

The Fulcrum

Note from DHPAG Chair

LCDR Emily Warnstadt

2021 Issue III - Winter



The year is quickly coming to an end. I hope that each of you take the opportunity to self-evaluate your personal and professional life. Does your life feel frenzied, stressed, do you have a sense of trying to catch up, or feel like you're one step behind the finish line? If so, make time for "white space." White space is uncluttered time and by design can give balance and comprehension to our lives. It's incredibly difficult to focus in the mists of chaos.

I know the promotion pressure is strong and can feel very heavy on one's shoulders. One of the easiest things an officer can do is to bite off more than they can chew. The reality is, it doesn't matter how busy you are, it matters what you are able to accomplish, and accomplish with excellence.

Be courageous! If what your doing hasn't been working for you, be courageous enough to cut your losses and make the tough decision to seek new opportunities. Don't ever allow failure to dampen your spirits; failure is a learning experience. If you don't take chances you'll never know what you are capable of.

Have an open mind, excellent work ethics, values, and principles. Don't be driven by public opinion, stay true to yourself. In a nutshell...create white space for self-evaluation.

*Happy Holiday's DH PAG!
-LCDR Emily Warnstadt*

Thank You LCDR Emily Warnstadt for

Your dedication and hard work this past year as our DHPAG Chair! We truly appreciate your dedication and your continued support as we move forward into the next year!

- With much appreciation, DHPAG

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LCDR Marie-Elena C. Puleo

LCDR Keasha Myrick

LCDR Tanya Selling



A Note from Your Chair-Elect

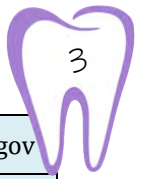


2021 has been a challenging year and I want to take this time to thank each of you for your dedicated service to our country and our nation's oral health during these challenging times. In particular, with many of you deployed either to support HHS's unaccompanied children (UC) or national vaccination mission, I want all of you to know that myself and LCDR Warnstadt support you in this important work and will continue to support you as you also fulfill the duties and responsibilities of the agency that you serve. As this year comes to an end and we celebrate the holiday season, I want to express my gratitude for the commitment and dedication you've shown to our nation under the most extraordinary circumstances. Our world has not seen a public health threat like this for 100 years and has required us all to manage our professional responsibilities and personal lives like never before. For almost 2 years, you have navigated uncharted territory with perseverance, creativity, and hard work. I will always remember and share how USPHS officers rose to the occasion for the American people and worked tirelessly to accomplish its mission during this challenging time. To say that I am immensely proud of our

Dental Hygiene Professional Advisory Group (DHPAG) in the midst of these challenging times would definitely be an understatement. Our PAG has done the most excellent job ensuring that continuity of operations were maintained. Our Awards Subgroup kicked off the year by offering a webinar on *How to Apply for DHPAG Awards*, followed by a Q&A session. Our Data & Evaluations Subgroup did a fantastic job collecting meaningful information from Commissioned Corps dental hygiene officers, which showed how valuable and versatile dental hygienists are and the many different ways we can fulfill deployment roles or agency positions outside of a clinical role. Our Communications Subgroup did a terrific highlighting all the work we do and spotlighting our hygienist across the nation in our newsletter. Our Recruitment Subgroup did an amazing job sharing information disseminated from Commissioned Corps Headquarters. Our Technical Readiness Committee did an outstanding job recruiting and promoting the Advanced Readiness Program. Our Stakeholder & Community Engagement Subgroup and our Training, Education, & Mentorship Subgroup did an excellent job hosting webinars, creating panel discussions, and collaborating with other PACs, making opportunities available for dental hygiene PHS officers that otherwise would not have been available. Our Administrative Management Subgroup did a wonderful job soliciting nominations for the 2022 DHPAG Chair and Subgroup Chair positions and ensured that applications were received in a timely manner. The work we have done together makes me immensely proud.

Looking ahead as we move into a new year, I urge each of you to get some well-deserved rest, and renew your connections and try to create new memories with family, friends, neighbors, and loved ones. In the quiet moments that I hope you can make for yourself this holiday season, I pray that you can take time to reflect upon all that you've been able to achieve this year. I look forward to serving as your chair in 2022 and also look forward to sharing my goals for our Dental Hygiene PAG in our next newsletter.

2021 DHPAG EXECUTIVE COMMITTEE



Chair	LCDR Emily Warnstadt	253-552-4970	Emily.D.Warnstadt@ice.dhs.gov
Chair Elect	LCDR Cynthia Chennault	301-443-6691	CChennault@hrsa.gov
Secretary	LCDR Olivia Barrow	907-463-4047	olivab@searhc.org

Operations

Communications Chair	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
Awards Chair	LT Theresa Chennault	918-342-6400	Theresa.Chennault@ihs.gov
<i>Co-Chair</i>	LCDR Olivia Barrow	907-463-4047	olivab@searhc.org
Stakeholder & Community Engagement Co-Chair	LCDR Tiffany Smith	520-464-3591	Tiffany.H.Smith@ice.dhs.gov
<i>Co-Chair</i>	LCDR Charles Brucklier	202-389-2999	Charles.J.Brucklier@ice.dhs.gov

Officer Support

Recruitment Chair (Ad Hoc)	LCDR Doretha M Tonkins	336-333-5419; 103	Doretha.tonkins@fda.hhs.gov
<i>Co-Chair</i>	LCDR Miranda Shropshire-Nelson	301-796-8378	MirandaNelson@fda.hhs.gov
Training, Education & Mentorship Chair	LCDR Paula M. Arango	908-282-5774	Paula.M.Arango@ice.dhs.gov
<i>Co-Chair</i>	CAPT Mylene Santulan	982-729-8896	Mylene.Santulan@fdihb.org
Technical Readiness Chair	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
Data & Evaluation Chair	LCDR Suzanne Redmon	843-746-2990 EXT 21	Suzanne.Redmon@fda.hhs.gov
<i>Co-Chair</i>	LT Natasha S. Bennett	601-630-5443	nsbennett@bop.gov

Management

Policy Chair	LCDR Cynthia Chennault	301-443-6691	CChennault@hrsa.gov
<i>Co-Chair</i>	LCDR Daniel Rector		Daniel.Rector@cms.hhs.gov
Administrative Chair	LCDR Diane Weidley	813-695-5052	Diane.R.Weidley@ice.dhs.gov
<i>Co-Chair</i>	LT Johnna Bleem	716-846-6307	Johnna.bleem@fda.hhs.gov



SUBGROUP CORNER

COMMUNICATIONS SUBGROUP

See Farewell Article

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: 4/22/2022

Newsletter II – Summer: 8/26/2022

Newsletter III – Fall: 11/25/2022

All: Ensure to utilize the “2022 DHPAG Newsletter Submission Request Form” going forward for articles, award notifications, notification of new officers etc.

FORM: The form has been uploaded and a link has been placed 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

Nothing to report at this time.

STAKEHOLDER & COMMUNITY ENGAGEMENT SUBGROUP

Nothing to report at this time.

TRAINING, EDUCATION & MENTORSHIP SUBGROUP

See Farewell Article!

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-friedy.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> - CCHP

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

See Farewell Article

POLICY SUBGROUP

Nothing to report at this time.



Over The Years: Training, Education, and Mentorship Subcommittee Edition

A farewell message from the DHPAG TEM Chair

My term as the Chair for the Training, Education, and Mentorship (TEM) Subcommittee has come to an end. The past four years have gone by so quickly and I am so grateful for all the people I met and worked with along the way. I want to take the time to thank those who made the last four years possible. Thank you, CAPT Mylene Santulan, for your unwavering support, mentorship, and friendship. Thank you, LCDR Andrew Felix, for your strong leadership, decisiveness, and prompt action. Thank you to all the members— LCDR Khateeja Brahim, LCDR Tanya Selling, LT Sascha Randolph, LCDR Olivia Barrow, LCDR Keasha Myrick, LT Erin Heap, and LT Melaku Woldeamanuel—



for your contributions and dedication to our TEM team projects. As a team, we have been able to achieve so much over the years. In the next pages I have highlighted our major accomplishments from each year of my term as well as words from some of the members.

To those thinking about joining the TEM subcommittee, or any subcommittee, I would highly encourage you to. Joining a professional group allows you to meet new people from different backgrounds, form deeper relationships with colleagues, take on leadership roles, and develop yourself professionally. In addition to that, the TEM subcommittee's focus is that of helping other DHPAG USPHS officers. If you are looking for ways to be of service to others, please consider us.

To the new Chair, I am confident you will do a wonderful job and I wish you much success! I am always available if you need any help or have questions.

To the future TEM team, remember that you are a TEAM! Remember to keep open and honest communication at the forefront of your interactions and remember that every member is responsible for the success of the team.

Sincerely,

LCDR Paula Arango, DHPAG TEM Subcommittee Chair (2018-2021)

“Alone we can do so little; together we can do so much.”

- Helen Keller



Chair: LCDR Paula Arango

Co-Chair: LCDR Andrew Felix

Members: CAPT Mylene Santulan, LCDR Khateeja Brahim, LCDR Tanya Selling, and LT Sascha Randolph

2018

- DHPAG Directory monthly updates maintained by LCDR Felix
- DHPAG Panel Discussion “Sending the Elevator Down, Words of Wisdom from the Top Floor” presented by speakers CAPT Kimberly Walker and CAPT Candace Hander and moderated by LCDR Tanya Selling, followed by a Panel Discussion Survey
- The DHPAG Professional Development teams (TEM and Stakeholder & Community Engagement) began developing a team-based program to provide coaching and opportunities for professional development that officers may not get in traditional mentoring programs to expand knowledge in public health, gain real world experience in public health planning, and promote officership.
- Provided information on free dental Continuing Education courses to maintain licensure

Chair: LCDR Paula Arango

Co-Chair: LCDR Andrew Felix

Members: CAPT Mylene Santulan, LCDR Khateeja Brahim, LCDR Tanya Selling, LT Sascha Randolph, LCDR Olivia Barrow, and LCDR Keasha Myrick

2019

- LCDR Olivia Barrow and LCDR Keasha Myrick joined the TEM team
- DHPAG Directory monthly updates maintained by LCDR Felix
- DH-HSO survey regarding HSPAC Mentor Program to ensure the Dental Hygienist Discipline is represented and contributes to any future changes to the HSPAC Mentor Program. This survey was analyzed and presented to the DHPAG leadership by the direction of LCDR Felix.
- Initiated the 2019 CV project coordinated by CAPT Santulan and executed by LCDR Felix and LCDR Arango. We had a lot of participation and received very good feedback.
- Provided information of free dental Continuing Education courses to maintain licensure
- Presentation “Stress Management: Are you Stressed? Who isn’t?” presented by speakers LCDR Robert Van Meir and LT Sascha Randolph and moderated by LCDR Felix and LCDR Barrow

Chair: LCDR Paula Arango

Co-Chair: CAPT Mylene Santulan

Members: LCDR Khateeja Brahim, LT Sascha Randolph, LCDR Olivia Barrow, LCDR Keasha Myrick, and LT Erin Heap

2020

- LT Erin Heap joined the TEM team
- Implemented TEM bylaws which outline requirements to receive 2020 TEM Subcommittee Certificate of Appreciation
- DHPAG Directory quarterly updates maintained by CAPT Santulan and LCDR Arango
- Continued the 2020 CV initiative, led and coordinated by CAPT Santulan and LCDR Barrow
- Encouraged colleagues in a correctional environment to obtain the CCHP (Certified Correctional Health Professional) and all the hygienists to obtain the CPH (Certificate in Public Health)
- Presentation “Ergonomics: Improving the way you work in your environment” presented by speaker CDR Andrea Woolridge and moderated by LT Randolph, LT Heap, and LCDR Brahim.
- CAPT Santulan and LCDR Arango served as liaisons to the HSPAC Mentoring Committee



Chair: LCDR Paula Arango

Co-Chair: CAPT Mylene Santulan

Members: LCDR Khateeja Brahim, LT Sascha Randolph,
LCDR Olivia Barrow, LCDR Keasha Myrick, LT Erin Heap,
and LT Melaku Woldeamanuel

2021

- LT Melaku Woldeamanuel joined the TEM team
- Each member of the TEM team held positions and took actions not only to serve as members but also to take on project lead/co-lead or liaison roles.
- The TEM portion of the DHPAG Standard Operating Procedures (SOPs) were revised in order to facilitate activities and operations of the dental hygiene discipline in the Commissioned Corps.
- 2021 Spring Project Panel Discussion “RDHs Outside the Clinical Realm” was a joint project with the DHPAG Recruitment Subcommittee and brought forth professional and educational information and experiences of three DHPAG officers serving in agencies beyond clinical roles to DHPAG officer audiences. Speakers included CAPT Robbin Williams, CDR Stacey Harper, and LCDR Latasha Turner. LCDR Doretha Wilson was the moderator. The project was under the direction of CAPT Santulan (lead), LCDR Arango (co-lead), and LCDR Wilson (co-lead) from the DHPAG Recruitment Subcommittee.
- LCDR Arango served as a liaison to the HSPAC Mentoring Committee
- LCDR Myrick served as liaison to the HSPAC Career Development Subcommittee
- 2021 DHPAG Directory Update completed under the direction of LT Woldemanuel (lead) and LCDR Myrick (co-lead)
- 2021 CV Review Project from August to October 2021 under the direction of LCDR Barrow (lead) and CAPT Santulan (co-lead). 21 DHPAG officers served as reviewee participants and 14 DHPAG officers served as reviewers. The initiative served to enhance DHPAG career progression utilizing peer leadership and internal skills amongst the PAG.
- 2021 Fall Presentation Project Webinar “Collaborative Care and Consideration for Patients with Oral Facial Disorder” under the direction of LT Heap (lead), LT Randolph (co-lead), and LCDR Brahim (co-lead). Speakers included CDR Cathleen Davies, LT Mark Burkart, LT Sarah Lyrata, and Dr. Bree Reynolds. DHPAG and Therapist Professional Advisory Committee (TPAC) collaborated in the delivery of the webinar, addressing the goal to provide preventive and rehabilitative information for dental patients with oral facial disorder.
- Provided information on free dental Continuing Education courses to maintain licensure in the DHPAG newsletter

Meet the TEM Members!



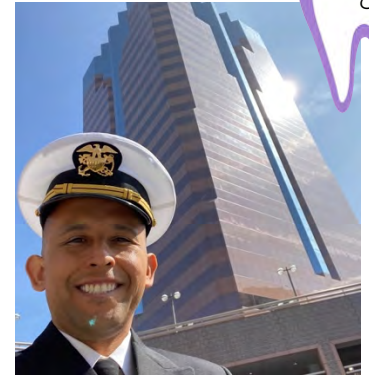
CAPT Mylene Santulan

“Grateful for my DHPAG Family”



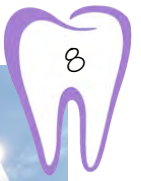
LCDR Paula Arango

“TEM encouraged us to support each other and exceed as a team!”



LCDR Andrew Felix

“T.E.A.M. Together Everyone Achieves More. I wish every officer success, happiness, and joy in life.”

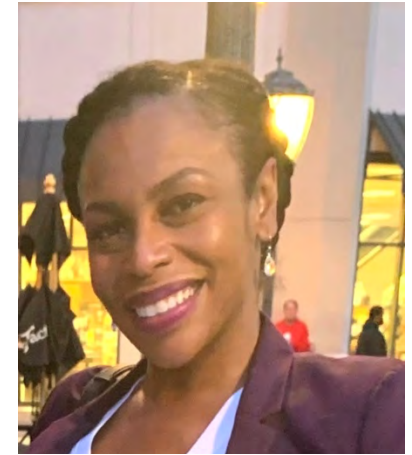


LCDR Olivia Barrow

“The DHPAG family has a barking good time!”



“You are never fully dressed without a smile!”



LT Sascha Randolph

“Blessed to be among the greatest RDHs”



LCDR Keasha Myrick

“To TEM Chairs, LCDR Arango & CAPT Santulan, many thanks for your leadership and support; and to TEM team for being phenomenal in achieving our annual goals each year. It has been a pleasure for the last three years serving within this subgroup, and I wish you all the best. Farewell...for now!”



LT Erin Heap

“Don’t be intimidated to get involved. You have the tools and ideas to help fellow officers and there are great mentors to help you along the way.”



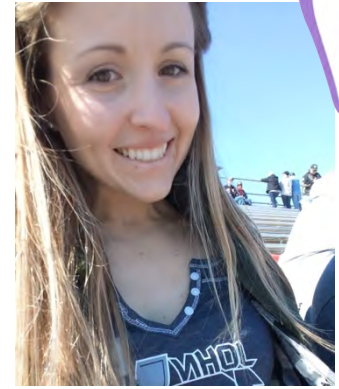
LCDR Khateeja Brahim

"Live life to the fullest because you only have one."



LT Melaku Woldeamanual

"Glad that I had the opportunity to serve in the DHPAG's Education and Mentoring Subcommittee this year. Using this opportunity, I would like to thank Mylene and Paula for their unwavering support and guidance in the process. I would also like to thank Keasha for working with me in completing our last project."



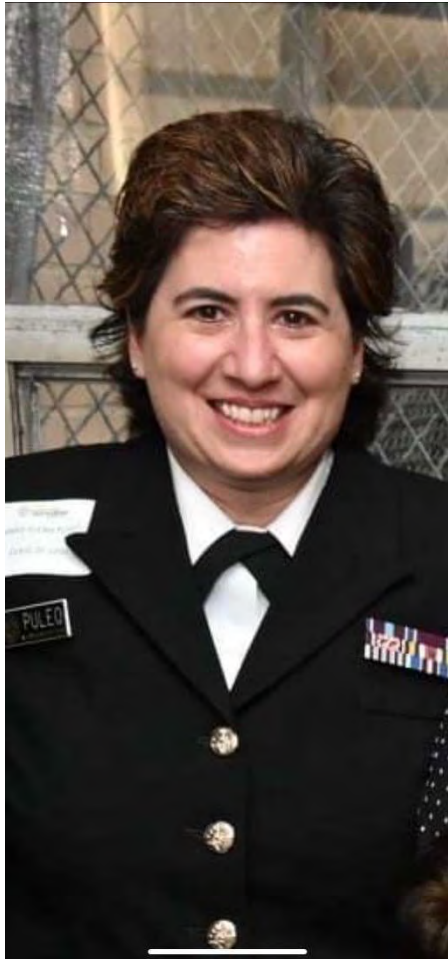
LCDR Tanya Selling

"I really enjoyed the time with everyone on the TEM group. Thank all of y'all!"

**TEM RDHs
Stronger
Together!**

Farewell message from the DHPAG Communication Subgroup Chair

By: LCDR Marie-Elena Puleo



I have had the pleasure of serving as Chair of the DHPAG Communications Subgroup from 2019-2021. During that time, I couldn't have asked to work with a better team! A huge thank you to my Co-Chair, LCDR Keasha Myrick, and Co-Editor, LCDR Tanya Selling. These two officers were dedicated, hard-working and were an integral reason that our DHPAG newsletters became the successful appealing newsletters that they are today. Together my team successfully published three newsletters per year (Spring I, Summer II and Fall III). In order to ease the process of article submissions and subgroup updates, our team created and implemented the DHPAG Newsletter Submission Request Form. This form is easily accessed through a link found in every DHPAG newsletter, as well through a link found on our DHPAG website: <https://dcp.psc.gov/OSG/hso/pags-dhpag-newsletters.aspx> . Other accomplishments included updating the 2021 DHPAG Roster found on our website. Last year, for the Summer II 2020 newsletter, our subgroup created and implemented the "Dental Hygiene Senior Officer Career Path Questionnaire". Nine Officers participated/provided career recommendations for junior officers. Due to success of this questionnaire, I would recommend possibly incorporating this questionnaire into

future newsletters going forward into 2022. That questionnaire also is found through a link included in every newsletter. We also created and implemented the "New Officer Spotlight" section for each newsletter. A questionnaire was created and provided to any new dental hygiene officer in order to introduce and welcome them to PHS. That questionnaire also is found through a link included in every newsletter. This was also a huge success over the past three years. We have received many compliments from DHPAG officers/members regarding information, articles and appearance of our updated newsletters. Article submissions have included COVID deployments, balancing life and work while working from home during a pandemic, self-quarantining after a COVID deployment, career paths and roster information, just to name a few. Thank you for allowing me to serve as Communications Chair, and for the honor of working with all of my colleagues these past three years. It has been a pleasure. I am sure that we are leaving the Communications subgroup in very good hands going forward. Stay safe and thank you again!



DHPAG Recruitment Subgroup Chair Farewell Message

“What can I say, time fly's when you are having fun! As the Chair for the DHPAG Recruitment Subgroup, I thank each of you for the opportunity to serve. The past three years have been very memorable to say the least. We all have persevered and remained steadfast as we navigated the roll out of the Modernization of the Corps, adjusted to updated policies and procedures, endured the COVID-19 pandemic, and worked through nonstop deployments. Despite the many changes that we all experienced; the Recruitment Subgroup had many accomplishments. Thus, these achievements would not have been able to unfold without your support. Two most recent accomplishments of the DHPAG Recruitment Subgroup includes approval by CCHQ of the standardized PowerPoint presentation. This resource can be used during recruitment activities of the dental hygienist. Another huge accomplishment is the DHPAG Recruitment Chair now having the ability to vote within our professional group. As we make strides to close out the operational year, I encourage all of you to remain encouraged, happy, healthy, and to always finish STRONG!”

**LCDR Doretha M. Wilson,
Chair DHPAG Recruitment Subgroup.**



Celebrating registered dental hygienists across Indian Country

by LCDR Keasha Myrick, RDH, DHSc, Dental Support Center Operations Director, IHS Oklahoma City Area



LCDR Keasha Myrick has served as a registered dental hygienist for more than 17 years. She has been with the Indian Health Service since 2015, and joined the United States Public Health Service in 2017. Lt. Cmdr. Myrick earned her Bachelor of Science in Dental Hygiene from Clayton State University and her Doctorate of Health Science from Nova Southeastern University.

Once again, it's that time of the year, and at the Indian Health Service we are excited to recognize National Dental Hygiene Month in October. The American Dental Hygienists' Association theme this year is "Celebrating Resilience." I would like to supplement that by celebrating all dental hygienists across Indian Country.

There are more than 450 registered dental hygienists within IHS direct service, tribal, and urban dental facilities across the 12 IHS Areas, providing dental services and patient education to approximately 2.6 million American Indians Alaska Natives who belong to 574 federally recognized tribes. We serve as clinicians, educators, patient and community advocates, oral health and disease prevention managers, program managers, and administrators. Many of us are leaders within our health care facilities and communities to emphasize how everything from tooth decay to gum disease affects overall health.

It has been a truly unforeseen mission over the last 20 months with the challenges brought by COVID-19. The early phases of COVID-19 initiated a shutdown of dental clinics. Changes continued as we migrated into the next phase of COVID-19, returning to the dental clinics prior to the widespread availability of vaccines. IHS dental hygienists are resilient, adaptable and capable, and have served in additional roles to include testing for COVID-19, assisting with vaccination clinics, incident command functions, and critical care services. The current phase of COVID-19, after the introduction of vaccines, has heightened standards of patient care and our adherence to strict infection control guidelines. The use of powered air purifying respirators, N95 masks, air scrubbers, and spacing of dental units are a few implementations in place to allow for less aerosol transmission during dental treatment.

The Occupational Safety and Health Administration declared the dental hygienist profession as high risk for getting COVID-19. However, [national data has shown](#) that only 3.1% of dental hygienists have had COVID-19. Why? Although dental hygienists serve in close physical proximity to others and potential exposure to viruses, we are naturally detail-oriented. We have a high degree of training in infection control. Dental hygiene education programs also teach us the importance of properly wearing PPE and handwashing. Our lower rates are due to these strict infection control methods that we have always applied to our job.

Dental hygienists throughout Indian Country are highly appreciated for their efforts and contributions beyond regular duties within the dental clinics, other areas within health clinics and hospitals, and within their communities. Dental hygienists have handled challenges and unknown certainties, and their efforts have not gone unnoticed. Whether they are recognized with an award or a pat on the back, they should stand proudly and smile, because they are making a difference in lives.

Related Content:

- [About IHS Dentistry](#)
- [IHS Dentistry: Job Opportunities](#)
- [IHS Division of Oral Health funds nine major awards to address dental health program needs](#)
- [IHS Dentistry Loan Repayment](#)

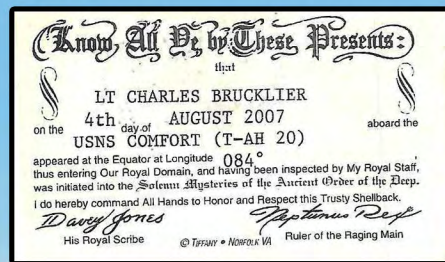
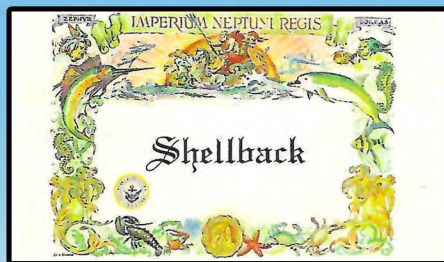
PROVIDING DENTAL CARE TO THOSE IN NEED

By: LCDR Charles Brucklier



In 2007, I had the great honor of sailing aboard the USNS Comfort. For 39 days, we sailed to 3 different countries including Nicaragua, El Salvador, and Peru. Our dental team consisted of USPHS Officers, U.S. Air Force and U.S Army staff. The difficult part was loading and unloading dental supplies on and off the USNS Comfort by lowering our team and equipment in safety boats and then jumping onto a different boat which took us into shore. Once on shore, we sometimes took buses that drove us deep into the countries interior. These bus trips could take anywhere from 1 to 2 hours. Once we arrived at our location, we quickly set up our dental clinic and began screening our patients. Some needed extensive dental work, some had never seen a dentist or hygienist before. One of the most productive services we provided was the Fluoride Varnish. We provided over 1,500 Fluoride Varnishes to all age groups. We also performed, extractions, fillings, sealants, and several cleanings. The greatest part of my experience aboard the USNS

Comfort was crossing the equator and going from a "WOG" to a "SHELLBACK." This is a NAVY Tradition that few USPHS Officers get to experience. In closing, my time spent on the USNS Comfort was truly amazing and I highly encourage other Hygienists to volunteer if and when another deployment opportunity like this comes up.



National Veterans Day Observance 2021



USPHS Officers wreath lay at the Tomb of Unknown Soldiers- Arlington, VA
By: LCDR Jen Eng

Veterans Day was originally called Armistice Day and is celebrated every year on the eleventh month, on the eleventh day, on the eleventh hour, on the day World War I ended in 1918. Veterans Day honors all who have served in the United States Military. Jewish War Veterans of the United States of America honored and hosted the 2021 Veterans Day Nation Commemoration at Arlington National Ceremony with Honorary President Biden as the lead speaker. During our President's speech he expressed our obligation to support our Nations Veterans and families ensuring that everyone receives the care and support they have earned. Ensuring veterans have timely access to services and benefits is at the center of his Administration's commitment to fulfilling our Nations obligation. Listening to our top leader speak was profound and touching during this special day especially as an officer.

On Veterans Day, we honor our Nation's veterans, who has given so much to protect our freedoms and the freedom of others around the globe. We can never full repay the debt we owe to these heroes, but will honor them today and every day. Thank you for answering the call and for supporting the many deployments that you have been called upon. Stay well and Stay safe.

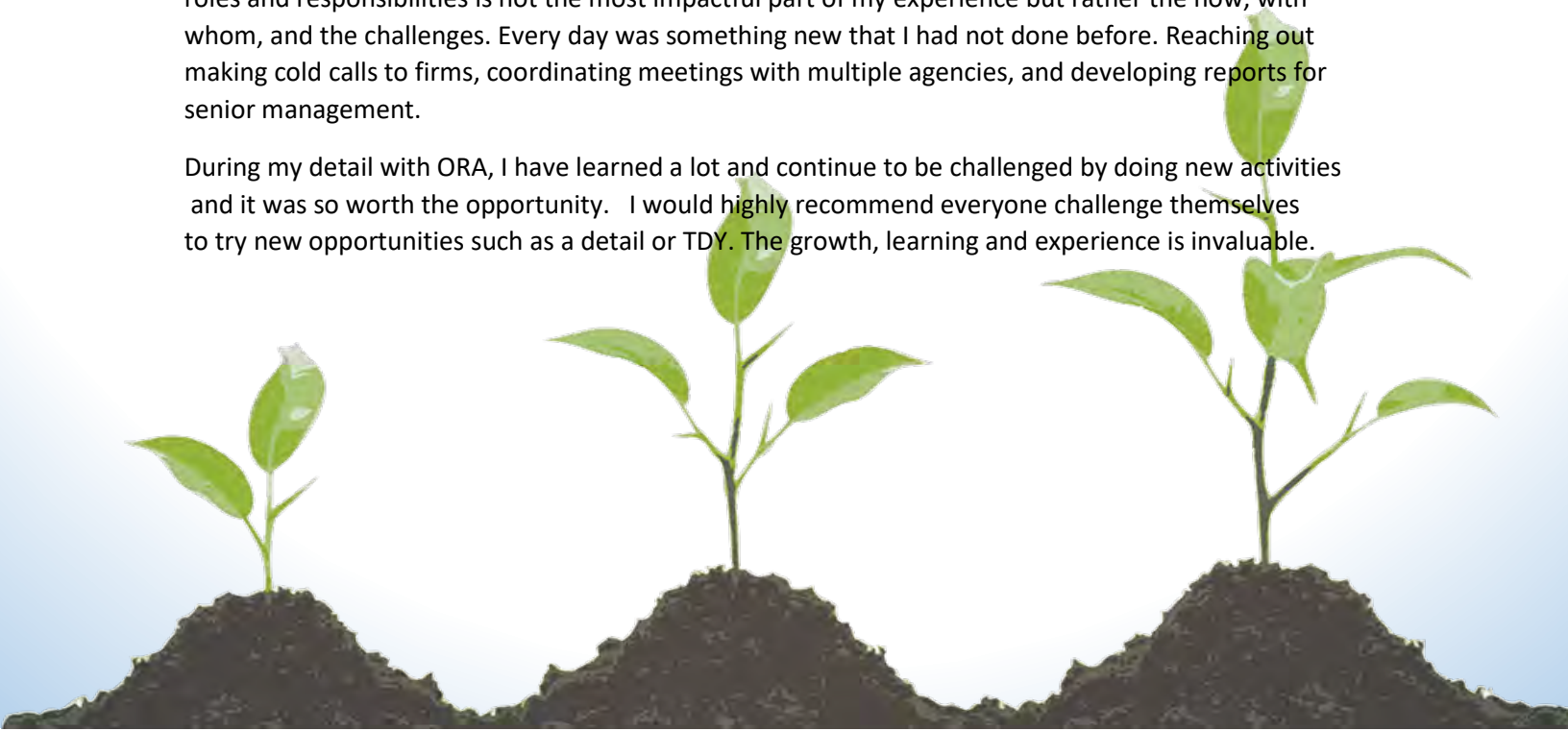
Growth Opportunity

LCDR Kelli Shaffer

I've always been told that the person you meet today, might be the person you're working with tomorrow. The more experience I gain, the more trainings I attend, the more often I deploy, and the more activities I participate with, the more I start to repeatedly see the same people in multiple venues. In April 2021, I took an online ICS training course through the FDA. Throughout the training, I interacted with many staff from different offices within the FDA. At the end of the course the Senior Emergency Response Coordinator (SERC) who was the Subject Matter Expert (SME) for the exercise offered to speak to anyone interested after the course who wanted more information about emergency response within the FDA Office of Regulatory Affairs (ORA). Since I was working on my master's in science/emergency management and had a project that needed additional firsthand knowledge of emergency response, I decided to contact the SERC to ask follow-up questions. Little did I know that several months later I would receive an email from that same SERC suggesting I apply for a detail announcement for a position as a District Emergency Response Coordinator (ERC) in the Denver District Office. While I applied that very day, I thought it might be a long shot considering the short turnaround time needed to select an acting ERC and due to the lack of experience I had in the Office of Regulatory Affairs (ORA) and human and animal food.

While I was fortunate to be selected for the 47-day detail, I was also very nervous to work with people I had never seen, never met, and had never worked with before. Also, the short turnaround time meant that I was expected to drop everything and start the following Monday. Unlike most traditional positions where there is time to acclimate and complete training, not so with a detail. The position is for such a short period of time and things needed completing yesterday. It kind of feels like jumping off into the deep end, but I was lucky enough to jump in with a team who supported me all the way. My first week was crazy busy. Simple hiccups such as a two-hour time difference made simple tasks challenging. Everyone on the team made sure to include me on every email. Anyone who has started a new job knows how long it actually takes to be added to an email distribution lists, however, the team was very inclusive. While I could produce a long list of duties I completed, I feel simply providing a detailed list of roles and responsibilities is not the most impactful part of my experience but rather the how, with whom, and the challenges. Every day was something new that I had not done before. Reaching out making cold calls to firms, coordinating meetings with multiple agencies, and developing reports for senior management.

During my detail with ORA, I have learned a lot and continue to be challenged by doing new activities and it was so worth the opportunity. I would highly recommend everyone challenge themselves to try new opportunities such as a detail or TDY. The growth, learning and experience is invaluable.



Benefits of being INVOLVED with your state association

LT Erin Heap

Are you looking for ways to show professional growth? Do you want to develop leadership skills while promoting and advancing our profession? Have you considered joining your state association or a similar professional organization? Maybe you pay your membership fees, but do you truly know what your state leadership is involved in, the difference they are making, and how they are fighting for your license?

I would be willing to bet, no matter what region you live in, your state association would love to have you as an active member. Many states are struggling with not only membership but leadership. They don't have the active members to fill vital roles to keep pushing our profession forward.

I currently serve as a Pennsylvania State Trustee. In this role I attend quarterly meetings (virtual and/or in person) and the Keystone Dental Conference which holds our annual business meeting and House of Delegates (HOD). I represent my geographical region of the Pennsylvania Dental Hygiene Association (PDHA) and its 140+ members. I take concerns of the sector to the board, cast votes, plan CE's, develop yearly budgets, write reports and create newsletters to keep members informed on the activities the association is doing for them. I am also on two committees within PDHA; The finance committee, a group of 3 individuals who bi-annually check the Treasure's books for accuracy and the Leadership Develop Committee where our team works to prepare fellow hygienists to serve in higher roles. While this all sounds like a lot, broken up over the month, quarter and year it is not as much of a hardship as it sounds. You can certainly put more time into different committees or even become a committee chair if you have the desire to serve!

A great way to first get involved is becoming a delegate for your states annual business meeting. Doing so you can see how the association runs and you get a vote in making changes and electing representation for the coming years. I have been a delegate in both Pennsylvania and Virginia and the time commitment involves a few hours of preparation and attending a few meetings over a weekend. Serving as a delegate is not all business, it usually involves delicious food, awesome continuing education and great fellowship. In some states they even fund leadership with a hotel room and provide a food and gas allowance to meetings!

Getting involved in a professional organization will certainly add to and check several boxes in your CV and OS. Could this be the piece you are missing in your packet? It certainly won't hurt.

Benefits to getting involved:

- ❖ **Connect** with other RDH in your state
- ❖ **Education:** Access to and discounted CEU
- ❖ **Accelerate** the profession
- ❖ **Develop** or show off your leadership skills
- ❖ Show **visibility** of the Corps
- ❖ Access to **recruitment** activities
- ❖ **Presentation** opportunities
- ❖ **Scholarship** monies
- ❖ **Volunteer** work



Hearing Preservation in the Dental Hygiene Community

By: LT Sascha Randolph



Do you experience a ringing or buzzing noise in one or both ears? Is it constant or does it come or go? If so, there is a possibility you may be experiencing symptoms associated with tinnitus and hearing loss. Tinnitus is more common than we may

think in that it affects 15% to 20% of people and is more common in elderly adults. Bottom line up, dental hygienists are at risk for noise-induced hearing loss. However, preventative measures can be implemented as part of our daily practice to reduce the probability of tinnitus and hearing loss.

Studies show dental professionals are exposed to several hours of potentially harmful sounds in the clinic with decibel levels at and or above the level of 85 in an 8-hour workday. Additionally, we are 50% more likely to be diagnosed with tinnitus and hearing loss and a higher prevalence than the general population. Cumulative, long-term exposure to moderate and loud noises can cause permanent and irreversible damage. However, there are two options dental hygienists can employ to reduce noise and they include modifying the dental equipment and wearing hearing protective devices (HPDs).

Hearing protection devices, while uncommon, are recommended in dental offices and should be included with our daily personal protective equipment. There are two forms of HPDs, passive noise control and active sound control.

Passive noise control devices provide physical barriers to sound such as earmuffs and disposable foam earplugs.



Active sound control devices utilize hearing aid batteries and electronically modifies sound transmission, reducing unwanted noise instead of blocking noise, thereby enabling two-way communication with patients.



Communication is essential in dental hygiene practice and finding the most viable form of hearing protection device is critical for your noise reduction and prevention.

Ultrasonic scalers, saliva ejectors, high volume evacuation, and other noise emitting devices in the dental clinic produce significant auditory variations due to long term exposure. However, hearing protective devices, frequent hearing exams, and regular noise exposure monitoring are useful measures to preserve one's hearing. Recognizing the symptoms of hearing loss, developing, and implementing a noise exposure program, and adopting measures to prevent hearing impairment is crucial to sustaining a healthy dental hygiene career.

References:

Assessment of occupational noise-related hearing impairment among dental health personnel. Al-Omouh SA, Abdul-Baqi KJ, Zuriekat M, Alsoleihat F, Elmanaseer WR, Jamani KD J Occup Health. 2020 Jan; 62(1):e12093.

Jamie Myers, Andrew B. John, Suzanne Kimball, Terry Fruits Noise Health. 2016 Nov-Dec; 18(85): 347–354. doi: 10.4103/1463-1741.195809

Kelsey Henneberry, Shannon Hilland, S Kimberly Haslam Can J Dent Hyg. 2021 Jun; 55(2): 110–119. Published online 2021 Jun 1.

[Article Link](#)

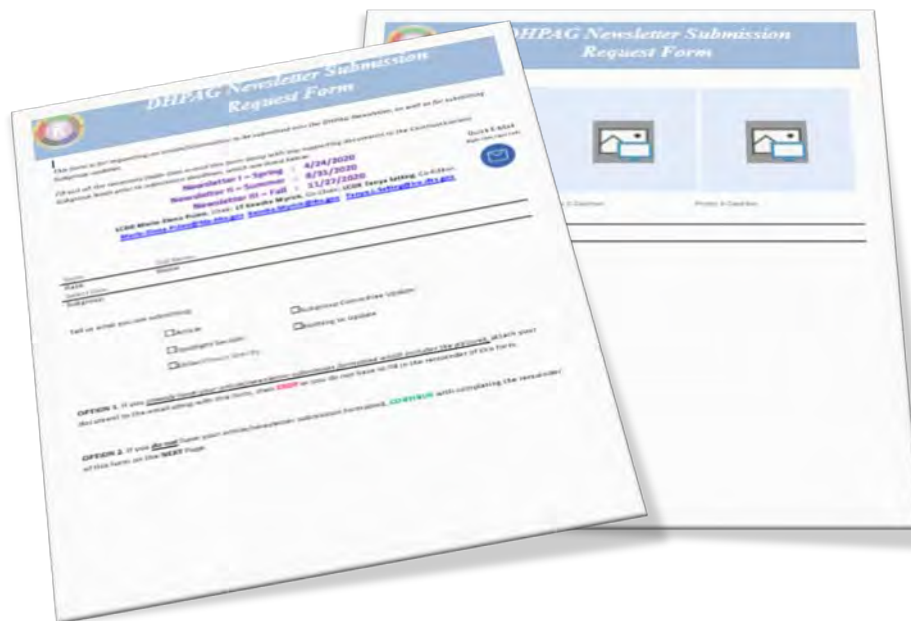


Newsletter Submission Request

The DHPAG Communications Subgroup has a new form!

DHPAG Newsletter Submission Request Form

Please start utilizing this form for **2022** 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 2022 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 2022 DHPAG Newsletter Submission request form.

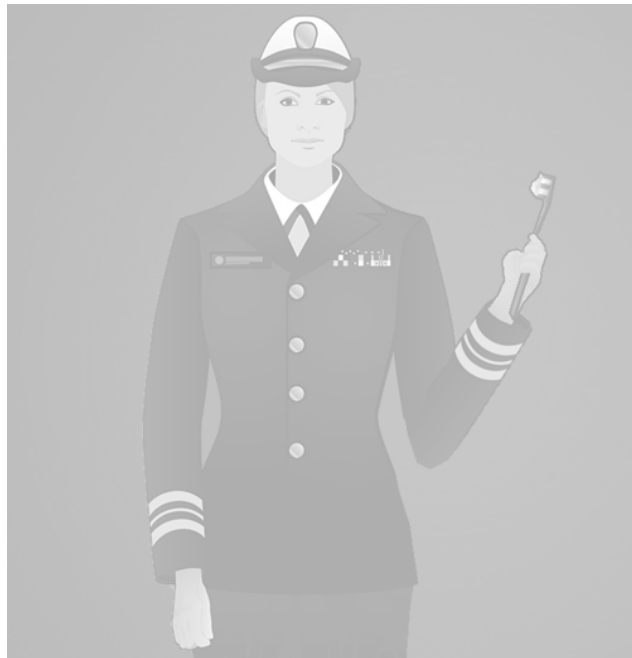
Submission Form may also be found the DHPAG website under the Newsletter Section at:
<https://dcp.psc.gov/OSG/hso/pags-dhpag-newsletters.aspx>

New Officer SPOTLIGHT

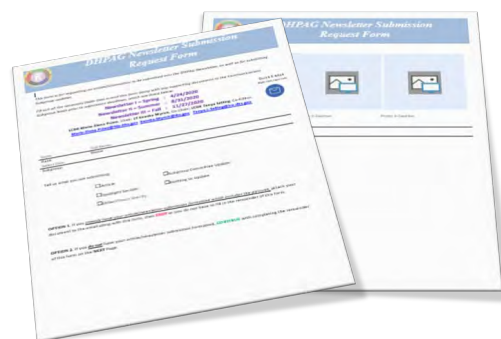


Sorry...

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 2022



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!!!

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2022 NOHC - TX						

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2022 Upcoming Events



AMSUS
The Society of Federal Health Professionals

130th AMSUS
Annual Meeting

Save the Date: February 7-11, 2022
Hybrid planned: In-Person in Maryland and Virtual

2022
March 17-19 | Atlanta, GA



Ainman
Navigating Dental Disruptions

NOHC

April 11-13, 2022
Omni Hotel. Ft Worth, TX
weekend workshop: April 9-10th



USPHS
SCIENTIFIC & TRAINING
SYMPOSIUM
May 23-27, 2022
Renaissance Phoenix Glendale Hotel
#USPHS2022

ADHA22
ANNUAL CONFERENCE

Kentucky International Convention Center

JUNE 24 - 26

LOUISVILLE KY

BRAYER BRIGHTER BETTER

RDH UnderOneRoot

SUMMER
Celebration

July 21-23, 2022
Gaylord Palms Resort & Convention Center | Orlando, FL



Continuing Education

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

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

Certifications

Certified Correctional Health Professional (CCHP):

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