

THE

# MONTAGE

WINTER 2017

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## 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.

# President's Message

It's hard to believe that the year is coming to a close again. As the holiday season approaches and the new year approaches, this serves as the perfect time to reflect on our accomplishments and plan our next steps.

As I reflect on the past few months, I've had some great opportunities to represent MDHA Members. I had the chance along with other MDHA Board Members and Representatives to meet with the Minister of Health, Seniors, and Active Living, the Honourable Kelvin Goertzen. It was great to be a part of the process of preparing for a meeting like this as well as being able to bring awareness to the needs of Manitobans and the issues they face when it comes to accessing oral health care.

I also had the opportunity to represent MDHA members at the joint CDHA and Global Dental Hygiene Conference in Ottawa this October. I was excited to be a part of this year's conference and was grateful to have the opportunity to meet with other provincial association leaders. I had the honour of meeting the Chief Dental Officer of Canada, Dr. James Taylor. My favourite part of the conference was getting to interact with other dental hygienists during the Research Poster Presentation portion of the conference. The opportunities for research in the dental hygiene world are endless and it was great to see home-grown Manitoba dental hygienists presenting at the conference!

Our MDHA Networking Event in conjunction with the annual Manitoba Dental Convention is quickly approaching. Our event will be held Friday, January 26, 2018 with updates from the MDHA, the University of Manitoba School of Dental Hygiene Alumni Association (UMSDHAA), and the CDHA. Following the networking event, be sure to stay for the MDHA speaker, Dr. Charl Els who will be speaking on the topics of smoking cessation and drug abuse.



In closing, I hope you all find joy and peace this holiday season. We at the MDHA Board of Directors look forward to hearing from you and working with you in the new year.

Merry Christmas and Happy Holidays!

**Taleisha Doiron**  
MDHA President





## Executive Director's Message

As 2017 is quickly coming to a close, I hope this issue of the Montage finds you gearing up for the holiday season and enjoying the spirit of it all. It has been almost 3 months since I took over as the MDHA Executive Director and I am pleased to report that it has been most enjoyable and informative few months. I have very much enjoyed getting to know the amazing team of people that make up the MDHA, including our staff and volunteer Board of Directors.

Our professional development program for 2017-2018 is in full swing and we have already enjoyed the first 2 of 4 presentations which covered 'Common and/or Significant Flat or Minimally-Elevated Red & White Lesions of the Oral Cavity' and 'TMJ'. It is not too late to take advantage of these educational and informative sessions. Please visit the MDHA website [here](#) to view the upcoming seminars planned for 2017.

Looking forward to 2017, the MDHA Special Events Committee is busy preparing for the MDHA Mix & Mingle event, taking place in conjunction with the MDA Convention. The event will be held on Friday, January 26<sup>th</sup> from 8:30 a.m. – 9:45 a.m. at the RBC Convention Centre in Winnipeg. This is an exclusive, members only event that will count as PAR. Members who are registered for the convention will be able to join us for an opportunity to mingle amongst peers and reconnect with colleagues. Ondina Love, CDHA CEO, will be in attendance to bring greetings from the CDHA as well as provide a National scope on Dental Hygiene. Representation from the CDHM, MDHA Mentorship, and the Alumni Association will also be present to provide an update to our members. Immediately following the event, will be a presentation by Dr. Charls Els on the topic of 'Tobacco Cessation'. If you have not already registered for the convention, you can do so, by [clicking here](#). I am looking forward to meeting many of you at the Convention!

**Wishing you all the very best holiday season and a happy and healthy New Year!**

**Lee Hurton**  
Executive Director  
[executivedirector@mdha.ca](mailto:executivedirector@mdha.ca)



## CDHA CORNER

**Hello friends and colleagues,**

*As I've said before, if you want to attend an event that leaves you excited about our profession and beaming with professional pride, attend a Canadian Dental Hygienists Association (CDHA) conference.*

*CDHA and the National Center for Dental Hygiene Research & Practice co-hosted a global dental hygiene conference, fittingly named "Translating Knowledge to Action," from October 19 to 21 in Ottawa. Although I have attended previous CDHA conferences, this was my first **global** conference. All I can say about it is WOW! What an event! Attendees were able to learn, network, and meet people from across Canada, 27 American states, and 14 countries outside North America. Additionally, I was so happy to see many of my fellow Manitoban friends and colleagues at the conference!*

*Along with connecting with so many dental hygienists and researchers from different geographic locations, one of my highlights was the Thursday evening reception in the exhibit hall. Imagine our Manitoba Dental Mid-Winter Convention exhibit hall, but with all the exhibitors there just for our profession! Add in cocktails, Beaver Tails, and poutine—what more can you ask?*

*They say a picture is worth a thousand words. As such, I hope you enjoy a few photos from the conference on these pages. If the images look like something you would enjoy, please consider attending CDHA's next conference, which will be held October 3-5, 2019, in St. John's, Newfoundland.*

Cheers,

Deanna Mackay, BSc(DH), RDH  
CDHA board director, Manitoba



■ **Conference ribbon cutting** CDHA President and Conference Co-Chairs from the National Center for Dental Hygiene Research & Practice



■ RDH swag



■ **L to R** Donna Tremblay and Debbie Whittom



■ **L to R** Deanna Mackay, Dr. Melanie Hayes (CEO, Dental Hygienists Association of Australia), and Mandy Hayre (CDHA board director from BC)



■ **Scavenger Hunt 150 (L to R)** Myra Gregory and Carla Zamrykut



■ Main Hall, opening of the poster presentations



■ **Front left corner**  
President of the American  
Dental Hygienists Association  
Tammy Filipiak with CDHA  
board directors



■ **Back row (L to R)** Kathy Yerex  
and Terri Archibald  
**Front row (L to R)** Laura  
MacDonald and Mary Bertone



■ Members of the Royal Canadian Dental Corps

## WHAT'S NEW AT CDHA?

### PROFESSIONAL DEVELOPMENT

CDHA is committed to supporting your ongoing professional development so we're thrilled to announce that **all webinars are now available to members for FREE**, saving you hundreds of dollars.

#### Webinars now on demand:

Community Water Fluoridation

Challenges of Our Diabetic Clients, *sponsored by SUNSTAR*

Maintaining Dental Implants: It Takes Two, *sponsored by Philips*

#### FREE webinars coming soon:

Instrument Reprocessing, January 24, 2018

Alcohol vs. Alcohol-Free Antiseptic Mouthrinse, February 21, 2018  
*sponsored by Johnson & Johnson*

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

### JOB MARKET & EMPLOYMENT SURVEY RESULTS

An executive summary plus full and provincial segmentation reports of the 2017 survey are available online. Our FREE on-demand webinar highlights the key findings. [www.cdha.ca/jobsurvey](http://www.cdha.ca/jobsurvey)

### IMAGE BANK

Check out CDHA's new image bank offering high-quality images accurately portraying dental hygienists and reflecting proper dental hygiene practice. Dental hygienists, media, businesses, and the public are free to use and distribute these images at no charge.

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

### 6 REASONS FOR MEMBERSHIP

There are many advantages of CDHA membership. We've highlighted the top six in our new infographic and video. [www.cdha.ca/6reasons](http://www.cdha.ca/6reasons)

### 2016-2017 ANNUAL REPORT

If you weren't able to attend CDHA's annual general meeting in Ottawa on October 21, you can view and download the 2016-2017 annual report, which summarizes CDHA's progress over the past year in meeting the organizational ends (or goals) established by the board of directors. [www.cdha.ca/annualreport](http://www.cdha.ca/annualreport)

### NEW BRUSHING RESOURCE FOR PARENTS

Many parents find brushing their child's teeth a struggle. CDHA has developed a new handout, offering simple tips and tricks to make the process easier for everyone.

[www.dentalhygienecanada.ca/kidsbrushing](http://www.dentalhygienecanada.ca/kidsbrushing)

# CDHA Awards Program 2018



CDHA celebrates exceptional volunteer service through its award program, recognizing members who have made outstanding contributions to the dental hygiene profession, either in their communities or nationally through the association.

## **CDHA Dental Hygiene Recognition Awards 2018**

[2018 CDHA Distinguished Service Award](#)

[2018 CDHA Life Membership Award](#)

[2018 CDHA Award of Merit](#)

[CDHA Oh Canada! Readers' Choice Award](#)

[CJDH Research Award](#)

For a number of years CDHA partners were pleased to offer a selection of awards that recognized the efforts and accomplishments of CDHA members across Canada. This program was discontinued in 2016 but we still recognize those [past recipients](#) and our generous sponsors.



UNIVERSITY OF MANITOBA  
SCHOOL OF DENTAL HYGIENE

# ALUMNI ASSOCIATION

PROUDLY SUPPORTING THE SCHOOL OF DENTAL HYGIENE AT THE UNIVERSITY OF MANITOBA

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, Taleisha Doiron, Past 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 also had a surprise distinguished visitor, Pf. Marnie Forgay our founding Director of the School of Dental Hygiene who our students were able to meet with. 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 scheduled the next Annual General Meeting to take place on May 3, 2018. Please plan to join us, as we feature Kathy Yerex presenting her master thesis research on cat cariology and link to the pattern of human caries. We will also be featuring the winner of our Baccalaureate student poster presentation scholarship, Terri Archibald who will be presenting on the topic of the "Interprofessional approach to oral assessments for children and teens with Type 2 diabetes". We would like to thank all those who supported us by attending our Annual General Meeting this year on 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.



At the Alumni of Distinction Gala at the Fort Garry Hotel on September 22, 2017, we celebrated the AOD of the School of Dental Hygiene for 2017, Carol Yakiwchuk Class of 1992. She is truly worthy of this recognition for her commitment to the dental hygiene community, in the area of community health and her many contributions to our profession.

Mark your calendars, as we host another Paint Nite Fundraiser on Thursday, March 22, 2018 at Pony Corral, 444 St. Mary Avenue (downtown location). And stay tuned, as we are also planning another Wine and Cheese event for the Fall of 2018. Please plan to join us. We hope to see you there!

Please contact us by email at [umsdhaa@outlook.ca](mailto:umsdhaa@outlook.ca) for membership information and visit our Facebook page for more information on how to join and support our future events.

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 President**

# Christmas Cheerboard Hamper Deliveries

Dental Hygienists are by and large a very caring group of people. It is not a far jump from caring about “Oral health for overall health” to caring about the overall well-being and needs of people in our communities.

Again this year MDHA board and committee members, along with a significant other, helped spread Christmas cheer to some of Winnipeg’s less fortunate. Our enthusiastic elves (Taleisha, Laura, Meghan, Jennifer, and Mark) had a fun and rewarding time delivering eleven gratefully received hampers on behalf of the Winnipeg Christmas Cheer Board. We plan to continue the tradition next year and would love to have you join us!



L – R: Laura MacDonald, Taleisha Doiron, Jennifer Upward

L – R: Taleisha Doiron, Laura MacDonald, Meghan McKee



For the past few years it has been my privilege to answer requests from Roberta Baryski to visit Access River East on Henderson Highway and meet with a group of young adults who have cognitive delay issues to talk with them about oral health. This year I had the opportunity to meet with not one but two groups of fun young people on November 6<sup>th</sup> and 9<sup>th</sup>. The half hour presentations covered basic oral health issues – decay, gum disease, some nutritional counseling, and oral hygiene instruction. The participants were very appreciative of the “goodie bags” provided by the MDHA (thanks to Sunstar). For those of you who may wonder if anyone ever really learns anything from group presentations, the answer is YES! Before I started my November 6<sup>th</sup> presentation one of the group leaders who had been at my presentation the previous year told me that she started flossing her teeth the way that I had taught the group and when she went for her 6 month recall her hygienist could see an improvement in her gingival health. That sure made my day!

If you are interested in getting involved with doing occasional oral health presentations as requests come in to the MDHA please contact Meghan McKee, Community Outreach Committee Chair, at [communityoutreach@mdha.ca](mailto:communityoutreach@mdha.ca) to have your name added to the Community Outreach mailing list. They can be lots of fun to do and can count for a PAR or as hours worked (but not both). The MDHA will gladly provide resources and support!

**Heather Sirkovsky**, Past President

# Community Outreach Corner



# Letters to the Editor

With Halloween fast approaching my son's nursery school, the River East French Exposure Nursery School, was looking for a way to promote healthy habits to the 3 and 4 year old students. I am a co-class coordinator for his class, as well as a dental hygienist. The idea of making small goodie bags for the kids was brought up and I was asked if I could get some toothbrushes. I contacted the MDHA with a request for some donations. I was elated to find out that they would not only donate some toothbrushes, but they were also kind enough to include some Crayola flossers for the kids. Each child received that along with some stickers and a glow stick to keep them visible on Halloween night! Their teacher handed the bags out and encouraged lots of brushing after eating all of the yummy treats they would be collecting. The children were extremely happy with their new brushes! We want to extend a big thank you to the MDHA for their support with our mission to instill healthy habits at a young age! We are extremely appreciative.

PLACE  
STAMP  
HERE

Tamara Lane-Soroko, RDH



# 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 contribution! The MDHA Montage is about connecting with members so share your photos, announcements, and dental hygiene news with us!



**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)