



MDAA

Manitoba Dental Assistants Association

SPRING 2023

**Benefits for
RDA's**

**Special
recognition for
RDA's**

**New CDA
Executive Director**

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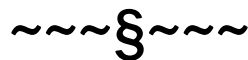
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The MDAA has updated its by-laws.

[Click here](#)



“To advance the careers of dental assistants in Manitoba, and to promote the dental assisting profession in matters of education and professional activities that enhance the delivery of quality dental healthcare to the public.”

President's Message



MDAA President Trina Bourgeois

It is nice to finally say Spring is around the corner. Some people have been returning to winter vacations and getting away from our harsh Manitoba winters with more frequency. For some, Spring means we are getting closer to enjoying cabins and enjoying our wonderful summers.

Our Executive Director: Duncan Stokes is just completing his first year with us. The time has flown by with him, and he has had to learn a lot of dental details along the way, we look forward to seeing how he can excel within our association.

As we know from many updates there has been a new Infection prevention and control practices guidelines introduced in January of this year. The Infection Control committee had a lot of time

and dedication over several years preparing this document. I am sure many of you in the dental community have had to deal with questions, battles, and frustration. It is always a process with new concepts, it just takes time to adjust to changes; no one likes change; it is never easy.

I would like to take a moment to mention that we manage the Manitoba Dental Assistants association with a very small crew. The MDAA has a membership of over 1300, and the association has a hard time filling the few roles required to meet the demands of our association. We could plan, provide, or hope to do more if we had more people. The Manitoba Dental Association has a new president every year. Our term is 2 years and we have twice as many members. It would be so great if we had more people come forward to help with the association. Our new bylaws allow the MDAA to account for more board members.

I would like to take some time to focus on mental health. This is an area that affects far too many people. It is a challenge to live with and deal with. So many of us have children, spouses or families that may have someone who suffers with anxiety, depression, or some related illness. It is not easy on families and with the growing awareness of mental health, it still doesn't make it any easier to live with. We need to talk about it more, be more aware of maybe how we can support each other. Living with these challenges is very hard as a parent, it is heart breaking to watch children them suffer, doesn't no matter what age. Our hope for our families affected is to get support and help, but that is not always simple or accessible. Stress has also been identified as a huge factor for mental health. With the challenges of work stress and financial stress with the economy being so difficult these days, there are very hard times for families. Stress has become a normal factor of our lives way too often. Everyone has their own challenges for different reasons so be kind and just be there, sometimes it may be just to listen. #mentalhealth!

Dentistry has been a very challenging world with all the challenges evolving with Covid and the fall out from infection control changes and coinciding illnesses that have caused office and staff scheduling issues. This is a worldwide problem...it won't get resolved in a day so hang in there.

Trina Bourgeois

President for the Manitoba Dental Assistants Association

Mental health information

Here are just some of the resources available to help anyone impacted by mental health.

Government of Canada

<https://www.canada.ca/en/public-health/services/about-mental-health.html>

Canada Mental Health Association

<https://cmha.ca/find-info/mental-illness/>

Province of Manitoba

<https://www.gov.mb.ca/mh/mh/index.html>

Depression Hurts

[Symptom Checklist - DepressionHurts.ca](https://www.depressionhurts.ca/symptom-checklist)

Anxiety Canada

[Anxiety in Adults - Anxiety Canada](https://www.anxietycanada.com/anxiety-in-adults/)

RDA of the Month - January



Lea Smith - Vista Place Dental Centre

I want to nominate an office Rockstar!

Meet Lea! Lea knows everything about our office.

Have a question about a patient? Ask Lea! Need something ordered? Ask Lea!
Need to know where something is? Ask Lea! Need to know how to do
something? Ask Lea! Patients love Lea! Staff love Lea!

She is a talented, gifted Dental Assistant who loves what she does, and it shows
in the way she comes to work **EVERY DAY!**

We are so lucky to have had her work here for so long!

Congratulations Lea, RDA of the Month!

submitted by Dawn, Office Manager, Vista Place Dental Centre

RDA of the Month - February



Shaundra Llewellyn
Markham Dental Centre

Shaundra has been a dental assistant for 10 years and is one of the hardest working Dental Assistants at Markham Dental Centre. Shaundra, is a go-getter and cares deeply for her patients. Congratulations Shaundra, RDA of the Month!

submitted by Michaela Kissova-Bouska,
RDA instructor

RDA of the Month - March



Natasha Mohammed
Creek Village Dental

Natasha Mohammed graduated in 2022 and is an absolute Rockstar!
Always cheerful, our office ray of sunshine.

She is a hard worker, and learns things so quick, you would never know she is a recent grad. Amazing with patients and all of our staff.

The girl needs some recognition.

Congratulations Natasha, RDA of the Month!

**submitted by Jennifer Wice,
colleague at Creek Village Dental**



From the office

Like most people I guess, as I get older, time seems to fly by faster and faster. I got a reminder of just how profound that seems to be true as I celebrated my granddaughter's 2nd birthday earlier this winter. Seems like a blink-ago she was that little peanut I could cradle with one arm while giving her a bottle with the other. Now she's faster than me and while I can still hold her with one arm, it's much tougher.

The world has changed so much in the last number of years. When the pandemic hit, we all had to learn how to live differently, given

**MDAA Executive Director
Duncan Stokes**

the moves to masking, social distancing and limited contact with our loved ones. The business of world needed to continue, which led to the growth of format such as Zoom, Microsoft Teams, and the like, as people needed to continue to earn a living, connect with loved ones, and in the saddest cases, say goodbye.

Since the pandemic the use of virtual mediums has grown. The MDAA has utilized Zoom for all of it's Continuing Education sessions and Annual General Meetings since March of 2020. There are definitely some advantages to employing the technology. Cost is a factor. The use of video enables the MDAA to cut costs associated with travel, site booking, meal/snack associated with on-site meetings, etc. It also allows for participants to engage from their own home and also manage the needs of life such as family and tasks that need doing to keep some order in their world where the demands always seem to be too much.

Regardless, the attendance at the MDAA continuing education sessions and annual general meetings has been higher since the utilization of Zoom as a tool of communication with the membership. But do we miss something when we are not able to meet face-to-face?

The in-person interaction and collaboration does have it's benefits too. I read [this article](#) by Sébastien Page and Eric Veiel and found it's conclusions to be worth the read. I think it's easier to build trust in person, it's easier to challenge one another, and people's focus tends to be sharper.

Renewed your license for the next year yet?

[Click here](#) to start the process

How to take advantage of everything your MDAA Member Benefits Marketplace has to offer!

As a member of MDAA, you have access to a customized Member Benefits Marketplace! Within the Marketplace, you will find:

- Personal Insurance products to help you fill a gap in coverage you may not even know you had
- Lifestyle and Travel Benefits that include preferred pricing on products and services to help you live your life to the fullest, without impacting your financial health
- Discounts and Rewards that offer you cashback opportunities and even more exclusive discounts through thousands of vendors that you already shop with

First things first! To access your MDAA Member Benefits Marketplace, you must first create your account. Please [click here](#) for your guide to creating your account.

Once you've entered your MDAA Member Benefits Marketplace, please explore! Here are a few suggestions to help you make the most of your Marketplace experience:

- Learn about your Digital Wallet! This is where your cash-back from applicable purchases will be collected and redeemed. You can access this page through your Account Settings or the Marketplace Main Menu.
- Search Local Deals by entering your postal code and viewing discounts closest to your current location – this feature adapts to your location so you can access your Marketplace and continue to take advantage of offers even while you travel around the world!
- Seasonal Features suggest shops that can help you with your holiday needs – from Summer Getaways to Holiday Deals, it's always a great time of year to shop when the savings are this great!

To learn more about accessing your MDAA Member Benefits Marketplace, please contact your Member Benefits team.



Thank you!

Thank you to everyone who took part in the Continuing Education (CE) session held during the morning and early afternoon of March 11, 2023, via Zoom.

Thank you to all those who stayed on Zoom to take part in our 2023 Annual General Meeting (AGM) later into the afternoon.

Thank you to those who supported the MDAA with prizing for our CE and AGM attendees



Spring 2023 Continuing Education Session



Dr Tara Kennedy, a sessional instructor at the College of Dentistry, at the University of Manitoba practices at practices at Children's Dental World.

Dr. Kennedy gave a presentation on Fluoride and the Pediatric Patient.

Dr. Vincent Chan is a graduate of the University of Manitoba and is a clinician for the Center for Community Oral Health with 21 years experience working in outreach dentistry including geriatric dentistry in personal care homes. He also works with patients with developmental disabilities, autism and acquired brain injury in St. Amant, and with patients in the Selkirk Mental Health Center. Dr. Chan gave participants a presentation on Community Dentistry.



As CEO of MaxiDent **Alex Zlatin**, helps struggling dental professionals take control of their practices and reach the next level of success with responsible leadership strategies. Alex discussed the legislation, defining harassment, detailed the various types of harassments and review formal and informal ways to deal with harassment.



The Canadian Dental Assistants Association has a new Executive Director.

Leslie Wirth brings extensive professional experience in Organizational Transformation, Strategy and Governance.

Welcome aboard Leslie!



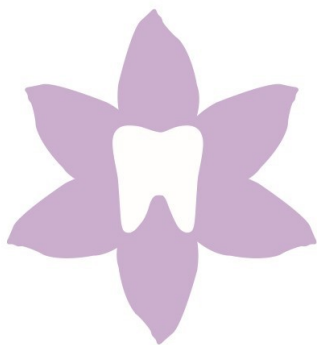
You asked, we answered



MDAA President Trina Bourgeois.

The video produced by Trina and the answers she provided, were in addition to the key findings results you can find on [our website](#) from last year's survey of RDA's.

The statistical graphs from the Wage Survey from 2022 can be found [here](#).



MDAA

Manitoba Dental Assistants Association

Who We Are

Trina Bourgeois

President

Heather Brownlee

President Elect

Jessica Schultz

Treasurer

C. Athena Wilford

Secretary

Tabatha Blais

Director

Marta Bhopalsingh

Director

Pam Mikos

Director

Meghan Ostlund

Director

Navroop Randhawa

Director

Duncan M. Stokes

Executive Director

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**Wishing you a wonderful
and happy Manitoba spring**

