



## Holly Rynard, Courtice, Ontario

I used to be scared of going to the dentist/getting teeth cleaned. I would do whatever I could to put it off which I know is not good for my oral health at all. When I finally got the courage to go, I ended up going to a place where I met Holly. She was so friendly, welcoming and gentle which was important for me. Ever since meeting Holly, I haven't been scared of going to get my teeth done which was a big deal for me. When Holly began her own business I without hesitation followed her. There was no way I could see myself going to anyone else and finding anyone like her. She always explains everything step by step and ensures that I always remain comfortable. She is absolutely amazing and I'm so grateful that I have her as my dental hygienist.

I first met Holly professionally in the dental field. I have a fantastic collaboration with her, she provides her patients with the best dental care possible and has a strong commitment and connection with her patients! When restrictions and rules during COVID increased and access to supplies was limited and expensive, Holly was able to support us and provide a lot of great information regarding filtration equipment and she was a source for affordable masks which greatly helped me and other colleagues of mine.

Holly is amazing. Her home clinic is impeccably clean- she goes above and beyond the cleaning procedures. She is top notch. Her customer service is so great, very accommodating to my crazy work schedule. I would recommend Holly to everyone. The best hygienist around.

I want to nominate the most caring hygienist that goes to the end of the earth to keep me safe during these Covid times. Her infection control standards is beyond incredible and surpasses any healthcare facility I have attended recently which includes the hospital-her guidance has allowed me to question other on proper standards which is so important. She researches best ways to help those in need and never puts financials first...always Health and safety-she even reminds me consistently on why oral health is essential to overall health- she has demonstrated her work ethic and internal ethics beyond and should be the face of this award. I can't say enough, but hopefully I've made my personal impact of her compassion for this field. Christine

Holly is our family superhero. After some not so pleasant experiences with having our teeth cleaned with past hygienists, we found Holly and she changed everything! Friendly and welcoming, she always goes above and beyond to make sure our family is informed and comfortable with every tool and product she uses. Holly respects her clients, welcomes questions and provides a clean and safe environment. You can tell from your first meeting with



# DO YOU KNOW A DENTAL HYGIENE SUPERHERO?



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Holly, that she is passionate about her job and doing things the right way. She is full of knowledge and is also an amazing teacher, whether it's College training courses or being a special guest speaker at a local school. Most recently, Holly joined my primary virtual classroom and did a fun and interactive presentation on dental health and nutrition. The kids were engaged and Holly facilitated great dialogue amongst the children. Holly is not only passionate about her job, but the community around her. During this pandemic, she has been visible to the public on social media and in person, offering important information for dental health, donations of PPE and assistance to schools and educators. She ensures she is following every protocol and in some cases surpassing that standard, making cleaning visits safe and easy during this difficult time. I am nominating Holly as a Dental Hygiene Superhero on behalf of our family and the many others who have come to know and love our Holly, who goes to infinity and beyond for her clients and community every day!

Let's face it. We all know deep down inside that all dental hygienists are superheroes! I think it takes a certain personality type to have the desire to become an RDH to begin with and then once in this chosen field, we blossom in so many different ways.

I am thrilled to nominate my good friend and fellow hygienist Holly Rynard for this year's superhero award. I first met Holly when she was a hygiene student. She exemplified the model student, asked the great questions, helped her fellow students when needed, first one in the lab/clinic – more than not the last one to leave as well, and always ready to lend a helping hand. I think the first thing I noticed about her was her infectious laugh! If you were ever in a bad mood, 5 minutes spent with Holly lifted your spirits like no other.

After graduating, Holly worked in a private practice clinic. I mentored her as she had always dreamt about obtaining her independent practice certificate and working independently. This dream became a reality and Holly opened her home based hygiene clinic in 2014.

Holly has 2 boys who were actively involved in hockey. Holly ran mouthguard table clinics in her local arena and donated some of her profits back into hockey. She could have kept all of the profits for herself but that is not in her nature! Give, give, give. That's Holly!

As soon as the pandemic was upon us, Holly donated all of her PPE to her local hospital. She noticed that some of the nurses were not wearing faceshields and asked why. They told her that the ones they were given were awkward and most uncomfortable. Holly took it upon herself to find some that weren't as cumbersome and donated those to the hospital as well.

With the pandemic still in our midst, Holly recognized some of her local businesses were really struggling. She donates to them when she is able. This is the type of person she is, so caring and always giving!

She is currently organizing an online auction of which she has over \$1000 in goods so far to benefit Aboutface, The Craniofacial Family Society, which is a not-for-profit charity supporting people and families affected by facial differences and building acceptance and understanding



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through awareness and education. Holly opened my eyes to this charity as I did not know it existed.

Holly also loves educating. She is known in her community for volunteering to teach the oral health segment in many of the younger children's health classes. She always brings goody bags of supplies which she donates herself. Because of the pandemic, Holly could no longer go to the schools so what does she do? She volunteers online and taught an online public school google classroom for grades 1 and 2! That's what she does! Makes the best of things. With education in mind, Holly just recently took the time to create a Powerpoint presentation for hygienists, to aid them in opening up their own independent clinics on behalf of the CDHA. I am an independent hygienist as well and Holly and I have had some great conversations concerning supplies, the new perio classification system, IPAC, IPAC and more IPAC! When Holly finds a good deal on things like N95's or gloves, she always shares this information with me and asks about group pricing to help other hygienists as well. We often bounce ideas off of each other and when a question arises, she always tries to find the answer. If she can't find the answer, she will email/phone/text people until she finds the answer. She goes above and beyond for the hygiene community as well as her community as a whole and these are some of the many reasons that I find her to be my hygiene superhero!

Holly is continuously advocates for her profession and the safety and health of her patients. Several times during the pandemic she has donated her own personal supplies to help the front line workers and has gone to the trouble of ordering special visors for some of us who work in the emergency department to ensure our safety. Holly continues to give back the the community and in my eyes is a true hero.

Holly goes above and beyond giving back to her community. This year I coordinated a Christmas celebration for some of our seniors residing in our long term care facilities which included collecting donations and creating gift bags for some of the seniors in need. Holly heard about the initiative and reached out to me wanting to donate some oral health care supplies for the seniors. Not only did Holly donate items, her son offered to help me with delivering the gift to the various homes. Holly continues year after year supporting our community and also events/initiatives ran by the Durham Regional Police. Holly's passion and desire to give and support the community goes far above anything I have ever seen!!! Holly is definitely our Community Superhero!!



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Where do I even begin with Holly, she is so kind and a true superhero! During COVID times we expect the dental community to be drained and frustrated (which I'm sure some people are) but Holly has stepped up even more during these difficult times to help those in need. I know she had mentioned she volunteered her time to speak on a zoom call for a group of grade 1 & 2s to learn about healthy oral hygiene! This is massive as our healthcare system does neglect this topic to the age groups we should be focusing on to start great habits young. She also is also working on a non-profit organization that aids in facial surgeries and camps for kids where she is raising funds to help kids where they need it most. Not only does she go above and beyond she is also there for you at anytime for any questions or concerns you may have with your oral health. Holly is a true superhero and we need more Holly's in the world!



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