



**THE**  
**MONTAGE**

SUMMER 2019



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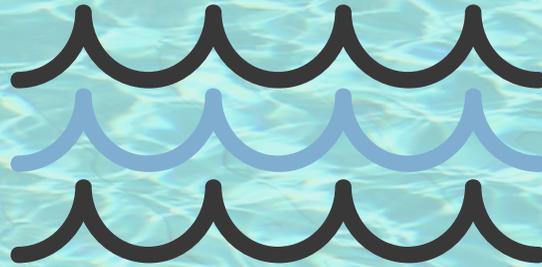
# MDHA President's Message



I raise my hand as I see you coming down the hall toward me. My palm faces outward and I am slowly moving it laterally using short strokes. What am I doing? I am waving a hello at you. I am hopeful that is what you understand I am doing. That gesture means something—you understand it, I understand it, and others we know understand it. Right? I think the answer to that is 'sure; okay; more than likely, at least I think so'. Recently, I have been reading more deeply about the origins of meaning and how humans come to know to know and what and how they come to know to know. That's a lot of 'knows'. When we know something we assume there's truth in it and to it. How we come to know really depends on what we know to be real and that really depends on what we accept as valid and reliable means or ways to know and claim something to be real. The raised waving hand gesture, a hello greeting, for many of us surely means just that. You do it, I do it, we all do it and sooner or later we affirm (validate) that the gesture means 'hello' or 'hey, I see you'. We have come to see the gesture as a reliable way to say 'hello' in a nonverbal way. What if I used the same motion but my palm faced inward? I actually don't know that gesture. For me, it has no meaning. If you did that to me, I might think you had something on your hand and were just trying to shake it off. What's my point in all of this?

As a community of dental hygiene practitioners we come to know our profession by way of knowing what it means to be a dental hygienist. We 'see' in each other something and we understand that something because we know to know to see that something the way we see it and know it. This is a good thing for a profession. It enables a profession to advance united and to accept with hearty appreciation any discourse which comes about when 'gestures' are not understood. This is all part of the evolution of any profession—we aim to be real.





What is it that dental hygienists know to be real? We exist to serve people. We serve people with genuine and positive regard for their being and their needs. We make decisions regarding our dental hygiene actions based on the needs of those whom we serve. Further, that in all that we do (gestures/acts/thoughts/words/deeds) we ensure quality and safety for all. We advocate for oral health/health for all. For some of us, this means stepping outside comfort levels of our own space and being present in and participating in larger system issues which inhibit health for all. Our focus is on health and promoting health. These premises are all real. Okay, they are to me, I believe they are to you—at least I think so. It is not for me to make such claims about our profession as if these were universal truths. I do know that much of our evidence base (akin to gestures) leads me to think so, but again, that is because it is the way I know to know about my profession.

As I continue my own exploration of our profession, its' origin, its' purpose, its' meaning, its' truths, I am looking for universal Truths—that which is real, really. Of course, we only know what is real based on what and how we know it to be real and that as stated earlier depends on meaning 'things' have for us. I invite us all to continue to explore and think about what and how we arrive at meaning of things within dental hygiene—who we are and what we are all about, and further, that we understand each other and that through the gestures of dental hygiene we contribute to the greater good for one and all.

*Laura MacDonald*  
President  
president@mdha.ca

# Executive Director Message



I hope that everyone has been enjoying the spring and beginning of summer months thus far. Although the weather has been inconsistent at times, I hope that everyone has been able to enjoy some time outdoors!

The MDHA enjoyed a busy and productive spring which wrapped up in our 2018 Annual General Meeting on June 8th. Thank you to the over 225 members who attended! We all enjoyed breakfast while listening to reports from various stakeholders and friends of the MDHA, committee reports and a yearly summary of the association's activities. We were also lucky enough to welcome William Nippard, RDH to our morning as he spoke on 'Winning at Work - The 5 Pivotal Questions for Oral Health Care Professionals'. William's presentation was the keynote to our Professional Development offerings for the year - we hope you enjoyed it.

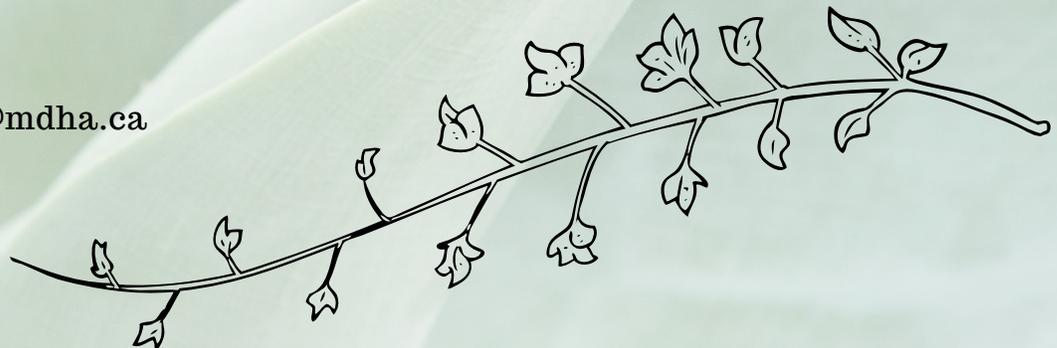
Earlier in the Spring, the MDHA was pleased to partner with the MDHA Mentorship and host a 'Welcome to the Profession' reception for the dental hygiene class of 2019. The event was held at La Roca Restaurant in downtown Winnipeg - what a perfect venue to celebrate these new grads! Food and drink were enjoyed, all whilst listening to well wishes from various friends of the MDHA as well as the volunteer mentors. Finally, the students were gifted with a personalized MDHA name badge, as well as invaluable advice from dental hygienists in attendance. Thank you to all who joined up for this celebration!

On behalf of Amanda and I, I would like to wish all our members a wonderful summer. To keep in touch with all the MDHA's events and news, please like us on Facebook!

*Lee Hurton*

Executive Director

[executivedirector@mdha.ca](mailto:executivedirector@mdha.ca)



# MDHA Annual General Meeting RECAP

The 2019 MDHA Annual General Meeting was held on Saturday, June 8th at the Victoria Inn Hotel & Convention Centre. Members in attendance enjoyed a buffet breakfast while taking in the meeting and speakers.

In addition to the MDHA Board of Directors in attendance, greetings were brought by Arlynn Brodie, CDHM Registrar, Mary Bertone, Director of the School of Dental Hygiene and Simone Jaman, School of Dental Hygiene Alumni Association President.

CDHA's Manager of Professional Practice, Donna Wells was in attendance to update MDHA members regarding the recent results of the CDHA's Respectful Workplace survey. Donna took members through the results of the survey as well as the initiatives planned in response to those results. Members with ideas of how to increase Respectful Workplaces are encouraged to contact Donna at CDHA.



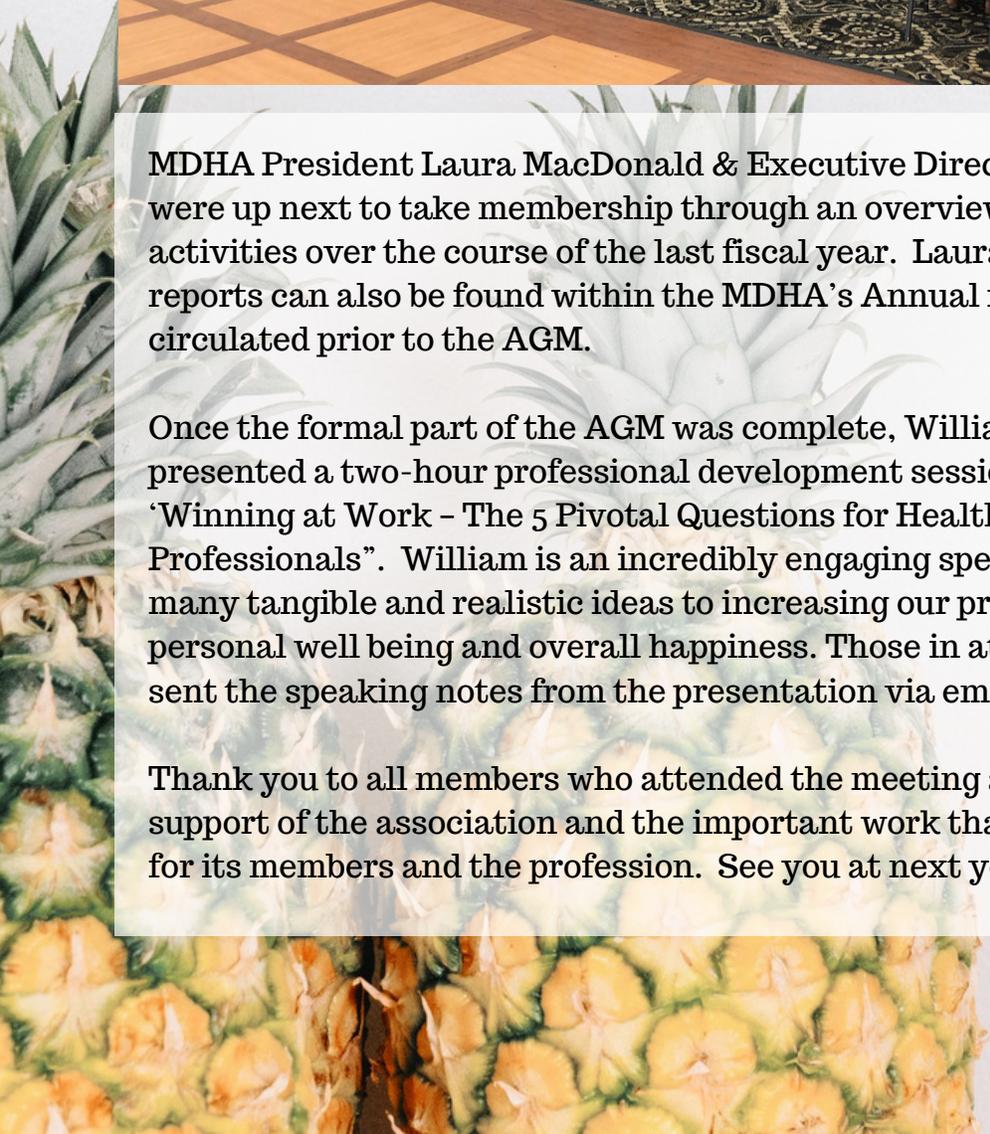
# MDHA Annual General Meeting RECAP



MDHA President Laura MacDonald & Executive Director Lee Hurton were up next to take membership through an overview of the MDHA's activities over the course of the last fiscal year. Laura and Lee's reports can also be found within the MDHA's Annual report which was circulated prior to the AGM.

Once the formal part of the AGM was complete, William Nippard, RDH presented a two-hour professional development session entitled 'Winning at Work - The 5 Pivotal Questions for Health Care Professionals'. William is an incredibly engaging speaker with so many tangible and realistic ideas to increasing our professional and personal well being and overall happiness. Those in attendance will be sent the speaking notes from the presentation via email.

Thank you to all members who attended the meeting and showed their support of the association and the important work that the MDHA does for its members and the profession. See you at next years AGM!

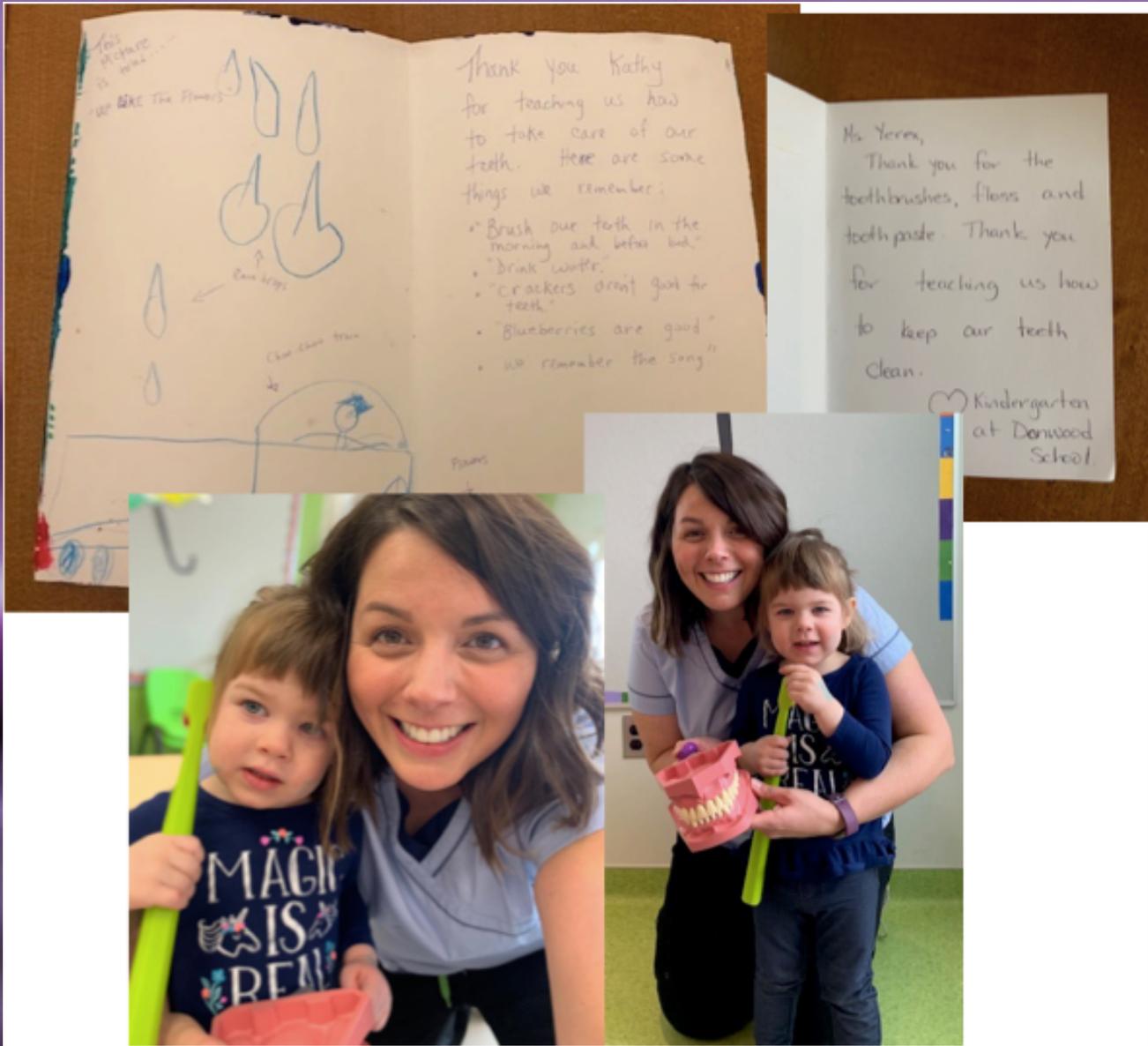


# National Dental Hygienists Week

April 4th - 10th, 2019



# National Dental Hygienists Week



During National Dental Hygienists' Week and Oral Health Month, I had the opportunity to present oral health information and activities to approximately 50 children from the ages of 2-6 years old. The planned activities were hands on and interactive as the children learned about what sugar bugs can do to your teeth and how to fight those bugs to keep your mouth healthy. I thoroughly enjoyed my time with the children and especially appreciated their eagerness to learn. Thank you to the MDHA for donating toothbrushes and floss picks for me to hand out to the children - they were all very excited to receive them.

*Kathy Yerex, BSc, RDH*



COLLEGE OF  
DENTAL HYGIENISTS  
OF MANITOBA

Congratulations! Membership in your professional organization is a testament to your commitment to your profession. The College of Dental Hygienists of Manitoba applauds you!

The MDHA and the CDHM have enjoyed a rich history of collaboration in this province. The achievement of self-regulation for dental hygienists in Manitoba was due to efforts of dedicated members of MDHA, many who went on to serve the College in various capacities.

Today, CDHM and MDHA have re-ignited their collaborative efforts to transition our legislation from the Dental Hygienists Act to the Regulated Health Professions Act. Included in this process, is the re-writing of our DH Regulation which will address our current restrictions to practicing our full scope of practice in this province.

June is nominations month at the College; two of our long time Council members, Terri Archibald and Karina Hiebert will be finishing their terms on Council. On behalf of CDHM, I would like to thank them for their dedicated service to the profession in Manitoba. They will be missed. Subsequently, there are two positions open to all practicing registrants of the College. If you or someone you know has energy and a vision for dental hygiene in this province, considering a position on CDHM Council might be a perfect fit!

Nomination forms and information on the nomination process are available on our website.

Wishing you a wonderful summer and we look forward to seeing you in October for our AGM!

Respectfully submitted,

*Arlynn*

Arlynn Brodie  
Registrar, Executive Director

**Congratulations Graduates!**



## **Congratulations to the University of Manitoba, School of Dental Hygiene Class of 2019**

The MDHA/SDH Mentorship Committee would like to congratulate the University of Manitoba, School of Dental Hygiene Class of 2019 on their graduation! On May 8, 2019, we celebrated and thanked the DH3 students and mentors for their commitment to and participation in the MDHA/SDH Mentorship Program at the Welcome to Profession Reception. It was an enjoyable evening where mentors, students and MDHA members were able to mingle and share stories and laughs. Thank you to MDHA for hosting and organizing the event and including the mentorship program in the event.

The DH2 spring mentorship event was not a formal event this year, but rather an informal catch up over coffee. DH2 students received a coffee gift card and instructions: get to know your mentor over a cup of coffee. Through student and mentor feedback, we found that most prefer informal events where there is opportunity to mix and mingle. Planning a date, time and location that works with everyone's schedule while ensuring fiscal responsibility is challenging. As a committee, we decided to give mentors and students the autonomy to choose a date, time and place to meet for coffee. Students were given a set of questions to ask the mentors on their coffee date to help initiate conversation and get to know more about their mentor and the profession of dental hygiene.

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.

We are looking for mentors for the incoming Dental Hygiene Class of 2021! If you are interested in becoming a mentor and have a minimum of 1-year dental hygiene practice experience, please reach out to us! We are happy to answer any questions you might have. [Katherine.yerex@umanitoba.ca](mailto:Katherine.yerex@umanitoba.ca) or [Kaleigh.warden@umanitoba.ca](mailto:Kaleigh.warden@umanitoba.ca)

*MDHA SDH Mentorship Committee*

"VOLUNTEERS DON'T GET PAID, NOT  
BECAUSE THEY'RE WORTHLESS, BUT  
BECAUSE THEY'RE PRICELESS."

-SHERRY ANDERSON



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

## CDHA CORNER



**Homewood**  
Health + Same

**New Benefit**

### Member & Family Assistance Program

**Counselling**  
Including workplace, stress, and family issues

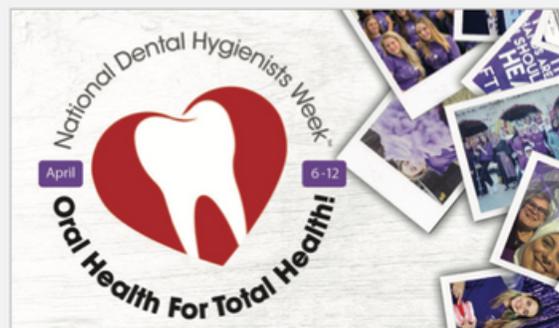
**Coaching**  
Life balance and health issues, or support for career management

**Online Resources**  
Interactive tools and a library of health, life balance, and workplace articles

For access, visit [cdha.ca/Homewood](http://cdha.ca/Homewood)



**Healthy & Respectful Workplace**

## 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:

Canada's New Food Guide: Highlights & Oral Considerations

Understanding Cardiovascular Conditions, *sponsored by Crest + Oral-B*

Noise Levels in the Workplace, *sponsored by CFDRHE*

Homewood Health: Member & Family Assistance Program

Cannabis in Canada, *sponsored by Philips*

#### Webinars coming soon:

Motivating Clients to Achieve Whole Mouth Health, June 19

*sponsored by Colgate*

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

### HEALTHY AND RESPECTFUL WORKPLACE SURVEY RESULTS

Last fall CDHA conducted its first survey of members to determine the nature and scope of issues that either support or undermine healthy and respectful workplaces. Respondents provided feedback on their experiences of harassment, bullying, and abuse in the workplace. Highlights of the survey report are available at [www.cdha.ca/HealthyWorkplace](http://www.cdha.ca/HealthyWorkplace) and will be used to develop CDHA member resources in the coming year. CDHA's member & family assistance program is available now for individuals in need of immediate support. [www.cdha.ca/homewood](http://www.cdha.ca/homewood)

### NATIONAL DENTAL HYGIENISTS WEEK™ (NDHW™)

Another phenomenal event is in the books with an overwhelming number of social media posts, 791 purple-themed photos, thousands of website downloads, extensive media coverage, and 1,310 colouring contest entries; greetings from government officials; 21 landmarks lit purple across North America, as well as the Tornado Tower in Qatar (home of the Canadian Embassy). THANK YOU! to everyone who took part. Our photo gallery at [www.cdha.ca/pypophotos](http://www.cdha.ca/pypophotos) highlights all the amazing events from coast to coast. For the next three years, NDHW™ will take place from April 4-10.



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[www.facebook.com/theCDHA](https://www.facebook.com/theCDHA)



# Sigma Phi Alpha

National Dental Hygiene Honor Society  
Scholarship, Leadership, Service

Spring has sprung, and with a new season, this is the best time for new beginnings. This past May, the Delta Eta Chapter of the Sigma Phi Alpha Dental Hygiene Honor Society followed suit with our 2019 Annual General Meeting. Thank you to all those that were able to join us for this special evening, and as always, the event was well attended.

At this event, and to continue with new beginnings, the Delta Eta Chapter celebrated with welcoming our new inductees to the Delta Eta Chapter of the Sigma Phi Alpha Dental Hygiene Honor Society. We would like to acknowledge three University of Manitoba dental hygiene graduates that provided; professional accomplishment, leadership and role modeling skills, and showed an outstanding service to dental hygiene. Congratulations to Kelly Young, Madeline Lischka, and Jillian Lapointe.



Kelly Young is the student representative for the MDHA Board of Directors and enjoyed both the clinical and educational aspects of care, building a trusting client-clinician relationship, as well as promoting oral health in the dental field. She is looking forward to expanding her knowledge in the hygiene field and continuing to contribute to both the community and profession.



Madeline Lischka is the student representative for the CDHA and enjoyed spending her recent dental hygiene experience with volunteering for the CDHM AGM, MDA Convention, CanU reach program, Sharing Smiles Day, and Teddy Bear Picnic. She even had the dental hygiene opportunity to travel to Churchill for her University of Manitoba student design project. In her future, she is hoping to begin her career in a private practice but is also interested in ongoing research within the dental field.



Jillian Lapointe is the Dental Hygiene Class of 2019 Class President and is grateful of the knowledge and skills that she is taking away from her time at the faculty. She explained that having the honour of being inducted into Sigma Phi Alpha further motivates a desire to continue advocating for her profession as she enters the work force and will strive to offer the best possible service to her patients. Congratulations again to all three new members.

With the beginning of this 2019/2010 term, the Delta Eta Chapter would like to acknowledge the following members who comprise our officers of the board. We are thrilled to see the continuation of Larissa Bubnowicz as our President, and Jasmine Bonenfant as past Vice President, who will be moving into the new role as our Secretary/Treasurer. The Delta Eta Chapter is privileged to have you both, and your contribution has not gone unnoticed. With the new beginning of Spring, the Eta Chapter, has also welcomed a new beginning with, myself, Jennifer Upward as the new Vice- President.

We regretfully accepted the resignation of Secretary/Treasurer, Jordan Klassen, who served on the board for three consecutive years. We have been most fortunate for his contribution and thank him for his commitment over the past years. Jordan's energy, forward thinking ideas, and passion have supported the sustainability of our Chapter. We wish Jordan only the best in all his future endeavours!

To all members of the Delta Eta Chapter, if you have yet to renew your membership for this term and would like to do so, please contact [sigmaphialpha.deltaeta@gmail.com](mailto:sigmaphialpha.deltaeta@gmail.com). Or, if you simply wish to (re)connect with us, we would love to hear from you!

*Jennifer Upward, Dip.DH, RDH*  
Vice-President

Delta Eta Chapter, Sigma Phi Alpha National Dental Hygiene Honor Society  
[sigmaphialpha.deltaeta@gmail.com](mailto:sigmaphialpha.deltaeta@gmail.com)

# University of Manitoba School of Dental Hygiene Alumni Association

The UMSDHAA wishes to thank the MDHA and MDHA executive committee for their ongoing support over the years and allowing us continued opportunities for growth and collaboration.

UMSDHAA has had a busy first half of 2019. We hosted a successful Dinner and Displays Event at Kum Koon Garden this past February. Before and after the 7-course dinner, students from the School of Dental Hygiene Class of 2019 presented their Community Health poster displays. It was wonderful to have student mingling with alumni and sharing knowledge.

The UMSDHAA Annual General Meeting was on May 2, and we would like to thank all those who attended. We had presentations from Corinne Latozke, presenting her current research regarding Dental Ethics in Canada updated in the 21st Century, and Pf. Kathy Yerex returning for a continuation of her Master's Thesis in Science: Oral Biology "Exploring cat cariology and link to human pattern of caries in cat owners." At the AGM, I assumed the role of President of UMSDHAA, along with Janet Huynh assuming the role of Vice-President. I want to thank our previous President Florna for all the support and encouragement she has provided me and I will strive to fill her shoes.

We are currently wrapping up our spring fundraiser. Thank you all who supported and purchased some delicious perogies!

This fall, at the Alumni of the Distinction Gala, we will be celebrating Alumnus Sheryl Sloshower, Class of 1974, for the University of Manitoba School of Dental Hygiene Alumni of Distinction Award for 2019. The AOD Gala will be hosted at the Fort Garry Hotel on September 20th, 2019.

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](mailto:umsdhaa@outlook.ca) for membership information and visit our Facebook page for more information on how to be involved and notified for future events.

Wishing everyone a wonderful summer from the UMSDHAA and looking forward to another successful year!

*Simone Jaman, Dip.DH, RDH*  
UMSDHAA President



### **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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