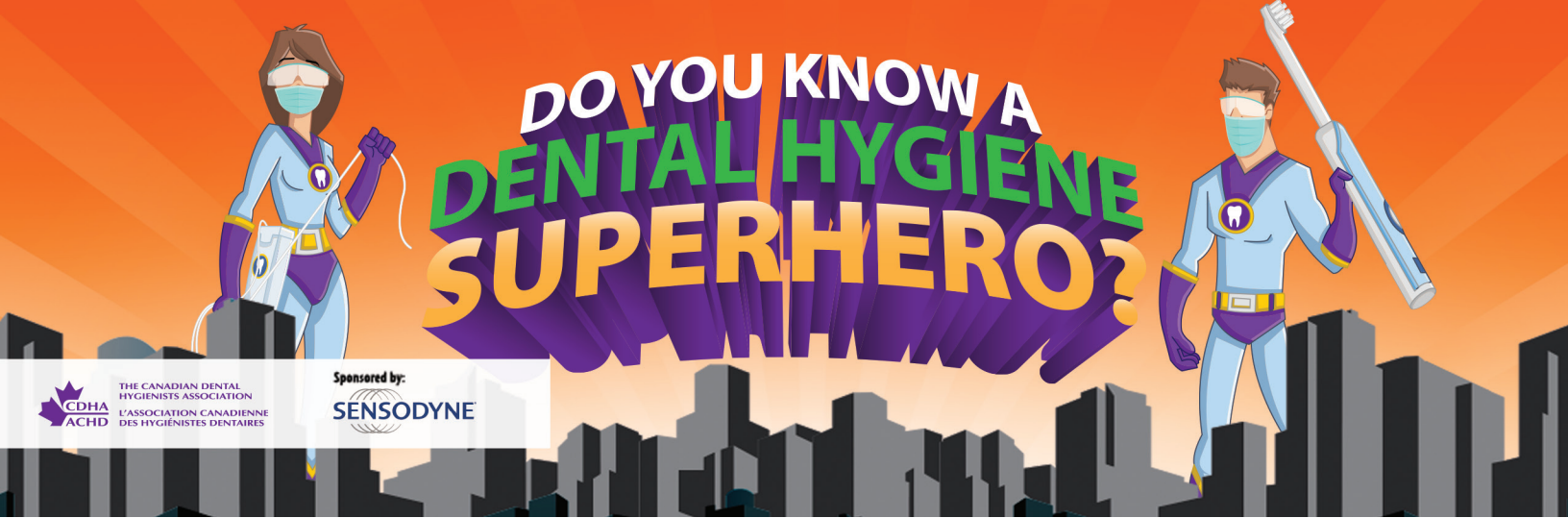


## Tracy Poirier – 2 nominations

*Nominator: Andy Proulx*

My Superhero, Ms. Poirier., member CDHA. William Shakespeare’s mighty pen and Leonard Cohen’s eloquence would be a prerequisite to adequately describe my Superhero but allow me to try. Ms. Poirier has been my Dental Hygienist for more than a decade. Every appointment begins with a warm welcoming smile. Does she “...fly to the rescue of clients everywhere...”? No. She simply greets her clients in a calm, measured, relaxed way. This makes a visit to the chair, dare I say it, pleasant. The session begins with Ms. Poirier’s genuine concern about any potential changes to the client’s health since the last visit. Does she “... leap oral health obstacles in a single bound, and defend dental hygiene, armed with the power to battle evil plaque and tooth decay...”? No, of course not. Instead, Ms. Poirier methodically examines and probes, leaving no tooth unturned. Any discovered issue is promptly, painlessly, and professionally addressed, without leaping over obstacles but removing them instead. All the while, her engaging, humourous conversation makes the visit very short; one looks forward to the next one. At one point in her career, Ms. Poirier decided to give even more of herself to the profession by founding an organization called Instrumental coaching. I invite the reader to visit her website, <http://instrumentalcoaching.ca/> for details. Being a Hero is not about wearing a cape. It’s about being selfless and having integrity and compassion while serving others. This is Ms. Poirier, my Superhero.



*Nominator: Michele Sabad*

I had been seeing Tracy Poirier for my cleanings for almost 20 years. She has had health problems related to her work as a dental hygienist and have those issues forced this year to retire from her profession. I couldn't let her leave without this nomination. I grew up with very limited dental care. I moved every couple of years as a military child (in a time when no family dental plans were available) and had many bad experiences with dentists. By the time I was in my early thirties and got on a dental plan, I needed a lot of work, including gum operations, root canals, crowns, and many, many fillings, and re-fillings. Cleanings were torture and as the world became "whitening obsessed", even more traumatizing for me as the new generation of hygienists insisted on painful procedures trying to make my teeth perfect. Tracy was a godsend. She listened, she didn't judge, she worked with me on my oral health. Over the years, Tracy did more than clean my teeth - she helped me keep them, and even more, she gave me the courage to keep them in as good condition as was possible given their beginnings. I am saddened that Tracy has had to move out of the hygienist role but happy that she was there when I needed her most. I can now move onto another hygienist without fear and dread, because Tracy Poirier made that possible. If she isn't a Superhero, then no one is. Thanks for accepting this submission.



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