



**NU CHAPTER
SIGMA PHI ALPHA
DENTAL HYGIENE HONOR SOCIETY
NEWSLETTER
MARCH 2012 - Thirteenth Issue**

Congratulations to our 2012 Inductees



From left: Elizabeth Betzig, Kyle Katynski, Emily Hill, and Mona Riaz

Elizabeth Betzig - Faculty

It is my distinct privilege to present Elizabeth (Liz) Betzig to you today. There's so much to share with you about Liz that it's going to be difficult to condense my thoughts into a few short words.

First and foremost, there's only one Liz Betzig in the world. She's not only bright, talented, smart, but also outgoing, caring, and compassionate.

Currently, Liz is a clinical instructor working with our dental hygiene students both at school and at Hope Clinic in Ypsilanti. Her natural encouraging manner helps our students navigate challenging appointments

and situations. She is also a teaching assistant in the DH3 Biomaterials course that's held in winter semester. Liz is really in her element when she's with students. She thoroughly enjoys one-on-one time with her students, especially in biomaterials where there are a lot of hands on activities. When not at the dental school, Liz continues to practice clinical dental hygiene. She has been a hygienist for Drs. Rice and Edwards and Dr. Johnson since 2007. She still loves treating patients in the clinical setting and helping her patients achieve optimal oral health.

When I asked Liz about what she likes the most about working in the dental hygiene program, her answer was the fact that the focus is on the students. She noted that all of the faculty are truly dedicated to seeing students excel and succeed, yet all the while having a good dose of fun along the way.

On a personal note, Liz has three beloved children, Sarah, Evan and Julia. Sarah is a junior at University of Alabama. Sarah's a go-getter, just like her mother. She has two majors and two minors. Get this; her majors are Engineering and Physics with minors in Math and Philosophy. Liz's son, Evan, is a freshman at U-M studying engineering. And, Julia is an 8th grader at Ann Arbor Christian. Julia hasn't declared a major yet but certainly when she does it will be a big one!

When asked what she likes to do in her spare time, her immediate response was, 'what spare time?' She thrives on adventurous activities, such as hand gliding and white water rafting. But, the caveat is that she has to be with people when doing these white knuckle activities. She is an extrovert through and through, so being around those she loves renews her energy levels and rejuvenates her battery. Her family and friends come first in her life so as long as she's with other people she loves, she really is happy doing anything.

Liz graduated from the University of Michigan in 1980. She's had a diverse career in dental hygiene, including practicing in Bern, Switzerland. If you ever lived in a foreign country and tried speaking the native language, it doesn't take you long to realize that you make a lot of mistakes. Well, one of Liz's 'oops' moments came when she was working in Switzerland. The German words for head and suitcase sound similar. Little did Liz know that for the first six months treating her Swiss patients she was asking them to turn their 'suitcase' to the right or left. Typical Liz, when she found out she had been mispronouncing head, she gave it a good laugh.

Wendy Kerschbaum sent me some thoughts about Liz that I would like to also include today. A couple of Wendy's key observations about Liz are the fact that she's always smiling and has an encouraging

word to say, be it to students, fellow faculty members, staff, or patients. You simply never see Liz having 'one of those days.' In addition, Liz is always the first person to volunteer when we need an extra hand. Where this woman finds the time, we don't know, but we certainly are eternally grateful. Wendy can attest to the fact that Liz's cranberry chicken recipe is to die for.

As for me, if you think her cranberry chicken is good, try her chicken pot pie!

Like I said, there's only one Liz Betzig in this world. Please help me welcome her into Nu Chapter of Sigma Phi Alpha.

..... Janet Kinney

Kyle Katynski - Senior

Kyle Katynski has had an excellent academic record throughout his three years at the University of Michigan. What makes Kyle an exceptional choice for Sigma Phi Alpha membership is that in addition to his scholarship, he also is committed to service and leadership. Kyle has been a member of the University of Michigan Chapter of the Student American Dental Hygienists' Association since he began the program in 2009. He served as SADHA Treasurer his junior year and was instrumental in increasing the revenue of the association. He currently is serving as Vice President and has coordinated lunch and learns as well as assisted in planning both the Fall and Winter Kick-Offs. He always enlists a core group of students who join him each month with welcoming the speaker and setting up the lunch for attendees, serving a professional and dependable role model for others, always with a positive attitude and a smile. In addition, he has participated in Give Kids a Smile Day and a leader on the Smile for Life-Relay for Life team. Kyle has participated in most every SADHA activity throughout his three years.

Kyle's service learning leadership was exemplary during his community Practicum project at the Huron Valley Boys and Girls Club. He and his "Garden Club" team were successful in providing health education and growing fruits and vegetables to feed an average of 18 at-risk children each week for 9 weeks in 2011. Kyle's scholarship, leadership, and service were also evident during his time as a student at the University of Detroit Mercy. There is no doubt it will continue to shine as he continues on to dental school at the University of Michigan this fall. He has

already indicated he will stay connected with dental hygiene and SADHA as he continues his professional education. Congratulations, Kyle.

.....*Anne Gwozdek*

Emily Hill - Senior

Today it is my pleasure to introduce Emily Hill, an exceptional senior dental hygiene student. Emily was born in Petoskey, Michigan, and grew up in Wolverine, Michigan. She is the youngest of five children. She attended North Central Michigan College before coming to the University of Michigan.

Emily is a natural born leader. She has been an active SADHA member during her three years at Michigan, (serving on the Executive Council board for two years). She has been a team leader for the Smile for Life University Relay for Life Team for three years, a member of the School of Dentistry Student Council for two years, and served as the dental hygiene Class President for both her Sophomore and Junior years.

In addition to her leadership activities, Emily was chosen as a recipient of the Lucile B. Conger Alumnae Group Scholarship and the University of Michigan Honors Scholarship based on her academic achievements.

Providing excellent patient care is important to Emily. She feels a great connection with disadvantaged and special needs populations and is intent on truly giving back to her community.

Emily is a self-described adventurer; she has always been willing to take on new challenges. She enjoys anything outdoors - kayaking, hiking, camping, fishing, and hunting. As Emily is always looking for new opportunities to live life to the fullest, her goal after graduation is to move to Alaska to practice dental hygiene. In Alaska, she hopes to serve the Native Alaskan population.

Emily's sense of adventure combined with her desire to serve others will enrich the profession of dental hygiene. Congratulations Emily on your induction into SPA-Nu chapter.

.....*Susan Taichman*

Maimoona (Mona) Riaz - Senior

It is my honor to present to you today Ms. Mona Riaz. And, I think after hearing more about Mona you'll agree with me that she is most deserving of being inducted into Sigma Phi Alpha.

Since the time she was a little girl, Mona has always dreamed of becoming a dental professional. She attended Washtenaw Community College from 2007-2008 and earned a certificate in dental assisting,

Shortly after becoming an assistant, her cousin encouraged Mona to consider going on for her bachelor's degree in dental hygiene.

In 2009 Mona entered into the University of Michigan's Dental Hygiene Program. Since that time, she's been one very busy gal. She's obviously done very well academically, hence, one of the reasons why she's here today. But, Mona has given of her time and talents right from her first year in the program.

She has been Vice President of her class for the past three years. In addition, she has been Treasurer and member of the University of Michigan Student American Dental Hygienists' Association during her Michigan schooling. She has volunteered for the Taft Clinics, Give Kids a Smile Day, and been a Smile for Life - Relay for Life Team Leader.

It's not just the 'one-of' activities Mona has been involved with, but also lengthier, more demanding extra-curricular activities too. She participated in a year-long community project entitled, "Ypsilanti High School and U-M School of Dentistry Health Career Program." This unique outreach program pairs dental and dental hygiene students with local high school youths interested in pursuing careers in healthcare. Mona helped to share information about careers in dentistry as well as mentoring these young students as they applied for internships and scholarships. I should include the fact that this program took place on Saturday mornings.

As a first year dental hygiene student Mona took the initiative to apply for the Student Research Program. Applicants for this program develop a research proposal, present it to the selection committee, and then, if awarded, carry out their project over the course of the next several months. Mona was recipient of one of the fellowships. As member of the selection committee, I can attest to the fact that presenting your research proposal is not a walk in the park. Mona's research project focused on surveying dental and dental hygiene students, members of the Society of Indian American Dentists and the National Dental Association to determine what factors motivate students/clinicians from underrepresented minority and low socioeconomic backgrounds to pursue a career in dentistry. Mona presented the results from her project at Research Day this year.

When I asked Mona to share with me some of her fondest memories from the past three years in the dental hygiene program, one of the first memories that came to mind was being in preclinic with Mrs. Klausner. Coming from a dental assisting background, Mona felt comfortable interacting with patients, but when it came time to actually pick up an instrument and put it in the patient's mouth, Mona

was fearful. Chris' kind, nurturing ways helped Mona overcome her insecurities and build a level of confidence that has carried through with Mona for

the rest of the program. Who could ever forget Chris' wonderful ways?

Another memory Mona shared with me took place during her pre-admission interview with Wendy Kerschbaum. When asked what some of her hobbies were, Mona told Wendy that she enjoys decorating wedding cakes. That must have been music to Wendy's ears. Wendy told Mona that having good hand-eye skills and attention to detail would be beneficial while in the dental hygiene program. And, as usual, Wendy was absolutely right.

There are a few things I would like to share with you about Mona that were 'news' to me. First, another one of Mona's hobby/part-time jobs is being a beauty consultant/make-up artist. She applies make-up on women who want to look extra-special for extra-special occasions. And, finally, we all have called Mona, Mona for the past three years. But her given name is Maimoona (my-moon-a) which means 'gifted' in Arabic. One thing I've learned from Mona these past three years is that she has certainly been a 'gift' to her classmates, faculty and patients. Please help me welcome Mona Riaz into SPA-Nu.
.....*Janet Kinney*

Smantha Reidenbach - Senior

Samantha Reidenbach is a 2010 graduate of Kalamazoo Valley Community College (KVCC) Dental Hygiene Program. Upon graduation, she immediately enrolled in the University of Michigan's Dental Hygiene Degree Completion E-Learning Program. It soon became apparent that Sam was an excellent student. She also quickly stepped up to take on a leadership role within her cohort. Within each E-Learning course there is an area for course questions. Students and faculty both pose and respond to questions in this area. Sam is often found taking the initiative to respond to her colleagues' questions. Her involvement was especially helpful in the Research/Evidence-Based Decision Making course. Sam was able to help clarify concepts to students in a professional and accurate manner, in a way that was readily understood by fellow students.

It is no surprise then, that Sam has a keen interest in becoming a dental hygiene educator. As a result of her student teaching Practicum, and her stellar academic and professional abilities, Sam has already been offered a position as an adjunct member at KVCC. Congratulations, Sam!

In addition, congratulations are also in order for Sam and her husband, Kiel. Their daughter, Natalie Jane,

was born on Monday, March 5, 2012. Although Sam was unable to join us today, we will celebrate this achievement when she comes to campus for commencement in May.*Anne Gwozdek*

Notes from the Secretary/Treasurer

On March 10, 2012 Nu Chapter met at 9:30am at the Sheraton in Ann Arbor for brunch and our annual meeting/induction.

The meeting was called to order at 10:30am by President Cheryl VanBeck. Laura Roth read the Purpose and History.

Janet Kinney introduced the four attending junior students.

President VanBeck read the qualifications for membership. Susan Taichman introduced senior Emily Hill. Anne Gwozdek introduced senior Kyle Katynski. Janet Kinney introduced senior Mona Riaz. Anne also spoke about Degree Completion candidate Samantha Reidenbach, who had just had a baby and couldn't attend. Janet also introduced Faculty member Elizabeth Betzig. Secretary/Treasurer Beverly Gainer read the acceptance letter of Honorary inductee, Dr. Wallin McMinn, also not present. New members were inducted.

The 2011 meeting minutes as written in the newsletter were approved.

The annual report was read by the Secretary/Treasurer.

ePostcard filed with IRS. Supreme Chapter notified to maintain active status. As of the first of 2012 we had \$1,409.47 in our account. Our dues of \$75 were sent to Supreme Chapter. Six keypins - \$180.00 and six certificates - \$90 were ordered for our new members. Donations of \$300.00 to UofM Research Day for the dental hygiene awards, a \$150.00 donation to Hope Clinic and another \$150.00 for Washtenaw Children's Clinic were sent in.

Invitations were mailed to six new inductees and six junior guests. Newsletters and invitations were mailed to 22 active members - one non dues paying and 89 Newsletters and invitations were emailed - eight of these were to non dues paying members. As of the 9th of March 44 dues paying responses were received and \$166.00 in sponsorship money.

Three sheets of stamps - \$27.00, one package of paper - \$5.99, ink for the printer - \$29.99 and card stock for agendas - \$3.99 was purchased. Prior to the payment of brunch, two additional donations of \$150.00 each (March of Dimes Relay for Life and the

Chris Klausner Scholarship fund) and the cashing of the Washtenaw Clinic donation our account has \$1,635.47.

Old business:

Susan Taichman spoke about Research Day and the award recipients. She thanked SPA-Nu for the annual donation.

Janet Kinney offered to add her name to the Credit Union account.

Michelle Washburn agreed to form a small committee to update our chapter by-laws.

Patricia Walch will continue to maintain the scrapbook.

Beverly Gainer will continue with the Newsletter and email as many as possible to keep cost in check. This becomes a problem when email providers are changed and we aren't informed. (This can be done by contacting Bev at spa.nuchapter@gmail.com or bgainer@wowway.com.)

Anne Gwozdek will continue to be our contact with the *DentalUM*.

New Business:

The meeting date for 2013 was set for March 23rd - possibly at a new venue. Karen Ridley offered to check into places.

There were no nominations for an Honorary member.

It was decided to keep donations as is and to remember that we decided to keep them within the UofM dental hygiene community.

Present officers retained: Cheryl VanBeck, President; Alaina Robinson, Vice President; Beverly Gainer, Secretary/Treasurer.

Meeting adjourned at 11:45am.

**WINNERS OF THE SPA - NU
CHAPTER RESEARCH AWARDS**

FIRST PLACE

Katie Gilbertson and Cassie Pawloski
(DH4, Mentor: Janet Kinney)
Dental hygiene student perceptions of prophylaxis angles

SECOND PLACE

Felecia Billings and Jessica Humfleet
(DH4, Mentor: Susan Taichman)
Dental hygienists knowledge of breast cancer treatments on oral health

THIRD PLACE

Jenna Sherwood and Elyse Corley
(DH4, Mentor: Wendy Kerschbaum)
Patient's perceptions of oral cancer screenings