



NU CHAPTER SIGMA PHI ALPHA DENTAL HYGIENE HONOR SOCIETY NEWSLETTER

MARCH 2022 – Twenty-Third Issue

Congratulations to our 2022 Inductees



Top Left to Right: Abrielle Lamphere, Jigarkumar Shah, Kara Burns and Shreya Shah.
Not pictured: Shirley Branam

Kara Burns – Senior

Good afternoon everyone. My name is Sheree Duff and it is my distinct honor to introduce Kara Burns into our national dental hygiene honor society today. I have had the privilege of instructing Kara both in the classroom as well as, the laboratory and clinical setting, and I am thrilled to have her join Nu Chapter.

Kara came to the University of Michigan from Adrian College where she earned an Associate degree in Biology. She has been active in several organizations at the School

of Dentistry, including serving as the student hygiene representative for the American Dental Educator's Association chapter as well as the class representative for the student chapter of the American Dental Hygiene Association. I had the honor of also witnessing Kara in the pre-clinic setting, not only as a student herself, but also as a peer mentor, where she assisted first year students learning new skills and sharing her knowledge with them. She loved this role, and you could just feel her passion for helping the younger students through each interaction. This past year, Kara has been employed in our Graduate Periodontics

clinic, assisting the perio residents and others. Through all these activities and busy academic life, Kara has been granted University honors for her academic excellence at the University of Michigan. Faculty recognize her strong leadership skills and know our profession will be enhanced by all she will continue to do once graduated.

Kara's future plans include working in private practice in the state of Michigan and eventually earn her Master of Science degree in dental hygiene so she can educate and inspire future dental hygienists. When asked what her goals include, she stated "that the prevention aspect of this career continues to drive my devotion for helping and educating people in oral health and oral diseases. I hope to make a difference, big or small, in my patient's quality of life." Kara has such compassion for her patients and enters our profession with a mindset of excellence and determination.

On a personal note, Kara have been a perfect student, always using critical thinking skills and asking complicated questions. Our conversations after class, and between patients have allowed me to recognize her genuine and caring attitude and her ability to joke and have fun. Whether we spoke about ice skating or any of her activities prior to being a full time student, I observed what a well- balanced and overall great person Kara is. Any dental office or future educational institution will be blessed to employ her.

I have a feeling that this induction into Sigma Phi Alpha is just one of many recognitions Kara will receive over her career. Welcome Kara!

.....*Sheree Duff*

Jigarkumar and Shreya Shah – Senior

Today it is my pleasure to introduce a Dynamic Dental Hygiene Duo whose

passion for preventive dentistry landed them here in our dental hygiene program.

Jigar Shah graduated from the Vaidik Dental College and Research Center with his Bachelor of Dental Surgery in 2014. This is where he developed his passion for dentistry and met his wife Shreya who was also in school studying to become a dentist. In 2015 Jigar left his home in India to begin a new life with his grandmother and family in the United States.

Shreya graduated dental school and began practicing dentistry in India for the next 9 months. Soon after, Jigar went back to India to fetch his beautiful bride and bring her here. They immigrated to the US with just some cash in hand and the clothes on their backs and began to build their life from the ground up.

Once here in the United States they needed to make some decisions about their next steps. Since each of them had a dental background they both became dental assistants so that they could continue to use their knowledge while learning how to navigate the field of dentistry in the US. During this time Shreya became increasingly aware of the importance of dental disease prevention and found the role of the dental hygienist as influential in that area. Although it took some convincing, Shreya eventually won the argument that they should consider dental hygiene as a career, and Jigar and Shreya enrolled in the dental hygiene program at the University of Michigan, where neither have looked back.

As an inductee to Sigma Phi Alpha, we recognize scholarship, service, and leadership – Shreya and Jigar both demonstrate these qualities.

Both Shreya and Jigar have demonstrated their **Scholastic Achievement** through their exemplary grades and GPA. Although one would think that having a partner at home to

study with would be advantageous. They admit that they cannot study together.

In the clinical setting, providing excellent **Patient Care** is important to both Shreya and Jigar. When it comes to treating patients, their goal is to be the “*preventive care specialist*” and to educate their patients about how to prevent dental diseases, instead of just treating the problems.

Both Jigar and Shreya have demonstrated **Leadership** qualities through their participation in several activities beyond their own studies. Both are active members of ADHA student chapter and have volunteered at numerous outreach activities.

Shreya and Jigar plan to continue their **Service to the community** both here and back in India working in public health. Dental literacy and the lack of awareness for dental disease prevention is lacking in India. Most of the time people go to the dentist when it is too late, disease has already set in. This Dynamic Duo wants to change that. They are not sure when or how, but have already begun thinking about the possibilities of the future and how they can influence change and increase access to preventive dentistry.

For now, Shreya and Jigar just want to graduate, find a job in their own community of Canton, and rest. They have been studying for over 10 years.

Shreya and Jigar, welcome to Nu Chapter, we look forward to watching you as you grow into professional dental hygienists and are excited to follow you into your future endeavors.

..... *Martha McComas*

Abrielle Lamphere – MSDH

Abrielle Lamphere knew from an early age that she wanted to be a dental hygienist! Abrielle entered the dental hygiene program

at Ferris State University immediately after her high school graduation. In 2017, she graduated magna cum laude with an associate degree in dental hygiene. Shortly after graduation, Abrielle moved to Washington DC where she worked as a traveling dental hygienist for 6 months and then accepted a position at the Family Health Care FQHC which brought her back to Grant, Michigan. While working at the FQHC, Abrielle earned her BSDH from Ferris State University. During her time in public health and the degree completion program, Abrielle grew to have a deep interest in access to oral health care issues, interprofessional collaboration specifically between medical and dental professionals, and advancing the profession of dental hygiene. This passion led Abrielle to the MSDH program here at the University of Michigan where she could become more involved in education, research and advocacy. While a student in the MSDH program, Abrielle began working as adjunct clinical faculty at LCC and because she has so much spare time, she also decided to earn her graphic design certificate at LCC. Abrielle has the amazing ability to balance her work and home life as well! She enjoys baking, sunbathing at the beach, traveling, and spending time with her cat, Anakin.

I have had the pleasure to work with Abrielle as her thesis chair during her time in the MSDH program. Abrielle is a very bright, enthusiastic, independent and hardworking student. She rises to every occasion and always puts forth 110 percent effort in her thesis work. I have no doubt that she will continue to do great things in advancing our profession and will be a true role model for future dental hygienists to look up to and learn from. Therefore, it is my honor to present Abrielle Lamphere with the Sigma Phi Alpha award.

..... *Iwonka Eagle*

Shirley Branam – Faculty

It is my pleasure to introduce Shirley Branam as our 2022 faculty inductee into Sigma Phi Alpha-Nu Chapter.

Shirley graduated with a BSDH from the University of Michigan in 1998 and for the next 10 years worked as a clinical dental hygienist, part-time in private practice and part-time at the School of Dentistry.

In 1999 Shirley accepted a full-time position at the School of Dentistry and for the following six years worked in the Dental Faculty Associates and Graduate Prosthodontics and Implant clinics. It was also during this time when Shirley started teaching dental hygiene students in the patient care clinics and dental students during their “prophy camp” experience.

In 2002 Shirley was ready to broaden her education and enrolled in the online Master of Business Administration at the University of Phoenix. She graduated in 2004 and was ready to begin a new phase of her career.

Shirley joined Dentsply (now Dentsply-Sirona) in 2005 as a clinical educator. During Shirley’s 15-year tenure with Dentsply she advanced from clinical educator to global trainer. In this new role Shirley traveled abroad and provided educational training sessions to dental hygiene students in various Asian countries. Despite her international responsibilities, Shirley never forgot her alma mater and always made time to return to U-M to share her knowledge and expertise with our faculty and students.

In 2016 Shirley returned to U-M and began teaching part-time in the clinics. To this day, Shirley’s passion for dental hygiene and love of teaching is obvious when she is with our students.

In her spare time, Shirley likes to knit, do home improvement projects, and spend time

with her wonderful husband, Gary. Shirley has three adult sons and is proud grandma to eight grandchildren.

.....*Janet Kinney*

Annual report:

March 26th, 2022 - Thirty-six of us gathered at Weber’s Inn in Ann Arbor on a chilly, snowy morning for our annual business meeting and induction of new members.

The meeting was called to order by the President, Darlene Jones, at 10:15am.

The Vice President, Elizabeth Pitts, read The Purpose and History of Sigma Phi Alpha.

Immediate Past President, Mona Riaz, introduced the new members from 2020 and 2021 that were present.

President Jones read the qualifications for membership. New members were introduced and initiated. See individual articles on them.

A motion was called by the President to approve the meeting minutes from 2021 provided in the emailed Newsletter. Motion made, seconded, minutes approved.

Beverly Gainer, Secretary/Treasurer, was asked to read the annual report.

Good morning. It’s so refreshing to be able to gather in-person again. I’d like to offer my congratulations to our new members present today from 2020 and 2021 as well as those that were just initiated. Welcome. I hope all of you cherish this honor as much as I do and will continue to support Nu Chapter in the coming years.

I would like to thank our Immediate Past President, Mona Riaz, who basically, with Covid restrictions, conducted her two terms in office from the side lines and thank Janet Kinney along with the past and present

Board of Directors for getting us through some unprecedented and often confusing times. I appreciate your help, guidance and understanding.

With our two cancelled meetings new members were initiated in virtual ceremonies. Janet asked that I send them their keypins and certificates. I failed to report these expenses in my last reports. The cost in 2020 was \$52.32. In 2021 \$47.52.

After the financial figures given in my 2021 report, we ultimately collected \$1,005.00 by checks - \$130.00 designated for sponsorship and \$715.00 through Venmo - \$45.00 designated for sponsorship.

We began 2022 with \$4,139.94 in our account. I've sent in our \$100.00 Supreme Chapter dues, ordered 13 keypins (\$390.00) and five certificates (\$75.00). These checks have cleared.

The ePostcard has been filed with the IRS and accepted. The acceptance form was submitted to Supreme Chapter to maintain our active status.

On January 20th, 2022 the Board of Directors met via Zoom to discuss the March 26th meeting. We decided to send out a survey to a sampling of our membership that have either attended recent meetings or might and get their feedback. Question - Should we meet in-person or have a Zoom meeting?

If the decision to meet in-person was made we decided that in order to keep the number of attendees down we would not invite potential candidates for membership from the junior class.

No names for Honorary Membership had been submitted. Several names were mentioned by the board members but we decided that we would wait to submit these names at the actual meeting (should we have one) and allow the members to vote.

We also discussed the possibility of foregoing the buffet to limit exposure and contact time and instead offer lunch boxes to go. Weber's was to be contacted in that regard.

Darlene was to put together an agenda for 2021, in lieu of the meeting, to place in our scrapbook. Zoom meeting ended.

On January 31st the Officers meet via Zoom. The survey consensus was to meet in-person, so we decided to proceed with one. Weber's would allow us use of the larger Atrium Room but let us keep Varsity Room requirements. Box lunches were available and decided upon. Agenda items discussed. Elizabeth will assemble the agenda and have it printed plus buy name tag stock and markers. She will man the check-in table.

Once new initiate names are made available and the 2021 Newsletter completed invites will be mailed out. Zoom meeting ended.

One hundred and six invitations were emailed - 14 to non-dues paying members. Eight invites were snail mailed. Cost to snail mail was covered with stamps and envelopes on hand. As of March 25th, I've received 60 responses - \$1,070.00 collected from checks, \$1,000.00 from Venmo - \$205.00 designated for sponsorship. Prior to outstanding donation checks and paying for brunch expenses we have \$5,686.94 in our account.

President Jones moved on to **OLD BUSINESS**

Lisa Dodge will remain as our link to UofM DH Website/SPA. Michelle Spencer will continue with the scrapbook upkeep for this year. Mona Riaz will mentor Stefanie VanDuine to take over the Newsletter. Connie MacKinnon will remain the liaison to SPA-Nu/DentalUM for this year but wants someone to takeover next year.

Donation amounts and places were discussed and debated.

Request to reinstate Research Day donation for DH awards with an increase - \$300 starting in 2023. Stefanie VanDuine and Janet Kinney explained changes over the last couple years and the new costs involved for the students.

Other sites and amounts in consideration - CDC \$125; ISCC \$125; VINA \$200; Chris Klausner Scholarship Fund \$150.

Darlene requested we consider waiting to vote on sites and amounts until discussion in New Business was made.

President Jones moved on to **NEW BUSINESS** - On site donations will be made again next year - Hope was one suggestion. Another was to Refugee Relief - Mona Riaz will look into this. No definite place decided. President Jones suggested we create a fund to help financially stressed students pay for their required senior composites. Lisa Dodge commented on what the cost covers. Janet Kinney asked the newer members what they thought, and all agreed this was a burden that aid would benefit. Both Janet and Lisa spoke of how the composites play a part in the history of Dental Hygiene when displayed on the walls in the Dental school. Amount to be considered - \$100.00.

Darlene Jones showed us some of the special products our donation purchased for ISCC. She and Karen Essell spoke about pop-up events and the use of a puppet to demonstrate brushing techniques. Karen requested a one-time donation to purchase another puppet. Estimated cost through Amazon \$85-\$100.

A motion was called for the donation amounts discussed under **OLD BUSINESS** and the two new amounts mentioned in **NEW BUSINESS**. Motion made, seconded and approved.

The date for the annual meeting and induction ceremony was set for March 18th, 2023 staying at Weber's but returning to the old menu - breakfast buffet with waffle station - even with the understanding there would be a cost increase.

Nominations were made for Honorary memberships. Several names and qualifications were presented. Dr. Margherita Fontana was approved for induction in 2023.

Officers will remain the same. A reminder that there will be a change at next year's meeting. If interested in holding a position, please contact one of the present officers for details.

No further business to discuss. Meeting adjourned at 11:23am. Box lunches ready to take.

.....*Beverly Gainer*

YOUR 2022 - 2023 OFFICERS



Left to Right: Immediate Past President – Mona Riaz, President – Darlene Jones, Secretary/Treasurer – Beverly Gainer, and Vice President – Elizabeth Pitts