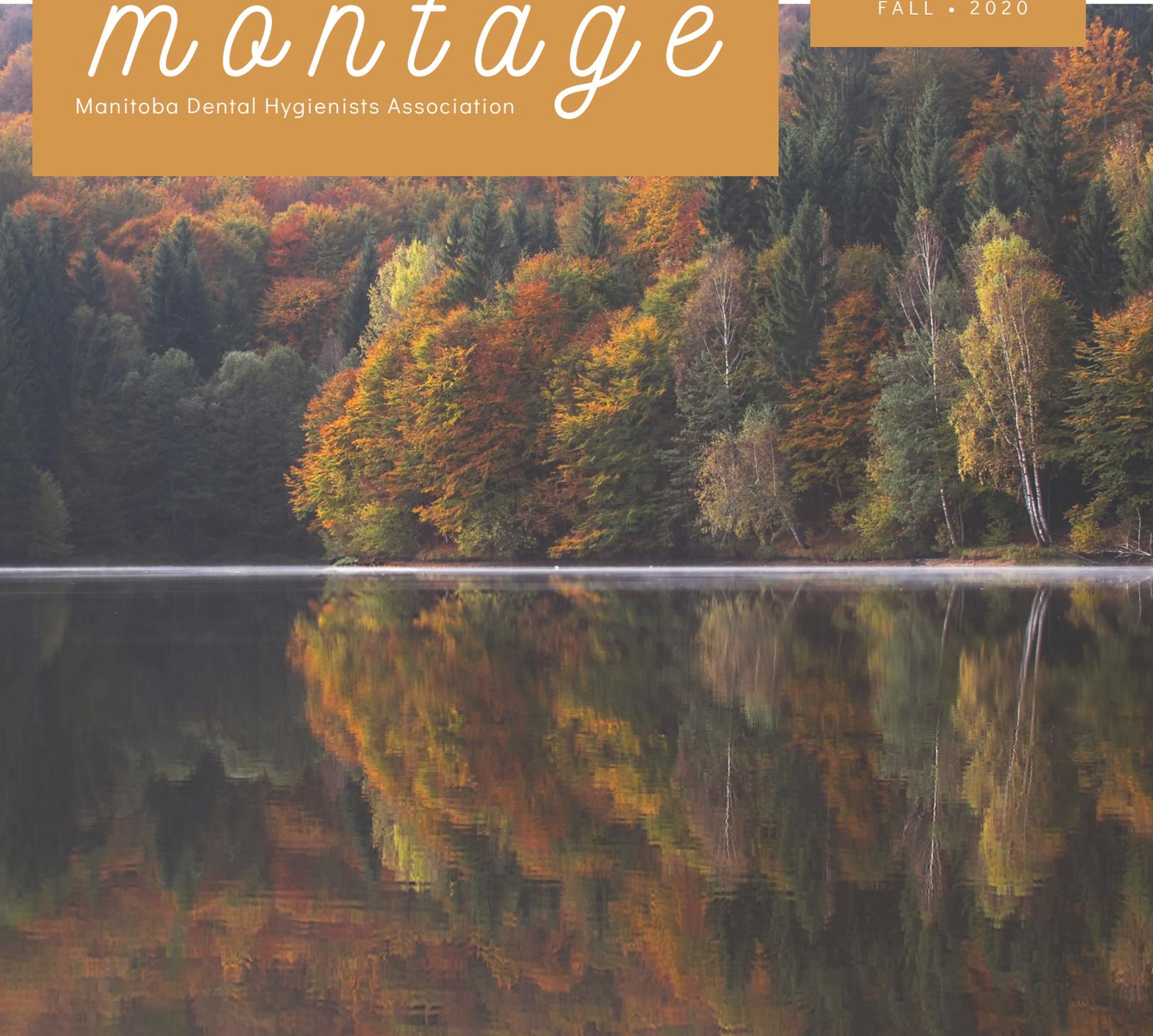


THE

# *montage*

Manitoba Dental Hygienists Association

FALL • 2020



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Faith, solidarity & hope | 03

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Full PPE photo submissions | 05

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# President



During the past while, I have been mulling three words: faith, solidarity, and hope. Faith because I believe in the power of 'one'. The one being a universal force that calls us to be good, kind, caring, accountable, respectful, attentive, and present for each other and the Earth. The call is to ensure so that we enjoy quality of life as stewards of each other and the Earth. Solidarity because there is something about unity with each other as RDHs and health care professionals. Solidarity speaks to communication, collaboration, and commitment to ensure quality of care—not only for and with our patients/clients, but for and with those around us. The care may be in the form of developing a dental hygiene care plan, or the care may be in the form of caring for each other. Years ago, I came across the nursing ethic of care. Though dialogue is ongoing about whether or not it as an ethical principle, the concept impacted me as a dental hygienist. Wood (2011) describes the ethic of care as being integral to nursing as it not only infuses thought with moral reasoning guiding practice, but as well engrains within the commitment to nurture one's affect (e.g., attitude, feelings, and outlook) in serving others. That care means I care about you, about people who I serve, and about everyone. I think it is that care that as dental hygienists, we infuse into the dental hygiene care plan. Now for the third word—hope. I hope that we draw upon each other as we advance our contributions to promoting health for all. In hoping for this that we have faith in our abilities to know and do good based on the best available evidence; and if given a paucity of it, that we seek to understand and search for solutions that help us solve problems and make decisions that do no harm, and importantly do good.

The CDHA, MDHA, CDHM, and Manitoba Health helped us navigate the COVID crisis and helped us return to work wiser about the transmission of the virus and what and how we can do our part in ensuring safe and effective practice. I had faith in our association to be evidence-based and to help us stay grounded while assisting as we moved forward into a newer way of practice. Together, and in solidarity, we can be part of the voice of reason embracing challenges along the way and sifting and sorting our way through them with one thought in mind—do good, do good always. Discourse and conflict resolution is part of the growth of any profession. Solidarity does not mean we will not experience this; it means we want to grow and that sometimes involves tough times as we grow professionally. Both MDHA and the CDHA provide intriguing and thought-provoking opportunities to help us come together and talk about things present and things to come. Importantly, the opportunities promote solidarity regarding safety and quality of care. Hope is not a wishful thought; it is a strong belief that facilitates making something happen. I hope we all come to know ourselves and our profession better as a result of the COVID19 pandemic. I hope we all know that together we make a difference—we help enrich the lives of the many we serve.

Be well, stay safe, and do good—do good always,

*Laura MacDonald*

MDHA President

President@mdha.ca



## A MESSAGE FROM THE MDHA

# Executive Director

Hard to believe that fall is upon us our sweet summer behind! Although everything looks different, we at the MDHA are excited to bring you quality offerings and support as we move into winter.

As you know, the CIBC Run for the Cure has been changed to a virtual event on October 4th. The MDHA has been involved with the run as a sponsor as well as with Team “Brush for the Cure” for the past number of years. This year, we encourage members to make the run whatever you want it to be. You can get your office together, a small group of friends and family, or even challenge yourself to run/walk/jog a 5k to raise money for breast cancer research. Be creative with location, gear, and be sure to incorporate dental hygiene in some way or another. **The top three sub-teams on MDHA Brush for the Cure will be selected by the Board and MDHA members then have the chance to vote for their favourite, this team’s photo will be featured in the Montage. The team that receives the most votes will also receive a prize package of treats and products from local Manitoba companies (prize worth over \$250!) to share amongst your team!** Simply [visit this link to register online.](#)

Our Professional Development has been working to line up an informative and educational offering of opportunities for this year. Our theme will be “For goodness **CHANGE**”. Stay tuned for more information.

The MDHA is always looking for volunteers to serve on various committees and get involved with the various events and activities we have planned throughout the year. If you are interested in getting involved, please don’t hesitate to contact our office. We would love to have a conversation with you about how you feel you could serve your association and your profession!

As I write this, Winnipeg and the surrounding area has just been put under restricted “code orange” and masks have become mandatory in all public places. I still have such a hard time believing that this is all happening – that this is our reality for almost 8 months. That being said, I am constantly amazed by the resiliency of our communities and our cumulative ability to come together. Our MDHA members are no different. Although I can only imagine how worrisome, stressful and confusing the past number of months have been for you, I sincerely hope that you have found moments to pause and commend yourselves for continuing to put one foot in front of the other. To quote my favourite Disney character, Ana from Frozen...

*When it's clear that everything will never be the same again  
Then I'll make the choice  
To hear that voice  
And do the next right thing*

Thank you!

*Lee Hurton*

Executive Director

executivedirector@mdha.ca



## CDHA CORNER

**Hello colleagues & friends,**

When you think of the word “advocacy,” what comes to mind? Champion? Promotion? Advancement? Do you think of yourself? Do you think of CDHA? We as dental hygienists are advocates—for our clients, our communities, our colleagues, our profession, and more. We, in turn, are privileged to have CDHA advocating on our behalf, particularly as we return to work during the COVID-19 pandemic. The transition has not been easy, but CDHA has been there to support us along the way.



This past summer, CDHA encouraged us all to advocate for what we need to return to work: personal protective equipment (PPE). More than 1,100 CDHA members took part in a digital letter-writing campaign, asking governments to consider PPE needs for dental hygienists and other oral health care workers. Please continue to be advocates in your professional dental hygiene practice environment to ensure you are working in safe, healthy settings. CDHA has tools and resources if you need assistance.

If you have photos of yourself in full PPE, consider sharing them with CDHA at [marketing@cdha.ca](mailto:marketing@cdha.ca). The association is looking for images that reflect proper COVID-19 infection prevention and control protocols. View the Image Bank checklist online for more information about the submission requirements.

CDHA's annual general meeting will take place virtually on Saturday, October 3, at 12:00 pm ET. Registration is required and secures your spot for both the speaker presentation beforehand and the meeting. Those who attend will be eligible to win some fantastic prizes! The registration deadline is September 28. Hope to “see” you there!

Take care and be safe!

Kathy Yerex, BSc, RDH  
CDHA board director, Manitoba  
[mb@cdha.ca](mailto:mb@cdha.ca)

## WHAT'S NEW AT CDHA?

### PROFESSIONAL DEVELOPMENT

#### NEW webinars recently released:

Oral & Systemic Health: It's All Linked, sponsored by Johnson & Johnson  
Unravel the Truth Behind Flossing, sponsored by Waterpik

#### Re-releases:

CDHA re-released six webinars “From the Vault,” which will be available FREE until November 1.

#### Webinars coming soon:

Social Media Engagement, November 18  
Cannabis Use: Symptoms & Risks, sponsored by Philips, December 16  
Acid Erosion, sponsored by GSK, February 24  
[www.cdha.ca/webinars](http://www.cdha.ca/webinars)

### OTHER NEWS

#### Conversation and Collaboration

Addressing bullying, discussing infection control, returning to work with a positive mindset and implementing care calls. Learn about all this and more with CDHA's new video series, *Conversations to Build Collaborative Workplaces*. It's your guide to creating healthier workplaces. Tips sheets also available. [www.cdha.ca/conversationandcollaboration](http://www.cdha.ca/conversationandcollaboration)

#### PPE Advocacy

Over the summer more than 1,100 CDHA members took part in our digital advocacy letter-writing campaign asking governments to consider personal protective equipment (PPE) needs for dental hygienists and other oral health care workers. Thanks for being a #voice4oralhealth!

#### 2020 Award Winners

Congratulations to the 2020 CJDH award winners: Susanne Sunell, Denise Laronde, and Zul Kanji; Kimberly Haslam, Heather Doucette, Shauna Hachey and colleagues; and Mystica Lopez de Leon (UBC). The *Oh Canada!* Readers' Choice Award winner is Natalie Muccioli Emery.

#### Membership Renewal

CDHA's membership renewal deadline is October 31. CDHA membership provides access to many great benefits. Check out the advantages in our infographic and video. [www.cdha.ca/6reasons](http://www.cdha.ca/6reasons)

#### Canada's Dental Hygiene Superhero Revealed!

From 755 amazing entries, Canada's 2020 dental hygiene superhero is Lisa Enns of British Columbia! She is joined by two deserving honourable mentions: Francine Leach of Nova Scotia and Marisa Mannarino of Ontario. Check out their stories at [www.dentalhygienecanada.ca/superherowinners](http://www.dentalhygienecanada.ca/superherowinners)



COLLEGE OF DENTAL  
HYGIENISTS OF MANITOBA

CDHM

Fall is here, and with the change of season, I think we had assumed our lives would have returned to some form of normalcy. This is not the case, but at least we are now better informed, and better equipped than we were last Spring to be safe and stay healthy during the ongoing pandemic.

The CDHM has had a busy Spring and Summer guiding the 'return to work' of dental hygienists in the province. While the path has not been straight or clear, our goal was to provide you with accurate evidence-based information to guide you back to work and to be here to answer your questions.

During the last six months, while COVID shifted our workload focus, we felt it was important to continue the work and initiatives underway at the College, which included enabling an all-online CCP process, working with MDHA to create a 'Virtual Mix' and mingle event, maintaining the work of the RHPA committees, continuing the important updating of the CDHM Interpretation Guidelines and producing the Summer edition of the CDHM News.

As Fall turns into Winter, I wish you and your family safety and security, thanking you for providing safe dental hygiene care to Manitobans in your communities.

In health,

*Arlynn Brodie*

Arlynn Brodie MHS, RDH

Registrar, Executive Director

The background of the page is decorated with several small, realistic-looking pumpkins and pieces of candy corn scattered across a plain white surface. The pumpkins are in various shades of orange and red, some with dark green stems. The candy corns are in their characteristic yellow, orange, and red colors. The overall aesthetic is clean and festive, typical of autumn or Halloween-themed communications.

MDHA SDH

## *mentorship committee*

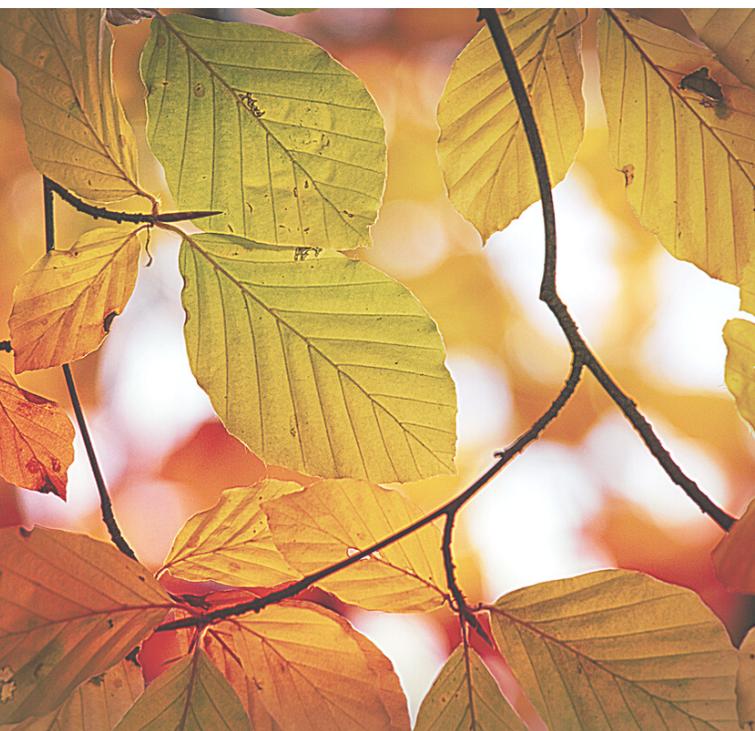
The MDHA SDH Mentorship Committee is excited to announce that our 2020-2021 Mentorship Year is underway! First and foremost we would like to thank all MDHA members who put their name forward to volunteer to be a mentor this year; we had an overwhelming response! We were able to match each DH2 student with their own mentor which is a program goal for us every year - thank you. We have kept the names of all members who put their name forward so if we didn't pair you with a student this year, you are on the list for next year!

Our program this year is completely virtual with students and mentors connecting in an online capacity. We are disappointed to be forgoing the in-office observations but have faith that the new format will continue to provide students and mentors with rewarding and fulfilling opportunities to learn from, with and about each other.

COVID19 has made an impact on the way we do things and it continues to challenge us. We won't let that stop us from tackling these adversities head on and making changes to the program accordingly. We will have to be adaptable to change and we ask for patience as we navigate the new online mentorship program.

As always, we appreciate your comments, feedback & questions. Don't hesitate to contact us directly: [Kaleigh.warden@umanitoba.ca](mailto:Kaleigh.warden@umanitoba.ca) or [Katherine.yerex@umanitoba.ca](mailto:Katherine.yerex@umanitoba.ca)

Stay safe!  
Kaleigh Warden & Kathy Yerex  
MDHA SDH Mentorship Committee



UNIVERSITY OF MANITOBA  
SCHOOL OF DENTAL HYGIENE

## *alumni association*

I hope everyone had a pleasant summer.

Thank you to those who contributed to our Bothwell cheese fundraiser this September.

Given the current circumstances, all in-person events are on hold this year. We hope to be able to provide networking opportunities for alumni soon. As such, please save the date for an online Annual General Meeting Thursday May 6, 2021. We will be featuring Pf. Laura MacDonald, Ph. D. with a synopsis of her Ph.D. dissertation **“A mixed methods salutogenic exploration of dental and dental hygiene program learning environment and curriculum as perceived by students.”**

Thank you to the MDHA Executive Committee for the ongoing support and collaboration with the UMSDHAA. If you would like to get involved with UMSDHAA or become a member, contact us at [umsdhaa@outlook.com](mailto:umsdhaa@outlook.com) for more information.

Wishing everyone a safe autumn!

*Simone Jaman*  
Simone Jaman, RDH  
UMSDHAA President

SUBMISSION FROM

*MDHA member*



**Heads Up**  
Caps + Masks

**100% Cotton  
Pre-shrunk  
Scrub Caps + Masks**

**Created by Local  
Dental Hygienist**

 @headsupcapsandmasks or text 204.955.3332



## **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.

# MANITOBA DENTAL HYGIENISTS ASSOCIATION

*Contact us*

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