



Massachusetts  
Dental Hygienists' Association



42NORTH  
DENTAL



Massachusetts Dental Hygienists' Association  
Student Newsletter  
March 2020 Edition

# MDHA Student Summit Spectator

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MDHA Mentor Liaison & Student Engagement Committee Member

## IMPORTANT REMINDERS

- \* Breakfast & a light lunch are included
- \* Bring personal care/hygiene product donations for Hope&Comfort. (The class with the most donated products wins a pizza party!)

Products to Donate:(full size items)

- bars of soap
  - shampoo
  - toothbrush (all ages)
    - toothpaste
    - deodorant
    - floss
    - mouthwash
  - any other personal care items
- \* There will be opportunities for you to visit vendors and tables

## The Last One!

Are you coming? Are you ready for a full day all about dental hygiene students?

**MARCH 7TH, 2020**

**AC Marriott, Worcester, MA**

**125 Front St, Worcester, MA 01608**

**8AM-4PM**

Check out you MDHA Student page at  
<https://massdha.org/membership/student-members/>

### STUDENTS!

*Bring your updated professional resumes to the Summit so they can be reviewed for FREE by Dr. Jasmine from 42 NORTH!*



*Need any help or have a question the day of the Summit, just look for someone with a MDHA/ADHA button!*

# MDHA Member Moment

## Kate Soal RDH, CDA, MSDH-Immediate Past MDHA President

Hello Students! My vision and passion for dentistry started to evolve when as a child I would watch my dental technician father create prosthetics to restore function and confidence. I was fascinated by this dental world and the intricacies of such a dark and mysterious place. My career began in 1984 as a very young and enthusiastic dental surgery assistant running at full steam; constantly asking, learning and expanding my knowledge. After emigrating to the U.S., I decided to pursue a career in dental hygiene as a means to support my family and I have never looked back.

I am a proud 1999 graduate of Quinsigamond Community College where I am now a full time faculty member so it seems as though I never left! I teach periodontology, local anesthesia, pharmacology, radiology labs, and clinic. I also teach local anesthesia at Mount Wachusett Community College.

The things I love the most are teaching, being around students, and volunteering for MDHA. I have done a lot with my career, but my proudest moment and greatest honor came when Dr. Esther Wilkins asked me to be a contributing author for our beloved Comprehensive Practice of the Dental Hygienist.

Always remember where you started and pay it forward. It doesn't have to be big and grand, just do what you can when you can. I am looking forward to meeting you all at the first ever MDHA sponsored Student Summit on March 7<sup>th</sup>!



***Kate Soal with Esther Wilkins in 2016!***

## Summit Schedule

**8-8:30 Registration and light breakfast**

**8:30-9:15 Ted Style Talks**

**9:15-10:00 Yoga with Emily Bangrazi**

**10:00-11:30 Claire Jeong, RDH, BS, MS: How to Fight Against Test anxiety and Memory (Crest-Oral B)**

**11:30-12:45 Lunch (42 North)/ Vendor time/ Scrub fashion show (Crest-Oral B)**

**12:45-1:30 Resumes/Interviewing Techniques & Review with Dr. Jasmine - 42 North**

**1:30-2:00 Award and recognition**

**2-3 Cynthia Stegeman (Crest-Oral B)- Nutrition Discussion**

**3-4 Radiology Review- presented by Kelly Jancaitis**

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

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Contact [mdhastudentnewsletter@gmail.com](mailto:mdhastudentnewsletter@gmail.com)

**Get Ready For the Student Summit!!!**

