

President's Message

Laura Abbott, RDH



Hello TDHA members!

This is a great time to be a dental hygienist in Ohio! We were so fortunate to have our national meeting here in Columbus. It was exciting to see this event so close to home! The best news is that ADHA 2019 is just next door in Louisville, Kentucky! Make sure you start planning!

I am so excited to serve as president of TDHA for one more season! I feel very fortunate to belong to this association and proud to be in the company of my fellow members. We work together in numbers to accomplish much more than we would alone! Our plan for 2019 is to continue to encourage new members. Last year members had great fun meeting new graduates to mentor. We hope to continue this trend.

Where has 2018 gone?

TDHA got artistic at Copper Moon in January with glass creations. This was great fun for us because we like to work with our hands.

In March we learned about Silver Diamine Fluoride (SDF). I was so happy to have the information to discuss treatment with a parent just last week who had been treated with the new agent.

In September 2018, TDHA will present a CE on ergonomics for past and present alumni. The Owens Alumni foundation will host this event and it is always an opportunity to reconnect with your peers. A memorial for Pauline Schmidt will be held after the CE. This event will also provide a donation opportunity for participants to support Bethany House. Toiletries and diapers are needed desperately for families in distress. Many thanks to Brittany Nagel for organizing many educational opportunities at TDHA (including this one). We are excited to announce new committee members Jayne Klett and Kali Battin for future CE's.

Annual session in November will include an additional trustee. We are pleased to announce that Amber Dunlap will be assisting Stephanie with this huge responsibility. The commitment to represent our component at the State level is critical to make our voice heard. We are grateful for the time and energy trustees spend on our behalf to keep us informed and involved.

And get ready-the holiday social will be here in no time as this time of year rapidly progresses!

Hope to see you soon!

Laura Abbott, RDH, BTAS, President TDHA

MEMBERS

Our email Address is
tdhasmiles@gmail.com

Our web site is
TDHASmiles.org

If you know of a fellow member who hasn't shared his or her email address, please encourage them to drop us an email, so that they can continue to receive our newsletter and other important professional information

President Elect's Message

Miriam J. Armstrong, RDH



As your President-Elect, I look forward to working with Laura Abbott, our current President of TDHA in an effort to assist her and support her platform this year. I will also learn the role of the president, become familiar with the various aspects and programs of our association and its governance. With the assistance of the president as my mentor, I hope to develop and facilitate a smooth officer transition next year.

During my tenure as your President-Elect, I will continue to foster the Membership Committee Mentoring Program. With your assistance I would like to increase our membership in the upcoming months. If you are interested in mentoring a new member, please email me prior to our September 29th CE at miriam_armstrong@owens.edu or MJARDH@aol.com. As a mentor it's a great opportunity and rewarding experience to help and possibly give advice to a less experienced fellow dental hygienist or to a seasoned hygienist, new to our organization. Also, for our September CE, please bring a friend-member or non-member. Together, we can make our organization flourish.

Vice Presidents Message

Teresa Kania, RDH, EFDA, BAHS, M. Ed



I hope this newsletter is finding everyone with tan lines and memories from a great summer of 2018! I spent mine enjoying various campgrounds, racetracks, fairs, and on the Lake. Upon taking the reigns as your TDHA Vice President, I thought it would never be too early to start thinking about holiday parties. I was thinking we might shake things up a bit and enjoy a night out together at Nagoya Japanese Steakhouse and Sushi of Perrysburg where you can enjoy a front row seat to a culinary performance. Hibachi chefs entertain with dazzling knife and spatula tricks while cooking the meals to perfection. Nagoya is offering their full menu with individual checks to fit all budgets. I have a private room reserved for Wednesday, November 7th at 6:30 PM. You can find their menu and pricing at www.nagoyaohio.com. Nagoya is located at 6190 Levis Commons Blvd., Perrysburg, OH 43551. Everyone is welcome to join in at the hibachi tables for dinner and enjoy an open cash bar. Please reserve a place in your schedules on November 7th to join in the fun, networking and camaraderie.

Included in this event will be dessert and the traditional Silent Auction. This TDHA fundraiser is used to help Owens Dental Hygiene Students offset the costs of board examinations.

PLEASE RSVP BY NOVEMBER 1ST, 2018

TDHA HOLIDAY SOCIAL

Wednesday, November 7th, 2018

Nagoya Japanese Steakhouse and Sushi of Perrysburg

6190 Levis Commons Blvd

Perrysburg, OH 43551

Name: _____

TDHA Member Yes _____ No _____ Student _____

Mail to:

Teresa Kania, 16495 W. Trowbridge Road, Graytown, OH 43432, leave in my Owens mailbox or text with information to 419-345-2204



Trustee Report

Stephanie Hack, RDH, BS, EFDA

Thanks for reading the TDHA Newsletter for Summer of 2018! Gosh, this summer has flown by. The work of your Toledo association doesn't stop however. Future plans are being made and we look forward to having your presence at the upcoming events.

Your TDHA has a new Continuing Education planning committee with the help of our long-standing CE organizer Brittany Nagel. If you are looking for some great CE's no better place to start than your local component. TDHA is your connection to all things changing in the profession. Don't let your profession change without you knowing it. There are 2 more CE's being offered this year and a holiday mingle social event! Stay connected and help make dental hygiene more than just cleaning teeth.

This summer in June, the ADHA Annual Conference was hosted in Columbus. Many of you were able to attend and if you did, you know that it was a lot of fun! The House of Delegates is so familiar. We are lucky to be a component in the Ohio constituent. Our component mirrors our national association so well. It was great to see so many Ohio hygienists support our professional association. There were some pretty incredible key note speakers and awesome CE classes in Columbus too! Next year ADHA Annual Conference is being hosted in Louisville, KY! We are lucky it is close to Ohio and can travel there easy! Hope to see you next June!

Fall is around the corner and Toledo looks strong with a full slate of delegates attending ODHA Annual Session Nov 16-18. Toledo is allowed 7 delegates and 7 alternates. Super excited that our delegation consists of new TDHA component members! Thank you for your leadership delegates! In October there is a delegate meeting for pertinent information for your role as a delegate to ODHA annual session. Once this location is set I will inform all the delegates.

This Ohio Annual Session will be a little different because last year it was voted in our bylaws to have two trustees per component. This year I am so happy to announce that Toledo is in compliance and we have an additional trustee along side of me now. With pleasure, Amber Dunlap will be the trustee with me! Amber graduated from Owens and loves being out of school since May of 2017. She enjoys hygiene and loves getting to do what she loves. She has stated that she had wonderful instructors that showed her how important her voice can be for our hygiene community. She is looking forward to the CE's Toledo will have to offer. She says she wants to improve the care and knowledge to the community we serve and says that it starts in our own hands. Welcome Amber, and I am so excited to have you on the Board of Trustees with me!

Toledo component is lucky to have the members we have. Without you, things could change drastically. Please consider inviting your friends to the fun! New members are always welcome and our profession needs the camaraderie and leadership. Thanks for taking the time to read our newsletter!

Stephanie Hack BSDH, RDH, EFDA Toledo Trustee



TDHA CALENDAR OF EVENTS 2018-2019

LAINey FOSTER, RDH - SECRETARY

Sep 29, 2018

**Why Is My Body Hurting and What Can I Do
About It?: Symposium on Dental Ergonomics and
Repetitive Stress Injury Treatments and
Prevention for the Dental Practitioner**

Registration: 8:30am / Speakers: 9:00-1:00am
Location: Owens CC / Heritage Hall 123
4 CEU's- Owens Alumni Day

Nov 7, 2018

Holiday Social

More details coming soon!

Nov 16-18, 2018

ODHA Annual Session

Quest Conference Center, Columbus OH

Date TBD

Toledo Dental Society - Spring Clinic

Location TBD

Date TBD

Spring Banquette

Location TBD

Date TBD

TDHA Spring CE

Location TBD

Jun 21 - 23, 2019

National ADHA Annual Session

Louisville, KY

Watch your email for further dates and times as event dates get closer!



Ohio

Toledo
Dental Hygienists' Association

OWENS COMMUNITY COLLEGE

ALUMNI ASSOCIATION™

Owens Community College Alumni Day

Why Is My Body Hurting and What Can I Do About It?: Symposium on Dental Ergonomics and Repetitive Stress Injury Treatments and Prevention for the Dental Practitioner



Date: Saturday Sep 29, 2018

Time: Registration 8:30 am

Speakers 9:00-1:00

Location: Owens CC

Heritage Hall 123

Credits: 4 CE

A light breakfast and snack will be provided by the Owens Alumni Foundation.

Join us directly after the CE for a tree planting memorial ceremony for Pauline Schmidt, RDH.

Course Description

This CE will have a panel of three healthcare professionals from different medical backgrounds who will give insight to ways you can combat and prevent the daily back, neck, shoulder and wrist pain that dental professionals experience daily. The speakers will identify risks that lead to musculoskeletal pain, explain the benefits of physical activity in reducing repetitive stress injuries, and how nutrition plays a role in your overall health. The speakers will explore the multiple benefits of chiropractic care, yoga, and physical therapy. You will learn stretches and strength training exercises that will contribute to the longevity of your career.

It is recommended to wear comfortable clothes to allow for the practice of exercises and stretches.

Hythem Rahman, DC

Susan Nichols, RDH, BIS, RYT 200

Bradley Wood, PTA, BHSC, MATL



Dr. Rahman did his undergraduate work at The University of Michigan. He then attended Logan University in St. Louis to receive his Bachelor of Science in Human Biology and his Doctorate in Chiropractic. He also received Fellow & Diplomate certifications from the International Academy of Medical Acupuncture. Dr. Rahman is the founder and partner of Fairwood Chiropractic & Physical Therapy.



Susan Nichols has been a practicing hygienist for 35 years with experience in general and periodontal practices. She has been a part time faculty member at Owens Community College since 1988 and an active member of TDHA. She is currently TDHA Treasurer. Nichols is also a Registered 200 hour yoga teacher.



Brad Wood graduated from PTA school from St. Petersburg College, Florida in 1992. He has 26 years of physical therapy experience in orthopedic outpatient, home health, and skilled nursing facilities. Wood was a full time faculty member in 2011 at North Central State College. In 2015 he accepted a position as Program Director and Academic Clinical Coordinator at Owens Community College.

REGISTRATION FORM

Name: _____

Phone #: _____

Email: _____

Select One:

- ☐ TDHA Member \$25
☐ Non-Member \$45
☐ Student Free

Checks payable to TDHA
Mail to: Brittany Nagel
7340 Woodsman Circle
Holland, OH 43528

Please consider bringing toiletries, cleaning supplies, and/or diapers to contribute to TDHA & Owens Student Chapter donation drive for Bethany House.