



Massachusetts Dental Hygienists' Association
Student Newsletter
February 2020 Edition

MDHA Student Summit Spectator

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MDHA Mentor Liaison & Student Engagement Committee Member

Advocacy at Lobby Day!

Please join us and have your voice heard in support of dental hygiene

Tuesday February 25, 2020

10:00 am – 2:00 pm

This year's event will be held in the **Great Hall** behind the grand staircase

Please join us for another exciting day on Beacon Hill to promote the profession of dental hygiene and advance MDHA's legislative agenda at the State House. Our day on Beacon Hill is an opportunity for our lawmakers to hear from **you**, their constituents, about how our profession can help to improve access to oral health care for all residents of our state.

It's Almost Here!

- * 1 **FREE** seat to Dental Hygiene Seminar Board Review will be given out at the Student Summit in March
- * The school who brings the most personal care products to be donated to Hope&Comfort, a non-profit at the Summit, we win and receive a pizza party for their school
- * There will be tons of opportunities to visit vendors and tables for new dental products and swag!

Plus, we have a special student page linked to the MDHA website! Check out the page at <https://massdha.org/membership/student-members/>



Lobby Day 2019



Dental Hygiene Schools and students! Do you have a community service project you want to share with the other dental hygiene schools or do you want to be spotlighted in an upcoming edition? Contact the newsletter editor at mdhastudentnewsletter@gmail.com for the opportunity to be profiled in the future editions of the Spectator!

**Whoever is selected each month will get a \$25 Amazon Giftcard!!*

MDHA Member Moment

Sarah Crow, RDH, MDHA Vice President

Sarah Crow is a 2014 Dental Hygiene graduate of Middlesex Community College where she earned High Honors, was selected for Dean's List, a member of the Phi Theta Kappa Honors Society, and was elected Class President for two consecutive years.

Sarah was awarded the "Outstanding Student in Dental Hygiene" award, elected by full faculty, the "MCC's Finest Student Award" elected by the college President, and was named "Member of the Year" by MCC's Center for Leadership and Engagement.

She was also nominated as Commencement Speaker during her Professional Pinning Ceremony, where she was also given the role of Class Marshall. At the 2015 Yankee Dental Congress ~ Student Business Meeting, she accepted the role of "Master of Ceremonies" where she addressed students, and national leaders on "The Power of Belief"

Currently, Sarah works as a clinical hygienist in Lynnfield, MA where she is given the opportunity to exhibit her passion in Dental Hygiene chair side, while continuing her degree in the field of Dental Hygiene education. She currently holds the position of Vice President for ADHA Massachusetts, is the co-founder of MDHA's Mentor Liaison Team, and is an integral part of planning MDHA's yearly conference. Sarah continues to volunteer her time both clinically and professionally while raising her large family.



Speaker Spotlight: Meet Claire Jeong, MS, RDH



Claire is an entrepreneur, author, educator, and speaker. She is the founder of StudentRDH / SmarterDA – dental hygiene and assisting exam prep solutions. In addition, she created DentalToaster, an online CE website for dental professionals. Lastly, she is a founding member of Inspire The Future Summit, an organization that empowers dental hygiene educators.

Claire is the 2019 Ontario Memory Champion. With her expert knowledge in education, she created the WakeUp Memory™ system, which teaches how to use the brain and remember anything. Students actively use WakeUp Memory™ for their exams, and educators apply this method in their own classrooms.

To her audience's testimony: "Learning is now addictive."

Many of Claire's articles, such as the New Hypertension Guidelines, are ranked as one of the top articles in RDH Magazine and DentistryIQ. She is regularly invited to podcasts and conferences such as RDH Under One Roof as a key opinion leader. Her classes are fascinating, and the audience becomes glued to their seats. Behind the scenes, Claire also helps numerous well-respected speakers in dentistry to spread their message and positively influence the younger generation.

Claire has a bachelor's degree in dental hygiene from Forsyth School of Dental Hygiene and a master's degree in administration from Boston University.

BOARD REVIEW PRACTICE

Q1: A class V restoration is found in/on the _____ ?

- a) proximal surface on posterior tooth
- b) gingival 3rd of the facial/lingual tooth surface
- c) incisal angle of anterior tooth

Q2: The alveolar mucosa is separated from alveolar gingiva at which anatomic landmark?

- a) Vestibule
- b) MGJ
- c) Junctional epithelium

Q3: Which palpation method is used to examine the floor of the mouth?

- a) Bidigital
- b) Bimanual
- c) Digital

Answers: **a b a**

For more information, visit our website at <https://massdha.org> or <https://massdha.org/membership/student-members/>

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STAY TUNED FOR MORE SPEAKER & SPONSOR SPOTLIGHTS IN THE MARCH EDITION!