

The MULTICULTURAL MIRROR

One School  Many Cultures

Multicultural Affairs Committee (MAC) Changes Name to Diversity, Equity and Inclusion Multicultural Affairs Committee (DEI-MAC)

On April 7, 2020 the Multicultural Affairs Committee (MAC) met and voted on a new name for the committee. This conversation concerning this name of our MAC has been under consideration since 2018-19. During the fall of 2019, we began a formal process to evaluate a potential re-naming of the MAC to align with current campus-wide DEI initiatives. This process involved polling the MAC membership at our monthly meetings and at our 2020 MAC retreat. As we discussed the name change, it was imperative that we preserve the history of the Multicultural Affairs Committee's name and brand, as well as align it with our current DEI office initiatives. In 2014, the Office of Multicultural Affairs evolved into the Office of Diversity and Inclusion. In 2017, the office name was revised to become the Office of Diversity, Equity and Inclusion. The MAC unanimously voted to rename the committee the Diversity, Equity and Inclusion Multicultural Affairs Committee. Our new acronym is DEI-MAC. This new name will be added to our By-laws and we intend to officially operate under the new name beginning in the fall of 2020.

Welcome!

Welcome to all new dental, dental hygiene and graduate students, staff and faculty. We are excited to welcome you to our School of Dentistry Family and look forward to all of the special talents and gifts you will bring to our community.

The School of Dentistry community benefits from our diverse and inclusive community and we are grateful to all who have joined us this year! Although we are living through very challenging times, we are encouraged by our community that values diversity, equity and inclusion. This summer, we launched a series on Race, Anti-Racism and Racial Healing (RARH) to bring us all together as our country navigates through the global health pandemic and resulting racial equity pandemic. Over 700 members of our dental school community have engaged in our RARH series so far. Join us via Zoom on Wednesday, September 16, 2020, from 12-2PM, for our third session entitled "Now What? Next Steps on the Path Forward."

We are convinced that as we get to know members of our dental school community, we become stronger. We encourage you to get to know your classmates and colleagues, following the guidelines of safety and care. We hope that you will participate in many of the DEI-MAC events, training sessions and celebrations that will take place this year virtually! On behalf of the DEI-MAC, I welcome all of our new dental school members and thank you for the contributions you will make to help us live out our mission of "Advancing health through education, service, research and discovery" in a humanistic way!

"I know there is strength in the differences between us. I know there is comfort, where we overlap." Ani DiFranco

Go Blue!

Dr. Todd V. Ester, Assistant Dean, for Diversity, Equity and Inclusion

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Ryan Lints &
Zainulabdeen Rabeeah

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SCHOOL OF DENTISTRY

UNIVERSITY OF MICHIGAN

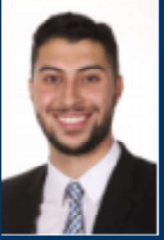
Meet The Dental School Class of 2024

by Ryan Lints;

Photos by Per Kjeldsen, Dan Bruell & Ken Rieger



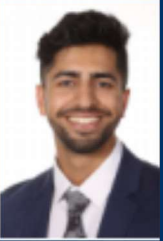
During the Orientation for the dental school class of 2024 in July, we asked our new dental students a few questions about their background, why they chose dentistry and about themselves. In all, 80 of the dental 108 students responded, giving us a first look of most our new D1s!



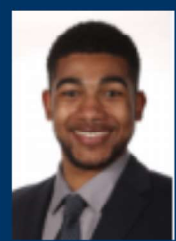
Is anybody in your family a dentist or a dental hygienist or another health professional?



When we asked about their family background in the health field, 23 of the 80 students reported that they had a family member who was a health professional.



If yes: who is this person? And what do they do?



We continued to ask our new dental students about the specifics behind their family members in the health field. One student reported that their brother, father, grandfather, aunt, and uncle were all general dentists. Two students informed us that their father and mother were both in dentistry or dental hygiene. Overall, 12 students had family members either in dental hygiene or dentistry.



How old were you when you decided to become a dentist?



When we asked the new class to give us the age at which they decided to become dentists, one student answered “in utero” and another student already 4 years old that dentistry was the future. The oldest age at which a student decided to become a dentist was 25. The most frequently named ages were 16 years (8 students), 19 years (12 students), and 20 years (8 students).



Why do you want to become a dentist?



Overall, the class of 2024 proved to be very selfless in their passions for becoming a dental professional. Many students reported that their underlying passion for becoming a dental professional was service. They answered that they wanted to become dentists “to promote health equity,” “to serve and give back to my community in a direct and personal manner,” and “to serve people with various backgrounds, social-economic status, age ranges, and physical/cognitive disabilities.”



Meet The Dental School Class of 2024

by Ryan Lints

Photos by Per Kjeldsen, Dan Bruell & Ken Rieger



These motivations are promising traits for future Michigan Dental School Graduates.



Another frequent response to this question was that dentistry provided a very appealing hands-on profession in health. The students often regarded dentistry as an “art” and were drawn to the “creative” nature of the profession. They saw dentistry as an opportunity to use a unique and creative profession that allows them to improve the lives of others.

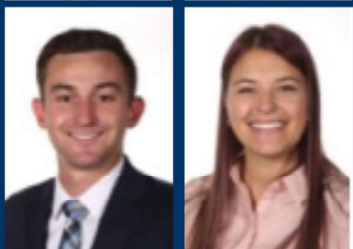
What do you like to do in your free time?



The new dental students responded to this question with a broad range of unique and active pastimes. Many students listed their hobbies as hiking, cooking, lifting weights, reading, running, and biking.



Overall, the answers to this question showed the wide range of interests of our new D1s. Students listed extraordinary pastimes such as skydiving, motocross, horseback riding, SCUBA diving, practicing the violin, painting, and working on small-scale projects ranging from throwing pottery to building decks. The class of 2024 is blessed with many awesome talents and trades.

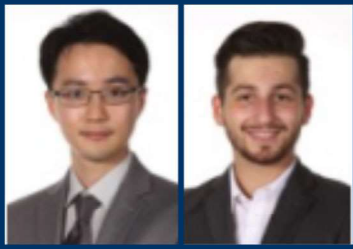


In terms of pets, one student owns a Cavalier King Charles Spaniel. In total, 4 students responded saying they had dogs, and one even has a horse!

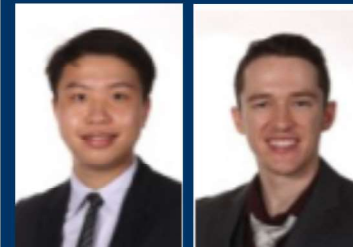
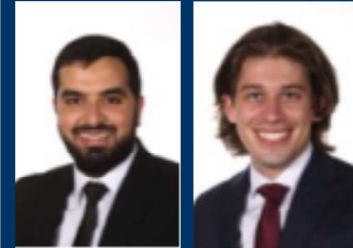
Tell us about the best travel experience you ever had and explain why this was such a great experience?



When we asked the new dental students about their travel experiences, we heard about many life-changing trips to places in the United States and abroad. Students responded with stories about travelling to 6 different continents-Europe, Asia, Africa, Australia, North America, and South America. The most frequently visited continent were Europe and Asia. In the United States, students most frequently visited Colorado, New York, and California.



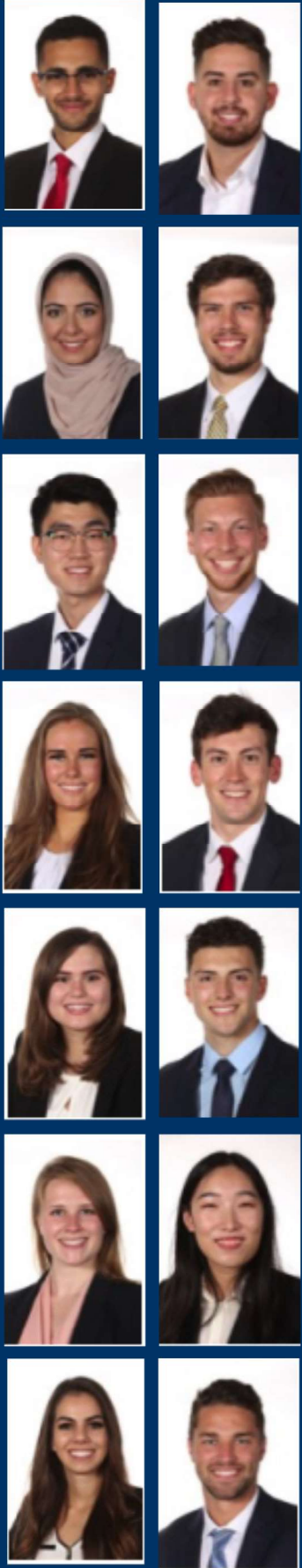
Going on dental service trips to other countries was described as “an awesome opportunity to see dentistry from a different perspective” and as “eye-opening.”



Meet The Dental School Class of 2024

by Ryan Lints;

Photos by per Kjeldsen, Dan Bruell & Ken Rieger



Some of the unique experiences students had were described as impactful and awesome. The dental students saw challenges in language barriers, medical and dental service, providing access to clean water, providing education about STIs, pregnancy, and oral care, and the COVID-19 Pandemic. They found these trips to be very fulfilling and worthwhile.

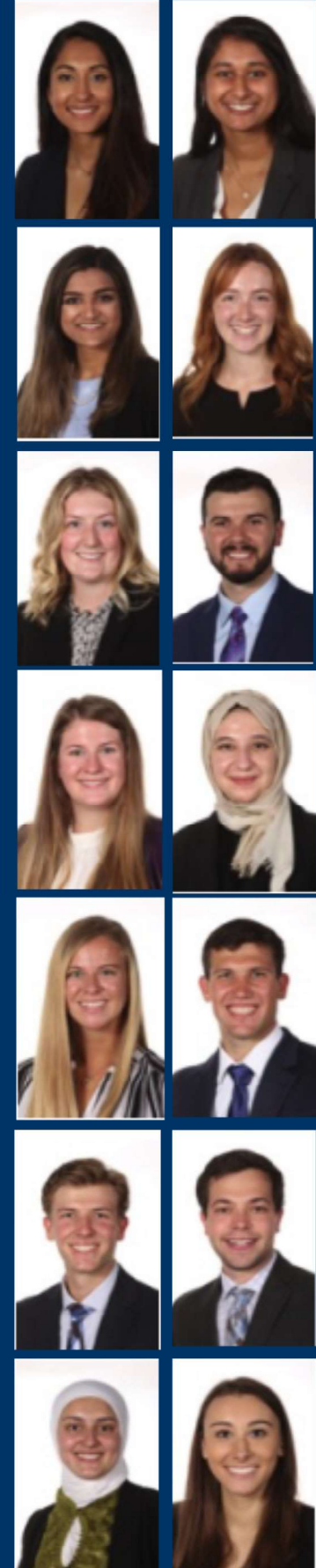
In terms of leisure travel, students loved immersing themselves in foreign cultures, different natural environments, and making new friends along the way! Trips such as honeymoons, expeditions to different National Parks, and study abroad programs were all mentioned. Most frequently, students mentioned their experiences of the many different foreign cultures and the ways they opened up to new traditions-from kissing the Blarney Stone in Ireland to watching the sunrise on one of the five most famous mountaintops in China.

One common feature of many travel descriptions was the great fun the students had with their families and friends on these trips. Many describe the trips as very memorable and trips they will never forget.

Tell us one interesting fact about yourself:

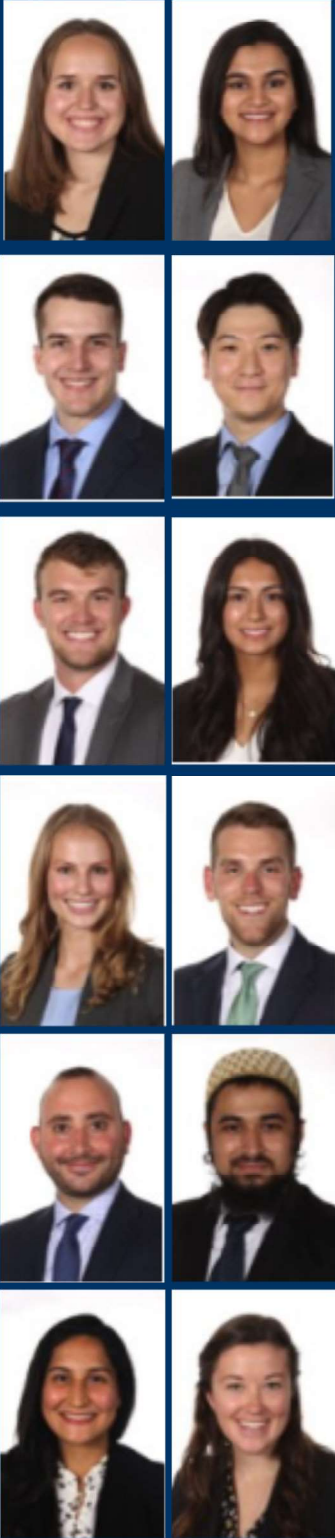
The last question in our survey asked the students to tell us one interesting fact about themselves. The class of 2024 proved to be a group of very interesting people. Many students mentioned facts about sports. One has 5 hole-in-ones in golf, one loves to ski, one threw out the first pitch in a Detroit Tigers game, two are black belts, one has been a boxer since 2012, one is an avid Minnesota Vikings fan, and one enjoys snowmobiling. Even more unique facts were surveyed such as owning a dental podcast, rescuing nuisance alligators in Texas, having Klay Thompson as their celebrity look alike, having a cousin in the class, and having a huge Italian family with 100+ cousins. Finally, congratulations to the student who was married just 9 days before dental school!

Thank you all for providing such awesome facts about your lives! We look forward to getting to know each and every one of you in the coming years at the University of Michigan!



Meet The Dental School Class of 2024

by Ryan Lints; Photos by Dan Bruell & Ken Rieger



Welcome!

**Dental School
Class of 2024!**

**We are happy
you are here!**

**Have a great time
with us!**

And stay healthy!

GO BLUE!

Getting To Know Our New Dental Hygiene Students

by Zainulabdeen Rabeeah



We are happy to welcome our 2022 class of 32 dental hygiene students who started their program in May. This year, 29 students are female and three are male. In all, 26 of the students responded to our “Getting to know you” survey during their orientation; allowing us to get to know a little more about our newest dental hygiene class.

Why do you want to become a dental hygienist?



When we asked the students how old they were when they decided to become dental hygienists, the ages ranged from as young as six years old to 26 years. When asked about their reasons for choosing to become a dental hygienist, the responses were very positive. Every student considers dental hygiene as a rewarding career. Some students like the flexibility that dental hygiene offers in balancing their professional and their personal life. About a third of the students chose this career because they want to help others better their oral health. For example, a student wrote that they chose dental hygiene “To spread oral health care awareness as oral health is related to overall health.” Some students described that they wanted a profession in the healthcare field. As one student stated, “I love the atmosphere in an office and helping people look and feel their best.” In addition, some students were inspired by others in the dental field and one student wrote, “I want to become a dental hygienist because I love the hands-on the aspect.”



Does COVID-19 have a silver lining on our dental hygiene students?



This year, we also wondered about what the students think about the current COVID-19 pandemic. It was interesting to find out that many students thought that being shut-in had slowed many things down, but with that came positive outcomes for the mental health for many individuals. Half of the respondents described that they enjoyed staying in and spending more time with their families. A student stated, “Spending time with the family in this fast-paced life and letting the environment heal properly.” Others enjoyed this time to relax. One student stated, “Having a break; a much-needed break.” Some students were happy to get work done. For example, one student mentioned “Being able to get stuff done around the house.” Others saw it as an opportunity to save money or as one student stated “Saving miles on my car!” Two students enjoyed that nature was able to heal itself stating “Nature is healing by itself with less human interference.” Almost all students have experienced “silver-linings” during this uncertain time.



Is anybody from you family a health professional?



Twenty-four of our students shared whether or not they have family members with healthcare professions. Nine students have health care professionals as family members and one student even reported that a grandmother graduated from our dental hygiene program.



Free time activities

It is exciting to find out that the new dental hygiene students are very dynamic and like to spend time engaged in various physical activities and sports, like ice skating, yoga, horse rid-

Getting To Know Our New Dental Hygiene Students

by Zainulabdeen Rabeeah

ing, tennis, running, cricket, kayaking, hiking, and camping. Some of them love to listen to music while others like to play musical instruments like the piano. Many of them love to spend time relaxing by being with their family, friends, significant others, and pets. Some other activities some of the DH2s like to do are cooking, baking, painting, gardening, fishing, playing video games, and watching Netflix. We are happy and look forward to getting to know these new DH3s and learn more about their hobbies in the future.

Travel experiences

Our new DH3s are adventures and love to explore new places with their family, friends, and significant others. They have memorable experiences traveling to many states around the United States, like California, Hawaii, Florida, and Chicago. One student stated “I went on a trip to Chicago with my mom and had a blast. It was a much-needed mother-daughter time.” While the majority enjoyed the beauty and memorable experiences in the United States, some made unforgettable memories in countries like Greece, France, Bahamas, Mauritius, Korea, Singapore, Pakistan, and Bangladesh. Some of the students’ visits were to spend time with family and loved ones. For example, one student reported, “My best travel experience was a trip to Mauritius. This was my best trip because it was the first one with my wife.” Some have memories of traveling to their own or their parents’ homeland to visit their families there or experience their lifestyle and culture. One student wrote, “Every time, I return to my motherland, Pakistan, I always enjoy meeting my extended family and my culture.”

Interesting facts

Some of the members of the new class of dental hygiene students describe themselves as optimistic, loving to learn, being outspoken, or perfectionists. They shared a diverse range of interesting facts about themselves with us. One is the 14th child of their parents, while another is an only child. One is 37 seconds younger than their identical twin; another student has a twin brother and another one is a triplet with two brothers. One student shares her special talents of playing five instruments and another student speaks five languages. We are honored to have a first-generation college graduate to be part of our dental school community.

We want to thank our new Dental Hygiene students for sharing this information with us. We look forward to getting to know you better in the next two years.

Best of luck to each and every one of you! Go blue!



Not
pictured:
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Master of Science: Dental Hygiene

by Zainulabdeen Rabeeah

Meet the three graduate students in the Dental Hygiene Master's program: The CLASS OF 2022:

We are happy to welcome the three students in the 2022 class of the Dental Hygiene Master's program to our dental school community! You will see the students in our clinics when they do their student teaching. The students will spend a considerable amount of time working in the clinics as well as doing didactic classroom teaching alongside the growing number of dental hygiene students. In addition to their on line classwork and their involvement in clinical teaching, they will also develop their own Master's thesis research project. All three students responded to our "Getting to know you" survey and here is a summary of the information they provided.



*Class of 2022 Dental Hygiene Graduate Students
(L-R: Massada Thabath, Abrielle Lamphere, Allison Bittner)*

When asked how old they were when they decided to get a dental hygiene degree, one student responded that she already knew when she was 16 years old and the other students decided in their early 20s. They decided to pursue a master's degree because they want to help and educate patients about improving their own health and the oral health of their families and the community.

In their free time, two students shared that their love of baking and using it as an outlet for their creativity. One student uses her free time to disc golf and have long walks on the beach. They reported that they had more time during the shut in period to do the things they love. When we asked them what was the best outcome from the shut-down, all of the students mentioned spending quality time with their family and loved ones. One student mentioned starting a new workout regimen to stay active and healthy during this critical time.

All three students reported that they love to travel. One student mentioned traveling to Washington, DC, and working for a temp company. During her time there, she was able to work with various dental professionals and expand her dental hygiene expertise. One other student described her wonderful experiences traveling to Kuwait in 2015 before starting college. And the third student had a wonderful time visiting friends in California. She loved the heat on the West Coast.

The last question in the "Getting to know you" survey was about interesting facts that make them unique. One student enjoys taking long drives with good music and reported that this is therapeutic for her. Another student shared that her favorite band is Chemical Romance.

We look forward to getting to know you all personally in the next two years. Welcome to the University of Michigan dental school community!

Dental Hygiene Degree Completion E-Learning Program

by Zainulabdeen Rabeeah



Meet the new students in the Dental Hygiene Degree Completion E-Learning Program Class of 2022!

(L-R 1st row: Alyvia Kurtzhals, Hope Lovins)



(L-R 2nd row: Tessenya Santamaria, Kilie Sheffer)

During the Summer Orientation for our new students in the Dental Hygiene Degree Completion E-Learning Program, the four new students volunteered to tell us a little bit about themselves. When asked how old they were when they decided to get a dental hygiene degree, three students responded that they already knew as adolescents and one student decided in when she was 21 years old. One has a family member in the dental field, namely an uncle and an aunt.

When we asked them about their reasons for choosing dental hygiene as their career, every one of them was very positive and motivated about this career choice and considered dental hygiene to be a rewarding and secure profession. Most of them enjoyed communicating and educating patients about the importance of oral health on a personal level and enjoy helping others when they are in need. One student was encouraged by her dad to pursue a career in dental hygiene. Another student wanted a job where she could help people have beautiful smiles while supporting herself financially to continue her education.

Many of these students in the Class of 2022 enjoy spending time with their family and friends, especially during the shut-in. A number of students also highlighted various physical activities like camping, kayaking, snow-boarding, biking and exercising. Other hobbies included singing, and playing the guitar.

The students also shared a variety of interesting facts about themselves. One student mentioned that they are the fifth child in her big family. Another mentioned they are left handed. Lastly, one student said that they never had a cavity.

We want to thank all new students for sharing their information and look very much forward to getting to know them all over the next two years. Welcome to the University of Michigan! GO BLUE!

Does COVID-19 have a 'Silver-Lining'?

by Ryan Lints



"Lost time is never found again" - Ben Franklin. This quote by Ben Franklin is Mazen Aly's favorite quote. He wrote, "In my opinion, time should be invested whenever available, and not wasted."

Larry Salzman's favorite quote is by AA Milne. It reads "Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think."

One anonymous dental school member wrote: Life poses things on you that you can't control, but you still have the choice of how you're going to live through it".

As the University of Michigan Dental School approached the fall, we asked the community questions about possible positive impacts of the pandemic. We received 21 responses to this short survey and 19 members reported to have experienced a "silver-lining"!

We then asked the respondents to describe what they were thinking about. Happily, they reported some very uplifting and positive experiences. Frequent responses were that community members got to spend more time with family, slow down and focus on self-care, and found new ways to exercise! One member lost 10+ pounds. Another community member was able to have a more successful virtual National Dental Association Ladies Luncheon with alumni that would have otherwise not been able to attend. When asked this question, members responded with describing simple but profound positive changes.

We also asked how the members could best manage and cope with the situation in the fall. The community answered with advice on how they will manage their health -physically and mentally. Many responses talked of plans to keep social distancing, exercise plans, and catching some rays of sun! Mentally, members said they wanted to "stay calm and positive", practice clear communication, admire the beauty of fall in Michigan, and give the past six months positive reflection! Others mentioned being flexible, finding new hobbies, and enjoying a cupcake or some ice cream! Overall, students, staff members and faculty gave valuable advice on the upcoming fall such as make a concrete schedule and stick to your goals. Or as one respondent wrote: "Stay flexible, realize that everyone is under stress, be part of the solution."

Finally, we asked the Dental Community to share other thoughts about the current situation or any quotes or poems that they think of these days and if they wanted to share their name. At the top right are some of the inspirational quotes we received.

Global Initiatives in Oral & Craniofacial Health

By Zainulabdeen Rabeeah

From transforming an elementary school playground into a pop-up dental clinic to exchanging dental knowledge around nine different countries, our Global initiatives program strives to increase the global impact of UMSoD on oral and craniofacial health through research, education and service while providing unique opportunities for professional development and personal growth for our students, staff, and faculty. Global initiatives in oral & craniofacial health is a part of the Global Michigan Engagement program. There are nine countries students can volunteer in during Winter and Spring semester. These countries are Brazil, China, Ethiopia, Greece, Guatemala, Israel, Jamaica, Kenya and Mexico. Volunteers will engage in lectures, clinical volunteering, and community work while visiting those countries. I recently contacted Dr. Gonzalez, the director of the program, via Zoom and we discussed the direction global initiatives is heading during this challenging time. These are some of the highlights in our conversation.



Carlos González-Cabezas, DDS, MSD, PhD

The earliest time global initiatives participants will start traveling again will be in late April 2021. However, traveling will be an option only if there are clear signs of confident control over COVID-19. Besides the pandemic, there are challenges the faculty are facing in regards to traveling due to the COVID-19 pandemic, funding, and time availability of students. To begin with, it is not an option to expose healthy students and faculty to high levels of infection and risk the potential of getting infected. Furthermore, the program has the important responsibility of not bringing the virus to an area of low level of infection and expose healthy individuals to the virus. In addition, financing these trips is challenging at this time. Due to the shutdown, the university's revenue decreased with expenses similar to, if not higher, than in post-pandemic times. As a result, the university has to revisit funding decisions for these programs, because the majority of the trips are financially covered by the university. However, on some trips, the hosting universities cover the expenses. In addition, it will be a challenge to find time for students to travel. As a result of the shutdown, students are behind in their clinical activities. Normally, 3rd year dental students (D3s) are the majority of students that have the opportunity to travel. However, this year's D3s have limited clinical experience and therefore have no time for these activities.

Staying in contact

During this uncertain time, it is difficult to plan any visits with the programs overseas. However, there is constant communication between the UMoSD and universities overseas as well as hospitals and faculties that organize those trips. In addition, there are efforts between the University of Colorado and University of Michigan to visit a dental clinic at a banana plantation in Guatemala when the conditions are better. Moreover, there is regular communication with the Global Michigan Engagement office. There is a general understanding from all parties in regards of the situation we are in. Dr. Gonzalez stated "Developing those relationships takes a lot of time and effort, so you don't want to lose them."

Global Initiatives in Oral & Craniofacial Health

By Zainulabdeen Rabeeah

What if COVID-19 persists?

If COVID-19 problems persist, it will be important to change the goals of the global initiatives and the path to achieve those goals. Many new practices we develop during this pandemic will continue and the Global Initiatives program will develop with it. We realize now that many things can be done on line with no need to travel. Teledentistry is a good example: It allows better interprofessional communication which helps us to approach cases from multiple points of views. In addition, exposure to diverse cases will allow us to broaden our knowledge and understanding of diseases found in specific parts of the world. However, one challenge can be poor Internet connection in developing countries due to low international Internet connectivity. Nonetheless, during this time, we are more connected than ever.

Challenges arising due to the pandemic will allow us to assess for future volunteering trips and to creatively resolve them. We are looking forward to re-initiate the Global Initiatives program as soon as it is safe to do so.

I would like to thank Dr. Gonzalez for taking the time to introduce and discuss the Global Initiatives Program.



Global Initiatives in Oral & Craniofacial Health

By Zainulabdeen Rabeeah





Religious Holidays during September – December 2020:

This list of religious holidays was provided by the UM Provost (Updated 2020).

HOLIDAY	FAITH	DATE(S)
Rosh Hashanah	Jewish	Sept. 18-20
Sukkot	Jewish	October 2-9
Shemini Atzeret/Simchat Torah	Jewish	October 10-11
Birth of the Báb ***	Baha'i	October 17-18
Yom Kippur	Jewish	October 27- 28
Birth of Baha'u'llah	Baha'i	October 27
Birth of the Prophet Muhammad	Islam	November 9
Diwali	Hindu	November 14
Hanukkah	Jewish	December 22 - 30
Christmas	Christian	December 25
Kwanzaa	Interfaith / African-American	December 26 - January 1

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