

# The Fulcrum

## Note from DHPAG Chair

LCDR Jennifer Curtis

2020 Fall - Issue III



Dear Fellow Officers,  
It's officially holiday season but unfortunately 2020 has not been a Hallmark TV movie. Being optimistic during the challenges life has thrown your way can help you reframe negative thoughts during tough times and change your attitude so you feel refreshed and motivated. Some people just try to celebrate the joys of life whenever they can. This is a good reminder many of us could stand to hear more. Whether you're hoping to achieve success at work, home, or life in general, establishing the right intentions can help you stay positive. No matter what you're feeling or experiencing, staying positive and focused on the good can help you get where you want to go.

Thank you all for allowing me to serve as the 2020 DHPAG chair. It has been an honor and a wonderful experience.

Sincerely,

LCDR Jennifer Curtis

**“Success is not final,  
failure is not fatal:  
it is the COURAGE  
TO CONTINUE  
that counts.”**

WINSTON CHURCHILL

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LT Chennault

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Co-Editors:

LCDR Marie-Elena C. Puleo

LCDR Keasha Myrick

LCDR Tanya Selling

Happy Fall/Winter to all Our Fellow Dental Hygiene Officers!

Please join us in Thanking

LCDR Jennifer Curtis for her dedication and hard work this past year as our DHPAG Chair!  
We truly appreciate your dedication to our PAG this past year and your continued support  
as we move forward into the next year!

As the new year comes in, let us welcome and support our incoming 2021 DHPAG Chair....

## LCDR Emily Warnstadt

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LCDR Emily Warnstadt is a clinical dental hygienist at the ICE Health Service Corps (IHSC) Northwest Processing Center in Tacoma, Washington. Prior to joining IHSC, she spent 13 years as a clinical/community dental hygienist for Indian Health Service, Yakama Service Unit. While at the Yakama Service Unit she served as a Logistic Officer on their COVID Incident Command. She received her dental hygiene degree from Weber State University and her Master's in Business -Healthcare Management from Western Governors. She enjoys baking, exercising, and hiking.

LCDR Warnstadt will chair the DH PAG during 2021. She recognizes that participation in PHS activities has been challenging during the 2020 COVID year; the PAG has responded to these challenges and adapted. Her goal this year to advocate an increase activity among officer within the PAG and encourage officers to participate in the HSO PAC.

# 2020 DHPAG EXECUTIVE COMMITTEE

<b>Chair</b>	LCDR Jennifer Curtis	918-342-6400	Jennifer.Curtis@ihs.gov
<b>Chair Elect</b>	LCDR Emily Warnstadt	509-865-1708	Emily.D.Warnstadt@ice.dhs.gov
<b>Secretary</b>	LCDR Olivia Barrow	907-463-4047	olivab@searhc.org

## Operations

<b>Communications Chair</b>	LCDR Marie-Elena Puleo (Lana)	845-220-2122 x1101	marie- elena.puleo@fda.hhs.gov
<i>Co-Chair</i>	LCDR Keasha Myrick	405-951-3826	Keasha.Myrick@ihs.gov
Member/Co-Editor	LCDR Tanya Selling	520-868-8455	Tanya.L.Selling@ice.dhs.gov
<b>Awards Chair</b>	LCDR Tammy Thomason	304-626-2500 x1151	tthomason@bop.gov
<i>Co-Chair</i>	LT Theresa Chennault	918-342-6400	Theresa.Chennault@ihs.gov
<b>Stakeholder &amp; Community Engagement Co-Chair</b>	LCDR Nicolette Bennett	301-443-3562	nbennett@hrsa.gov
<i>Co-Chair</i>	LCDR Latasha Turner	301 443-0813	lturner@hrsa.gov

## Officer Support

<b>Recruitment Chair (Ad Hoc)</b>	LCDR Doretha M Tonkins	336-333-5419; 103	Doretha.tonkins@fda.hhs.gov
<i>Co-Chair</i>	LCDR Miranda Nelson (Shropshire)	352-689-5134	mshropshire@bop.gov
<b>Training, Education &amp; Mentorship Chair</b>	LCDR Paula M. Arango	609-723-1100 x6783	parango@bop.gov
<i>Co-Chair</i>	CAPT Mylene Santulan	982-729-8896	Mylene.Santulan@fdihb.org
<b>Technical Readiness Chair</b>	CDR Amy Strain	214-767-3048	astrain@hrsa.gov
<i>Co-Chair</i>	LCDR Tanya Selling	520-868-8455	Tanya.L.Selling@ice.dhs.gov
<b>Data &amp; Evaluation Chair</b>	LCDR Charles Brucklier	301-443-0210	cbrucklier@hrsa.gov
<i>Co-Chair</i>	OPEN		

## Management

<b>Policy Chair</b>	LCDR Emily Warnstadt	509-865-1708	Emily.D.Warnstadt@ice.dhs.gov
<i>Co-Chair</i>	LCDR Daniel Rector	913-682-8700 x1247/1254	director@bop.gov
<b>Administrative Chair</b>	LCDR Diane Weidley	Cell 813-695-5052	Diane.R.Weidley@ice.dhs.gov
<i>Co-Chair</i>	LT Johnna Bleem	716-846-6307	Johnna.bleem@fda.hhs.gov

# 2021 DHPAG EXECUTIVE COMMITTEE

<b>Chair</b>	LCDR Emily Warnstadt	509-865-1708	Emily.Warnstadt@ihs.gov
<b>Chair Elect</b>	LCDR Cynthia Chennault	301-443-6691	CChennault@hrsa.gov
<b>Secretary</b>	LCDR Olivia Barrow	907-463-4047	olivab@searhc.org

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<b>Training, Education &amp; Mentorship Chair</b>	LCDR Paula M. Arango	609-723-1100 x6783	parango@bop.gov
<i>Co-Chair</i>	CAPT Mylene Santulan	982-729-8896	Mylene.Santulan@fdihb.org
<b>Technical Readiness Chair</b>	CDR Amy Strain	214-767-3048	astrain@hrsa.gov
<i>Co-Chair</i>	LCDR Tanya Selling	520-868-8455	Tanya.L.Selling@ice.dhs.gov
<b>Data &amp; Evaluation Chair</b>	LCDR Suzanne Redmon	843-746-2990 EXT 21	Suzanne.Redmon@fda.hhs.gov
<i>Co-Chair</i>	LT Natasha S. Bennett		

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<i>Co-Chair</i>	LCDR Daniel Rector	913-682-8700 x1247/1254	director@bop.gov
<b>Administrative Chair</b>	LCDR Diane Weidley	813-695-5052	Diane.R.Weidley@ice.dhs.gov
<i>Co-Chair</i>	LT Johnna Bleem	814-362-8900 x3478	jbleem@bop.gov

# SUBGROUP CORNER

## COMMUNICATIONS SUBGROUP

### WANTED ARTICLES FOR NEWSLETTERS:

- A day in the life of a RDH*
- Alternative Career Paths*
- Upcoming Conferences*
- Volunteer Opportunities and Engagement*
- Community Events*
- Tips for Successful PCS*
- Deployment Experience*
- Kudos for promotions and awards*

**What do you want to see in the Newsletter?**

### NEWSLETTER SUBMISSIONS:

- Newsletter I – Spring: 4/23/2021**
- Newsletter II – Summer: 8/27/2021**
- Newsletter III – Fall: 11/26/2021**

**All:** Ensure to utilize the “2021 DHPAG Newsletter Submission Request Form” going forward for articles, award notifications, notification of new officers etc.

**FORM:** The New 2021 Form will be uploaded in January 2021 and the link will be updated on our DHPAG website under the Newsletter Section, which can be accessed below:

<https://dcp.psc.gov/OSG/hso/pags-dhpag-newsletters.aspx>

## AWARDS SUBGROUP

See Article for 2021 DHPAG Awards Presentation & Q&A Session

## STAKEHOLDER & COMMUNITY ENGAGEMENT SUBGROUP

Nothing to report at this time.

## TRAINING, EDUCATION & MENTORSHIP SUBGROUP

### TEM PRESENTATION

#### **Ergonomics: Improving the way you work in your environment**

#### **Objectives:**

- To evaluate work-related ergonomic risks
- To prevent ergonomic musculoskeletal injuries through daily self-care exercise program and maintain deployment readiness
- To self-manage discomfort for improved quality of life

#### **Date/Time:**

**Tuesday, December 8, 2020**

**Immediately following the 1400 EST DHPAG meeting**

**Estimate start time 1430-1500 EST**

**Call-in Number:** [+1-415-527-5035](tel:+14155275035) US Toll

[+1-929-251-9612](tel:+19292519612) USA Toll 2

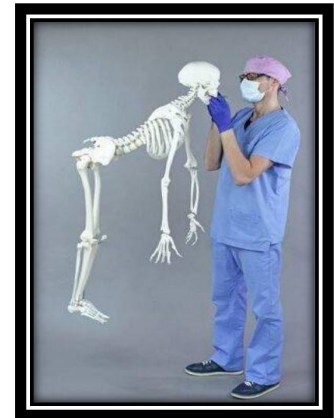
**WebEx Meeting Number (Access code):** [199 927 7017](https://us-bop.webex.com/us-bop/j.php?MTID=m0bd97ecd2ff65c322af6ea4f3b7db06e)

**Meeting password:** Care4Teeth\$\$ (22734833 from phones)

**Meeting Link:** <https://us-bop.webex.com/us-bop/j.php?MTID=m0bd97ecd2ff65c322af6ea4f3b7db06e>

**Moderators:** LCDR Khateeja Brahim; LT Sascha Randolph; LT Erin Heap

**Speaker:** CDR Andrea Woolridge PT, DPT



CONTINUED ON TO NEXT PAGE

# SUBGROUP CORNER

## DENTAL RESOURCES AND CONTINUING EDUCATION COURSES

### CE Credits: Available CE Credits

- <https://www.colgateoralhealthnetwork.com/webinar/?cwF=1&fr=all-formats>
- <http://www.adha.org/continuing-education>
- <https://www.dentalcare.com/en-us/professional-education/ce-course/>
- <https://dentalacademyofce.com/dace/courses.aspx?s=Dental%2520Hygienist&c=Hygiene>
- <https://dimensionsofdentalhygiene.com/ce/>
- <https://www.hu-friedly.com/education/continuing-education-classes>

### Center for Disease Control and Prevention

- <http://www.cdc.gov/oralhealth/>

### Health Resources and Services Administration

- <https://www.hrsa.gov/oral-health/index.html>

### Indian Health Service Early Childhood Caries Initiative

- <https://www.ihs.gov/doh/index.cfm?fuseaction=ecc.materials>

### National Board of Public Health Examiners

- <https://www.nbphe.org/CPH> - Certified Public Health

### National Commission on Correctional Health Care

- <https://www.ncchc.org/CCHP-exam> - Certified Correctional Health Professional

## TECHNICAL READINESS SUBGROUP

Nothing to report at this time.

## ADMINISTRATION SUBGROUP

Nothing to report at this time.

## DATA & EVALUATION SUBGROUP

Nothing to report at this time.

## RECRUITMENT SUBGROUP

Nothing to report at this time.

## POLICY SUBGROUP

Nothing to report at this time.



# Collaboration at the BOP: Hypertension Management Curriculum for Inmates

LT Valerie Favela

An opportunity presented itself at my duty station, Federal Correctional Institution (FCI) El Reno, in the summer of 2019 to collaborate with the institution's Improving Operational Performance/Infectious Disease Coordinator (IOP/IDC), LCDR Cassidy Burchett, who is by trade a Registered Nurse. She brought to our Health Services Unit's (HSU) attention that the Bureau of Prison's (BOP) Clinical Guidelines for hypertension management would soon be changing and that when that change occurred many of our inmates would not be meeting these guidelines. I saw an opportunity for collaboration so I approached LCDR Burchett about ways that we could be proactive and go about improving inmate's blood pressures (BP) before the clinical guidelines were put into effect. She was excited that someone else in the HSU was wanting to help on this initiative!

We decided that the most feasible way of implementing our initiative was through an educational hypertension intervention. We created a Hypertension Management Curriculum for Inmates that consisted of four lesson plans for four classes. Each class focused on a separate aspect of hypertension and educated inmates on how to successfully manage and reduce their hypertension. The topics of the lesson plans and classes were: what hypertension is, nutrition's role, fitness tools, and managing with medication importance. We took the top 40 inmates with the highest BP values and interviewed them if they would be interested in participating in the program. Of the 40 inmates interviewed 23 agreed to participate. We also asked them if there was anything specifically that they would like to learn about in the program and we received feedback that we then incorporated into the lesson plans.

Obviously, life for an inmate is different because they are confined to the prison which they are designated. This gave us the opportunity to tailor the information to the things that they had access to, such as; certain workout equipment, food and drink options, and certain prescription medications that are allowed for inmates in the BOP. So, certain recommendations that we may have made to a general public audience we could not incorporate with this population. We also had to tailor the way we delivered the information to the inmates. It was important to remember that some of the inmates participating in the program did not have a GED or high school diploma. We used many visual aids to help our audience understand concepts and new skills.

<p><b>LESSON TITLE:</b> NUTRITION</p>	
<p><b>HEALTH CARE ACCESS &amp; NAVIGATION TASKS ADDRESSED IN THIS LESSON (OVERALL DIRECTION)</b></p> <ul style="list-style-type: none"> <li>• MAKING FOOD CHOICES</li> <li>• UNDERSTANDING WHAT FOODS EXACERBATE HBP</li> <li>• READING A NUTRITION LABEL</li> </ul>	<p><b>PURPOSE</b> INFORM &amp; EDUCATE INMATES ON HOW NUTRITION CAN POSITIVELY OR NEGATIVELY EFFECT BP</p>
<p><b>SKILLS FOCUS</b></p> <ul style="list-style-type: none"> <li>• RECOGNIZE KEY POINTS ON A NUTRITION LABEL</li> <li>• MEASURING PORTIONS</li> </ul>	<p><b>STEPS</b></p> <ul style="list-style-type: none"> <li>• NUTRITION'S ROLE IN HBP</li> <li>• PORTION CONTROL</li> <li>• SODIUM/SALT</li> <li>• SATURATED &amp; TRANS FATS</li> </ul>
<p><b>ABILITY LEVEL OF STUDENTS</b></p> <ul style="list-style-type: none"> <li>• GED</li> </ul>	<ul style="list-style-type: none"> <li>• GOOD FOOD CHOICES</li> <li>• FOODS TO AVOID OR LIMIT</li> <li>• GO THROUGH NUTRITION LABEL</li> </ul>
<p><b>DURATION</b></p> <ul style="list-style-type: none"> <li>• 45 MINUTES</li> </ul>	
<p><b>MATERIALS</b></p> <ul style="list-style-type: none"> <li>• POWERPOINTS PRINTED</li> <li>• HANDOUTS FROM AHA</li> <li>• DIGITAL SCALE</li> <li>• MEASURING SPOONS</li> <li>• MEASURING CUPS</li> <li>• FOOD EXAMPLES- TABLE SALT, CHIPS, CEREAL, COOKIES, DONUTS</li> </ul>	<p><b>FOLLOW-UP ACTIVITY</b></p> <ul style="list-style-type: none"> <li>• HANDS ON WITH FOOD &amp; SERVING SIZES             <ul style="list-style-type: none"> <li>◦ HAVE INMATES POUR OUT CHIPS FROM BAG THAT WOULD BE 1 SERVING TO THEM. THEN COUNT THE CHIPS OUT TO SEE HOW MANY ACTUAL SERVINGS. CAN DO WITH DIFFERENT FOODS.</li> </ul> </li> <li>• ALLOW TIME FOR FOLLOW-UP QUESTIONS</li> </ul>
<p><b>KEY VOCABULARY AND EXPRESSIONS:</b> SODIUM, SALT, MILLIGRAM (MG), SERVING SIZE</p>	<p><b>ESOL/ADVANCED ABE/GED TIPS</b></p> <ul style="list-style-type: none"> <li>• UTILIZE PLAIN LANGUAGE</li> </ul>
	<p><b>TECHNOLOGY TIPS</b></p> <ul style="list-style-type: none"> <li>• INMATES DO NOT HAVE ACCESS TO OUTSIDE RESOURCES, AVOID ADVISING TO UTILIZE WEBSITES</li> </ul>

My favorite class to teach was the role of nutrition on hypertension because we brought in typical snacks that the inmates could purchase from the commissary and we discussed the Nutrition Facts label as a group. We also brought in measuring cups and spoons, a scale, and bowls and plates. We then had a volunteer measure out how much of a particular food they would typically eat at one sitting, chips for example. We then weighed it to see how many servings there actually were. The inmates were amazed at how many calories, sodium, sugar content, etc. they were actually consuming. It was a great way to get them hands on with learning instead of just myself and LCDR Burchett speaking to them.

A simple way that we used to evaluate the efficacy of the classes was by using a pre- and post- test. The tests consisted of six multiple choice questions with at least one question from each key area of discussion: what hypertension is, nutrition, physical activity, and medication. The test was given on the first day of the first class and the last day of the last class. All questions showed an improvement in the number of correct answers and thus knowledge gained. At the beginning of each class we would take each inmate's BP and record it. They really enjoyed learning what their BP was each day and some of them would compete with each other for the lowest BP. This also helped to get them more familiar with BP values. All of the inmates reduced their BP to under 150/90 by the end of the program.

Overall, the Hypertension Management Curriculum for Inmates that we implemented was successful. At the end of the program, several inmates asked if we could do this sort of thing for other diseases like diabetes. They appreciated the time that myself and LCDR Burchett put into the initiative and even wrote emails to our supervisor saying what a great job that we did. I enjoyed getting out of my normal routine and stepping out of my dental hygiene box to help in another area. I also think that it showed other staff that collaboration can happen from other departments and that it didn't have to just be medical staff working on this project. We also submitted our initiative for consideration in presenting at the USPHS Scientific & Training Symposium 2020 and were selected! Unfortunately, the symposium was cancelled but hopefully we will still get to present at the USPHS Scientific & Training Symposium 2021.



**Continuous 30—PHS Athletics Event**  
**Saturday, October 17, 2020**  
**Authored by: LCDR Cynthia Chennault & LCDR Jen Eng**

On Saturday, October 17, 2020, two of our very own Commissioned Corps Dental Hygiene Officers led a PHS Athletics Event! LCDR Cynthia Chennault and LCDR Jen Eng organized a Virtual Continuous 30 PHS Athletics Event, which had officers show their commitment to health and physical activity by participating in 30 continuous minutes of physical activity of their choice. LCDR Chennault and LCDR Eng had officers chose from a variety of physical activities which included: cardio fitness, yoga, running, walking, stationary bike riding, boxing, shooting hoops with family members, horseback riding, stair climbing, outside bicycling, and hiking! There were 11 different forms of physical activities! 134 officers and 11 civilians participated worldwide across 30 states and 2 countries! Yes, even officers stationed across the globe in Africa participated! See statistical breakdown below:

CATEGORY	
Category	No. of Officers
DENT	5
DIET	2
EHO	6
ENG	7
HSO	57
MED	6
NURSE	22
PHARM	19
SCI	5
THER	5
<b>Total</b>	<b>134</b>

RANK	
Rank	No. of Officers
CAPT	10
CDR	34
LCDR	56
LT	34
LTJG	0
<b>Total</b>	<b>134</b>

States/Countries	No. of Officers	States/Countries	No. of Officers	States/Countries	No. of Officers
Abidjan, Côte d'Ivoire	1	KS	2	NY	2
Kigali, Rwanda	2	KY	5	OK	8
Maptuo, Mozambique	1	LA	1	PA	6
AK	3	MA	2	SC	5
AZ	10	MD	36	SD	1
CA	3	MI	1	TX	3
CO	2	MS	1	VA	8
CT	1	MT	1	WA	2
FL	3	NC	2	Washington D.C.	5
GA	9	NJ	1	<b>Total : 134</b>	
HI	1	NM	6		

**Where are Commissioned Corps Dental Hygienist that participated in the *Continuous 30*—PHS Athletics Event on 17 OCT 2020 located?**

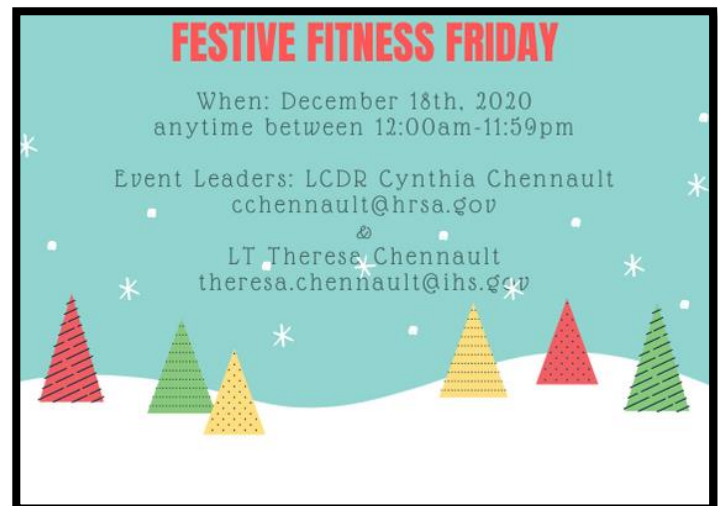
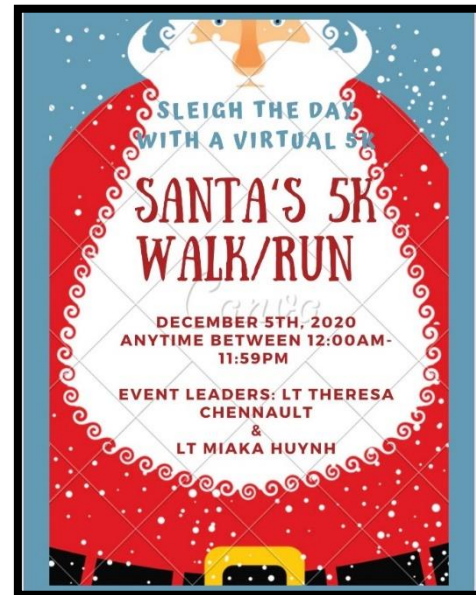


- |        |        |
|--------|--------|
| ➤ 2 NJ | ➤ 1 TX |
| ➤ 2 NM | ➤ 1 OK |
| ➤ 3 AZ | ➤ 1 PA |
| ➤ 3 MD | ➤ 1 CO |
| ➤ 1 MS | ➤ 1 WA |

**CONGRATUALTIONS to the following Dental Hygiene Officers for Participating in the *Continuous 30 Event!***

- |                          |                          |
|--------------------------|--------------------------|
| ✓ CAPT Mylene Santulan   | ✓ LCDR Torrey Darkenwald |
| ✓ CDR Colleen White      | ✓ LCDR Tiffany Smith     |
| ✓ CDR Kari Pinsonneault  | ✓ LCDR Kelli Schaffer    |
| ✓ CDR Nadine Brown       | ✓ LT Justin Balderamma   |
| ✓ LCDR Paula Arango      | ✓ LT Theresa Chennault   |
| ✓ LCDR Melka Agraw       | ✓ LT Jessica Criss       |
| ✓ LCDR Emily Warnstadt   | ✓ LT Valerie Favela      |
| ✓ LCDR Cynthia Chennault | ✓ LT Erin Heap           |
| ✓ LCDR Jen Eng           |                          |

# Upcoming Dental Hygiene Led PHS Athletic Events



## Check Out More Upcoming PHS Athletic Events Here

<https://dcp.psc.gov/OSG/phsa/eventcalendar.aspx>



## How Can I Create a PHS Athletics Event?

Be as creative as you want with this! The list of physical activities that you can do to stay active and move your body is limitless! Whatever activity you select to do, think of a catchy title for the event. Then write up a description of the event with the date and time you want participants to complete the event. Send an email to the PHS Athletics Team at [publichealthserviceathletics@gmail.com](mailto:publichealthserviceathletics@gmail.com) and give them the description of the event you wish to lead. They will provide the tools you need to track participants and provide instruction for photo submission. *Voila!* That simple!



**DHPAG  
participants  
of  
PHS  
Athletics  
Continuous  
30 Event.**





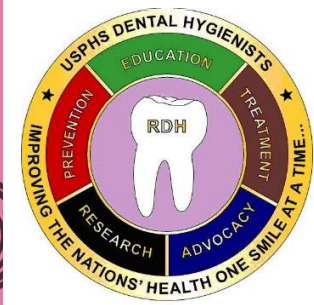




USPHS Athletics Event

# JUST FOR THE HEALTH OF IT!

OCTOBER 17, 2020 SATURDAY

A stylized black and white illustration of a person riding a bicycle.



# Covid-19 Drive Through Clinic Claremore, Oklahoma

LCDR Jennifer Curtis

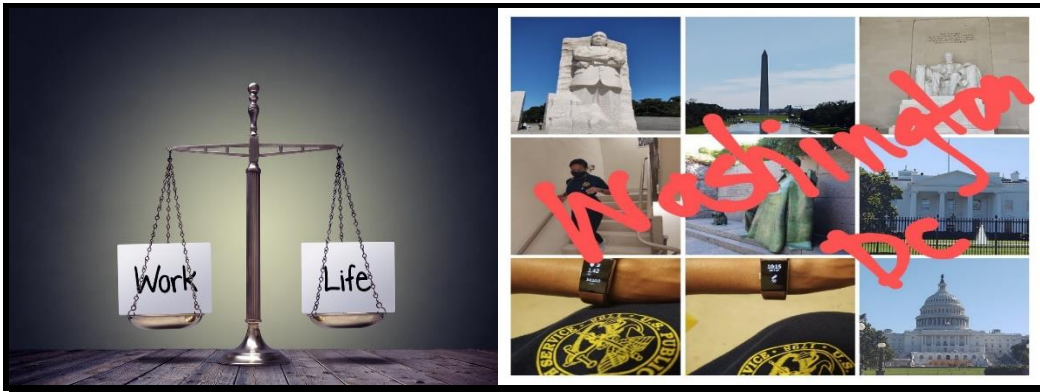


Picture left: LCDR Jennifer Curtis RDH,  
MHA Right: LCDR Vinessa Mills, RDH, MHA

LCDR Jennifer Curtis and LCDR Vinessa Mills are currently assigned to the Claremore Indian Hospital Drive through Clinic. The commanders and their team provide Covid-19 testing in the morning hours and Influenza Vaccines in the evening hours. The drive through clinic provides services to up to go patients daily.

## Prepared & Ready, Undemanding

LCDR Keasha Myrick



If called upon today for a TDY assignment or to deploy within the next 24 to 48 hours, would you be prepared and ready? Having been selected for a TDY assignment in Washington D.C., my prepared and readiness preparation was tested. Accepting the assignment, completing all forms, and preparing for the IHS Executive Leadership introductory call were the start of my preparation. When asked for questions or concerns, I inquired about uniform of the day and hours of operations. My two concerns were to best prepare for and to be ready, not only for the assignment, but a work-life balance.

Uniform of the Day: “Well, when I was there, we were “all hands on deck” mode, ODU daily”; and “as a retired PHS officer, I would wear the Khaki uniform and you may see other officers in ODU”. My preparation consisted of all three uniforms, excluding summer whites. I wore Service Dress Blue (SDB) on Mondays and Tuesdays, Khakis on Wednesdays and Thursdays, and ODU on Fridays for most weeks. While in D.C., my thought process was what if there are instances when I need to wear SDB or ODU.

- During my time in D.C, the passing of Supreme Court Judge Ruth Bader Ginsburg occurred and I was unable to attend due to activities surrounding the Capitol at the time; however, I would have worn my SDB.
- I was unsure if my detail assignment would have extended passed the inauguration of the President 2021, but I was prepared with my SDB, if needed.
- I received an email of a PHS Virtual Activity and was able to participate in my ODU t-shirt (see above).
- And, my promotion date started in the middle of my assignment. I wore LT insignia one day and pinned LCDR the next day. Two sets of ODUs, one sewn with LT and the other LCDR.

Hours of Operation: My work schedule was flexible but usually within the hours of 8am to 4pm, 9am to 5pm. I based my work scheduled hours around daily meetings and onsite teleconferences which varied from 8am to 6pm, Monday through Friday and option of Saturdays and Sundays depending on work activities.

Work-Life Balance: With the plan of my uniform for each day and my work hours of operations, I was productive in creating a work-life balance the duration of my assignment. For physical activities, I hiked to various historical sites; utilized the hotel’s 13 flights of stairs and workout facility; commuted to work,

food markets, and other outings on foot. I was provided a hotel room with a balcony which was utilized during my relaxation time. I was able to sit out, listen to music, read books, chat with friends and family, stargaze, and capture the view of downtown D.C.! My preparedness and readiness regimen allowed for an attainable, undemanding balance.

My Preparedness & Readiness Preparation:

1. Printout all information needed while traveling: work orders, flight information, travel arrangements to and from airports, hotel information, contact information for point of contact of TDY/Deployment and Duty Station.
2. Checked the 10-day temperature of TDY/Deployment location.
3. Checked off items from laminated packing list that is usually located in my to-go bag with most of the listed items already packed.
4. Ensured all packed items are in working condition and within expiration dates.
5. Contacted family and friends with permissible TDY information.
6. Prepared for next morning wake up for "Boots on the Ground" mission.

Overall, this TDY was an exceptional experience and opportunity to encounter various moving parts within IHS Executive Leadership and to perform alongside other federal agencies leadership.



Indian Health Service, Liaison Officer (LNO)  
TDY: 45-day Assignment  
Secretary Operation Center (SOC)  
Washington, D.C.

## Returning to work as a full-time working mom and Officer

LT Erin Heap

My story begins as many of our stories do, it was a long journey from discovering the hidden gem of the United States Public Health Service until I was a commissioned officer. It was 7 years from the time I learned of the USPHS until I proudly took the oath, while it took 18 months from the time I applied until I went to OBC in May 2019. With this career move came a lot of hard work and sacrifice, one of those sacrifices was to put “starting a family” on hold. As you may be aware pregnancy is a barrier to the application stages and with not knowing when the Corps would open up for dental hygienists this was something I had to consider.

After years of pushing aside my desire for children, just 3 months after I commissioned I found out I was pregnant, how exciting! In May 2020 my husband and I welcomed a sweet baby girl into the world and all of a sudden life changed; at home, at work, personally and professionally I know had to plan differently.

Before having a child, work life and personal evolved as I chose, I would go to work, then maybe hit the gym or get home to take my chocolate lab on a run/walk, do some yardwork or work on renovating our fixer upper. I knew having a baby around would change how my day looked, what I didn't expect was just how a baby would completely change it. Pre-baby I would sign up to stay late or head out on a TDY without much thought, just a quick phone call home to let my husband know what was going on. I'm naturally a planner and very organized and as a middle child from a big family I can handle when things happen and change is needed, this came in handy with a newborn! Flexibility is key, when nothing goes as planned.



As a new parent, a parent in transition, or an officer who hasn't looked into these things lately here are some things we all can take the time to look into and update as needed.

1. **Spousal duties and Sharing the Load.** Prior to having a child my husband and I discussed the fact that due to my job and the possibility that at times I will be required for quick response with extended length, that he would have to step up. He needs to know the ins and outs of the house, day to day operations and childcare. Knowing things at home are taken care of is vital in me feeling comfortable, not only being a working mom but being deployable as well. Communication of expectations should be discussed and reviewed as we are standing ready.
2. Having a **Family Care Plan.** As officers we hear a lot about creating a family care plan, but have you taken the time to complete one, have you reviewed it recently and update it as needed? In the event of an emergency or deployment response it is recommended each officer has this

finalized, doing so may give you peace of mind for all the “what ifs” that come with deployments. The link below can act as a checklist to help you have a comprehensive plan for your family, personal and legal concerns.

[https://dcp.psc.gov/ccmis/RedDOG/Forms/Deployment\\_Checklist\\_March2016.pdf](https://dcp.psc.gov/ccmis/RedDOG/Forms/Deployment_Checklist_March2016.pdf)

3. **Updating Financials.** Every parent wants more for their children than they had, one way to make this happen is with planning. Starting a college fund early, or simply just starting one with monthly deposits and allowing them to grow (sometimes tax free) is a great start to helping your children avoid/minimize college debt, find a financial planner you trust to help you do this. Then comes life insurance, something most don't like to think about but having this in place and updated as life changes is one way to show your family they will be cared for if something happens to you. It is recommended to have 10 times your incomes in a life insurance policy for you and your spouse, again finding an insurance specialist and/or using our SGLI benefit and getting term coverage is a cheaper way to get this done. Finally, make a will, like a family plan this will lay out what to do if you aren't there to tell your wishes.
4. **Quality time over quantity time.** As working parents know most of our days are spent away from home, working 40+ hours in addition to your commute limits the time we are home. Then the work at home can't be ignored; laundry, cooking, dishes and yard work all needs tending to so when does that leave room for enjoying your kiddos? I had to learn and still need to work on making my time with my daughter of good quality, when its playtime we play, I don't worry about the bathroom needing cleaned, that time belongs to my daughter and my focus is on her for that time.
5. **Leaving work at work.** Somedays this is easier to do than others, but I use my commute to and from work to prepare my mind for what lays ahead. When I'm at work I focus on the task at hand and use my time wisely, so when I leave, I can leave my work behind too. I use my drive home to decompress, listen to music or a podcast and shift to mom/ wife mode, this way when I arrive home I am present with my family and not distracted by work.

As a new mom and officer I know there will be hard days ahead but great days as well. I know life is only going to get crazier and I will have to get better at juggling my time and responsibilities. As officers we all took on the task to serve our great country even though that means we will have sacrifices at home. Whether you are in a season of change, veteran parent or close to retirement I think we can all look at our day to day life, take a breath and enjoy the ride.



# Awards Committee Presents

## **2021 DHPAG Awards Presentation & Q&A Session**

LT Theresa Chennault

Greetings DHPAG!

We will be holding an Awards Presentation/Q&A Session on how to apply for DHPAG Awards for the upcoming 2021 year.

Come learn how you can apply for awards, everything you need to include in your awards packet, and ask any questions you may have regarding the awards process. We would love to see many hygienists as possible apply this year so if you have been on the fence about applying, this is your year!

The tentative dates are scheduled for:

**January 12th, 2021 at 1:00pm Central Time**  
&  
**February 23rd, 2020 at 1:00pm Central Time**

We will record these virtual meetings if you are unable to make it during these times or days and send it over the listserv. Please contact me with any questions you may have before these sessions. Thank you!



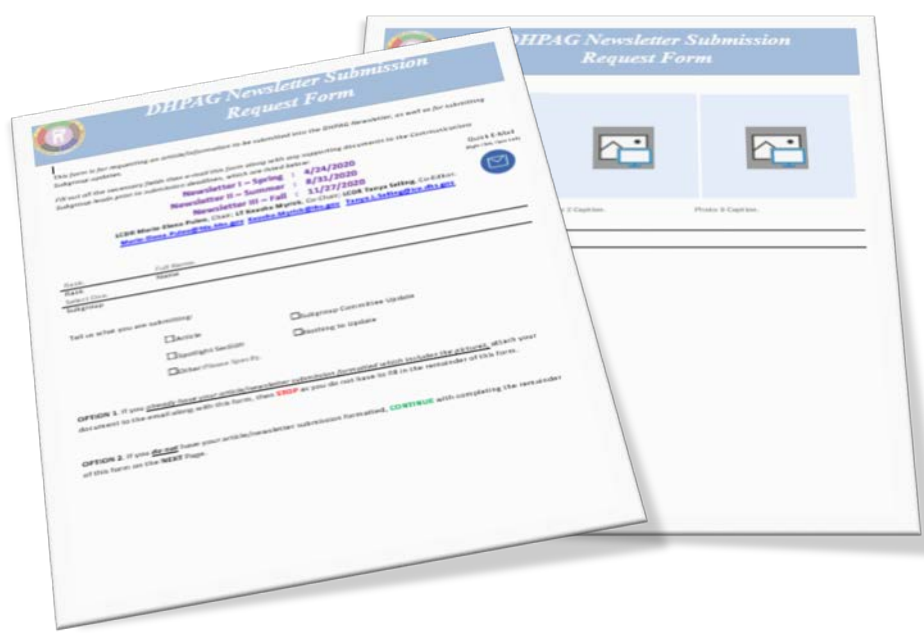


# Newsletter Submission Request

The DHPAG Communications Subgroup has a new form!

## *DHPAG Newsletter Submission Request Form*

Please start utilizing this form for **2021** Newsletter Submissions, Officer Spotlight, DHPAG Officer Career Paths, Subgroup Updates including nothing to report!  
Click below to be directed to the new form as well as other documents!



\* After clicking picture above, it will open the PDF attachment window on the left, click and download the attachment to get the form \*

### Other Documents Included:

**DHPAG New Officer Questionnaire:** Know a new officer? Are you a new Officer yourself? Fill out one of these questionnaire forms and submit with the 2021 DHPAG Newsletter Submission Request Form.

**DHPAG Officer Career Paths Questionnaire:** For LCDR's and Senior Officers; Do you have a career experience you would like to share with other officers and give advise? Fill out one of these questionnaires and submit with the 2021 DHPAG Newsletter Submission request form.

Submission Form may also be found the DHPAG website under the Newsletter Section at:  
<https://dcp.psc.gov/OSG/hso/pags-dhpag-newsletters.aspx>

# New Officer SPOTLIGHT

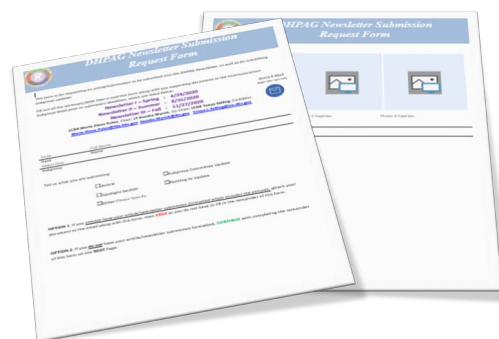
## DHPAG

# Sorry...

There is no new information regarding new PHS RDH Officers for this newsletter.



If you know of and have any contact information regarding new PHS RDH Officers, **Please submit the Subgroup Submission Form**



*No Awards submitted for this Newsletter*

*To submit an award to appear in the next  
Newsletter [Click Here](#)*



# Save the Date

Welcome, everyone to the **SAVE the DATE** section! This section of the newsletter will provide upcoming dental conferences and seminars to attend. Please submit any dental conferences and seminars to be included in newsletters and website that may not be listed below. Also, let us know which event you are attending for a meet n greet session! See you there!!!

January 2021						
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*2021 Hinman Live & Online*

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*2021 NOHC - Virtual TBA*

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*ADHA Live & Online*

*2021 COF Symposium*

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*2021 Under One Roof*

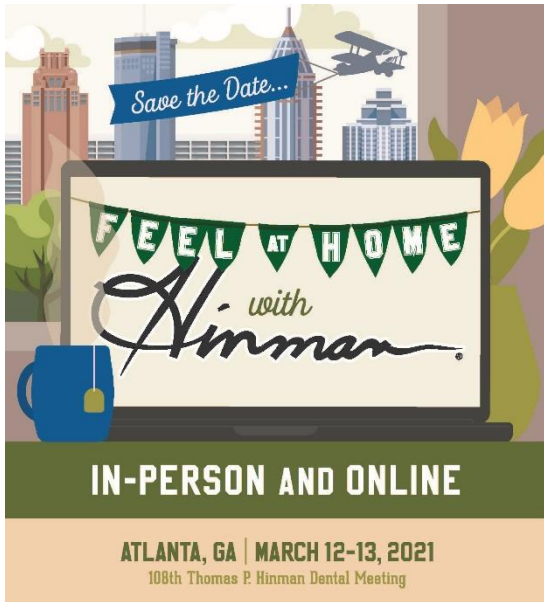
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Save the Date...

FEEL AT HOME  
with  
*Airman*

**IN-PERSON AND ONLINE**

**ATLANTA, GA | MARCH 12-13, 2021**  
108th Thomas P. Hinman Dental Meeting



**NOHC**

Date To Be Announced



**ADHA 2021**

**ADHA 2021 ANNUAL CONFERENCE**  
FRIDAY, JUNE 18 - SUNDAY, JUNE 20  
PHOENIX, ARIZONA



**USPHS**  
SCIENTIFIC & TRAINING  
SYMPOSIUM

June 21-24, 2021  
Renaissance Phoenix Glendale Hotel



*Save the Date*

**RDH • UnderOneRoot.**

JULY 22-24, 2021  
Indianapolis, IN





# Continuing Education

Free: <https://www.dentalcare.com/en-us>

Free: <http://vivalearning.com/>

# Certifications

Certified Correctional Health Professional (CCHP):

<http://www.ncchc.org/cchp>