



Maryland

Dental Hygienists' Association

Newsletter

Spring 2018



President's Pen:

I hope all of you had a wonderful holiday season filled with love and laughter. I am very excited, not only to be your MDHA President but also to lead a group of fresh faces to MDHA leadership! It's been a busy few months as President and I look forward to this new year in service to you.

It was an honor to support and represent MDHA at the Fortis College Pinning Ceremony in October as it's always wonderful to see the new faces entering into our profession. Montgomery County as well as Washington/Frederick extended invitations to me for their most recent CE courses; thank you both for the warm reception! I look forward to visiting our additional Components and Committees.

In November, Suzy Burgee, MDHA Legislative Chair, and I flew out to Minnesota to learn more about their Dental Therapy program and the Dental Therapy provider role which was created back in 2009. Dental Therapists are a licensed dental health providers who work under the supervision of a dentist. Their scope of practice includes evaluative, preventive, restorative, and minor surgical dental care. The Dental Therapists are taught right alongside dental students, are required to pass a clinical board exam, and complete the same amount of CE hours as dentists for license renewal each period.. In 2015, CODA (Commission on Dental Accreditation) voted to accredit Dental Therapy programs. Minnesota Dental Therapists earn a master's degree and are compared to a Physicians Assistant in the medical field. In addition, Minnesota requires that 50% of their patient load be on medical assistance or part of a population identified as underserved.

Because Dental Therapists have been an invaluable tool in Minnesota, helping to meet the demands of access to care we need to support legislation in Maryland that will help our own underserved residents achieve the best possible oral health. This year, MDHA will be going to Annapolis to show our support for legislation on Dental Therapy.

MDHA and I need your support to advance this goal in Maryland. Membership is the first step, and your support and presence in Annapolis this year at our **Advocacy Day on March 8, 2018** will help complete this mission. Let's all join together to help show our legislators how passionate dental hygienists are about their voters access to quality care and oral health. If you can help us that day, please contact me personally or Suzy Burgee, our legislative chair.

I wish you a healthy and happy 2018!

Better Together,

Jody Berinato, RDH, BS

MDHA President 2017-2018

jodyberinato@gmail.com



**We're looking forward to SPRING! How about you?
Join us at the 2018 MDHA Spring Scientific Session!**

Registration is OPEN!

Click to register:

[2018 MDHA Spring Session Registration](#)

CE

2018 Session Highlights:

- NEW Location: Clarion Inn, Frederick, MD!
- **A course on LASERS with HANDS On!**
- Great Speakers!
 - Linda Blackiston, RDH, BS

- o Stacy McCauley, RDH, MS
- o Angie Wallace, RDH
- o Jennifer Suminski, CPHT, RDH, MS

Maryland visits Dental Therapists in Minnesota

President Jody Berinato and Legislative Chair Suzy Burgee visited The University of Minnesota School of Dentistry, pictured at the Community Dental Care Center. The center served 11,275 patients in 2016, more than 10,000 of which are on public health programs.

They were able to tour the facility and the Department of Primary Dental Care with funding provided by a grant from The Pew Charitable Trusts.

Jody and I attended presentations given by professors of the dental therapy program and dentists

who employ dental therapists. They report success not only in treatment but financial success in their business. Other speakers touched on the legislative process and the hurdles they faced getting their bill passed. We also listened to dental therapists who have graduated from the program and are actively treating patients. It was an excellent opportunity to speak with folks from all over -- some in legislation, some in public health and providers like ourselves.



[Find out more](#)

Legislative Update



Dental Hygiene Advocacy Day in Annapolis

Thursday March 8, 2018

Contact: Suzy Burgee, RDH, BS, sburgeerdhbs@gmail.com

Come support your profession and network with other Maryland Dental Hygienists!



Working for YOU!

Laura Smith with Julia P. Worcester, MDHA Lobbyist attend a Fundraiser for Delegate Susan Krebs in Westminster, MD.

Student Corner

Bertha Morgan Scholarship

Deadline to apply: February 20, 2018

Application: <http://www.mymdha.com/Bertha-Morgan-Scholarship-Application-2018.pdf>

Student Delegate to ADHA:

https://www.adha.org/resources-docs/7314_Student_Delegate_Application.pdf

Membership Update



MDHA has 788 active members and membership has never been more important. Our legislation this year seeks to bring the dental therapist to our great state! A year ago, I attended ADHA's leadership workshop, "Unleash Your Potential." Tammy Fillipiak, our current national president, spoke to attendees about the "each one - reach one" principal. We are the example of the profession to our employers, our patients, the public, and to non-member hygienists. By setting a professional example and welcoming our new graduates and non-members, we prepare an open invitation to encourage their membership. Our membership grows, our profession strengthens, and friendships build that will last a lifetime. As you think about the new year and what you are looking to accomplish professionally, let MDHA be your resource and "reach one" to a new graduate or non-member. Encourage them to join us for the new year!

Because we are better together,

Kimberly Erdman

Membership Chair



Welcome NEW and reinstated Members!

Joy Munoz, Erica Eyler, Edward Lovern, Julia Tierney, Marilaina Blank, Arilyn Baughan, Araceli George, Courtney Bray, Khadijah McColloch, Helene Lowry, Rebecca Price, Teresa Schnetzler, Callie Dean, Dionne Jones, Molly Brennan, Mariana Schmidt, Pamela Pratt, Michelle Akins, Karen Salins, Toroda Stanley, Emily Cheatwood, Aimee Kang, Sarah Sacchetti, Anu Tamang, Shawn Reasher, Susan Stokes, Fatima Oglesby-Morris, Reyhaneh Nejad, Pamela-Kim Tang, Sookyi Hyun, Meredith Denist, Savanna Giannotti, Yoonyoung Chung, Justina Crutchley, Marjorie Campbell, Kathryn Megonnell, Kayla Sisti, Donna Baer, Amie Goodwin

2017 Clinician Member of the Year

Presented to Adriana Abell, RDH of LaPlata. Adriana works for Dr. Bradley Olsen in Waldorf. She loves being a dental hygienist and educating her patients about total health and how to have the best, healthy smile possible. Adriana believes in professional membership because, "we need each other to continue to learn, grow, and improve our profession." Adriana, thank you for your membership and the ongoing dedicated care you provide to your patients!

Congratulations on being awarded MDHA's first ever Clinician of the Year! It is well-deserved by such a passionate hygienist!



Congrats to MDHA's Clinicians of the Month:

Oct 2017--Lisa Lyons, RDH, BS, Owings Mills

Nov 2017--Jane Ann Dorang, RDH, Berlin

Dec 2017--Lee "Adair" Prouty, RDH, Dunkirk

Brought to you by the Dental Hygiene Well Being Committee

At Risk Drinking-How Much is Too Much?

How much alcohol is too much? It could mean drinking too much at one time, drinking too often, or both. It's important to be aware of how much you are drinking, whether your drinking pattern is risky, the harm that some drinking patterns can cause, and ways to reduce your risks.

Many people are surprised to learn what counts as a drink. In the United States, a "standard" drink is any drink that contains about 0.6 fluid ounces or 14 grams of "pure" alcohol.

What is "Low Risk" Drinking?

"Low risk" is not "no risk." Even within these limits, alcohol can cause problems if people drink too quickly, have health problems, or are older (both men and women over 65 are generally advised to have no more than 3 drinks on any day and 7 per week). Based on your health and how alcohol affects you, you may need to drink less or not at all.

What is "at risk" or "heavy drinking"?

For healthy adults in general, drinking more than these below single-day or weekly limits is considered "at-risk" or "heavy" drinking: **Remember Too Much + Too Often = Too Risky.**

- Men: More than 4 drinks on any day or 14 per week
- Women: More than 3 drinks on any day or 7 per week*

*Alcohol use impacts women differently than men due to physiological differences such as lower body weight and having lower levels of alcohol dehydrogenase enzymes in the stomach that help eliminate alcohol. Consuming more than one drink per day places women at risk for health concerns such as heart disease, breast cancer, and, for pregnant women or women trying to become pregnant, fetal alcohol spectrum disorder. For some women, no alcohol use is recommended.

If you are questioning your drinking and have concerns, please contact your Well-Being Committee thru their confidential helpline at 800-974-0068.

[Well Being Poster- Rain Always falling on your parade?](#)



**Rain Always Falling on Your Parade?
Maybe We Can Help!**

For confidential assistance, call your Maryland Dental Hygiene
Well-Being Committee at
800-974-0068

www.MDHAwell-being.org
Facebook MDHA Well-Being Committee

Open to all dental support staff: assistants, hygienists, etc.

If you are experiencing job stress, marital or financial issues, even drug and alcohol problems that are affecting your ability to be the hygienist you know you can be. Let us lend you a hand.

Consider giving us a call at 1-800-974-0068 or connecting with us on Facebook. Our clinical coordinator, Heather Healy, LCSW can provide helpful advice and guidance that is completely confidential and at no cost to you.

Monthly peer support meeting are open to all hygienists, assistants, radiation technologists, etc. They are held from 7:30 - 8:30 pm on the 2nd Monday of every month.

To support our incoming professionals in dental hygiene we will be hosting a **student and faculty lunch** at the **It's Hygienic Competition on March 3, 2018** at Hagerstown Community

College. They will have the opportunity to learn what the DHWBC can do for them upon entering their careers.



Important Dates

March 8, 2018 -Advocacy Day in Annapolis

April 13-14, 2018 - MDHA Spring Session 2018, Frederick, MD

June 20 - 25, 2018- ADHA's 95th Annual Conference 2018, Columbus, OH

September 28-29, 2018- MDHA Annual Session 2018 ***NEW DATE***

April 5-6, 2019- MDHA Spring Session 2019

October 19-20, 2019- MDHA Annual Session 2019



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