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# Maryland

## Dental Hygienists' Association

Newsletter

Fall 2020

### President's Pen:

Happy Fall,

I feel like my presidency has flown by in a flash. It seems just like yesterday I sent my first message out as MDHA President. 2020 has been full of surprises and major historical events. Amidst the natural disasters, racial tensions, and political turmoil, dental hygiene got turned upside down when just three months into a new decade, coronavirus prompted a global shutdown.

Despite all of this, MDHA had some major wins. We successfully hosted our very first virtual Spring Scientific Session. Our legislative committee successfully lobbied for Maryland dental hygienists to have limited prescriptive authority. We completely revamped our website and developed a new three-year strategic plan that will allow MDHA to be of greater service to the membership at large. And last, we have increased our membership. None of this could have been possible without you, and for that I say THANK YOU.

As we enter the last few months of 2020, there is so much uncertainty ahead. Many of you have struggled throughout the year for a variety of reasons. As I transition out of my presidency, I want to leave you with some words of hope and encouragement. An unknown author stated "When we feel we have lost hope, we may find inspiration in the words and deeds of others. Hope can foster determination and grit - the ability to bounce back and to remain determined despite failures and setbacks - when we make daily efforts to change and improve what we can control."

Continue to embrace Diversity of Thought, Diversity of Action and Diversity of Culture. Be confident and Courageous as you navigate through these uncertain times, and remember:

"You may not always have a comfortable life and you will not always be able to solve

all of the world's problems at once but don't ever underestimate the importance **YOU** can have because history has shown us that courage can be contagious and hope can take on a life of its own." **Michelle Obama**

It has been a pleasure serving as your 2019-2020 Maryland Dental Hygienists' Association President. I wish you and your families health, prosperity and peace of mind.



Dr. Joy Void-Holmes, RDH, BSDH, MHSc, AADH  
MDHA President 2019 - 2020  
*Diversity of Culture, Diversity of Thought, Diversity of Action*

## Annual Session

Join us for the **Virtual 2020 MDHA Annual Session!**  
Registration is **OPEN!**

Click to register:

[2020 MDHA Annual Session Registration](#)

### 2020 Session Highlights:

- **October 22-25, 2020**
- Great Speakers!
  - Thursday October 22 7PM-9PM - LBGTQ - Culture Competency  
Presenters: Jess Deinlein & Tanya Colquhoun
  - Friday October 23, 2020
    - 8AM-10AM PANDA Presenter: Marlene Roberts
    - 10:15AM-12:15PM - COVID-19 Updates for the Dental Hygienists.  
Presenter: Katy Battani, RDH, MS
    - 7PM-9PM - Marketing Your Dental Hygiene Career  
Presenter: Doug Perry
  - We also will have leadership training and will update that information soon.
- House of Delegates on Sunday

**Have you been wanting to volunteer as a leader with MDHA? Now is your time! Elections for leadership positions will be on Sunday, October 25, 2020 at our House of Delegates. Want more information? Contact Karyn Carr-Porter at: [dental.karyn@gmail.com](mailto:dental.karyn@gmail.com)**

## MDHA Symbol of Excellence Award



The Maryland Dental Hygienists' Association is pleased to announce the open call for nominations for the Symbol of Excellence Award. The award was created to recognize those members who have provided exemplary service to MDHA and its components. Deadline is October 5th.

[Click Here for the Nomination Form](#)

## Legislative Update

Approaching the upcoming legislative session our committee will resume weekly conference calls with our lobbyist Caitlyn McDonough. The committee has a few goals on the to-do list to consider and strategize. In the interest of representing the members of our organization to the best of my ability I will be sending out a legislative survey and look forward to your responses, questions and comments. In addition, those who would like to be part of the legislative committee will have the opportunity to report so on this same survey. Newly installed component Presidents can reply with their contact information so I may provide you with legislative committee agenda updates for your monthly meetings in the event I cannot attend via Zoom due to scheduling conflicts. Committee members will be provided a schedule of planned meetings and calls.

## Human Resources

Our lobbying firm, Harris, Jones and Malone, LLC. continues to provide consistent, professional services to our organization. Until Gov. Larry Hogan enacted a "stay-at-home" executive order, we attended meetings with various components, members of MSDA and legislators, attended political fundraisers in support of our bill sponsors, and provided testimony for our House Bill 749 and other bills backed by MSDA and MDAC. Our bill sponsors worked up to the last minute to ensure our bill was heard before quarantine. On May 8<sup>th</sup> our prescriptive writing bill, HB749 passed into law - Enacted under Article II, Section 17(c) of the Maryland Constitution - Chapter 311-<https://legiscan.com/MD/text/HB749/2020>. HB0749 Health Occupations - Dental Hygienists - Authority to Prescribe and Administer Medications.

*HB0749 - Authorizing a dental hygienist who complies with certain provisions of the Act to prescribe certain types of prescription or over-the-counter fluoride preparations, topical antimicrobial oral rinses, and up to a 600 mg dose of ibuprofen every 6 hours for 3 days; prohibiting a dental hygienist from prescribing certain drugs; authorizing a dental hygienist who complies with certain provisions of the Act to administer medication under a certain standing order and if the dental hygienist includes certain information in the patient's record; etc.*

Throughout the summer committee members along with our head lobbyist, Caitlyn have remained on top of phone conferences and Zoom meetings with the Maryland State Board of Dental Examiners concerning the regulations of our prescriptive writing licensure. The regulations have been determined by the MSBDE and are pending administrative approval by the Secretary of Health, after which they will be posted in the MD Register to begin the formal regulatory process. We will make an announcement to members when all regulations are finalized, providing information and directions for those interested in obtaining a license.

I look forward to the opportunities this year will bring to serve MDHA, strengthen our profession and improve public health in Maryland. I am grateful for my committee members who work hard, devote hours upon hours of their time, and continually educate themselves to prepare for each step of the way. My deepest thanks to our members who have extended their gratitude for our contributions and providing us words of encouragement. May we continue to build professional alliances, expand access to care and enjoy another productive legislative session.

**"Eliminating public health disparities is social justice, and our place is in the revolution."**

Sincerely,  
Suzy Burgee, RDH, BS, QDA  
MDHA Legislative Chair  
sburgeerdhbs@gmail.com

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### **Student Corner**

Bertha Morgan Scholarship

Congratulations to March Pauline P. DeTemple from Fortis and Marissa Loughry from Howard Community College for winning the 2020 Bertha Morgan Scholarships!

Thank you to Montgomery County & Greater Baltimore for donating additional funds for the scholarship!

MDHA Leadership Award Winners:

Howard Community College: Luana Figueiredo

BCCC: Nancy Jones

CCBC: Carly Hawkins

Hagerstown Community College: Kailea McCormick

University of Maryland: Ann M. Bassett

Allegany Community College: Khushmani Singh

Fortis College: Kyla Liggins.

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### **Membership Update**



This year we are happy to see that our membership has grown. ADHA has been expanding what they can do to provide more information with website services such as the COVID update page:

Also if you are into podcasts, ADHA has also started it's own podcast discussing relevant thoughts, ideas, and best practices for hygienists throughout the United States. Search for it where ever you listen to podcast with - Your Official ADHA Podcast.

Also as a member ADHA has been offering many free online CE when you login into your member portal.

Continue to look out for many exciting member benefits!

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## **The MDHA Well Being Committee is offering a FREE webinar on Friday, October 2nd from 12-1pm**

Course Title: Signs of Opioid Overdose and Narcan Administration

Course Speaker: Sally Finn

Time: 12-1pm (1 CE) via Zoom Webinars

[Register In Advance for this webinar!](#)

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## **Managing the Uncertainty of 2020**

*From your Dental Hygiene Well Being Committee*

Life is filled with uncertainty, especially at times like this. While many things remain outside your control, your mindset is key to coping with difficult circumstances and facing the unknown.

### **The role of uncertainty in life**

Uncertainty is all around us, never more so than today. The current COVID-19 pandemic has heightened uncertainty over the economy, employment, finances, relationships, and of course, physical and mental health. Yet as human beings, we crave security. We want to feel safe and have a sense of control over our lives and well-being. Fear and uncertainty can leave you feeling stressed, anxious, and powerless over the direction of your life. It can drain you emotionally and trap you in a downward spiral of

endless "what-ifs" and worst-case scenarios about what tomorrow may bring. We're all different in how much uncertainty we can tolerate in life. Some people seem to enjoy taking risks and living unpredictable lives, while others find the randomness of life deeply distressing. But all of us have a limit. If you feel overwhelmed by uncertainty and worry, it's important to know that you're not alone; many of us are in the same situation at this time. It's also important to realize that no matter how helpless and hopeless you feel, there are steps you can take to better deal with uncontrollable circumstances, alleviate your anxiety, and face the unknown with more confidence.

## **Learning to cope with uncertainty**

To cope with all this uncertainty, many of us use worrying as a tool for trying to predict the future and avoid nasty surprises. Worrying can make it seem like you have some control over uncertain circumstances. You may believe that it will help you find a solution to your problems or prepare you for the worst. Unfortunately, chronic worrying can't give you more control over uncontrollable events; it just robs you of enjoyment in the present, saps your energy, and keeps you up at night. Below are few tips to consider in developing healthier ways to cope with uncertainty.

### **Tip 1: Take action over the things you can control**

Much about life is uncertain at the moment-and many things remain outside of your control. But while you can't control the spread of a virus, the recovery of the economy, or whether you'll have a pay check next week, you're not totally powerless. Whatever your fears or personal circumstances, instead of worrying about the uncontrollable, try to refocus your mind on taking action over the aspects that are within your control. By focusing on the aspects of a problem that you can control in this way, you'll switch from ineffective worrying and ruminating into active problem-solving. Of course, all circumstances are different and you may find that in some situations all you can control is your attitude and emotional response.

### **Tip 2 Actively deal with your emotions**

When circumstances are out of your control, it's easy to become overwhelmed by fear and negative emotions. When you can do nothing else about a situation, you can still actively face your emotions-even the most negative and fearful ones. If you allow yourself to feel fear and uncertainty, they will eventually pass. Focus on the present moment and your breathing and allow yourself to simply feel and observe the uncertainty you're experiencing. Take some slow, deep breaths or try a meditation to keep you anchored in the present.

### **Tip 3: Identify your uncertainty triggers.**

Some uncertainty can be generated by external sources, especially at times like this. Reading media stories that focus on worst-case scenarios, spending time on social media amid rumors and half-truths, or simply communicating with anxious friends can all fuel your own fears and uncertainties. Notice what scenarios or people raise your anxiety levels and try to reduce your exposure to them.

### **Tip 4: Focus on the present**

Uncertainty is often centered on worries about the future and all the bad things you can anticipate happening. It can leave you feeling hopeless and depressed about the days ahead, exaggerate the scope of the problems you face, and even paralyze you from taking action to overcome a problem.

One of the surest ways to avoid worrying about the future is to focus on the present. Instead of trying to predict what might happen, switch your attention to what's

happening right now. By being fully connected to the present, you can interrupt the negative assumptions and catastrophic predictions running through your mind.

## Tip 5: Seek assistance

The uncertainties of our time are new to all of us. There is no ready template to instruct us how to navigate them. Be open to asking for help. Your Dental Hygiene Well Being Committee is just a phone call away. We are ready to help and we are confidential. You can access us in the following ways:

Toll Free Confidential Hotline: 800-974-0068

Confidential text: 240-319-9463

Confidential email: [info@mdhaweell-being.org](mailto:info@mdhaweell-being.org)

General inquiries to: [mdhadhwbc@gmail.com](mailto:mdhadhwbc@gmail.com)

Follow us: <https://www.facebook.com/dentalhygwelling>

Instagram @ [mdhaweellbeing](https://www.instagram.com/mdhaweellbeing)



**ADHA 2021 ANNUAL CONFERENCE**  
FRIDAY, JUNE 18 – SUNDAY, JUNE 20  
PHOENIX, ARIZONA

## Important Dates

October 22-25, 2020- MDHA Annual Session

TBD -Advocacy Day in Annapolis

March 19-20, 2021 - MDHA Spring Session

June 18-20, 2021 - ADHA Annual Conference  
in Phoenix, Arizona

October 22-24, 2021 - MDHA Annual Session



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