

THE MONTAGE

SPRING 2018

ON THE COVER:

*National
Dental
Hygienists
Week!*

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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 member-owners by providing opportunities for professional development; to encourage evidence based practice and lifelong learning; and to provide education and health promotion to the public.

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A NOTE FROM THE EDITOR

Hello!

My name is Rebekka
and I am excited to be
your new editor.
I hope everyone is
enjoying The
Montage's new look!
If you have any
comments or
suggestions, please
feel free to send me
an email at
editor@mdha.ca.

Thank you!





President's Message

Hello everyone! Spring is in the air and with it comes another edition of the MDHA Montage! The spring is a great time for the MDHA with opportunities for us as MDHA members to show our purple pride! A reminder to everyone that National Dental Hygienists Week takes

place this year from April 7th to the 13th. The MDHA Board of Directors would love to showcase our home-grown passion for the profession of dental hygiene. Let us know what you are planning for **NDHW 2018**. We would love to share it with our fellow MDHA members. This year's theme for NDHW 2018 is **Oral Health for Total Health** which reminds all of us that taking care of our mouth, teeth, and gums positively impacts other aspects of our lives! Be sure to check out the CDHA website for a wide variety of promotional and educational materials to help you, your offices, and your patients celebrate!

The MDHA will be organizing a **volunteer opportunity at Siloam Mission** this year as a part of promoting National Dental Hygienists Week. This a great way to serve Winnipeg by providing dental hygiene care at the Saul Sair Health Centre at Siloam Mission. This volunteer opportunity is open to MDHA members only during the week of **April 7th to 13th**. Keep your eyes open for an email with details on how to sign up!

Thanks to everyone who attended and participated in this year's **MDHA Mix and Mingle Event** at the 2018 MDA Convention. A special thanks to the DH3 students for presenting their Community Health Poster Projects to us. It's great to see all the hard work you have put it in. The future of dental hygiene in Manitoba is in great hands! Thank you to the University of Manitoba School of Dental Hygiene Alumni Association for bringing greetings and providing a 1-year membership as a door prize!

Thank you to Ondina Love and Paula Benbow from CDHA for travelling to be with us on that morning and presenting to us!

The MDHA Board of Directors is looking for volunteers to be part of the board. At this time, the MDHA is looking for dental hygienists who are keen on further developing their practice management and leadership skills. If this is you, consider sitting on the MDHA Board where you will find great opportunity to excite your senses, challenge your thinking, and contribute to the advancement of your chosen profession so as to serve Manitobans dental hygiene needs. I, myself, joined the MDHA Board of Directors two years ago and have found it to a challenging and rewarding experience. I've had the opportunity to meet and interact with hygienist from across Manitoba and across the country. The learning curve was steep but it has been a great experience! I would love to have you join us!

I look forward to hearing about your plans to celebrate National Dental Hygienists Week! Put your purple on and show your purple pride this April! All the best for this upcoming spring!

Taleisha Doiron, RDH

President, Manitoba Dental Hygienists Association





Executive Director's Message

The MDHA has very much enjoyed a wonderful and busy start to 2018. The Mix & Mingle event, held in conjunction with the 2018 MDA Convention was a huge success with over 200 MDHA members in attendance. The crowd enjoyed an opportunity to mingle and visit amongst their peers and profession as well as hear from multiple

speakers, including the CDHA CEO, Ondina Love. Student poster presentations were on display as well as opportunities to learn more about the Mentorship Program, Alumni Association and CDHA. It was a fantastic morning!

Although it still looks and feels like winter outside, Spring will be here before we know it. Our sites are now set on *National Dental Hygienist Week*, April 7-13, 2018. We are excited to spread the word throughout the province and utilize the week to educate the public and promote the profession. *We have received confirmation that the RBC Convention Centre will be 'lit up purple' during the week in honour of Dental Hygienists.* This is the first-time a Manitoba location has agreed to participate – it is very exciting! The MDHA will also have the opportunity to participate in an *Oral Health segment on Global News on April 9th at 7:20 a.m.* Tune in or set your DVR's to watch! Many other opportunities and events will be planned for the week – keep an eye on the website and your inboxes for more info.

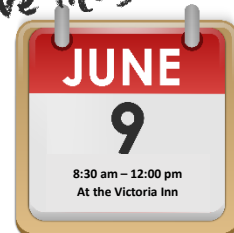
Please make sure that you mark your calendars for *Saturday, June 9th – the MDHA Annual General Meeting*, taking place at the Victoria Inn & Conference Centre from 8:30 a.m. – 12:00 p.m. The theme of the morning will be *“Achieving Wellness”* and will include multiple speakers to touch on different aspects of the theme. Breakfast will also be served. Please watch your inboxes for more information and how to register for the event.

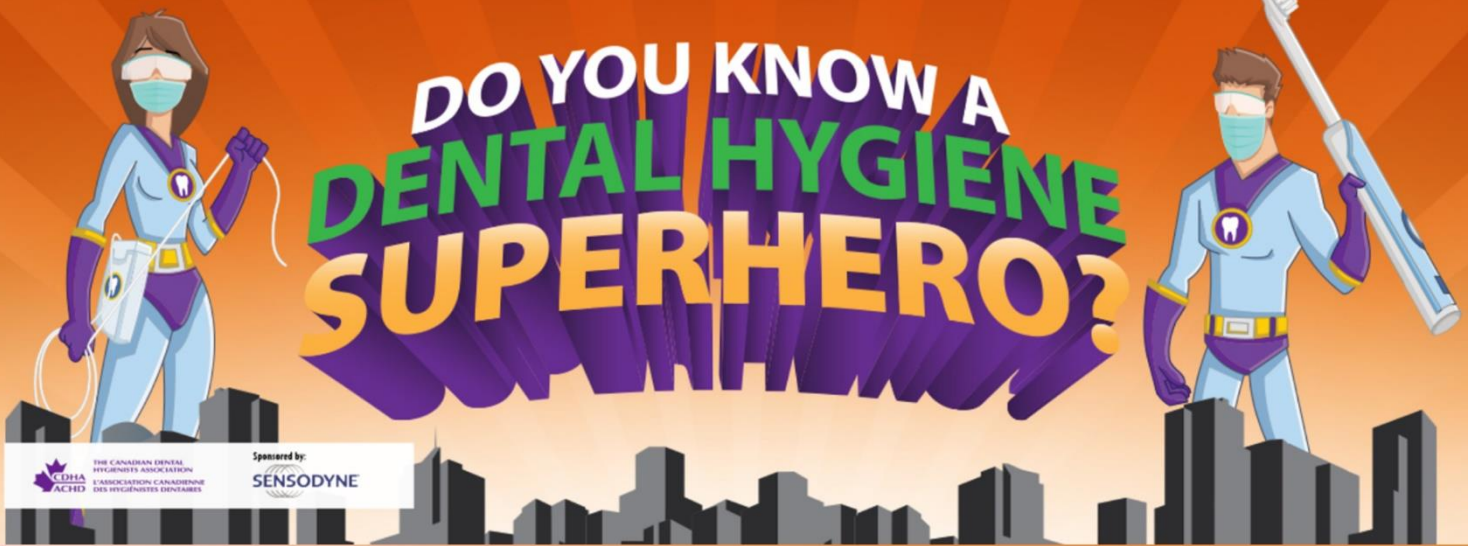
Lastly, you will be receiving soon a short survey regarding Professional Development. The survey will touch on how you would like to see the MDHA offer different types of PD, what format of delivery is most appealing to you, as well as what topics you would like to see offered. Please keep an eye out for that survey and take a few minutes to complete it. Your feedback will help us shape our Professional Development program moving forward.

Hope to see you all at the AGM – June 9th, 2018!

Lee Hurton
Executive Director
executivedirector@mdha.ca

Save the Date!





DENTAL HYGIENE HEALTHCARE SUPERHERO COMPETITION

Do You Know A Dental Hygiene Superhero?

Join forces with CDHA in our new competition to recognize dental hygiene health care superheroes in communities across Canada. We're looking for the champions in your community who fly to the rescue of clients everywhere, leap oral health obstacles in a single bound, and defend dental hygiene, armed with the power to battle evil plaque and tooth decay.



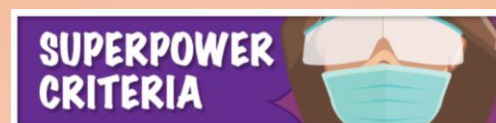
Employers, clients or colleagues may nominate their dental hygiene superhero. Self-nominations are not permitted. Nominees must be CDHA members (we will verify) or may join to be considered.

Competition runs January 2 – April 30, 2018



- Grand prize: \$1,000 cash plus a trophy and cover feature on Oh Canada! magazine.
- Honourable mentions (2): \$250 cash
- Nominators of winning entries will receive \$100 gift cards
- All those nominated will be recognized by CDHA

*all prizing courtesy of CDHA



We're recognizing those masked health care superheroes who work hard, take pride in what they do, and make our communities better places in which to live, work, and play. Nominees will be specifically evaluated on their client focus, social responsibility, leadership, integrity, respect, and transparency.

→→→ [NOMINATE HERE](#) ←←←

DO YOU KNOW A DENTAL HYGIENE SUPERHERO?

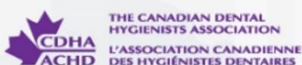
Join Forces with the Canadian Dental Hygienist Association and Sensodyne® in Our Superhero Competition

Let's recognize those masked health care superheroes who work hard, take pride in what they do, and make our communities better places in which to live, work, and play. Nominees will be evaluated on their client focus, social responsibility, leadership, integrity, respect, and transparency.

Thousands of dollars in prizes!

Competition runs January 2 - April 30, 2018

For more information visit: www.dentalhygienecanada.ca/healthcaresuperhero



#dentalhygienesuperhero



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PUT YOUR
PURPLE ON!

POWERED BY
**PHILIPS
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PHILIPS
ZOOM!**

Celebrate National Dental Hygienists Week™

An annual celebration of your dental hygienist

The month of April is Oral Health Month and an important part of this celebration is National Dental Hygienists Week™, celebrated annually in the second week of April. Focusing on the importance of maintaining good oral health practices and helping Canadians understand the role and importance of the dental hygiene profession, this annual event is organized by the Canadian Dental Hygienists Association (CDHA).

Every April thousands of Canadian dental hygienists get out and promote awareness of oral health in their communities. Speaking with the media, writing press releases, sharing on social networks, setting up displays in local malls or libraries, and other options for spreading the word. Getting the message out into the community and making a difference, raising the profile of the profession and highlighting the value of dental hygienists.

[Download the "Put Your Purple On" Poster](#)



Future Dates:

Mark your
calendars!

2018: April 7-13

2019: April 6-12

PUT YOUR
PURPLE ON!

The colour purple is synonymous with dental hygiene, and has been the official colour of dental professionals since 1897 when lilac was first chosen for the emblem of the National Association of Dental Faculties. Purple has long been the trim colour for dental hygiene graduates' caps and gowns and is said to signify compassion, purpose, and inspiration.

Dental hygienists from across the country are being asked to illustrate their passion and pride for the profession by taking and sharing purple-themed photos throughout the month of April. Flash mob group shots in purple clothing, purple-themed displays – it's all good! Help create awareness of the profession of dental hygiene - get out there and **PUT YOUR PURPLE ON!**

Celebration Ideas

Promote awareness about oral health in your community by using our celebration ideas or your own creative concepts. Even picking just one activity to take our message out into the community will make a difference, raising the profile of the profession and highlighting the value of dental hygienists.

More Ideas here!



In your office

- Label all out-going mail with NDHW stickers.
- Construct a Wall of Smiles bulletin board – posting all your clients' healthy smiles (with permission).
- Hand out NDHW Smile Certificates to children.
- Download NDHW screen saver or video and put it on clinic waiting room/operatorary screens/monitors.
- Plan a "toothfairy" themed day at the clinic.



In your community

- Ask your local library or bookstore to set up a display featuring oral health themed books.
- Ask local hotels, malls or other businesses to announce Oral Health Month or NDHW on their outdoor billboards.
- Visit your local arena to host a mouthguard fitting session.
- Supply oral health info flyers to local stores to be included in shopping bags.



In schools

- Promote a sugar free day in local schools. Organize a snack raid at a local school, examining, recording then discussing nutrition and oral health.
- Visit high school health classes to talk about risky behaviors like smoking, oral piercing, HPV.
- Prepare a Teacher's Kit with activity and fact sheets about childhood oral health issues and deliver it to local schools.



Online & Media

- Record and post a YouTube video on proper brushing and flossing techniques.
- Inform local radio and television stations about Oral Health Month and NDHW and offer to be interviewed on air.
- Ask the local newspaper to publish an oral health fact of the day/week during NDHW or the month of April.

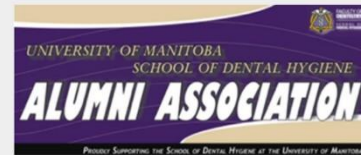
Check out www.cdha.ca/NDHW for the full list of celebration ideas.

Be sure to share whatever you do with marketing@cdha.ca so you can make this list next year and be considered for one of our awards.

Good Luck & Have Fun!



Alumni Association



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, Taleisha Doiron, Past 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.

The UMSDHAA scheduled the next *Annual General Meeting to take place on May 3, 2018*. We will be featuring 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 on the topic of the "Interprofessional approach to oral assessments for children and teens with Type 2 diabetes". Please plan to join us as it will be a wonderful evening.

We are accepting nominations for the University of Manitoba School of Dental Hygiene Alumni of Distinction Award for the year 2018. This award is given annually to those that have served the profession and the community in an exemplary manner and has made a noticeable

and positive impact. If you would like to submit a nomination, please contact us for information and to receive the nomination form to complete the submission. The deadline to submit nominations is **April 1, 2018**. Last year, at the Alumni of Distinction Gala at the Fort Garry Hotel on September 22, 2017, we celebrated the AOD recipient of the School of Dental Hygiene, 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 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".

Please contact us by email at umsdhaa@outlook.ca for AOD nomination forms, membership information and visit our Facebook page for more information on how to join and support our future events.

We are excited and look forward to another fruitful year.

**Florna Atienza,
UMSDHAA President**





Sigma Phi Alpha

National Dental Hygiene Honor Society
Scholarship. Leadership. Service

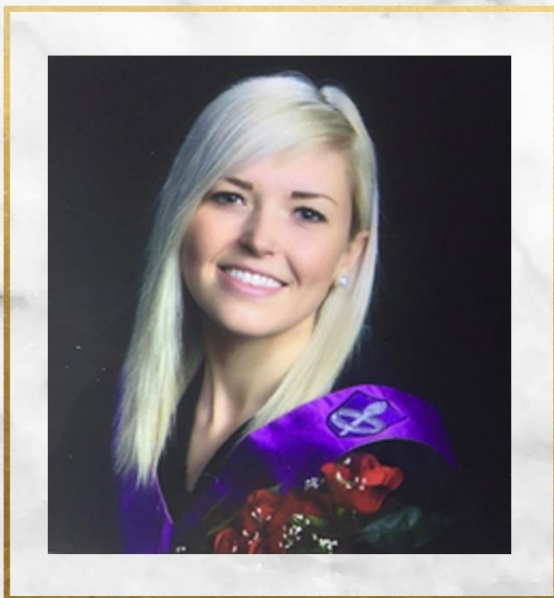
Delta Eta Chapter

Sigma Phi Alpha National Dental Hygiene Honor Society

Hello again to all members of the Sigma Phi Alpha National Dental Hygiene Honor Society, Delta Eta Chapter. Spring is always exciting because it is that time of year when our chapter grows. This May we will be inducting three new members. We are looking forward to meeting them as well as catching up with all of you.

The Honor Society encourages members to contribute to the advancement of the dental hygiene profession. Each year we provide a scholarship to a dental hygiene student as well as donations to the Canadian Foundation for Dental Hygiene Research and Education. We would like to thank our membership for their continued support in allowing our chapter to continue making these important contributions.

“The purpose of Sigma Phi Alpha is to promote, recognize, and honor scholarship, leadership, and service among dental hygiene students and graduates of dental hygiene programs.” With that being said we wanted to take this opportunity to check in with last year’s student inductees. Being new to the profession we wanted to hear their stories about why they chose Dental Hygiene and where they see themselves in the future



Alexa Wolfe attributes her decision to pursue a career in the dental field to a very positive experience at the dental office as a child. Her original plan was to get into dentistry but after speaking with her own dental hygienist she “gained an immense appreciation for the field of dental hygiene”. Adding, “One of the biggest aspects that led me to switch paths and choose hygiene was the fact that there are real relationships to be built between the client and clinician. It is empowering to know that clients want to come back and see you, as they value your knowledge and compassion towards bettering not only their oral health but their overall health.” In the future, her goal is to help her association provide access to care for all those in need. This is a goal she has tried to achieve on a small level by volunteering dental and hygiene to members of a small community in The Dominican Republic for last 5 years. “This is just a



Sigma Phi Alpha

National Dental Hygiene Honor Society
Scholarship. Leadership. Service

Delta Eta Chapter

Sigma Phi Alpha National Dental Hygiene Honor Society

stepping stone for what I hope to achieve in our own country, province, community and neighbourhood. I am very excited to see what the future holds for mine and our profession.”

Carissa Shaw chose to pursue a career in dental hygiene because of her passion towards building trusting relationships with clients, “I enjoy spending time educating them on how we can work together to maintain their oral health”. Carissa’s is looking forward to continually expanding her knowledge on our ever-changing profession as well as building her clinical skills. Her goal is to be able to “provide thorough care to my clients and help them achieve optimum oral health.”



If you have yet to renew your membership for this term and would like to do so, please contact sigmaphialpha.deltaeta@gmail.com. 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



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

CDHA CORNER

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 are now available to members for FREE**, saving you hundreds of dollars.



FREE webinars now on demand:

- Community Water Fluoridation
- Maintaining Dental Implants: It Takes Two, *sponsored by Philips*
- Instrument Reprocessing Essentials
- Smoking Cessation: New Treatment Approaches *sponsored by Johnson & Johnson*
- From the Vault Special Offer, *sponsored by Philips*

www.cdha.ca/webinars



ONLINE COURSES

Radiation Safety for Dental Hygienists

Developed with the Ontario Association of Medical Radiation Sciences, this four-module online course will provide you with fundamental knowledge about the safe operation of x-ray equipment. Find out how radiation affects the body and how you can protect yourself, your co-workers, and your clients from unnecessary exposure.

www.cdha.ca/radiationsafety

CHECK YOUR MOUTH

CDHA has partnered with the Oral Cancer Foundation and the American Dental Hygienists Association on a "Check Your Mouth™" initiative to help individuals identify the early signs and symptoms of oral cavity cancers. The Check Your Mouth™ campaign features an interactive website (www.checkyourmouth.org) that offers easy-to-use tools and tips for a quick visual and tactile examination of the oral cavity.



FILLING THE GAP IN ORAL HEALTH CARE

CDHA recently commissioned research to identify options for reintroducing dental therapy training into postsecondary education programs, recognizing that the closure of Canada's last dental therapy program in 2011 has led to significant oral health human resource shortages. *Filling the Gap in Oral Health Care*, a CDHA position statement, presents the results of this research. www.cdha.ca/fillingthegap



PHARMASAVE PARTNERSHIP

Visit www.youtube.com/theCDHA to view the multimedia presentation CDHA developed for Pharmasave pharmacists across Canada to help equip them with the knowledge they need to have informed discussions with their patients about oral health.



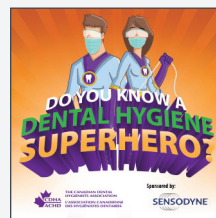
NEW ADVOCACY TOOLKIT FOR MEMBERS

Successful advocacy depends on local efforts by members to deliver a strong message to their elected representatives on issues affecting their community. To help prepare dental hygienists for this advocacy work, CDHA has developed a handy toolkit. www.cdha.ca/advocacy



NATIONAL DENTAL HYGIENISTS WEEK™

Save the date, April 7-13, 2018. Watch for details at www.cdha.ca/ndhw



DO YOU KNOW A DENTAL HYGIENE SUPERHERO?

We're recognizing dental hygienist superheroes across Canada. Find out more at www.dentalhygienecanada.ca/healthcaresuperhero



www.cdha.ca



info@cdha.ca



[@thecdha](https://twitter.com/thecdha)



www.facebook.com/theCDHA

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!



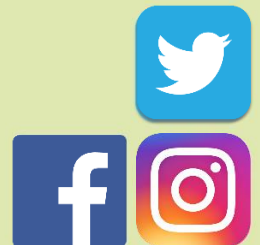
WE WOULD LOVE TO HEAR FROM YOU!

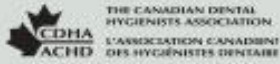
We would love to hear from you! If you have something you would like to see included in the MDHA Montage please contact us at info@mdha.ca!

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

CONNECT WITH US!

Like the MDHA on [Facebook](#)
Follow us on Twitter [@MDHA_MB](#)
Follow us on Instagram [@MDHA](#)





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



Canadian Journal of Dental Hygiene Student Essay Award

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2017 Job Market & Employment Survey

Reported Findings



Top 20 Tips to Get You to Dental Hygiene Graduation & Beyond





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