

# Montage



## 2008 Annual General Meeting

The MDHA Annual General Meeting was held on June 3<sup>rd</sup> at the Inn at the Forks. It was an action-packed evening filled with speakers, recognition, presentations and giveaways.



Mary Bertone and Angela Rosales

The 85 registered members in attendance listened to guest speaker and fellow MDHA member Kathy Griffiths as she presented on Kindness In Action, a volunteer-ran non-profit group and foundation dedicated to providing dental health care to underserved people abroad. Kathy described her dental mission to Peru this past March, including the preparation, arrival, care provided, and the gratitude of the people. Kathy's experience underscores the importance of using your unique skills to help others.

Dr. Benitez brought greetings on behalf of the Faculty of Dentistry Continuing Education Department and advocated the benefits of life long learning. Dr. Benitez announced our first joint CE partnership event with the Faculty of Dentistry and the MDHA to take place this upcoming October 4.

Crest Oral-B representative Dave Roberts of Calgary spoke on the importance of partnership and reaffirmed his company's commitment to the MDHA and its members. Like Oprah, Dave came with gifts! All in attendance received an Oral-B Triumph powered toothbrush and Pro-Health toothpaste. MDHA offers its thanks to Crest Oral B for their generous sponsorship of this event and throughout the year.

President Carol Yakiwchuk brought greetings on behalf of the CDHA and presented highlights of the Association's accomplishments over the past year, while MDHA President Mary Bertone summarized recent MDHA events and successes. MDHA Board of Directors recognized Angela Rosales's commitment to MDHA with a presentation of flowers and gift.

In addition to the wonderful guest speakers, a call for volunteers or nominations for Board of Directors and committee members was requested. Volunteers who put their names forward include Deanna Mackay, Trishia Wittmeier, Andrea Fruehm, Cindy Isaac Ploegman, Rayna Vitt and Shora Niaboli. There are still opportunities to volunteer with the Board of Directors and on committees, so please email [info@mdha.ca](mailto:info@mdha.ca) if you are interested in giving your time and passion to MDHA endeavours.



Presenter Kathy Giffiths

## Manitoba Dental Hygienists' Association

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## Summer 2008



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## ***President's Message...***

Mary Bertone

As I write my last submission to the Montage, I cannot help but reflect back on this past year full of experiences as president and realize what a wonderful opportunity it has been for me. I have had the privilege of meeting many talented and committed people from across the entire country and an entire spectrum of health care professionals. From Halifax to Vancouver, from care providers to administrators, I met and learned from them all.

If there is an underlying lesson that I have learned this past year, it has been that nobody can do it alone. We are all guilty of trying to do it all at one point or another, and in all but the exceptional cases, couldn't we have done better if we were open to a little bit of input and a little bit of effort from others?

On a personal note, I set a goal for myself this year to run a half marathon. This is certainly an individual goal, but it is far from an individual effort. My trainer, my fellow runners, my family and support system, they were all part of "Team Mary". Of course I could have trained on my own, but it is so much easier, so much more motivating and so much more satisfying with a team in my corner.

The same formula can be implemented in most aspects of our lives; get clear on what you want, set a goal, surround yourself with like-minded people and go for it! Perhaps this year you could incorporate our profession in to some of your personal goals and ambitions. Volunteer to give an oral health session in your community to promote dental hygiene. Share your skills by providing care to underserved populations. Join your MDHA or CDHM and be part of the team shaping our profession in Manitoba. How you choose to spend your time and skills is up to you; giving has no boundaries. But do go for it.

MDHA sets goals every year. Without the supportive team of volunteers behind our organization, MDHA could not accomplish nearly as much as it does. Here are just some examples of "Team MDHA" in action.

- The dental hygiene profession in Manitoba is now self-regulated.
- MDHA established an online presence to provide access to information for our membership and for the community at large. Please come visit us at [www.mdha.ca](http://www.mdha.ca).
- MDHA forged partnerships with the University of Manitoba Faculty of Dentistry Continuing Education Department to offer jointly sponsored sessions, and with Find First Aid Inc. to offer CPR recertification courses to MDHA members at a reduced-cost.
- Six Continuing Education sessions were held this past year, including an event in Brandon. The MDHA Lecture Series has been created as an exclusive benefit to members.
- MDHA has made available oral health supplies and support to be used by members in any community outreach endeavors, and donated supplies to Rossbrook House.
- Promotional advertisements such as transit bus posters for Gingivitis Month and Alumni Faculty Bulletin ads were developed.
- MDHA has had unprecedented turnouts to meetings and events, including its highest Annual Mid-Winter Meeting turnout ever, with more than three times our previous best.
- Members promoted the profession, our organization and oral health at events such as Boo at the Zoo, the Brandon YWCA Young Women's Conference, National Dental Hygienists Week, and in newspaper articles that appeared in the Ottawa Citizen and the Edmonton Journal.
- MDHA made administrative changes including purchasing insurance to mitigate operations risk, and the creation of a reference MDHA Board Handbook for prospective Board members.

Wow, that's a full year! Thank you to the members who have helped make these, and the many other MDHA accomplishments, a reality. Thank you to the members who have given their time and energy to our association and who are now moving on to other goals; I wish you continued success in all that you take on. And to our new volunteers, welcome to "Team MDHA"!

It has been said that *we don't remember the days; we remember the moments*. Thank You for the moments.

By the way, I did manage to hobble across that finish line...thanks to my team.

## Message your President-Elect

Summer is FINALLY here! It's time to sit back and relax. As a way to finish off the year, MDHA held it's third Annual General Meeting at the Inn at the Forks this past June and the turn out was fantastic! I would like to thank Kathy Griffiths for speaking about her experiences with Kindness in Action, and Dr. Hubert Benitez for discussing the importance of Continuing Education. I would also like to thank Dave Roberts from P&G Crest – Oral B for coming out to Winnipeg and spending the evening with us, and for also generously sponsoring the entire event. It is much appreciated.

This event, like all events MDHA holds, would not be possible without the efforts of all of the volunteers. I would like to thank the board members of MDHA, those leaving and staying, for their time, ideas and energy. You are the reason why our association is what it is today!

Now is the time to look toward the upcoming year. In order for our association to move forward and grow, we are always looking for new faces to join the MDHA Council. Whether you are interested in taking a position on council, or just wish to volunteer from time to time at various events, MDHA would gladly welcome you on board! Working with the MDHA Council is a great way to stay informed and meet a lot of wonderful people. Just contact us and we will be happy to tell you about all of the opportunities that exist within the association.

I hope you all have a wonderful summer and I look forward to seeing you all in the fall!

Leanne Enns  
MDHA President-Elect

### Important Notice!

As of September 1st, 2008 the old email address mdha2@mts.net & mdha@mts.net will no longer be active.

### MDHA New Contact Info

**Website**  
www.mdha.ca

**Email**  
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# Manitoba's LISTERINE GINGIVITIS MONTH PROMOTION INITIATIVE

Made possible through a grant from CDHA

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Although more than 15 million Canadians have gingivitis, recent survey results suggest that only seven percent actually believe they have it<sup>1</sup>. The Canadian Dental Hygienists Association, through its CDHA Listerine Gingivitis Month Promotion Initiative, provides an opportunity for interested dental hygienists, in their role as oral health promotion experts, to address this important issue. Individuals are invited to submit a proposal to how they plan to raise public awareness about gingivitis, with grants then be awarded to the top four applicants.

**Why change a good thing?** With last year's gingivitis bus poster campaign a resounding success, members Carol Yakiwchuk and Mary Bertone decided to think "green" by recycling and reusing their 2007 campaign idea. The popular bus campaign idea was once again chosen by CDHA and Johnson & Johnson Oral Health and with grant monies in hand, the poster artwork was quickly revised and printed for a June 1<sup>st</sup> start date to begin raising awareness on gingivitis and the important role Manitoba Dental Hygienists play in making oral health recommendations to the public.

Pattison Outdoor Advertising company created new 70" x 21" oral health posters, featuring a "brush, floss & rinse" message, the [www.gingivitis.ca](http://www.gingivitis.ca) website, and the CDHA and MDHA logos. For the month of June, the posters were featured on 10 Winnipeg Transit city buses (an increase from 8 buses last year), whose routes changed daily to provide full city-wide circulation throughout the campaign that began June 1st, 2008. Again, a huge thank you to Shanlee of Pattison & Winnipeg Transit who expedited this project efficiently in record time, and who once again generously donated two additional weeks of promotion, extending the initiative to 6-weeks of exposure. This project, with a cost of \$1,994.30, offered the opportunity to reach out to more than 58,000 Manitobans each day of the campaign.

## The BRUSH, FLOSS, RINSE regimen

In spite of the fact that two-thirds of Canadians are aware of the "brush, floss and rinse" regimen, more than half the public still don't follow the CDHA recommendations<sup>1</sup>. An interesting recent finding is that Manitoba and Saskatchewan residents report the lowest use of rinsing in their daily oral care routine<sup>1</sup>. Based on research conducted by Sharma et al. in 2004, we know that rinsing with an essential-oil containing mouthrinse is another evidence-based recommendation we can make.

## What can you do?

Help clients select oral care products based that truly work and continue your excellent work in helping them understand the connection between inflammation of oral tissues and its connection with overall health.

## It's your turn...

MDHA members, we're issuing you a challenge. You've got a whole year to come up with a great new idea to apply for the gingivitis promotion initiative grant. Think ahead, be creative, and let's continue to promote our profession and gingivitis awareness with CDHA.

## The "poster girls"

Carol Yakiwchuk & Mary Bertone

1. Godenshtein E, Vaughan E. Gingivitis, Who Me? Environics Communications, 2008, Toronto.
2. Sharma N, et al. The efficacy of an essential oil antiseptic mouthrinse vs. dental floss in controlling interproximal gingivitis: A comparative study: J Am Dent Assoc. 2004 Apr;135(4):496- 504.

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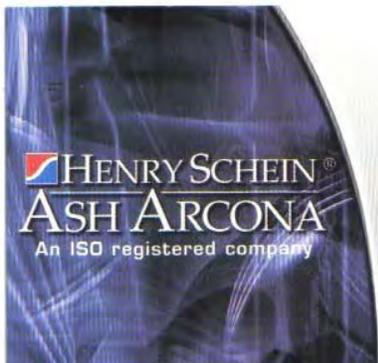
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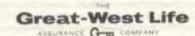


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## Dental Hygiene Professional Development Calendar 2008 - 2009



### Manitoba Dental Hygienist Lecture Series

The Dental Hygienist is the front line in the assessment of gingival inflammation, treatment of periodontal disease and preventing oral health problems. To be effective in these areas it is important that one continues to have access to the most current research, evidence and technology. The MDHA lecture series will provide professional development and networking opportunities. The series will showcase local leaders in the dental & health fields to speak on topics relevant to the care that dental hygienists provide. Sessions count towards Continuing Education Credits. The four session series will be offered at the low price of \$110. To register please contact Alayna Gelley at 488-4976 or [argg@mts.net](mailto:argg@mts.net). For more information keep checking the MDHA website at [www.mdha.ca](http://www.mdha.ca).

### New Partnership

As the profession of Dental Hygiene changes and evolves in the province of Manitoba and throughout Canada, it is especially important for dental hygienists to continuously engage in life-long learning, to use evidence-based information and stay current with the latest advances in new products and technologies for clinical practice. To address this need, the MDHA is proud to announce a partnership with the Department of Continuing Education at the University of Manitoba, Faculty of Dentistry. Through this joint venture, we will be expanding educational opportunities by offering a number of programs for our members.

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### Upcoming Events

- |                    |   |
|--------------------|---|
| September 22, 2008 | Manitoba Dental Hygienist Lecture Series<br>"Dental Implants" presented by Dr. Eric Kristof<br>Faculty of Dentistry Alpha Omega room, 7:00pm—9:00pm   |
| October 4, 2008    | Faculty of Dentistry Continuing Education Department and MDHA<br>"The Roles of the Dentist and Professions Complementary to Dentistry in Oral Health Promotion and Prevention: A Public Health Perspective"<br>Presented by Dr. Christopher Okunseri<br>"Caring Determines Success in Dental Treatment"<br>Presented by Dr. Charles Lekic<br>Basic Medical Science Building Theatre B, 9:00am to 4:30pm |
| November 17, 2008  | Manitoba Dental Hygienist Lecture Series<br>"Pharmacology Review" presented by Dr. Archie McNicol<br>Faculty of Dentistry Alpha Omega room, 7:00pm—9:00pm   |
| January 30, 2009   | MDA 125th Annual Mid-Winter Convention<br>Ms. Anna Pattison, RDH  |
| February 23, 2009  | Manitoba Dental Hygienist Lecture Series<br>"Superbugs...you need to know!"<br>presented by Ms. Monique Liarakos, BA,RN,BN- AKA "The Bug Lady"<br>Faculty of Dentistry Alpha Omega room, 7:00pm—9:00pm  |
| March 28, 2009     | University of Manitoba CE Calendar<br>"Tips For Treating Patients with Autism: The Experience of a Lifetime"<br>Presented by Ms. Karen Raposa, RDH<br>Basic Medical Science Building Theatre C, 9:00am to 1:00pm  |
| April 13, 2009     | Manitoba Dental Hygienist Lecture Series<br>Topic and Speaker TBA (Chosen by you)<br>Faculty of Dentistry Alpha Omega room, 7:00pm—9:00pm   |

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## MDHA Celebrates National Dental Hygiene Week

Every year, dental hygienists in every province and territory marked National Dental Hygienists Week™ in diverse and creative ways. NDHW™ activities are most often community outreach events, and often include contests, classroom presentations, mall displays, tours of dental offices, and much more.

This year, MDHA ran a contest for its' members and their clients. Clients answered an oral hygiene-related question and MDHA members submitted their client's names to the MDHA. A draw was made from all submissions and we congratulate the following clients (who each won a \$100 powered toothbrush), and their dental hygienists (who each received a Starbucks gift card).

**Dental Hygienist**

Andrea Fruehm

Margo Nohlgren

Rolanda Pelletier

Mary Bertone

Kathy Griffiths

Karel Lalonde

**Client**

Mathew Wallbridge

Zachery Wabick

Shelly Dreser

Frederick Chartrand

Hannah Schmuland

Diana Fields



## Dental Hygienist Mentors Needed



**Mentorship** - a developmental relationship between a more experienced mentor and a less experienced partner.

The School of Dental Hygiene is recruiting experienced dental hygienists to act as *MENTORS* to first year dental hygiene students. Each *MENTOR* will have two students assigned to them. *MENTORS* will invite students to visit and observe them in the practice setting, and to answer their practice/profession-related questions. Each *MENTOR* will be introduced to their two student partners at the Faculty of Dentistry opening assembly on Thursday, August 28th and assist with the white coat ceremony. An additional commitment would be to attend the MDA Graduation Breakfast. If you are interested in giving back to your profession through mentorship, please contact the School of Dental Hygiene at 789-3683 or email [info@mdha.ca](mailto:info@mdha.ca).



## “Welcome to the Profession” Reception

The MDHA welcomed new graduates to the dental hygiene profession at a reception held at Maxime Restaurant on April 21st. We gratefully acknowledge Sunstar Butler for sponsoring the evening. Dental hygienists, a.k.a. “MDHA Member”, took turns sharing stories, anecdotes and advice with their new colleagues. New graduates reflected back shared a moment that stood out from their training experiences to become a dental hygienist.



Winner's of “Guess Who I Am” contest

Oprah, Britney Spears, and everybody's favorite entertainer Elvis were also in attendance...during our game of “Guess Who I Am?” Barney, Angelina Jolie, Dr. Nita Mazurat and Dr. Anthony Iacopino were the lucky winners of Starbuck gift certificates.

### Class of 2008

Amber Anderson, John Babick, Tara Barrett, Kristine Berard, Tanis Balnchfield, Carolyn Loschiavo, Vanessa Crockatt, Chelsea Evans, Ashlee Heyens, Ainsley Jackson, Tara Janzen, Shawna Kufley, Carly Koppers, Sarune Leskauskiene, Denise Lo, Allison Mckibbin, Johanna Nemiroff Grant, Shora Niaboli-Gilani, Kathy Pham, Karen Rosolowski, Breanne Irwin, Jennifer Smith, Jessie Stone, Leanne Thiessen, Jeanne Trinh, Heather Wawrykow



MDHA congratulates the Class of 2008 and wishes each and everyone of you much success in the years (and mouths) to come...



## MDHA Member Reaching Out to our Community...

The offering of oneself to his or her community allows individuals to become familiar with that community's specific needs. These opportunities teaches us about our profession and helps us grow as oral health professionals. I was asked to deliver an oral health session to an ESL class at Gordon Bell High School in June. This was a diverse group that included many Burmese and Afghani students. These teens face many issues and challenges as newcomers; they also face the same struggles that youth are faced with daily. Winnipeg is a mosaic of cultures. As dental hygienist, we can create small-scale everyday changes through action and community support. I would like to thank the MDHA for their donation of toothbrushes, floss, and disclosing tablets for the students. It was a proud moment, seeing a student walking home and already working on flossing his teeth!

Submitted by Shora Niaboli-Gilani

## CDHA Leadership Conference Banff, Alberta May 26-28, 2008

Leaders. Who are they, why do we need them and how can we become leaders? These are questions that I pondered as I prepared for the CDHA Banff leadership in this past May. Did I get answers! We all have the ability to be leadership within us, but we need to recognize, nurture and develop these skills. The invitational provided participants with an opportunity learn from others, enhance our skills and prepare ourselves to lead and motivate others back home in their work environments and communities.

It was a wonderful opportunity to meet and network with others; sharing our successes and struggles from our own provinces and learning how our counterparts manage in other parts of the country.

Submitted by Mary Bertone

Everyone joined in the fun at "Rock around the Clock", this year's fundraising event for the Canadian Foundation for Dental Hygiene Research & Education. With the music rocking, teams competed for naming popular music titles and artists. Over \$6,907.25 was raised for the foundation, including funds contributed by MDHA on your behalf.

I had the pleasure and honour, on behalf of the Board of Directors, to present awards to four dental hygienists for their outstanding contributions to the profession of dental hygiene and their national association, CDHA. Brenda Walker of Alberta and Sue MacIntosh of Nova Scotia received CDHA Life Membership awards. Pat Grant and Terry Mitchell, both of Nova Scotia were proud recipients of the CDHA Distinguished service award. Congratulations to these amazing dental hygiene leaders.

Submitted by Carol Yakiwchuk



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## College of Dental Hygienists of Manitoba Transitional Council – Update

### Call for Nominations

The CDHM's first Annual General Meeting (AGM) is planned for September, 2008 where dental hygienist representatives for the inaugural CDHM council will be elected. At this time, we are extending a call for:

- Nominations for individuals who are interested in serving on the CDHM Council, and Applications for committee positions

Now is an opportune time to consider the difference your participation on CDHM Council and Committees could make. If you or someone you know would like to contribute energy, experience and wisdom, through a position on CDHM Council, **please submit a nomination and biography form by July 23, 2008.** If you are interested in participating on a committee, please submit a biography form on or before the AGM in September.

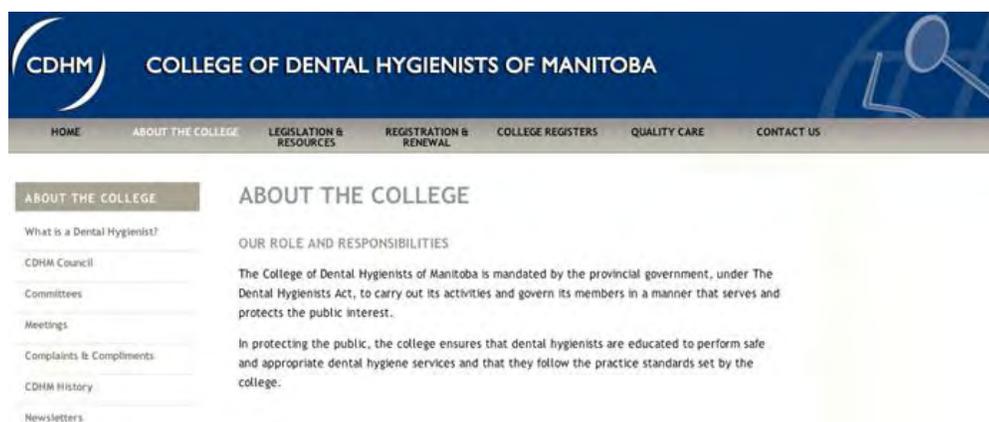
Information and forms were mailed out to all registered dental hygienists in June 2008, but are also available on our website at [www.CDHM.info](http://www.CDHM.info). Further information will follow in August regarding the details of the AGM.

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### CDHM Website

The CDHM is proud to introduce our new website at [www.CDHM.info](http://www.CDHM.info). The website will allow us to communicate with dental hygienists, the public and other community stakeholders. It is still a work in progress as we continue to develop it; however we welcome you to visit for announcements and information! If you have any suggestions, comments or questions, please feel free to contact us!

Kellie Hildebrandt, RDH, MBA



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