



2025 - 2026

# DENTAL HYGIENE STUDY CLUB: WHOLE-PATIENT CARE: SKILLS FOR THE MODERN DENTAL HYGIENIST



This activity has been planned and implemented in accordance with the standards of the Academy of General Dentistry Program Approval for Continuing Education (AGD PACE) through the joint program provider approval of Seattle Study Club, Inc., and St. Helen's Shadow Study Club. St. Helen's Shadow Study Club is approved for awarding FAGD/MAGD credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 09-01-2022 to 08-31-2026  
Provider ID# 215131



# WELCOME TO ST. HELENS SHADOW HYGIENE STUDY CLUB

---



Dear Colleagues,

I hope you're all doing well and feeling excited for the fantastic year ahead! Our theme for this year is "Whole-Patient Care: Skills for the Modern Dental Hygienist," and I can't wait to explore, learn, and grow with all of you.

By joining our study club, you have already demonstrated a true passion for our profession and a strong commitment to excellence. It's this dedication that makes our club shine, and I am truly grateful to have such amazing individuals like you as part of our team.

Throughout the upcoming months, we'll dive into enlightening topics that will expand our horizons, challenge our perspectives, and enhance our patient care skills. This journey will be filled with engaging discussions, teamwork, and opportunities to grow both personally and professionally.

I encourage each of you to jump in, share your insights, and embrace the exciting learning experiences that await us. Together, let's create a year filled with wonderful memories, friendship, and outstanding patient care.

I am so excited to witness the valuable contributions and positive impact each one of you will make in our club. Here's to an inspiring year of learning, bonding, and making a difference together!

Warmest regards,  
Edwin Leung

# MIND THE MUSCLE: CARING FOR PATIENTS WITH TMD - AND YOURSELF

Belen Vala-Haynes, PT, DPT, OCS and Lindsay Palisca, PT, DPT

As dental professionals, hygienists are in a unique position to recognize early signs of temporomandibular disorders (TMD)—and are also prone to the physical strain that comes with clinical care. In this interactive session, a local physical therapist will guide us through practical strategies for detecting potential TMD issues in patients, including screening techniques and red flags that indicate the need for referral. We'll also shift focus inward, exploring ergonomics, stretching, and movement habits that help prevent muscle fatigue, improve posture, and support long-term career health. This course blends patient-centered care with provider wellness—empowering hygienists to care for others without compromising their own well-being.

Upon completion of this course, participants should be able to:

1. Identify common signs and symptoms of temporomandibular disorders (TMD) during routine hygiene visits.
2. Understand when and how to refer patients with suspected TMD to appropriate providers, including physical therapists.
3. Apply basic screening techniques to support early, non-invasive intervention for TMD.
4. Recognize the physical demands of clinical hygiene work and their impact on musculoskeletal health.
5. Incorporate stretching, movement, and ergonomic strategies to reduce muscle strain, improve posture, and prevent injury.
6. Promote a balanced approach to patient care that prioritizes both patient outcomes and provider wellness.



Belen has experience in outpatient physical therapy working with patients of all ages and activity levels and all types of musculoskeletal injuries. She is well versed in sports and orthopedic injuries, chronic pain, chronic disease management, functional rehabilitation, and optimizing athletic performance.

Education:

Bachelor of Arts: Kinesiology from St. Mary's College of CA in 2006

Doctorate in Physical Therapy from Pacific University in 2010

Kaiser Mentorship in Advanced Orthopedic Manual Therapy 2011

Board Certified Orthopedic Clinical Specialist in 2013

Certified in Augmented Soft Tissue Mobilization (ASTYM)

When not in the clinic, you may find Belen hiking or mountain biking in the Gorge, surfing at the Oregon Coast, running in Forest Park, or trying out local foodie destinations with her husband, Tony.

Board Certifications

Board Certified Clinical Specialist in Orthopaedic Physical Therapy



Lindsay has been a physical therapist since 2009 and has a passion for whole person healthcare. She sees Therapeutic Associates Physical Therapy – Camas as not just a physical therapy clinic, but as a primary provider for community wellness. She will help you with your injuries, as well assist you with preventative programs and tools to maintain overall health. Using functional exercises and manual therapy, each patient receives personalized one-on-one care to meet their needs and reach their full potential. She loves to collaborate with other healthcare providers and feels lucky to live in an area with such amazing healthcare talent.

Lindsay received her Doctorate of Physical Therapy in 2009 from A.T. Still University in Arizona and is now an Adjunct Faculty member for their DPT program. Prior to this, she graduated from Oregon State University in 2005 with a BS in Exercise Sports Science. She began working at Therapeutic Associates in 2011 after returning to the Pacific Northwest.

Lindsay enjoys attending sporting events, hiking, traveling, hockey, and exploring new places with family and friends.

Certified Orofacial Myofunctional Therapist

Thursday, September 11, 2025 // 6pm

Clark College Main Campus - 1933 Fort Vancouver Way, Vancouver, WA

Live In-Person, Lecture // Credit Hours: 2.5

Lecture // AGD Subject Code: 200 Orofacial Pain

# An Introduction To Myofunctional Therapy In Dentistry And Airway Health

Sarah Hornsby, RDH, BS

This lecture is designed to give dental professionals an overview of the field of orofacial myofunctional therapy and its connection to dentistry and airway health.

Topics covered will include:

- Symptom identification of orofacial myofunctional disorders (OMDs).
- An in-depth look at the health consequences of mouth breathing and poor oral posture.
- How OMDs affect craniofacial and dental development in children.
- The role of ankyloglossia in dentistry and overall health.
- How OMDs and sleep-disordered breathing intersect.
- Orthodontic and periodontal health and stability and OMDs.

Upon completion of this session, attendees should be able to:

- Understand the four goals of myofunctional therapy.
- Understand the role of the hygienist in myofunctional assessment and referral, along with the importance of airway health and functional breathing for children and adults.
- Understand how myofunctional therapy can be an effective adjunct to dentistry for guiding growth and development in children and as part of the process of treating sleep-disordered breathing, malocclusion, and TMD in adults.



Sarah Hornsby is a registered dental hygienist, orofacial myofunctional therapist, speaker, mentor, and entrepreneur. She's the founder and creator of MyoMentor, a comprehensive myofunctional therapy training program for healthcare professionals with over 1,500 graduates as of 2024. Sarah is a provider advocate as much as she is an advocate for her patients. Her goal is to empower dentists, hygienists, speech-language pathologists, and other providers to elevate the standards of care by helping their patients through healthy breathing, airway dentistry, myofunctional therapy, and multi-disciplinary collaboration. She opened Faceology, her private myofunctional therapy practice, in 2010, and today, it is a thriving telehealth specialty clinic focusing on adult patient populations and complex treatment cases involving sleep apnea and TMD. Although Sarah has become an international speaker, educator, and leader in the field, it's her journey through recognizing and treating her own orofacial myofunctional symptoms that makes her so passionate about the field and spreading the message about this critical component of health and overall wellness.

Thursday, November, 06, 2025 // Time: 6pm

Clark College Columbia Tech - 18700 SE Mill Plain Blvd, Vancouver, WA

Live In-Person, Lecture // Credit Hours: 2.5

Lecture // AGD Subject Code: 730 Oral Medicine, Oral Diagnosis, Oral Pathology

# Master The Fundamentals: EVENING OF DIAGNOSTICS

Join us for an Evening of Diagnostics, a collaborative session designed to review and sharpen our basic diagnostic skills with the guidance of four local specialists—an endodontist, periodontist, orthodontist, and oral surgeon. As colleagues who regularly work together and share knowledge, these experts will walk us through key aspects of early detection, including how to identify subtle clinical signs, perform thorough head and neck examinations, and determine when and how to refer. They will also discuss how to address common symptoms patients report that may require a closer look. This interactive evening will offer practical, real-world insight to support confident diagnosis and strengthen interdisciplinary patient care.

Upon Completion of this course, attendees should be able to:

- Identify early signs of periodontal, endodontic, orthodontic, and oral surgical concerns through clinical evaluation and patient-reported symptoms.
- Perform a basic yet thorough head and neck examination.
- Recognize when a referral to a specialist is appropriate and understand how to communicate clinical findings effectively.
- Sharpen diagnostic reasoning by reviewing common but often overlooked presentations in everyday practice.
- Strengthen interdisciplinary collaboration by understanding each specialist's perspective on early diagnosis and treatment planning.



Dr. Derhalli graduated from Oregon State University in 1985 and received his Doctorate from Oregon Health Sciences University School of Dentistry in 1989. While serving as a General Dentist in the U.S. Army, he completed a Masters in Business Administration and then went on to complete a three-year Master's of Science residency in Periodontology at the University of Oklahoma Health Sciences Center.



Dr. Mehlhaff graduated from OHSU School of Dentistry 1986, served six years in the US Navy, completed Endodontic Residency at OHSU in 1994 and is a part time clinic instructor for Graduate Endodontic Program OHSU from 1994 - Present.



Dr. Leung graduated with a degree in Pharmacy from the University of British Columbia, Canada and received his dental degree from the University of Detroit Mercy, Michigan. He earned his medical degree and completed his oral surgery residency at the University of Michigan. Dr. Leung joined Vancouver Oral Surgery Group in 2008. Dr. Leung performs both office-based Oral Surgery and hospital-based Maxillofacial Surgery.



Dr Saito is a board certified orthodontist who graduated dental school from OHSU and later received her masters in orthodontics and orofacial orthopedics at AT Still University. She has a special interest in treating skeletal discrepancies with the least invasive and non surgical techniques before considering surgery.

Thursday, January 15, 2026 // 6pm  
300 SE 120th Ave, Suites #500, #600, #800 and #900, Vancouver, WA  
Live In-Person Course // Credit Hours: 2.5  
Lecture // AGD Subject Code: 730 Oral Medicine, Oral Diagnosis, Oral Pathology

# The RDH Checklist for Implant Maintenance and Identifying Failure

---

Irene Iancu, RDH

In the dynamic landscape of implant dentistry, achieving enduring success with dental implants hinges on a profound comprehension of failure recognition and meticulous maintenance protocols. Join Irene for a comprehensive lecture designed to provide the checklist you didn't know you needed to bring back to practice with you and spice up your maintenance protocols. This session will furnish you with the knowledge and proficiency required to optimize patient outcomes. We will explore identifying implant failures, implications and prevalence of implant failures, and factors that can precipitate complications. We'll navigate into clinical signs of implant failure, shedding light on the significance of pain, inflammation, and mobility. Real-world case studies will illustrate the array of manifestations of implant complications. Radiographic assessment, pivotal in implant care, will be scrutinized, emphasizing its role in detecting early bone loss and issues.

## Learning Objectives:

Upon completion of this session, attendees should be able to:

- Identify Clinical Indicators of Implant Complications.
- Apply Evidence-Based Diagnostic Techniques.
- Formulate Effective Peri-Implantitis Management Strategies.
- Implement Specialized Maintenance Protocols.
- Establish Structured Follow-Up Regimens.



Irene Iancu is a restorative hygienist and entrepreneur who has expanded her scope of practice in orthodontics, restorative dental hygiene, myofunctional therapy, and advanced periodontal therapy. Her dental practice, Toothlife Studio, celebrated two years in August 2022—her team of 10 provides cutting-edge dentistry. Her goals are to create a positive environment for team members and a fun and engaging dental experience for new patients. Ms Iancu hosts a popular dental podcast (Tooth or Dare), writes for various publications, and has an incredible community on social media on her @Toothlife.Irene and @Toothlife pages.

Thursday, March 26, 2026 // 6pm

The Heathman Lodge - 7801 NE Greenwood Dr, Vancouver, WA

Live In-Person Course // Credit Hours: 2.5

Lecture // AGD Subject Code: 690 Implants

# MASTERING THE 12 GENERATIONAL STICKING POINTS

---

Haydn Shaw

Sticking points identifies the 12 places where the 5 generations typically come apart in the workplace (and in life as well). These sticking points revolve around differing attitudes toward managing one's own time, texting, social media, organizational structure, and of course, clothing preferences. If we don't learn to work together around these 12 sticking points, then we'll be wasting a lot of time fighting each other instead being a productive team.

Learning Objectives:

At the end of this presentation, participant should be able to learn:

1. How to get 5 generations working together in the 12 places they come apart.
2. The generational differences you encounter:
  - The Traditionalists (born before 1945)
  - The Baby Boomers (born 1946–1964)
  - Gen X (born between 1965–1980)
  - Millennials (born 1981–1998)
  - Gen Z (born 1999–present)
3. To speak one another's language and get better results together.



For over twenty-five years, Haydn Shaw has helped 30,000 leaders and managers better lead people and change. Hailed as a “leadership guru” by the Washington Post, Haydn has spoken and consulted over 5,000 days. Haydn has the Certified Speaking Professional designation, earned by just over 15% percent of professional speakers.

250,000 people have attended the workshops he developed. He has spoken to over 150,000 people and worked with more than 1,500 businesses (from Fortune 500 companies to startups), not-for-profit organizations, and governmental agencies. He is an expert in cutting turnover with Gen Z and Millennials, maximizing change momentum, and reducing change resistance and has coached hundreds of leadership teams. The results from his long-term organizational development and change projects have been written up in business school case studies. Previously a consultant for FranklinCovey for thirty years, he was one of four consultants to win their Chairman Award for 4000 days with clients.

He is the author of Sticking Points: How to Get 5 Generations Working Together in the 12 Places They Come Apart. TIME wrote, “Shaw is an expert on cultural differences at the office.”

Friday, May 15, 2026 // 7:30am - 2pm

The Heathman Lodge - 7801 NE Greenwood Dr, Vancouver, WA

Live In-Person, Hands-On Course // Credit Hours: 6.0

Lecture // AGD Subject Code: 550 Practice Management and Human Relations

# The Fine Details.....

## REGISTRATION

These are lecture, hands-on, and peer discussion programs suitable for all dentists, dental students, and business professionals regardless of prior experience who are members of this study club.

Register by contacting:  
Name: Carolyn Logan  
Phone: 360.260.3290  
Email: carolyn@vancouverosg.com

## DISCLAIMER

Some information or presentations may include controversial materials or commercial references. All course participants are cautioned that there is potential risk to using limited knowledge when incorporating new techniques and procedures into their practices, especially when the continuing education program has not provided them with supervised clinical experience in the techniques or procedures to ensure that they have attained competence.

## SUBSTITUTIONS

This brochure represents the speakers booked at the time of publication; however, speaker cancellations occasionally occur for reasons beyond our control. In the event of such an occurrence, speaker substitutions may be made without prior notice.

## CODE OF CONDUCT

Seattle Study Club, Inc and affiliated clubs are committed to ensuring a safe and respectful meeting environment that is free of harassment, bullying, or offensive comments and/or behavior toward others. We expect all participants whether live or virtual to abide by this Code of Conduct policy on all online platforms, or in venues at a meeting, including ancillary events and official and unofficial social gatherings. Exercise consideration and respect in your speech and actions. Refrain from demeaning, discriminatory, or harassing behavior and speech.

## PROGRAMMING IDEAS OR FEEDBACK?

As a steward of your study club, I am always looking for suggestions, feedback and programming ideas I can incorporate into our curriculum. Please feel free to text / call me at (360) 904-3510 or email me at edwinmkleung@yahoo.com. Thank you for your continued support. Edwin Leung.

## TOTAL OF UP TO 16 CE CREDITS AVAILABLE

(Of which 0 will be submitted to AGD by Seattle Study Club, Inc and up to 30.5 submitted by St Helen's Shadow Study Club.) This activity has been planned and implemented in accordance with the standards of the Academy of General Dentistry Program. Approval for Continuing Education (AGD PACE) through the joint program provider approval of Seattle Study Club, Inc., and St. Helen's Shadow Study Club. St. Helen's Shadow Study Club is approved for awarding FAGD/MAGD credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 09-01-2022 to 08-31-2026. Provider ID# 215131.

