August 2009

PROBE

Newsletter of the Northern Virginia Dental Hygienists' Association

PRESIDENT'S MESSAGE

By Jennifer Zimmerman

The Northern Virginia Dental Hygiene Association is starting its fiftieth year this fall! How far we have come! While reading that first year's presidential report, I realized that some of the resolutions made then still apply to today. For instance, they wanted to commit to at least one educational program a year, maintain a good relationship with the local dental associations, and start every year reaching out to the members, and potential members with a membership party. While the days of tea parties are a thing of the past, the central message of reaching members has not changed.

The area I'd most like to focus on in the coming year is to develop more convenient access to association information for all hygienists in Northern Virginia. In order to accomplish this, our goal should be to move toward more electronic communication, rather than our traditional means of printed material dissemination. An added benefit to this would be a reduction in the amount of paper waste, which will in turn make us more environmentally friendly. We are currently in the process of developing a website, however, in the meantime, we are starting a page on Facebook. Although we will eventually be moving toward more dissemination of information electronically, we are exploring other ways of providing services to our members.

Presently, we are continuously maintaining and updating an email database that we use to alert members to upcoming events, and also to make ourselves available for any questions. In order to help us achieve our objectives please email your contact information to nvdhainfo@aol.com to get on our contact list. Rest assured, we will never share this information with other entities! If your contact information has changed, kindly send us your current email address. It is important to note that we maintain our database separately from the ADHA information system.

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NVDHA 2009-2010 Calendar at a Glance

September 2, 2009	Executive Board Meeting—Fair Oaks Medical Bldg.
September 23, 2009	Fall Kickoff Meeting (1 CE) Speaker: Cathy Berard, RDH "The Future of Dental Hygiene-charting our own destiny"
October 7, 2009	Executive Board Meeting—Fair Oaks Med. Bldg.
October 17, 2009	CE: Anne Guignon, RDH, MPH "Epidemics" (7 CE's) Hilton Garden Inn, Fairfax
October 26, 2009	General Membership Meeting @Navy Elem Dr. Henry Botuck, DDS (2 CE's) "Swine Flu and Other Health Hazards"
November 4, 2009	Executive Board Meeting-Fair Oaks Med. Bldg.
November 18, 2009	General Membership Meeting—Fair Oaks (2 CE) Speaker: Dr. Nicholas IIchyshyn, DDS "Perspectives on the Precarious Perio Potential"
December 2009	NVDHA Holiday Party
January 2010	OSHA Update—Fairfax Cinema Deluxe
January 2010	Rally Day, Richmond, VA
February 2010	Give Kids a Smile
February & March	Gen. Membership Mtgs. TBA on webpage Link on VDHA website
March 2010	Mission of Mercy
April 15-18 ,2010	VDHA Annual Session Koger Center, Richmond, VA
May 2010	Installation Dinner
June 23-29, 2010	ADHA Center for Lifelong Learning Caesar's Palace, Las Vegas

2009-2010 NVDHA Officers and Committee Chairs Contact List

President/Jennifer Zimmerman 703-725-5366 zimlove@earthlink.net	Legislative Chair, Media Advisor, DHNV/PAC Cathy Berard 703-759-6983 cberard1@msn.com
Pres-Elect/Katie Rohr 240-285-8593 flosskat@gmail.com	Membership/Lucy McFaul 703-620-9173 mslucyrdh@aol.com
Immediate Past President/Michelle Goode 571-220-1774 onegooderdh@aol.com	Cathy Ricker Comm. Outreach Prog/Dental Clinic Volunteer Liaison/ Catherine Q. Johnson 703-566-9537 toothycathy@aol.com
Trustee/Jenifer Spencer 703-443-9171 wisdomseekers@hotmail.com	NVCC Liaison & Continuing Education Betsy DiSilvio 703-352-0921 edjrdh@juno.com
Secretary/Allison Small 970-379-6937 asmalltooth@yahoo.com	Fundraising/ Mary Semancik 703-404-4820 mlsemancik@cox.net
Vice President/Denise Elliott 571-264-3318 dellrdh@aol.com	NOVA News/Sheila Sheats 703-569-1895 zingerss@starpower.net
Vice President Co-Chair/Rhea Rossi 703-609-2443 jrrossi3@verizon.net	Employment Referral/Kathy Weber 571-313-1314 bobkatreston@yahoo.com
Treasurer/Trish McDougall 703-378-0728 patrdh13219@aol.com	Newsletter/Pam Walters 703-860-4131 pkwalters@verizon.net
Member at Large & Historian Emily Smith 703-737-3038 emily23232@aol.com	

Northern Virginia Employment Referral Service

By : Jennifer Zimmerman

The NVDHA provides an employment referral service to it's members. I would like to welcome Kathy Weber back to her position as Manager of Employment Referral, after 2 years of living abroad in London. I would also like to thank Linda Huntington for volunteering for the position while Kathy was away. Please note the new contact information below:

Kathy can be reached at 571-313-1314. Please, make calls before 8:00pm. She may also be reached by email at bobkatreston@yahoo.com. If you are looking for full or part time employment, or substitute hygienist positions, please notify Kathy. Also, if your office is in need of a temp, or has an opening, we may have a member who can fill your need!

NVDHA held its annual elections in March, 2009. You're newly elected officers are as follows:

President-Elect: Katie Rohr

*President: Jennifer Zimmerman

*Immediate Past President: Michelle Goode

Vice President: Denise Elliott

Vice President: Rhea Rossi

Trustee: Jenifer Spencer

Treasurer: Trish MacDougall

Secretary: Allison Small

Member at Large: Emily Smith

NVDHA E-Mail List

We have compiled an e-mail list to send reminders of upcoming events and information concerning the NVDHA. This e-mail list is used strictly for the purpose of reminding you about upcoming CE courses and other information pertaining to the NVDHA. At no time will this list be given to a third party.

Please send an e-mail to nvdhainfo@aol.com

to add your e-mail address to the list

to remove your e-mail address from the list

to update your e-mail address

Presidents Address Continued from First Page

Our website and Facebook page will have up to date information on upcoming CE courses and contact information. The website will also have copies available of current and previous issues of the Probe, as well as helpful links about membership, legislation and employment opportunities, just to name a few. We will alert you when these are up and running through our email database, which is why it is important to provide us with current contact information.

It is very important for the board to provide services that are useful to our members. Our preliminary plans include the following:

- continue to offer the probe once a year each fall
- send a reminder postcard out in the winter with OSHA and CE information
- offer more free CE's to members

In conclusion, I would like to add that I am honored to be the President of the Northern Virginia Dental Hygiene Association during its fiftieth anniversary year! I, along with the other board members will be working very hard to bring our association up to date with the digital age. I look forward to this challenge, and hope to make the transition as easy as possible for every member of this association. Please do not hesitate to contact me with any questions or concerns you may have.

Sincerely,

Jennifer Zimmerman, RDH

Our Sympathy

NVDHA extends our deepest sympathy to Peggy Desko on the death of her husband, Dan and to Sandy Coggins on the death of her father.

Membership Memoranda

By Lucy McFaul

I hope all of you are enjoying the relatively mild summer we're having this year in contrast to our normal "dog days." The news of Michael Jackson has finally died down and now we're all wondering what kind of health reform will come into being after the summer Congressional recess. But no matter what kind of health plans evolve, dental care will always be in demand and the ADHA will still be the association of choice for the dental hygiene profession.

For the past 86 years, the ADHA has been *the voice of our profession* that represents *our* interests and fights for the issues that impact *our* daily lives. It's extremely important to have a strong organization looking out for our interests when the various health reform issues are under consideration by Congress.

Membership in ADHA keeps us strong and united when it comes time to take a stand on issues that can affect us in the workplace and our pocketbooks. To keep this voice active in pursuit of our professional interests, it needs your continued support. So that's why I continue to be involved with membership and send out this little reminder every so often to renew your membership in the ADHA.

If you're new to the profession, I urge you to join and become part of *our* organization. Did you know that HYPAC, the Political Action Committee (PAC) of ADHA is the only PAC that represents us by helping to elect pro-dental-hygiene candidates to the U.S. House and Senate? Well, they do and it's important that we support ADHA in these efforts by renewing our memberships.

Wouldn't it be nice if we all worked in environments where the dentists' interests and ours were in total sync? Unfortunately, in the real world, this is often *not* the case. This is where the ADHA comes in to play. If you're not currently an ADHA member, please give serious thought to joining, not only for yourself, but for the rest of us, as well. This is the only national organization that truly understands our needs because, for the large part, they are made up of hygienists like you and me.

Because of this, the ADHA has our interests at heart when it deals with the issues and initiatives that could threaten the profession that we have all worked so hard to build. We all know of events in the recent past where our ADHA membership provided an important base of support and political "clout" where and when it was needed.

Not only will your membership renewal support our political voice in Washington, but it will also entitle you to some very practical benefits such as discounted insurance rates (liability, disability, major medical, home, and auto), discounted prices on continuing education courses, financial planning tools, loupe discounts, discounts on scrubs, a mileage plus program through ADHA's credit card, and discounted room rates at over 4,000 hotels throughout the nation.

These savings alone could pay for your entire annual dues! And if you ever decide to move, the Employment Referral Service provided to ADHA members could help you find a new job or even substitute work. And, of course, membership includes subscriptions to two of the finest publications in our profession, the *Journal of Dental Hygiene* and *Access Magazine*. There's a "Members Only" section of the ADHA website at www.adha.org and they're even developing a Facebook presence along with a new Website to better inform members on late-breaking issues. And who knows…there may even be a Teeth Twitter in the wings! Here are the benefits of ADHA membership in a nutshell:

- Nationwide employment assistance
- Continuing education to help you stay in the forefront of the profession
- Invaluable informational resources including ***Access*** magazine and the ***Journal of Dental Hygiene***
- ADHA Online, which puts a whole range of professional resources as close as your computer
- Leadership and recognition opportunities
- Career-enhancing networking opportunities
- A whole range of valuable discounts on everything from insurance to hotels

In essence, ADHA membership is a very worthwhile investment, both from an economic viewpoint as well as from a professional perspective. ADHA membership still only costs $240 a year and ADHA, in light of todays's economic situation, has decided to reinstate their quarterly payment program which will start in the Winter billing cycle. Go to their website (**www.adah.org**) for more details. Your login is your membership ID and your password is the first 3 letters of your last name followed by your membership ID again. You can also fax in a renewal form to (312) 467-1806 or contact ADHA directly at (312) 440-8900 and then press 1.

Please feel free to call (703-620-9173) or write (2300 November Lane, Reston, VA 20191-4609) if you have any questions or need additional membership information.

Thanks again! Lucy McFaul, R.D.H. - Membership Committee

GENERAL MEMBERSHIP FALL KICK-OFF (1 CEU)

September 23, 2009 (Wednesday)

Speaker: **Cathy Berard, BSDH,RDH**

Topic: **"The Future of Dental Hygiene-Charting our own Destiny"**

Time: Registration 6:30 pm – 7:00 pm

Meeting 7:00 pm – 8:00 pm

Where: Inova Fair Oaks Hospital, Fair Oaks Medical Plaza

3700 Joseph Siewick Drive, Office Building #1, Fairfax, VA

RSVP: **Please register by 9-18-09**

Mail to: Denise Elliott

2866 Madeira Court

Woodbridge, VA 22192

Phone: 703-497-4712

Email: nvdhainfo@aol.com

Cost: **FREE for all members, potential members and students!**

Walk-ins Welcome!

Directions to Fair Oaks Medical Plaza at Inova Fair Oaks Hospital:

From: 495: Take Rte. 66 West to Rte. 50 West approx. 2 miles to Fairfax County Pkwy North (7100), look for blue H (hospital) signs. Turn Right onto Rugby Road, right onto Alder Woods Drive, left onto Joseph Siewick Drive, then left into the parking lot just past the Sunrise Assisted Living, the medical plaza will be on your right.
From the West: Take Rte 66 east and follow the directions above from Fairfax County Parkway.
From the South: Take the Fairfax County Parkway North, then follow the directions from above.
From the North: Take the Fairfax County Parkway South. Turn LEFT onto Rugby Road then follow directions from above.

CONTINUING EDUCATION (2 CEUs)

October 26, 2009 (Monday)

Topic: **Part 1: NVCC Table Clinics**

Part 2: Swine Flu, & Other Health Hazards for Dental Hygienists

Speaker: **Dr. Henry M. Botuck, D.D.S.**

Time: Registration 6:30 pm – 7:00 pm

Meeting 7:00 pm – 9:00 pm

****** NOTE NEW LOCATION FOR THIS YEAR'S TABLE CLINICS ******

Where: **Navy Elementary School (Gymnasium)**

3500 West Ox Road

Fairfax, VA 22033

RSVP: **Please register by 10-19-09**

Mail to: Denise Elliott

2866 Madeira Court

Woodbridge, VA 22192

Phone: 703-497-4712

Email: nvdhainfo@aol.com

Cost: **Members $20; Potential members $40; Students Free**

Walk-ins Welcome!

Directions to Navy Elementary School:

From: 495: Take Rte. 66 West to Rte. 50 West approx. 2 miles to Fairfax County Pkwy North (7100), look for blue H (hospital) signs. Turn Right onto Rugby Road. Rugby Rd. becomes Ox Trail. Turn left on West Ox. Rd./VA-608. Navy Elementary School is on the left.
From the West: Take Rte 66 east and follow the directions above from Fairfax County Parkway.
From the South: Take the Fairfax County Parkway North, then follow the directions from above.
From the North: Take the Fairfax County Parkway South. Turn LEFT onto Rugby Road then follow directions from above.

CONTINUING EDUCATION (2 CEU)

November 18, 2009 (Wednesday)

Speaker: **Dr. Nicholas Ilchyshyn, D.D.S., Diplomat of American Bd. of Peiodontology**
Fellow International Congress of Oral Implantology

Topic: **Perspectives on the Precarious Periodontal Potential**

Time: Registration 6:30 pm – 7:00 pm
Meeting 7:00 pm – 8:00 pm

Where: Inova Fair Oaks Hospital, Fair Oaks Medical Plaza
3700 Joseph Siewick Drive, Office Building #1, Fairfax, VA

RSVP: **Please register by 11-11-09**
Mail to: Denise Elliott
2866 Madeira Court
Woodbridge, VA 22192
Phone: 703-497-4712
Email: nvdhainfo@aol.com

Cost: **Members $20; Potential members $40; Students Free**
Walk-ins Welcome!

Directions to Fair Oaks Medical Plaza at Inova Fair Oaks Hospital:

From: 495: Take Rte. 66 West to Rte. 50 West approx. 2 miles to Fairfax County Pkwy North (7100), look for blue H (hospital) signs. Turn Right onto Rugby Road, right onto Alder Woods Drive, left onto Joseph Siewick Drive, then left into the parking lot just past the Sunrise Assisted Living, the medical plaza will be on your right.
From the West: Take Rte 66 east and follow the directions above from Fairfax County Parkway.
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From the North: Take the Fairfax County Parkway South. Turn LEFT onto Rugby Road then follow directions from above.

Dental Clinic News.....

Congratulations to all Volunteer Dental Hygienists! We almost doubled our hours of contribution to the dental clinic. As a group we donated 467 hours in the hygiene department at the clinic during our calendar year, from July 2008 till June 2009. Keep up the great work.

THANK YOU for your time, expertise, talent, knowledge and compassion in working at the dental clinic.

Northern Virginia Dental Clinic has joined forces with Loudoun Community Health Center to open a dental clinic for the residents of Loudoun County. So once again, I'm calling for volunteers! We are looking for dental hygienists to donate their skill, knowledge and time on a Monday, Tuesday or Wednesday during evening hours that are from 6:00 PM till 9:00 PM. Please call Jade Bernard at the Health Center. Her number is 571-258-3116.

Remember, if you volunteer for 25 hours over the calendar year you get a tax credit against your state taxes.

So this is an opportunity to help yourself along with your neighbors of Loudoun County.

Respectfully, Catherine Q. Johnson, RDH

Cathy Ricker Comm. Outreach Program and NOVA Dental Clinic Liaison

American Dental Hygienists' Association

Volunteering at The Clinic

Thanks to all the wonderful hygienists who have been coming into the dental clinic recently. The dental clinic is always looking for volunteers, so everyone please check your calendars and see if you can give some time for your community and those in need. The Clinic is always ready for your calls at 703-820-7170, 5827 Columbia Pike, Falls Church, Virginia.

Lucy McFaul

2300 November Way

Reston, VA 20191