



The Dentition Edition

Manor College Dental Hygiene Program

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Greetings Everyone!

I am happy to report that it has been another busy and exciting year here at Manor College and here in the Dental Hygiene Program.

On Founders Day, January 27, 2017, the Manor community gathered for our highly anticipated “branding reveal” event. President Peri unveiled Manor’s new logo and new tagline which put a fresh, new spin on the time-honored statement of who we are and why we are here. Our new tagline, *You Belong Here* message provides a warm and welcoming greeting to everyone who visits, attends classes, or works on our campus. Our blue jay mascot has a fresh new look and –for the first time – has a name! The community voted and “Manny” was the winning selection.

Campus enhancements continue with classrooms being remodeled and equipped with the latest technology. An “outdoor classroom” was installed this summer, complete with a gazebo and tree-stump sit-upons; and thanks to a grant from Board of Trustees member, Leonard Mazur, the Ukrainian Heritage Studies Center has been renovated and completely transformed into a truly impressive home for the many Ukrainian treasures.

Preparation for our Middle States accreditation continues as we anticipate our site-visit in March. Everyone is working hard to insure that Manor’s plan to become a Bachelors Degree-granting institution is implemented in Fall, 2018.

This fall, PDHA initiated the new “Emerging Leader Awards”. The Association sponsors two students from each Dental Hygiene school in PA to attend and participate in the 4 day conference. The student representatives are chosen by faculty. PDHA pays for all costs for the students to attend the conference, and assigns mentors to them. The students are expected to

attend all of the association’s board business meetings where they learn the inner workings of the organization. PDHA’s goal was to provide first-hand experience for the students, to promote the association and to encourage students to join when they graduate. This year, Manor covered close to all of the costs for the rest of the sophomore class to attend the meeting and to represent Manor in the statewide table clinics competition.

This year, students supported the Growing Smiles Foundation. This organization was started by Dr. Barry Levine, [Dr. Robert Levine’s daughter], while she was a dental student at Temple University. During the summer, students and dental professionals volunteer to spend a week at a dental school in Peru, providing a variety of dental services to the local people. The foundation has grown exponentially in a short period of time and is highly successful in achieving its goal of meeting the dental needs of underserved populations.

Please continue to share your news and, of course, your pictures with us and with your fellow Manor alums. I wish all of you a most blessed Christmas, and a happy, healthy and prosperous New Year!

Dr. Saunders
vsaunders@manor.edu

Alumni, do you have professional or personal news to share with us?

Email
alumni@manor.edu
to share your exciting updates! or visit
manor.edu/alumniupdate

As America's only accredited institution of higher education founded by Ukrainian Catholic Sisters, Manor College has a strong sense of obligation to take a position on recent and ongoing global events. Standing by its foundation, its heritage and its values, Manor College hosted its fourth Ukraine focused dialogue on October 26, 2017. Manor's President, Dr. Jonathan Peri, moderated a panel discussion including honored guests: U.S. Congressmen Brian Fitzpatrick and Brendan Boyle, Chair and member of the Ukraine Caucus; Bohdan Vitvitsky, U.S. Justice Department Prosecutor and Advisor to the Procurator's Office in Ukraine; and Hon. Roman Popadiuk, former U.S. Ambassador to Ukraine. Panelists discussed many issues and challenges Ukrainians continue to face following Russia's invasion of Crimea in March, 2014. Many members of the local Ukrainian-American community and the Manor



ALUMNI SPOTLIGHT

My Journey through Manor College

By: Jeanette Hernandez-Eliason



My journey through Manor College started in Fall "99". I received my associates degree in December 2003 through the Veterinary Technician Program and became certified as a Licensed Veterinary Technician in March 2004.

Immediately following I received a dual associates degree through the Dental Hygiene program in December 2005 and became a Registered Dental Hygienist in January 2006. Looking back on the past, I may be one of the longest matriculating students to enter Manor College. It ended up becoming my second home.

Routinely the question is asked "what do you do for a living?" Especially now having a school-aged child and meeting her friends' parents for the first time, they have a confused look on their faces when I tell them I perform dental hygiene on animals at the University of Pennsylvania part-time and work at a private dental office in Newtown, PA on humans a few times a month. They don't understand why and some of you reading this may ask why and wonder how you even start this kind of career.

To be honest when entering Manor, I was a young adult that knew I had a passion for animals. Where I was going with it, I really wasn't sure. Originally I wanted to be a marine biologist. I had dreams of working at Sea World doing research/rescue work with Manatees. Looking further into the field, it was too competitive. Realizing that wasn't realistic in the kind of future I wanted and talking to other people and figuring out if this is the right path for my future, I started to look into other options. This is when I looked further into becoming a veterinary technician.

While sitting and interviewing with Manor College, I felt like I had found home. There I found a great mentor and a passionate woman in her field of veterinary medicine; Dr. Joanna Bassert. This is someone who would help make an impact on my life and my future career. She was there through all my tears and helped me find my passion. We had multiple meetings towards the end of my program to figure out how to further my career because I knew my schooling was not over and I wanted "more". There was something "more" out there for me!

Working in local veterinary offices and meeting other dental professionals in the veterinary field, I found my future profession in dentistry. Dr. Bassert suggested that I look into Manors' dental hygiene program since there was not a specialty at the time for veterinary technicians in dentistry. I couldn't be more excited knowing I could start a new career that had great opportunity in so many ways while being able

to utilize the degree I just worked so hard to earn. I could actually combine a veterinary and human degree. I still wasn't sure where the path would take me but I went for it!

In 2003 I was accepted into the dental hygiene program! I had never touched a human's mouth nor did I know what I was in for as far as schooling goes. All I knew was this is what I wanted and we would see where it leads. As we all know, thanks to the amazing Dr. Virginia Saunders, Manor College runs a competitive, reputable program. Many of us can attest to shedding a lot of sweat and tears. But Dr. Saunders and the rest of the dental hygiene educators made sure their students know and understand oral health before graduation. Looking back, knowing what I have accomplished through this program, I couldn't be more proud. They were such an inspiring team and helped lead me further to my interesting, fun and amazing career. This degree took me to the next level of becoming a professional.

Immediately following graduation while studying for my dental hygiene boards, I accepted a position at the University of Pennsylvania Veterinary Dentistry and Oral Surgery Department as their second staff hygienist on the team. This job gives me the opportunity to teach basic dentistry in the form of rounds and wet labs to fourth-year veterinary students during their clinical rotation, and to participate in admission, care, diagnosis and treatment of clinical patients. My clinical dental hygiene skills are also utilized during the conduction of clinical research protocols. Through my career I also have become a lecturer at local, state and national continuing education conferences for veterinary dental technicians. Currently in 2017 I have become a member of the Colgate Dental Hygiene Board and have joined the Manor College Dental Hygiene advisory board.

Sometimes you never know where life could take you! Great mentors like Dr. Virginia Saunders and Dr. Joanna Bassert teach their students that there is a world of opportunities awaiting you after graduation. You can always take it to the next step like I have. I've been very blessed having my dual profession and thankful every day for the different doors it has opened.

COMMUNITY OUTREACH

The sophomore Dental Hygiene students brought their knowledge and enthusiasm for dental health to many residents of our community. The students visited pre-schools, elementary schools, programs for children with special needs, a school for teenage girls in challenging life situations, and a hospital.

STUDENT CORNER

Proud to be Americans!

These reflections should inspire all native-born Americans of how privileged and blessed we are to live in the USA. So many individuals take for granted our rights, our freedoms, and the many opportunities our great country provides. Two of our students who have recently gone through the immigration and naturalization process, beautifully articulate what it means to be an American.

By Oksana Vodovozova DH, 17

Pledging allegiance to the flag was one of the proudest moments of my life. I strongly believe in the Constitution of this country and having the right to work here was not enough. I wanted the right to vote and I wanted the right to call myself an American. To be an American is not just a great honor, but also an obligation to do more and to reach higher.



By Maka Metreveli DH '18

In March, 2017, sixty four candidates from fifty two different countries, along with friends and families, were waving American flags and repeating the oath after an Immigration official. Then we all stood-up and listened to the national anthem with our hands on our hearts. It was a very emotional day – I had tears in my eyes. I felt an amazing feeling of belonging and pride to be in a place 'where greatness is encouraged'. I felt proud and grateful that day. Proud of being a citizen of the premier land of democracy and freedom, the land of hope for people like myself. Even with all the struggles and difficulties immigrants experience when they go to a new country, America always lends a helping hand and truly encourages you to follow your dreams. As a college student, I hope that one day, I can contribute to the society that helped



me welcomed me from the first day I stepped into America.

MANOR COLLEGE DENTAL HYGIENE STUDENTS EMERGING LEADER AWARD RECIPIENTS

By:Rebekah Darr and Donna Nguyen



November 2 – 5, 2017, we attended the 94th annual Pennsylvania Dental Hygienists' Association in Lancaster, PA. We were able to attend and be part of the House of Delegates, Reference Committee, and Board of Trustees meetings. We were able to experience the hard working members come together to push our profession to the next level. We were able to meet other dental hygiene students from around the state during a student panel lunch and learn, where we were able to ask questions. It was an immense honor to represent Manor College and our fellow dental hygiene students with PDHA.

FACULTIVITIES

Challenge for Cancer Bike Tour

On Sunday, June 25th, 2017 Ann Marie Kilgore (clinic & POHC III instructor) and Jane Hannon (POHC I, Community Dentistry and clinical instructor) rode in the Brandywine Valley Heating and Air Conditioning Challenge Bike Tour. The bike ride benefitted the Abramson Cancer Center at Chester County Hospital and Neighborhood Health.

DIABETES AND PERIODONTAL DISEASE

By Carol Ratko

In my many years of dental hygiene practice, rarely have I seen news articles concerning dental health. Most often those instances have occurred when state legislatures have debated the benefits of water fluoridation, however, the most common cause of tooth loss in the industrialized world, periodontal disease, is often ignored.

On Sunday, September 3, 2017 an article in the Health Section of the Philadelphia Inquirer caught my eye. As many of us are aware, periodontal infections tend to be more severe in diabetic patients with uncontrolled levels of blood sugar. Dr. Dana Graves, a professor of periodontics at the University of Pennsylvania School of Dental Medicine is conducting a research study to identify the causes of this problem. Early findings reveal a change in oral bacteria occurs in the presence of uncontrolled diabetes causing an increase in gingival inflammation.

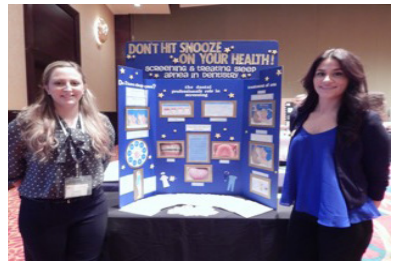
The study is far from complete but it does open a new window for treating periodontal infection. I now ask my patients with several areas of gingival bleeding if they have seen their physician in the past year and has s/he checked their blood sugar levels. Many times they say the physician indicated a prediabetic condition. I then advise them to try to control blood sugar levels through diet. (I even have them searching the internet for anti-inflammatory and diabetic diets.) I realize they may not make extreme dietary changes but any change can certainly help.

Please take a look at this article. The findings are certainly exciting news. And in discussing it with your patients you may give them an incentive to make some healthy lifestyle changes and improve their periodontal health.

TABLE CLINICS 2016



Oksana & Ilva

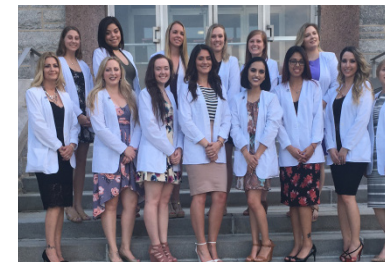


Lauren and Kolbi



Angie and Rebecca

PINNING CEREMONY



Dental Hygiene Graduates in white coats at Pinning Ceremony



Dental Hygiene graduates reciting oath



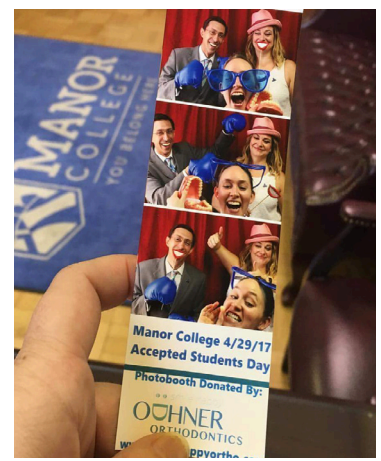
We did it!

TUSCANY TRAVEL

Four years ago, when I tossed a coin over my shoulder into the Trevi fountain while visiting Rome, little did I know that the wish I made to return one day to my grandparents' homeland would come true this fall. A few weeks ago, my daughter, Christina, and I embarked on what was to be a fabulous mother/daughter "most excellent adventure" exploring the hillsides of scenic Tuscany. We went with a tour group of 40 people who turned out to be the friendliest, most fun group of people I've ever had the pleasure of spending nine days with! We laughed our way through every day, feasted on large quantities of amazing Italian food, enjoyed the best chianti and locally produced wines, and walked and climbed and walked and climbed some more -- surely burning off every one of the thousands of calories that we consumed! We stayed in a beautiful little boutique hotel in the centrally located town of Montecatini Terme. Early every morning, our driver, Franco, welcomed us aboard our tour bus as we set out to visit a new destination -- each town more beautiful and captivating than the one we visited the day before!! We visited Florence, Lucca, Siena, San Gimignano and the breathtaking seaside villages of Cinque Terra.



Shopping was, of course, a must everywhere we went, as well as daily trips to a "gelateria" to savor every lick of the best frozen treat known to man! We quickly learned the secret of picking the best places to get this heavenly creation that only the Italians really know how to make! We were constantly on the go, enjoying a variety of activities including: a seven-course dinner at a beautiful Italian villa, complete with music and dancing; a visit to a winery, where we learned how to "see, swirl and sniff" wine like the professionals; a cheese farm where we learned how they make cheese from sheep's milk, then, were treated to a lavish lunch. In Borgo a Mozzano we visited the World War II Museum of Liberation where we learned the incredible story of "the Gothic Line" and were guided through an intact Nazi bunker which was recently opened by the government -- a truly chilling experience!! We were welcomed into a Tuscan kitchen where we learned to cook with their master chefs; and finally, we ended our tour with a seven course farewell dinner at a fantastic Tuscan restaurant, where the glorious view from the top of the hill was as unforgettable as the elaborate dinner they prepared for us. This was truly one of the best travel experiences I've ever had! Next bucket list destination ---southern Italy's Amalfi Coast and the island of Sicily!!



President Jonathan Peri, Dean Allison Mootz and Dental Hygiene student Kendall Hyatt posed for a photobooth picture on Accepted Students Day in April 2017!

TRACY DAVIDSON BRUNCH 'N LEARN

On March 2nd, 2017, the Dental Hygiene and EFDA students had the pleasure of meeting and sharing their thoughts with popular local NBC TV news anchor and consumer reporter, Tracy Davidson. In an informal brunch 'n learn format, Tracy shared the story of her personal, professional and spiritual life journey. Tracy was a true inspiration for all of us! It was great to hear such a positive, joyful message of keeping faith and courage through all kinds of adversity. Tracy's uplifting message was one that we could all keep in mind as we face the inevitable stressors and challenges of our daily lives.



Our honored guest has been the recipient of many accolades. She is a seven-time Emmy Award winner, including Best News Anchor for the Mid-Atlantic Region in 2008 and 2013. Tracy devotes much of her personal time to community service. She has been honored by Laurel House (in PA) and Vera House (in NY) as an advocate for victims of domestic violence; she currently serves on the Board of Directors for Philabundance, and has served as Honorary Chair for the March of Dimes Walk America/March for Babies, and Honorary Chair for Minding Your Mind's annual gala. Tracy is a gifted motivational speaker; her calming, peaceful message brought a welcome break from the hustle and bustle of life in the dental programs for both students and faculty.

ALUMNI NEWS

Dara Bellingham DH '14 got engaged on April 24th while on vacation in Italy. Her fiancé Mark popped the question on the Rialto Bridge in Venice. Mark was Dara's POHC IV case presentation patient, so he endured many hours in the chair in the DH clinic. Dara and Mark are planning a Christmas themed wedding in December, 2018.



Natasha Kopa DH '15 moved back to Florida to be with her family and get her Florida hygiene license. She is employed full time for the company "Smile Design". Natasha writes: "I'm so thankful and appreciative for the quality of education and training I learned while I was at Manor College."

Shaina Hitchens DH '16 reports that she is happily employed at Doylestown Family Dentistry.

Chelsea Bourdon DH '16 announced that she and her boyfriend are engaged!



Joan Smoluk DH '16 is working for Dr. Gene Gutman in Bensalem. Joan loves her "work family" and holds the office "dear to her heart" since she has been a patient there for over 10 years. She and her Dental Hygiene friends stay in contact and still enjoy getting together.



Mary Flanagan DH '17, Rosa Montoya DH '17, Angieanna Delgadillo DH '17 had some free time while waiting on their licenses to come in and decided to take a 6.5 hour road trip to Erie, PA to volunteer with the Mission of Mercy's dental clinic event. They all worked as hygiene or surgical assistants and had so much fun doing it! They all look forward to going next year when they can work as hygienists.



Alumni, do you have professional or personal news to share with us?

Email alumni@manor.edu to share your exciting updates or visit manor.edu/alumniupdate



CONGRATS TO THE CLASS OF 2017

