



American  
Dental  
Hygienists  
Association

Michigan  
Macomb District  
Dental Hygienists' Society

2014-2015  
OFFICERS

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## PRESIDENT'S MESSAGE

### September 2014



### Welcome Back Hygienists!

My name is Jennifer Suminski, and I am very proud to return as your president for the 2014-2015 year. Our executive board has had some dynamic meetings over the summer and I believe this will truly be another fabulous year!

For those of you who are new to Macomb, I want to offer a warm welcome to a very strong and connected component within the Michigan Dental Hygienists' Association. A little about me, I graduated from Ferris State University in 2007 with my Associate degree, then earned my Bachelor degree with Ferris' online completion program, and currently earning my Masters degree in Dental Hygiene online at the University of Michigan. I also hold a CPhT certification as a Nationally Certified Pharmacy Technician. I have been a pharmacy technician for 14 years and have worked in retail, hospital, and most currently at Health Alliance Plan. In my spare time I like to travel and spend time with friends and family.

I have been active with MDDHS since graduation in 2007, and held officer positions since 2008 continuously, attended three MDHA House of Delegate meetings as a Delegate and an Alternate, and on the Communications Committee for MDHA as well. Currently, I serve as Michigan's Alternate ADHA Delegate, Trustee Pro-Tem for the Upper Peninsula, a member of the Legislative Council and Public Health Council, and MDHA Webmaster. I also created Macomb's current website which we are very happy to be able to provide to our members.

This year we are planning to do some very exciting things! We as members of a profession in health care want to reach out and support organizations and causes encompassing more than just oral health. Currently we are looking into participating in upcoming walks, runs, or any kind of event that we as a group could donate our time to supporting; the American Cancer Society, American Diabetes Association, and the Susan G. Komen Foundation are just to name a few. If anyone has any foundations or causes they would like to suggest we partake in, please see one of the officers of MDDHS.

Our annual Heartfelt Project will be celebrating its 20<sup>th</sup> year this coming year, where Macomb reaches out to the children of Macomb County and provide free prophies and referrals. Due to the low turnout this year we are looking into other options to help the residents of Macomb County, and looking into more ways we can promote our Heartfelt Project. More to come soon!

Our Facebook page is growing, and with that we want to have the opportunity to interact with you online! Be on the lookout for our administrators of the page to post stories, questions, and dental news to keep you entertained and informed! If you haven't already, check out our page and give us a like!

I am very excited with our lineup of lectures we are offering this year. As you can see we have expanded the number of meetings back to four meetings to two all day meetings as we originally had prior to 2013. We are starting to integrate more lectures offering information on topics involving the whole body as we now know that there is a strong correlation between oral health and general overall health of the human body. We have a speaker coming to present from the American Headache Institute for our Welcome Meeting, and other topics this year will include genetic testing, public health and hygiene alternative career paths, nutrition, and motivational interviewing.

The MDHA House of Delegate meeting this year will be held in Troy from October 17<sup>th</sup> through 19<sup>th</sup> as we celebrate the 91<sup>st</sup> anniversary of the MDHA. Those of you who have never attended or haven't attended in a while should consider going this year since it is being held so close to Macomb County. It is truly an inspiring weekend and a great way to network with dental hygienists all over Michigan! We should be proud to be a part of this great profession and we can display this by being active in our professional organization to make sure we secure many more generations of dental hygienists to come.

I look forward to seeing you at our many events planned and making more of your acquaintances.

Sincerely,

Jennifer Suminski, CPhT, RDH, BS  
MDDHS President

# THE JUDITH S. LUXMORE MEMORIAL SCHOLARSHIP

(new name)

## 2014 Recipient Chosen

The Macomb District Dental Hygienists' Society is pleased to announce the winner of the annual \$1,000.00 scholarship. **Kristen Bahlman**, who attends Baker College of Port Huron, is this year's recipient. She is an active SADHA member and Macomb County resident. The scholarship will be awarded to Alyssa at the MDDHS September Welcome Meeting.

The purpose of the MDDHS Scholarship is to provide tuition assistance to a current dental hygiene student whose principle residence is within Macomb County. To be considered eligible; the student must be a SADHA member in good standing, a first year student in a dental hygiene curriculum, and show leadership by being involved in school and/or community activities.

The MDDHS Scholarship was established in 1992, and will be awarded on an annual basis. Profits from past and future MDDHS seminars are used to fund the scholarship.

Congratulations Kristen!!! The membership of the MDDHS wishes you success and happiness during the remaining months of your dental hygiene education and in your career as a dental hygienist. We look forward to meeting you in September!

**MDDHS CONGRATULATES  
THE 2014 GRADUATING CLASS FROM THE UNIVERSITY OF DETROIT MERCY!  
HOPE TO SEE YOU AT A MACOMB MEETING!**





The Macomb component is doing their part to "Go Green". We collect the lead foils from local dental offices and they are taken to a recycle center and are weighed. We are paid the current rate per pound and that money is then returned to the community.

Donate your lead foils to MDDHS.  
Call Anita Kurtz-Stiltner to arrange a pick-up.  
(586) 294-4658



### Dental Hygienists!

Expand Your Career Opportunities!



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IN  
DENTAL HYGIENE

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### FOR INFORMATION:

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At our all day seminar in March 2014, MDDHS had a drawing for a FREE Membership to ADHA/MDHA. This year's winners were **Mary Barnes and Marianne Gajewski** of Clinton Twp. Congratulations !!!

There will now be **2 FREE** memberships drawn yearly. One at the Welcome meeting and one at the all day seminar.

**COME JOIN US FOR A  
CHANCE TO WIN!!!**

# we need you!

## HERE IS A LIST OF JOB DESCRIPTIONS

MDDHS WOULD LIKE YOU TO CONSIDER RUNNING FOR OFFICE, SITTING ON A COMMITTEE, OR JUST LENDING A HAND.

THE SAME PEOPLE HAVE BEEN RUNNING YOUR ORGANIZATION FOR YEARS AND WE WOULD REALLY LOVE TO SEE SOME NEW FACES STEP UP.

DON'T BE AFRAID. DON'T FEEL YOU DON'T KNOW HOW. EACH OF US WAS NEW TO THE JOB AT ONE POINT OR ANOTHER, WE ALL SURVIVED WITH THE HELP OF MENTORS. YOU WILL GET GUIDANCE, SUPPORT, WRITTEN MANUALS, PHONE NUMBERS, EMAIL ADDRESSES AND ANYTHING YOU MAY NEED TO SUCCEED.

## GET INVOLVED!

. Officer Duties:

President: Preside at all board and member meetings, appoint all committee chairs, call all board meeting, serve as delegate to MDHA House of Delegates and be an ex-officio member of all committees.

Vice President/President-Elect: Be a member of the meeting planning committee, assist the President, succeed to the unexpired term of President in the event such office becomes vacant and serve as a member of the executive board.

Secretary: Keep accurate records of meeting attendance, record minutes of meetings. Write thank you notes to meeting speakers and serve as a member of the executive board.

Treasurer: Custodian of all money of the society and disburse moneys by direction of the executive board. Maintain proper membership records, prepare and submit annual budget. Serve as a member of the executive board.

Editor: Prepare and publish the newsletter. Notify all members of dates, time and location of meetings and serve as a member of the executive board.

MDHA Trustee: (two year commitment) Represent Macomb component at all MDHA board meetings and report to membership. Vote for the Macomb component at MDHA board meetings. Submit a report of the MDHA board meetings to the Editor for the inclusion in the newsletter and serve as a member of the executive board.

HOD Delegate: Represent your Macomb component at the House of Delegates and vote on behalf of the Macomb component.

**Historian**

- Review last year's function with the past chair
- Take pictures at meetings, seminars, & social functions
- Update & organize the historical articles
- Camera is kept in the meeting registration box, so it is always available
- Maintain the camera & equipment

**Public Relations**

- Review last year's function with the past chair
- Write articles for hygiene school newsletters & magazines about MDDHS activities
- Write articles for local newspapers concerning MDDHS activities & members
- Work with the Children's Dental Health Committee and the Meeting Planning Committee to develop advertising copy

**Newsletter**

- Review last year's function with the past chair
- Accept articles for newsletter
- President's message
- Committee reports
- Trustee report
- Meeting schedules
- Seminar schedules
- Social functions Accept advertising copy

**Scholarship**

- Review last year's function with the past chair
- Review & update the contents of packets to be sent to schools
- Send letters and packets to all hygiene schools
- Evaluate the scholarship applications that are returned
- Choose the candidate
- Critique & evaluate the arrangements for next year's function

**Local Arrangements**

- Review last year's functions with the past chair
- Coordinate functions with the meeting planning committee
- Secure meeting sites
- Sign contracts for meeting sites
- Act as liaison between MDDHS & meeting facilities coordinator
- Arrange for the AV needs of speakers
- Arrange for transportation & lodging of speaker (if needed)
- Arrange meeting room
- Purchase beverages & snacks for meetings
- Critique & evaluate the arrangements for next year's function



# CPR

On April 1, 2014 Macomb held their annual CPR Class at Olsen's Dental Lab. Dave Barrios, was our instructor for the last time before his retirement. Good luck to you Dave and thank you for 10 years of CPR instruction. It has been a real pleasure. Also, thank you to all who attended. It is always a very informative class. There were 12 members and 7 potential members present.

Anita Kurt-Stiltner RDH, BS

MDDHS offers this CPR class every April for a minimal fee.  
Contact Anita Kurtz-Stiltner for more information....  
586 294 4658  
[anitafloss@yahoo.com](mailto:anitafloss@yahoo.com)

## YOU KNOW WHO YOU ARE!



MDHA/MACOMB  
GOURMET COFFEE SALE  
Fall/Winter 2014

The Michigan Dental Hygienists' Association and its local components will sponsor only one coffee sale this year. Place orders now for December pickup.

**14 OZ. SEALED BAGS OF FRESH GOURMET COFFEE ARE AVAILABLE IN YOUR CHOICE OF (whole bean or ground):**

**BREAKFAST BLEND (regular and decaf)** – A blend of four beans roasted light and dark resulting in a hardy, complex taste

**BUNCHES (regular and decaf)**– A very special blend of African, Indonesian and Central American beans make this a mild, flavorful brew

**COOKIE DOODLE (regular only)**–Cinnamon, hazelnut and vanilla

**CHRISTMAS SPICE (regular and decaf)**–Eggnog, with cinnamon and spices

**COFFEE CAKE (regular only)**–Nuts, ginger, orange, cinnamon and spices

**JAMACIAN ME CRAZY (regular and decaf)**–Kahlua, caramel and vanilla

**WINTER'S BLEND (REGULAR ONLY)**–Light and dark Costa Rican blend, full flavored

**Colombian Supremo** Rich, well balanced and deep with a medium body

**Pumpkin Spice** Fresh baked pumpkin pie, right out of the oven. Just add whipped cream!

ORDERS **MUST** BE RECEIVED BY **SATURDAY, NOVEMBER 15, 2014**

**COST PER BAG: \$16 FOR REGULAR AND \$18 FOR DECAF**

NAME \_\_\_\_\_ TELEPHONE #: \_\_\_\_\_

ADDRESS \_\_\_\_\_

E-MAIL \_\_\_\_\_

ORDERS WILL BE AVAILABLE FOR PICK UP IN MID DECEMBER. TIME AND DATES ARE TO BE DETERMINED. PLEASE PROVIDE PHONE NUMBER AND YOU WILL BE CONTACTED FOR DELIVERY.

☐ BREAKFAST BLEND      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_  
☐ BREAKFAST BLEND/DECAF      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_

☐ BUNCHES      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_  
☐ BUNCHES/DECAF      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_  
☐ WINTER'S BLEND      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_  
☐ COLUMBIAN SUPREMO      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_  
☐ CHRISTMAS SPICE      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_  
☐ PUMPKIN SPICE      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_  
☐ COFFEE CAKE      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_  
☐ JAMAICAN ME CRAZY      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_  
☐ JAMAICAN ME CRAZY/DECAF      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_  
☐ COOKIE DOODLE      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_  
☐ COOKIE DOODLE/DECAF      WHOLE BEAN \_\_\_\_\_ GROUND \_\_\_\_\_

TOTAL ENCLOSED \_\_\_\_\_ PAYMENT IS

**DUE WITH ALL ORDERS. MAIL ORDER FORM AND CHECK PAYABLE TO MDDHS TO:  
 JAN POWOWICH, RDH 38591 THORNWOOD, HARRISON TWP., MI 48045**

Each year MDDHS donates to the Turning Point of Mt Clements in some fashion.

This is a wonderful organization that helps Woman and Children in need in times of crisis.

We donate food, money or Dental items, whatever the need may be. The Second Hand Rose is a Resale Shop. They sell merchandise to the public with the proceeds going to help Support the Women and Children of the Turning Point. If you're looking for a Tax donation of your gently used items this is a great place to donate them to for a worthy cause.



## **WELCOME NEW MEMBERS!**

**SUZANNE ANGELI  
JAMIE KAY  
JOANNA DELMOTTE  
STEPHANIE VAZANA**

**Please make them welcome when you see them**



**Board Members****Jennifer Suminski –President**[jen\\_suminski@yahoo.com](mailto:jen_suminski@yahoo.com)

(586) 295-7563

**Elizabeth Easter- Vice President**[eeaster1@gmail.com](mailto:eeaster1@gmail.com)**313-610-8709****Stephanie Trainor- Immediate Past President**[stephaniepepka@gmail.com](mailto:stephaniepepka@gmail.com)

(586) 942-2590

**Amanda O'Brien – Secretary**[AmandaMcKeeRDH@yahoo.com](mailto:AmandaMcKeeRDH@yahoo.com)**586-350-4105****Laura Gintner - Treasurer**

(586) 575-9365

[lgintner@wowway.com](mailto:lgintner@wowway.com)**Becky Domagalski – Trustee**

(9586) 412-1808

[bdomagalski@comcast.net](mailto:bdomagalski@comcast.net)**Sandy Franklin- Editor**[mddhseditor@yahoo.com](mailto:mddhseditor@yahoo.com)**586-215-4370****Committee Members****Scholarship Committee****Julie Rizek – Chair**

586) 498-9498

[jrizekrdh@hotmail.com](mailto:jrizekrdh@hotmail.com)**Cheryl Chovich**[cherylchovich@yahoo.com](mailto:cherylchovich@yahoo.com)**586-214-9355****Program Coordinator****Melissa Castelucci**

586-216-3302

[melissa-castelluci@yahoo.com](mailto:melissa-castelluci@yahoo.com)**Heartfelt Project Chair****Julie Rizek**

586) 498-9498

[jrizekrdh@hotmail.com](mailto:jrizekrdh@hotmail.com)**Membership Chair****Anita Kurtz-Stiltner**

(586) 294-4658

[anitafloss@yahoo.com](mailto:anitafloss@yahoo.com)**Historian-OPEN**



Laura Gintner

Lives in Washington Township.

Graduated from University of Detroit Mercy

Works in private practice general dentist offices in Sterling Heights and Romeo.

ADHA Member since 2001.

Positions held within MDDHS: Treasurer and HOD Delegate

Laura joined the ADHA to be connected with others in the same field and to keep up to date with the latest issues in Dental Hygiene.

It's a great way to network when you're looking for a job.

More about Laura: I love being a Dental Hygienist and being able to take care of people and making them happy. Most of all I love to be able to work part time and take care of my boys the rest of the time, it's a good balance.



Anita Kurtz-Stiltner

Lives in Fraser.

Graduated from University of Detroit Mercy

Works in a private practice dentist office in Warren.

ADHA Member since 1997.

Positions held within MDDHS: Secretary, HOD Delegate, Membership Chair-person, Registrar, Committee Member for Heartfelt Project, and heads up the program to recycle lead foils from dental xrays.

Anita joined the ADHA because while attending UDM, my instructor, Judi Luximore, was instrumental in me joining MDHA/ADHA.

Prior to graduation, she once told me that ADHA was my voice and I will be heard. I am the only full-time Dental Hygienist in my office. So, by being a member I can network with other Dental Hygienists and keep current of the changes that are taking place in my profession.

More about Anita: I have been married for 20yrs. My husband and I own 2 classic cars. We are actively involved in the MHRA (MI Hot Rod Association). In my spare time, I love to quilt and practice yoga. I am currently the Vice-President of Sigma Phi Alpha (sorority of Dental Hygienist). In addition, I am a four year member of the Michigan Dental Association Forensic Dental Identification Team (MDA-FDIT). Most importantly, we enjoy spending time with our 2 grandchildren ages 15yrs and 2yrs old.



Sandy Franklin

Lives in St. Clair Shores.

Graduated from University of Detroit Mercy

Works in a private practice periodontal specialty office in Sterling Heights and also has worked in general dentist offices.

ADHA Member for 26 years and is now a "Life Member".

Positions held within MDHA: Every position in MDDHS and MDHA, except treasurer and has been a delegate to ADHA for 4 years. Sandy joined the ADHA because it is the "professional" thing to do. Also for CE's and camaraderie

More about Sandy: I have two grown sons. One son is married and has two children. I have a grandson and a granddaughter whom I spend ALOT of time with. I currently have no pets. My beloved cats (2) passed away this past year. I am going to wait until I get "old", before I get another. My family occupies most of my free time. I am on the Michigan Board of Dentistry and am a Nerb member and examiner.



Nancy Balaj

Lives in New Baltimore with her husband Vic and her 2 kids.

Graduated from University of Detroit Mercy

Works in private practice for periodontal specialties offices in Sterling Heights, Clinton Township, and New Baltimore.

ADHA Member since 1994.

Positions held within MDHA: Vice President, President, HOD Delegate, Program Co-Chair. Also was part of the Detroit District for about 10 years before coming to Macomb District. Nancy joined the ADHA immediately following her time with SADHA. I first thought "it's what you were supposed to do!" (which is true) I really didn't understand it until I went to a HOD meeting. I have been surrounded by many active dedicated officers/members my entire career starting in the Detroit District and the entire time I have been with Macomb. I have had wonderful role models. Our profession has grown through the years BECAUSE of ADHA/MDHA and active components.



Amanda O'Brien

Lives in St. Clair Shores.

Graduated from Baker Community College.

Works in a private practice general dentist's office in St. Clair Shores and Royal Oak.

ADHA Member for 2 years.

Positions held within MDHA: Secretary

Amanda joined the ADHA at first for the meetings, but now I see it as much more than that. It's a great way to network and support my career as a Dental Hygienist. Plus I had the opportunity to meet some great gals! I think people should join to help support the future of Dental hygiene and stay on the cutting edge of clinical learning.

More about Amanda: I graduated from Hygiene school 3 years ago. I have been happily married for a year now. I have 3 furry babies; my dogs, Dottie, Lily, and Spicoli. Looking forward to kids in the DISTANT future.



Julie Rizek

Lives in Shelby Township.

Graduated from Ferris State University.

Works in a private practice general dentist's office in Clinton Township and fills in at other offices as well.

ADHA Member for 15 years.

Positions held within MDDHS: Secretary, Program Chair, Vice President, President, Heartfelt Committee, Historian, HOD Delegate, Scholarship Committee Chair.

Julie joined because she wanted to be a part of her professional organization and keep current with our profession. I was told in Hygiene school this was something you needed to be involved in for our future of Dental Hygiene and I still believe in this today.

More about Julie: I've been married for 14 years and have two children. My son is 10yrs. old and my daughter is 6yrs. old. We like to go camping and I like to scrapbook with friends



Stephanie Trainor

Lives in Shelby Township.

Graduated from University of Detroit Mercy

Not currently practicing but has 10 years of experience at a periodontal office and has been in the dental field since 1997.

ADHA Member since 2000.

Positions held within MDHA: Program Chair, Vice President, President, HOD Delegate.

Stephanie joined because it was mandatory at school however, once I attended the meetings it became clear to me why this was so important. It is critical to support our profession by maintaining our membership. It also helps us stay abreast of new developments in the field, and helps us stay connected with our colleagues.

More about Stephanie: I graduated from UDM in 2002 with my Bachelors in dental hygiene and my MSM from Walsh College of Business in 2009. I have two dogs, Rocky and Norman, and a 7 year old son. I am also engaged and planning a wedding for this fall. Our family enjoys the outdoors! Hunting, hiking, running with the dogs and just being active. I truly enjoyed my years in the dental field, and though I work in a traditional business office setting now, I still get asked tooth questions by my coworkers. The skills I gained working in the dental field have served me well in my current role because communication and critical thinking are necessary everywhere you go! I truly would not be where I am today without MDDHS, as the volunteering with Macomb helped open many doors for me. Plus the friendship of the wonderful people involved in this organization. I am proud to be a member of ADHA, and plan to remain one for years to come.



Becky Domagalski

Lives in Macomb Township.

Graduated from Oakland Community College.

Works in private practice periodontal specialty offices in Clinton Township, New Baltimore, and Sterling Heights.

ADHA Member for 15 years.

Positions held within MDHA: Program Chair, Vice President, President, HOD Delegate, Trustee, MDHA Delegate.

Becky joined because she thinks it's very important to support your profession. The best way to support is to believe in your professional organization. Becoming a member keeps me informed in legislative bills, upcoming events, and all of the advances that we have made in the last 100 years.

More about Becky: I have been married for 23 years and have 2 children. My daughter has just finished her first year of college; my son will enter High School next year. I have a dog, she is a cock-a-poo, and her name is Latte. I started the dental field in 1987 for a Dr. James Hunter in Clawson. I was his assistant for 8 years and then returned to College to enter the dental hygiene program. I attended Oakland Community College for my degree. I enjoy snow skiing, and bike riding.



Melissa Castellucci

Lives in Clinton Township.

Graduated from Ferris State University.

Works in a private practice general dentist office in Roseville.

ADHA Member since 2003, however stepped away from the association for a few years due to a move out of state and pregnancy complications, but now back!

Positions held within MDHA: Student Delegate in 2004, Co-Program Chair

Melissa joined because she wants to support and improve the profession of dental hygiene. The ADHA/MDDHS provides the perfect environment for networking and support within the dental hygiene profession. No matter if you are a seasoned clinician or just entering the field, there are people to help guide you and provide you with tools for your professional growth and development. I wanted to become a dental hygienist to make a difference and the ADHA/MDDHS provides me with the resources to do just that.

More about Melissa: I have been married for 8 years and have two 'spirited' boys. I have stepped back from full-time practice to be at home with my children. We have a jack Russell mix named Linus. I enjoy reading, working out, gardening and being with my family. As of now, my four year old wants to be a dentist so he can work with his mommy!



Jennifer Suminski

Lives in Sterling Heights

Graduated from Ferris State University.

Works in a private practice general dentist office in Sterling Heights.

ADHA Member since 2005 as a student and then since 2007 as a full member.

Positions held within MDHA: President, Interim Vice President, Secretary, Webmaster, HOD Delegate, HOD Alternate Delegate, MDHA Communications committee member.

Jennifer joined because she wants to support our profession and the only way to do that is to be active with our professional organization. The MDHA and ADHA deal in legislation, government, and professional issues that without the action of our strong group of dental hygienists we would not have the abilities to practice local anesthesia and nitrous oxide, have pa161 programs, etc.

Being a member is also a great way to network and participate in community service and volunteer work that help those in need tremendously!

More about Jen: I graduated from Ferris State University with my Associate Degree in 2007, went back and earned my Bachelor Completion from Ferris State University in 2010. I am starting my Master Degree in Dental Hygiene online at the University of Michigan-Ann Arbor this fall! Aside from being a dental hygienist, I have also been a certified pharmacy technician for over 13 years. I have worked in all aspects of pharmacy from retail to hospital to my current position at Health Alliance Plan where I process prior authorizations for non-formulary medications along with several other duties. For fun I like to travel, but have not had the chance to do so in the past couple years. I also enjoy dining out at new restaurants, playing and watching sports, or just relax and have fun in the company of good friends.



Elizabeth Easter

I currently live in Harrison Township, MI. I was born in Detroit, MI.

I work in the public health sector. I am the School Base Coordinator for Covenant Community Care (CCC). CCC is a FQHC and we have five locations in the Detroit and Metro Detroit area. The School Base Program provides free dental services (Exams, X-rays, Prophies, and Restorative) to DPS and Charter School students.

I was a student member of SADHA from 2009 – 2012. I joined the Washtenaw Component after graduation and moved to the Macomb Component in 2013.

2012 – HOD Delegate (Washtenaw)

2013 – HOD Delegate (Washtenaw)

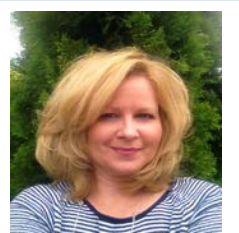
2014/2015 – ADHA Diversity Committee Member

2014/2015 – MDDHS Vice President

ADHA is an excellent opportunity to remain connected to the profession of Dental Hygiene. There are many advances in the field of dentistry and ADHA keeps us informed and motivated to help move the profession forward.

I am the oldest of four children and twins run in my family. In June 2014, my fiancé (James) proposed and the wedding is planned for May 2015! My passion is community dentistry and love having the opportunity to serve the underserved.

I look forward to working with each of you in the coming year!



CHERYL CHOVICH

Cheryl Chovich currently works in a private-practice dental office in Troy, Michigan. She has been a Registered Dental Hygienist for seventeen years and graduated from Oakland Community College. Dental hygiene is a second career for Cheryl. She also has a Bachelor's degree in Business Administration from Northwood University. She likes the challenge that each patient brings to her operator. Cheryl has been a Member of the ADHA and the Macomb Dental Hygiene Society for 14 years. She enjoys the professional relationships she has developed as well as the friendships she has made through the MDDHS. Cheryl has held a number of positions on the MDDHS board. For two years she been an alternate delegate for the House of Delegates. This year she has been elected to be a delegate for the House of Delegates. Cheryl currently holds the position as a co-chairperson for the job of Program Director. She will also attend a session at the Board of Trustees meeting in September. It brings her great joy and satisfaction knowing that she contributes to making a difference in the profession of dental hygiene in Michigan

Cheryl lives in Macomb Township with her husband Rick and her dog, an awesome golden retriever, named Nala. She has three grown children, Andrew, Ryan and Alexandra, who work and go to college in the metro Detroit area. She appreciates a nice glass of wine, going to the movies, decorating and organizing her house and being with friends and family.

# MDDHS, THIS IS YOUR BOARD!



## TRUSTEE REPORT

### Trustee Report

It's that time of year again 91st Annual House of Delegates will be taking place in Troy, Michigan on **October 17-19, 2014**. We will be staying at the Troy, Marriott. This annual meeting has been taking place since 1923 and is the cornerstone of the Association's business for the upcoming year. A CE class will be offered on Friday, October 17, 2014 topic is TBD. There will be four delegates representing Macomb but all MDHA members are welcome to join us. If you would like to submit any changes to the HOD Policies, MDHA Bylaws or HOD Standing Rules, you have until **September 17<sup>th</sup>** to submit PBYS and until **September 27<sup>th</sup>** for PRs. You can find these documents on the website - [www.mdhatoday.org](http://www.mdhatoday.org) - under Members, then Reference Materials. HOD is where we vote on new policies and bylaws; so if you'd like to make changes now is the time. We will be also voting on a new President, Vice President and MDHA Delegates to the ADHA. Look forward to seeing you!!

The next Board of Trustee Meeting will be **September 13-14, 2014**. At this meeting the board will be reviewing the budget, proposed bylaws and resolutions and any further information to make HOD run smoothly.

ADHA Annual Meeting next year will be on **June 17-23, 2015** in Nashville, TN. I encourage you all to attend at least one Annual Session it truly is a great experience.

I will keep you updated on any new information from MDHA/ADHA.

Sincerely,  
Saska Vitanoski  
Macomb Trustee  
[sassysaska@yahoo.com](mailto:sassysaska@yahoo.com)





# SEPTEMBER WELCOME MEETING

TUESDAY SEPTEMBER 30, 2014

ITALIAN AMERICAN CULTURAL CENTER  
6-9 PM

Soup, Salad with Grilled Chicken  
Various Desserts  
(meals are not confirmed)



Angelo DiMaggio, PT, Diplomate MDT  
Certified Spine Therapist

CEO, American Headache Institute  
Head, Neck, & Facial Pain Treatment Center  
Rochester Hills, MI

PAIN  
MANAGEMENT

Mr. Angelo DiMaggio has been in practice for over 30 years. He has devoted the past 25 years exclusively to the treatment of spinal pain.

Mr. DiMaggio is a nationally renowned lecturer; he presents a new system of spine care with a series of six spine seminars he has developed. Through major medical centers and universities, he has conducted over 500 seminars and instructed more than 10,000 medical practitioners and physicians. Seeking to address the needs of his patients suffering from headaches, migraines, TMJ, neck and orofacial pain, he has devoted 4 of his 6 seminars to deal exclusively with the treatment of these conditions. Mr. DiMaggio's passion for helping those who suffer from severe, unresponsive head, neck, and facial pain is seen by his willingness to train others. He now turns his commitment to the creation of treatment centers nationwide which utilize his highly specialized, scientific-based treatment system.

*This lecture will present both scientific evidence supporting the cervical spine in the production of TMJ and orofacial grinding, bruxism, headache, migraines perplexing symptoms of the face and how based cervical spine care can assist in relieving TMJ and orofacial pain.*

## TITLE

Expanding Your Dental Services:  
New Evidence-Based Solutions for  
Clenching, Grinding, and  
Unexplainable TMJ & Tooth Pain  
as Related to the Cervical Spine

## OBJECTIVES

- Be up-to-date on cutting edge cervical spine research for the production of face and head symptoms.
- Have a clearer understanding of cervical neuroanatomy, pathology, and biomechanics as they relate to tooth and facial pain.
- Appreciate the safe and effective application of cervical biomechanics through posture correction and movement analysis with a live patient demonstration.
- Be able to conduct a 2 minute cervical history & examination which can help you reveal a dental patient's cervical involvement.

## JANUARY 2015 DINNER MEETING

DR. JEFFERY JOHNSTON

JANUARY 15, 2015 EVENING SEMINAR

DINNER TBD (PROBABLY MR. PITA)

6-9PM

DR. JOHNSTON ATTENDED MICHIGAN STATE UNIVERSITY TO MAJOR IN MICROBIOLOGY. HE RECEIVED HIS DDS IN 1982 AND A MASTERS DEGREE IN PERIODONTOLOGY IN 1986 FROM THE UNIVERSITY OF MICHIGAN. HE BEGAN HIS ACADEMIC CAREER AS AN ASSISTANT PROFESSOR AT NAGASAKI UNIVERSITY SCHOOL OF DENTISTRY IN NAGASAKI, JAPAN.

DR. JOHNSTON IS A DIPLOMATE OF THE AMERICAN BOARD OF PERIODONTOLOGY AND A FELLOW IN THE AMERICAN COLLEGE OF DENTISTS, INTERNATIONAL COLLEGE OF DENTISTS, PIERRE FAUCHARD ACADEMY AND INTERNATIONAL CONGRESS OF ORAL IMPLANTOLOGISTS. HE IS A CERTIFIED DENTAL EDITOR AND IS THE PAST EDITOR OF THE JOURNAL OF THE MICHIGAN DENTAL ASSOCIATION, PAST PRESIDENT OF THE MACOMB DENTAL SOCIETY, THE MICHIGAN PERIODONTAL ASSOCIATION, AND THE MICHIGAN DENTAL ASSOCIATION. DR. JOHNSTON CURRENTLY SERVES AS TRUSTEE TO THE AMERICAN ACADEMY OF PERIODONTOLOGY AND IS A MEMBER OF THE JOURNAL REVIEW COMMITTEE. HE IS THE AUTHOR OF NUMEROUS SCIENTIFIC PUBLICATIONS AND HAS LECTURED EXTENSIVELY ON THE TOPICS OF PERIODONTICS AND IMPLANT DENTISTRY.

DR. JOHNSTON MAINTAINS A PRIVATE PRACTICE LIMITED TO PERIODONTICS AND IMPLANT DENTISTRY. HE IS ALSO ADJUNCT CLINICAL ASSISTANT PROFESSOR / DEAN'S FACULTY AT THE UNIVERSITY OF MICHIGAN, SCHOOL OF DENTISTRY, DEPARTMENT OF ORAL MEDICINE AND PERIODONTOLOGY.

### COURSE OBJECTIVES:

#### GENETICS IN PERIODONTOLGY

REVIEW THE DIAGNOSTIC CLASSIFICATIONS AND CRITERION OF THE PERIODONTAL DISEASES

REVIEW THE HISTORY OF GENETIC STUDIES

DISCUSS THE GENETIC MECHANISMS OF PERIODONTAL LOSS\

REVIEW THE FINDING OF THE "RISK STRATIFICATION" IN J DENT. RESEARCH BY GIANNIOLE ET AL.

REVIEW THE INSURANCE INDUSTRIES RESPONSE AND ORAGANIZED DENTISTRY'S RESPONSE

LOOK AT THE FUTURE OF GENETIC RESEARCH I PERIODONTOLOGY

# MARCH 20, 2015

## ALL DAY SEMINAR

8:30-12 PM

AM SESSION  
PUBLIC HEALTH HYGIENIST

### CHRIS FARRELL

Christine Farrell is the Oral Health Director for the Michigan Department of Community Health's Oral Health Program. She has been employed by the MDCH for over 26 years.

Chris served 22 years in the Medicaid policy area and has been the Oral Health Director since June, 2010.

She has a wealth of oral health knowledge at both the state and federal levels and a great deal of experience advising MDCH's public health staff and public health partners on a vast array of program, financial and administrative issues related to oral health.

As Oral Health Director, she is responsible for overseeing and promoting the State of Michigan's Oral Health program. Her duties include ensuring the program effectively educates the public about oral health issues as well as the implementation of preventive activities to improve the oral health of Michigan residents throughout their lifetime.

In addition, she is adjunct faculty in both the UM School of Dentistry eLearning Dental Hygiene Degree Completion Program and the Master of Science Dental Hygiene Program.

Chris received both her bachelor's degree in dental hygiene and master's degree in public administration from the University of Michigan.

#### Objectives:

Provide new information and updates on career paths for dental hygienists

Discuss educational opportunities and degree options available

Provide overview of resume building and interview process

Discuss direct workforce models and future impact on dental hygiene workforce

**BREAKFAST: SCRAMBLED EGGS, HARD BOILED EGGS, EGGS WITH CHEESE, BACON**

**FRUIT, PASTRIES, CROISSANTS**

**LUNCH: SALMON OR COD, CHICKEN, SALAD, VEGGIE, PASTA, ASSORTED DESSERTS**

**AFTERNOON SNACK**    meals are not confirmed

# NUTRITION-CONSIDERATIONS IN DENTAL HEALTH

pm session

1-4PM

NANCY A RAYMOND, MSMS, MS, RDN, FAARFM

I AM AN INTEGRATIVE AND FUNCTIONAL MEDICINE DIETITIAN - NUTRITIONIST, AN EXERCISE PHYSIOLOGIST, AN ADVANCED FELLOW IN ANTI-AGING, REGENERATIVE AND FUNCTIONAL MEDICINE, AND HAVE AN MS IN MEDICAL SCIENCES (CONCENTRATION IN METABOLIC NUTRITION AND MEDICINE) FROM USF SCHOOL OF MEDICINE. I WORK WITH: ADRENAL HEALTH/ ADRENAL FATIGUE, CANDIDA, CANCER NUTRITION, CHRONIC FATIGUE, DETOXIFICATION PROGRAMS, MOOD PHYSIOLOGY, FIBROMYALGIA, FOOD ALLERGIES, GLUTEN INTOLERANCE, GUT ISSUES, HIGH CHOLESTEROL/ DYSLIPIDEMIAS, HIGH BLOOD PRESSURE METABOLIC SYNDROME AND DIABETES, MIGRAINES, OBESITY AND NATURAL WEIGHT LOSS PROGRAMS, OBESITY RELATED HEALTH ISSUES, OSTEOPENIA/ OSTEOPOROSIS, STRESS MANAGEMENT, EXERCISE GUIDANCE AND LIFESTYLE MODIFICATION, AND MORE.

MY GOAL IS TO BRING EXCELLENCE AND CARING TO ALL THAT I DO AND TO ENDEAVOR TO PROVIDE YOU WITH A UNIQUELY EDUCATIONAL AND EMPOWERING EXPERIENCE . FUNCTIONAL MEDICINE IS NOT ABOUT WHAT THE DISEASE IS, IT IS ABOUT FINDING OUT WHY THE PERSON HAS THAT DISEASE.

I ASSESS HOW YOUR HISTORY, GENETICS, PHYSIOLOGY, ENVIRONMENTAL FACTORS AND LIFESTYLE CHOICES HAVE WORKED TOGETHER TO TRIGGER THE "CAUSES" OF YOUR SYMPTOMS. SPECIALIZED TESTING INCLUDES: FOOD ALLERGY/ GLUTEN , NUTRITIONAL DEFICIENCY/ ADVANCED CARDIOVASCULAR RISK MEASURES, MTHFR/ APOE GENOTYPING, GUT DYSBIOSIS, NEUROTRANSMITTERS, BODY COMPOSITION MEASURES, BMR (BASAL METABOLIC RATE) MEASURES AND MORE.

## OBJECTIVES

**AT THE END OF THIS SEMINAR, THE DENTAL HYGIENIST SHOULD BE ABLE TO:**

LIST HEALTHY EATING AND HYDRATION PRINCIPLES.

DEFINE HEALTH CARBOHYDRATES, PROTEIN AND FATS AND THE ROLE THEY PLAY IN ORAL AND DENTAL HEALTH.

UNDERSTAND THE ROLES AND FUNCTIONS OF MAJOR NUTRIENTS — VITAMINS, MINERALS AND ANTIOXIDANTS- AND THE SYMPTOMS OF DEFICIENCIES.

RECOGNIZE HOW NUTRITIONAL DEFICIENCIES AFFECT ORAL HEALTH AND DISEASE.

UNDERSTAND FACTORS THAT AFFECT FORMATION OF DENTAL CARIES INCLUDING STRUCTURE OF THE JAW AND ORAL CAVITY AND TEETH; ORAL HYGIENE PRACTICES; THE ROLE OF DIETARY FACTORS INCLUDING BACTERIA, ACIDIC FOOD AND ACID FORMATION.

IDENTIFY SPECIFIC DIETARY CONSIDERATIONS FOR DIFFERENT STAGES OF THE LIFECYCLE.

UNDERSTAND BASIC NUTRITION COUNSELING RECOMMENDATIONS FOR YOUR PATIENTS.



# NEW SEMINAR OFFERING

WEDNESDAY MAY 13, 2015

AMANDA SLAWTER

6-9PM

**TACO BAR**

## MOTIVATIONAL INTERVIEWING

**Upon completion of this course, the dental professional should be able to:**

- ☐☐☐☐☐☐☐ Describe the roles of ambivalence and patient engagement in patient oral health behavior.
- ☐☐☐☐☐☐☐ Describe the primary differences between traditional patient education and a patient-centered approach aimed at behavior change.
- ☐☐☐☐☐☐☐ Identify which clinical cases have shown positive responses from brief motivational interviewing (MI) in oral health.
- ☐☐☐☐☐☐☐ Describe the fundamental spirit, guiding principles and strategies of Brief MI.
- ☐☐☐☐☐☐☐ Recall the basic strategies of brief MI skills as demonstrated in the video segments.

AMANDA SLAWTER IS CURRENTLY A TERRITORY MANAGER FOR PROCTER AND GAMBLE PROFESSIONAL ORAL HEALTH. SHE HAS BEEN WITH PROCTER AND GAMBLE FOR 8 YEARS, REPRESENTING THE CREST/ORAL-B BRAND. PRIOR TO THAT, SHE SPENT 6 YEARS WITH THE GILLETTE COMPANY, REPRESENTING ORAL-B.

DURING THIS TIME, AMANDA HAS ALSO BEEN A FIELD SALES TRAINER, DONE CLASSROOM TRAINING FOR NEW HIRES AND THE CONSUMER PRODUCTS GROUP, HAS BEEN A LIAISON BETWEEN THE FIELD AND CORPORATE — HOLDING ROLES ON THE NETWORK TEAM, THE SIMPLIFICATION TEAM AND THE TECHNOLOGY TEAM. AMANDA ATTENDED THE UNIVERSITY OF MICHIGAN, WHERE SHE OBTAINED A BACHELOR'S DEGREE IN COMMUNICATION, WITH A MINOR IN PHILOSOPHY.

SHE WORKS WITH BAKER COLLEGE AND MOTT COLLEGE, IS THE CONTACT PERSON FOR THE MDHA AND THE MDA AND ALSO WORKED WITH VARIOUS LOCAL ORGANIZATIONS AND DISTRIBUTORS.

IN HER SPARE TIME, AMANDA PLAYS TENNIS AND COACHES HIGH SCHOOL GIRLS' TENNIS IN THE SPRING.

**MEALS ARE NOT CONFIRMED**

*Congratulations!*

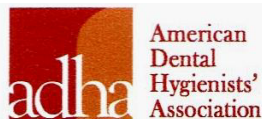
Jan Popowich -  
RETIRED, YEH!  
MAY  
2014



& **CONDOLENCES**



JENNIFER SUMINSKI'S  
GRANDPA PASSED AWAY  
8-14-14



Unleashing Your Potential

Join. Participate. Benefit. Succeed.

Call or log on today

(312) 440-8900 | <http://membership.adha.org>

Membership Form

**Member Information**

Name		Email	
Address		Daytime Phone (include area code)	
City	State	Zip	Evening Phone (include area code)
Dental hygiene school attended:		State	Year of Graduation

Highest educational level attained: ☐ Certificate ☐ Associate ☐ Baccalaureate ☐ Master's ☐ Doctorate

Circle Your Credential: RDH LDH Other: Current License # State:

To qualify for Active membership, you must have been granted a license to practice. Applications received without a license number will not be processed.

**Membership Demographic Information**

In an effort to learn more about ADHA members, we would appreciate your assistance with the following information:

Gender: ☐ Female ☐ Male Birth Date: Ethnicity (optional):

Hours worked per week in Dental Hygiene:

Primary Position (check one): ☐ Clinician ☐ Educator ☐ Public Health ☐ Researcher ☐ Administrator/Manager ☐ Other

State(s) in Which You Hold Current License(s): License Number(s): Year(s) Issued:

**Annual Dues**

ADHA	\$175.00
Constituent*	\$ 98.00 - MI DHA
Local component*	\$ 10.00 - _____
<b>Total</b>	<b>\$ 283.00</b>

\*ADHA bylaws require all active members belong to national (ADHA), constituent (state) and component (local area) organizations.

Contact ADHA Member Services for correct constituent and component dues amounts (312) 440-8900.

Dues are not deductible as a charitable contribution for federal income tax purposes. They may be deducted as a business expense.

**Method of Payment**

- ☐ I am enclosing a check payable to ADHA for the amount of my annual dues. (see Total)
- ☐ Please charge my annual dues to my credit card. (see Total)
- ☐ Please enroll me in the Quarterly Payment Plan using my credit card. (see Total plus additional \$12.00 processing fee)

\*Renewing members must opt-into the quarterly payment plan online using your existing membership account.

Visit <http://payments.adha.org> for more information on available payment options

Card Number

/ ☐ VISA ☐ MasterCard

Expiration Date

Signature

**Send Application to****Mail** 444 North Michigan Avenue, Suite 3400, Chicago, IL 60611**Phone** (312) 440-8900**Apply online** at [www.adha.org](http://www.adha.org)**DUES ARE NONREFUNDABLE**

- ☐ I understand that by providing us your credit card information, you hereby agree that ADHA may automatically renew your membership each year by charging the applicable membership dues fee directly to your credit card. Your membership fee will be charged on an annual or quarterly basis according to the manner you have indicated. Please ensure we have updated credit card information so the renewal may be processed. If you do not wish to have your dues automatically renewed each year, you may opt-out next year.

ANYONE WANTING TO POST CONGRATULATIONS, CONDOLENCES OR ANY PERTINENT INFORMATION PLEASE CONTACT ME, SANDY FRANKLIN AT [mddhseditor@yahoo.com](mailto:mddhseditor@yahoo.com).

ANYONE HAVING ANY GET WELL, CONDOLENCES OR CONGRATULATIONS THAT SHOULD REQUIRE CARDS TO BE SENT FROM MDDHS, PLEASE CONTACT [JAN POPOWICH AT JANP2@WOWWAY.COM](mailto:JANPOPOWICH@WOWWAY.COM)

MACOMB  
DISTRICT  
DENTAL  
HYGIENISTS'  
SOCIETY

***UPCOMING EVENTS AND REMINDERS***

- SEPTEMBER 30, 2014 WELCOME MEETING **6-9PM**
- OCTOBER 10, 2014 PRE-HOD MEETING
- OCTOBER 19-21, 2014 HOUSE OF DELEGATES TROY MARRIOTT
- NOVEMBER 1, 2014 NEWSLETTER SUBMISSION DEADLINE
- BUDGET MEETING MONDAY NOVEMBER 4, 2014 6:30 PM OLGA'S VAN DYKE
- JANUARY 15, 2015 EVENING MEETING DR. JEFF JOHNSTON 6-9
- FEBRUARY 1, 2015 NEWSLETTER SUBMISSION DEADLINE
- MARCH 20, 2015 ALL DAY SEMINAR
- MDDHS/MDS JOINT MEETING DATE TBD (MARCH OR APRIL)
- APRIL 2015 CPR REFRESHER COURSE AT OLSEN'S DENTAL LAB- DATE TBD
- MAY 13, 2015 EVENING MEETING AMANDA SLAWTER 6-9
- AUGUST 1, 2015 NEWSLETTER SUBMISSION DEADLINE

VISIT OUR WEBSITE FOR UPDATES [HTTP://MDDHS.TRIPOD.COM](http://mddhs.tripod.com)

TO RECEIVE MDDHS E-NEWS, PROVIDE NAME AND E-MAIL TO [MDDHSEditor@Yahoo.com](mailto:MDDHSEditor@Yahoo.com)