



NU CHAPTER  
SIGMA PHI ALPHA  
DENTAL HYGIENE HONOR SOCIETY  
NEWSLETTER  
MARCH 2016 - Seventeenth Issue

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**Congratulations to our 2016 Inductees**



Back row - left to right: Peter Liang, Michelle Arnett, Stephanie Zigouras, and Hope Woolley

Front row - left to right: Mary Grace Ash and Shannon O'Dell

### **Peter Liang – Senior**

As we all know, Sigma Phi Alpha is an honor society that recognizes academic excellence in dental hygiene. Peter Liang more than exemplifies that excellence. Peter is one of those rare, mythical creatures that educators hear and dream about. Peter would come to my office with questions before a lecture because he had actually read the material before class! He would seek clarification on content he wasn't sure about so that he was better focused during the lecture. At first, I couldn't believe it, but he **genuinely** consistently followed this practice. After tests and quizzes, Peter would also come to discuss the points he missed. He comes not to challenge his grade, but because he wants to learn and master the material or the skill. This is a characteristic we all want our students to have. Additionally, Peter has been very engaged in many, many volunteer activities during the course of his dental hygiene education.

Despite the fact that Peter has been accepted for dental school, he takes with him a genuine, and deep respect for dental hygiene. I know he will be a great advocate for dental hygiene as he moves along this new path.

What makes Peter's induction into Sigma Phi Alpha even more special is the motivation for his academic excellence. Peter is driven to succeed because he wants to repay the support he has received for his education from his parents and brother, by taking care of his parents as they enter their retirement years. He has done an outstanding job, and I am sure they will be very proud of what he has accomplished. Congratulations, Peter!

.....*Danielle Furgeson*

### **Hope Woolley – Senior**

It is my pleasure to introduce you to Hope Woolley. She is originally from Taylorsville Utah and had several years of dental assisting. So then I asked, "What brought you to Michigan?"

In her words, "my husband's job brought us to MI and through his dedication to education and how impressed he was with Lisa Dodges thorough responses to his frantic calls;" she ended up applying to U of M.

She has been very busy while here in our program. During her 3 years here, she has been Class president and student chapter representative every year.

She is an ADHA and ADEA student member, student council rep, member of the LDS Acad of Dentists at U of M, DH rep at healthcare career fairs, and a DH program rep who responds to concerns of incoming students.

She has volunteered for Taft Clinic, Give Kids a Smile, CDC donated days and various events at her church including infant/toddler care, better hygiene for women and career nights for teen girls.

While juggling all of those activities and keeping her grades at the top of her class, I have been blessed to have her this year as one of our Peer Teachers, and luckily in one of my clinic sessions! She is amazing; it is like having your dream helper who exemplifies everything that you would hope for in a Peer Teacher or professional on your dental office or faculty team. At the end of most of my clinic huddles at the start of clinic I usually say, "Go Team" as the students head off to get their patients. Hope is so competent, professional and joyful to have at my side that wherever she ends up with her career, I would be honored to be on Team Woolley some day!

.....*Connie MacKinnon*

### **Stephanie Zigouras – Degree Completion**

It is a delight for me to introduce to you Stephanie Zigouras, Sigma Phi Alpha-Nu Chapter inductee from the Degree Completion Class of 2016. Stephanie received her entry-level dental hygiene education at Oakland Community College, graduating in 2014. Upon graduation she enrolled right away in the E-Learning Program and began that fall.

I had the pleasure of serving as her faculty advisor during her student teaching practicum this semester. Once I learned how to pronounce her name, we were up and running! Stephanie was a fabulous asset to me, the students, and our program. I wish I could have hired her for the rest of semester!

In addition to being an excellent student academically, Stephanie has also coupled this with assuming leadership roles in our professional association. She is active in the Greater Detroit District Dental Hygienists' Association, serving as a delegate and Membership Council Chair. In addition she is serves on the Michigan Dental Hygienists' Association's Communication Council and is MDHA's webmaster.

Stephanie also finds time to give back to the community by volunteering with JARC, a non-profit organization focusing on enriching the lives of those with disabilities. She has also participated in

Colgate's Day of Learning and Giving as well as Missions of Mercy.

Stephanie has accomplished all of this within the past two years and I know we can look forward to hearing about her professional impact in the years ahead. Join me in welcoming Stephanie Zigouras to Sigma Phi Alpha-Nu Chapter.

.....*Darlene Jones*

### **Michelle Arnett – MSDH**

What an honor it is for me to introduce to you Michelle Arnett, Sigma Phi Alpha-Nu Chapter inductee from the Master of Science in Dental Hygiene Class of 2016. Michelle received her entry-level dental hygiene education at University of Detroit Mercy, graduating in 2004. She has been working full-time in clinical practice since then.

Education has always been important to Michelle and she graduated with honors from UDM. Michelle always knew she wanted to obtain a master's degree but over the decade before she applied, she had family commitments and also wanted to significantly reduce the student debt she accumulated during her undergraduate years.

By 2014, Michelle knew the time was right and there was no doubt that she would apply to the University of Michigan. She has been a 'true blue' fan for many years, even before officially becoming a Wolverine. Over past five semesters in the program, Michelle has maintained a 3.95 GPA. She has been chosen to represent U-M Dental Hygiene at the 2016 ADHA~Dentsply Graduate Student Clinician's Research Program. She will be presenting her poster, *Faculty Perceptions of Supporting Students' Delivery of Motivational Interviewing During Patient Care*, at ADHA's Center for Lifelong Learning in Pittsburg this June. In January, she also joined the U-M Dental Hygiene faculty as an adjunct clinical lecturer.

Hard working, determined, and dedicated to our profession all describe Michelle. And...she approaches everything with a positive attitude and a smile on her face. It is with pride that I welcome Michelle Arnett to Sigma Phi Alpha-Nu Chapter.

.....*Anne Gwozdek*

### **Mary Grace Ash – Faculty**

Sigma Phi Alpha is composed of dental hygienists' throughout the United States and Canada who demonstrate exceptional academic achievement. The purpose of SPA is to promote, recognize, and honor scholarship, leadership, and service among dental hygienists'.

It is with pleasure I introduce our faculty member and my dear friend Ms. Mary Grace Ash.

Mary Grace began her career in 1975 when she received her dental hygiene degree from Ferris State University. From there she worked in a private practice and became a true pioneer of her time as her practice was in an interprofessional hospital setting.

Mary, having the love for education then became a certified Massage Therapist and began her own company that she ran for over 7 years – all while continuing to work as a dental hygienist.

At one point Mary became interested in horses and counseling and completed a summer internship in a horse therapy program. It was at this time Mary decided to return back to school so that she could further her degree and her career. Therefore, as a hygienist, wife, mother, and business owner, she went back to school to complete her BS in dental hygiene from Sienna Heights University in 2006.

Mary accepted a position with the General Dentistry practice at the SoD in 2006 and was soon hired as adjunct clinical faculty in the dental hygiene program in 2008. It was at this time Mary realized that her love for horses was not as strong as her love for hygiene or for education. Which brings us to today.

Currently working on her Masters of Health Professions Education Degree from Michigan State and will graduate this year. Mary Grace continues to achieve her personal goals of advancing her education. And I am so glad to have been there beside her as I have watched her through this transformation.

I have been working with Mary Grace now for the last 3 years in both the clinical and lecture classroom. I have had the pleasure of having her as my student teacher, as my co-worker and as my right hand woman. Not only is Mary Grace an excellent clinician she is an excellent educator. She demonstrates passion for the profession through patience, kindness, and through her exemplary professionalism.

It is tradition that each SPA member receives a gold pin that contains three symbols:

**Sigma** (Sophia) meaning: Wisdom. Mary Grace is a true wisdom seeker. She is a true example of a life long learner.

**Phi** (Philanthropia) meaning: Human Feeling and Action. Mary Grace is one of the most giving people I know. You can find her working with those who need help, the young, old, disabled. Not to mention

helping me – she is like the screws that hold my head onto my neck.

**Alpha** (Arete) meaning: valor and virtue, making up good character. Mary Grace exhibits valor, virtue and is a person of excellent character. She is both a patient and student advocate. She believes in doing right and paying forward in every situation

I can think of no better person than Mary Grace to induct into this prestigious honor society.

.....*Martha McComas*

### **Shannon O'Dell – Honorary**

It is my pleasure to introduce you to Shannon O'Dell and welcome both Shannon and her husband, Scott Wettlaufer to our meeting.

Shannon is the curator and director of the Sindecuse Museum at the School of Dentistry. The museum is one of only a handful of dentistry museums in the world and has a collection of more than 15,000 catalogued items, with artifacts dating from the 18<sup>th</sup> century to present day. Shannon is our 3<sup>rd</sup> curator and assumed the position in 2004 after a year of being the assistant curator.

As curator, Shannon oversees all operations and management of the museum, including the collections, exhibitions, programs and tours, administration and communications. No small task!

When I asked Shannon what she enjoys most about her position as curator, she explained how much she enjoys learning the personal history behind each item. You see, Shannon thrives to preserve the “story” connected with each artifact because ultimately it describes the history of our profession, our culture and will help sustain our longevity.

The Division of Dental Hygiene is especially grateful for Shannon's dedication to our profession. It was in 2012 when Shannon was in the middle of preparing an exhibit entitled, “Women Dentists: Changing the Face of Dentistry” that she learned that our profession, dental hygiene, would be celebrating our 100<sup>th</sup> anniversary the following year. I quote Shannon here when her reaction to learning that dental hygiene had a significant birthday in 2013 was, “We have to do something with this!”

It didn't take Shannon very long before she had the wheels in motion and plans to develop a specific dental hygiene exhibit entitled, “Dental Hygiene – A Century of Progress.” Shannon quickly found that she had many DH partners across the state who were more than willing to generously donate items for the exhibit – caps, instruments, pins and photos. A special note here that Shannon is grateful for the

support from MDHA and especially Melva's input throughout the developing process. If you haven't had a chance to visit the DH exhibit, it will be available for viewing until October 2017.

Please help me in welcoming Shannon O'Dell as honorary member of Nu Chapter Sigma Phi Alpha.

.....*Janet Kinney*

### **Notes from the Secretary/Treasurer**

On March 19<sup>th</sup> thirty nine of us meet at Weber's in Ann Arbor for brunch, our annual meeting and initiation of new members.

The meeting was called to order by President Allison Restauri at 10:30am.

The Purpose and History was read by Vice President Jennifer Forgacs.

Janet Kinney introduced special guests Scott Wettlaufer, husband of honorary member Shannon O'Dell, and Paz, mother of Lara Liles.

Introductions of junior guests – Uzma Arif, Jessica Goodbred, Lara Liles, Amy Ravenga and Laura Wilkins – was made by Dina Korte.

President Restauri read the qualifications for membership. Initiates were introduced and sworn in. (See introductions by presenters)

Approval of 2015 minutes as printed in the Newsletter.

### **Annual report:**

We began 2016 with \$1,869.87 in our account. Dues to Supreme Chapter (\$100) was submitted. Six certificates (\$90) and six key pins (\$180) were ordered. The donation for dental hygiene awards presented at Research Day (\$300) was sent. Also, donations for Community Dental Center (\$225), VINA Community Dental Center (\$225), Hope (\$225), and the Chris Klausner Scholarship Fund (\$150) were sent.

The ePostcard to the IRS was submitted, accepted and filed with the Supreme Chapter to maintain our active status.

One sheet of stamps was purchased to mail invitations to new initiates and general members without email - \$9.80.

Agendas were printed at FedEx for \$11.37.

Flowers for new members - \$35.98.

Cost after brunch - Brunch at Weber's - \$681.04.  
Flowers for 2015 Faculty Inductee Kathy Yee's  
Funeral Service - \$68.90.

We ended 2016 with \$1,217.95 in our account.

### **Moving on to Old Business**

Lisa Dodge will continue to be our link to the U-M  
DH/SPA Website.

Jane Halaris announced the dental hygiene awards  
winners from Resaerch Day. ( See winners below)

Patricia Lengyel will maintain our scrapbooks.

Beverly Gainer will continue the Newsletter.

Anne Gwozdek will remain our link to  
SPA/DentalUM.

Donations for 2016-2017 will remain the same except  
the amount to the Chris Klausner Scholarship Fund  
will be raised \$50.

Special Donations were purchased by attending  
members from the wish list of Hope Clinic for 2016.  
Alpha House, Safe House and Haven will be  
considered for 2017.

### **Continuing on to New Business**

Annual Meeting Date set for 2017 – March 25,  
continuing at Weber's Inn in Ann Arbor.

Nominations were given for honorary membership.  
Dr. Bonita Neighbors was selected for induction for  
2017.

Present Officers retained. Nominations needed for the  
office of Vice President for induction in 2017.

Meeting adjourned.

## **WINNERS OF THE DENTAL HYGIENE RESEARCH DAY AWARDS**

**1<sup>ST</sup> PLACE** - **Jessica Duell, Emily Pedersen**  
(DH4, Mentor: Carlos Gonzalez)

In Vivo Comparision of Fluoride Varnish Retention  
Following the Application of Different 5% Sodium  
Fluoride Varnishes.

**2<sup>nd</sup> Place** – **Hope Woolley, Peter Liang, Marissa  
Stalker**  
(DH4, Mentor: Danielle Furgeson)

Salivary Diagnostics in Dental Hygiene Curricula: A  
National Survey.

## **YOUR 2016 - 2017 OFFICERS**



Left to Right: Vice President – Jennifer Forgacs,  
Secretary/Treasurer - Beverly Gainer,  
President - Allison Restauri,

