

MONTAGE

SPRING
2014



Final Countdown to National Dental Hygienists Week™

NATIONAL DENTAL HYGIENISTS WEEK - APRIL 6-12

This year National Dental Hygienists Week is April 6-12 and there are events running all week with the MDHA.

Volunteers will be providing information sessions to community groups throughout the city. To volunteer contact Heather @ communityoutreach@mdha.ca. Continuing the tradition, MDHA will

once again be featured on the Living Well segment of CTV Morning Live on April 7 promoting oral health.

And once again the MDHA Blood Drive will be taking place on April 11 at Canadian Blood Services, 777 William Avenue in Winnipeg. Come and join the MDHA in celebrating NDHW!

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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



Happy Spring Everyone! Before discussing MDHA's upcoming events, I would like to extend our sincere thanks to all who were able to attend the MDHA Annual Business with Breakfast Meeting during the MDA Convention. As always, we had a great turnout and were very happy to see so many familiar faces.

April is Oral Health Month! This is a fantastic opportunity to increase public awareness of oral health in relation to overall good health, as well as a chance to promote the Dental Hygiene profession! We are part of an amazing profession and should be proud to share our knowledge and expertise on oral health and to promote dental hygiene as a career.

National Dental Hygienist's Week (NDHW) is April 6-13, 2014. MDHA has received several requests for oral health information sessions from different community groups and the MDHA Board has decided to focus volunteer efforts on those groups during NDHW. We are looking for enthusiastic volunteers to provide dental hygiene presentations to the community groups that have submitted requests. If you are interest in volunteering during National Dental Hygienist's Week, or would like to be on our roster of volunteers who are contact throughout the year for various community events, please submit your name and contact information to Heather Sirkovsky, Community Outreach Coordinator, communityoutreach@mdha.ca.

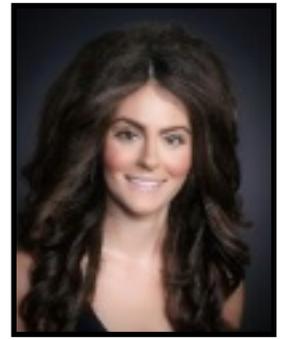
Once again, MDHA will be featured on the Living Well segment of CTV Morning Live during National Dental Hygienist's Week. This year the discussion will focus on the hygienist's view of a perfect day of oral hygiene. We will be discussing various oral health products and the benefits of each.

The Third Annual MDHA Blood Drive in partnership with Canadian Blood Services will take place during NDHW. The MDHA Blood Drive Challenge will take place April 11, 2014, at 777 William Avenue, Winnipeg. All members are encouraged to donate blood during National Dental Health Week, bringing family, friends, or colleagues along to donate and help save lives. MDHA board members and volunteers will be present at the blood drive to answer any questions regarding the MDHA, dental hygiene or NDHW. We look forward to seeing you there!

Stephanie Champagne, RDH
MDHA President



MESSAGE FROM YOUR PRESIDENT ELECT



The sparkling snow keeps falling down and these chilly wintery days never seem to end... While winter has its beauty, can words even begin to describe the fragrance of the very first breath of spring that seems only but a distant memory? As this time marks the transitional change of one season to another, so too does this time mark a change for the Manitoba Dental Hygienists Association.

Benjamin Franklin stated, "Without continual growth and progress, such words as improvement, achievement and success have no meaning". Simply put, change is inevitable; growth is optional. Upon celebration of the New Year, your MDHA has been actively exploring and pursuing newly awaited challenges, advancements, growth and development. The collective Board of Directors is proud to present our latest accomplishment and is pleased to announce the welcome of Kim Wozniak as our newly appointed Executive Director. We are certain that Kim's past ED experience, personal talents and skills will prove invaluable to the future directive of the MDHA.

In lieu of the collective, I too have been focusing on growth, both personal and professional, in preparation for my upcoming presidential commitments. In mid-February, I attended an educational program, *Boot Camp for Board Chairs; Training for not-for-profit Board Chairpersons*, held by Rhonda and Brian Lorch, of Lorch and Associates. The program focused on active training for non-profit board chairpersons: to better understand their role and responsibilities, board leadership skills and management advice. The opportunity for further knowledge, continued education and networking with other chairpersons was irreplaceable. The program is highly recommended, especially to those individuals who are interested in participating in our association board in the future. *For additional information, please refer to <http://www.lorch.ca/index.html>.*

The educational course was truly a reminder that organizations are only as good as the people who are involved. We are often so caught up in our own everyday lives that rarely do we express our true appreciation of those who matter most. Therefore, I would like to personally acknowledge and extend my sincere gratitude to the MDHA Board of Directors. I have nothing but deepest admiration and the utmost respect for each of you, as none of this would be possible without your extreme dedication, endless self-sacrifice, commitment and devotion. Thank you for all the countless volunteer hours and gracious support that has been imperative to the successes and accomplishments of the association. From the bottom of my heart, I thank you kindly!

The MDHA encourages you all as membership owners to become actively involved in your association. We are always searching for and openly welcoming new smiling faces looking to contribute and volunteer their time, big or small, in whichever ways possible. The continued successful future of the association relies on each of you and your meaningful contribution to its members and community. Please contact MDHA, info@mdha.ca, or myself personally, larissabubnowicz@gmail.com, if you are interested, have any questions or would like additional information. We would love to hear from you!

Larissa Bubnowicz, B.Sc, RDH
MDHA President Elect

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NEW

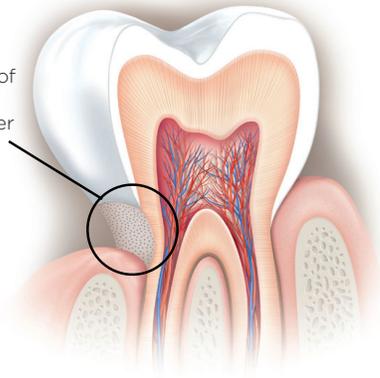
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Reference:

1. J.L. Milleman, K.R. Milleman, et al. Nupro Sensodyne prophylaxis paste with NovaMin for the treatment of dentin hypersensitivity: A 4-week study. Am J Dent 2012; 25: 262-268.
2. Data on file.
3. Sodium lauryl sulfate.

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MESSAGE FROM YOUR EXECUTIVE DIRECTOR

As the new Executive Director of the MDHA I thought that members might like to know a little bit about me. I landed in this profession quite by accident 11 years ago, however, as it turns out, I found my calling. My previous experience was in administration with much of my career being spent in the health care field.

Association Management is a diverse and interesting field to work in and I have had the pleasure of working with some amazing people over the past 11 years. Volunteers are very special people, giving of themselves for the greater good. I value what volunteers offer to the organizations that they serve, whether it be on the Board of Directors, serving on committees or volunteering a few hours to reach out to the community. My goal as the MDHA Executive Director is to assist those who serve in fulfilling their volunteer obligations through education, guidance and direction.

Education is the key to good governance and I am committed to assisting the MDHA Board gain the knowledge required to effectively lead the Association into the future.

I have met most of the members serving on the Board and am very impressed with the volunteers you have chosen to lead your organization. I am getting to know Amanda, your Administrative Assistant and have to say that you are lucky to have her! She loves what she does and is open to learning all she can about association management. I know that we are going to have a very good working relationship.

On a more personal note, I have been married to a great guy for the past 32 years, have two adult children – one married and the other getting married in May in Maui! I love animals and have a 9 year-old yellow lab, who still loves to swim in the summer and walk in the forest around our house throughout the year. He is my motivation for daily exercise!

In closing I would like to say that I look forward to learning about your profession, getting to know the members and to working with the Board and Committee members.

Kim Wozniak
Executive Director
204-804-7041
kjwozniak@icloud.com

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MESSAGE FROM THE COLLEGE

CDHM CCP 2014

- ❖ All registrants on the Practising Register as of April 30th must satisfy the required components of the CCP
- ❖ **Only those registrants that have been notified by registered mail one month prior to the April 30 CCP deadline will have to submit their CCP forms/documents**
- ❖ The registered letters will be mailed the week of March 24, 2014
- ❖ All practising registrants have already signed the CCP declaration as the CCP declaration is located on the CDHM registration renewal form
- ❖ Before completing the CCP forms, it is of utmost importance to read Section 1 of the CCP Package paying close attention to pages 6-9, whereby the *CCP Requirements, Reporting Period Overview and Required Documentation, Late and Inadequate Submissions, and Assessment of CCP submissions* are outlined and explained. Located on line at: http://cdhm.info/qualityCare/CDHM_CCPpackage_Full.pdf
- ❖ The CCP Regulations and Directives contain vital CCP information that all registrants should read before filling out any of the forms. Located on line at: <http://www.cdhm.info/quality-care/ccp-regulations-directives/>
- ❖ All CCP forms will have to be type written; handwritten forms will not be accepted.
- ❖ Forms are located at: <http://www.cdhm.info/quality-care/forms/>
- ❖ All members must keep a personal copy of the forms/documents

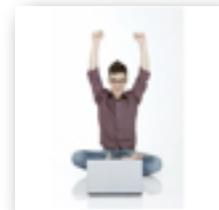
CONTEST! MEMBERS IN THE COMMUNITY!

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.



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

GOOD LUCK!!

"CDHA CORNER"



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



Dental Hygiene Recognition Awards Applications

Applications for the CDHA Dental Hygiene Recognition Awards are due May 31. [Apply today!](#)



National Dental Hygienists Week™ Colouring Contest!

Participate in the NDHW Colouring Contest to win a Toys 'R' Us gift card and kids oral health prize packs from Sunstar G•U•M [Learn more](#)



New EFAP Program

A free, confidential counselling and wellness service for members. Receive counselling on a variety of life balance, health, and career issues. [Learn More](#)

CJDH JCHD

Research Award 2014

Recognizing excellence in oral health research

The *Canadian Journal of Dental Hygiene* (CJDH) Research Award, sponsored by Crest Oral-B, recognizes excellence in Canadian oral health research. Applicants should submit a research study, a program evaluation or a systematic review ranging from 2000 to 6000 words by May 31, 2014. All manuscripts will be peer reviewed; the winning entry will be published in the journal.

For more information, please contact journal@cdha.ca.

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"DEAR EDITOR"



(Photo from Winnipeg Free Press Passages)

In memory of Dr. Bonnie J Trodden

It is with sadness we announce that on Friday February 21, 2014, Dr. Bonnie Trodden passed away after a brief battle with lung cancer.

"Dr. Trodden began her lengthy career at the University of Manitoba in 1971, first as a part-time instructor in the School of Dental Hygiene and then later as a full-time faculty member. She was the First Year Pre-Clinical and Clinical Coordinator as well as course coordinator for both Dental Anatomy and Radiology for first year dental hygiene students. She was a former Assistant Professor for the School of Dental Hygiene.

Upon her retirement in 2002, Dr. Trodden set up the "Dr. Bonnie J. Trodden Scholarship in Dental Hygiene" which is awarded to a first year dental hygiene student who shows promise of being an excellent clinician, demonstrates professional attitude and is a positive role model for other students.

Having graduated with a Diploma in Dental Hygiene from the University of Toronto, Dr. Trodden continued her studies at the University of Manitoba, receiving a BA, MA and a PhD in Anthropology."*

Dr. Trodden was a CDHA member from 1982 - 2003

On behalf of the members of the MDHA, we offer condolences to the family and many friends of Dr. Trodden.

*Information from Faculty of Dentistry, University of Manitoba

A message from Provincial Council of Women of Manitoba Representative, Twyla Szoke

My name is Twyla Szoke. As a dental hygienist I represented MDHA on Sunday March 2, 2014 to help celebrate International Women's Day. This event was held at the Fort Garry Hotel. I got to visit with Women of other occupations. There were door prizes and prizes for best hats. This [right] is the hat I wore and the teacup I got to take home.

Twyla Szoke, RDH
PCWM Representative



What a great way to represent the MDHA, thank you for sharing your experience Twyla!

PROFESSIONAL DEVELOPMENT

Stay tuned for a new Professional Development Calendar coming soon!

Until then here are some highlights from past lectures. Thank you Kim and Karen for sharing!

Did you know that tooth decay is the leading reason that Canadian preschoolers have day surgery? The average hospital cost for dental day surgery for a child in Manitoba is \$1,643 (not including the anaesthesiologist's fee or travel expenses), with a total annual cost to the province of \$2.8 million. By contrast, water fluoridation only costs about \$1 per person per year!

On February 4th, MDHA's third Lecture Series installment was presented by Dr. Khalida Hai-Santiago on Community Water Fluoridation. Dr. Hai-Santiago is an Oral Health Consultant for Manitoba Health, and in this role she advocates for the fluoridation of water supplies in our province for the benefit of all citizens. She also addresses the concerns of anti-fluoridationists and community members who have questions regarding fluoridated water. After hearing Dr. Hai-Santiago speak, it was clear to me that there is a lack of understanding on this issue. As we all know, water fluoridation is a public health measure that benefits all community members regardless of age, access to professional dental care, or socioeconomic status. Fluoridated areas have 20-40% less tooth decay. That means that even people with access to dental care, good oral hygiene practices, and at-home topical fluoride products will experience a 20% decrease in caries rate! And it is safe. At the optimally fluoridated level of 0.7 ppm, no adverse effects have ever been reported. It was interesting to hear the analogy that 0.7 ppm of fluoride ions in water is equivalent to one penny in \$10,000 or one minute in two years! I hadn't realized it was such a small amount.

I was confronted recently with a client who refused a fluoride treatment. When I asked her why, she told me that she had heard that fluoride is a waste product of the fertilizer manufacturing process. Not knowing much about the subject at the time, I didn't know what to say to her. I learned at the lecture that hydrofluorosilicic acid (the fluoridating agent added to water) is indeed a by-product of the phosphate industry, but that it must meet high standards of purity and quality before it is used. It is not unusual for by-products of one industry to be used in another. For example, by-products of the oil industry are used in vitamin capsules and food preservatives. When it comes down to it, fluoride is a naturally occurring mineral present in small amounts in almost all water, soil, plants, and animals, and therefore is a normal component of our diets. It is not something to be feared!

As Dr. Hai-Santiago told the MDHA members at her lecture, one-on-one education with our clients is crucial. We may not be able to change the opinion of a fervent anti-fluoridationist who is unwilling to listen to reason, but we can provide information to our clients who may be confused about the conflicting information they are exposed to. There is an excellent pamphlet available on the CDHA website on Community Water Fluoridation that you can refer to for more information.

Thank you, Dr. Hai-Santiago for a very interesting and informative evening!

Submitted by Jaime Culchieth, RDH
MDHA Membership Committee

PROFESSIONAL DEVELOPMENT

March 13, was the last lecture in the series for 2014. Our topic was Building Capacity for managing situations of elder abuse among inter-professional healthcare providers.

It was presented by Nina Labun, RN Mn , executive director of Kildonan Personal Care Centre. She was very passionate about her topic and has been a champion for oral health care in long term care. The information was originally intended for professionals working in long term care. This was the first time that it was presented to dental hygienists.

Although the topic sounds ominous, many of those present could relate in some way both professionally and personally. There are approximately eight different indicators and guiding principles of when to respond to a situation you believe to be abusive. These include:

- Respect the elders personal values
- Respecting their right to make a decision
- Seeking consent or permission
- Avoiding ageism
- Knowing that abuse can happen anywhere
- Involving the older adult in decision making
- Respecting autonomy
- Responding appropriately

The main types of abuse include physical or sexual, psychological, emotional and verbal abuse, financial abuse, neglect, and denial of entitlement protected by law. Case scenarios were given and discussions ensued that applied the indicators, and types of abuse and how to respond.

We learned about the barriers to someone disclosing their abusive situation. These include not recognizing when a situation is abusive, not knowing where to go for help, fearing the abuse will escalate, worrying about what will happen if the abuse becomes known and fearing there is lack of evidence. Ethical Decision can be made using the National Initiative for the Care of the Elderly Suspicion Index. (www.nicenet.ca/tools-elder-abuse).

I did not know that it is my professional responsibility to report abuse. I found the discussions very helpful to my dental hygiene practice not only because it increased my awareness of the problem, but the discussions and readings gave me tools to help me respond in the future.. Further information can be found at www.coat/elderabuse.com The Canadian Dental Hygienist Association also has free webinars and courses dealing with elder abuse.

Karen Kiazzyk Kaatz, RDH
MDHA Professional Development Chair

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 WINNER is:

Heather Sirkovsky!

Congratulations! You 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 and click on Employment Opportunities. Also contact us if your office needs to place a job posting at: employment@mdha.ca.



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Phone number:
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Website: www.mdha.ca

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