

# MONTAGE

SUMMER  
2013



(Clockwise from Above: Stephanie Champagne; Mary Bertone and keynote, Angie D'Aoust; Cynthia Wiebe; Patti Hawthorn and Salme Lavigne)



## MDHA 2013 AGM HIGHLIGHTS

The MDHA had a great AGM with record members attending and tons of positive feedback! Members mingled, reports and financial statements were reviewed and the official gavel was passed on to the incoming President, Stephanie Champagne.

Outgoing President, Shauna McGregor reviewed the past year of MDHA business and keynote speaker, Angie

D'Aoust, enlightened members on the topic of Social Media for Dental Hygienists [presentation available on MDHA website] and the Association bid farewell to, and welcomed in outgoing and incoming volunteers. As well, we are saying good-bye to Executive Director Cynthia Wiebe, whose focus and dedication has led the Association forward in it's vision. Also, adding some wit and humor to the morning, was special guest, Comedian Heather Witherden.

Finally, a BIG thank you all the volunteers who helped put the event together! Have a great summer!

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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

It has certainly been a busy year! Over the past year MDHA has been working hard to make our mark within the community promoting the profession of dental hygiene and growing as a professional Association.

From community outreach initiatives, to blood drives, to our annual Christmas Cheerboard Hamper Deliveries as well as the exciting accomplishment of finding a new Office space and home for MDHA. I am very proud and honored to have been able to serve as your President for the last year and to represent the Dental Hygienists of Manitoba. The profession of Dental Hygiene continues to grow and evolve and it is very exciting to see where we are headed as a profession.

I have to admit, I was hesitant to take on the position of President-Elect. It was daunting to have to follow in Kaleigh's footsteps. I would be starting my new career in dental hygiene and I was concerned as to whether or not I could represent the MDHA the way it deserved to be represented. The first thing that came to my mind was how could I be president of MDHA, how could I be the one to fill the shoes of the dedicated and passionate persons who came before me. Isaac Newton said: If I have seen farther than others, it is because I have stood on the shoulders of Giants. In my case I felt more like Jack N the beanstalk, looking way up and terrified, intimidated by the journey that was to lie ahead.

This past year has been one of the most fulfilling years of my life. It has truly been an honor and a privilege to stand shoulder to shoulder with some of the most dedicated and hardworking people I know. I have had some unbelievable experiences, met so many wonderful people and learnt so much.

I would like to thank Cynthia Wiebe for all of her hard work and dedication over the past year. Cynthia has served as the Executive Director for MDHA for 4 years. Her hard work and dedication to MDHA has contributed to the accomplishments of many of MDHA's goals and initiatives. It has been an absolute honour and privilege to work alongside Cynthia this last year. She has been an incredible asset to MDHA and she will be truly missed.

The success of my term as President would not have been possible without the support, hard work and dedication of our board, our representatives, our committee members and all of the other volunteers who stepped up to the plate throughout the last year. Thank you!!

I would also like to thank all of the members for their support over the year. I look forward to working with more of you in the future and I encourage all of you, at some point in your career, to get actively involved in your association. It is truly a rewarding experience.

My experience as President of MDHA has been life changing. In the past year I have grown both personally and professionally. The friendships I have made and people I've met will last with me for a life time. I am so proud of the accomplishments that MDHA has made over the past years.

It has truly been an honor and pleasure to serve as the President of the Manitoba Dental Hygienists Association for the 2012-2013 term.

Sincerely,

Shauna McGregor, RDH  
MDHA President

## PROFESSIONAL OPPORTUNITIES - MDHA Executive Director

The MDHA is looking for an energetic, motivated and organized person to serve our organization as Executive Director. The individual would preferably have previous experience working in a non-profit organization. The executive director should demonstrate ability in public speaking, written and oral communication and interpersonal relations. Also needed is a high level of energy, motivation, persistence and a positive attitude.

The duties would include administrative tasks and working with the volunteers and the Board of Directors. Also required is to maintain the mission and objectives of the association in a consistent and timely manner. The executive director would need to ensure quality delivery and evaluation of membership services offered, continuing education programs delivered and public outreach participation.

If you are interested in this position and for more information please contact the MDHA at [mdha@info.ca](mailto:mdha@info.ca) or call 981-7327.

KEVIN RILEY  
General Manager – Prairie Zone



Cell: 204-781-8140  
Office: 204-784-5333 Toll-Free: 800-665-8985  
Fax: 204-786-2908 Toll-Free Fax: 888-682-2748  
Residence: 204-467-9789

21 Murray Park Road Unit D, Winnipeg, MB R3J 3S2  
E-mail: [kevin.riley@henryschein.ca](mailto:kevin.riley@henryschein.ca)

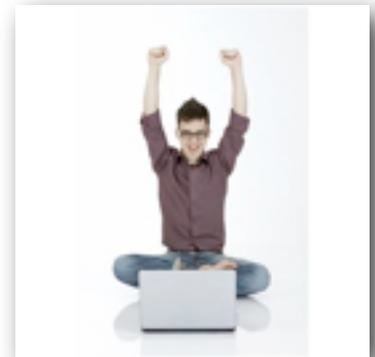
## CONTEST! MEMBERS IN THE COMMUNITY!

Part of MDHA's Mission includes providing education and health promotion to the public – we couldn't meet this objective without your dedicated effort.

Our members are doing a lot of great work and we want to highlight it – and say thanks! – to you for supporting community outreach initiatives.

Share your Community Outreach experience (either through MDHA or your own initiative) for a chance to win one of two gift cards for \$10 in each edition of the Montage!

Send a short write up of your experience (include pictures if you want) and send to [info@mdha.ca](mailto:info@mdha.ca).



\*Winning submissions will be randomly drawn and announced in the next edition of the Montage

## GOOD LUCK!!

See page 13 for winners!



Watch for your new MDHA  
*Professional Development Calendar*

Coming Soon!

## MESSAGE FROM YOUR PRESIDENT ELECT

Here it is... My last submission for the montage as President Elect! I can't believe how quickly this year has flown by. I can still remember the day that I was offered this position by Shauna, Mary, and Cynthia. At the time, I didn't really realize how rewarding working with the MDHA would be. I am so happy to be able to be a part of this association, especially because I have an amazing group of women standing next to me.

This year has been very exciting for me. I have learned a lot about how the MDHA works as a collective group and why it is so important for dental hygienists to have this association. We have been working together to move the association forward and make it more viable for our members. The new office at 200E - 1215 Henderson Highway has been one of the largest changes that we have encountered this year. Our association now has a "home base" where members and non-members can talk to a friendly face and get all of the information they need from us!

I would like to thank everyone who has had a

part in the MDHA, whether it be someone who has volunteered for an event, or someone who has sat on the board. Your dedication to the MDHA is essential! We love getting to know you as a dental professional and as a person. I wish to thank you all immensely. If you or anyone you know is interested in volunteering with the MDHA, you can contact: [info@mdha.ca](mailto:info@mdha.ca)

I have met so many amazing people, and I love that I can go to an event and see so many familiar faces. I hope everyone has an amazing summer and I will see you in the fall as the President of the MDHA!

Best wishes,  
Stephanie Champagne

# Pacific Dental Conference

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dates!

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# Manitoba Dental Hygienists Association/ School of Dental Hygiene Mentorship Program

## **IS SENDING A CALL OUT TO ALL DENTAL HYGIENISTS WITHIN WINNIPEG!**

### **MISSION STATEMENT**

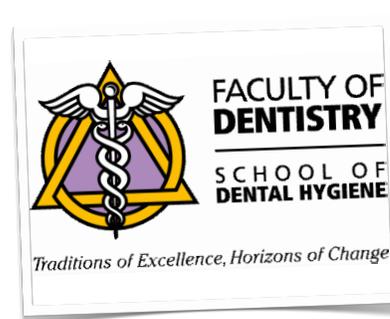
The Manitoba Dental Hygienists Association (MDHA)/School of Dental Hygiene Mentorship Program is a partnership that supports the transition of dental hygiene students into the profession through open communications, guidance, and inspiration that benefits both parties.

### **HOW CAN THIS BE ACHIEVED?**

Only **YOU** can help us achieve this statement. Your commitment makes **OUR** profession stronger. **YOU** are the MDHA and as we always state “We are only as strong as our members” and with your commitment you are an example of this sentiment.

### **WHAT CAN THE MENTORSHIP PROGRAM OFFER?**

- A rare opportunity for all participants to grow and develop together; to share experiences and to work as one for the benefit of **OUR** profession
- The mentee is provided with a connection to **OUR** profession that can not be attained through formal education. **YOUR** relationship with **YOUR** mentee will provide insight and will ease their transition from a “student” to a “professional”
- Participants develop stronger ties with the School of Dental Hygiene and the MDHA. This, in turn, can lead to valuable networking opportunities and/or new career paths
- Participation is recognized by the College of Dental Hygienists of Manitoba (CDHM) and can be used to fulfill your annual **Professional Activity Record (PAR)** requirement
- **WE** are life long students; both the mentors and the mentees benefit from our program



## **INTERESTED? CONSIDERING? LET'S TALK!**

Contact the MDHA Mentorship Committee

**email:** [mentorship@mdha.ca](mailto:mentorship@mdha.ca) or **call** and leave a message for us at : 204-981-7327

## "CDHA CORNER"

The CDHA Corner is where you will find updates and reminders from your National Association!



**PHOTO  
CONTEST  
FINALISTS**  
**VOTE NOW!**

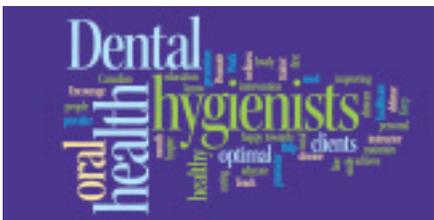
### Super Smiles Photo Contest Finalists

Choose your favourites! Over 140 entries, and we've narrowed it down to 18. [Vote now!](#)



### CDHA launches awareness campaign

Dental Hygienists prompt athletes to wear protective mouthguards. [Learn more!](#)



### Professional Identity Statement contest

The contest has been a huge success! Which do you think are the best? [Click here to vote](#)



Celebrating 50 years of CDHA  
& 100 years of the dental hygiene  
profession worldwide

### CDHA News Releases

[Dental hygienists now self-regulated in Newfoundland & Labrador](#)

**June 26, 2013** (Ottawa, ON) – On June 1st, dental hygienists in Newfoundland and Labrador became self-regulating under the Health Professions ... [more](#)

[CDHA strengthens partnership ties with dental industry](#)

**May 01, 2013** (Ottawa, ON) — With Oral Health Month 2013 behind us, the Canadian Dental Hygienists Association (CDHA) continues to build on ... [more](#)

[Putting More Bite into Injury Prevention Dental Hygienists Prompt Athletes to Wear Protective Mouthguards](#)

**April 25, 2013** Today, the Canadian Dental Hygienists Association (CDHA) is officially launching a public awareness campaign to encourage the ... [more](#)

[More News Releases](#)

### Some CDHA Webinars available:

- 1 [Professional Whitening Solutions: Fact vs Fiction](#)
- 2 [Cultural Sensitivity for the Dental Hygienist](#)
- 3 [Introduction to Lasers for the Dental Hygienist](#)
- 4 [One-to-one dietary interventions in dental practice](#)
- 5 [Professional Liability Insurance. Your Best Preventive Strategy!](#)
- 6 [Neuro-musculoskeletal \(NMSK\) injuries - Webinar Series](#)
- 7 [CDHA Job Market and Employment Survey](#)
- 8 [The Changing Face of Dental Hygiene Employment in Canada](#)
- 9 [Abuse of Older Adults Webinar series](#)
- 10 [Sun life: Critical Illness Insurance](#)

For better dentistry

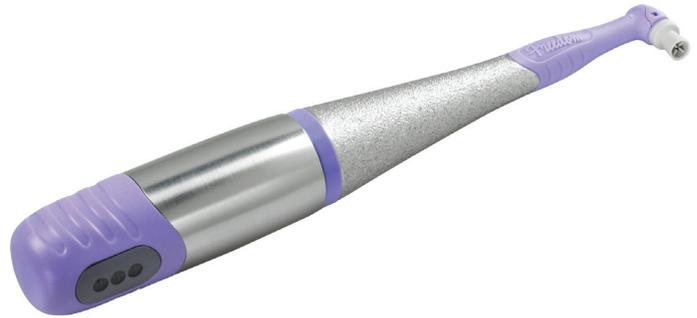
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## "Dear Editor"

**\*\*Correction from The Editor - Spring 2013 Edition :**

*In the article titled The dental hygiene community says goodbye to Dianne Gallagher, the quote "The University of Manitoba, School of Dental Hygiene honored Dianne as an Alumni of Distinction in 1999," should have read "...Alumni of Distinction in 2004."*

### Sharing Oral Health with Pre-Schoolers

On April 17 and 24 I took the opportunity to volunteer at the Growing and Learning event for Rivereast Transcona School Division. This event takes place at five different schools on five different days. It is an afternoon for parents and their pre-school children to come for an orientation into kindergarten. At these growing and learning events there are many different specialists including public health nurses, car seat specialists,

immunization and nutrition, hearing/learning, physical activity and more. I was there to share oral health information.

Both days went really well. When the kids eyed the dinosaur at my table they couldn't wait to come over and brush his teeth. The pop-up books were also a favorite and good for interactive learning. The parents really appreciated the oral health information, as well as the free toothbrush for their pre-schooler. Some kids wanted to trade in their brush for

a power toothbrush, but I think they were still happy with their free kids "manual" brush!

Ashley Fehr



(Pictured Above: Ashley Fehr and participants at the Growing and Learning event)

## *Winnipeg Rhapsody - October 26th, 2013 - 7 credits*



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On April 26th I had the privilege of visiting Victor Mager School in St. Vital to talk to 36 Grade 3 students about the importance of taking good care of their teeth.

They were a great bunch who made my first presentation to school kids in a great many years a really fun experience! We talked about plaque, cavities, sugar in food, and which types of foods are better choices for healthy teeth. They were very eager to tell me about the experiment they had

done with putting some eggs in fluoride, then comparing what the eggs were like after being in coke or vinegar and what a difference there was between the eggs that had been in the fluoride first and the ones that hadn't. We ended with a demonstration of how to brush and floss properly.

The kids were very excited to get a new toothbrush and toothpaste and send their thanks to MDHA!

Heather Sirkovsky, RDH



(Pictured above and to Right: Heather Sirkovsky and students from Victor Mager School, Grade 3)

On April 13, 2013, MDHA hosted the first ever professional development opportunity in Brandon Manitoba at the Victoria Inn. Thirty hygienists gathered for a three-hour lecture presented by Dr. Igor Pesun, Associate Professor and Head of the Department of Restorative Dentistry, University of Manitoba. The event proved to be both a unique social gathering as well as great learning opportunity. The lecture was about Dental Implants. It covered topics such as Dental Implant themes, Treatment Sequences, Implant treatment planning, The Rule of 6, and Reasons for Implant Failure. Most important Dr. Pesun discussed the role of the dental hygienist in regards to implant

assessment, maintenance and patient education. It was something we were all eager to learn about. His information did not disappoint. The time flew by as Dr. Pesun was a very dynamic speaker who provided personal experience as well as current information about implants. It is my opinion that the attendees left feeling very competent in their new found knowledge about implants. Feedback to date has been positive, and causes me to thank all those who supported MDHA by attending. We look forward to all suggestions and comments as to how we can repeat such an event in the future. I can be reached at [karenkkaatz@hotmail.com](mailto:karenkkaatz@hotmail.com).

Karen Kiazzyk Kaatz, RDH



(Above: Mary Bertone introducing guest speaker)



(Above: lecture attendees)



(Above: Guest speaker, Dr. Igor Pesun)

Recently, I was given the opportunity to take part in Dakota Plains School's annual Career Day. Dakota Plains is a small First Nations community one hour west of Winnipeg near the city of Portage la Prairie. I could not pass up this wonderful opportunity, so I packed up all of my dental hygiene equipment and away I went.

The school has approximately 60 students from kindergarten to grade eight. All of the kids were very engaged, and eager to answer my questions when I quizzed them about dental health and the dental hygiene profession. During my visit, the students and I discussed diabetes and oral health, proper flossing and brushing techniques, dental hygiene as a profession and foods that affect oral health.

Although I only spent about 40 minutes with each class, I felt good about myself knowing that I

may have made a small difference in their lives. Not only did they leave school feeling more motivated to change, I too left feeling more inspired, motivated and rewarded by the experience.

These experiences are the ones that drive me to become a better dental hygienist and remind me how much I love my profession. This opportunity is one that I will not forget and I hope many more come my way.

A big thank you to the Manitoba Dental hygienist association from myself and the students of Dakota Plains School for providing the oral hygiene aids. With the support of the MDHA, I was able to engage and excite the students tremendously!

Stephanie West  
RDH



(Top to bottom: Student from Dakota Plains School; Stephanie West and students)

*Save  
the  
Date!*



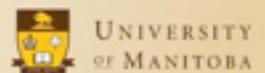
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Celebration!*

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# Oral health

*Ice cream and Slurpee's, and S'mores, oh my!*

Natasha Woloschuk and Terri Archibald

With summer, comes some of the greatest treats one can indulge in. Ice cream from the Bridge Drive Inn, Slurpee's from 7-Eleven, and S'mores made over backyard bonfires. These goodies may seem like innocent and classic compliments to the summer, but each one has the ability to wreak havoc on your teeth.

Don't abolish these food items just yet. Terri Archibald, a registered dental hygienist and clinical instructor for the School of Dental Hygiene & Faculty of Dentistry Programs at the University of Manitoba, has provided some important information about teeth and how to protect them.

## **You can't be healthy unless you have good oral health**

Oral disease is one the most prevalent chronic diseases. It includes tooth decay, gingivitis, and gum disease. These infections allow bacteria to enter the bloodstream and travel to others parts of the body, potentially worsening or contributing to other health problems.

## **The health of your mouth can be the first sign of health issues in other parts of your body**

If your eyes are the windows to the soul, then your mouth is the window to health. The tissues inside your mouth are sensitive indicators to what is happening not only in your mouth, but your body as well. These tissues reflect internal processes and in some situations they may be the first indicators of disease manifestations in your body.

## **The truth behind oral piercings**

Oral piercings may look cool, but they can be dangerous to your health. In some cases, you could crack a tooth or filling, or even cause irreversible damage to your teeth and gums from the repeated clicking of the jewelry. Piercings may even lead to serious infections like hepatitis or endocarditis, which affect the liver and heart.

## **Oral cancer is a risk**

Oral cancer is another emerging infection affecting younger generations. It is caused not only from smoking, but also from the transmission of the human papillomavirus (HPV). Today, there are three times as many cases of oral cancer as there is cervical cancer.

*(continued on page 9)*

**Andrea Moore O'Connor, BHE**  
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## What can you do to protect your teeth?

(continued from page 8)

- Eat a healthy diet. Avoid sugary drinks which create acid in the mouth and destroy healthy tooth structure.
- Improve your daily dental care. If you actually timed yourself, most people would find they only brush for a maximum of 30 seconds. In fact, two minutes is the minimum time needed to disrupt the bacteria from surfaces of the mouth.
- Floss. Flossing is the only way to clean under the gums where the most potent bacteria live.
- Quit smoking—it can trigger dental infections and oral cancer.
- Rinse with an antiseptic mouthwash daily , such as Listerine, as it is proven to aid in oral health.
- Remove any piercings outside or inside the mouth.
- Visit your Dental Hygienist or Dentist regularly.

### References:

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

[www.cdha.ca](http://www.cdha.ca)

[www.cdho.org](http://www.cdho.org)

[www.mouthhealthy.org](http://www.mouthhealthy.org)

[www.manitobadentist.ca](http://www.manitobadentist.ca)

Oral Health – A Public Health Issue, Canadian Coalition for Public Health, May 28/12

[From Red River College Newspaper - The Projector | April 15, 2013 - Volume 46, Number 15, Reprinted with Permission]



## Two CDHM Council Positions Now Available

The CDHM is extending a Call for Nominations for two (2) Registered Dental Hygienists who are interested in serving on the CDHM Council for a three (3) year term (2013-2016) as indicated in By-Law 6.1. The election to fill the Council vacancies will occur at the 6th Annual General Meeting (AGM) planned for October 19, 2013.

Nomination and Biography Forms are available on our website at [www.cdhm.info](http://www.cdhm.info).

Completed forms can be mailed, faxed or emailed and must be received by midnight on Friday, July 26, 2013.

## **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.

## **Members in the Community WINNERS are:**

Karen Kiazzyk Kaatz and Gloria Kroeker!

Congratulations! You both have won a \$10 gift certificate to Tim Horton's!

Thank you for supporting community outreach initiatives and sharing your experience!

You are doing GREAT work!

## **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](http://www.mdha.ca) and click on Employment Opportunities. Also contact us if your office needs to place a job posting at: [employment@mdha.ca](mailto:employment@mdha.ca).



### **Contact Information:**

#### **Office Address:**

200E-1215 Henderson Highway  
Winnipeg, Manitoba R2G 1L8

Phone number:

204-981-7327

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

Email:

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

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