

# MONTAGE

SUMMER  
2017



The MDHA had the fun opportunity of participating in the Big Bike Fundraiser for the Heart and Stroke Foundation of Manitoba. 30 people including MDHA Members, their friends and family pedalled their way through downtown Winnipeg to help raise funds for the Heart and Stroke Foundation. The MDHA looks forward to a continued partnership with the Heart and Stroke. Look for an announcement about next year's event here in the Montage!

## SUMMER TIME FOR THE MDHA

Summer has officially arrived and with it comes a slower season for the MDHA. We wrap up another successful year with many changes and look forward to the fall when things start to pick up. Please note that there may be changes to our offices hours over the summer. Please check the website for hours and call ahead before visiting the MDHA Office. The MDHA Board of directors would love to wish everyone a safe and happy summer and look forward to hearing from you in September! If you have any questions or concerns over the summer months, do not hesitate to contact us through email at [info@mdha.ca](mailto:info@mdha.ca).



### THE MDHA VISION STATEMENT

The vision of the MDHA is for Registered Dental Hygienists to be recognized as primary health care professionals providing client-centred oral health care for all Manitobans.

### THE MDHA MISSION STATEMENT

To advocate for and promote the profession of Dental Hygiene; to support our member-owners by providing opportunities for professional development; to encourage evidence based practice and lifelong learning; and to provide education and health promotion to the public.

# A MESSAGE FROM YOUR PRESIDENT

I can't believe summer is finally here! What an exciting time to be in Manitoba! The weather has changed and the sun is out. You can feel the energy in the air. I'm hoping to make the most of the season and I hope you are too.

The past year has been a challenging one and it's hard to believe my term of vice president has come to an end! Taking over for Heather Sirkovsky in the role of MDHA President is going to be a big responsibility and I hope to serve the MDHA members with as much passion, grace and respect that Heather has. I want to take this opportunity to thank Heather (both on behalf of the board and personally) for your patience while us new-comers learn what it takes to run a professional association. I also want to thank her for the time, energy, and commitment she has shown to the MDHA Board of Directors and MDHA Members. We appreciate all that you have done! THANK YOU, HEATHER!!



Our annual general meeting was hosted at the Victoria Inn Hotel and Convention Centre on Saturday, June 3, 2017 and was a great success. It's always so fantastic to see so many dental hygienists come together for this one event. I look forward to getting to know many of you over the next year in my term as president and can't wait for the 2018 AGM! This year's AGM featured some great guests. Over the past year, the MDHA has partnered with Heart and Stroke Manitoba on several different initiatives and had the opportunity to have Registered Dietitian Amanda Nash from Heart and Stroke Manitoba as our keynote speaker. Thank you, Amanda, for taking the time to prepare and present to us! We also had the pleasure of hosting CDHA President Gerry Cool. Thank you, Gerry, for bringing us an update from the CDHA and taking time out of your busy schedule to attend our AGM. It was a fantastic event and great opportunity to network with colleagues.



Summer tends to be a slower time for the MDHA Board of Directors but the board of directors has been working hard. The Board of Directors had our final board meeting on June 26 before taking a break for the summer and had the opportunity to assign the various board positions. Heather Sirkovsky steps into the role of Past President and Treasurer. Tiffany Rother takes on the responsibility of Vice President. Jennifer Upward remains in the role of Secretary. Laura MacDonald and Larissa Bubnowicz remain as board directors. Congratulations to newly elected directors Jasmine Bonenfant (formerly the DH3 representative) and Nicole Yusi. Jenna-Rae Klym will be the DH3 representative for the 2017-2018 term and the DH2 representative will be appointed at the start of the school year.

I would also like to take the time to congratulate the School of Dental Hygiene Graduating Class of 2017 and welcome each graduate to the profession of dental hygiene. We had a fantastic time at the annual MDHA Welcome to the Profession Dinner and I was excited to meet many of the graduates and their mentors. It was the first time the MDHA has hosted this event as joint venture with the mentorship committee and it was a great success. I loved seeing the friendships that were built because of the MDHA Mentorship program! I encourage each of the graduates to become MDHA members and take advantage of the benefits of being a member of both the CDHA and MDHA!



Have a safe and relaxing summer! I look forward to hearing from you soon!

Taleisha Doiron, RDH  
MDHA President

# TEAM MDHA AND THE HEART AND STROKE BIG BIKE EVENT

This year, for the very first time, the Manitoba Dental Hygienists Association joined tens of thousands of Canadians in over 200 communities to participate in the June 2017 **Heart and Stroke Foundation Big Bike** at the Manitoba Legislative Building.



Our team consisted of 30 participants, composed of students and faculty of the University of Manitoba School of Dental Hygiene, and dental hygienists, along with their family and friends from across the province of Manitoba. Together we powered one Big Bike through downtown Winnipeg in a 20-minute ride and literally stopped traffic to help support the Heart and Stroke Foundation! The team had so much fun as we biked, making noise and singing along with the music, waving at everyone we saw, and proudly wearing our purple Manitoba Dental Hygienists Association team T-shirts!

We raised a total of \$1,130.00, all of which goes directly towards funding critical research that will help prevent heart disease and stroke, save lives, and support survivors and their families. You can learn more about the work and vision of the Heart and Stroke Foundation at [www.heartandstroke.ca](http://www.heartandstroke.ca).

This is a cause that is near and dear to many of our hearts, as many loved ones, family members, friends and colleagues have been diagnosed with heart disease or suffered from stroke. Cardiovascular disease is a leading cause of death for Canadian women and men. If we consider that every 7 minutes someone in Canada dies from heart disease or stroke, we know that our participation, contribution, and fundraising efforts will help to create change.

We are extremely proud of our fundraising accomplishments and our team involvement. Thank you to everyone who participated and supported Team MDHA Brush for the Cure. We look forward to participating in next year's event... let's try to get enough people to fill two big bikes!!

Ride Big. Live Big.

Submitted by Team Co-Captains, Larissa Bubnowicz and Laura MacDonald  
Directors – Manitoba Dental Hygienists Association





# WAY TO GO TEAM BRUSH FOR THE CURE!





The UMSDHAA is proud to have a partnership with the MDHA as evidenced in our collaborative agreement to promote each other's pursuits throughout the year. Many thank you's to President, Heather Sirkowsky and the members of the MDHA executive committee for their ongoing support over the years. Without this support the UMSDHAA would not be the viable association we have grown into today.

Our Wine and cheese event hosted March 10th had a maximum capacity participation with the entire first and second year dental hygiene student classes in attendance featuring the DH3 class displaying their community student poster boards. We appreciate the participation of students and members also the support of fundraisers in the past year to be able to afford discounted fees to students to attend our event.

The UMSDHAA would like to thank all those who supported us by attending our Annual General Meeting May 4th. We enjoyed our two speakers Dr. Gayle Halas and Deanna Mackay presentations who shared with us their doctoral dissertation and master thesis findings respectively. Next year we will feature Kathy Yerex presenting her master thesis research on cat cariology and link to the pattern of human caries.

Please consider joining us Sept 22 for the Alumni of Distinction Gala at Ft Garry Hotel to celebrate the AOD of the School of Dental Hygiene for 2017, Carol Yakiwchuk. She is truly worthy of this recognition for her commitment to the dental hygiene community and profession.

We are hoping to host two fundraising events: tentatively early fall Sept 7th Plant Nite to craft a terrarium and another Applebee's breakfast in the winter 2018 so we can plan another Wine and Cheese event in the spring.

Please contact us by email at [umsdhaa@outlook.ca](mailto:umsdhaa@outlook.ca) for membership information of \$30 visit our Facebook page, or stay tuned for further fundraising 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".

We are excited and look forward to another fruitful year.

Florna Atienza, UMSDHAA co-president

INTRODUCING THE  
2017-2018  
MDHA BOARD OF DIRECTORS

PRESIDENT:

TALEISHA DOIRON

VICE PRESIDENT:

TIFFANY ROTHER

PAST PRESIDENT/ TREASURER: HEATHER SIRKOVSKY

SECRETARY:

JENNIFER UPWARD

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LAURA MACDONALD

NICOLE YUST

DH3 STUDENT REP:

JENNA-RAE KLYM



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES

## CDHA CORNER

### **Hello all!**

*This time of year is always exciting, not only because summer is upon us, but also because we have had two great MDHA events at which we networked and reconnected with one another!*



*First, MDHA held its annual "Welcome to the Profession Dinner." I had the opportunity to bring greetings and congratulations on behalf of the Canadian Dental Hygienists Association (CDHA) to our new colleagues, the graduating class of 2017. This event is always an enjoyable evening, as you get to connect with friends and colleagues and be reinvigorated by the excitement of those just entering our profession. Once again, to the new Manitoban graduates: **CONGRATULATIONS** and best wishes for a successful career as a dental hygienist!*

*The second event was MDHA's recent annual general meeting (AGM). Once again, CDHA's professional resource table was a hit! These professional resources are also available to you on CDHA's website. A fantastic tip was shared with me by two colleagues, Chauna Sterzer and Lisa Shewfelt, at our AGM. If you are a procrastinator like me, you may find this following tip a fantastic idea. Chauna and Lisa downloaded, printed, and brought the College of Dental Hygienists of Manitoba Professional Activity Record with them to the AGM so that they could efficiently complete the document right there and then! Brilliant!*

*I hope you have a great summer!*

*Cheers,*

*Deanna Mackay, BSc(DH), RDH  
manitoba@cdha.ca*

## WHAT'S NEW AT CDHA?

### PROFESSIONAL DEVELOPMENT

#### Webinars now on demand:

Silver Diamine Fluoride for Caries Control

Oral Rinsing: What Should You Tell Your Clients?

#### Webinars coming soon:

*We're on hiatus over the summer break but watch for some great content in the fall:*

Dentin Hypersensitivity, September 20, 2017  
sponsored by Colgate

Community Water Fluoridation, October 4, 2017

Challenges of Our Diabetic Clients, November 15, 2017  
sponsored by SUNSTAR

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

**Please note:** CDHA's PD offerings now have an expiration date of one year from the date of purchase or selection (in the case of free offerings) unless otherwise specified.

### CDHA POSITION STATEMENT: COMMUNITY WATER FLUORIDATION

CDHA's updated position statement on community water fluoridation is now available at [www.cdha.ca/positionstatement](http://www.cdha.ca/positionstatement)

### NDHW™ 2017

Another round of successful celebrations has wrapped up and all our contest winners have been announced at [www.cdha.ca/NDHW](http://www.cdha.ca/NDHW). Thanks to our sponsors Dentsply Sirona, Sunstar G•U•M, TD Insurance, PHILIPS Sonicare, and PHILIPS ZOOM! Mark your calendars now for #NDHW18 (**April 7-13**).

### SAVE THE DATE

- CDHA National Conference, October 19 to 21, 2017  
Ottawa, Ontario. [www.cdha.ca/2017conference](http://www.cdha.ca/2017conference)

### SERVICE CODES LAUNCHED

CDHA is pleased to release the 2017 National List of Service Codes, the first major revision to the list since 2012. This newest edition is the result of consultations with numerous stakeholders, including members, the Independent Practice Advisory Committee (IPAC), provincial regulators, and government. Key changes are summarized in chart form for quick reference. [www.cdha.ca/servicecodes](http://www.cdha.ca/servicecodes)



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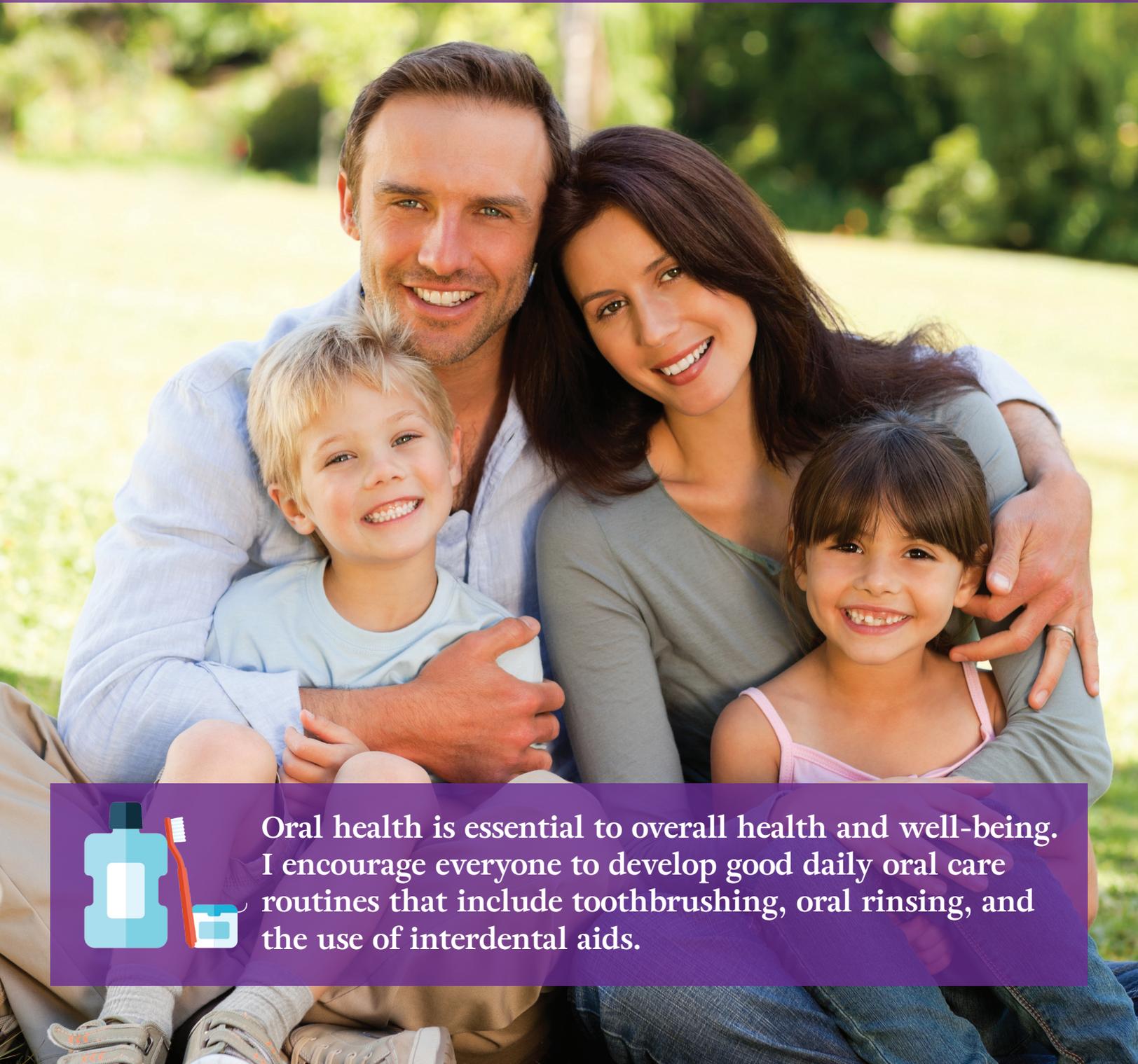


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THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES

# I'm a dental hygienist and I care about your oral health.



Oral health is essential to overall health and well-being. I encourage everyone to develop good daily oral care routines that include toothbrushing, oral rinsing, and the use of interdental aids.

## 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!

### Get Connected

'Like' the MDHA on Facebook  
Follow us on Twitter @MDHA\_MB  
Follow us on Instagram @MDHA\_



We would love to hear from you!  
If you have something you would like to see included in the MDHA Montage please contact us at [info@mdha.ca](mailto:info@mdha.ca)!

We always appreciate member contributions!  
The MDHA Montage is about connecting with members so share your photos, announcements, and dental hygiene news with us!



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