

## *President's Message*

Miriam Armstrong, RDH, BA, MOL



Moving Forward in 2020 and Beyond!

My last president's message to you was in January 2020, pre-COVID when everything was NORMAL and we had just completed the holiday season, brought in the New Year and were discussing 2020 Vision. None of us knew what 2020 had in store for us at that time. We heard about the 1<sup>st</sup> confirmed COVID case in the U.S. in late January around the time WHO declares a global health emergency. Late February bring the 1<sup>st</sup> case of local transmission in the U.S. and less than a week later it is reported the 1<sup>st</sup> death in the U.S. It's official, there is a coronavirus pandemic sweeping the nation. There is NO toilet paper, hand sanitizer, alcohol, antibacterial hand soap, Clorox wipes and Lysol disinfectant. They all disappear within a matter of days and let's not forget bottled water too. No one understood why people were hoarding toilet paper though. On March 13<sup>th</sup>, the President declares a national emergency. On March 17<sup>th</sup>, COVID is present in all 50 states and a state-wide mandate issued from Governor Mike DeWine changed the field of dentistry. This is the day our world and profession changed in a "Thanos snap" which impacts us all to this day.

Due to the nature of this virus and the aerosols present in dentistry, dental hygienists are considered the most dangerous occupation followed closely behind by dentists. So offices shut down and with nothing to do, we "sheltered in place" and took FREE online CE's, watched television (Netflix-Tiger King series, Hulu, etc.) to the wee hours in the morning, slept until noon (well some of us did-present company excluded because I was still working at the prison and teaching online at Owens), only went out for food and gasoline. The streets of Toledo, Maumee, Perrysburg, and Sylvania were dead and deserted. For those of you with school-aged children you became the teacher, lunch provider, nurse, and principal of your school at home. This routine became our new "Normal" for about 2 months. All the while we looked for advice and direction from our leadership at the national level of ADHA. They gave us recommendations from the CDC, OSHA, ADA and OSAP, in order to protect us, the dental team and our patients.

By mid-April there was finally news from the Governor that we could reopen dental offices. What do we do now? There was a panic to get PPE (N-95 respirators, KN-95 masks, face shields, hair coverings, shoe coverings, gowns, neck coverings, hazmat suits, goggles, etc.), air purifiers, UV lights, plexiglass shields, hand sanitizer, signs (maintain 6 feet social distancing, wear a mask, and "How to prevent the spread of COVID?") just to name a few. Some offices didn't hesitate to open and others waited until they had new protocols and policies and procedures in place. Some of you were openly scared about what to expect upon returning to work, some of you retired because of COVID, some of you left the field of dentistry and some of you embraced the changes that we had to face. I hope that whatever your choice was, if you are still in the field of dentistry, that you are feeling more comfortable having been back in the office now for almost 3 months with our new "Normal."

So, where do we go from here? We keep moving forward as an organization even though it may be just virtually for now. We continue to support one another through these uncharted waters and continue to look for guidance and leadership from ODHA and ADHA, who supported us and led the fight to protect us, its members. Now more than ever, our numbers are very important, so try to recruit a friend or colleague. It's especially easy now because everything is virtual. Support TDHA's officers and upcoming CE's. Stay connected, call or text someone you haven't seen or heard from in a while.

We have no idea what the future will bring but let us hope that 2021 is **NOT** a repeat of 2020. Only time will tell. As Mahatma Gandhi once said, "The future depends on what you do today." Stay safe and practice smart!

Always,  
Miriam



## *President Elect*

Pat Powers, RDH

Greetings to all the TDHA members. It has certainly been a different and challenging year so far.

I am Pat Powers, your Toledo Dental Hygienist Association President Elect. This may sound familiar to some of you because I was President Elect last year, too. Because of the Coronavirus, the Executive Board decided to remain in their present positions. One of my jobs as President Elect is to formulate a slate of officers for next year. I live in Tiffin so I don't have the advantage of knowing all the members of TDHA. Please feel free to introduce yourselves to me through email. Also, if you would like to contribute to your Professional Association by being an officer or know someone who you think would make a good officer, please let me know. My email address is [pvpowers@hotmail.com](mailto:pvpowers@hotmail.com). We have a great support group for those considering running for an office.

For those of you who do not know me, I graduated from Lakeland Community College. I have been a Dental Hygienist for 43 years. I have been active in my Professional Association for 43 years. On the ADHA level, I served as an ADHA delegate numerous times. On the ODHA level, I was ODHA President from 1994-95 and have held all the offices except Treasurer plus numerous Council and Committee Chairs. I am currently retired from my clinical position but not from my Professional Association.

TDHA is in the process of tentatively organizing some CE and other programs for this coming year. Of course, most of our meetings and CE's will be done virtually. I hope you will join us in our endeavors.

*Secretary*

Amanda Edgell, RDH



# TDHA Calendar of Events

Fall/ Winter 2020

Amanda Edgell – TDHA Secretary

October 3, 2020

**TDHA Opioid CE Webinar**  
Licensing Requirement - 2 CEU

November 6-8, 2020

**ODHA Annual Session**  
More info follow

November 14, 2020

**Medical Emergencies CE Webinar**  
See website for details

TDHA Holiday Social is cancelled due to current events.

**Be sure to watch FaceBook and emails for more information**



## *Treasurer*

Debbie Manore, RDH, EFDA, BAS

Greetings to my fellow hygienists! This is my second year as treasurer for TDHA. I have enjoyed being more involved with TDHA, and meeting with my fellow peers and friends—even if it is on Zoom or Microsoft Teams. It has been great to see more members join with all that is happening in the dental world. I would love to see membership continue to increase. ADHA's website is easy to navigate and offers loads of information and tools such as CE smart, an online learning platform, a career center that offers contract and resume templates, and updated licensing information, just to name a few. ADHA members also support congressional candidates with the Hygienists' Association Political Action Committee (HYPAC), which is the only federal political action committee that represents dental hygienists. There are more dental hygienists than dentists, think of what we could accomplish if we had more dental hygienists join ADHA! Now that I am almost an empty nester, I have started to work full time at a periodontal practice for Dr's Stephen Meraw and William Sorensen in Ann Arbor, Michigan. I also work as adjunct faculty at Owens Community College, and present "Medical Emergencies for the Dental Professional" through Owens Community Workforce. I am transitioning the course to an online format, and the course will be available November 14th. The four credit hour course has been approved by the Ohio State Dental Board. I still find time to paint, tend to my perennial gardens, and I love walking at all of the beautiful metro parks in Toledo and Ann Arbor. I hope everyone is staying healthy and safe!

Warm regards,

Debbie

## *Trustees*

Samantha Merritt, RDH, EFDA

Kelley Bennett, RDH, BAHS



Serving the second year of their term as Trustees for the Toledo component are Kelley Bennett and Samantha Merritt. Kelley and Samantha both graduated from Owens Community College Dental Hygiene program in May of 2019. Kelley has been working as a full time RDH in Oregon, Ohio for over a year now. Kelley also recently graduated from BGSU with her Bachelor of Science in Allied Health. **Samantha is *enjoying* working full time as an RDH in Toledo, Ohio and recently received her EFDA license. Samantha is excited about her new role in restorative dentistry.** Kelley and Samantha are proud to be representing TDHA for the upcoming year and connecting our local component to ODHA at the state level. Samantha and Kelley have enjoyed their first year as Trustees and have grown both as leaders and clinicians.





## OPIOID PRESCRIBING AND PAIN MANAGEMENT GUIDELINES

**Jennifer Anne Gerrick, MHA, RDH**

**TDHA CE**  
**October 3, 2020**  
**9:00-11:00**  
**Virtual Course**  
**"Zoom"**  
**2 CEU's**

Jennifer is a graduate from Cuyahoga Community College Dental Hygiene Program in 2006. She then took her passion for education to The Ohio State University, obtaining her Bachelors of Advanced Education in Dental Hygiene and her Masters of Health Administration in 2018. Since her Graduation from Dental Hygiene School she has practiced hygiene in general and periodontal offices as well as teaching at Lakeland Community College and Cuyahoga Community College. She has a passion for learning, excellent communication skills and a strong ability to adapt to the ever changing world we live in. Jennifer is also a member of the ADHA.

### Course Description

The Ohio State Dental Board requires mandatory opioid prescribing continuing education for dentists and dental hygienists. This virtual course is approved and in compliance with the re-licensure continuing education requirement. The course will discuss opioid and non-opioid pharmacologic therapy. The mechanism of action, pharmacologic effects, and adverse effects of commonly prescribed medications will be reviewed. Addiction and chronic administration will be covered. The course will discuss addiction treatment and medications used to assist addiction treatment. Considerations for dental prescribing of opioids along with assessment of current and potential signs of drug abuse will be considered. The course will conclude with a question and answer session.

Registration Form for Saturday October 3, 2020 (Please RSVP by Monday September 28, 2020)  
Seating may be limited, please sign up and make payment prior to event.

Name: \_\_\_\_\_ (circle) Member-\$20.00 Non-Member-\$40.00 Students-Free

Email Address: \_\_\_\_\_ (This is the best way to receive our CE notifications and must be used to attend this course,. You will receive a link in an email from TDHA after you are registered.

Phone # ( ) \_\_\_\_\_ home/cell/work

Checks payable to (TDHA) and mail to: Brittany Nagel 7340 Woodsman Circle Holland OH 43528  
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