My name is Sarah Hornsby, and I graduated from Eastern’s Dental Hygiene Program in 2008. I practiced clinical hygiene for a few years, and then my life and career took some interesting turns as I ventured into an area of health care that is not very well-known, even by the majority of health care professionals.

After training as a myofunctional therapist, I opened Faceology, my myofunctional therapy practice, which has been my pride and joy. Myofunctional therapy is an exercise-based treatment. I teach my patients exercises that relate to tongue placement, breathing, speaking, chewing, and swallowing. With awareness of the oral and facial muscles, and the tongue resting in the right place with the mouth closed, problems relating to braces, speech, jaw pain and sleep apnea are much easier to treat.

I’m passionate about connecting with, and creating a powerful network of hygienists, doctors and health care providers who want to change the status quo. I recently created MyoMentor, my mentoring program for hygienists who like me, want to expand their career and learn more about myofunctional therapy.

To find out more, visit my websites:
www.myfaceology.com  www.myomentor.com

I am so fortunate to have been part of your journey in higher education!

With one exception, all courses in the MSDH program are offered online. To learn more about our MSDH program, please contact Emilie at: ecrawford@ewu.edu.

Our alumni reception, held in April, marked the official launch of our bigSmiles bigFutures Campaign to fund scholarships for students pursuing a Bachelor of Science degree in Dental Hygiene.

The bigSmiles bigFutures Campaign was started by Ann O’Kelley Wetmore, professor and 1977 alumna and Heather Ronngren, DMD, 1998 alumna. O’Kelley Wetmore and Ronngren have inspired many current faculty to join the campaign, along with alumni like you! Contributions can be made as a gift over five years, annually or monthly. Thank you for contributing to the success of our students! To make a gift and provide a lasting legacy at EWU, please visit: www.ewu.edu/supportewu or contact Melanie Fisher at: mfisher13@ewu.edu or 509.359.6833.

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MSDH New Students

Windy Rothmund
MSDH
Class of 2016

Lisa Hasse
MSDH
Class of 2016

Professor Ann Wetmore received early tenure, May 2014, after five years of work.

Janet Nord, special faculty, officially retired from EWU, June 2014. Nord was a third-year clinic lead. She will be missed.

Sarah Jackson is our new second-year lead. She also received tenure to associate professor, in May 2014.

Following Janet Nord’s retirement, Lisa Bilich became our new third-year lead.

DEPARTMENT OF DENTAL HYGIENE
Fall 2014 Newsletter

www.ewu.edu/dentalhygiene

2014 MASTER OF SCIENCE IN DENTAL HYGIENE 2014 GRADUATES

Pictured: Lauren Anesi and Jana Mammen. Not pictured: Shaun Christensen and Lisan Bramlett.

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WORDS FROM THE CHAIR

Hello alumni! As many of you know, the EWU Dental Hygiene Department had a very busy past academic year. In addition to hosting the Pacific Northwest Educators’ Conference, we hosted an alumni reception and launched a fundraising campaign for endowed scholarships for our future students. If you didn’t get a chance to attend the alumni reception, you missed an awesome, fun time. Alumni keep asking me when we will host the next one. We can’t do it every year but I promise we’ll have one soon.

Our national reputation continues to be very strong and afforded us the pleasure of ADHA President Denise Bowers, Governmental Relations Director Ann Lynch and education director Pam Steinbach joining our conference and alumni reception. It was great to have many of you at the Alumni Reception, you missed an awesome, fun time. If you didn’t get a chance to attend the alumni reception, you missed an awesome, fun time.

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Our students still struggle to get enough clients in who can actually pay for their care. While the department has been very fortunate and not suffered any severe budget cuts, we still need to charge for the oral care provided. For those of you working in the Spokane area, if you see any patients who can’t pay for quadrant scales or small fillings, please send them our way.

Our community dental service day in 2014 helped 29 veterans receive $26,000 worth of dental care. We couldn’t do this project without the help of our local dental society, dedicated staff, eager student volunteers and numerous alumni volunteers willing to spend a Saturday with us.

Many of you know we worked very hard in Olympia the past three years to get law changes to allow us to have an Advanced Dental Practitioner program. We joined forces with the Washington State Dental Hygiene Association as well as the Children’s Alliance to educate legislators. We all plan to introduce another bill this next legislative session and have spent the past spring and summer educating numerous community groups and individuals about the importance of this effort to increase access to those who currently are not able to access affordable dental care.

If you are interested in possibly training to be a new Advanced Dental Practitioner please let me know and I will place you on our Listserv. You can help us by emailing, visiting and even taking your local legislator to coffee or lunch and educating him or her on the importance of access to care and allowing dental hygienists to work collaboratively with dentists in an even more expanded role.

Lastly, all of our programs (BSDH, MSDH and degree completion) will be moving to semesters over the next few years. This endeavor is to help us better align health science programs at EWU Spokane and WSU Spokane, so we can do more inter-professional activities for all students. A reported 90 percent of all dental hygiene programs in the nation are on semesters and it’s time we join the majority.

My continued best to each of you and I sincerely hope that you are still enjoying the dental hygiene profession.

Rebecca Stolberg
Department Chair

2014

EWU DENTAL HYGIENE KICKS OFF TEETH WEEK!

All dental hygiene students participated in various events for Spokane’s Teeth Week. Empire Health Foundation and Washington Dental Service sponsored these events. The week’s events included a full day of activities in River Park Square, the Smile Mobile providing care and oral health presentations to 30-plus elementary school classrooms, and a day of health screenings by teams of EWU and WSU health professional students.

NEW SPECIAL FACULTY

Professor Jennifer Evans just received the Idaho Dental Hygienists’ Foundation graduate scholarship and was voted head delegate to ADHA in Nashville. Evans joined the department September 2014, and is the new first-year clinic lead and radiology lead. She is a 2010 honors distinction graduate of the Idaho State University Dental Hygiene Program. She moved to Coeur d’Alene four years ago to work as a dental hygienist.

Education is her passion, and she is working on her Master’s of Science degree in dental hygiene with an emphasis in education. She is very excited to be pursuing her dream of teaching at the collegiate level. In her spare time, she loves spending time outdoors and having coffee with friends.

DEGREE COMPLETION PROGRAM UPDATE

The online BSDH degree completion program had a wonderful inaugural year (2015-2014) moving online to serve the needs of practicing RDHs who are place-bound. Online learning allows these practitioners to complete a degree without rush-hour commutes to evening classes or weekends. EWU MSDH graduates, Sue Frans, Jana Mannen, Valerie Maxey and Jessica Scrogg, provided facilitation and instruction based on their experiences as online learners. Former co-directors Monica Hospenthal, Merri Jones and Jessica Scrogg provided content ideas. Ann O’Kelley Wetmore, in cooperation with EWU Online Learning, developed the courses on CANVAS, the EWU online platform. Emile Crawford was hired as program specialist to assist O’Kelley Wetmore in program advising and logistics. Thank you to all for your support of our program and its move online.

Thirty-one graduates attended the EWU Cheney and EWU Bellevue commencement ceremonies. Dean Judd Case presented almost all with honor certificates. We are very proud of these EWU alumni and would like to highlight a few.

Jani McCloud received a scholarship from Idaho Dental Hygienists Association and is currently employed in Arizona as a clinical instructor. Tracy Lambert is teaching at Lake Washington Technical Institute and Glennia Afflerbaugh at Clark College. Currently, we have Jennifer Frame, Immediate Past President of WSDHA and winner of the ADHA Future Leader Award, and Kelley Green, WSDHA Membership Chair, as students. Amelia Longborn, a 2014 graduate of Clark College, was awarded a scholarship from ADHA Institute of Oral Health. Congratulations to all!

Ann O’Kelley Wetmore

SPECIAL THANKS TO OUR ADVISORY BOARD MEMBERS:

Dr. John Wesley
Ms. Jenny Faulhaber, RDH
Dr. Robert Wilder
Ms. Amber O’Doherty, RDH
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Ms. Barb Lynch, RDH
Dr. Molly Gunsaulis
Ms. Erica Wegner, RDH

NEWS TO SHARE?

Do you have news to share with us? We’d love to hear from you with your thoughts, feedback and possible items to share with other readers of the department’s newsletter. Please direct all inquiries to Michele Heidel, mheidel@ewu.edu.
EWU DENTAL HYGIENE ALUMNI RECEPTION

Our April alumni reception had a great turn-out and our alumni were able to enjoy good food, wine and music while reconnecting and making new connections. Here are some of the highlights from this event...

We hope to see you at our next Alumni Reunion!

Ann O’Kelley Wetmore (top) and Dr. Heather Ronngren (bottom) spoke on the importance of scholarships at the alumni reception.

Pictured from left to right: Ann Lynch; ADHA Governmental Affairs, Judd Case; EWU Dean, Denise Bowers; ADHA President, Pam Steinbach; ADHA Director of Education, Rebecca Stolberg; Dental Hygiene Department Chair.