



What is the definition of being *thankful*?

Thankful is described as being pleased and grateful for what you have.
Jefferson Bethke states; *thankfulness is the quickest path to joy.*

There has never been a more important time for us to live a joyful existence. Treasure your family and friends, and those who really make a difference for others.

With an all-volunteer leadership team, I am *thankful* for the 40+ leaders who power the Illinois Dental Hygienists' Association, as it is a **heavy lift** to protect and defend our scope of practice for all Illinois dental hygienists.

2020 rocked our world and much devastation occurred. Instead of focusing on the negative, let us reflect on what brought us joy. For me, 2020 meant more time with family and a deeper appreciation of how *thankful* I am for them. To add, my mom was very sick for most of 2020 with non-COVID-19 related but, life-threatening illnesses. Because I was able to work remotely, I am *thankful* to have had the flexibility with my employer and worked from her hospital room many days. Looking back, being able to hold her hand while she was in pain brought me so much joy. For that, I am *thankful*.

Hug your kids and/or fur babies, love your significant other, embrace the chaos and be thankful while you can.

As we move forward into 2021, let us be *thankful* for what a career in dental hygiene means and the scope of practice we have in Illinois. However, to be thankful does not mean to be complacent. With the help of our legislative team and lobbyist, we will continue to reach higher to increase access to quality preventive oral care, for all citizens of Illinois.

Challenge yourself to work to your highest scope and be a lifelong learner. There is so much more we can offer our patients as licensed preventive oral health specialists.

I am *thankful* to be your IDHA President,

Sherri

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