

# MONTAGE

SUMMER  
2015



MDHA Board Members Larissa Bubnowicz and Heather Sirkovsky pose with the University of Manitoba School of Dental Hygiene Class of 2016. The Graduating Class of 2016 was honoured at the annual Welcome to the Profession Dinner hosted by the MDHA.

## MDHA CELEBRATES 50 YEARS

The celebration continues as the MDHA and it's members celebrate 50 years of promoting the profession of dental hygiene in the province of Manitoba.

The MDHA continues to press forward while advocating for our members. Here's to another 50 years of representing dental hygiene excellence!



### 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

## A MESSAGE FROM YOUR PRESIDENT

“And so with the sunshine and the great bursts of nature’s fine growth, I had that familiar conviction, that life was beginning over again” – Unknown.

With the arrival of the year 2016 and our 50th anniversary, life has been beginning over again for the Manitoba Dental Hygienists Association. Now, with the coming of summer, it is simply hard to believe that this term is at a conclusion and new one awaits us to begin anew.



In late May and early June, the MDHA had the pleasure of sharing in the graduation celebrations for the University of Manitoba School of Dental Hygiene Class of 2016. At our annual *Welcome to the Profession* dinner, the MDHA Board of Directors and membership-owners officially welcomed the graduates to the profession of dental hygiene!



It is said that successful people never reach their goal alone. Mentoring is one of the oldest forms of sharing experience and knowledge, and is an essential component for successful professional growth and development. The MDHA would like to acknowledge all those who participate as mentors in the joint MDHA/School of Dental Hygiene Mentorship Program. You offer guidance, inspiration and expertise to your student protégées and for that we are grateful. Thank you for all the countless volunteer hours and irreplaceable support that have been imperative to the successes and accomplishments of, both the program, and these graduates, your mentees. The MDHA hopes that these relations will continue to flourish, as these associations give **all of us** the mutual guidance and shared support to be able to best serve the oral health needs of our communities.



As a profession, we have been fortunate to have been mentored and guided by many brilliant, genuine and admirable individuals. The existence and sustainability of the MDHA is just one example of the importance of the continuation of such dedication, commitment and passion.

To our graduate student membership-owners, you are our future of the dental hygiene profession and the MDHA foresees greatness.

With your passion, talent and inspiration, you will only continue to be influential and create legacies, like so many before you. On behalf of the Manitoba Dental Hygienists Association, we openly welcome you now as our fellow colleagues and wish you only the best of success in all prospective endeavours. Congratulations to the Dental Hygiene Graduates of 2016!



This 2015/16 term has been an opportune time for reflection and reminiscence through our decades. The Manitoba Dental Hygienists Association has been actively planning a year of jubilant celebrations for our membership-owners, as together we have the honour of commemorating a monumental occasion. We take this moment to look back, remember our past and acknowledge our progress, so that we may have a clear look forward to the next 50 years of our membership and this Association.

It has been a very busy, vibrant and eventful year indeed!

Though our 50th anniversary has been a main focus of this term, the MDHA has remained dedicated and committed to actively exploring and pursuing newly awaited challenges, advancements and development, particular to advocacy and promotion of the profession, building and enhancing strategic partnerships, and emphasizing our rural interests.

I truly am humbled to have served as the President of the Manitoba Dental Hygienists Association for this 2015/16 term. It was an honour to commit to a second, consecutive presidential year and do so during such a historical and celebratory occasion. I feel fortunate to, once again, have had the opportunity to be able to advocate and represent such creative, passionate and motivating membership-owners, and collaborate with a dedicated collection of individuals, all in pursuit of furthering the advancement of the profession.

I would like to thank each and every one of you. Thank you for having the confidence, belief and trust in me to represent you. I only hope that I have represented the MDHA in the way that it deserves, all in a nature that is positive, welcoming and supportive. I resonate immense pride with the progress, growth and accomplishments the MDHA has achieved over these past two years.

There are not sufficient words to thank the MDHA Board of Directors, Committees, Staff and Volunteers. Thank you for constantly giving: giving your endless energy, volunteering countless hours of your time, sharing your passion and committing yourself. With your personal experiences, skillful talents and infinite dedication, you are invaluable to the direction and function of the MDHA. I have nothing but genuine admiration and the utmost respect for you all, as the successes, accomplishments, and mere existence of this association, our programs, events and initiatives, would not be possible without each of you.



And thank you to **you**, the collective membership of the MDHA. A true highlight of this presidential experience was connecting and getting to know many of you, personally, and as oral health care professionals. I would like to offer my congratulations on our 50<sup>th</sup> anniversary! This is an honour and privilege for our membership-owners, as our association is only as strong and successful as its members, and our continued future truly does rely on each of **you**.

Ultimately, I am thankful for my time here at the MDHA. Thank you for all the knowledge, education, mentorship, support, passion and life lessons. I will forever cherish all of the smiles and laughter, the newfound and created relationships, and the everlasting memories. Each of these is irreplaceable. Though this marks the conclusion of my presidential commitments, life will only continue to bring newly awaited challenges, opportunities, dreams and goals, both professionally and personally. I openly welcome this new chapter and embrace all of its endless possibilities.

Without doubt, the future of the Manitoba Dental Hygienists Association is bright and brilliant. With the continuation of such passionate, talented and inspirational membership-owners, we will only continue to create legacies: for our forthcoming generations of oral health care professionals, for the advancement of the profession as a whole and for cultivating and sustaining the art and science of dental hygiene.

**Larissa Bubnowicz, B.Sc, Dip.DH, RDH**

President, Manitoba Dental Hygienists Association

president@mdha.ca

# A MESSAGE FROM YOUR PRESIDENT ELECT

It's hard to believe that we are at the end of another MDHA year ... time flies far too quickly, doesn't it?



It was good to see so many of you out, early on a Saturday morning, for the AGM on June 4th at the Victoria Inn. It was a great meeting - special guest speakers, approval of the new bylaws, election of new board members, and of course the celebration of the MDHA's 50th anniversary ... you can't go wrong with cake and mimosas!



We were very fortunate to have two phenomenal guest speakers. CDHA president, Donna Scott, regaled us with stories of her experiences as a dental hygienist in the Yukon

and presented a plaque to the MDHA commemorating our 50th anniversary.

Rhonda Lorch, of Lorch and Associates, was inspiring with her "Top 10 Reasons to Cherish being an MDHA/CDHA Member". With Rhonda's permission, here is her Top Ten list:

10. The CDHA and the MDHA are both not-for-profit organizations which means that all of their resources are spent working for their members on issues that impact dental hygienists in Canada and Manitoba. No funds are returned to shareholders - every cent is used to promote and advocate for your profession with education, information, research and celebration of excellence.

9. You have access to the CDHA annual job market and employment survey report. You can read all the latest data on employment and compensation trends and workplace environments of dental hygienists in Manitoba and across the country. It's available only to members and provides you with valuable information in negotiating with your employer. As well, if you are looking for new opportunities, the MDHA maintains a job board of employers who are looking for dental hygienists.

8. MDHA provides you with opportunities to exercise social responsibility and to help out in the community. Who doesn't want to do what they can to give back to those in our community who need a helping hand? This year, during Dental Hygienists week in April, the MDHA partnered with Siloam Mission to provide oral health care services to some of Winnipeg's underserved citizens at the Saul Sair Health Centre's dental clinic. A great opportunity to give back using your professional skills and abilities!

7. MDHA gives you opportunities to learn about running an organization and being a board member! Participation in the governance of the MDHA either as a board or committee member gives you great experience to put on your resume. The MDHA is committed to professional development for its members and that includes ensuring that board members are able to fulfill their responsibilities well. By participating as an MDHA board or committee member, you will receive training and orientation to new skills and abilities.





6. The MDHA and CDHA are both excellent information sources. Dental hygienists are kept informed with the 'Montage', the MDHA's quarterly newsletter and with OH Canada, the CDHA's Oral Health Canada magazine published three times annually. Both publications feature association news, clinically relevant dental hygiene and oral health information and new product information. Both organizations also maintain excellent websites where you can find all manner of information about your profession.

5. Who doesn't love to save money on things they might purchase anyway? Membership in MDHA and CDHA saves you money with an impressive list of membership benefits. For example, you can save close to 50% on the cost of a GoodLife Fitness gym membership or 10 - 50% discounts on hotels worldwide. The collective of 28,000 members across Canada means that cost-saving benefits can be negotiated for you.

4. As hygienists we are required by the College to keep up our professional development by enhancing our competency. MDHA and CDHA both offer events that are key to your professional and personal development. For example, in January the MDHA hosted its fifth annual Business with Breakfast meeting attended by professionals from each field comprising the oral health care team. A great keynote speaker, an opportunity to network and connect with peers and a jubilant celebration of the 50th anniversary of MDHA were hallmarks of the day. And don't forget the MDHA Lecture Series which deals with topics of interest for MDHA members. Online workshops and webinars are available on the CDHA website along with lots of reports related to education and research in the field.

3. Everyone wants to have a say in how their association is run and MDHA provides you with opportunities to give input that determines how the organization can best serve the profession and you as members. Participation surveys and evaluations of events helps the MDHA help you. MDHA provides many ways for you to give feedback as a member - take advantage of them and help to make MDHA even more relevant to you.

2. We have no option but to protect ourselves as professional health care providers with liability insurance. And luckily, membership in the MDHA and CDHA includes the liability insurance that you require to practice dental hygiene as a member of the College of Dental Hygienists of Manitoba. You are required to carry \$3M in liability coverage and the insurance that is included in your membership fee provides benefits in excess of that amount. I can't venture a guess as to how much your insurance would cost if you had to negotiate it as an individual but I'm reasonably sure it would be more than \$300/year.

1. And now, the number one reason for being a member of your professional association is just that – you are a professional and being a member strengthens that assertion. Almost every practicing professional in Canada in any sector or field belongs to an association that supports and advocates for its members. An association is a synergistic group, meaning that the effect of a collection of people is greater than just one person. You spend every moment of your working day pouring your heart and soul into your work. Your association helps to make that matter to the public, to your patients, to government, and to other members of the oral health care team. Your association encourages you to celebrate your role as a professional health care team member by encouraging you to embrace your profession and believe that you are more than a person who cleans teeth – you educate and empower Canadians to embrace their oral health for better overall health and well-being. Your membership association helps you to elevate your profession and to promote dental hygienists as valued primary oral health care providers.

Rhonda has articulated so very well why being an MDHA/CDHA member is so valuable. In addition there are other great benefits not mentioned in her list: The E-CPS (Electronic Compendium of Pharmaceuticals and Specialties) is available exclusively to CDHA members. CDHA Perks - from the producers of the Entertainment books, members have access to over 365,000 discounts across North America. Insurances available, including critical care, extended health care and dental care, life and accidental death, home and auto. Please feel free to share this with your dental hygienist colleagues who are not yet MDHA members - they probably don't know what they are missing!

Have a wonderful summer and take advantage of some of those Perks!

**Heather Sirkovsky, RDH**  
MDHA Vice President

## **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!**

# A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

I hope this edition of the Montage finds everyone enjoying the warm days of summer and looking forward to time off for some summertime fun!

The MDHA is winding down another very busy association year that saw much accomplished and ended with the annual general meeting on Saturday, June 4th. As you know, the year 2016 marks the 50th anniversary of the MDHA and has been a year of celebration for all MDHA member owners. Those in attendance at the AGM enjoyed a few extra special treats in honour of this momentous occasion.

The annual general meeting provides all MDHA members the opportunity to learn about what has been accomplished on their behalf over the year; participate in the annual election; review and approve the MDHA financial statements; and this year, members also approved a new set of MDHA bylaws that will assist your elected board in fulfilling their MDHA obligations. The 2016 AGM welcomed 146 voting members, 3 guests and 2 students. Thanks to all who attended.

The annual election resulted in the following members serving as directors on the MDHA Board:

Jennifer Bruinooge  
Larissa Bubnowicz  
Taleisha Doiron  
Laura MacDonald  
Meghan McKee  
Nikki Nhan  
Christian Peterson  
Tiffany Rother  
Heather Sirkovsky

In addition to the elected directors, Jasmine Bonenfant, will serve as the 3rd year Student Representative, which is a voting position on the MDHA board of directors; Mary Bertone will serve as the School of Dental Hygiene Representative, a non-voting ex-officio board position; and Deanna Mackay will serve as the CDHA Representative, also a non-voting ex-officio board position.

At the next MDHA board meeting and in accordance with Article 6 - 6.1 of the newly approved bylaws, the officers of the MDHA will be chosen from amongst the elected directors noted above. At the same time the MDHA committee chairs will be determined. Committee members do not have to be members of the board and if you have an interest in serving your profession through MDHA committee participation please contact the MDHA office, [info@mdha.ca](mailto:info@mdha.ca).

In addition to the business noted, members had the pleasure of hearing from Rhonda Lorch of Lorch and Associates, who highlighted the top ten reasons to cherish being an MDHA member – please read Heather Sirkovsky's article to find out more!

We also had the privilege of having Donna Scott, CDHA President in attendance to bring greetings on behalf of the CDHA and to celebrate the 50th anniversary of the MDHA. Donna is the first CDHA president to represent northern Canada. She lives and works in Whitehorse, Yukon Territory where she has had the privilege of providing oral health care to residents of remote northern communities. From Donna's presentation it was clear that she cherishes the time she has spent working in these remote communities and has learned much about northern culture from the amazing people she encounters during her excursions. Donna entertained us with some great stories and beautiful pictures of her life and work in the north.

When we reconvene in September we will be working on developing a new strategic plan that will provide further guidance to the board of directors and will use the recently completed member survey to ensure that we are focused on the wants and needs of our members.

I hope you all have a chance to enjoy our wonderful Manitoba summer and will “see” you in September!

**Kim J Wozniak**

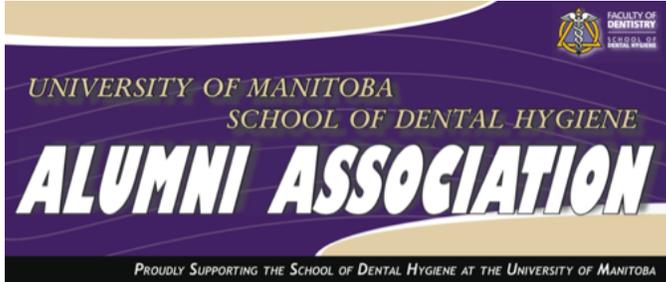
Executive Director, Manitoba Dental Hygienists Association

# Get Connected

‘Like’ the MDHA on Facebook  
Follow us on Twitter @MDHA\_MB



# A MESSAGE FROM THE UNIVERSITY OF MANITOBA SCHOOL OF DENTAL HYGIENE ALUMNI ASSOCIATION



The UMSDHAA would like to thank all those who supported us by attending our Annual General Meeting May 5th. We had a record attendance and appreciated hearing research presentations by our two speakers Pf. Mary Bertone and Deanna Mackay. Our members' support also helped us to fundraise at our two events this past year and put us in a position to make plans for this upcoming year.

We are hoping to host another fundraising event tentatively late fall and hopefully another Wine and Cheese event in the winter months of 2017 where we can network with faculty and current student body at the School of Dental Hygiene. Our Wine and Cheese event of 2015 was a roaring success. Please contact us by email at [umsdhaa@outlook.ca](mailto:umsdhaa@outlook.ca) for further information, visit our Facebook page, or stay tuned for further details.

We encourage our members to designate their online tax-deductible donations to "Smiles for Miles" at <https://give.umanitoba.ca/> or to the "University of Manitoba School of Dental Hygiene Alumni Association Diploma and Bachelor of Science in Dental Hygiene Award".

This September 23 at the Ft Garry Hotel we plan to celebrate our SDH Alumni of Distinction for 2016, Ms. Arna Shefrin (class of 1970) so please plan to join us. Ms. Shefrin is truly worthy recipient whose career path includes both professional and artistic endeavours.

We are excited about our current working towards a collaborative agreement with the MDHA and we looking forward to another fruitful year.

**Florna Atienza and Cindy Isaak-Ploegman**

UMSDHAA Co-Presidents



## CDHA CORNER

*Manitoba, your association is strong, and I congratulate you on your 50th anniversary. Fifty is “gold” and you have certainly struck it rich!*

*It was an honour to be invited to your celebration and annual general meeting (AGM) earlier this month. I enjoyed the opportunity to connect with fellow alumni and share my northern stories. I was also fortunate to be able to squeeze in a visit to the Bannatyne campus. After 34 years and many updates and improvements, the hallways, clinics, and lecture rooms still invoke a real sense of pride and honour to be a graduate of our alma mater!*

*I was thrilled at the invitation to attend the Class of 2016 graduation ceremony, and it was my pleasure to get a chance to meet all of the graduates.*

*I must commend the Manitoba Dental Hygienists Association (MDHA) on your strategy to engage new graduates. Welcoming the students to volunteer during the AGM, your joint mentorship program which connects student members with practising dental hygienists, and your commitment to student representation on your board of directors are three examples of your ability to develop leaders. Brilliant!*

*You rock, MDHA! Congratulations on 50 successful years as a professional association!*

*Donna Scott, [president@cdha.ca](mailto:president@cdha.ca)*



From left to right: MDHA President-Elect - Heather Sirkovsky, Donna Scott, MDHA Present - Larissa Bubnowicz.



Donna Scott and Deanna Mackay

## WHAT'S NEW AT CDHA?

### PROFESSIONAL DEVELOPMENT

Webinars now on demand:

Navigating the Labyrinth of Procedure Codes & E-Claims

The Mysteries of the Peer-Review Process

Webinars coming soon:

Get Smart about Employment Contracts

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

Leadership summit, professional development session, & AGM

Edmonton, Alberta, October 21-22

[www.cdha.ca/2016Edmonton](http://www.cdha.ca/2016Edmonton)

### TAKE A STAND FOR SENIORS

CDHA has developed several advocacy resources to help reinforce the need for improved public health policies relating to seniors' oral health. Use these when you meet with government officials or long-term care administrators in your area. [www.cdha.ca/advocacy](http://www.cdha.ca/advocacy)

### NATIONAL TELEVISION ADVERTISING CAMPAIGN

If you didn't see our ads on CBC, Slice, Showcase, and SérieS+ during the week of April 9-15 you can still view them here: [www.cdha.ca/ndhwinthenews](http://www.cdha.ca/ndhwinthenews). These ads reached an audience of more than 3 million.

### NATIONAL DENTAL HYGIENISTS WEEK™

Thousands of members participated, showing their #dhpurplepride. Prime Minister Justin Trudeau and Health Minister Jane Philpott sent greetings, and we had a proclamation read in the House of Commons. Landmarks across Canada, including the Calgary Tower, and Niagara Falls, were all lit in purple. More than 500 photos were submitted to [www.cdha.ca/pypogallery](http://www.cdha.ca/pypogallery); overall social media reach was 2.9 million. Join us next year: April 8-14, 2017!

### AREAS OF INTEREST ON OUR WEBSITE

- Update Your Membership Profile: [www.cdha.ca/profileedit](http://www.cdha.ca/profileedit)
- Fact Sheets and Resources: [www.cdha.ca/factsheets](http://www.cdha.ca/factsheets)
- Media Releases, CDHA and our Members in the News: [www.cdha.ca/press](http://www.cdha.ca/press)





# LETTERS TO THE EDITOR

Save the Date!!

Sunday October 4, 2016-Canadian Breast Cancer Foundation/CIBC Run for the Cure at Shaw Par.  
MDHA has once again registered a team as Team MDHA-Brush for the Cure

Not only is this a worthwhile activity itself, but you can use it for your professional activity record (PAR) for the CDHM Continuing Competency Program.

Register today at

[http://cibcrunfortheure.supportcbcf.com/site/PageServer?pagename=2016\\_home](http://cibcrunfortheure.supportcbcf.com/site/PageServer?pagename=2016_home)

Please note the following, from the MDHA Run for the Cure policy

- Participation on The Team is for MDHA members, their non-dental hygienist family members and friends.
- Registration for The Team is completed online, through the CBCF, and is therefore not within the direct control and regulation of the MDHA. Any dental hygienist not holding current membership with the MDHA, who registers online to join The Team will be informed, via email, that only MDHA members are eligible to participate on The Team
- Following the event a list of MDHA members who participated on The Team will be sent to the CDHM. At that time successful qualification for PAR accreditation will be regulated by, and under the jurisdiction of, the CDHM
- Members must sign in at the appointed meeting place on the day of the event to have their name on the list sent to the CDHM and to receive a participation certificate

If you have any questions please contact me at [harriet.7@hotmail.com](mailto:harriet.7@hotmail.com) or Heather at [hsk58@mts.net](mailto:hsk58@mts.net)

Sincerely Yours,

**Harriet Rosenbaum**

Team MDHA Brush for the Cure Co-Captain





If you have never done an oral health presentation for an elementary school class, you don't know what you're missing! I had the opportunity to visit Mrs. Reimer's grade one and Mrs. Campbell's grade two classes at The King's School on May 13th. The kids loved the dental puppet (which they decided to name "Flossy" !) and were excited to be able to take turns brushing its teeth. They were an enthusiastic bunch, keen to learn about healthy foods and taking good care of their teeth. The brushes and flossers, courtesy of the MDHA, were received with cheers and it made my day to get some "thank-you" hugs!

On June 7th I also had a great time talking with some developmentally challenged older teens and young adults at the River East Access Center. They were quite well informed about oral health care, so we did some brushing and flossing

technique "fine-tuning", talked about healthy choices for food and drinks, and had a fun question and answer time. They send their thanks to the MDHA for the toothbrushes and floss.



Heather Sirkovsky, RDH

**As the editor for the MDHA Montage, I would like to give my sincerest apologies to all MDHA Members for the delay in the publication of the Summer Edition of MDHA Montage.**

**Thank you for your continued support and your submissions. If you would like to provide a submission to the Montage, please email me at [editor@mdha.ca](mailto:editor@mdha.ca).**

**Taleisha Doiron  
MDHA Montage Editor**

## Check out The MDHA Website!

Exclusive Members Area  
The Latest Information from your MDHA

Check it out at <http://www.site.mdha.ca/>



## Employment Opportunities

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).



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