



Elizabeth Jones, North Vancouver, British Columbia

As a health care provider (physician), I can't say enough about the diligence, rigour, care, and concern that Elizabeth has for her patients. She is thorough—and impressively—up to date in her academic knowledge, often surpassing her peers, and is respected among dentists and specialists (a feat in and of itself!). It is humbling to be in the presence of someone practising their craft with a sense of purpose, discipline, and commitment, and Elizabeth is that nurturer, that caregiver, that health care expert who stays longer, reads more, engages more with an energy and a zest for what she does that is impossible not to be touched by. My 14-year-old son brushes his teeth, flosses, and cares about what Elizabeth thinks because she didn't talk down to him, snowball him, or ignore him. She gave him factual, evidence-based information in a fun and accessible way so that he understands that she cares. Her investment in him (and in me!) has helped both of us, not only with our dental hygiene but also to respect and invest in ourselves as a result. Elizabeth is one of a kind—truly one of the most impressive academic, nurturing, and engaging health care providers that I have encountered. I would be remiss not to acknowledge her before she retires for her passion, her dedication, and her commitment to her work and to bettering the lives of her patients in small yet big ways every day. It's that extra moment to do a cancer screen, to take that time to do a thorough job that she can be proud of instead of rushing through, to educate and empower in prevention, to reach out and give that gentle reminder that it's time in our busy lives to take care of our health. She is relentless in her pursuit of better, on behalf of all of us. I am so blessed and grateful to know this kind of care and concern is indeed possible. We all need an Elizabeth in our lives, and those of us who are lucky to have her know how important it is to recognize her, not just for her way of being, education, and health expertise now, but for the entire career she has devoted to children and their families. Please don't miss out on this opportunity to recognize her. She is a shooting star among the others and a true tour de force who deserves the highest accolades in her profession.

When you choose a health professional, do you want the best and most up-to-date care? Or do you want a pretty smile and reassurance that everything is fine? For years we've chosen Elizabeth for the excellent care we receive. The dentists and others in the office all request her to clean their teeth. We've had no cavities or tooth problems since starting to see Elizabeth 25 years ago. We plan on continuing to see her if she'll have us. I also like that she makes it fun for kids and tells



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them funny stories to encourage them to brush. She also helps those who can't afford routine dental care.

I would like to nominate my dental hygienist, Elizabeth, for her cheerfulness, speed, and total competence in what she does! She is the chief hygienist for the whole family, which includes 7 grandchildren with all their queries, antics, tantrums, and questions which she expertly fields and then recounts to me! I go often to see her, and she works her magic on my aging mouth and it is only now when I hear what my sister is going through with HER teeth, that I realize the amount of money AND pain that Elizabeth has saved me! Apart from that, she is a super person and deserves to win the accolade of the BEST dental hygienist on the North Shore.

Although I haven't lately been able to travel from Vancouver Island to North Vancouver due to health issues, I would normally do so, even though the fare is \$200, just to see Elizabeth and be under her care along with my wife. To maintain dental health, I recently used a local dental hygienist who was very good. It was gratifying to hear her say that she knew of Elizabeth's reputation, going as far as to state that Elizabeth is a "rock star" and that she herself hoped to one day be on a par with Elizabeth.

I have had Elizabeth Jones as my dental hygienist for approx. seven years or so. She is one of the best hygienists one could have. I am very fortunate to have known her for all these many years. She has guided my dental health and brought it to a level that now it is mostly maintenance. Her attention to detail is impeccable. I know when I visit her that she will not miss a thing. She updates me on the current health of my gums and teeth and educates me on how to work around the challenges of everyday oral health. She is informative and I always feel motivated after my visit. Not having the perfect set of teeth, every day is a challenge. I am so appreciative and grateful for the preventive information and guidance that I receive from Elizabeth. There are no shortcuts with her when it comes to teeth cleaning. I am so relaxed during my visit that I nodded off a couple of times. I highly recommend Elizabeth to anyone who wants to get one of the best dental hygienists. She will raise your level of oral health from fair to good to excellent. There is just one caveat—follow her instructions daily and the results will be amazing. Thank you, Elizabeth!



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