



# THE FULCRUM

## 2023 Issue-II Summer

### Note from DHPAG Chair - LCDR Jen Eng



Hello Fellow Officers,

As we pass the ½ way point of this operational year it has been a pleasure supporting alongside passionate Officers. I am thankful I am able to connect with some of you in one form or another while I'm in this position. This year has been real special, we had a huge amount of officers from our PAG that promoted (Congrats again!), we were able to support a RAM mission (Tulsa, OK)

and we finally exited out of the covid public health crisis leaving it behind. The work that each and everyone of you put at your duty station, collateral duties while juggling your personal life should be commended. Please continue to take care of yourself, take care of one another, share resources and continue to stay positive. Everyday I think about how grateful I am to be commissioned into the CORPS. I think about how lucky we all are that we are able to have the option of staying in a clinical setting if we so choose or the option of exploring other avenues if we so desire. Please do not hesitate to reach out to me or any other officers if you have questions about navigating through your PHS career, we are here to share wisdom and support one another. I hope that some of you will take the opportunity as a few of our Subgroup Chairs will be rolling off after this OY to lead one. It is such a wonderful and unique chance to engage within our PAG. I hope you will take this into consideration. Please have a wonderful rest of the summer, take the leave that you all worked so hard for and have a wonderful Autumn season. My door is always open through email, telephone, and social media please reach out if you need anything at all.

At your service always,  
- LCDR Jen Eng



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#### Co-Editors:

[LCDR Tanya Sumner](#)

[CDR Melka Argaw](#)

[LT Domika Kinman](#)

[LT Sascha Randolph](#)

# 2023 DHPAG Executive Committee

<b>Chair</b>	LCDR Jen Eng	206-817-5801	Jennie.Eng@fda.hhs.gov
<b>Chair Elect</b>	LCDR Doretha Wilson	760-572-4811	Doretha.wilson@ihs.gov
<b>Secretary</b>	LT Domika Kinman	405-319-7505	Dkinman@bop.gov

## Operations

<b>Awards Chair</b>	LCDR Theresa Chennault	580-354-5143	Theresa.Chennault@ihs.gov
<i>Co-Chair</i>	LTJG Courtney Jackson	919-575-3900 ext 6011	c10jackson@bop.gov
<b>Communications Chair</b>	LCDR Tanya Sumner	817-658-4841	tsumner@southcentralfoundation.com
<i>Co-Chair</i>	CDR Melka Argaw	404-454-4825	Melka.Argaw@fda.hhs.gov
DHPAG Directory Lead	LCDR Melaku Woldeamanual	916-346-8078	mwoldeamanual@bop.gov
<b>Stakeholder &amp; Community Engagement Chair</b>	CDR Tiffany Smith	520-464-3060	Tiffany.H.Smith@ice.dhs.gov
<i>Co-Chair</i>	LCDR Valerie Favela	512-508-2638	Valerie.Favela@cms.hhs.gov

## Officer Support

<b>Data &amp; Evaluation Chair</b>	CDR Suzanne Redmon	843-870-2521	Suzanne.Redmon@ice.dhs.gov
<i>Co-Chair</i>	LCDR Kelli Shaffer	503-926-3974	kelli.shaffer@fda.hhs.gov
<b>Recruitment &amp; Retention Chair</b>	LCDR Darion Smith	404-718-8454	qzq4@cdc.gov
<i>Co-Chair</i>	LCDR Sandra Pelto	318-754-6194	Sandra.J.Pelto@ice.dhs.gov
<b>Technical Readiness Chair</b>	LCDR Keasha Myrick	405-951-3826	Keasha.Myrick@ihs.gov
<i>Co-Chair</i>	LCDR Cindy Pallack	202-304-8327	Cindy.Pallack@hhs.gov
<b>Training, Education &amp; Mentorship Chair</b>	LCDR Olivia Barrow	907-463-4047	olivab@searhc.org
<i>Co-Chair</i>	LT Alyssa Rowe	218-983-6441	Alyssa.Rowe@ihs.gov

## Management

<b>Administrative Chair</b>	LCDR Johnna Bleem	814-558-6558	Johnna.bleem@fda.hhs.gov
<i>Co-Chair</i>	LCDR Michele Gottshall	xxx-xxx-xxxx	Michele.Gottshall@fda.hhs.gov
<b>Policy Chair</b>	LCDR Doretha Wilson	760-572-4811	Doretha.wilson@ihs.gov
<i>Co-Chair</i>	LCDR Melaku Woldeamanual	916-346-8078	mwoldeamanual@bop.gov

# SUBGROUP CORNER

see 2023 DHPAG Executive Committee for POCs

## COMMUNICATIONS SUBGROUP

### NEWSLETTER SUBMISSIONS:

**Newsletter I – Spring: 4/14/2023**

**Newsletter II – Summer: 8/15/2023**

**Newsletter III – Fall: 11/17/2023**

**All:** Ensure to utilize the “2023 DHPAG Newsletter Submission Request Form” for submissions. Found in “attachments” on this PDF or

**FORM:** can be found on the DHPAG website under the Newsletter Section, which can be accessed below:

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

**WANTED:** Want to be more involved? Have great graphic editing or PDF skills? Good at proof reading and identifying grammatical errors? Come join us on the DHPAG Communications Subgroup!

### CALLING FOR SUBMISSIONS:

*DHPAG New Officer Spotlight  
DHPAG Officer Highlights – Clinical or Administrative positions  
Volunteer Opportunities and Engagement  
Community or Athletic Events  
Tips for Successful PCS  
Deployment Experience  
Kudos for promotions and awards  
Attended a CE? Tell us how it went!*

**The topics are endless! Have an idea for an Article? Go for it!**

## AWARDS SUBGROUP

No updates at this time.

## STAKEHOLDER & COMMUNITY ENGAGEMENT SUBGROUP

October is the 2nd Annual Get Out & Volunteer Month flyer (See article).

- Select a volunteer activity (e.g., local dental hygiene initiative, food bank, American Legion, animal rescue and/or humane society, etc.)
- Complete the Request for Approval of Outside Activity HHS-520 form.
- Invite family, friends, and fellow PHS officers.
  - Wear any PHS gear.
- Send a photo and a few sentences describing the event.
  - Signed photo consent is required for all non-PHS officers; under the age of 18-years old, please receive prior signed consent from a parent or guardian before the picture is taken.
- Send all documentation to CDR Tiffany Smith (Tiffany.H.Smith@ice.dhs.gov) and LCDR Valerie Favela (Valerie.Favela@ice.dhs.gov).
- The event will be featured in the 2023 Fall DHPAG Newsletter.
- COA's will be provided to all PHS officers that participated.
- E-mail will be sent out on the RDH Listserv to provide additional due dates.

## TRAINING, EDUCATION & MENTORSHIP SUBGROUP

No updates at this time.

## TECHNICAL READINESS SUBGROUP

**Basic Readiness:** Continue to periodically check your Dashboard and Readiness & Deployment Section in CCMIS, and your PIR for ongoing corrections and updates.

The mandatory wear date for the new uniform is October 1, 2026, except for officers assigned to the USCG who have a mandatory wear date of October 1, 2025. **All officers may begin to transition to the new uniform starting in September 2023.**

The Health Services Professional Advisory Committee (HSPAC) Advanced Readiness Program (ARP) goal is to provide a framework under which Health Services Officers (HSO) can increase their deployment and technical readiness as defined by their respective Professional Advisory Groups (PAGs). It is a voluntary two-year program to increase readiness and deployment knowledge beyond

# SUBGROUP CORNER

## TECHNICAL READINESS SUBGROUP – CONTINUED

the required level of USPHS Basic Readiness. The ARP will accept new officers on a semi-annual enrollment period using the calendar year January 1<sup>st</sup> & July 1<sup>st</sup> cohorts.

		<u>January Cohort</u>	<u>July Cohort</u>
<b>Open Enrollment to PHS Officers:</b>	October 1 <sup>st</sup> – 31 <sup>st</sup>	April 1 – 30 <sup>th</sup>	
<b>Notification of Eligible PHS Officers:</b>	December 8 <sup>th</sup> – 22 <sup>nd</sup>	June 8 <sup>th</sup> – 22 <sup>nd</sup>	
<b>ARP Starts for Eligible PHS Officers:</b>	January 1 <sup>st</sup>	July 1 <sup>st</sup>	

### DHPAG Technical Readiness Quarterly Meetings:

Last Tuesday of January, April, July, & October @ 1530 ET/1430 CT/1330 MT/1230 PT/1130 AKT

January 24, 2023

April 25, 2023

July 25, 2023

October 31, 2023

### Advanced Readiness Program (ARP) Participants:

RDH Completed ARP: 5

RDH Currently in ARP: 10

## ADMINISTRATION SUBGROUP

Currently working on updating SOPs for the DHPAG subgroups

## DATA & EVALUATION SUBGROUP

No updates at this time.

## RECRUITMENT & RETENTION SUBGROUP

No updates at this time.

## POLICY SUBGROUP

No updates at this time.



## October is the 2<sup>nd</sup> Annual Get Out & Volunteer Month for DHPAG officers!

To celebrate the National Dental Hygiene Month, the Stakeholder & Community Engagement Subgroup wants to showcase DHPAG officers' dedication & efforts to ensure the wellness of others. Join us in spending a little time during the month of October volunteering at your local foodbank, favorite dental hygiene initiative, or really anywhere! Let's show that there is power in numbers, even when we are spread throughout the nation.

Step 1. Select a volunteer activity. Don't have a clue where? Try searching online for "volunteer opportunities near me" & you will be surprised what opportunities are in your community.

Step 2. Complete, with a smile, your volunteer activity! Don't forget to invite family, friends & fellow PHS officers and wear your PHS gear!

Step 3. Send a pic\* of you &/or your group volunteering with a few sentences describing what you did & why you volunteered with this particular activity to CDR Tiffany Smith, [Tiffany.H.Smith@ice.dhs.gov](mailto:Tiffany.H.Smith@ice.dhs.gov) & LCDR Valerie Favela, [Valerie.Favela@ice.dhs.gov](mailto:Valerie.Favela@ice.dhs.gov). We will then feature all of the DHPAG officers in the 2023 Fall DHPAG Newsletter.

\*A signed photo consent form is required from all non-PHS officers captured in high-resolution photographs & if a person is under the age of 18, ask a parent or guardian to sign the consent form prior to taking the picture.



## ADHA launches new Fellowship Program: An interview with ADHA District Director and inaugural member

Written and interviewed by: LCDR Erin Heap, RDH, BSDH, PHDHP

Interviewee:Carolynn B. Wahl, RDH, BSDH, PHDHP, FADHA

The American Dental Hygienists Association (ADHA) is the only national organization to advocate solely for dental hygienists; it represents over 226,000 hygienists. The organization celebrated its 100<sup>th</sup> anniversary in Chicago in July at the ADHA Annual Convention. Here, it introduced 162 ADHA members from 42 states as the profession's first Fellowship members of the ADHA. Being honored as such shows a continued commitment to education and the practice of dental hygiene, an outstanding reputation of ethics, and professional responsibility and standards. The lifetime designation also comes with the credentials of FADHA, which members are encouraged to use in their professional signature lines. The distinction of being named an ADHA Professional Fellow is no easy task; to become a FADHA, there is a rigorous selection process in which exceptional applicants are chosen. To apply, a dental hygienist must meet the following qualifications:

- Minimum of five years of ADHA professional membership (not required to be consecutive years)
- Accumulated 100 CE credits over any five-year period
- Actively participated in the dental hygiene profession via practice, scholarship (publications, research, presentations), volunteerism, and/or leadership
- Two professional references from oral health colleagues who endorse your candidacy as an ADHA Professional Fellow
- A current resume or CV
- A statement describing your contributions to the dental hygiene profession (maximum 500 words)
- \$250 one-time application fee

The inaugural class represents dental hygienists from all stages of their careers and across several practice and professional settings, from clinical, research, non-profit, education, advocacy, and even retired members of the profession. I had an opportunity to speak with ADHA Member, District Director, and inaugural ADHA Fellowship member Carolynn B. Wahl, RDH, BSDH, PHDHP, FADHA, to learn more about the program and gain her perspective on the new distinction available to those in our profession.



**LCDR Heap:** Can you give us a brief history of your ADHA involvement and current position and role?

**Carolynn Wahl:** "My leadership journey began while attending a mandatory Maryland Dental Hygienists' Association (MDHA) constituent meeting, just as I was completing my bachelor's degree at the University of Maryland–Baltimore. As students, we were required to attend one association meeting and write a paper on it for class. I was sitting next to one of my faculty members, the late great Linda DeVore, RDH, MA, and she volunteered me to serve as Treasurer of the Greater Baltimore Dental Hygienists' Association (GBDHA). It was a surprise to me, but one did not say "no" to Linda DeVore. So there I was, Treasurer of the GBDHA.

That first step into volunteer leadership started my path up the leadership ladder to ultimately serve as President of the Maryland Dental Hygienists' Association (MDHA). In my time as a line officer for MDHA, I also served as Alternate Delegate, and Delegate to our national ADHA meetings and on various committees. My favorite committee by far was the Legislative Committee both as member and as Chair. It ignited my love for legislation. How legislation impacts and protects our scope of practice helped me realize what membership in our association does for us in a very concrete way. ADHA advances and protects our careers through advocacy

on the state and national level. Without the representation of our professional association, we run the very real risk of losing ground on all we have worked for.

When I moved back to Pennsylvania, I continued in a volunteer leadership role as Chair of the Government Relations (GR) Committee. I remained involved with the Pennsylvania Dental Hygienists' Association (PDHA) as GR Chair until I was elected to the position of Director of District II, placing me on the ADHA Board of Directors (BOD). The basic principles of volunteer leadership remain, whether you serve at the local, state or national level. These include upholding the mission and vision of the organization while remaining adherent to my fiduciary responsibilities of care, confidentiality, loyalty obedience and accounting. I made a promise to myself at a leadership workshop in 2014 that I would set my goal to serve at the national level to honor all the mentors along the way who saw the leadership potential in me. Each step in my journey has been to serve and support the art and science of my chosen profession of dental hygiene.”

**LCDR Heap:** Why do you think it is important for ADHA to have this new Fellowship Program? and why did you apply to be an ADHA Professional Fellow?

**Carolynn Wahl:** “I think the addition of the Professional Fellows Program to the ADHA is important because it allows dedicated professionals to identify as representing exceptional achievement in our profession, indicating we are a community of members who have taken the next step and continue to strive for excellence. I became an ADHA Fellow because I am committed to high achievement in this profession and as a member of the Board of Directors, I feel it is important to embrace the standards of excellence that ADHA represents.”

**LCDR Heap:** What do you see as a benefit for RDHs alike to become an ADHA Professional Fellow?

**Carolynn Wahl:** “The ADHA Professional Fellows Program is open to all members, no matter their specific role in dental hygiene, once they attain the required criteria established for application consideration. Acceptance is not dependent on a degree level or any other level of formal education. It relates to professional commitment, reputation, responsibility and standards.”

**LCDR Heap:** In your opinion, who should apply to be an ADHA Professional Fellow?

**Carolynn Wahl:** “All ADHA members who qualify! Becoming a Professional Fellow is an opportunity to demonstrate the exceptional professional that you are and be recognized for the hard work you have put into your career, and it is a lifetime designation.”

**LCDR Heap:** As an inaugural member of the ADHA Fellow Program and devoted ADHA member, what emotions did the induction ceremony and the 100-year celebration in Chicago bring up in you?

**Carolynn Wahl:** “Celebrating the 100<sup>th</sup> anniversary of our association in Chicago was a distinct highpoint – the joy, camaraderie and sense of connection across our membership was sensational. And being inducted into the inaugural Fellows class in our centennial year is an honor I won't soon forget. I feel a sense of pride as a dental hygiene professional, to be a permanent part of the organization in that way and, I will admit, a sense of pride also at being a small part of ADHA's 100-year history. Cheers to the next 100 years!”

The complete list of the 2023 class of ADHA Professional Fellows can be found here: [ADHA Fellows - ADHA](#)

To learn more about the ADHA Professional Fellowship Program, click here: [Professional Fellows Program - ADHA](#)

For an application for the 2024 ADHA Professional Fellow program, apply here: [ADHA Professional Fellows Program Application 2023-2024 \(alchemer.com\)](#)

## Life in Dental Radiology during a Deployment

Written By: LCDR Stephanie Chiang, LCDR Lance Pittman and LCDR Doretha Wilson

The Remote Area Medical (RAM) is a nonprofit organization known for its major work performed during free pop-up clinics across the country. The mission of RAM remains unchanged with an emphasis on providing complimentary, quality healthcare to those in needs while preventing and alleviating pain.

RAM has been providing medical, vision, and dental provides services to both uninsured and underserved individuals since 1985. Thus, the United States Public Health Service (USPHS) Commissioned Corps has been in a supportive partnership with RAM for a number of years. Through this collaboration, the mission of both RAM and USPHS continues to be fulfilled.

Many officers within USPHS are grateful for the experiences and opportunities provided by RAM deployments. The deployments have afforded officers to understand and grasp the concept “serving the underserved,” expand on, and further develop leadership skills, acquire clinical hours and even learn a new skill outside of their everyday duties and responsibilities.

Most recently, the Tulsa, Oklahoma RAM event served as the grassroots where LCDR Lance Pittman, LCDR Stephanie Chiang and I made up the dental radiology team. LCDRs Pittman and Chiang were responsible for inputting patient related information into the computer program system, disinfecting the protective lead apron vests as well as cleaning the x-ray holder devices prior to bagging them and transporting them to sterilization. I had been designated as the dental radiology technician.

As a dental hygienist with over twenty years’ experience and only serving in a clinical dental hygiene capacity during previous deployments. I have to admit a little apprehension after learning I, had been rostered to “take x-rays” during the deployment.

As a clinical dental hygienist deployed with RAM I, was familiar with the portable digital x-ray machine called the Nomad. However, I was unfamiliar utilizing it. This machine weighed only 55 pounds and produced high-quality images. It ran on battery with the ability to perform common x-ray exams like chest, abdomen, extremity and dental x-rays. Prior to working the Nomad, I was required to be trained on the setup of the machine as well as pass an Oklahoma dental radiology competency.

I also had to further learn the unique working situations to provide medical imaging services in a resource-limited area. Despite this, I became more confident and eased into the role of the dental radiology technician with each x-ray taken.

Patients at RAM clinics come from all occupations and may have limited experience with medical care. Many also have challenging health conditions and urgent needs. Therefore, I needed patience and the ability to communicate well to explain procedures. I also had to ensure the patients were positioned correctly for imaging.

Most RAM deployments typically run for three to five days where hundreds to thousands of patients are seen. There are long working hours during deployments, often twelve per day or even more. As a result, I was cognizant of my ability to have a very fast patient throughput. Thus, organization and time management were critical to my success as a dental radiology technician.

While RAM provides the equipment and supplies, you need during an event. You may be the one physically moving the heavy equipment during the setup process at the start of the deployment or the disassembling process at the end of the deployment. Being willing to assist wherever needed is key to the success of the event.



You may also experience extreme weather conditions like heat and rain, or have a clinical environment during a deployment that presents to be challenging. You could be working in a school gym, church hall or tent. The Tulsa, Oklahoma RAM deployment afforded the opportunity to work inside the Tulsa Expo center where there was plenty of space for the services being rendered. It is important to mention that during deployments, infection control can also be difficult and the privacy of patients limited.

By staying flexible, focusing on patient needs and working as part of an effective clinical team, you can make a true difference as a data management specialist and or dental radiology technician during a RAM deployment. The mobile nature of the work definitely tested my technical skills and resilience as a dental professional.

Despite the challenges, providing dental imaging services during an RAM deployment was very rewarding. I was a part of a group of officers that assisted dentists' with identify serious conditions and helped to get the patients on a path to treatment who otherwise may have gone unseen. The gratitude I received from patients with limited access to care made the deployment that more incredibly meaningful.



#### References:

*History page | Commissioned Corps of the U.S. Public Health Service.* (n.d.). Commissioned Corps of the U.S. Public Health Service. <https://www.usphs.gov/history>

Remote Area Medical. (2023, August 14). *Remote Area Medical.* [https://www.ramusa.org/?gclid=Cj0KCQjwoeemBhCfARIsADR2QCuoUBTXxdkX0NihFRqZbyjDeJ4vxVYVUdUySELEBrqpMfLn\\_LaSx10aAvu3EALw\\_wcB](https://www.ramusa.org/?gclid=Cj0KCQjwoeemBhCfARIsADR2QCuoUBTXxdkX0NihFRqZbyjDeJ4vxVYVUdUySELEBrqpMfLn_LaSx10aAvu3EALw_wcB)

# Wellness Program for Registered Dental Hygienists

By LCDR Cindy H. Pallack, MS, MPS, RDH

When I attended the Maryland Dental Hygienists Association Annual Session last year, I met Laura, who has been in the dental field since 2007. First as a Sterilization Assistant and then eventually pursuing her bachelor's degree in dental hygiene. I began talking to her and quickly realized that she is an exceptional young lady who makes a difference. Laura is Chair of the Maryland Dental Hygienists' Association Dental Hygiene Well-Being Committee. The committee promotes a healthful and enjoyable life, a free and confidential resource to dental hygienists and dental assistants.

The committee consists of a Licensed Dental Hygienist who serves as the Chair, a Clinical Coordinator, a Licensed Social Worker, and a Substance Abuse Specialist.

Especially in recent years, more people have felt stressed out due to personal or professional circumstances that add to the feeling of being overwhelmed, burnt out, or indifferent. Sometimes it is a combination of both, losing a loved one, looking for the next assignment, hunting after the next achievement, thinking about the children's future, or battling a disease. The world is changing, with many more uncertainties ahead of us. Each of us has a story to tell, and it is ok to do so. However, it is still taboo for many to seek counseling as it is viewed as a weakness when admitting additional support may be beneficial. I want to highlight here that this program is unique because a dental hygienist leads it. You can speak to someone who shares your professional aspiration, which can create a special bond from the start. While we are officers in the U.S. Public Health Service Commissioned Corps and have to ensure we stand ready to protect and promote the health and safety of our nation, we can only do that if we take care of ourselves.

If you would like to get more information about the program or speak to Laura directly, please see the info below:

Laura A. Smith  
[Laurasmithrdh14@gmail.com](mailto:Laurasmithrdh14@gmail.com)

MDHAWell-being.org  
Call: 1.800.974.0068  
Text: 240.319.9463

## Dental Hygienist Highlights from the 2023 COA Symposium

Dental Hygiene Tulsa RAM team!



**(Left to Right)** CDR Andrew Felix, LCDR Doretha Wilson (Chair-elect), LT Julie Romero (our newest CAD), LCDR Valerie Favela, CDR Cynthia Chennault (Past Chair), CDR Amy Strain, LCDR Vinessa Mills, and LCDR Jen Eng (Chair)



Dental Hygienist Officers displaying an amalgamation of PHS uniforms.



**LCDR Keisha Myrick** volunteered on the category planning committee, **LCDR Miranda Nelson** lead the DC COA merchandise committee swag table and **LCDR Cindy Pallack**, one of our award winners.



JOAG Recruitment and Retention Committee Secretary recognition **LCDR Jerome Simpson**.



**LCDR Pallack & LT Kinman** looking squared away as always!



A dozen of fine looking Dental Hygiene Officers whom attended the Symposium pictured with HSPAC Chief Professional Officer **CAPT Deidre Presley**.



**CDR Cynthia Chennault** was awarded the Candace Jones award and **LCDR Cindy Pallack** the Junior Dental Hygienist of the Year award. Congratulations to these two phenomenal officers.



**LCDR Tanya Sumner** performed with the Music Ensemble's Ceremonial Band this year's which was conducted by our USPHS March and Anchor and Caduceus composer, Senior Chief (ret.) George King, US Coast Guard!



**LCDR Tanya Sumner** and her fellow Clarinetists **CDR Patrick Harper (Pharmacist)** **LCDR Laurette Rivers (Nurse)** had a blast practicing and playing together from Sunday to the Tuesday Night Concert.



**CDR Cynthia Chennault, LCDR Theresa Chennault and LCDR Tanya Sumner** after the Choral and Band practices



Our DHPAG Secretary **LT Domika Kinman** volunteered on our category committee as keeper of the HSPAC Orb.



LCDR Darion Smith took the stage to provide a profound and powerful Invocation to kick off the Minority Officer Liaison Council (MOLC) event on Thursday May 11, 2023 at the COF Symposium.



Our PAG as a whole showed strong leadership at RAM and also at the Symposium. The bond and strength exhibited shows support and empowerment as a group. I want to Thank everyone who volunteered in either events or both and congratulate our award recipients. I hope that you all continue to volunteer and stay active while staying engaged. Please make sure that we stay visible and continue supporting one another. Many accolades to all and I am so proud of our PAG.



## Kudos to LCDR Favela

By: LCDR Jen Eng



The priority of physical health should be placed on top of most things. You are not able to serve if you are unhealthy and not well. LCDR Valerie Favela is a prime example of an officer that maintains her physical fitness even on deployments. She was caught in the act of watching a workout video online to stay in shape as she is away from her home. Being as compliant as she is, she donned the regulated PT uniform while she engaged in her exercise. Making sure you are compliant and have an updated annual physical fitness training is one of the ways to stay basic ready in USPHS. Either you enjoy cardio, weight lifting, or meditation some form of movement on a daily basis is recommended. Kudos to LCDR Favela for staying true to her health and being able to serve our country with little notice.



# DHPAG Newsletter Submission Request Form

This form is for requesting an article/information to be submitted into the DHPAG Newsletter, as well as for submitting Subgroup updates.

Fill out all the fields and copy all information into an e-mail. Be sure to attach to the e-mail any supporting documents or photos. Then e-mail to the Communications Subgroup leads prior to submission deadlines, which are listed below:

**Newsletter I – Spring : 4/14/2023**

**Newsletter II – Summer : 8/15/2023**

**Newsletter III – Fall : 11/17/2023**

LCDR Tanya Sumner, Chair; CDR Melka Argaw, Co-Chair;

[TSumner@southcentralfoundation.com](mailto:TSumner@southcentralfoundation.com) [Melka.Argaw@fda.hhs.gov](mailto:Melka.Argaw@fda.hhs.gov)

Quick E-Mail  
(Right Click, Open Link)



## Email Format Below:

**Subject line:** DHPAG Newsletter Submission Request Form

### Information to be included in Body of email:

Rank and Full Name of individual submitting information:

Submitting (**Highlight/Bold** or **X**): ( ) Article

( ) Spotlight Section

( ) Subgroups Committee Update- Committee Name: \_\_\_\_\_

( ) Updating with info

( ) Nothing to report at this time

( ) Other

( ) **OPTION 1.** Check this box if you already have your article/newsletter submission formatted which includes the pictures, and be sure to attach your document to the email along and the information above copied into the body of the email.

( ) **OPTION 2.** Check this box if you **do not** have your article/newsletter submission formatted, and fill out the following information below. Be sure to attach any Photos/information to the e-mail that you would like included with your article/update.

Article Name:

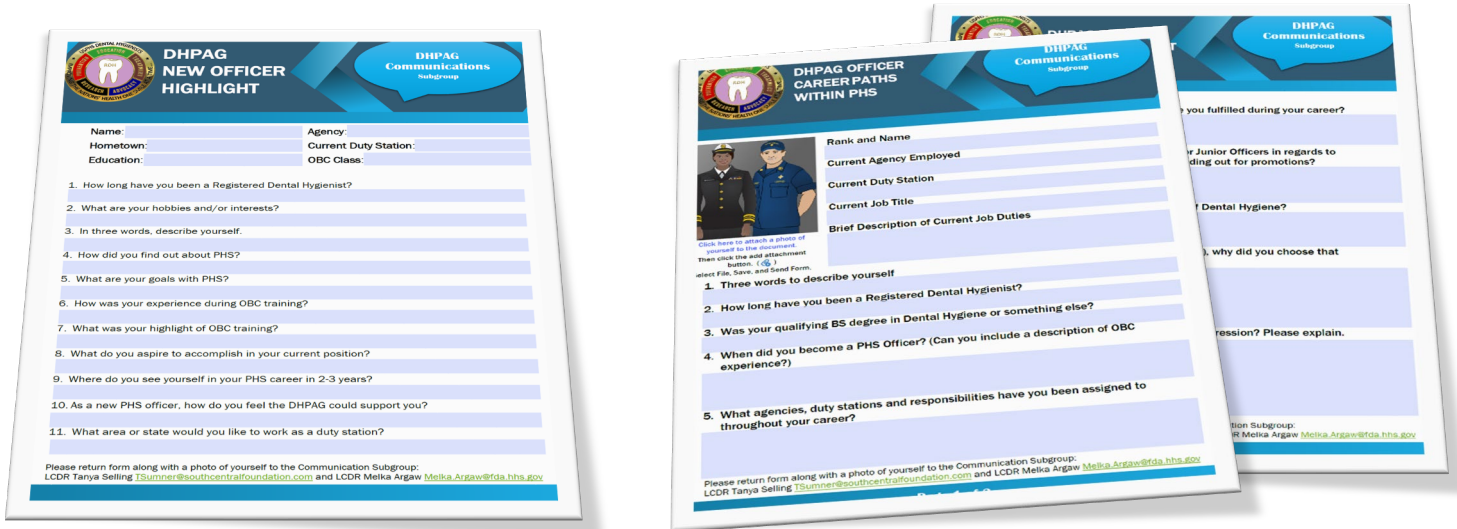
Written By:

Narrative/Article (can send as e-mail or attach as word doc):

**CLICK HERE IF YOU WOULD LIKE TO DOWNLOAD THE  
WORD DOCUMENT, OPENS ATTACHMENT BAR**



# Various Forms



**To access the Attachments on this PDF. First download the PDF to your computer, then go to folder where you downloaded the file and open with adobe acrobat reader. (Cannot access through browsers)**

After clicking picture above, it will open the PDF attachment bar on the left, click and download the attachment to get the forms

**DHPAG New Officer Questionnaire:** Know a new officer? Are you a new Officer yourself? Fill out one of these questionnaire forms and follow the instructions on the 2023 DHPAG Newsletter Submission Request Form to submit for the next newsletter.

**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 advice? Fill out one of these questionnaires and submit as specified in the 2023 Newsletter Submission form.

If you are unable to download/do not have adobe acrobat reader/ have questions please e-mail LCDR Tanya Sumner [tsumner@southcentralfoundation.com](mailto:tsumner@southcentralfoundation.com) and she can send you the forms needed

# Save the Date 2023

Below are the upcoming dental conferences and seminars. 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						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	2023 AMSUS			

March						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

2023 Hinman - GA

April						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	2023 NOHC					

May						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	2023 COA		

June						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	RDH UnderOneRoof				

ADHA Annual Conference

August						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# PAST Events of 2023



APRIL 17-19, 2023  
AT THE DOUBLETREE BY HILTON  
UNIVERSAL STUDIOS, ORLANDO, FL  
WEEKEND WORKSHOPS  
APRIL 15-16, 2023

## 2023 USPHS Scientific and Training Symposium

May 8, 2023 – May 11, 2023  
8:00 AM-4:00 PM

Cox Business Convention Center  
100 Civic Center  
Tulsa, OK 74103



**Attend one of the events or another not listed?**

Tell us about it! Submit an article request describing how your experience went and what you learned!