



Elizabeth Jones, North Vancouver, BC

Elizabeth has been cleaning my families teeth for over 20 years now - a couple of years ago I was diagnosed with cancer and due to some complications with the surgery and with the covid outbreak it has put a serious strain on our business - Elizabeth being the kind person she is has been helping my entire financially and providing to our needs on her own spare time - she probably has no idea how much this has meant to us, but it's not surprising as she is a wonderful lady and only thinks of others which is why I am nominating her as our Superhero :) - Ed Bennett

Elizabeth has been my family's dental hygienist since we moved to Canada in 2004. I started going to her practise at age 9. She has such a passion for evidence-based practise. She goes above and beyond to teach me about my teeth and to find ways to keep my teeth healthy that is personalized to me. For example, finding me solutions to keep my teeth healthy throughout the stressful years of university! She also inspired my own journal to be a health professional and I am currently studying medicine. I hope to have the same approach as Elizabeth with my future patients. She is kind, patient, and an excellent caring health provider. Above all, she has become a life-long family friend. Going to the dentist is never a burden with Elizabeth, I truly looked forward to catching up about life when I was home from university and have to get my teeth cleaned! She is an excellent dental hygienist and there is no one else I would trust with my teeth.

My wife and I have been cosseted in the loving hands of Elizabeth for many years while we lived in North Vancouver. When we retired to Vancouver Island in 2016 we stayed with her even though it involved a \$200 ferry journey 3 times a year. After we saw her in February 2020 Covid struck and we have been unable to travel to the Mainland. This meant we had to use a VI hygienist but it was not the same. We hope to return to Elizabeth, when the restrictions are lifted, for her complete care. Heather and Robert Boyne.

Elizabeth goes above and beyond for my family with every visit. She has spent hours over the years giving us easy to follow tutorials on how to keep our teeth and gums healthy. My kids love her because of her gentle touch, her friendly and cool attitude, and how she provides information but she never lectures. She used to have a "wall of fame" and my kids loved having their pictures on it. Whenever she cleans my teeth she asks about trouble spots in my mouth, bite issues, overall stress level, etc I order to get a full picture of what's going on with my teeth. The cleaning she gives is the best I've ever had from any hygienist. I can't say enough good things about Elizabeth!



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When I think of a Superhero I think of someone who goes above and beyond the ordinary call of duty to help someone, who goes to EXTRAORDINARY lengths, who is PASSIONATE about his/her job, who really CARES about you. When it comes to my overall health and my teeth and gums in particular my Superhero without a doubt has to be Elizabeth Jones. I have serious gum and hence teeth concerns and since Elizabeth began treating me my gums are healthy, the recession has stopped, and my teeth have been cavity-free. She is one of the few dental hygienists qualified to do a dental exam and detected a serious issue with the tooth under a crown. Her knowledge of outstanding specialists to whom she can refer you is amazing and thus the repair job was outstanding. She is absolutely passionate about helping her clients have the best oral health, which of course helps with overall health (heart in particular), and has shown me different tools and techniques for my daily dental hygiene routine. She is also a very generous person and will actually give me some of those tools at her own expense rather than me having to buy one. I recently met a young woman who began seeing Elizabeth at 2. She absolutely adores Elizabeth and the care for her teeth - I wish I had started seeing Elizabeth when I was younger! I know I would not have the issues I have now. Yes, without a doubt Elizabeth Jones is MY dental hygienist Superhero - a person could not have a better person fighting for your dental health!! I can not imagine there is another dental hygienist anywhere who could do a better job, or be more passionate about both your teeth/gums and your overall health. I am blessed that Elizabeth Jones is my dental hygienist - she is MY SUPERHERO!

Elizabeth has been our family's hygienist for twenty years. When we first came to see her, our teeth and gums were in terrible shape. With her professionalism, careful teaching, and consistent check ups, I am happy to say we are all in much better shape! Elizabeth keeps up on all the latest data and passes on her knowledge to her patients very carefully, so we can understand the importance of healthy oral hygiene. I had the occasion to visit a new dentist recently due to a cracked molar and the dentist remarked on what a clean and healthy mouth I had! I directly attribute this to Elizabeth's expertise and her recommendations and teaching on taking care of my oral health. Although Elizabeth is very professional, she is kind and warm and makes the experience of teeth cleaning easy to endure. I used to dread going to my previous hygienist as it wasn't always a pleasant experience. I have always had positive interactions with Elizabeth. She is our family's dental superhero and hope you will consider her as a winner!!! Thank you!

I am nominating Elizabeth as I believe she is one of the most deserving of people in the world. She has done, and is still doing an excellent job of looking after MY teeth and the teeth of their husbands/spouses and children ... She is a most gregarious, charming, funny and empathetic person who I'm sure must some days cringe at the spectacles she is offered and has to put up with all the



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myriad quirks and quarks of children in all their various stages and moods of which they have no control. I take my hat off to her as her nimble brain is always ahead of theirs and although she has none of her own she seems to understand the challenges of each and every child in the dentist's chair. She must spend HOURS shopping for little treats for her sometimes very nasty and ungrateful children and always has a smile on her face!! As far as I can gather she has not had an easy life but is never one to complain and always find the silver lining to every cloud on the horizon. It is a treat to know her and I count her among one of my dearest friends.

Elizabeth has been our family's dental hygienist for well over 20 years - before I was born - and we just love her. She has always gone above and beyond. Dental related visits can be a little scary for kids, but she always made my brother and I feel comfortable growing up and going to see Elizabeth was like a fun treat rather than a punishment! We are 23 and 25 now and still look forward to our cleanings with her, even during these uncertain times (which she has more than prepared herself for with PPE and practice cleaning procedures). I recommend Elizabeth to anyone looking for a dental hygienist. 🦷

Elizabeth is an outstanding hygienist and person! Her commitment to care for her patients is unparalleled. She takes the time to educate and translates knowledge to her patients to help them understand and advocate for their own dental health, habits and wellbeing. She is kind, funny, warm and generous, and makes you feel like you are just having a lovely conversation despite being in a chair having your teeth cleaned. She executes incredible technical skill all the while making you feel comfortable. I have never met or been cared for by a better hygienist, and feel Elizabeth is more than deserving of this Superhero title. She is quite simply the best.

I have completed this form for an exceptional dental hygienist for over 5 years and each year she is short listed but never wins. It confuses me why such a dedicated and loyal professional who cares about teaching her patients good oral hygiene is always a runner up but not a winner. Elizabeth exceeds our family's expectations, myself, my children and that of my mother's who had cancer and never missed an opportunity to have her teeth cleaned by Elizabeth (until her death). Shortly before my mother died, she had her teeth cleaned and Elizabeth showed her such care and attention while going over dental hygiene with her. She was gracious and showed outstanding patience. And not only does Elizabeth offer top notch expert opinions on how to care for our teeth, she does it with humor and puts every one to ease, especially during these troubled times with the pandemic. She is outstanding in her cleanliness, and disinfects every piece of equipment in her office prior to new patients entering. We have given Elizabeth such praise over the years and would never think about changing hygienists and do so again this year. Elizabeth is a true professional and acts with kindness and respect despite what the pandemic



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brings to us. It is her turn to win this contest and if you doubt me, please come see her as a patient and you can decide for yourself.

Elizabeth Jones is a wonderful hygienist, very caring person who goes well beyond her duties. All her patients speak very highly of her and trust her. She is a true Superhero hygienist, very dedicated to all her patients.

Elizabeth has been so helpful to myself and my two sons for years. She is always so thoughtful and kind whenever we need to ask any questions or concerns. The knowledge and expertise she has is amazing and she explains things to us in terms we understand which is very important these days. This year has been a challenge but she was able to make us feel comfortable at our appointments so we kept up with our hygiene. She's the best!

Elizabeth Jones smile and positive attitude are sooooo contagious! it doesn't matter how off my day has been before I arrive, I always leave smiling and light of heart! Her knowledge of dentistry is extensive and she keeps up with all the current dental trends, which I really appreciate. She does a fabulous job of keeping my compromised teeth looking their best! I have followed her for almost 20 years and am not looking forward to the day she retires!!

Elizabeth Jones is very dedicated to her clients. She had her own chair in a dental office that closed the door on her when Covid started. She moved her chair into a dental office at Park and Tilford in North Vancouver. She can service her clients there only after hours and on Saturdays and Sundays. Very conscientious about adherence to Covid rules, has own hasmat equipment, etc. Her concern for the well-being of her clients, giving the best hygienist service and outstanding care for her clients is what makes her a hero for me!

My entire family have been long-term patients of Elizabeth Jones' dental hygiene clinic. Elizabeth took the brave step to leave the financial security of working for a dentist about 10 years ago in order to deliver patient care at a level that meets her high standards. I decided to leave my dentist in order to remain in her care because she provides a quality of service that far exceeds what I had experienced at any other dental clinic in my life. Furthermore, after becoming a parent, I then discovered that her rapport with children is exceptional. Any child in North Vancouver is considered very fortunate to make their way into Elizabeth's practice because she is so good at helping children establish good life-long dental hygiene habits. I am sincerely concerned about what is going to happen to the dental health of my family when Elizabeth decides to retire. On the other hand, perhaps then she could be tempted back into academia as an instructor in order to pass on her passion, integrity, and skills to the next



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generation of hygienists. Simply stated, Elizabeth Jones is exceptional and deserves to be recognized by the Canadian dental community.

She is an awesome hygienist who cares a lot about her patients. She made me feel totally comfortable and listens carefully to concerns and also advises on her concerns about my teeth. She always tries to accommodate the times that's convenient for me unlike a lot of other service industries.' I highly recommend her.

Elizabeth taught me and my family to really care for our teeth to prevent cavities and other nasty things. As a result we are regular flossers, use specialized toothpaste and other gum care products. Elizabeth herself stays right up to date on the results of the latest studies and products because she is passionate about the oral health of her patients and wants to offer the best advice and care that she can. She is now working on the third generation of our family's teeth.

Elizabeth Jones exceeds all expectations. Her genuine patient care and skills are unsurpassed. As a Periodontist, I can oversee the overall periodontal care of my community, and her care really stands out. Her patients are so well informed and well looked after, the difference is outstanding. It is a privilege and a pleasure to have her in our community. The least I can do is to acknowledge her dedication and ethics. I am a raving fan. -Dr Nault.

Elizabeth has helped my family with our teeth for over a decade. She is always staying up to date on the latest science and her knowledge and passion for maintaining good dental health is beyond what most practitioners provide. She offers solutions customized to each person to help them look after their teeth and hopefully avoid costly dental work. Thanks for everything you do Elizabeth.

Elizabeth is an excellent dental hygienist. She is very experienced, knowledgeable, and thorough in her work. She's also very kind and personable. I trust I am in good hands when she is looking after me and my family.

I have been seeing Elizabeth for many, many years as has my family and I have referred friends to her over the years. Elizabeth is always professional, courteous and welcomes you with a warm smile. She has a vast knowledge amassed over the years and also wonderful contacts with various specialists I have needed. She keeps up on research and recommends ways to improve your overall dental hygiene. I highly recommend Elizabeth Jones for dental hygiene.



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I have been seeing Elizabeth for many, many years as has my family and I have referred friends to her clinic over the years. Elizabeth is always professional, courteous with a lovely welcoming smile. This is all backed up with a vast knowledge in hygiene and her continued research. She has referred me to the best specialists when I have needed dental care.

Elizabeth's most salient skill is her ability to empower patients to take charge of their dental health. With my daughter, Elizabeth continues to engage her all the procedures she performs during appointments, praises her for her achievements in her own teeth cleaning, and reminds my daughter that she CAN do what's required to keep her teeth healthy.

Elizabeth truly cares about the health and well-being of her patients. I have been seeing Elizabeth for over 20 years, and she has consistently provided the highest level of service. She continues to read and learn about all advancements and research in the field, and offers helpful and practical advice to her patients to help them maintain optimum oral hygiene in support of overall good health. I will always go to Elizabeth for my dental hygiene needs and do not hesitate in recommending her to anyone.

Ok. So Elizabeth has been our dental hygienist for more than 20 years. She has seen our children all grow up! She is a 1000% professional...dedicated to her trade. She is impeccably diligent. Very caring. Super on top of ALL the current information and requirements (especially during COVID-19) and is simply the best. I AM A PLAQUE MAKER and she keeps my mouth in top shape. Her approach is totally holistic and we do regular VERY THOROUGH cleanings (not like all these new hygienists that really don't have a clue what they are doing). As well as she put me on to an electric brush that really made a difference. I am pretty sure that if we hadn't met all those years ago I would be the official spokesperson for Poligrip! This lady is a 10,000 hour pro. She is the best at what she does. And she totally cares about her patients. GIVE HER THE AWARD!!!

To say Elizabeth is the best dental hygienist ever is an understatement. She performs her work with extreme care, diligence, and dedication all the while, ensuring her patients leave not only with excellent oral hygiene but are empowered to take care of their own hygiene. My children have grown up with Elizabeth guiding them to take care of their own teeth and through her efforts, she has bestowed upon them the importance of oral hygiene. Where other children don't even know their hygienist's name, my children know Elizabeth, and refer to her with all things pertaining to their oral health. When I asked my sixteen year old son about his thoughts on going to the dentist, he replied that he had Elizabeth so it was always a positive experience. He recalled as a child not understanding his friends when they feared getting their teeth cleaned or going to the dentist. Rather, he enjoyed seeing Elizabeth as she was funny and nice, but now realizes that it was because of how she had a way of being informative and making



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sure he took care of his teeth, while also being light and gentle in her delivery. She has been, and continues to be, an important health professional in our families life - in fact, she's the only one that stands out which says a lot!

Elizabeth always goes above and beyond in her care. When my children needed braces, besides their regular cleaning, she monitored how things were going, communicating directly with their orthodontists with specific areas of concern (her concerns were validated and corrections were made). This level of care is not usual in one's dental hygienist!

Through what has been a very difficult year in a pandemic, Elizabeth continues to always put her patients first revealing an unwavering dedication to her patients and profession. Elizabeth is most definitely a Superhero!"

We drive 4 hours each way twice each year to have our teeth cleaned and examined by Elizabeth Jones because the quality of care is the best we have experienced from a dental hygienist. She is exceptionally competent and thorough in her care. She makes sure we are aware of treatment options and always injects some humor into our discussions to make us smile. She does such a good job that the dentist sharing her office and all his staff go to her in preference to other hygienist's for their cleanings. She often puts in extra hours to accommodate those who can't afford her service as well, and has quite a variety of stories and toys to enhance the treatment for children. She's the best!

Accidentally and quite fortunately found Elizabeth and she taught me an approach to dental hygiene no other hygienist had even come close to suggesting in the 50 years I've been getting my teeth cleaned. She fundamentally changed my dental health!

What can i say that I haven't already said in the past about Elizabeth. All I know is that every time I either brush my teeth or use my Sulcabrush, I think just how much Elizabeth has done for me over the past thirty years that she has been my hygienist. First off and most importantly, she has kept me out of the dentist chair and secondly and equally important she has taught me everything I need to know about taking care of my oral and consequently my physical well being. Once again I would very much wish to nominate the best SUPER HERO I know, Elizabeth Jones. Thank you for the opportunity to do so. If I have any questions about my teeth, I ask Elizabeth before my dentist. She is so knowledgeable and really cares about your dental health and overall wellness.

Elizabeth is an absolute Gem, she is very accommodating with her availability and is fantastic with my kids. We need more Elizabeth's in this world. She is a pleasure to be around and truly cares about her patients.



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Elizabeth Jones found leftover glue from my braces I had 4 years before. She also found glue leftover from my dad's braces he had over 40 years ago! She's meticulous and persistent. Always a pleasure to get my teeth cleaned by her!

She is incredibly thorough and well up to date with any new innovations I strongly recommend her to anyone who wants their mouth in safe hands

Elizabeth Jones has looked after our teeth for many years. As seniors over 80 years of age feel we have been extremely lucky to have Elizabeth looking after our teeth.

Elizabeth has been cleaning my pearly whites for longer than I'm willing to admit. She might be the most meticulous and conscientious hygienist ever. She makes having your teeth polished with that awful dental sand, as I lovingly call it, almost enjoyable. With her quick wit and warm smile she makes her young patients to even us old ones feel comfortable and want to have our teeth cleaned. I'm not sure there are many hygienists out there that have that amazing super power. Elizabeth not only is a beautiful human, but the most fun, get you laughing, make you want to have great dental hygiene woman in the field. If anyone could be described as a super hero, it would be Elizabeth. Plus, I think she would rock a cape like a rock star!!

Elizabeth is the most passionate person I know about teeth. She has worked with my kids since they were babies, and they love her! She made it fun by talking about 'bulldozers' and 'car wash' spray. My kids never hate going to the dentist because of her. Also, they both FLOSS daily and use the sonic care toothbrush regularly. My friends who have gone to her rave about her and she takes good care of them. One had a toothache after hours and she arranged a doctor to speak with her that night. She then had a root canal the following morning. She goes above and beyond!

Elizabeth Jones consistently goes above and beyond for her patients. I am an endodontist and she regularly sends me radiographs asking about possible problems with the teeth of her patients. Her concern for their health is truly exceptional and it is genuine. My mother is 87 years old and has seen more than 20 different hygienists over the years. 2 years ago she started seeing Elizabeth Jones and now regularly says to me: "Elizabeth is the best hygienist I have ever seen. She has not only educated me about how to clean my teeth, she has also motivated me". This is exactly how I feel.

She just awesome! I don't need to say anymore!

Elizabeth has taken care of my family for a number of years now and always provides the best advice and service with a twinkle in her eye and good humour as well even when we rib her. I have a large



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extended family and they are a tough audience for anyone. She is the only one I know that can keep everyone happy and returning for their hygiene service. She is a true hero.

She saved me from expensive gum operations by extra special care of my teeth and teaching me how to take really good care of my teeth.

I got lucky to get to know Elizabeth a few years ago. It was my company's intranet that I received valuable information. Someone left a good review on the work she's done for him. I don't exactly remember why I chose her clinic over others, but I definitely think I made the right choice back then. When I arrived at her clinic the first time, I have to say that my teeth and gums were not in good shape; a lot of build-ups and bleeding gums. Elizabeth helped me start from the clean slate by thoroughly cleaning up the build-ups. Afterwards, she gave me a 101 on managing my teeth and gums. Also, she made great suggestions regarding toothbrushes, toothpaste, floss, etc. Ever since then, I have maintained my teeth and gums in great shape following her advice. I can confirm that having her as my dental hygienist was one of the best decisions I've ever made.

Elizabeth has been my dental hygienist for my entire life (21 years!). I actually look forward to each checkup. She's always a pleasure to talk to and makes every visit enjoyable, the only downfall is she is so efficient I wish my checkups were longer! I owe my dental hygiene and cleanliness to her. Every time that I have the pleasure of visiting Elizabeth, she is always happy to see me and always tells me stories of me when I was young. I don't know what I will do when she retires!

Having been going to hygienists for about 50 years, Elizabeth is the most meticulous, proficient, knowledgeable and conscientious hygienist by far that I have ever been a client of. Her attention to detail and concern for the health of both teeth and gums cannot be surpassed. One example would be the residual glue from my braces. I had them removed about 40 years ago and it wasn't until I first started seeing Elizabeth about 6 years ago that all of the glue was finally removed. Other hygienists either did not notice or did not care to spend the extra time needed to rectify the situation. My daughter had a similar story with Elizabeth and her braces, albeit the timelines are obviously reduced. Furthermore, the manner in which Elizabeth has addressed safety during the COVID-19 pandemic is second to none. I feel very safe with all of the precautions she undertakes. Her chair side manner also makes you feel welcome and comfortable. Elizabeth definitely rises above the rest.



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The dental profession has been hit hard by the pandemic. Elizabeth's work site closed and when the restrictions lifted, she incurred all the costs associated with re-opening her clinic safely. Elizabeth is a superhero but this time she looks like a superhero dressed in her PPE gear! Elizabeth is an amazing person and phenomenal dental hygienist. She continually educates and gently guides us on keeping our oral health in great condition. Although the "super car wash" and "regular car wash" are temporarily put on hold due to Covid, my children and I love going to seeing Elizabeth. My teenage son will happily wake up for an early morning appointment with Elizabeth! She is caring, has a wonderful sense of humour and has a gift to make her patients feel comfortable and optimistic even when their oral hygiene needs improvement. Elizabeth is a superhero in our household.

Elizabeth is so focused on quality of service and ultimate dental health I feel 100% confident I am being well cared for. And in the turmoil of COVID in 2020 she still finds the time and means to look after me, safely. When I think back over the years Elizabeth has been caring for me I remember how far 'off track' I had been when we first met. My personal dental hygiene habits had not been good. But with regular visits, and extraordinary care and attention she has brought me back to a healthy and stable situation, and I feel great about it. What a gift! Elizabeth asked me at one point if I knew what it was that made me turn the corner on managing my own dental health care. I was able to tell her honestly that I think it was the fact that she really cared about me getting better. I know that excellent skills are required to do her job well, but her attitude towards me as a person motivated me to want to do my part and has made all the difference.

As a dental hygienist in the profession for over 25 years, I have both worked with and had my teeth worked on by numerous clinicians. I am nominating my colleague, Elizabeth Jones for this contest as I truly believe her to be a superhero in our profession. I have had the privilege to work next to her for over five years, and to listen in on her interactions with her patients. She is a positive, supportive patient advocate, and has a unique and successful way of motivating her patients towards optimal oral health. Through her example, I have also learned and implemented changes to the way I manage my own patients. On a personal note, she has provided me with unparalleled dental hygiene care, always educating me and never assuming that because I am a hygienist myself I don't need to be informed of my own condition. The dental profession, her patients, and I are fortunate to have her!

Some of us have stories about a poor childhood and the lack of dental care. And the first time at the dentist you get 10 teeth pulled and are forever traumatized. Then, many years later, forced by pain, you go back. Someone there is kind to you. They are gentle. They work hard at getting your trust. They succeed. Elizabeth is that person. She is my support, my coach, the person who helps heal more than the physical pain. She gives you back your self esteem, gives you a smile in the mirror you start your day



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with. I know she is a special, one of a kind person and for certain, I am not the only one who believes that.

We have been seeing Elizabeth for over 20 years and even though we moved over 25 km from the city, several years ago we still drive in every four months to see only her. She is one of the most personal and pleasant professionals we have had serve us over these many years! She has always kept us in the loop of new and better ways to keep our teeth and gums very healthy. She has always gone way above and beyond what is required of her. We really believe she is a great friend after all these years and leads us in the right direction of the best oral and health care!! She is always busy researching and reading up on new technology!! We are always telling our friends and family how fortunate we are to have Elizabeth in our lives!!

In my 33 years of practice, Elizabeth is by far the best hygienist for patient education. Patients always respond favourably to her positive caring approach to hygiene education. She's a gem

Elizabeth Jones is not only a skilled professional but also a warm, empathetic person. I have been in her care for the past twenty-one years. Decades before coming to her I had a huge fear of the dentist's chair. It started early in childhood, and grew increasingly worse over the years. The night before a dental appointment, I was unable to sleep, and I couldn't eat from the afternoon before. As soon as I was asked to open my mouth, the pain in my jaws was excruciating. I would gag for no apparent reason, and I kept feeling as though I couldn't breathe. I would dig my fingernails into my hands so hard that they left marks hours later. I hated inflicting myself on the poor dentist.. When Elizabeth became my hygienist, my distressing problems almost immediately disappeared. Her calm, patient and reassuring manner made all the difference to my personal comfort. She never hurries; she lets me swallow any number of times even if it means interrupting the cleaning. I am so awkward using the airhose that she has to gently remind me each time. She is very thorough, always taking the time to explain x-rays that she must take. Whenever she suspects a problem she promptly refers me to the dentist, though I can't remember the last time I had a cavity. With my gum problems she has recommended appliance and products which have been most effective. I have never taken enough time with daily cleaning, but with her gently insistent reminders, year-in and year-out, I am gradually improving. Thanks to her work I have not had to go to a periodontist. Elizabeth's concern for the well-being of others is heart-warming. When she learned that my grandson would be seeing a dentist for the first time, she invited him to come and play with her equipment to ensure he would have a welcoming experience. His mother deemed it unnecessary, fortunately. When I told Elizabeth that my partner had decided a year ago to stop going to his periodontist, she offered to check him free of charge. He stubbornly declined so I hope we won't regret it. Believe it or not, I actually look forward to my visits to Elizabeth. As well, she may not realize,



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she often quite entertaining with recounting her adventures and experiences. I consider myself very fortunate to be in Elizabeth Jones's care.

I am a 56 year old female and for most of my life I have been fearful about going to the Dentist for a variety of reasons. Ranging from: feeling judged that I could always do better, feeling a lot of pain, feeling misunderstood (that maybe my teeth issues are related to my underlying medical concerns - not just being lazy). Approx. 3 years ago I went into my Dental Office for my regular cleaning feeling quite apprehensive (I usually cancel at least one appointment before I work up the courage to make it) and met Elizabeth Jones my Dental Hygienist. Elizabeth could tell I was nervous and she asked me what was wrong and I let her know I felt quite anxious about being at the Dentist. Elizabeth took the time to learn my history, she also took the time to learn about my medical conditions and let me know that if anything hurt to let her know and she would stop. At first I was sceptical but as the appointment wore on she was gentle and patient with me and I felt myself starting to relax. Elizabeth takes the time to explain what she is doing and then when there are concerns she tells me what I can do about them. She has provided me with different tools to try to deal with my receding gums and they are improving slowly. Elizabeth is always encouraging but also is clear about what I need to do. I recently went and saw her and she shared that she was really concerned about my gums and recommended I start going to another office for more of a deep cleaning than she could do and while I understand this will be the best option for me and my teeth, my goal is to stabilize my teeth and eventually return to her. I nominate Elizabeth for this award as she is truly a kind, compassionate, patient and knowledgeable dental hygienist.

Every year I nominate Elizabeth Jones with the hope that she wins the Superhero award. If there is one hygienist who deserves this, it's Elizabeth. She has been our trusted hygienist for over 20 years. She is super knowledgeable about dental health. It is thanks to her that my gums are now in excellent condition. When I first went to her years ago, they were bleeding. Elizabeth also has excellent interpersonal skills and patience. She is such a good communicator, never leaves a stone unturned when it comes to taking care of my teeth. Such attention to detail, She is also very flexible in her hours, meeting me early in the morning, on a weekend, or late in the day. She is a find. I dread the day she decides to retire. I hope it is her turn to win.

My nomination is for Elizabeth Jones, a wonderful, warm, funny, charming and talented individual! She is incredibly supportive, brave and courageous person and really knows her stuff! I am incredibly grateful to have her looking after my teeth and count her as one of my closest friends!!



**DENTAL
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DO YOU KNOW A DENTAL HYGIENE SUPERHERO?



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
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Elizabeth Jones has been our dental hygienist for many years. She has looked after us, our children and our grandchildren. They have always shown excitement about going to get their teeth cleaned, as she greets them very enthusiastically and talks kindly to them during the procedure- even making up little stories about the “tricks” her special equipment can perform- like magic, and letting them hold the special suction hose and teasing them about the funny noises they make. Happy, children with clean smiles was always the end result! She is very professional and caring, and has kept our teeth in excellent condition with her skills and advice regarding our dental care. Her diligence over the years is appreciated by my whole family; we are especially grateful to her for helping save my husband’s tooth (he has a unique gum issue) and her keen eye and specialized knowledge (is the very reason why he didn’t require an expensive implant; she is always reading about new dental initiatives) Nowadays, she is working hard during Covid, which is especially difficult with safe protocols in place as PPE can be very hot and uncomfortable to wear! 🦱 We vote her as our Superhero!

Ive been going to see Elizabeth ever since i was 2 years old, thats right only 2! Words cannot express the level of comfort, kindness, and care i receive during my appointments and while through the phone. Little things like cavity preventions (i have never had one because of the care Elizabeth shows me), strong and healthy enamel, and perfectly flossed teeth are all due to Elizabeth. Sure yes she cleans my teeth, talks to me, and the regular things hygienists would do, but the extremely special thing is that Elizabeth shows such a deep care and amount of effort regarding my wellbeing. She is not just there to clean my teeth, she has become a great dear friend, but also saviour for my teeth. Also there for assistance outside of appointments, and always doing her best with the goal of me having healthy teeth. From recommendations of the best products to squeezing me in for emergency appointments, Elizabeth always goes above and way beyond. I have asked friends about their hygienists and the relationship they hold. They always say little due to no bond built or no joy in going to see them. I understand its just getting your teeth cleaned but Elizabeth has made the experience so welcoming and never a dreadful appointment which ever since i was 2 has been appreciated. She tries so hard to make sure i am healthy and always checks in. I appreciate the kindness she shows and laughs we share. Compared to any other appointments and other doctors or dental care i have received, nothing compares to my appointments in Elizabeth's chair. All ages she knows how to take care of them and how to make them smile. I didn't cry once when i was 2 years old having that suction in my mouth, and here i am at almost 19 years old and i still enjoy every visit i have with her. My teeth are so well looked after and she always knows what’s best for me. In summary... nominating Elizabeth, i had no doubt. She goes way above and way beyond any health professional i have ever met and she truly deserves this award, no questions asked. :) I am truly grateful for the care Elizabeth shows me and i always remember how lucky i am to have her. She is fantastic in so many ways.



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Elizabeth is AMAZING! I saw her for the first time yesterday. I am a CDA of 30 years so I have a bit of knowledge in dentistry. She is very knowledgeable, informative and thorough. To be honest, not many hygienists will take the time to do what she did to me yesterday. She worked on me for 2 1/4 hours, stayed late to finish my root planning and scaling. I know she worked hard and that her hand was exhausted but she wanted to make sure that she removed all the burnished calculus. She started at 7am that morning, finished me at 6, and still had another patient after me that she had to call to come later so she could finish me. She really cares about what she does even after all the years she's been a hygienist. She is still passionate about her job! I'm so glad I found her, I hope she continues to do hygiene for a long time. She is Top Notch! My Super Hero!

I and my three kids have been seeing Elizabeth for more than 6 years now. She is always very careful of examining the teeth and advise what needs to be done to keep the teeth healthy. She knows what she does! Not only as a health provider, she also share her life and listens and show empathy to my story. My kids always have fun talking to you during the treatment. Elizabeth remembers what each of my kids like/love! Going for the teeth clean can be unpleasant, but we don't mind or even get excited to see her as we feel like she is one of our close friends. Another thing I want to give her high point is she tries very hard to accommodate with my busy schedule and is flexible/doesn't mind coming early or staying late if that is only time me and my kids are available. We all love Elizabeth!

I have known Elizabeth Jones for over twenty years. She excels as a hygienist, being by far the best dental professional I have encountered over my 60 plus years of tooth care. As I have serious crowding, a bad bite, periodontal issues and a mouth full of porcelain, gold and amalgam, oral hygiene is quite important to me. When I first visited Elizabeth's clinic, I had no idea that I was in the presence of a dental health super hero. I recall a good deal of scaling, and had the sense that something was different. As I drove home, I noticed the way my mouth felt after the cleaning. As I slid my tongue over the now smooth enamel surface of my teeth, it felt like nothing I had ever experienced. My teeth were super clean, for the first time ever, and I felt great!



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A hygienist must work with the same precision and focus as a dentist, and Elizabeth exemplifies this. Of course, she performs an oral cancer screen each visit, but she also works meticulously to document accurate patient medical histories, duly noting symptoms and medicine changes each visit. She counsels patients in how they might improve their oral health, providing great advice, like when she suggested my family buy a Soni-Care electric brushes. We have gone over the allotted time more than once as Elizabeth put in the extra effort on my extra hard-to-clean teeth. Her skills as a hygienist still amaze me, and have spurred me to write this recommendation.

Next, I brought my daughter to see Elizabeth. Catherine, then five years old, had a fear of dentistry, and this phobia virtually disappeared under Elizabeth's care. Clearly, this super hero shows real empathy for the pains and fears of her patients. My family all agree that Elizabeth's confidence and strong interpersonal skills are contagious, enabling her to share her own optimism with her patients. A few months after seeing Elizabeth, Catherine asked when she could go back for another cleaning. Elizabeth had made a dental visit fun! One way, apparently, was by calling it a "car wash" when she would irrigate or rinse my daughter's teeth. Her phobia has disappeared, as humour helped eliminate her stress. Today, twenty years later, Catherine still visits Elizabeth's clinic. None of us will go elsewhere; we have been spoiled.

Remarkably, Elizabeth has maintained an independent clinic through the pandemic, working on all those days allowed by law. Her patients can see that she works tirelessly to provide for them, striving to make sure their oral hygiene needs are met, but it is clear she goes beyond the industry standard. After one evening visit, I asked Elizabeth what her plans were for the evening. She would relax at home with a cup of tea, but first had to go shopping for her senior patients who were housebound by Co-vid. This stands as nothing short of heroic conduct, a task befitting a superhero, and yet, for Elizabeth, it is business as usual.

Finally, Elizabeth works hard to keep up with the changes to the dental industry and reads professional journals to keep up. She keeps special toothpastes, (Clin Pro, for example, and even SoniCare brushes) and other products she recommends, always backed by research evidence. I trust her without reservations, and my family all feel very fortunate to have her caring for our oral health. Elizabeth Jones stands as tall as any super hero in our estimation, and I am proud to nominate her today as a Dental Hygiene Healthcare Superhero.



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