



NU CHAPTER SIGMA PHI ALPHA DENTAL HYGIENE HONOR SOCIETY NEWSLETTER

MARCH 2019 – Twentieth Issue

Congratulations to our 2019 Inductees



Top Left to Right: Michelle Velez, Kristy Sanfilippo, Anne Marie Wang, and Carley Ames
Bottom Left to Right: Heather Morse and Riitta Niemela (not pictured: Adrienne Lapidos)

Anne Marie Wang – Senior

I would like to introduce you to one of our new inductees, Anne Marie Wang. Anne Marie is both creative and talented- some things you might not know about Anne Marie is that she can play the piano, flute, and violin, has performed at church services, and enjoys making candles and costumes! By combining her talents of working with her hands and her love of working with people, it was only natural that she became interested in the field of dental hygiene. During her time in our Dental Hygiene

Program, she has become immersed and really enjoys the culture of Ann Arbor and the area. Anne Marie enjoys learning new skills and applying new knowledge, which has led her to be involved in community work through the Taft clinic and ADHA service work. She also enjoyed Peer teaching and became interested in researching the psychology of what makes a patient more comfortable during their patient experience. She is an active member of the ADHA, has been Class Podcast Representative and Class Honor Council Representative. Anne Marie has chosen to

further her education at the University of Michigan by pursuing a master's degree in dental hygiene. She has chosen the on-campus track because she feels there are more options open for teaching and learning experiences at our school. Her plans are to work in the Ann Arbor Area a few days a week and devote the rest of her time to school. I know she will accomplish her goal of a Master of Dental Hygiene degree, and then move on to even bigger things! Please welcome Anne Marie Wang to the Sigma Phi Alpha Nu Chapter Dental Hygiene Honor Society.

.....*Darlene Jones*

Carley Ames – Senior

Good morning. My name is Stefanie VanDuine and I have the pleasure of introducing Carley Ames as a Sigma Phi Alpha inductee. I have had the opportunity to work with Carley in both the classroom and clinic settings. Her dedication to her studies and to patient care is outstanding. Her zest for life is also contagious, making her a complete joy to be around.

In addition to her academic success, Carley has been an active student member of ADHA since starting the DH program in 2016; has acted as a Biochemistry tutor for fellow dental hygiene students; and has worked as a lab/dental hygiene assistant for a dental office in Dearborn, MI. Carley has spent numerous hours volunteering at Special Olympics, Special Smiles, and U of M's Taft Clinic. She has served as the vice president for her dental hygiene class and has also served as the ADHA student chapter representative twice.

Carley is a people person who really "enjoys school of any kind, especially science". She loves dental hygiene because she "gets to listen to patients' stories and learn so much about people" that she treats. She is a complete example of a dental hygienist who has succeeded academically, has the ability to easily develop patient rapport, and has

dedicated herself to helping the community. Please help me welcome Carley Ames to Sigma Phi Alpha – Nu Chapter.

..... *Stefanie VanDuine*

Riitta Niemela – Senior

It is my privilege to introduce Riitta Niemela. Riitta came to the University of Michigan having previously earned a bachelor's degree in dental hygiene degree from her home country of Finland in 2011. When she came to the United States, she began work as an au pair, and was not yet a citizen. Throughout her dental hygiene program here at Michigan, she continued to work for this same family and is still finding time to do so. In addition, she has studied Engineering and Criminal Justice as part of her college career path.

Riitta's second bachelor's degree this year in dental hygiene will most likely not yet be her final degree, as she is currently taking courses in physics and chemistry, along with her senior dental hygiene course load, with plans to apply to medical school. Her ultimate goal is to become a physician and work with the homeless population, people she had been exposed to in her younger years on her grandmother's farm. Riitta has 4 sisters and 1 brother and comes from a family where education was valued. She has spent many years in college during her young life and we look forward to where her final degree will take her.

During Riitta's time at the School of Dentistry, she took advantage of the multitude of volunteer events available to students including the Taft and Hope Clinics. She has been an active student member of the Michigan Dental Hygienists' Association, as well as, the American Association of Public Health Dentistry. She has demonstrated her leadership qualities through the roles of Third Floor Clinic Representative during her Junior and Senior years, and as an Honor Council Alternative

member. Additionally, she was a recipient of the Coleman Global Experience Scholarship in 2018, which took her to Kenya to participate in the School of Dentistry's trip to assist the underserved. For the last three years, she has been a James B. Angell Scholar and for the last four years, has received the University of Michigan, University Honors. In 2018, these outstanding academic achievements coupled with her community service, allowed her to be awarded the Dolores and Charles Kelly Scholarship for dental hygiene students at the University of Michigan.

On a personal note, I have had the privilege of working with Riitta both in the clinic setting as well as in the classroom, and I know firsthand, her work ethic, her professionalism and the excellence she brings to every patient encounter. I have observed her with her patients, and worked with her on what we called, the most difficult patient in history and an experience we will never forget. When you spend any amount of time with her, you can see how humble and gracious, she is. But don't be fooled by her quiet demeanor. She has a voice and she can definitely stand her ground. As of last year, she is also now a US citizen, something she is very proud to have achieved.

This prestigious society we call the National Dental Hygiene Honor Society, has certain criteria in order to be nominated and selected. Sigma stands for wisdom, Phi stands for human feelings, and Alpha stands for good character. Please join me in welcoming a graduating student that mirrors what the founding individuals of this society were looking for, with the induction of Riitta Niemela. These outstanding characteristics, including her compassion and caring of others, will represent our profession to the highest degree. Welcome, Riitta Niemela.

..... *Sheree Duff*

Kristy Sanfilippo – Degree Completion

It is my pleasure to introduce Kristy Sanfilippo to you today. Kristy is currently a senior in our Degree Completion E-Learning program. She joins us today from Trenton, MI where she is mom to Dillon, age 3, and works part time in clinical practice.

Kristy completed her AAS in Dental Hygiene at Wayne County Community College District in 2012. After five years in clinical practice, Kristy acknowledged that she missed the higher education environment and longed to return to the classroom to finish her bachelor's degree. Facing down her fears that she was not up to the rigor of university-level coursework, Kristy took on the challenge of balancing her demanding personal and professional life with her academic life in order to pursue her dream.

Kristy's persistence has paid off. Not only is she a top student in the E-Learning program, Kristy is also a 2018 Center for the Education of Women Scholar having received the Molly Dobson Scholarship which "acknowledges women who have shown creativity, persistence, and dedication while striving to complete their education." I couldn't think of three better words to describe Kristy; creative, persistent, and dedicated.

Recently Kristy affirmed her passion for dental hygiene education when she completed her student teaching practicum in the U-M Dental School clinics. Kristy is also interested in opportunities for dental hygienists in corporate environments. Her capstone project this spring will focus on surveying hygienists who work in corporate jobs to inquire about their academic preparation for those roles. Her goal after graduation is to pursue her master's degree. Kristy is a member of ADHA and ADEA.

Please join me in welcoming Sigma Phi Alpha-Nu Chapter 2019 inductee, Kristy Sanfilippo.

..... *Jennifer Cullen*

Heather Morse – MSDH

Heather was born and raised in Battle Creek, MI, where she still resides with her husband, Jonathan, and their two cats.

Heather received her undergraduate dental hygiene education at Kellogg Community College in Battle Creek, MI and her bachelor's degree from Western Michigan University in Kalamazoo, MI.

During Heather's time in the dental hygiene program at Kellogg Community College, she served as the SADHA class president for her class, she received the Potential for Contribution to the Profession Award in 2016, the Commitment to Service Award in 2017, and the Virginia Jones Award in 2017. Currently, Heather is an active ADHA and ADEA student member.

In the January 2019 issue of Access Magazine Heather and her University of Michigan faculty advisor, Stefanie VanDuine, recently had their original manuscript entitled, "Oral Cancer Screening Diagnostic Aids and Adjunctive Techniques" published.

Some of Heather's volunteer activities have included: Mission of Mercy, University of Michigan's Silver Diamine Fluoride Calibration Sessions, Kellogg Community College's Healthcare Pipeline Project 2018, where she delivered a presentation entitled, "A Day in the Life of a Dental Hygienist" to local 8th grade students, and Kellogg Community College's Free Mouth Guard Clinic.

Heather is very passionate about education and after graduation, Heather plans to explore opportunities in dental hygiene

teaching. Please help me welcome Heather Morse to Sigma Phi Alpha-Nu Chapter!

..... *Danielle Furgeson*

Michelle Velez – Faculty

It is my great honor and pleasure to introduce Michelle Velez as the 2019 Faculty Inductee into Sigma Phi Alpha.

The President just read the qualifications necessary for faculty induction. I would like to share just a few ways that Michelle exhibits these qualities.

Michelle initially earned an associate degree from Ferris State University in Marketing Sales/Fashion Design. After graduating, she took a job as an assistant at a periodontal office. That was where she found her passion for preventive dentistry. She went on to earn her bachelor's degree from University of Michigan in Dental Hygiene, graduating in 1998. A skilled clinician, providing excellent care at the same practice for over 20 years. Having a love for learning and a passion for dental hygiene, Michelle applied to the University of Michigan Dental Hygiene Master's Program and was awarded the 2018 MSDH Fellowship. She is an asset to the graduate program as an oral health care educator, leader, and role model.

Michelle joined UofM as adjunct faculty member in 2014. Her students have awarded and recognized her as one of the faculty members they most admire. In her few years of clinical teaching, she has earned the Distinguished Faculty Award in Dental Hygiene THREE times! This student driven award recognizes the one clinical faculty who has made the biggest, positive impact in their patient care learning that year. She has an outstanding ability to guide students toward excellence, while teaching with emotional intelligence, respect, honesty, and confidence. She shares her professional experiences with students and inspires them to a high standard of care.

Michelle is an excellent role model for both students and faculty. She is always eager to learn and consistently volunteers her time to support the department. When she first began teaching in the clinic, she developed quick-tip teaching resources for herself and shared them with the clinical faculty. This effort led to an increase in calibration amongst adjunct clinical faculty.

A priority of Michelle's is finding ways to serve and give back. One interesting service commitment Michelle was involved with was as a volunteer for the Michigan Mortuary Response Team. The Team's mission is to assist local medical examiners with disaster recovery and victim identification in mass fatality incidents with the ultimate goal of returning the deceased to loved ones. A good conversation starter Michelle!

Michelle demonstrates leadership qualities. She served as President of the UM DH Alumni Association from 2013 – 2018. As president of the UM Dental Hygiene Alumni Association, Michelle and her team hosted the graduating senior award banquets. She led these special events with grace and confidence. It was during this time that she created the dental hygiene pin which each graduate receives upon graduation. When the pins are given to the graduate, they include this message:

“These pins are a symbol of greatness, they unite us, they remind us to continue to make a positive impact, be a mentor and continue to be a leader, treat each person with a high level of respect, use good morals and practice the great ethics taught at the University of Michigan”. An impactful tradition Michelle started with the pins and their message! Michelle also participated in a leadership program last year through the American Dental Educators Association. She easily associated with the leadership qualities explored and recognized her own attributes through this program.

While Michelle's colleagues and peers recognize that she is intentional in her various roles at the Dental School, she is also intentional in her role as a friend. It is rare to find Michelle "enjoying" herself alone. Instead, you will find that Michelle in her "happy place" when she is surrounded by her loved ones and friends. Raised by a single parent, it was her mother that taught and emphasized the value of people rather than things. Michelle's home is often a gathering place for friends; she prides herself as an Italian hostess and loves to cook and prepare meals for those who walk through the door. Her motto is "good times with good peeps."

It has been said that Michelle is a thoughtful friend “who understands the value of a handwritten note when you are having a bad day and will share a yogurt when you didn't bring a lunch for the fifth semester in a row”.

Michelle, being a humble leader, gives her mother the credit for her leadership qualities, passion for higher education, and strong work ethic. Her mother led by example, always stressing higher education. She earned her bachelor's degree and teaching certificate, then went on to earn her Master's degree, and rose through the ranks of education from classroom teacher, to high school administrator, and ultimately to elementary principal.

Michelle, we are grateful to your mother for raising such an outstanding individual, but we are even more grateful to have you as a colleague, friend, and member of Sigma Phi Alpha.

.....*Dina Korte*

Adrienne Lapidos – Honorary

It is a privilege to introduce Dr. Adrienne Lapidos, Honorary Member of the Sigma Phi Alpha Nu Chapter. Adrienne is a licensed clinical psychologist and Assistant Research Scientist at the University of

Michigan (U-M) School of Social Work. Since her arrival at U-M in 2012, she has been actively involved in oral health related initiatives.

Her initial collaboration focused on dental therapy research with Dr. Luke Shaefer (U-M School of Social Work) and Anne Gwozdek. Studies included potential patients' acceptance of a mid-level provider, understanding of appointment keeping behaviors, and integrated health education. During this time, Adrienne immersed herself in oral health-related content, including dental hygiene textbooks. She became a true ambassador for the integration of oral health into all facets of health care and a champion for access to care.

Through her time working with Dr. Shaefer and Anne, discussion ensued about developing a Social Work course for the U-M entry level Dental Hygiene Program. Our senior students have a wonderful opportunity to provide care to underserved and vulnerable populations at local community clinics as well as spending two weeks working in Federally Qualified Health Centers. However, the Dental Hygiene curriculum was missing a way to link the academic content to these clinical experiences. Also, there was no formal mechanism to "debrief" about the experiences that take place in these diverse and underserved communities.

In 2014, with Dr. Lapidos as course director, *SW 503- Patient and Family Centered Care for Diverse Populations*, was launched. Grant funding from the U-M Center for Research on Learning and Teaching (CRLT) was obtained to assist in developing this flipped classroom designed course. For the past three years, it has been extremely successful in bridging academic knowledge to these community-based experiences by reinforcing evidence-based communication skills, monitoring their application in practice, and fostering mindful self-reflection on how the students' own background and perspective affect

interactions with culturally diverse populations. To our knowledge, this is the first and only Social Work course integrated within a dental hygiene program's curriculum in the United States. In addition, Dr. Lapidos has had a manuscript on this course's development published in the *Journal of Allied Health*, has been an advisor to a 2015 graduate who had an article featured in ADHA's *Access* on the positive impact this course had on her professional development, and developed posters that have been presented the past three years at the U-M Health Professions Education Day.

Since 2016, Dr. Lapidos has been involved with a global dental hygiene initiative with Dr. Danielle Furgeson. The aim of this project was to forge connections with faculty and students at the Tokyo Medical & Dental University (TMDU) to better understand their interprofessional program in Social Work and Dental Hygiene and explore the extent to which the TMDU educational model could be of interest at U-M.

In 2017, they both traveled to Tokyo and met with faculty and doctoral students at TMDU. As a component of this initiative, a survey was developed and distributed to TMDU dental hygiene students to ascertain their perspective of this interprofessional program offered in Social Work and Dental Hygiene. The results of this study are being presented at the American Dental Education Association (ADEA) Annual Conference in March 2018, with special emphasis on the applications/benefits of a dual licensure model in the United States as well as Japan.

Dr. Lapidos has also developed and integrated an oral health/oral health professions model in the *Integrated Behavioral Health and Primary Care* special certificate course she has directed at the School of Social Work. Furthermore, she is working with School of Dentistry administration on developing opportunities

to integrate a Social Work presence within the school's patient care clinics. She has also been presented a continuing education course for the South Central District Dental Hygienists' Society.

Dr. Lapidos has become a dear friend and professional ally for dental hygiene. Having her recognized as an Honorary Member of Sigma Phi Alpha-Nu Chapter is an honor she will cherish.

.....*Anne Gwozdek*

Notes from the Secretary/Treasurer

The annual meeting, initiation of new members, and brunch took place on March 23rd, 2019 at Weber's Inn in Ann Arbor.

President Jennifer Forgacs called the meeting to order at 10:15am. She greeted and thanked everyone for bringing donations for Hope Clinic.

Tristan Clark Read the Purpose and History of Sigma Phi Alpha.

Darlene Jones introduced the junior students in attendance.

President Forgacs read the qualifications for student induction.

Stefanie VanDuine introduced Senior Carley Ames, Sheree Duff introduced Senior Riitta Niemela, Darlene Jones introduced Senior Anne Marie Wang, Jennifer Cullen introduced Degree Completion Inductee Kristy Sanfilippo and Danielle Furgeson introduced MSDH Inductee Heather Morse.

President Forgacs inducted and congratulated the new members of SPA-Nu, giving each inductee their certificate and key pin. Next, President Forgacs read the qualifications for faculty membership.

Connie MacKinnon (written by Dina Korte, who could not attend) introduced Michelle Velez.

The President read the qualifications for Honorary Membership.

Anne Gwozdek introduced Dr. Adrienne Lapidos. She was given her certificate and key pin as well as being inducted and congratulated by President Forgacs.

President Forgacs told the new members they are inducted prior to the business meeting so they can vote. She reminded honorary members that they can't vote unless they hold dual membership. President Forgacs asked for a motion to approve the 2018 minutes that were provided by email to each attendee. The motion was made, seconded and approved.

VP Mona Riaz was asked to read the annual report written by Secretary/Treasurer Beverly Gainer, who could not attend.

Annual report

This year began with \$1,260.77 in our business account. \$100 was sent to Supreme Chapter for our dues, plus \$210 for key pins for our new inductees and \$105 for their certificates. A \$125 donation was sent in for the Research Day dental hygiene award winners; \$200 to VINA Community Dental Center; \$200 to Hope Clinic; and \$150 for the Chris Klausner DH Scholarship fund in memory of Melva Baxter.

Invitations with stamped, self-addressed reply envelopes were mailed to our 7 new inductees and our 6 junior guests. Six additional invitations were mailed to general members who requested them being sent that way. 113 invitations were emailed. As of the 22nd we've had 62 responses (15 of them through Venmo) and one invitation returned undeliverable. Two responses were from long time dues paying members who say they no longer wish to be active members.

\$23.80 was spent at FedEx to print the agenda's and purchase three folders plus

plastic sleeves to make procedural folders for the officers.

The ePostcard was filed with the IRS and accepted. This acceptance was forwarded to the Supreme Chapter to maintain our active status.

We've received \$350 in sponsorship money. Prior to paying for brunch today and covering an outstanding check of \$195 we have \$2,474.97 in our credit union account and \$850.00 in our Venmo account.

Thank you, Bev

Moving on to Old Business

Lisa Dodge has agreed to maintain the U-M DH Website/SPA link. Bev Gainer will supply her with an updated Membership list. Lisa mentioned that the UMSoD website will be undergoing renovations soon.

Stefanie VanDuine read the award winners for Research Day 2019.

Michelle Spencer has agreed to maintain the scrapbook. She would also like to start a private SPA-Nu Facebook page, where only members would be invited to join. VP Mona Riaz will send her an updated list of members. Michelle also expressed concern regarding one of the older scrapbooks and how to go about preserving it. Michelle stated it looks fragile and she is afraid some of the pages may rip. Lisa Dodge will connect her to the curator for the Sindecuse Museum at the School of Dentistry to get advice on how to do so.

VP Mona Riaz has agreed to maintain the Newsletter.

Connie McKinnon will continue to provide Dental UM with SPA-Nu info. Michelle Spencer will provide her with photos of new members.

President Forgacs stated that UofM has accepted Venmo and a SPA-Nu account has been set up so members can pay electronically. Bev was told we needed a debit card to set up a Venmo account, which was obtained. To transfer money from the Venmo account to our UofM account, there is a 1% fee. Do we as an organization want to pay that fee or have the members who paid through Venmo pay that fee? The other option is that if we attach our UofM account to Venmo, we will not have that fee. Members who have worked with Venmo previously stated that they have found it safe to have their personal accounts linked to it. The vote was made to link our bank account to Venmo to eliminate the 1% fee.

VP Mona Riaz will continue to maintain the spreadsheet of members by induction year with the most current contact information available to us. We are still working on using this spreadsheet for our ledger.

Our Service project donations are:

Research Day (\$125)
Hope Clinic (\$200)
VINA Community Dental Center (\$200)
Klausner Scholarship Fund in Memory of Melva Baxter (\$150)

Mary Grace Ash stated that the hygiene instruments at VINA are very old, and new ones need to be ordered for the hygiene students that rotate through there. She wanted to know if the donation we make to VINA could be designated towards new instruments. Anne Gwozdek stated we should also run that by Janet Kinney. Mary Grace will provide VP Mona Riaz with the name of the contact person at VINA.

There were no other suggestions for donations brought to the meeting.

Continuing on to New Business

It was decided that the annual meeting for 2020 will be March 21st and remain at

Weber's. Everyone was happy with the brunch menu. We will need to confirm that with Janet Kinney to make sure there are no conflicts of events from the School of Dentistry.

Janet Kinney nominated Dr. Giannobile for Honorary membership. Darlene Jones read about his qualifications, which were written by Janet Kinney who could not attend. A motion was made, seconded and approved to induct him at our 2020 meeting.

A change of officers for 2019-2020 was made. President Forgacs handed the gavel over to VP Mona. Darlene Jones has agreed to step into the VP position. There were no other floor nominations. Motion was made to approve Darlene, and seconded. President Forgacs inducted Mona Riaz and Darlene Jones and congratulated them.

Motion made to adjourn, seconded. Meeting adjourned at 11:20.

THANK YOU LETTER FROM HOPE CLINIC

Hope Clinic sent SPA-Nu chapter a thank you letter on April 1, 2019. The letter is as follows:

Dear Sigma Phi Alpha Members,

Thank you for your in-kind donation of a large assortment of personal hygiene items. Your generosity will help us to fulfill our mission of providing compassionate and practical help to those in need, ministering to the whole person with dignity and respect in the name of Christ.

Hope Clinic's services depend on contributions such as yours. Because of your gift, those who are hungry will be fed, those who are sick will be cared for, and those in need will be assisted and loved. The holistic care we strive to give could not be achieved without you.

On behalf of the many people we serve, thank you for your support and partnership. Please know that your kindness is appreciated, and lives are changed and improved as a result.

Sincerely,

Douglas Campbell
Executive Director

WINNERS OF THE DENTAL HYGIENE RESEARCH DAY AWARDS

Stefanie VanDuine announced the Research Day winners:

Each year Sigma Phi Alpha donates toward the student research day awards. This has been such a great gesture to be able to provide our hard-working students with a monetary award.

The **Dental Hygiene Awards** are divided into two categories - Table Clinic and Original Research.

In the category of Table Clinic, Cassidy Warner and Shelby Warren won 1st Place for their work entitled, "*Antibacterial and Anti-inflammatory Properties of Coconut Oil, Sesame Oil, and Essential Oils - A Review*"
Faculty mentors: Stefanie VanDuine and Connie Mackinnon

In the category of Original Research, the 1st place award went to Joy Morgan and Erin Strayhorn for their project entitled, "*The Relationship of Epigenetic Salivary Biomarkers (8-OHdG and DNMT-1) and Periodontitis*"
Faculty mentor: Janet Kinney.

Second place went to Degree Completion student Colleen Freund for her project entitled, "*Retrospective Study of Opioid Prescription Trends in a Dental School Clinic Using Electronic Health Record Data, 2012-2017.*"
Faculty mentor: Jennifer Cullen

Finally, Micheal Korleski won 1st place in the Clinical, Population, and Educational Research category for his project entitled *“Oral Health Knowledge and Oral Behaviors in Michigan's Deaf and Hard of Hearing (DHoH) Community.”*

Faculty mentor: Stefanie VanDuine

Please join me in congratulating these senior dental hygiene students! If anyone is interested in looking at the Research Day booklet to get more information about these award-winning projects or other projects that were conducted, please do so!

YOUR 2019 - 2020 OFFICERS



Right to Left: President – Mona Riaz

Vice President – Darlene Jones

Secretary/Treasurer - Beverly Gainer (not pictured)