

GREATER DETROIT DENTAL HYGIENISTS' ASSOCIATION



President's Address

Sandy Sutton, RDH, BSDH

Thinking back to March of this year, when COVID-19 entered our lives, some of us believed it couldn't really be happening. Eventually, that morphed into "how can this be happening" and then "why won't it stop?" Now, here we are. It's December and many of us may not want to look at the year behind us, but instead, at the year in front of us. We have harsh realities to face, but so far we have changed and adapted to all that's been thrown at us.

I was recently encouraged when hearing that none of the current hygiene students at Oakland Community College dropped the program due to COVID-19 fears or the programs' difficulty in not being able to meet live. Seeing K-12, college, and graduate students adapting to a new way of learning gives a boost to my cloudy days. It's how we learn to persevere and overcome challenges and difficulties, that make us the strong, yet flexible people we are.

Lead by example. We are teaching others around us not to complain, but to keep moving forward. Not everything is horrible, we still have good around us if we look. We can't see each other in person, but we can FaceTime, Zoom, and use numerous amounts of other meeting platforms that allow us to see and talk to each other. Here's a lost art...

write a letter or send a card. For this one, I hear my Aunt's voice telling me to, "Read a book!"

It may sound corny, but it's true- count your blessings- all the good things! Here is one of mine: I've found that meeting by Zoom means I don't have to run all over the place for CE's and meetings. It's a big-time saver since I tend to either get lost or go to the wrong location (no laughing those of you who have received my distress calls from the wrong library).

As Scarlett O'Hara said, "Tomorrow is another day", we need to look forward to that promise of something new and better.

With you for the long-haul,
Sandy Sutton



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Unpacking the HOD

Michigan has completed its 1st Virtual House of Delegates! I'd like to thank all of the delegates and alternates who worked diligently all weekend on voting for our new executive board and wording the proposed resolutions for our bylaws. Once the final versions are available from Central Office they will be shared for all of you to see.

We have many things to celebrate and share as a profession and a component. With so many to name, it might be better to list them out-

1. Induction of President: Michelle Spencer, Vice President: Erica (Dopp) Smith, and President Elect: Elizabeth Pitt
2. Speaker of the House (2-year term)- Sandy Sutton
3. Elected ADHA Delegates- Dawn Baker, Samantha Mishler, Alternate- Sandy Sutton
4. Nine PR's were reviewed and deliberated over-
5. New Trustees were seated-
6. New committee chairs were named-* we need 1 member of our component to serve on each of the committees!

With virtual connections across the state from delegates representing all of the components, we were able to hold most of our "normal" HOD activities. We did miss the PAC activity but did our best on a President's Dinner for Danielle by the executive board. By having the executive committee together in one area, it made some of the virtual production tasks easier to accomplish. It was nice to see some of the other delegates "socially-distancing" together! We did our best to watch for delegates who wanted to speak on the PR's and feel positive that we reached that goal. At the end of the day, we have another HOD completed, successfully!

Thank you all for everything you do-

Sandy Sutton, RDH, BS

GDDHA President

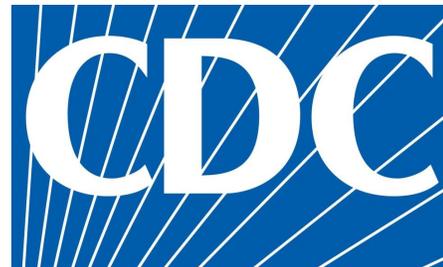


The New Normal @ Work

A helpful link and websites to visit for information/guidance to keep us working safely

[American Dental Association updated guidelines for safe work practice](#)

**[Information on COVID-19 VACCINE](#)



THE HYGIENE CORNER

“Teamwork”

In my opinion, hopefully, one of the positive fall outs of Covid-19 will be better relationships between dentists and dental hygienists.

I would like to start by giving tribute to my mentor, *Dr. John Mills* who helped me become an accomplished hygienist. Dr. Mills retired at the end of August 2020.

I started working for him 24 years ago when he purchased my former employers’ practice, Dr. Stephan Masty.

One day while working for him, I saw him standing at the door of my operatory observing me. After a short while, I asked, “Can I help you”? He said, “I didn’t know you knew how to root plane”. He encouraged me frequently with positive comments. One being, “Don’t you hygienists know if you sharpen your instruments daily your job will be so much easier”? I had just started working five days of hygiene, so why not make my job easier!

He encouraged me to take CE classes from periodontists and provided numerous CE opportunities with the best periodontists in the U.S. One day he asked what I had learned. I answered that total debridement of the root surface was necessary.

He helped me learn sharpening techniques and purchased every sharpening system and instrument requested, because I produced quality and quantitative root planing and scaling procedures. We worked well together and provided 90% improvement in periodontal treatment!

I work a full week and only replace my instruments twice a year. I sharpen every day, almost every patient. When you sharpen you are bringing back the knife sharp edge, ***whether you sharpen daily, weekly, or monthly you still take the same amount off the blade of the instrument.*** The only difference is the longer you wait the more you burnish the calculus onto the surface making it harder to remove at the next visit. There is research now that says the bone destroying bacteria ***ONLY*** lives in burnished calculus! A few of the instrument companies offer sharpening service now. What a great opportunity!

We have found at Legacy Dental Group that if you achieve a smooth root surface during root planing and scaling, instruct proper home care and find the appropriate recall appointment, ***ALL*** your patients will improve!

Thank you, Dr. Mills, for providing me the time, encouragement, financial and emotional support to help me be the best that I can be. My mother raised me by these words, “Do the best you can do!” Dr. Mills allowed me to do that.

I will miss him but am happy for Dr. Mills to enjoy his retirement years, golfing, spending more time with grandchildren and his wonderful wife Kerry. Kerry, by the way, worked the front desk at our office for many years and was also very supportive of any request that I might have.

I got an email, two days before I went back to work after the shutdown, explaining that patients with periodontal disease were more likely to get **COVID**. This motivated me to go back despite the risks I was taking. So, what better time to up our periodontal and gingivitis programs to provide optimal care! With *exceptional teamwork* this is possible and we can greatly improve the oral health of our patients! Thank you so much, Dr. Mills.

Karen Lawson RDH, OCDS Business Manager

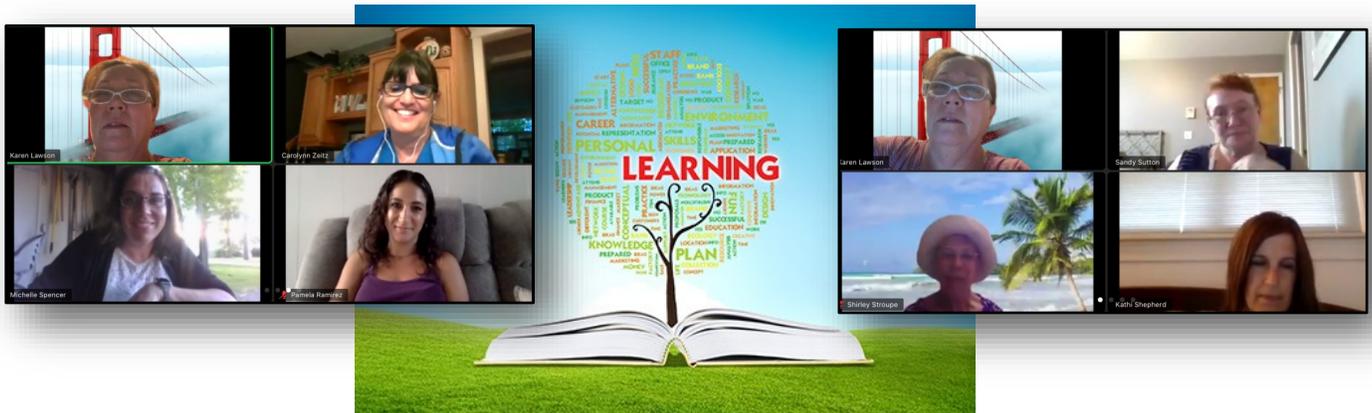


Continuing Education 2020-21

All CE meetings will be online ZOOM format

- ⇒ Thursday 2/25/2021 6:30-8:30PM “Children and Airway” Dr. Maureen Kuhta & Keisha Nolan M.A., CCC-SLP, COM 2CE
- ⇒ Wednesday 3/24/2021 6:30-8:30PM “State of Michigan Dental Therapists: The Educational and Licensure Process” Kathi Shepherd, RDH, MS & Jan Miller, RDH, BS 2CE
- ⇒ Thursday 5/13/2021 6:30-8:30PM “The Latest Trends in Orthodontics” Dr. Andrew DeHaan 2CE

Please Register online [CE ZOOM REGISTRATION](#)



CPR RENEWAL

Did you know that, if audited, and your CPR is not up to date you will be faced with a stiff fine?

As an RDH our CPR certification must be BLS for Healthcare Professionals and we must have AED Training.

Please visit gddha.com for information on CPR renewal. This course meets all the requirements and the certificate is good for two years!



GDDHA *Virtual Business Meetings 2020—2021

The 'door' is always open. We invite all members, those interested in joining our organization, and students to see how business is conducted!

Thursday January 14, 2021

Business Mtg

7 pm—8:30 pm

Zoom

Thursday March 18, 2021

Business Mtg

7 pm—8:30 pm

Zoom

Wednesday May 19, 2021

Business Mtg

7 pm—8:30 pm

Zoom



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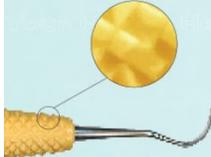
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EDUCATION IS WHAT UNITES US

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 - Prevention on High-Risk Areas
- Caries Risk Assessments
- Patient Centered Communication Skills

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- Hypoallergenic Fluoride Varnish
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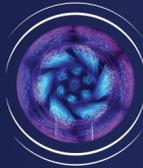
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