Greetings! Hope our newsletter finds you all well and enjoying the nice summer weather. Can you believe that the summer is half over? The VDHA has had a quiet year, we have been focusing our efforts on improving our organization through leadership training and mentoring. We have also tried to host more social events for all of us to get together and network outside of the office. We hosted a bowling night at Champlain Lanes following our May 4th CE courses and we are hosting a Calcutta event later this year. We would love to have you all attend this event. It will be a great opportunity to socialize and a chance to win a cash prize as well as donate to a good cause. If you are interested in this event, please keep reading our newsletter to find out the details.

This year we sent two delegates (Heather Blair and Erica Gates) along with one alternate delegate (Carmen Negron-Dupee) to Columbus Ohio to participate in the 94th ADHA Annual Conference. At this conference they represented the voice of Vermont on the national stage. At this conference they got to meet state and leaders from all across the country and participate in the shaping of our profession on the national level. How cool is that?! If you are a current ADHA/VDHA member THANK YOU! If not, consider this, if not you, who? We are taught at a young age, every person matters, and every vote counts. In our State and National organization every person matters, every vote counts and your voices have been heard. Did you know that the ADHA did a redesign of their website for easier navigation, they are offering a free monthly webinar and they have a Facebook page similar to VDHA in which they are constantly updating with relevant information for dental hygienists.

If you are wanting to be involved with the VDHA, but do not want the commitment of being an officer, all of our committees could use some supporting members – Continuing Education, Annual Meeting, Newsletter, Facebook – management (open), SMADHA mentors (not tutors) (working with the students-open), Legislation, Historian (open), Public Relations (health fairs, social event, - support), Membership, Liaison to the Board of Dental Examiners (attending the meeting and providing a report). Please let me know if you are interested in the open positions or joining a committee. We are all in this together in our dental hygiene family – let’s support one another! It has been my privilege to be your president this past year, thank you so much! I am looking forward to the rest of the summer and I hope to see you all at the VDHA Annual Meeting in August!

Brittney Gendreau, RDH, BSDH

VDHA President
Mark Your Calendars for the
12th Annual Vermont Oral Health Conference
Vermont Dental Hygienists’ Association Annual Meeting
Hampton Inn Colchester, Vermont

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<th>Thursday, August 23, 2018 6:00 pm – 9:00 pm</th>
<th>Friday, August 24, 2018 8:30 am – 11:30 am</th>
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<tr>
<td>Implant Maintenance &amp; Homecare Challenges Revealed</td>
<td>Nutrition for the Dental Patient</td>
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<td>Susan Wingrove, RDH, BS</td>
<td>Kimberly Evans, MS, RD, CD</td>
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<td>Periodontal Disease: Classification and Non-Surgical Treatment for the Dental Professional</td>
<td>Patient Self-Medication</td>
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<td>Sheree Duff, RDH, MS</td>
<td>Thomas Viola, RPh</td>
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<th>Friday, August 24, 2018 12:15 pm – 2:15 pm</th>
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<td>12:00 pm – 2:15 pm Lunch and VDHA Annual Business Meeting</td>
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<th>Friday, August 24, 2018 2:30 pm – 5:00 pm</th>
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<tr>
<td>Medically Complex Dental Patient</td>
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<td>Thomas Viola, RPh</td>
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Exhibit Hall Open Thursday at 4:30 pm and Friday until 12:00 pm. Be sure to bring your office orders with you to support our wonderful exhibitors!

Raffle: Queen sized quilt raffle and other yet to be determined prizes (need not be present to win). Bring your checkbooks to win one of these outstanding prizes and to support your professional association! $5/ticket or 5 for $20.
ADHA ANNUAL CONFERENCE 2018: COLUMBUS, OHIO

Heather Blair, Carmen Negron-Dupee and I recently returned from a very successful ADHA 95th Annual Conference. It was such a privilege to serve as your Delegates & Alternate Delegate for Vermont. It was such an amazing experience and nice to meet with colleagues from our district and see old friends from around the country.

The week, while busy, was packed with fun, educational and inspiring events. We were excited to be able to participate in a community service event that kicked off the conference. Each year the event is held in a different city, allowing us to provide oral health care education to locals in need. This year we worked with an organization called The Open Shelter. It is a homeless shelter that provides its clients with everything from food, clothing, linens, and toys for children. We spent the morning educating clients on how to perform a self oral cancer exam, discussing caries risk in relation to diet as well as handing out homecare supplies.

The next few days were filled with great continuing education courses, both didactic and hands on, as well as an exhibit floor showcasing all hygiene supplies! There were a couple of great speakers to start off our days, including Michael Walsh, a futurist. His inspirational speech left us all thinking about how the upcoming generation will help shape the world and how we as professionals can best communicate with them. Another fabulous, and funny, speaker we had the privilege to hear was Michael Jr. While he is a comedian, his mission is to create a community of individuals from all backgrounds who can come together in a time of need and help service a community. To learn more about his mission visit: https://punchliners.hivebrite.com/page/about-us.

The next part of the conference was the business meeting, which encompasses the House of Delegates (1, 2 & 3) as well as balloting and electing the new officiants of the ADHA. We were happy to serve as your delegates & alternate delegate from Vermont. Be on the lookout for updates to our National Executive Board Resolutions and Bylaws. We also attended advocacy updates and membership workshops – both which gave us new ideas to implement in Vermont.

Attending this conference is such an amazing experience! It allows you to make connections with other hygienists that you may never have had the chance to meet as well as work on advancing the profession forward at a national level and bringing back a new perspective and energy back to the state organization. It is my hope you can experience it in the course of your career!

Erica Gates, RDH, BA, AS - VDHA President-Elect
Save the date for the VDHA CALCUTTA

Are you ready for some fun with friends with the chance of winning $1500? The Vermont Dental Hygienists’ Association has partnered with VTC and is very excited to be hosting our first ever Calcutta on Saturday, October 20, 2018 at the Catamount Country Club in Williston. The cost will be $100 per ticket, which includes your Calcutta Ball and a buffet dinner for two served at 6:00pm and a chance to win $1500. A cash bar will be available from 5:30pm-6:00pm. Only 98 balls will be sold. The money raised will go toward the VTC Molar Mobile (mobile dental hygiene outreach) and for VDHA public outreach events.

WHAT IS A CALCUTTA FUNDRAISER?

When you purchase a ticket, you receive a number between 1 and 98 (this number will coincide with a number on a ping pong ball). All the balls go into a bag. Starting around 6:30 PM we will start drawing balls out of the bag. The goal is to have your ball not get drawn and remain in the bag until the very end. If your ball is drawn you may win a door prize, but you will be out of the drawing for the $1,500.00 prize - maybe.

** We will be selling raffle tickets for balls 98 & 100 during the evening, so you can still have a chance to win the $1,500.00 even after your original ball has been drawn.

**When we get down to the last 5 balls left in the bag, those 5 people decide how to handle the $1,500.00 - whether to split it or keep drawing numbers.

VDHA would love to see each of you purchase a ticket. Please invite your spouse, significant other and friends for an evening of FUN & CHANCE while supporting your professional association. To purchase a ticket to reserve your special numbered ball, please contact Heather Blair at hblairvdha@gmail.com or Ellen Grimes at egrimes@vtc.edu. Join us for what will be a fun-filled event!

**Calcutta Donations- To increase the “Fun” of winning, we are trying to collect products and service (certificates) from local businesses. If you are available to help us to get prizes for our Calcutta, please let us know. Erica Gates, RDH has prepared a letter explaining the Calcutta and our planned use for the money raised. Please e-mail Erica if you are able to help collect from YOUR area. Egatesvdha@gmail.com THANK YOU!!!**
Highlighted Hygienist - Barbara Hodgkins, RDH

Barbara attended the University of Vermont and graduated in 1982. She has been practicing as a dental hygienist for over 36 years and have been a member of the VDHA for over 25 of those years. She loved her career in private practice, especially the flexibility it provided when her children were young.

Barb said her favorite part about her career is that hygienist are usually on the cutting edge of science and promote overall health to their patients. She loved building long term relationships with her patients over the years and felt honored to help them become healthier.

She just “retired” from private practice and is now promoting “Great Health” in the public schools. She has a mobile dental unit that she takes into schools and provides hygiene services at no charge. The students have really taken an interest in their oral health, and Barb feels very fortunate to be a part of this positive change.

In Barb’s free time she teaches cardio-fitness classes at a local gym, where she does yoga. She also enjoys singing at her church, and gardening with her husband. Her children relocated to MA, so they find time to visit them as often as possible.

Dental Therapist Update

We are pleased to announce that our developing dental therapy program is making great strides. Vermont Technical College Board of Trustees officially adopted our proposed program as a new program in March and we will be offering a Master’s Degree. The program is a 3 year (9 Term) program or for current hygienists, 4 terms (15 months) as long as all pre-requisites are completed. We still plan to admit 10 students beginning in May of 2020 and we hope to submit our application to CODA shortly. We received another year of Grant funding on June 1st, and we will keep everyone up to date with our future progress.

-Cheyanne E. Warren, DDS, MS- VTC
Dental Therapy Program Director
In adhering to our goal to educate and motivate people to develop and maintain their optimal oral health the VDHA has had an adventurous year.

In our usual fashion we began with the Annual Trick or Treat at the University Mall on 10/30/2017. We gave away toothbrushes and toothpaste and provided oral education to about 200 trick or treaters. Weather cancelled some wellness fairs, but we recovered nicely on 3/29/2018 with the Harwood Union Wellness Day seeing about 500 students. On 4/13/2018 we participated in the Williamstown Health and Wellness Day again seeing 500 students. New friendships were formed on 5/4/2018 bowling at Champlain Lanes. The most heartwarming experience was on 6/2/2018 at the Special Olympics Vermont summer games where a record number of athletes were seen. We look forward to seeing more hygienists help at the VT Migrant Farmers Coalition on 7/21/2018 at Goddard College.

For more information about any of the above events or about other health and wellness fairs please contact me at tvaladakisvdha@gmail.com. With everyone’s input and participation we are looking forward to forging new friendships and sharing fun escapades in the upcoming year.

Thank you for everyone’s support!

Submitted by- Tammy Valadakis, RDH
Newsletter submissions –

Help us to highlight the great services that you are providing in your community. Share updates – professional (new jobs, new degrees & new ventures) and personal (marriages, births & deaths). We are your professional community and want to share successes with one another. We provide two newsletters a year – Summer & Winter. Please submit your newsletter additions to Charity Enman, RDH, BSDH at cparker8492@gmail.com.

Interprofessional Collaboration for Dental Hygiene Students at VTC

The Vermont Technical College Department of Dental Hygiene has added external rotations into our curriculum. It began two years ago with a rotation up to the UVM Medical Center Children’s Specialty Hospital. Once a week, four of the third year dental hygiene students go up to the Children’s Specialty hospital to provide oral health education, risk assessment, fluoride varnish treatments, lists of participating dentists with the in-patients on the children’s floor. There are many discussions that center around the importance of the first dental visit being 6 months after the eruption of the first tooth or by age 1, along with the importance of wiping the gums after feeding, bacterial transmission between the primary caregiver/child and the importance of fluoride topical and systemic - supplementation where necessary – sharing the VDH Fluoride test forms. We also meet with
patients that have acute injury or illness and chronic disease and disability. Students focus on how the myriad of medications and level of disease may impact their oral health or their ability to provide thorough homecare. More importantly, students learn to meet patients where they are, some days a very uplifting and rewarding and others are challenging and thought provoking. We always encourage them to learn about the patients that they are working with that day, but to also learn something about themselves and to push outside of our comfort zone to help themselves to grow. Some will ask, if the hospital is the best place for dental hygienists, since many patients are not there for oral health related diagnoses. What we do as dental hygienists is so much more than “cleaning” teeth. We are essential primary healthcare providers that specialize in oral health with an emphasis on prevention and disease maintenance.

In the Fall of 2017, we began our direct services rotation at (Essex) Founders Memorial School in November 2017. Each week four 3rd year students would attend a rotation, where they would each have the opportunity to use mobile equipment to treat a patient (Child Prophylaxis – D1120, Dental Hygiene Patient Assessment – D0191, Oral health risk assessment – D0601-3, Fluoride Varnish Application - D1206 and of course Oral Hygiene Instructions – D1330), as well as provide a 30 minute classroom education session. Talk about stepping outside of our comfort zone, not only during their first visit did they use equipment and instruments that they were not very familiar with, they also embarked on some public speaking which wrapped up with a hands on “dental plaque” experiment. In the Spring of 2018, the 2nd year dental hygiene students took on this rotation and through the use of tele-dentistry we added in radiographs to our services. We billed Medicaid for the services provided and if a child did not have a dental benefit, we provided care for free. By taking the services to the school, many children received care that would have otherwise gone without preventive dental hygiene care for a variety of reasons. Ultimately, we hope that this means less time missed from school, less dental disease and healthier children. While preparing our future colleagues to feel comfortable stepping into an alternative practice setting providing direct services. Overall this was a great experience and we look forward to our continued partnerships in the future.

-Submitted by Heather Blair, RDH, MPH – VDHA Immediate Past-President
VTC MEDLIFE Service Learning Trip: Cusco, Peru

During the first week in April, I, along with 3 second year dental hygiene students (Hannah Hayes, Jade Piette, and Hailey Sayles), 15 nursing students, and 2 nursing faculty members from VTC participated in a service learning trip in Cusco, Peru. The trip was arranged by a nursing faculty member through an organization known as MEDLIFE (Medicine, Education, and Development for Low-Income Families Everywhere). This organization works with U.S. colleges to encourage students to participate in service-learning activities in developing and third-world countries (Ecuador, Peru, and Tanzania), to broaden their knowledge of different populations and cultures, and gain an understanding of economic disparities in indigenous populations. Students did fundraising through MEDLIFE to cover their trip expenses.

The trip began with a tour of Cusco, and a Reality Tour of the Sacred Valley. Three medical/dental service days were spent traveling by bus to mountain villages outside of the city of Cusco: Occopata, Quenqo, and Casacancha. On these days, all participants had the opportunity to rotate through various stations: handwashing, medical triage, dental assisting, toothbrushing, fluoride placement, medical assisting, and pharmacy. Approximately 200 people were served on the mobile clinic rotation days, including 90 dental patients, both adult and pediatric. Two local area dentists provided dental restorative and extraction procedures. The mobile dental equipment included a portable chair, light, and compressor for dental equipment. Only one portable suction unit (saliva ejector) was available. Currently, MEDLIFE does not have funding for additional dental equipment, and instruments for the provision of dental hygiene care. I assisted and observed one of the dentists using a white stone and handpiece for removal of supragingival calculus.

The VTC students and faculty participating in this trip had a rewarding experience the entire week. Prior to leaving Cusco, everyone traveled by bus and train for an incredible tour of the ancient Incan city of Machu Picchu. The VTC MEDLIFE group is planning to return to Cusco for a second service learning trip in April 2019.

Tina Marshall, RDH, M.Ed.
Professor, VTC Dental Hygiene