



OUTLOOK

British Columbia Dental Hygienists' Association



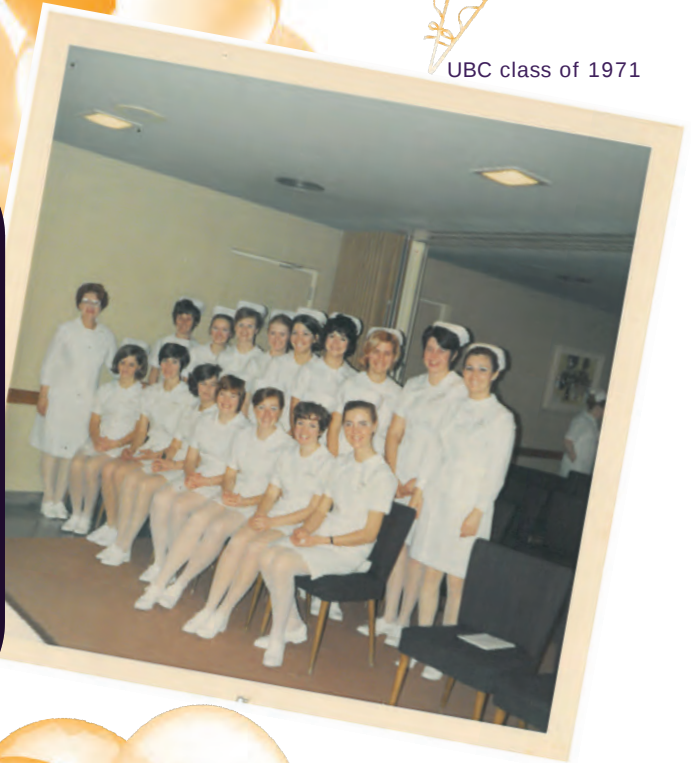
Your connection to a growing, vibrant professional community

BCDHA's 50th Anniversary Edition!

UBC class of 1971



Nanaimo Meeting hosted by Board member and BCDHA Chair Brenda Morris (inset)



1998



1st Newsletter 1966



2013



1st BCDHA logo by Casseda Parsons 1979

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Your Association...



Chair's Message by Brenda Morris

When I began my career as a dental hygienist back in the 90's I had little idea of where those first steps would take me. After years of books, tests, and practice clients, I was finally a licensed health care "professional". I was nervous about what my first day would be like, but I remember glowing with a sense of pride and accomplishment at being part of the dental hygiene profession. At the time I believed that the role I played and the outcomes from my work would be solely based on individual clients. I never dreamed that what I was doing might go beyond the client and impact the health of communities, health care policies, and the dental hygiene profession.

Being on the Board of Directors of BCDHA provides me with a more visible role in the "larger picture", but what I have come to understand is that *all* hygienists contribute to increasing the visibility and value of the profession. By providing quality care for clients, working collaboratively with other health care professionals, speaking to political leaders and sharing your dental hygiene expertise with anybody who will listen, you help to improve the dental knowledge and oral health for individual clients, communities, our province and our country.

Banding together through membership

with BCDHA and CDHA brings strength and power to the voice of dental hygienists at local and global levels. The power of this membership has led to national dental hygiene competencies to ensure registered dental hygienists have the skills to provide quality dental hygiene care.

members by connecting them with others who share their vision and can support their practice.

As the number of hygienists practicing in BC grows, so does the number of independent practicing dental hygienists. This brings with it an increasing need for independent practice support. BCDHA has responded by providing a page on our website that contains resources such

as a "Guide to Running a Dental Hygiene Practice in BC" and "Resources for Running a Small Business in BC". We also have an independent practice consultant at the BCDHA office if hygienists need a voice of experience to support their career goals. Professional development courses and modules are another key benefit of membership, along with access to superior liability insurance coverage that continues to offer you protection even after retirement. What else is BCDHA doing?

BCDHA and CDHA celebrated our 50th anniversaries, and it is evident that pride in our profession continues to grow. Celebrations at the Pacific Dental Conference and smaller events were held across the province. We had opportunities to meet and celebrate with dental hygiene pioneers who shared stories of

(Continued on page 3)



PDC & AGM Celebrations

Our strength fuels change such as the creation of pathways to become 365 exempt in BC. It supports advocacy for high risk populations who face barriers to oral health by expanding our ability to provide much needed services. And it supports

where we have come from (meetings in basements), and students who shared with us their vision of the possibilities of the dental hygiene profession (riding the stars).

The accomplishments over the last 50 years and the goals we have for moving forward could not become reality if we did not have a mechanism of sharing our ideas, knowledge, passion and voice. The mechanism is membership!

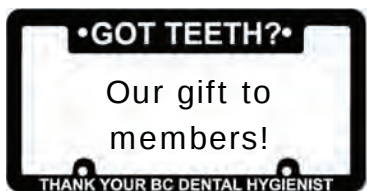
Membership is also the foundation of the BCDHA Board of Directors. The

board is comprised of members just like you, who work on your behalf to move the dental hygiene profession forward. Directors serve two year terms, to a maximum of four terms. They are nominated and elected by BCDHA members within geographical boundaries. They are accountable to you, so let them know what you think. You can contact BCDHA directors and executives by emails (see website) or share your thoughts with us at our Annual General Meeting. We need your help to stay up to date with current trends impacting your dental hygiene practice, so please share your thoughts with your professional

association. You can also follow BCDHA on Twitter, Facebook and now on Instagram. So keep it up. Hygienists in BC have empowered the evolution of our profession over the last 50 years, and the future of dental hygiene depends on the vision we carry forward. Let's continue to celebrate who we are and the impact we have on improving the oral and overall health of individuals, communities, provinces and nations. •



Peace Area meeting hosted by Board member Tammy Gulevich (bottom left)



GOT YOUR LICENSE PLATE FRAME?

You can obtain your free license frame in the following ways:

Pick up from the BCDHA office located at #307 – 9600 Cameron Street in Burnaby between the hours of 9 am – 4 pm Monday thru Thursday.

If you know of two or more members who have not yet received their gift, email BCDHA at info@bcdha.bc.ca with the names and one central address to which the license frames can be mailed.

Did you know?

The professional negligence insurance policy included with your 2013-2014 BCDHA/CDHA membership expires December 31, 2014.

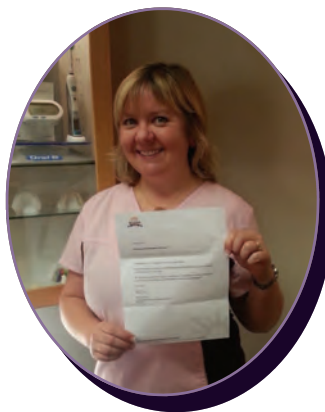
Last year the College of Dental Hygienists of BC referred 60 dental hygienists to the Inquiry Committee for failing to have valid professional Negligence insurance.

Don't let this happen to you!

Renew your BCDHA /CDHA membership today.

Visit www.cdha.ca/renew

Contest Winners



Cilla Watkins won the DVD Quarterly subscription at TODS



Samantha Woo won a \$50 Visa Gift Card in the 50th Anniversary Monthly Prize Draw for October sponsored by Sunstar

Bulletin Board



Call for Nominations for the 2015 Barbara J. Heisterman Award

The BCDHA Board of Directors is pleased to call for nominations for the "Barbara J. Heisterman Award for Outstanding Innovation and Commitment to Care".

This award is given annually to a BCDHA member who exemplifies the outstanding and unique attributes and values of Barbara J. Heisterman, British Columbia's first mobile residential care dental hygienist.

Do you know a dental hygienist who:

- Practices ideas that provide improved access to dental hygiene care and innovative delivery of services;
- Demonstrates courage in pioneering new ideas;
- Mentors other dental hygienists, and
- Shares practice expertise with others?

If you have a colleague that you think is deserving of the award, you are encouraged to nominate them for the 2015 Barbara J. Heisterman Award.

To review the complete criteria for this award and/or to nominate a deserving dental hygienist go to:
www.bcdha.com > Professional Resources > Grants & Awards.

Deadline for nominations is December 31, 2014



The smash hit Broadway musical
Disney's Beauty and the Beast
is coming to Vancouver!

February 3 – 8, 2015

Order your discounted tickets today.

Go to the BCDHA website > Professional Resources > Corporate Offers

Do you know a deserving dental hygienist?

If so please nominate him / her for one of these BCDHA Awards offered.

• **Barbara J. Heisterman Award**
Deadline December 31st annually.

• **Dianne Gallagher Inspiration Award** - Deadline May 15th annually.

• **Life & Honourary Membership**
Deadline September 8th annually.



BCDHA Photo Contest

Send us a unique photo of your
'Got Teeth' license frame
for a chance to win a \$100 gift card.

Email us your photo at outlook@bcdha.bc.ca by
January 5, 2015 to be eligible for the draw.

Photos received will be posted on our website.

Sponsored by Sunstar



2014 Diane Gallagher Inspiration Award

Dianne Gallagher



The British Columbia Dental Hygienists Association created the Dianne Gallagher Inspiration award in honour of Dianne Gallagher, a dental hygienist who gave selflessly to her profession for more than 40 years. Through her dedication, Dianne inspired many dental hygienists in British Columbia and across Canada. She was a role model to thousands, and mentored and nurtured the role models of the future. Dianne passed away in January 2013.

This award is presented annually, and recognizes and honours a dental hygienist or dental hygiene student who has challenged or inspired other dental hygienists to make their personal and/or professional futures better.

Following a general call for nominations, BCDHA received nominations for four very worthy candidates. After reviewing the submissions, the Board of Directors selected Heather Cooper of Nanaimo, BC as the recipient of this year's award.

Below is an excerpt from the nomination letter received from Heather's colleague Mag Grant.

Heather has been a dental hygiene visionary ever since graduating 18 years ago. Upon graduation Heather wrote board exams for Canada, Australia and the USA. Utilizing her Australian license, Heather travelled to Australia to work and experience life. Following her return to Canada, specifically Vancouver Island, Heather began what truly is an inspiring and admirable career in oral health care.

Developing a foundation working within general practice, Heather took her ambition and vision for oral health care to a private setting. Opening Nanaimo British Columbia's first and only Dental Hygiene private practice has allowed Heather to reach out and care for those whom have dental

anxieties related to traditional dental settings.

Heather is a true community advocate; Dental Hygiene services and care do not stop at the physical address for Harbour City Dental Hygiene. Having compassion for the needs of those unable to attend an appointment in person, Heather provides mobile care services to numerous home bound patients and ten long term care facilities. Nanaimo is surrounded by many First Nations Reservations; two for which Heather provides treatment and education.



Recipient Heather Cooper receives award from Brenda Morris, BCDHA Chair (L)

Working to promote all pillars of the Dental Hygiene Scope of Practice, Heather has introduced a community program which aims to help mothers deliver healthy babies by providing free dental hygiene treatment necessary during pregnancy to achieve optimal health.

Volunteerism is a well-used verb in Heather's professional and personal life. Heather has joined the well-established Kindness in Action group for two trips, one to Guatemala in 2011 and another to Ecuador In 2012. During these trips Heather was

inspired to look closer to home and investigate how to be proactive to improve the quality of life of those on Vancouver Island living in remote communities not accessed by regular care.

In 2012, the Share a Smile Society was proposed. The initial concept for this society was to provide oral health care services to communities with remote access. With exemplary vision, Heather approached colleagues to form a six-person interdisciplinary board of directors in order to establish a not-for-profit organization. The Share a Smile Society now accesses and cares for the small communities on the Northwest of Vancouver Island.

Heather Cooper has managed in 18 years to selflessly, professionally and passionately provide health promotion, education, and clinical evidence-based therapy in multiple environments all through innovation and promotion of the Dental Hygiene profession.

Through nominating Heather Cooper for the Dianne Gallagher Inspiration Award it is my intention to express gratitude towards Heather for being a leader whom not only leads but encourages leadership and advocacy. I feel honored to know and work alongside this exceptional human being.

It is with great pleasure that BCDHA recognizes the contributions and accomplishments of Heather Cooper, a very deserving recipient of the 2014 Dianne Gallagher Inspiration Award. •

BCDHA Member Grants



Previous Grant recipient
BCDHA member Mara Sand

Do you have an event or project planned for 2015?

BCDHA has allocated funds to provide financial support to our members, or groups of members who undertake activities that will serve to raise the profile of the profession and to increase the public's understanding of the dental hygiene profession.

Any **Full, Life, Entry-to-practice or Student** member may apply for funding to assist them in developing a project, program or activity.

To qualify for funding, projects must support the Association's strategic goal to increase the public's awareness and visibility of our profession.

For more details and grant application forms visit the BCDHA website >Professional Resources > Grants & Awards.

Submission deadline is March 16, 2015.

Start planning

National Dental Hygienists' Week April 5 - 11, 2015

BCDHA will be distributing NDHW bookmarks

"Your Total Health Begins with Your BC Dental Hygienist"

to all BC Library branches throughout the province. Consider reserving a space at your local library for an oral health display or education session. Let us know how we can help you!

If you would like to be involved contact the BCDHA office at 604.415.4559 / 1.888.305.3338 or info@bcdha.bc.ca.

February 7, 2015



Gift from the Heart (GFTH) is a day set aside for dental hygienists across Canada to provide no cost oral health services to those in need. It's also a day to increase stakeholder's awareness of just how many people face access to oral healthcare barriers in our province, and the important role that BC dental hygienists can play in addressing their needs. Sign up as soon as possible to qualify for GFTH sponsored oral care products support. Watch your email for information on BCDHA's free webinar about GFTH.

TOGETHER we can make a difference... One Smile at a Time

Visit www.giftfromtheheart.ca

BCDHA

Annual General Meeting

The 51st Annual General Meeting of the British Columbia Dental Hygienists' Association will take place on February 14, 2015.

Location to be announced.

More details to follow... watch your emails!



Best wishes for a wonderful Holiday

Season and a very Happy New Year.

From the BCDHA staff



Reflections on Practicing in a Small Town

by Tammy Gulevich, RDH

Northern BC Director

When I look back on my past 27 years of practice, the most rewarding aspect has been the personal connections I have made with many of my clients. I have had the luxury of being in the same practice for 24 years.

Working in a small town, the strong community presence is very evident in our dental practice. The connections formed with the clients extend well beyond the walls of the dental clinic. The clients are the people I see at sporting events, in the grocery store, at the walking track and at the restaurant. I have come to know more about these people than their gingival pocket depths. Over the years I have heard about the new grandchild and the wedding coming up. I have grieved when I learned of family members passing away or when tragedy has struck. And the clients know all about my family, and ask about my children when we see each other. The milestones of enabling a client to transform a periodontally compromised mouth into something that is maintainable, is a fantastic part of a dental hygiene career. However, I strongly feel that it is the personal connections with the clients that have

kept me engaged and still loving my profession through all these years.

In addition to the client/provider relationship I have developed some wonderful connections with colleagues. Some of my strongest friendships have been with those in the dental profession. Who else would get so excited about the GIANT piece of calculus that jammed the suction?! And as a true northern resident, our “dental retreats” often consist of snowmobile trips to the trap line, riverboat trips, or skating parties on a dugout. While these outings may not have the glamour of an esthetics course in Vegas, they definitely have the positive outcomes of team building and relaxation!

While many of these experiences have come from choosing to live and work in the North, and are just part of the “Northern way”, a great deal of my satisfaction comes from enjoying the people I am helping. This way of life doesn’t have to be restricted to the rural setting. I encourage you to become involved in your community, and volunteer for something you are passionate about. This is the key to

truly belonging to your community. It may be a philanthropic cause or something as small as refereeing your child’s soccer match. Finding a connection with your community gives you the rewards that make your city your home. Volunteering in your profession is another way of making connections that can help inspire you and your career.

It is important to remember we are a healing profession; one that has much depth beyond clinical dental hygiene. And it is a two-way street - when clients realize you really do care, they are more relaxed and are easier to treat.

Thirty years ago, I was a young 18 year old, trying to decide which health profession to choose. My dental hygienist at the time told me to “go into dental hygiene”. Today I am very thankful she gave me that good advice as I have enjoyed my chosen career immensely.

Tammy Gulevich lives in Fort St John BC, and is the Northern BC Regional Director on the BCDHA Board. •

BCDHA 50th Anniversary Monthly Prize Draw
Last chance to win! Is it you?

Win a \$50 Visa Gift card & dental kit

Visit the BCDHA website at: www.bcdha.com

Sponsored by:



Your Community...

CNC Students' Oral Health Presentation



As part of their community health course these four College of New Caledonia dental hygiene students gave an oral health presentation to first and second graders at a local elementary school.

Burnaby Family Caregivers Fair April 2014



BCDHA was one of over 25 exhibitors at this event where unpaid caregivers received free information on how to care for their elderly family members or friends.

BCDHA member volunteers:
Reena Chadha; Vanvi Pho and
Sharan Biling

Share a Smile Society



In September 2014 these four volunteer dental hygienists provided free dental hygiene care in the BC Coastal Communities of Tahsis, Kyuquot and Zeballos, located in the remote parts of Northern and Western Vancouver Island where residents must travel hours to get to a dental office.

(L-R) Mandy Hayre, Heather Cooper, Amy Borst, and Bev Jackson.

2014 West Coast Women's Show



Eesha and Roopi Gill

Thanks to our volunteers, BCDHA was pleased to attend the West Coast Women's Show with more than 25,000 attendees.

Volunteers:

Nav Sangha, Denise Baker, Jasmine Deo, Eesha Gill, Monica Toor, Teresa Williams, Mary Lewis, Tejal Chhabra, Tracey Sych, Tina Osi, Jag Rai, Priya Gossal, Roopi Gill, Jas Parmar, Gabriela Kettner, Bobbie Plessis and Amy Borst.



(L-R) Teresa Williams, Mary Lewis and Tejal Chhabra

Free Dental Clinic at Abbotsford Food Bank Sept 2014



The clinic offered free service to individuals registered in the food bank. Volunteers were students in their final year at the UBC Dental Hygiene Degree Program.



Special Smiles Program at Special Olympics National Summer Games



**Special
Olympics**
British Columbia



The Special Smiles program provided complementary dental screenings, boil n' bite mouthguards, fluoride varnish applications, individualized personal oral hygiene instruction, and recommended oral care products to the participating Special Olympics athletes.



Live Well with Diabetes Public Health Forum November 2014

The Canadian Diabetes Association and UBC Continuing Professional Development organize this yearly event attracting over 300 people who live with and are affected by diabetes.

Thank you to our volunteers Laura Prichard and Julie Kwan for their help in educating the public on the link between diabetes and periodontal disease.



A Time of Reflection and Celebration

BCDHA 1964 - 2014

As you know, 2014 marked the 50th anniversary of the British Columbia Dental Hygienists Association. It has been a year full of celebration and reflection. As an organization and a profession we are most often focused on the future, but this year has also given us the opportunity to look back over the last 50 years. We have enjoyed browsing through the BCDHA archives and celebrating the milestones of the past 5 decades, and we have particularly enjoyed connecting with members who have shared their stories and photos with us.

We proudly take this opportunity to share some of the highlights of our rich history.



Joan Sanders BCDHA President '66 -'67



Dental Hygienist Marci Miller talks about oral health with her patient 1967

1964-1973

The first meeting of the British Columbia Dental Hygienists Association took place on May 23, 1964. There were 8 dental hygienists in attendance. This visionary group saw the importance of establishing a professional association in BC that would work to advance the dental hygiene profession and serve its members.

Although dental hygienists had been registered in BC since 1952, this decade brought many "firsts" for the dental hygiene profession.



BCDHA member Hester Rumberg with Vancouver Canucks 1969



Bonnie Craig promoting Vancouver Fluoridation Campaign 1968

Milestones and Events:

- 1964** Founding members establish BCDHA
- 1966** First BCDHA Newsletter sent out to members
- 1967** Ratification by the CDHA, and start of joint membership
- 1968** Establishment of the BCDHA placement service
- 1970** First graduating class from the Dental Hygiene Program at U.B.C.
- 1971** First official representation by BCDHA on a CDSBC committee

1974-1983

This decade saw the introduction of masks, glasses and gloves into clinical dental hygiene practice. BCDHA worked hard to have the voice of the profession heard by the College of Dental Surgeons of BC as new additions were considered to the dental hygiene list of "delegated duties" and requirements for continuing education were implemented.

Joan Voris UBC Dental Hygiene Program Director presents table clinic 1977



Milestones and Events:

- 1974** First dental hygiene study club formed in BC
- 1977** First component society, the Greater Vancouver Dental Hygienists Society, established
- 1978** Local anesthetic added to the scope of practice of dental hygienists in BC
- 1980** Mandatory continuing dental education introduced for BC dental hygienists

UBC Dental Hygiene -
Carol Kline 1979



Marjorie Dimitri became
BCDHA life member 1982



College of New Caledonia Class of '91

1984-1993

In this ten year period, dental hygiene began to see itself as a true profession with an identity separate and distinct from dentistry. We saw the potential for an expanded role for dental hygiene and the provision of oral care to underserved segments of the population. During this time, the provincial government proclaimed the *Health Professions Act*, and BCDHA seized the opportunity to align the dental hygiene profession with government's new vision for health-care in British Columbia.

Milestones and Events:

- 1986** Dental Hygiene education moved from UBC to Vancouver Community College
- 1991** BCDHA submitted an application to the Health Professions Council for self-regulation
- 1991** The Dental Hygiene Degree Completion Program at U.B.C. admitted the first students
- 1993** The Health Professions Council recommended self-regulation for dental hygiene

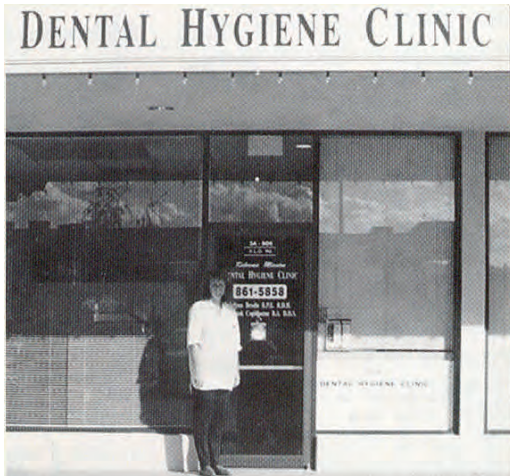
(Continued on page 12)

1994-2003

If it was possible for a young profession to have a renaissance, this was it for dental hygiene! This was a decade of putting ourselves on the healthcare map with the establishment of the College of Dental Hygienists of BC and a scope of practice that allowed dental hygienists to practice independently of dentists.



1st UBC Degree Completion Grads 1994 -
Judy Somlyai, Mandy Hayre & Pat Robertson



Arlynn Brodie opened 1st dental hygiene clinic in 1995



Opening of 1st BCDHA office 1997

Milestones and Events:

- 1994** BCDHA hired its first Executive Director, Mary-Ann Hayes
- 1995** The College of Dental Hygienists of BC was established
- 1995** Arlynn Brodie opened Canada's first dental hygiene practice in Kelowna
- 1997** BCDHA opened the Association's first office in Burnaby
- 1999** Cabinet approved the Residential Care category of registration for dental hygienists
- 2002** The first students entered the 4 year Bachelor of Dental Science in Dental Hygiene Program at UBC



Vancouver Community College graduating class of 2001



Jo Gardner earns Bachelor Degree in
Dental Science at age of 72!

2004 – today

This decade has brought change! As dental hygiene continues to mature and establish itself as a primary health care profession, new opportunities emerge. With a dramatic increase in human resources, dental hygienists create improved access to care with new practice opportunities outside the traditional office setting.



Vancouver Island University (Malaspina College)
1st graduating class 2008

Executive Director Cindy Fletcher spreading the word with Bill Good in 2006



Camosun College
class of 2013
students ready for
field school in
Mexico



Health Minister
Mike de Jong
announced
changes to 365
Day Rule at
BCDHA AGM
2012

Milestones and Events:

- 2009** Pacific Blue Cross began accepting claims from independent dental hygiene practitioners
- 2010** BCDHA successfully lobbied the Ministry of Housing and Social Development to allow independent dental hygienists to bill for clients covered under the Ministry's dental plan
- 2011** BCDHA entered the world of social media via Facebook and Twitter
- 2012** After years of lobbying, the Minister of Health announced significant changes to the 365 Day Rule, allowing DH's with additional education to become exempt



University of British Columbia 2011 Dental Hygiene Degree Entry to Practice.

Through the ongoing support of the dental hygienists in this province and the hundreds of members that have volunteered many, many hours, BCDHA has been able to advance the dental hygiene profession well beyond where we started 50 years ago. While there is still much work to be done, we are proud of our history, and we salute you, the almost 3000 dental hygienists and student members, who continue to support us in this exciting journey. •



The Future is Golden!

Key themes shared by dental hygiene students Michele Antifaeff and Nora Tong

Carol Yakiwchuk, BCDHA Dental Hygiene Practice Consultant
DipDH, BScDH, MHS, RDH (365 Day Rule Exempt)



Michele
Antifaeff



Nora
Tong

At our golden anniversary celebration held in conjunction with the Pacific Dental Conference (PDC), BCDHA members, friends, and supporters got to enjoy a very entertaining performance by the Vancouver Theatre Sports group. We also spent time reminiscing and recognizing the many important events and successes the profession of dental hygiene has enjoyed over the past 50 years. Together, we celebrated past leaders and volunteers who worked tirelessly to propel our profession forward, and recognized those that continue to reach out to make a difference. We also reflected on valuable lessons learned, recognizing that there is still much work

to do to increase the public's knowledge and awareness of the important role dental hygienists play in their oral and overall health care.

No anniversary celebration would be complete without a visionary gaze into our future – the next fifty years! BCDHA was very pleased to have senior dental hygiene students Nora Tong (University of British Columbia) and Michelle Antifaeff (Vancouver Community College) share their vision of what they believe the future holds for our profession. Both presented visionary messages on behalf of their student colleagues at the March 6th celebration. Here's what they had to say:

The student perspective:

Nora and her classmates view dental hygiene as a strong and vibrant profession that is making progress toward addressing access to care barriers faced by vulnerable populations. The students shared that they chose to study dental hygiene because of their passion to be involved in health care and make a difference in people's lives; and were positively influenced by the support and mentorship from their own dental hygienists.

Vision for the near future of the profession:

Graduating students are keenly motivated to work toward meeting the College of Dental Hygienists of BC's requirements for exemption of the 365-day rule within the Full Registration category. While many are interested in a future practice that involves mobile, collaborative, and other community-based and independent practices, others are considering exploring new creative opportunities in health informatics such as developing mobile applications and interactive websites that support the public's oral health knowledge and oral healthcare



Free Dental Clinic at Abbotsford Food Bank

choices. Many are planning to pursue post-graduate studies in dental hygiene, research, and education. A common theme in our new colleagues' plans for practice is their commitment to reach out and make a difference in the community, with the homeless, in hospital and hospice programs, and in third world countries. They want to learn and are keenly interested in being mentored by practicing dental hygienists and becoming key players in moving our profession forward and making a difference.

Where we're headed... 2064:

It is a well-known fact that allowing oneself to dream and envision the future is a critically important step toward achieving success. Michelle led this visioning experience by fast forwarding us to 2064 and providing this synopsis.

A large number of dental hygienists are practicing as 365-day exempt independent business owners who are meeting the needs of seniors and other at-risk populations. Dental hygienists are now able to implement their full scope of practice, which includes limited prescribing rights and administering local anaesthetic without restrictions. There have been significant advancements in diagnostic screening tools, mobile equipment, and instruments that allow us to provide superior care, with fewer ergonomic and muscular-skeletal challenges than ever before. Dental hygienists are highly regarded members of health care teams, alongside physicians, nurses, nutritionists, speech language pathologists, and others. In this role, we are widely respected as key oral health professionals who advocate, educate, and provide treatment and advice to all. The financial barrier to oral health care no longer exists, with BC residents now able to see the dental hygienist of their choice. This has led to the public now being keenly aware of the connection between their oral health and overall health and wellness, and their recognition of our education, skill, and professional abilities in supporting their health.

The profession has come a long way in the last 50 years!

"our growth lies in the hands of those focused on the "outside of ordinary" and who desire change".

Navigating Uncharted waters...

It was clear to everyone present that Nora, Michelle, and their colleagues are very excited about the not-yet charted future opportunities of the dental hygiene profession. Clearly there is much to be done to translate this vision into our reality – all within the next 50 years! As Nora so eloquently shared "our growth lies in the hands of those focused on the "outside of ordinary" and who desire change". BC dental hygienists all need to be part of the solution by reaching out and creating new opportunities, taking that bold first step and taking on a new role in dental hygiene. "We need inquisitive dental hygienists, keen to become researchers and help expand the body of knowledge which defines us now and shapes us as professionals".



Next steps:

These well-spoken future dental hygiene leaders invited us all to become change agents, as we stand on the cusp of a great future. Get involved, share your views, volunteer, and contribute in your community and with your professional association. Spend the time to educate your clients on the important role of dental hygienists in helping them attain good oral health and overall health and wellness. In her closing remarks, Michelle emphasized that our future relies on having a strong and unified voice to bring about positive change. "We must believe we can accomplish anything. The sky is the limit!" What will you do to bring about change? •



Your Colleagues...

Vancouver Community College BCDHA Student Presentation Award



(L-R) Recipients Lanna Chen, Michelle Lum & Trisha Thind with BCDHA Executive Director, Cindy Fletcher.



Recipients with their winning table display at the BCDHA Annual General Meeting March 2014.



**Vancouver Island University
BCDHA Award of Excellence**
Krista Knight recipient



**College of New Caledonia
BCDHA Award of Excellence**
Lindsay Moldenhauer accepts award
from Instructor, Margit Strobl



**Vancouver Community College
BCDHA Award of Excellence**
Emily Green with Cindy Fletcher,
BCDHA Executive Director



Best Wishes to
Patricia Covington
on her retirement
from the
College of New Caledonia.



Vancouver Community College dental hygiene students were thrilled to receive their BCDHA nametags from Lisa Supeene & Carol Yakiwchuk

Congratulations to these BCDHA award winners not shown

Camosun College

Natalie Fillion - BCDHA Award of Excellence
Stacey Olynyk - BCDHA Student Presentation Award

College of New Caledonia

Hannah Gray & Kara Mayhew - BCDHA Student Presentation Award

Vancouver College of Dental Hygiene

Deidre Smith - BCDHA Award of Excellence
Ashifa Galani, Julianne Austman & Dayna Rietze - BCDHA Student Presentation Award

Vancouver Island University

Hayley Fraser & Kathryn Harrison - BCDHA Student Presentation Award

University of British Columbia

Leigha Rock - Joan Voris Award

Awards and Achievements

Congratulations to these BCDHA members who received the following CDHA Awards

Mandy Hayre - Installed as CDHA President for 2014 - 2015

Zul Kanji - CDHA Excellence in Teaching Award

Airra Custodio - CDHA Leadership Award

Susan Young - CDHA Oh Canada! Readers' Choice Award

Shannon Waldron - Hu-Friedy CDHA Nevi Scholarship Award

Elizabeth Cavin - Hu-Friedy CDHA Nevi Scholarship Award

CDHA Dental Hygiene Recognition Program winners

Joyce Kwok (Pui Ling) - Individual Category CDHA Oral Health Promotion Award

Leslie Battersby & CNC Dental Hygiene students - Honourable Mention

Vancouver Community College - Honourable Mention Dental Hygiene School Category

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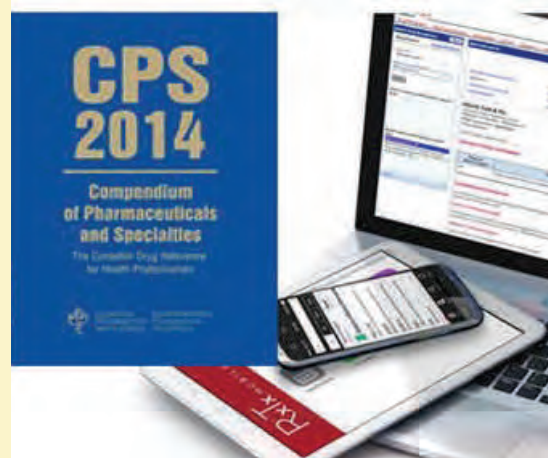
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YOU...

Handling Some of Life's Milestones *Part 1*

By Lana Shparberg, Client Services Manager, Deer Lake Law Group

Life is a series of milestones; most are joyous while others are not. At each turn, being prepared can make all the difference.

Some of your future plans may include starting or ending a relationship, purchasing a home, or general estate planning. Here are some important items to consider:

Starting a new relationship

Most people ask more questions when buying a car than when making a "life" commitment to their partner. People move from infatuation to love, to commitment, without much thought about the actual day to day mechanics of the relationships, when in fact, they should be asking each other some basic questions:

- What relationships have you had in your past?
- What commitments, financial or otherwise, do you have to others?
- What debts and assets do you have?
- What happens if we fall out of love?

Knowing your partner is only half of the equation; you must also know yourself. Be honest with yourself about these issues.

Consider entering into a Co-habitation or Marital Agreement with your long-term partner. Such an Agreement can guide couples through turbulent times when making rational decisions might be hard.

Ending a relationship

Break-ups tend to be emotionally and physically exhausting. Before you commit to 'un-commit', know that your decision will likely be irreversible and painful to both sides. Some ways to minimize the conflict include:

- Being honest with your partner,
- Remaining calm and rational when making all significant decisions.
- Focusing on the issues that are within your control.
- Using mediation and negotiation instead of litigation and the Courts to resolve financial and child-related concerns.

Once your relationship is over, most partners enter into a Separation Agreement to outline the division of assets and debts, financial support, and parenting issues. A written and detailed Agreement upon separation allows for less opportunity for future discord. If you are married, consider getting a divorce as soon as the opportunity is available to

you so that you can move forward without the constant drag of "unfinished" business.

Daily, lawyers deal with people who are contemplating major life decisions and require guidance as they do so. If you need help dealing with any of these issues the lawyers of the Deer Lake Law Group, in Burnaby, B.C., would like to offer BCDHA members and their families a free 30 minute consultation to discuss issues related to relationships, purchasing a home or general estate planning. •

Read Part 2 - Buying a Home / Estate Planning in the 2015 Spring Edition of Outlook.

The Deer Lake Law Group is also offering a rate reduction of 25% for all services billed hourly.

For more information, please call 604 430 2345 or visit www.deerlakelaw.ca.

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