

**Hygienically Speaking
Fall 2018**



Texas
Houston

Dental Hygienists' Association

Dear GHDHA members,

It is an honor to serve as GHDHA President this year. As I said during the May installation meeting, my theme for this year will be “Connect and Empower”. I hope to see more members attending our monthly meetings, volunteering in different capacities, recruiting new members, and mentoring recent graduates and students.

Over the summer, officers and committee chairs met and planned a lot of exciting events for the next year. We will have our meetings at Interfaith Ministries Event center and will be offering less expensive, diverse dinner options. Hospitality co-chairs, Esmeralda Diaz and Amy Leiva, were working hard to search for options and organize deliveries. Our program chair, Tulsi Patel, lined up excellent speakers for this year. We had a great start in September with excellent CE on oral-systemic link presented by Dr. Ariadne Letra. At our March meeting, membership chair Catherine Berger and SCADHA liaison Alfa Capitello plan a networking event for senior DH students. We hope you can join us in welcoming DH students into the profession.

We will offer two six-hour CE courses in the fall and spring as we have done in the past. Our continuing education committee led by Stephanie Bass is putting together a great course on oral pathology for October 26th. We are glad to have back UT School of Dentistry Professor Dr. CD Johnson as our speaker.

This year will be a legislative year in Texas and our HyPac chair Janessa Bock, GAC chair Piper Lindeen, and TDHA Trustee Amber Lovatos are working with TDHA to coordinate our legislative efforts. Please get to know your legislators and build relationship with them, even if they are of a different political affiliation!

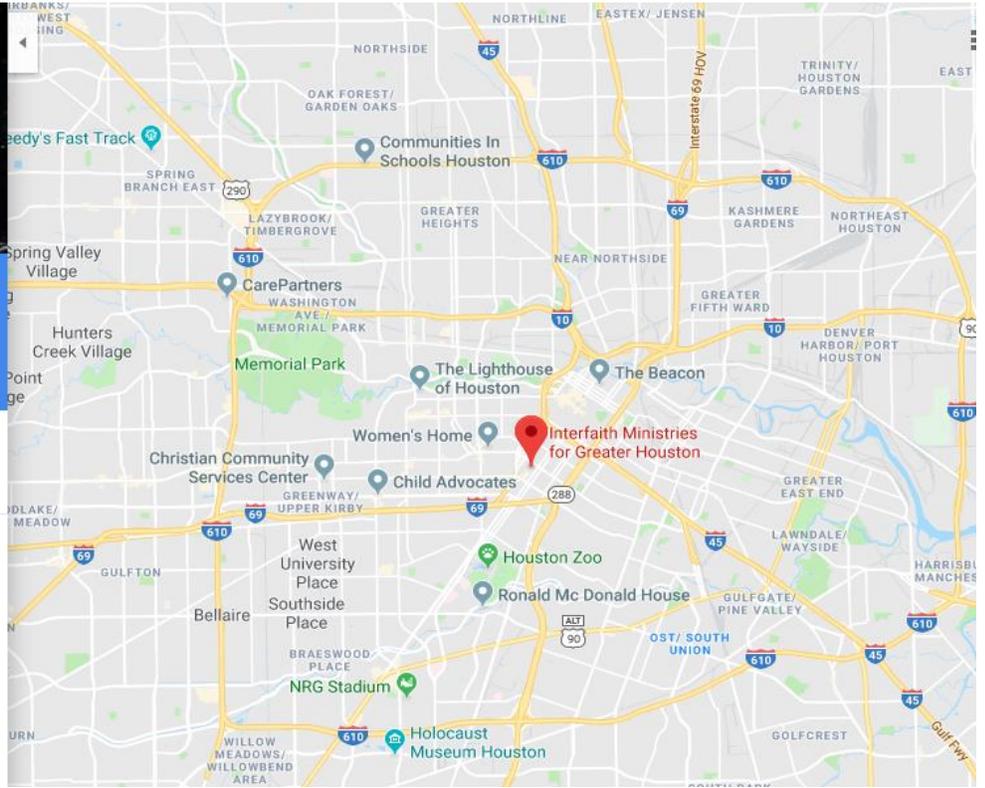
I also want to thank our President Elect, Ami Sanchez, for helping us remotely by updating the GHDHA website and working on this newsletter. Unfortunately for us, she moved to Colorado in August, but we know she will “rock” in Colorado!

Russian author, Benjamin Mandelstamm, once said: “A human being is like a letter of the alphabet: to produce a word, it must combine with others.” Letters do not stand alone. They form words, words come together in sentences, and then sentences tell a story. One cannot write a good story with just a few letters. To serve our mission, to advance our profession, and to write a new narrative about dental hygiene profession in Texas in 2018-19, we need all our members to participate, volunteer and build connections with the public and legislators. Our collective voice is stronger than a single voice!

Sincerely,
Victoria Patrounova, GHDHA President 2018-2019



2018 – 2019 GHDHA Monthly CE Meeting Topics And New Meeting Location



Tue, Oct. 2, 2018

When Wolves Present Themselves as Sheep or Seeing and Interpreting What You Think You See

Dr. CD Johnson (1.5 CEUs)

Tue, Nov. 13, 2018

Dental Implant Maintenance

Dr. Sarosh Dastoor (1.5 CEUs)

Tue, Dec. 4, 2018

Current Hypertension Guidelines and Implications of Anti-Hypertensives to Dental Hygiene

Dr. Dharini Van der Hoeven (1.5 CEUs)

Tue, Feb. 12, 2019

Implant Complications

Dr. Kevin Calongne (1.5 CEUs)

Tue, Mar 5, 2019

Student Table Clinics (1.5 CEUs)

Tue, Apr 2, 2019

Cannabis Use: Could Marijuana Stop the Opioid Epidemic?

Victoria Patrounova (1.5 CEUs)

Tue, May 7, 2019

Officer Installation & HIPAA Update CE
Stephanie Bass (1 CEU)

Topics may be subject to change

TDHA News

Greetings,

I am your new TDHA Trustee, Amber Lovatos. I have held other positions with Greater Houston Dental Hygienists' Association, and I am excited to now be serving you all at the state level. I will do my best to serve you all well.

The TDHA IOH Fall Giving Campaign has begun! The Institute of Oral Health awards scholarships and grants to our members. Members such as Ruth Conn, Angela Wan, Hope Garza and I have benefited from awards and scholarships from the IOH. Currently, Greater Houston is only \$1360 away from our \$3354 goal! To help us reach our goal, TDHA is participating in the Lynch Creek Farms fundraiser. We will be selling high-quality fresh wreaths from now until December 16, 2018.

A message from our Legislative Director, Janessa Bock:

"It's grassroots crunch time with only 2 months until GENERAL ELECTION! We need everyone reaching out and volunteering on campaigns. You can volunteer as much or as little as you like! We do not have a large PAC, so we make up for it by volunteering on campaigns. If you aren't sure who represents you, log on to: <https://fyi.capitol.texas.gov/Home.aspx>. This will direct you who to contact."

TDHA Governmental Affairs encourages all of you to contact your legislators and start building relationships with your Senator and Representative. TDHA will be pursuing a local anesthesia and teledentistry bill next legislative session. We need the help of ALL OF YOU to work with us to make this happen. We also need you to gather names of dentists that support these bills and email their names to Janessa Bock at Janessa.meeks@gmail.com. Even if you are not able to actively participate in our legislative efforts, you can still help by donating to our Hygiene PAC, HyPAC helps us increase our legislative efforts by allowing us to support legislators' campaigns. Lastly, TDHA will be updating our Bylaws and reviewing them at the TDHA Fall board meeting. Once updated, TDHA will share the Bylaws with all members for review. Please feel free to reach out to me with any questions or concerns.

Best,
Amber Lovatos
ADHA District IX Delegate
TDHA Trustee
TDHA GAC Co-Chair
GHDHA Community Outreach Co-Chair



INVEST in YOUR FUTURE of Dental Hygiene in TEXAS!



**TEX HY PAC PLEDGE CAMPAIGN
2018-2019**

**YES! I COMMIT TO DONATE ONE HOUR'S PAY EACH MONTH TO HELP
PROTECT THE PROFESSION OF DENTAL HYGIENE IN TEXAS!**

NAME: _____ COMPONENT: _____

ADDRESS: _____

CITY, STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

AMOUNT: \$ _____

FREQUENCY: monthly _____ (Feb 2018-Jan 2019) one time _____

METHOD OF PAYMENT CASH _____ CHECK _____ CC _____

CC # _____ EXP ____ / ____ CVV: _____

SIGNATURE _____

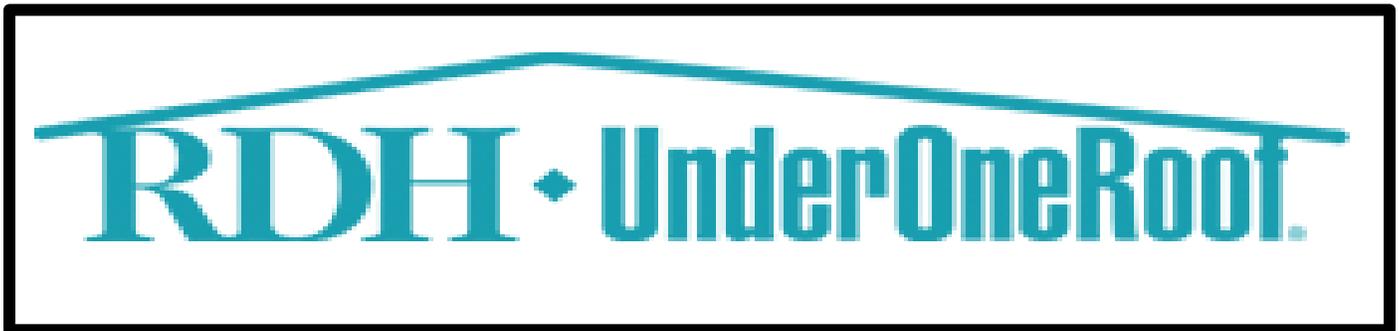
*Please mail to: Sarah J. Roddy
TX-HYPAC Treasurer
793 Stirrup Dr.
Spring Branch, TX 78070*

UPCOMING EVENTS



SAVE THE DATE!

ADHA 2019
ANNUAL CONFERENCE
June 21-23, Louisville, KY
CE sessions now Friday-Sunday!



RDH Under One Roof 2019
July 31- August 2, 2019
Gaylord Texan Resort and Convention Center
Dallas, Texas

New and Reinstated Members:

Give warm welcome to:

Jasper Axelrad	Piper Lindeen
Kristi Christensen	Karen Martell
Carley Day	Dominique Masera
Julianna De La Cruz	Misty May
Cynthia Dixon	Kamesha McFadden
Ashley Dorenkamp	Aujehl Messier
Amanda Fregia	Hena Patel
Jean Ganzon	Kattie Shah
Tiffany Gist	Erika Stigall
Kelly Hardwick	Jade Valle
Jennifer Keresev	Kristin Zahn

Welcome and thank you for joining the ADHA/ TEXAS DENTAL HYGIENISTS' ASSOCIATION!

As a member, you will have access to ADHA.org which is filled with new technologies, published work, professional and educational opportunities along with alerts on legislative developments. ADHA members receive discounts on: insurance, hotel/car rentals, continuing education, and personal/professional discounts.

I would like to encourage all ADHA members to reach out to non-members and introduce yourselves and invite them to a monthly meeting and to your new Social Hour this spring.

Membership is important to our organization. We want the best for our careers and do not want anyone to take away our job or degrade our profession.



2018 – 2019 Monthly Meeting Community Service Events

DECEMBER Toys for Tots

FEBRUARY Oral Hygiene Supplies

Do you have a community service project idea that is close to your heart? Please contact us so that we can highlight your event and call on support of our members.

Please email: GHDHSCommunity@gmail.com



TDHA
Annual Conference
2019
Time to SOAR*

Strengths
Opportunities
Aspirations
Results



FEBRUARY 1-3, 2019
Moody Gardens Hotel
Spa and Convention Center
7 Hope Blvd, Galveston TX
77554

Call for Reservations
Moody Gardens VALID
Reservation:
888-388-8484

*Make reservations by January 5, 2019

Rate is \$159 up to 4 people



REGISTER HERE – COPY, PASTE, OR ENTER LINK:

<https://www.cezoom.com/registration/?plan=366>

Greetings from the Student Chapter of American Dental Hygienists' Association

Houston Community College - Coleman

It seems like just yesterday when we attended our freshman orientation and eagerly awaited the first day of dental hygiene school, now we are proud to call ourselves seniors. The previous semester was challenging, exciting, and rewarding as we finally put our skills to the test treating our first public patients.

Some highlights for our class included:

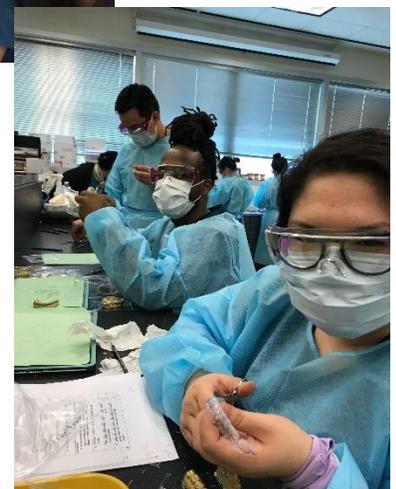
Emergency response training, where we presented various common dental emergencies to ensure we would be prepared should we experience similar situations in our clinic.

Dental materials class, where we learned how to manipulate materials and fabricated mouth guards for our classmates.

We were also fortunate enough to complete a six-week clinic over the summer break, which allowed us to continue to hone our skills in preparation for the responsibilities that come with being a senior.

As we transition into our final year of dental hygiene school we now have the added responsibility of mentoring the freshman class. It will be an intense year, but we are ready to rise to the challenge.

- HCC Coleman graduating class of 2019



Pima Medical Institute

PIMA Dental Hygiene Students is working vigorously to learn how to become caring, competent clinicians. The second-year students are about a month away from graduation, very busy with taking boards and preparing to official RDH's. We couldn't be more excited and prouder of them as they start their new adventures!

The first-year students are finishing up and ready to start round 2! They are looking forward to a small break in October and start back around Halloween (what a trick or treat!) They are thrilled for loupes to arrive and working extremely hard in completing patients. The skills are improving on the daily and they become more proficient in each task. They participate in many events and had a great turnout at Kendra Scott for their semester fundraiser back to prepare them for TDHA convention this year!

We are also so enthusiastic we had a freshman class start this July and busy finishing up their 1st semester. They are getting the swing of things and eager to be down one semester.

We have had some amazing volunteer events this past semester including West Houston Assitances Ministries doing oral cancer screenings with the Oral ID light and dentistry from the heart events. We anticipate another fantastic year and to see growth in every student!

Sincerely,
Kelsey Zalesak and Summer Korndorffer
Class President and Vice President of 2019



University of Texas School of Dentistry - Houston

Words cannot express how fast time has flies when we are at school. Seems like just yesterday our class was in orientation at UTSD and we were all scared and nervous of what was to come. It is almost hard to believe we are seniors now! Starting our semester with Hurricane Harvey was difficult for everyone and many of our students were affected by the hurricane, even losing entire homes. Together our class pulled through and made it passed multiple exams being piled within a few months span. Ultimately, we reached our goal, completed our exams, and finished strong even with obstacles in our path.

Summer has come to an end, and we are beginning our fall semester strong and set to push through. We were lucky to have so many learning experiences this summer, which included intense classes, plenty of clinical practice, bonding with classmates, and attending community service events. We have already started the fall semester with full force as a class, and we are working hard to continue through the rest of the year. Our clinic course is already bringing immense expectations to the table and the class will surely reach them.

We have also had the opportunity to welcome the Dental Hygiene Class of 2020. We are excited to help them through their new journey at UTSD and giving them tips of how to make it through their first year. As we continue to work hard as a team, we are striving to finish the fall semester strong and continue making wonderful memories full of joy and laughter.

Sincerely,
Wendy Villa
Class of 2019 Secretary



GHDHA Student Liaison Visits

On Wednesday August 8, 2018, GHDHA Welcomed the UT School of Dentistry's incoming Hygiene Class of 2020 by sponsoring their Orientation Luncheon. The students were full of both excitement and anxiousness to embark on their new careers. Faculty and staff were there to help instruct the new students and ensure a smooth transition into their first semester.

The presentation was given by Greater Houston's Student Liaison, Alfa Capetillo, who explained the structure of ADHA and emphasized the impact that students have in it. Former President-Elect, Ami Sanchez kept students on their toes by asking follow up questions.

The GHDHA would like to thank the UT Hygiene Faculty, Hygiene Coordinator Rossland Collins and SCADHA Faculty Advisor Amber Lovatos for the invitation to celebrate this year's new class.

Also, Special Thanks to Second Year Hygiene-SCADHA Officers who volunteered during the Luncheon to set up and break down.



On October 8th, 2018, GHDHA hosted a luncheon for the DH II PIMA Graduating Class of 2018.

The students had just recently finished WREB, had a final the morning of our luncheon and were really looking forward to the last day of school on the 12th!

They were all eager to get their hygiene licenses and start working. They were invited to attend GHDHA monthly meetings and transition into professional members. The students reminisced about their tenure as hygiene students. Some students mentioned that they even participated in Legislation Day in Austin, volunteered in community service events with Greater Houston, and went to TDHA Annual Conference.

Students mentioned concerns about TDHA student fashion show, and how we could have more participation by their students if we consider their schedule being different than the rest of the schools and GHDHA schedule. In our discussion, I explained how it is my goal to improve relations and communication with their students in order to bridge that gap.

Although they won't be able to participate in the Greater Houston Class Challenge since they will no longer be students, they expressed their willingness to contact their representatives and support Greater Houston's legislative initiative.

The students were very appreciative that GHDHA took the time to visit them and that we provided a pre-graduation luncheon, that they even made a small video clip that was posted on Greater Houston's Facebook Page saying, "Thank you!"



On October 11, 2018, LoneStar students and faculty welcomed me with open arms from opening their door as soon as I parked, to providing me with a private tour of their new makeshift facility since Hurricane Harvey destroyed their school and everything inside including instruments and equipment.

Students were very excited and eager to learn more about how they could be more involved in advocacy and community service! They are also pumped up and planning on attending TDHA Annual Conference and participating in all the student activities.

Students were already fundraising to be able to cover the costs associated with Annual Conference and were excited to learn about the Class Challenge as an opportunity to help raise more funds. Since there was a minor conflict with the original structure of the competition they were also key in helping to reconfigure the original structure. When I was leaving, students were already strategizing about the competition!

Special Thanks to LoneStar Dental Hygiene Program Director Joanna Allaire, Student Advisor Amy Murphy, and Clinical Instructor Steffin John for making this event a success!



Lonestar Community College - Kingwood

It was a little over a year ago when Hurricane Harvey hit Houston. We were the incoming first-year students back then, and nothing prepared us for the surprise journey that a Hurricane had in store for us. For our first semester, we were fortunate enough to be able to use a classroom at an offsite Lone Star College facility. In that classroom, we learned all the basics of dental hygiene. However, we did not just learn about dental hygiene, we also learned about hope, trust, patience, and gratitude. Under that roof, we became a family.

In the beginning, we might have felt like we were lost, but we knew that we were never alone. We knew that from the very start, many people, especially our instructors were there to help us, to guide us, to give us the motivation and the support that we needed to prepare us in becoming the best dental hygienists that we can be. Thanks again to GHDHA for the generous fundraiser. We will be forever grateful.

All the struggles and challenges that we had in the past year brought out the greatest strengths in all of us. This semester, we are officially second-year students, and we are beyond excited to continue the second phase of this journey. We just started our clinic III and our external clinical rotations. We also welcomed the new addition to our LSCK Dental Hygiene family, the new first-year students.

We are looking forward to a great semester!

-Mika Dionglay





Procter&Gamble

STAY UP TO DATE WITH ALL
VOLUNTEER OPPERTUNITIES BY
LIKING THE GHDHA FACEBOOK PAGE,
VISITING THE WEBSITE, AND
CHECKING EMAILS.

VOLUNTEERS NEEDED



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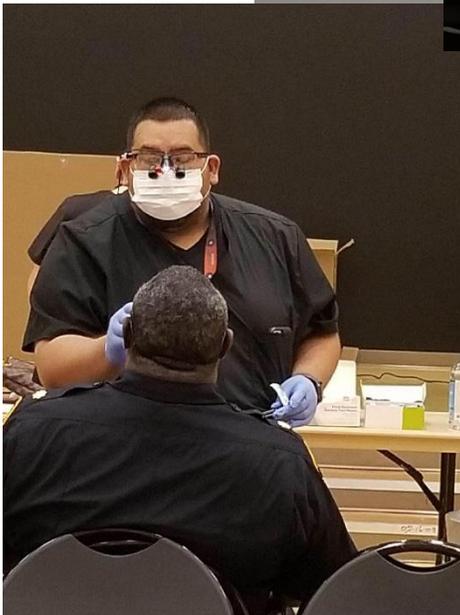


GHDHA HAPPENINGS



EMBASSY SUITES
HOUSTON - ENERGY CORRIDOR
Houston, TX





Crest + OralB presents
hygienist proud
Smile makers.
Confidence builders.



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20.25 inches long

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