

MONTAGAGE

WINTER
2012

Seasons' Greetings

WARMEST HOLIDAY WISHES FROM YOUR MDHA!



On behalf of your MDHA executive board and all volunteers, Happy Holidays to all our members and all the best in 2013!

The new year has many great things in store for members, including professional development opportunities, the second annual MDHA breakfast at the MDA Convention and National Dental Hygiene Week coming up in spring!

See you in 2013!

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MDHA VISION

To be the collective voice of Manitoba Dental Hygienists in promoting the profession; cultivating partnerships with member-owners and other stakeholders and empowering our member-owners for the good of the profession and the public

MISSION STATEMENT

To advocate and promote the profession of Dental Hygiene; represent our member-owners, encourage lifelong learning and evidence based practice; and provide education & health promotion to the public. This includes:

- Acting as the collective voice, resource and advocacy body for Dental Hygienists
- Providing professional development and social networking opportunities
- Encouraging continued growth and development of the profession
- Creating public awareness of the profession of Dental Hygiene
- Providing opportunities for health promotion, education and community outreach

MESSAGE FROM YOUR PRESIDENT

Season's Greetings MDHA members!

It's that time of year again! Winter is definitely here to stay and the holiday season is fast approaching.

MDHA is once again putting on our Santa hats to help out the Christmas Cheer Board. We will be spreading holiday cheer by donating food and toys to prepare a hamper for "Feed a Family" as well as spending an afternoon volunteering to deliver hampers to families in our city. This is always an exciting time of year with many opportunities to give back to the community.

2013 will be off to an exciting start. On January 25th, 2013 MDHA will be hosting the second annual Business with Breakfast at the MDA convention. This is an excellent opportunity for networking and information sharing as well as a chance to catch up with classmates and colleagues.

Following the breakfast, we are pleased to welcome this years' MDHA sponsored speaker Rebecca S. Wilder BSDH, MS. The title of her presentation "Hot Topics in Periodontology" will be focusing on many important topics regarding evidence based practice for periodontal patients. We look forward to seeing you there.

Stay tuned for more updates on the community outreach initiatives MDHA will be participating in for National Dental Hygienists Week in April 2013. I encourage you to come out to volunteer and promote oral health and the dental hygiene profession.

On behalf of MDHA, I would like to wish you and your families a safe, happy holiday season and all the best in the New Year!

Sincerely,

Shauna McGregor, RDH
MDHA President



From all of us at
The College of Dental Hygienists of
Manitoba;
We wish you and your family a
wonderful holiday season and a healthy
and happy new year!

Please note the CDHM office holiday hours are as follows: December 21, 2012-January 1, 2013 inclusive. (Regular business hours resume January 2nd, 2013: open: Monday-Thursday 9:00-4:00, closed: Fridays)

Read & Win!

Once again we have had another successful session of our Read & Win contest.

Answers to the last Read & Win questions are:

- 1) Diane Girardin
- 2) Kathy Yerex
- 3) Stephanie Champagne
- 4) Rebecca Wilder

First person that correctly answered the questions was:

Lisa Shewfelt!

The following two MDHA members were randomly drawn from those who entered:

Jeannette Rainkie
Teresa Tomberli

Congratulations you all have won a \$10 gift certificate to Tim Horton's!

See page 10 for this issues Read & Win questions!

Employment

Members, if you are looking for employment do not forget to check our website for job postings which are regularly updated. Just visit us at www.mdha.ca and click on Employment Opportunities. Also contact us if your office needs to place a job posting at: employment@mdha.ca.

MESSAGE FROM YOUR PRESIDENT ELECT

Hello and happy holidays!!

Well, here it is... 2012 is coming to an end. So much has changed in this past year and it feels as though it has flown by faster than most. Preparing for graduation was on my mind this time last year and I never would have guessed that I would be where I am today. I am both happy and thankful for those that have been by my side during this crazy year.

It is often easy to get caught up in the hustle and bustle of the holiday season. I wanted to take this opportunity to remind you of those who are less fortunate and may need a little extra Christmas cheer this year. It can be as simple as donating a tin for the bin or just giving up a little pocket change. Or, if your purse strings are a also a little tight this season, donate your time! Again this year, the MDHA is involved in delivering Christmas hampers. If anyone wishes to volunteer their time, you can contact The Christmas Cheer Board at [204-989-5696](tel:204-989-5696) or www.christmascheerboards.ca/contact.php.

I hope that everyone has a very safe and happy holiday season!!

Best wishes,

Stephanie Champagne, RDH
MDHA President Elect



*Wishing you
a very Merry Christmas,
a joyful holiday season
and all the best for 2013!
Heather Sirkovsky,
Community Outreach*

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MESSAGE FROM YOUR EXECUTIVE DIRECTOR

Happy New Year to all MDHA members!

It's so hard to believe that another year is here. This fall and early winter your association has been busy working hard towards the key objectives of the MDHA this year.

One of our goals for this year was to increase the presence of MDHA in the community and we have been making positive strides in this direction. Through a variety of community outreach initiatives (many of which we highlight in issues of the Montage!) we continue to work towards strengthening our alliances with organizations and groups that share common goals with MDHA and promote the improved oral and overall health of our community. In addition to this, we are also actively looking at ways to improve our accessibility and availability for our members and the public.

Our professional development opportunities are well underway for this year, too. Due to a couple technical difficulties, we did have a bit of a hiccup in getting the postcard information mailers out early this year (thank you for your patience!). But we're happy they're out and we're looking forward to seeing you at our events this year. As you probably noticed, we took a different format for this year in our approach to professional development and didn't host a lecture series. While the number of local continuing education events may have gone down this year, we are making every attempt to let our members know about all the e-learning opportunities that are also available through CDHA's online webinars. We're also offering a half day seminar on Dental Implants in Brandon this year. I encourage all of our members to come out if you can.

I also wanted to highlight another member service that we've recently unrolled: access to e-CPS. For those that haven't had the opportunity to use it yet, it's a fantastic resource for dental hygienists. There are online virtual tours and training webinars through CDHA that can help you get going. And if you have any problems or questions, feel free to give us a ring - we're happy to help!

That's it for now! I'm looking forward to seeing many of you at our MDHA Networking Breakfast in January. Until then - keep warm! And wishing you all the best for 2013!

Cynthia Wiebe
MDHA Executive Director



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MDHA/SCHOOL OF DENTAL HYGIENE MENTORSHIP PROGRAM



The MDHA Mentorship Committee would like to **THANK** Hu-Friedy and Melanie Lagace, Country Manager of Hu-Friedy for providing the Class of 2013 and their **mentors** a great presentation on: Hu-Friedy the company, new Hu-Friedy products, Friends of Hu-Friedy, the joint Hu-Friedy/CDHA Scholarship, and the Envirodent Instrument Recycling Program. Further, we would like to **THANK** Melanie for providing each participant in attendance with a free Hu-Friedy instrument and a fantastic Periodontal Instrument Catalog!



*Picture From L-R:
Melanie Lagace,
Deanna Mackay,
Kaleigh Warden*

THANK YOU! THANK YOU! THANK YOU!

“Dear Editor”

On Wednesday October 17th 2012, the Workers Compensation Board (WCB) held it's 3rd annual Wellness Fair for it's employees. I, for the second time, and Sandi Lemoine, for the third time, proudly represented the MDHA at this event .Thanks to the Centre for Community Oral Health, at the University of Manitoba , we had a beautiful display board. This years theme was "Dental Boot Camp". We had guideline sheets to hand out as well as free toothbrushes provided by the MDHA.

This years topic touched base with general, but important, guide lines for maintaining optimal oral health.

The fair was located in a conference room at the WCB building located on Broadway in downtown Winnipeg. Set up time was only 20 minutes and the fair lasted 2 hours. Because we have both previously done this event, we were more confident and found it much less nerve racking to engage attendees. One hygienist could handle such a task, but having two is easier and fun.

The room was set up as a walk through for the employees. We were the second booth upon entering so this time we got to say a little something to almost all attendees. Other displays touched on such varied topics as garbage recycling, insurance programs, asthma, diabetes, foot health, just to name a few. So, it was very educational for us too!!



(Left to Right: Evelyn Vermette and Sandi Lemione)

In our opinion, volunteering at this years event went great! Just be confident in what you are telling people and pretend its just like when you are in office. WCB workers seemed to like the theme and who doesn't like a free toothbrush?! So with this, I strongly encourage dental hygienists to get out there, volunteer and represent our profession!

Evelyn & Sandi

Christmas in September

As many of you can attest as a dental hygienist we have quite the collection of sample toothbrushes at home. We either received them during our studies, at conventions and/or through other dental sources. I often thought what should I do with my prized collection.

This past September my family and I went on a vacation to my homeland of the Philippines. Before leaving Winnipeg, I talked to my sister back home and asked what her children wanted as a present. They usually request slippers but this year I thought I would mix things up. My sister and I planned a party for our children and our friends children while I was in the Philippines. I would use my toothbrushes and provide oral hygiene education.

(Continued on next page)

"DEAR EDITOR"

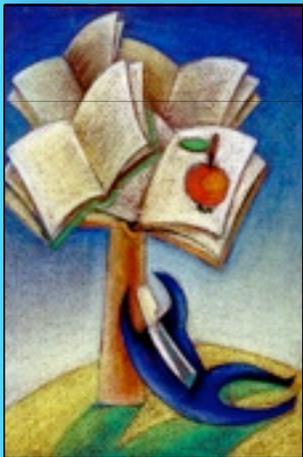
(Continued from previous page) At this party I started off by providing oral hygiene instructions, which was followed by games and an interactive question and answer period. We had food, beverages, danced and most of all the children had FUN! At the end of the party each child received a loot bag with a toothbrush, toothpaste, a pair of slippers, and an additional treat of a rubber bouncy ball!!!!

Not only did I put my stash of toothbrushes to good use, I shared my oral health knowledge. Providing my blessings and seeing the happiness on the children's faces gave me such a sense of fulfillment. And to top that all off my 4 year old daughter Aleeza had a blast and thought her mom was cool!

Agee Azcueta, RDH



Happy Holidays and thank you to ALL of our Volunteers!



**MDHA
Professional
Development
Calendar
2013**

	January 25, 2013	April 13, 2013	Spring, 2013
	9-12 am MDA Convention	9-12 am Victoria Inn Brandon, MB	Time and Date TBA
	Rebecca Wilder, BSDH, MS	Dr. Igor Pesun, DMD, MS, FACP, FRCD(C)	Ultrasonics Workshop
	Hot Topics in Periodontology for the Dental Hygienist	The Role of Dental Implants in Providing Patients With Optimum Oral Health	

TEACH

A Comprehensive Course
on Smoking Cessation:
Essential Skills
and Strategies

Save the Dates!! February 14-15, 2013

What: 2 Day [TEACH Training](#)

Where: Deer Lodge, Life and Learning Centre, 2109 Portage Avenue, Winnipeg

Cost: \$200.00 covers the reception, training, lunch and snacks on both days.

How: The registration package is available **December 7, 2012**

To receive a registration and information package contact info@mantrainc.ca

Registration Opens December 10, 2012

Registration Deadline January 31, 2013

The TEACH courses are targeted to those practitioners that have the ability to deliver intensive cessation interventions. In this two day TEACH training, practitioners will gain practical knowledge and skills in treating tobacco dependence and nicotine withdrawal, along with evidence-based effective strategies for assisting with cessation. Participant suitability for this course may be based on:

- Level of clinical contact
- Willingness or ability to influence organizational change
- Geographical need to build capacity
- Service to specific populations with high smoking prevalence

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Annette Schultz PhD RN
Psychological Oncology and Nursing
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University of Manitoba



MDHA wants to hear from you!

We are currently in the process of planning for next years professional development calendar and we need your help. MDHA would like to know which topics, speakers, courses you would be interesting in attending. Our goal it to provide YOU the member with a professional development calendar that will help you achieve your continued growth and development as a dental hygienist.

KEVIN RILEY
General Manager – Prairie Zone



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Read & Win!

First MDHA member to correctly answer the questions and emails their response wins a \$10 gift certificate.

Two additional entries will be randomly chosen to win a \$10 gift certificate!



- 1) Who will be speaking in Brandon, MB on April 13, 2013?
- 2) Who represented MDHA at this years Worker's Compensation Wellness Fair?
- 3) What is one of the ways to contact the Christmas Cheer Board?
- 4) Which company gave a presentation to the SDH, class of 2013 as a part of the MDHA Mentorship Program?