



Maryland

Dental Hygienists' Association

Newsletter

Winter 2021

President's Pen

This year has been like no other with a pandemic and protests for social justice. When the pandemic forced the country to shut down in March it was mind boggling. It was hard to see many of my dental hygiene friends laid off because the state was on a mandatory shut down. I felt helpless and bewildered like many other people.

"Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal" quote by Abraham Lincoln. It's hard to believe that over 150 years ago President Lincoln worked to emancipate black slaves. Yet in 2020 black lives are suffering social injustices.

I am proud member of the American Hygienists' Association (ADHA), The Maryland Dental Hygienists' Association and the Greater Baltimore Dental Hygienists . ADHA took the lead on being a resource for dental hygienists on COVID-19. Members and non-members looked to ADHA to help find answers. Non-members found this the time to join their professional organization. ADHA also took a stand on social injustices. "ADHA's core values and code of ethics include respect for all human beings and a commitment to the justice and fairness" a quote from Immediate Past President Matt Crespin and ADHA CEO Ann Battrell.

I would like to focus on MDHA and the coming year and the goals I will work on this year. One of my goals is to work on creating a readiness guide for officers, trustees, and committee chairs. The goal is to break down each position to a monthly list of duties. So anyone can step in a position and know what to do and when to do it. There will be no confusion for the person in the leadership position and no one can complain this person or that person is not doing anything. You can do what is expected of a leadership position if you don't know what to do! a more concise guide may lead more people in wanting to be in an officer position, trustee or a committee chair.

Another goal this year is to get students more involved in their professional organization. I would like to have a student representative from each school attend our Board of Trustees meeting. The students are our future members and leaders. Mentor these students so they want to go in and get involved. A few years ago,

MDHA components were paired with dental hygiene programs in the state and we need to build on that plan to invest in our future.

My theme for the year is Hope for a Positive Change. I believe in positivity and the power that is has in changing things or ideas for the better. Positivity is defined as the practice of being or tendency to be positive or optimistic in attitude. Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. It can have a big impact on your physical and mental health. It simply means you approach the good and the bad in life with the expectation that things will go well. Positivity also helps relieve stress and we all know this past year has been a stressful one. So join with me in having Hope for Positive Change to move this association forward and ignite the passion of future leaders.

A quote by Gandhi says it best: "Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny."

Cindy Finfrock, RDH, MS
MDHA President 2020-2021
cfinfrock@umaryland.edu

Spring Scientific Session: March 19-20, 2021



We're looking forward to SPRING! How about you?

**Join us at the 2021 MDHA Spring Scientific Session!
Registration is OPEN!**

Click to register:
[2021 MDHA Spring Session Registration](#)

CE

2021 Session Highlights:

- Virtual Zoom session - learn in your PJs!

- **Course on Infection Control!**
- Great Speakers!
 - India Chance, RDH, BSDH
 - Emily Boge, MPA, RDH, CDA
 - Thomas A. Viola, R.Ph, C.C.P.
 - Dr. William Pavaletz, DMD

Membership Update



I hope you've felt the value of belonging to an association that advocates for all dental hygienists nationwide. As we navigate through this global pandemic, your membership makes it possible for us to continue working tirelessly to make sure dental hygienists have a seat at the table.

Will you stand with us in 2021?

I hope that you choose to remain a proud ADHA member with me. Please log in to your membership page at <http://mymembership.adha.org> to renew.

If you have any questions or want to share your experiences as a dental hygienist with someone who understands, I'm here and would love to connect!

Peggy Sheridan, RDH
MDHA Membership Chair

Legislative Update

The committee is collaborating with other organizations within our state and working towards Medicaid reimbursement to further support dental hygienists in expanded settings (assisted living facilities, nursing homes, etc.)

Advocacy Day (Lobby) to be live via Zoom and open to all members and student members. There



will be presentations to educate members on what our committee does and how the organization has changed our profession, along with any legislative updates at that time. A date has not been set.

Our limited prescriptive writing regulations are still waiting on a signature from the Secretary of Health. We will update members when our regulations are in place.

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

Student Corner

Bertha Morgan Scholarship
Deadline to apply: March 15, 2021
[Click Here to Apply](#)



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.

[Click Here for the Nomination Form](#)

MDHA Well-being Committee
1-800-974-0068
mdhaweell-being.org



Mental Health Resolutions for the New Year

The New Year is not just a ritual. It is the celebration of new hopes and dreams. It is an opportunity to start with a clean slate. Typically, New Year resolutions tend to focus on weight, general health and finances. But, what might the new year offer us if we used it as an opportunity to commit to improvements in our emotional and mental well-being? During this time of COVID with 40% of US adults reporting that they are struggling with mental health or substance abuse,

some positive mental health resolutions might just be the protective factor that we need for 2021. Below are just a few for your consideration.

1. "I will treat myself with respect and speak nicely about myself." Try taping a list of positive characteristics about yourself in various places throughout the house to remind you of these affirmations.
2. "I will be physically active on a daily basis." Multiple studies show a link between exercise and improved mental health.
3. "I will act and not react." Many times we feel like everyone is "pushing our buttons". When this happens, we are caught up in a reaction cycle. If you know you'll be around someone who says negative things, plan for this and have a list in your head of disarming statements. You might even consider modifying your plans to limit exposure to negative people.
4. "I will learn to relax and enjoy." Many times we become so busy we forget how or even when to take care of ourselves. Find or "re-discover" an activity that is relaxing and enjoyable to you. Dedicate time to this daily, or at a minimum, weekly.
5. "I will be mindful." Being mindful is about staying in the moment. We cannot change yesterday and we cannot predict tomorrow. We do, however, have control over our attentiveness in the here and now. So, commit to being aware in the moment, and enjoy that moment.
6. "I will work towards being the person I want to be." When we see life as a journey and a time to continue to be the person we desire to be, we find hope and fulfillment in our tomorrows.
7. "I will resolve to be mentally healthy". There is still a stigma about seeing a mental health professional. However, it is truly one of the healthiest things we can do for ourselves. A therapist gives us an unbiased ear and can also help us to understand why we do the things we do ... think of seeing a therapist as a mental health oil change. If you need assistance finding a referral, contact the Dental Hygiene Well Being Committee at 800- 974-0068. We are just a phone call away.

Important Dates

March 19-20, 2021 - MDHA Spring Session, Virtual
June 18-20, 2021 - ADHA's Annual Conference, Phoenix, Arizona
October 22-24, 2021 - MDHA Annual Session, Hunt Valley, MD



Maryland Dental Hygienists' Association | mymdha@gmail.com | <http://www.mymdha.com>

