

# Montage



## MDHA ANNUAL GENERAL MEETING

The MDHA held its annual general meeting on June 6<sup>th</sup>, 2009 at the Greenwood Inn and Suites. This year MDHA offered two free continuing education courses by guest speaker Marilyn Goulding RDH, BSc, MOS to its members along with a delicious lunch. Johnson & Johnson sponsored our morning CE course, and the afternoon course was sponsored by Glaxo Smith Kline. Our annual general meeting was held at noon. Our meeting and delicious lunch was sponsored by Crest-OralB. The MDHA would like to thank these wonderful and very generous sponsors. Without them, this event would not have been possible.



Guest speaker Marilyn Goulding



CDHA President Wanda Fedora

We were very excited and honored to have Wanda Fedora, CDHA President, bring greetings on behalf of the CDHA. Wanda spent the entire day with us, and was able to mingle and connect with our members. Wanda provided a very inspirational speech to our member on "ownership" during our annual general meeting. Wanda presented Mickey Wener with the CDHA Distinguished Service Award. This well deserved award was the only one presented by CDHA this year. Congratulations Mickey!!!

Mickey Wener brought greetings on behalf of the CDHM while MDHA President Leanne Enns gave a brief overview of what the MDHA has accomplished throughout the year and what initiatives we are currently focusing our attention towards.



*Continued on page 14.....*

## Manitoba Dental Hygienists' Association

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Winnipeg, Manitoba R2V 4C7  
1-204-981-7327  
E-mail: info@mdha.ca



## Summer 2009

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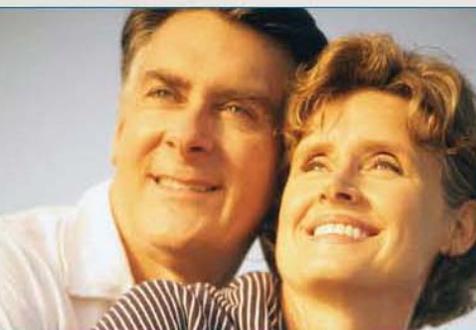
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## ***President's Message...***

*Leanne Enns*

As I stare at the screen in front of me, thinking about what I should be writing in my last submission for the Montage, I find it hard to believe that yet another year has come and gone. Where does the time go?

On August 18, 2008, our new board members were voted in and I became the MDHA President, taking the gavel from Past-President Mary Bertone. At that time, Deanna Mackay took on the position of President-Elect, and will now take on the position of President for 2009-2010 beginning in August 2009.

The 2008/09 MDHA Board continues to follow the principles of our Mission Statement and strive for continued growth and development of the Dental Hygiene profession. Here are just a few of the many examples of what we have been up to over the past year:

- In September, the MDHA wrote a letter of support to the School of Dental Hygiene at the University of Manitoba as they continued working towards a degree completion program.
- MDHA partnered with Find First Aid Inc. for a second year to offer CPR recertification courses to MDHA members at a reduced cost.
- Members promoted the profession, our organization and oral health at events such as Boo at the Zoo, by handing out toothbrushes and fact-sheets in late October, and National Dental Hygienists Week in April by providing periodontal therapy and oral health education to the patrons of Siloam Mission, Saul Sair Health Centre.
- MDHA offered a variety of Continuing Education opportunities for its members including a mini lecture series throughout the year, relating to the care we provide as dental hygienists. MDHA also partnered with the Faculty of Dentistry, Continuing Education department to offer and a double Continuing Education course in October 2009.
- MDHA has become more easily accessible to its members. Our website, [www.mdha.ca](http://www.mdha.ca), provides you with a variety of information including Fact Sheets and Employment Opportunities. Our website is currently being improved to offer our members the latest MDHA News by e-mail. Just send us a message at [info@mdha.ca](mailto:info@mdha.ca) or respond YES to our e-mail invitation to stay up to date with what MDHA is working on.
- MDHA has made available oral health supplies and support to be used by our members in any community outreach endeavor, and has seen increased number of member participation in outreach this year.

Thank you to all of our dedicated and hard working members who volunteer for everything from serving on the MDHA Board to helping out at various events throughout the year. Also, to all Board and Committee members who are stepping down from their positions at this time, thank you for giving back to your profession. All of your hard work has been greatly appreciated and you will be missed.

I hope all of you have a wonderful and safe summer. I look forward to seeing what the 2009-2010 year will bring. All the best!

## ***Message from your President-Elect***

*My Space— Detective Deanna*

What characteristics make a great president?

I decided to investigate this as I will be taking on the position of president of our association soon. I hoped that by reading these characteristics I myself as well as you will see that we all innately possess many of these qualities. I hope this will give us the boost of self confidence needed to reach out to our community and our profession.

I Googled the phrase “personal characteristics needed to be a president”. Oh my word, I can tell you there is no shortage of opinions out there! I found one site by Barbara White at EzineArticles.com which encompassed most of what the other sites said. Barbara narrowed it down to seven:

Good Character

Enthusiastic

Confident

Functions in a orderly and purposeful manner in situations of uncertainty, Remains positive

Keeps a cool head, tolerant to ambiguity

Keeps the main goal in focus, but can think analytically

Committed to Excellence

If reading that list didn't scare you then I nominate you to be the next President-Elect! I know it may seem scary but we cannot grow or succeed as individuals or professionals if we don't put ourselves out there. I am afraid to make mistakes and look foolish in front of others. Those who know me know that I am a very straight forward person. I'm not afraid to voice my opinion, so please don't be afraid to voice yours with me. My biggest weakness is public attention; I do not like it when all eyes are on me. So why do you ask would I take on the role to lead our association? I want to challenge myself, and I believe that I will be a better person at the end, minus the many mini nervous breakdowns I will have anytime I have to speak in front of my peers or colleagues. So please be kind to me when and if you see me doing any public speaking. Yes that will be me, the tomato faced girl with the paper shaking in her hands at the front of the room!

As your incoming president, I believe that I can bring many of the above characteristics to the job. The qualities that I do not bring I will do my best to develop and will continue to grow personally. I cannot promise that I will be perfect, but I can and will promise to be enthusiastic and place the interests of our association and our profession first.

If you feel that you have some of these qualities and want to challenge yourself in the service of your peers, then join me on this journey. You do not need to put yourself out there for nomination, you could volunteer for a community outreach event, help on a MDHA committee, or mentor to a dental hygiene student. We need all the help that we can get! Lead with us: contact me at: [info@mdha.ca](mailto:info@mdha.ca).

### MDHA Contact Information:

**Website:** [www.mdha.ca](http://www.mdha.ca)

**Email:** [info@mdha.ca](mailto:info@mdha.ca)

**Employment Opportunities:** [employment@mdha.ca](mailto:employment@mdha.ca)

**Montage newsletter submissions:** [montage@mdha.ca](mailto:montage@mdha.ca)



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## THANK YOU from Mickey Wener

Recipient of the 2009 CDHA Distinguished Service Award  
MDHA AGM, Saturday, June 6, 2009

CDHA President, MDHA President, executive and members, fellow dental hygienists, former students, friends and family.

I was deeply moved by the letters that were written on my behalf by my colleagues, Laura MacDonald and Natasha Kravstov, and for the support of my nomination from others – Carol Yakiwchuk, Mary Bertone and Salme Lavigne – and by the sheer fact that Wanda Fedora, CDHA President, is here today, thank you so very much.

I feel very fortunate that I have been able to serve dental hygiene and the public, something I certainly could not have done without the support of many of you here today, and many that have come before you. And, of course, my family: my parents who instilled in me the value of giving back, and to Jim and Sarah who should really be honorary MDHA members for all they have done to contribute to my career.

I'd like to as well thank the MDHA Legislation Committee, dental hygienists of the Transitional Council of Manitoba, DAAM members, and countless others who all contributed significantly to Manitoba's achievement of self-regulation.

This honour comes at an important juncture in my life as I continue to help the CDHM grow and as I wind-down from being a full time educator to a part-time focus. Thank you so much for this tremendous honour... you can rest assured that I will display this award proudly in my home and treasure it in a special place in my heart.



**Congratulations!**



## “Welcome to the Profession” Reception



On May 20, the MDHA welcomed the 2009 graduates to the dental hygiene profession at a reception held at the Old Spaghetti Factory. This was an excellent opportunity for all MDHA members to meet and greet the new graduates. Those in attendance took turns introducing themselves and shared stories and words of wisdom with their colleagues, both old and new.



A competitive race to complete a crossword puzzle and word search also



took place and the two lucky people to win were new grads! Prizes were Starbucks and Inn at the Forks Gift Certificates. MDHA would like to gratefully acknowledge **Sunstar** for generously sponsoring this event. A thank you also goes out to Lori Olafson, of **Sunstar**, for attending the event and providing all those in attendance with goody bags!

## Congratulations Class of 2009!

Denise Bauml  
Taryn Bland  
Maria Borges  
Tamara Currie  
Natasha Delaquis  
Gillian Emms  
Ashely Fehr  
Amrita Gill  
Amanda Goertzen  
Holly Hayduk  
Chika Kambara-Bowler  
Tamara Klapprat  
My Lien Lam  
Stacy Lusignan  
Anil Madan  
Ashley McRae  
Rebecca Mueller  
Melissa Nernberg  
Vanessa Pelagio  
Nadine Pohl  
Amy Sonnenberg  
Geraldine Spence  
Aina Uminga  
Kaleigh Warden  
Marvi Jaimelee Woo



Lori Olafson of Sunstar with the Class of 2009

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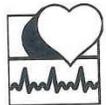


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## Read and Win!!!

Attention MDHA members:

The 1st person that correctly answers these questions and email us will win a prize.

Others that email the correct answer to the questions will have their names entered into a draw and 2 names will be randomly selected to win a prize.

- 1) Who is the President of CDHA this year?
- 2) What will MDHA offer members if they perform volunteer community outreach?
- 3) What is the change to CPR requirements this year requested by CDHM?

**Please email your name, phone number, and email address with your correct answers to the MDHA. You will be contacted if you are one of the lucky winners! Winning names will appear in the next Montage.**



## LOCAL ANESTHESIA

Continuing Education Program  
Faculty of Dentistry, School of Dental Hygiene  
University of Manitoba  
November 6-8, 2009



### General Information

This course will prepare the dental hygienist to become competent in the administration of both block and infiltration local anesthesia. Emphasis is placed on the mechanisms of pain and a thorough understanding of the pharmacology of dental drugs and their interaction with the client's current conditions and medications. The course consists of a minimum of 6 weeks of self-study prior to the 3-day workshop. Examination of didactic material will occur on the first day of the workshop following a review of didactic materials. The second and third days of the workshop will consist of the clinical administration of anesthesia on each other. This course is recognized by the following provincial licensing authorities: BC, AB, SK, MB

Duration: Minimum 6 weeks self-study  
24 hours course attendance (Friday, Saturday, Sunday)

Course Requirements: Participants must be graduates of an accredited Dental Hygiene Program and hold current licensure in their province or state of residence. Participants must also hold a current certification in CPR (Basic Rescuer Level) and hold current malpractice insurance.

Proof of all the above credentials must accompany the registration form.  
For registration and further information, Contact Lisa Chrusch at (204)272-3062.

# National Dental Hygiene Week April 2009

Saul Sair Health Centre  
Siloam Mission



This year for National Dental Hygiene Week the MDHA partnered with Siloam Mission and provided dental hygiene care to clients in the dental centre and oral health education to the patrons at the mission.



**THANK YOU** to all of the MDHA volunteers (Andrea Fruehm, Jeanne Trinh, Margo Nohlgren, Marcia Rushka, Patti Hawthorne, Trish Wittmeier, Deanna Mackay, Leanne Enns, Shora Niaboli, Mary Bertone, Roxie Trembath & Kathy Griffiths) who came and volunteered their time; the event would not have been possible without **YOU!**



A big thank-you goes out to Kari Enns, the Dental Coordinator at Siloam, who was a great help in organizing the event and made it possible for the MDHA to come and volunteer.

If anyone is interested in volunteering at Siloam Mission throughout the year, please contact Kari Enns at [kari.enns@siloam.ca](mailto:kari.enns@siloam.ca).

## Dental Hygiene Professional Development Calendar 2009 - 2010

### Manitoba Dental Hygienist Lecture Series

The Dental Hygienist is the front line in the assessment of gingival inflammation, treatment of periodontal disease and preventing oral health problems. To be effective in these areas it is important that one continues to have access to the most current research, evidence and technology. The MDHA lecture series will provide professional development and networking opportunities. The series will showcase local leaders in the dental & health fields to speak on topics relevant to the care that dental hygienists provide. Sessions count towards Continuing Education Credits. The cost the four session series is \$115. To register please contact [info@mdha.ca](mailto:info@mdha.ca). For more information keep checking the MDHA website at [www.mdha.ca](http://www.mdha.ca)

### Continued Partnership

As the profession of Dental Hygiene changes and evolves in the province of Manitoba and throughout Canada, it is especially important for dental hygienists to continuously engage in life-long learning, to use evidence-based information and stay current with the latest advances in new products and technologies for clinical practice. To address this need, the MDHA will continue to partner with the CE Department at the Faculty of Dentistry. Building on this success, the Continuing Medical Education Department will join our partnership for an Interdisciplinary presentation by Casey Hein.

### Upcoming Events

#### **Tentative Schedule**

September 17, 2009	Faculty of Dentistry CE Department and MDHA What's sex got to do with it? The Mythology of Gender Biology Presented by Ms. Susan Isaac, Dip DH, BScD, BEd, MEd Faculty of Dentistry, Rm. TBA, 5:30pm—9:00pm
September 22, 2009	Manitoba Dental Hygienist Lecture Series Oral Pathology presented by Dr. John Perry Faculty of Dentistry, Schwartz Theatre, 7:00pm—9:00pm
October 17, 2009	Faculty of Dentistry CE Department, Continuing Medical Education and MDHA "Periodontal-Systemic Relationships" Presented by Casey Hein BSDH, MBA University of MB, Room 204 Brodie Centre
November 23, 2009	Manitoba Dental Hygienist Lecture Series Professional Collaboration & Healthy Smile & Happy Child Project Presented by Ms. Lavonne Harms, RD, MEd Faculty of Dentistry, Schwartz Theatre, 7:00pm—9:00pm
January 29, 2010	MDA 125th Annual Mid-Winter Convention Ms. Betsy Reynolds, RDH, MS
February 22, 2010	Manitoba Dental Hygienist Lecture Series Topic and Speaker TBA, see <a href="http://www.mdha.ca">www.mdha.ca</a> for upcoming details Faculty of Dentistry, Schwartz Theatre, 7:00pm—9:00pm
April 3, 2010	Manitoba Dental Hygienists Association Workshop "Local Anesthetic Refresher" Part 1 Presented by Prof. Salme Lavigne, Dip.DH, RDH, BA, MS(DH) Room TBA, 9:00am to 1:00pm
April 12, 2010	Manitoba Dental Hygienist Lecture Series Topic and Speaker TBA (Chosen by you) Faculty of Dentistry, Schwartz Theatre, 7:00pm—9:00pm

## MDHA Member Reaching Out to the Community

On May 27, 2009 Margo Nohlgren and I had the pleasure of being part of Pinkham Elementary School's Career Day. We went as representatives of the MDHA and talked to 25 eager grades 1 and 2 students about what it means to be a dental hygienist and what they can expect when they come and see us. We also had time to talk to the students about oral health and the importance of taking care of their teeth. It was a great experience for us both and we would gladly do it again.

Thank you to the MDHA for providing us with the toothbrushes we handed out to the students who were happy and excited to receive them!!

Kathy Griffiths, BSc, RDH



Hi, I just wanted to write a little thank you note for the donation of toothbrushes. I did a hygiene presentation to the kindergarten class from Ecole Bonaventure in Selkirk. The students greatly appreciated the toothbrushes. Thanks again to the MDHA!!!

Michelle Smuttell

## The Dental Divas



Jaimie Robins, Kathy Griffiths, Roxie Trembath, Mary Bertone (Left to Right), and Tricia Bond (absent from the picture) entered a team, The Dental Divas into the Manitoba Marathon relay this past Father's Day.

Runners send in your pictures or join our team next year!

## MDHA Membership Has It's Benefits...

For the third year MDHA has partnered with Find First Aid to provide the Health Care Provider Level C CPR course to our members at a reduced rate. MDHA members who provide Find First Aid with there CDHA number will be able to attend the course at the reduced rate of \$30. Find First Aid is accredited by the Heart and Stroke Foundation. Our members have provided nothing but positive feedback about the course and the instructors at Find First Aid.

The CPR courses will start running Thursday, September 10th and will run every other Thursday following that date. Find First Aid requests that you please call them to book your spot in the course as they have a maximum number of spaces that the room can comfortably accommodate.

**\*\*\*Remember that this year to fulfill our registration requirements we must have all documents in to CDHM by December 1st, 2009. \*\*\***

**What:** Health Care Provider Level C CPR

**Where:** Find First Aid  
1295 Pembina Hwy (beside Hakim Optical)  
Phone number: 782-0390

**How much?:** \$30 for MDHA members, **You will be requested to provide your CDHA number, only those who provide there number will receive this discount**

**When:** 6pm  
September 10th and 24th  
October 8th and 22nd  
November 5th and 19th  
Phone Find First Aid to see if there is any alternate dates of courses available



### Dental Hygiene "Boot Camp" Community Outreach



On June 12, 2009 Mary Bertone and I put 15 Elmwood High School students through a tough work out – dental hygiene “boot camp”! We did a power point presentation to a group of 13 – 18 year intellectual disabled students and talked to them about the importance of making healthy living choices for good oral health. As part of the “boot camp” we had the students disclose their teeth and handed out toothbrushes, toothpaste and floss at the end of the presentation.

Mary and I would like to thank MDHA for providing us with the toothbrushes, toothpaste and floss!

Kathy Griffiths, BSc, RDH

## Dental Hygienist Mentors Needed

**Mentorship** - a developmental relationship between a more experienced mentor and a less experienced partner.



The School of Dental Hygiene and the MDHA are recruiting experienced dental hygienists to act as mentors to first year dental hygiene students. Each Mentor will have two students assigned to them. Mentors will allow students to visit and observe them in the practice setting, and to answer their practice/profession-related questions. The major requirements are to attend the opening assembly on August 27 to assist with the white coat ceremony, and to attend the MDA Graduation Breakfast. Also this year the mentorship program has added two scheduled evening meetings at the faculty for mentors and students to mingle. If you are interested in giving back to your profession through mentorship, please contact the School of Dental Hygiene at 789-3683 or the MDHA by email at: [info@mdha.ca](mailto:info@mdha.ca).

*AGM Continued from page 1....*

In the final stages of the meeting, a call for volunteers or nominations for the Board of Directors and committee members was requested. Members whose names were put forward for nomination include Ashley Fehr, Tammy DeRado, Maria Borges, Amy Sonnenberg, Kaliegh Warden, Roxie Trembath, Trishia Wittmeier, Mary Bertone and John Babick. There are still opportunities to volunteer with the Board of Directors and on some committees. If you are interested in giving your time to your provincial professional association in any way, please contact us at [info@mdha.ca](mailto:info@mdha.ca). We look forward to hearing from you!



Dean Rickard of Glaxo Smith Kline

**Thank You once again to our generous sponsors for this event:**



# CDHM Message

## Call for Nominations

The CDHM Council is looking for two individuals to fill the vacancies created by the one-year terms expiring for Patti Hawthorn and Gayle Halas. Patti and Gayle both served one-year terms beginning in September 2008, and have devoted their time and expertise over many years. Our profession has benefitted tremendously from all their work! In accordance with our By-Laws, individuals who are now elected to Council will serve three (3) year terms.

CDHM Council's responsibilities include:

- Providing governance and leadership to the College through administration of the Act, Regulations and By-Laws;
- Exercising the rights, powers and privileges of the College;
- Establishing and monitoring registration and continuing competency requirements;
- Appointing and overseeing the work of the Complaints and Inquiry Committees;
- Establishing and monitoring Regulations, By-Laws, Standards of Practice and Competencies;
- Providing direction to the Registrar.

If you or someone you know would like to contribute energy, experience and wisdom through a position on CDHM Council, please submit a nomination and biography form by July 24, 2009. Forms can be found online at [www.CDHM.info](http://www.CDHM.info).

## 2009 AGM

We would like to thank everyone who attended the inaugural AGM last year. We had a great turnout and hope for the same this year.

The 2009 AGM is scheduled for the morning of September 26, 2009 and will be held at the Canad Inns Polo Park. For those traveling from out of Winnipeg, a special room rate will be provided by the hotel.

An official meeting notice, with the agenda, annual report and presentation information will be mailed out by mid-August. Elections for the two (2) vacant Council positions will occur at this time.

If you have items that you would like to discuss at the meeting, in addition to the normal business and reporting scheduled, please email the office at: [CDHM@cdhm.info](mailto:CDHM@cdhm.info). Looking forward to seeing you there!!



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