of food, laughter, and tears. Reading through the reality and hardships of the applicants can be an emotional task.

The majority of applicants come to Smiles4Life through the school system or social workers. My hope is that dental hygienist will get the word out to suitable candidates who have a "Pay it forward" heart. application from our website, make a difference in someone's life with the gift of a smile.

Sandy Gardiner, RDH





#### WHO WE ARE

Smile for a Lifetime Foundation is a charitable nonprofit organization that provides orthodontic care to individuals who may not have the opportunity to acquire assistance. Launched in 2008, Smile for a Lifetime Foundation aims to reach individuals with financial challenges, special situations, and orthodontic needs. The Foundation sponsors the orthodontic care of hundreds of patients each year. Smile for a Lifetime Foundation has participating orthodontists throughout the US and Canada.

It is our mission to create self-confidence, inspire hope, and change the lives of children in our community in a dramatic way. The gift of a smile can do all of this for a deserving, under-served individual who, in turn, can use this gift to better themselves and our community.

#### APPLICATIONS & QUESTION

Applications can be found on our website www.mbbraces.com

Questions? Contact the office of Dr. Tim Dumore at 204-832-3910 or email us at

Please take a minute to down load an

"We hope to have a positive impact on the rescued animals from D'Arcv ARC, the sick children from Children's Hospital, the seniors from Arlington House and the local community.

Our sincere gratitude to your foundation for making our dream come true, to smile with confidence"

Joshua, Bianca & Miguel Lingal





## NEW OPPORTUNITY FOR PERSONAL PROFESSIONAL DEVELOPMENT!

The MDHA is pleased to announce that the British Columbia Dental Hygienists Association has made their Comprehensive Dental Hygiene Refresher Modules available to dental hygienists in Manitoba, with special pricing for MDHA members. The modules can be purchased as a set (available only to MDHA members) or individually (available to all hygienists in Manitoba). A *Certificate of Completion* will be issued by the BCDHA upon completion of a module in the name of the hygienist to whom the module was issued. Please click here for more information.

Please note that the Continuing Competency Credits mentioned in the information from the BCDHA do not apply to Manitoba Dental Hygienists.

#### **Comprehensive Dental Hygiene Refresher Modules**

Prices Effective March 1, 2017

BCDHA has developed a series of theory-based refresher modules which focus on six domains and twenty-one sub categories. These domains and sub categories address the range of content that may be included in the Quality Assurance Program delivered by the College of Dental Hygienists of BC (CDHBC).

These Refresher Program Learning Modules have been developed to assist practicing dental hygienists in their review of the dental hygiene theory. The time required to complete each module will depend on the currency of the dental hygienist's knowledge in that specific area. It is anticipated that every dental hygienist will utilize the modules differently and in a way that best suits their learning and personal needs.

Each module is presented as a workbook. Participants will work through the assigned readings and exercises at their own pace. The booklets have been designed so that you can make notes and answer questions within the pages of the booklet. Many of the modules have required readings from specific textbooks or online resources. (Please see the chart below.) Members may purchase the set of 21 modules at a discounted rate, or may purchase the modules individually.

Upon completion of a module, BCDHA will issue a *Certificate of Completion*. (Please note that the Certificate of Completion will <u>only</u> be issued in the name of the dental hygienist to whom the module was issued.) These certificates will be required should proof of completion be required for continuing competency submissions and should be kept as part of your CDHBC Continuing Competency file. You may claim 3 Continuing Competency Credits per module completed, <u>and</u> for which you have a Certificate of Completion.

### CIBC RUN FOR CURE Canadian Cancer Society







I hope that you've had a wonderful summer – hasn't it gone by far too quickly? October 1st will be here soon and Team MDHA Brush for the Cure is back in action. It's time to register and start fundraising for the Canadian Breast Cancer Foundation/CIBC Run for the Cure!



To register please go to <a href="http://cibcrunforthecure.supportcbcf.com/site/PageServer?pagename=2017\_home">http://cibcrunforthecure.supportcbcf.com/site/PageServer?pagename=2017\_home</a> Select your run location (Manitoba, Winnipeg), "join a team" (Team name is MDHA Brush for the Cure), "search for a team" and then follow the links to complete your registration. Easy Peasy!

Just a reminder ...

As stated in the Manitoba Dental Hygienists Association Run for the Cure Policy, participation on Team Brush for the Cure is limited to MDHA members and their non-dental hygienist family members and friends, and only MDHA members who sign in at the appointed meeting place on the day of the run will have their names forwarded to the CDHM to qualify for accreditation for a PAR. (If you would like to have the complete policy please contact info@mdha.ca)

We always have a really great time together and this is such a great cause so let's try and beat all our previous fundraising and team records this year! I'm excited to be team captain again and look forward to seeing you all at Shaw Park on Sunday, October 1st!

Heather Sirkovsky

Captain, Team MDHA Brush for the CureTHE MANITOBA DENTAL HYGIENISTS ASSOCIATION





In April the Heart and Stroke Foundation partnered with the MDHA to present the first "Count Your Cubes! The Sugary Drink Challenge" in Manitoba.

The purpose of the challenge was to raise awareness of the amount of sugar people consume through the things that they drink and to encourage healthier drink options. Resources were made available to Dental Hygienists (posters, note pads) to get their patients involved.

Amanda Nash, from the Heart and Stroke Foundation, shared the following results from the Count Your Cubes Challenge inaugural year:

There were 82 participants who began the 4 week challenge starting during Oral Health month (April), with an additional 10 participants joining in the summer months after the challenge had officially wrapped up. Three prizes, donated by Oral B, were awarded by random draw of the participants.

67% of those who completed the evaluation had an increased awareness of the harmful effects of sugary drinks. 100% had increased awareness of how much sugar is in sugary drinks and 100% increased water intake during the challenge. Other observations by participants included being proud of doing something for their health, felt better, checked nutrition labels more often, and saved money.

The MDHA is looking forward to working with the Heart and Stroke Association again for the second year of the Count Your Cubes Challenge. We will have more information, support, and resources available for you. Challenge yourself, your friends, family, patients, and other offices - have fun with the Challenge while improving oral and over-all health and well-being! Watch your in-box for more information early in the spring!



# THE MANITOBA DENTAL HYGIENISTS ASSOCIATION WELCOMES A NEW EXECUTIVE DIRECTOR

The MDHA's Board of Directors is very pleased to welcome and introduce our new Executive Director, Lee Hurton!

It was of utmost importance to the Board of Directors that the right person be chosen for the Executive Director position. Many resumes were received, reviewed carefully; a short list of candidates was made, followed by two rounds of interviews.

Lee's experience as executive director for other not-for-profit organizations, her enthusiasm and sparkling personality made her the overwhelming choice of the Board. You can learn more about Lee by reading her message in this edition of the Montage – don't miss it!

We are very excited that Lee has become a part of the MDHA and for all that she has to bring to our Association! Welcome, Lee, and we look forward to working with you to make the MDHA the best that it can be!

Manitoba Dental Hygienists Association Board of Directors

## 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!**

#### **Get Connected**

'Like' the MDHA on Facebook Follow us on Twitter @MDHA\_MB Follow us on Instagram @MDHA







We would love to hear from you!

If you have something you would like to see included in the MDHA Montage please contact us at info@mdha.ca!

We always appreciate member contribution!
The MDHA Montage is about connecting with
members so share your photos,
announcements, and dental hygiene news
with us!



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