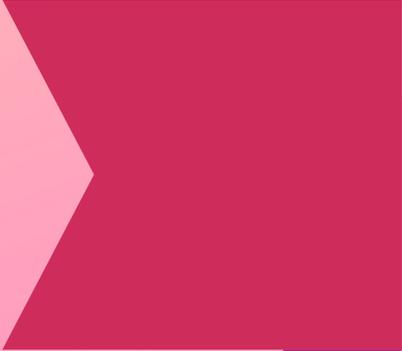




THE
MONTAGE

SPRING 2019



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MDHA President's Message

Do you have a muse or muses? I mean do you have someone or people in your life who inspire you, nudge you, and gently informs you; sometimes with you knowing it and sometimes even when you don't know it. For nearly my entire dental hygiene career I was very much aware of three muses: Michelle Darby, Margaret (Peg) Walsh, and Denise Bowen. I am completely aware I have had many others, but, it is these three who I want to honor in this message to you. All three were scholars and philosophers of the dental hygiene profession. Denise died this past February. Her death like Michelle's and Peg's was felt by dental hygienists around the world. They were and remain muses to many of us. They embodied the art, science, and practice of dental hygiene and they drove our profession to where it is today.

It is there work, individually, collectively, and collaboratively that facilitated the shaping of our profession conceptually resulting in our educational preparation, research agendas, and our everyday practice.

There are four foundational metaparadigm dental hygiene concepts: client, oral health/health, environment, and dental hygiene actions. It is the swirl of these concepts which defines us, our profession. Michelle, Peg, and Denise were integral to dental hygienist around the world knowing the metaparadigm concepts and for calling for dental hygienist to create practice models which emerge from them. It from these concepts everything about dental hygiene arises; for example, the synthesis of practice models.

Those of you who are dental hygiene alumni of the University of Manitoba know it is the work of Michelle, Peg, and Denise that prepared you for entry to dental hygiene practice—you learned to know your client's needs through the Dental Hygiene Human Needs Model (DHHNM). The DHHNM is a way of knowing the metaparadigm concepts. It is a way to assess your client's needs, arrive at a dental hygiene diagnosis, prepare a dental hygiene care plan, implement the plan, evaluate outcomes and process therein of that plan, and scribe (document, document, document). There are other dental hygiene practice models, such as the Oral Health Related Quality of Life model which other educational programs use. So do explore the model which really meets your dental hygiene practice philosophy. Know both models resonate with dental hygienists.

Darby and Walsh co-authored and co-edited the textbook, Theory and Practice of Dental Hygiene which is now in its 5th edition. When Michelle and Peg died, Denise and her colleague Jennifer Pieren took up the reigns for co-editing the 5th edition. It is in preparation for publication. Watch for the 5th edition. Read it, be inspired by it.

May we all carry on the good works of those who have guided our profession. May we all know we are a profession because we care for others—we possess a body of knowledge, skills, and affect that we offer to those we serve. We make a difference in lives by facilitating good oral health and overall health and quality of life.



Laura MacDonald
President
president@mdha.ca

Executive Director Message



The MDHA has very much enjoyed a wonderful and busy start to 2019. The Mix & Mingle event, held in conjunction with the 2019 MDA Convention was a huge success with over 220 dental hygienists in attendance. This year, we had the pleasure of hosting the Mix & Mingle in conjunction with the College of Dental Hygienists of Manitoba. What a great opportunity to come together! The crowd enjoyed an opportunity to mingle and visit amongst their peers and profession as well as hear greeting from multiple groups. Student poster presentations were on display as well as opportunities to learn more about the Mentorship Program, Alumni Association and CDHA. Participants also took place in a short activity, led by the MDHA PD Committee Chairperson, Sheryl Slosower. The activity has hygienists examine the CDHM Practice Standard 4.2 - Implement and monitor strategies to promote health and self care. You can read more on that on the next page of this issue of the Montage. All in all, 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 6-12, 2019. We are excited to spread the word throughout the province and utilize the week to educate the public and promote the profession. Stay tuned for more info on how you can get involved and 'Show your Purple!'

Please make sure that you mark your calendars for Saturday, June 8th - the MDHA Annual General Meeting, taking place at the Victoria Inn & Conference Centre from 8:30 a.m. - 12:00 p.m. This year, we are thrilled to be able to bring to you, renowned speaker, William Nippard, who will be speaking on the topic of 'Winning at Work: The 5 Pivotal Questions for Oral Health Care Professionals. Breakfast will also be served. Please watch your inboxes for more information and how to register for the event.

Looking forward to warmer weather - until then, stay warm!

Hope to see you all at the AGM - June 8th, 2019!

Lee Hurton

Executive Director
executivedirector@mdha.ca

MIX & MINGLE RECAP



Thank you to the over 220 dental hygienists who joined us on Friday, January 25th for the Mix & Mingle event taking place in conjunction with the MDA Convention. For the first time, this event was run in conjunction with the College of Dental Hygienists of Manitoba. We are very fortunate to have such a functional and positive relationship with the CDHM and are thrilled to be able to partner with them on this event and potentially others in the future.

The Mix & Mingle continues to be a great opportunity for Manitoba Dental Hygienists to come together, chat amongst peers and colleagues as well as hear from many important groups. This year, greetings were brought from the School of Dental Hygiene, the MDHA Mentorship Committee, the Canadian Dental Hygienists Association, and the School of Dental Hygiene Alumni Association.

Next, Sheryl Slosower, the MDHA Professional Development Chair, led the attendees through an exercise focused on the following CDHM Practice Standard: 4.2 Implement and Monitor Strategies to Promote Health and Self Care

First, the crowd was asked to spend some time thinking about what standard 4.2 meant to them. Handouts were provided in which individuals could jot down thoughts, feelings and subsequent questions. Once a few minutes were spent in self reflection, participants were asked to share their thoughts with the others at their table. Again, handouts were provided for a note taker to document the conversation. Lastly, tables were asked to discuss and share methods in which this strategy can be implemented.

After some time for discussion, a few attendees were kind enough to share aloud with all in attendance what was discussed and concluded at their respective tables.

Thank you to all who attended the 2019 MDHA/CDHM Mix & Mingle event – we look forward to continuing to offer opportunities for dental hygienists to come together to collaborate!

Change for the Community

MDHA SDH Mentorship Committee

The MDHA/SDH Mentorship Committee continues to seek and create opportunities for dental hygienists and dental hygiene students be change advocates for our community - to show that we care about more than just teeth. For the 2018-2019 term, we have partnered with Main Street Project and continue to seek ways to support their organization. Main Street Project is a non-profit organization that provides a safe place of respite shelter and support.

They support people living with addictions, homelessness, chronic & acute illness and mental and physical health issues. Most recently Main Street Project has acquired space at the corner of Main Street and Logan Avenue (formerly Mitchell Fabrics) and is in the process of expanding to create a drop-in centre - a safe space, open to anyone and everyone. The MDHA/SDH Mentorship Committee is looking to help Main Street Project make this a welcoming space for those in the community who will use it.

Over the next few months we will have a change collection jar in the SDH office and at upcoming MDHA events to collect any spare change you would like to donate to Main Street Project for the new space. Please consider digging into your pockets, purse, couch cushions, and cup holders to find change to help change our community.

Change for the Community

MDHA SDH Mentorship Committee

In April, which is also oral health month, the MDHA / SDH Mentorship Committee will be hosting a joint dental hygiene class of 2019 & dental hygiene class of 2020 mentorship event. All dental hygiene students and their mentors will be invited to this fun event focused on socializing, networking, and community engagement. Stay tuned for more details!

Thank you to all of our mentors – this program would not exist or be a success without you. We also want to thank the MDHA and the SDH for their continued support of the program. The success and longevity of this program would not be possible without the mentors and the collaborative efforts of MDHA and the SDH.

If you are interested in becoming a mentor or if you have any questions, please reach out to us! Katherine.yerex@umanitoba.ca or Kaleigh.warden@umanitoba.ca

MDHA SDH Mentorship Committee

“Remember that the happiest people are not those getting more, but those giving more.”

— H. Jackson Brown Jr.



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. I would like to take this opportunity to congratulate the 2018 inductees Alexandra Abrams, Bridget Major, and Courtney Werner.



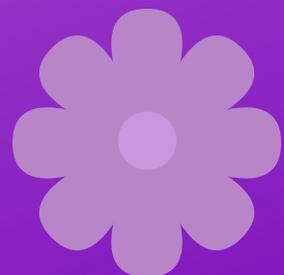
From left to right: Alexander Abrams, Bridget Major, Courtney Werner, Diane Girardin

“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.” The Honor Society encourages members to contribute to the advancement of the dental hygiene profession and our chapter has been doing so for the past 20 years. We would like to thank our membership for their continued support in allowing our chapter to continue making important contributions to scholarship and research. We look forward to catching up with all of you at our AGM this coming May, keep an eye on your inboxes for more details in the coming month.

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, Secretary and Treasurer – Delta Eta Chapter





University of Manitoba School of Dental Hygiene 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. Special thank you to 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.

We recently held our "Dinner and Displays" event on February 21, 2019 at Kum Koon Garden. In lieu of a wine and cheese event that we had hosted in the past, this time we featured a 7-course dinner and the School of Dental Hygiene Class of 2019 community health poster displays. It was a fantastic evening for food, learning, networking and fun! This event was open to the public and nearly 100 people were in attendance.

The UMSDHAA scheduled the next Annual General Meeting to take place on May 2, 2019. We will be featuring our very own Corinne Latozke, presenting her current research regarding Dental Ethics in Canada, updated in the 21st Century. We also have Kathy Yerex returning for a continuation of her current research regarding resorptive lesion in cats. 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 2019.

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, 2019. Last year, at the Alumni of Distinction Gala at the Fort Garry Hotel on September 28, 2018, we celebrated the AOD recipient of the School of Dental Hygiene, Dr. Gayle Halas. It was truly an honour to celebrate her for all the commitment and passion she has contributed to the dental hygiene profession and community.

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 Co-President



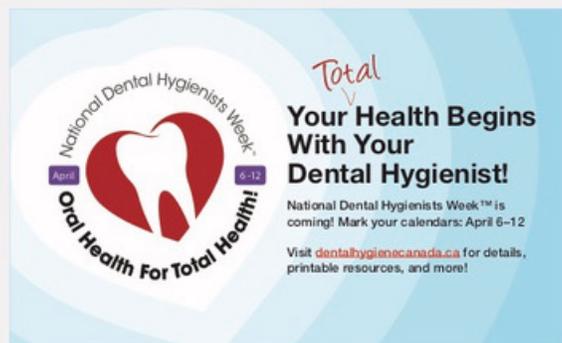
THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

CDHA CORNER



2ND ANNUAL SUPERHERO COMPETITION

We're recognizing dental hygienist superheroes across Canada. Nominate a colleague at www.dentalhygienecanada.ca/healthcaresuperhero



WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

CDHA is committed to supporting your ongoing professional development with **webinars that are now available to members for FREE**, saving you hundreds of dollars.

NEW webinars recently released:

Homewood Health: Member & Family Assistance Program

Fundamentals of Educational Assessment

Identifying Product Hazards in the Dental Setting,
sponsored by Johnson & Johnson

Cannabis in Canada, *sponsored by Philips*

How to Put Your Purple On! for NDHW™

Webinars coming soon:

Understanding Cardiovascular Conditions, March 20
sponsored by Crest + Oral-B

Noise Levels in the Workplace, April 17

www.cdha.ca/webinars

2019 Conference:

Save the date! CDHA will host its next national conference, **October 3-5**, in St. John's, Newfoundland & Labrador. Make plans now to join us on the rock! Registration will open in early spring. www.cdha.ca/conference

NATIONAL DENTAL HYGIENISTS WEEK™

Save the date, **April 6-12**. Watch for details at www.cdha.ca/NDHW

JOIN THE CANNABIS CONVERSATION

CDHA has developed several resources on this important topic including a client information sheet and an article on consent and process of care (www.cdha.ca/factsheets). Watch the spring issue of *Oh Canada!* magazine for more.

MEET YOUR ORAL HEALTH CARE TEAM

CDHA is pleased to announce a new, dynamic resource: a multimedia presentation allowing the public to virtually "meet" the various members of their oral health care team and learn about their specific roles. This presentation is supported by a downloadable information sheet, and is also available in French. www.dentalhygienecanada.ca/youroralhealthteam



www.cdha.ca



info@cdha.ca



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



www.facebook.com/theCDHA

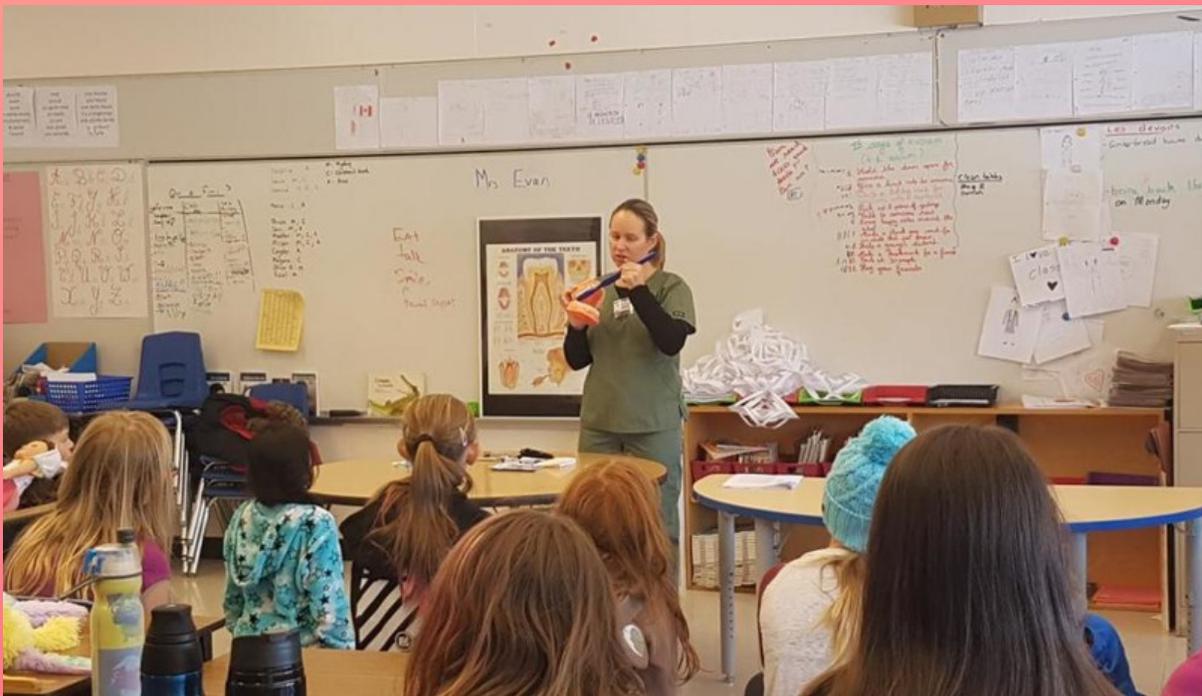
Community Outreach



My name is Lezah Evan. I graduated from dental hygiene school in 2008 and truly enjoy this wonderful profession of ours! However, it really never occurred to me just how important our role as patient educators was until I ventured out into the schools in my community.

This journey of mine began when my son started grade 1 four years ago. As I met with the other moms, I couldn't help but notice that some of them had teeth decayed down to their gum line. It was at that time I realized how low the dental IQ was in my community and felt a personal responsibility to try and do something to help.

The first step I took was contact the community oral health office to find out if there were any dental hygienist educators going into the schools, but was informed that due to lack of funding, the program had been phased out.



Next, I formally introduced myself to my son's teacher and offered to present to her class. She gladly accepted my offer. The only other time I had conducted an oral health presentation was in dental hygiene school to receive credit in my community oral health class, so I was definitely nervous and not too sure how it would turn out. However, the children were excited to learn about good oral health and had many of their own stories to tell. News of my lessons travelled throughout the school and over the next few years I visited several other classes.

In September of this year, I opened Pandora's box and distributed flyers to over 25 schools in my district, which included elementary, middle and collegiate years. The flyers outlined who I was and what the teachers could expect from my lessons. Most importantly, I highlighted that my lessons were free of charge, which was especially important and the reason I have visited over 550 students just this year.

The material I teach gets more complex the older the audience gets. For example, grade K-1 lessons will incorporate a story and games whereas grade 4-6 will be taught using a science-based approach. Each student receives a goody bag with a toothbrush, toothpaste and floss, along with handouts that help the children review the information presented with their parents. This is the biggest highlight for the children and wouldn't be possible without the generous donations I have received from dental offices in my community, as well as, MDHA, MDA, Colgate and Sunstar. I truly appreciate their support.

I strongly encourage you all to consider volunteering in your community schools. Dust off that typodont, reach out and become a valuable professional resource for teachers. You will receive a multitude of smiles and perhaps a card or two from the class! It's also a great way to earn your PAR while giving back to your community.

Lezah Evan, RDH





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.

Address:

200E - 1215 HENDERSON HIGHWAY

Phone number:

204-981-7327

Website:

WWW.MDHA.CA

E-mail:

INFO@MDHA.CA