



## Mary Findlay, Gibsons, British Columbia

I have been a patient of Mary Findlay for over 45 years. As a result of this relationship, and living in a small town, I have gotten to know her personally through our joint involvement in countless community activities. I feel very qualified to nominate her and am very committed to having Mary Findlay recognized by her peers as this year's Dental Hygiene Superhero. In her professional capacity, Mary has kept my mouth healthy and clean, all the while guiding me gently in maintaining a healthy mouth and body. She conveys her excellent and science-based advice in the ways that she knows I will hear and absorb - recognizing that I am an individual with specific quirks and her approach must be, of necessity, different than it would be with someone else. Thanks in large part to Mary, at 70 years old, I have all my teeth and a dazzling smile! Over this long association, Mary has never stopped "going to school", first achieving a university degree while working full-time and being a dedicated mother and wife. She has subsequently taken hundreds of hours of continuing education courses - way more than is required to maintain her licensing - just because she is committed to being the best dental hygienist that she can be.

She carries her well-researched messaging throughout our community as "Tooth Mary", to all local schools and daycares, public health gatherings and anywhere that there's an opportunity. Her primary message is mouth health for total health. She is known and called "Tooth Mary" by people of all ages and walks of life. Mary never misses the opportunity to celebrate and/or support individuals and families in her practice and her community - bringing them healthy and supportive resources and messages of sympathy and encouragement. As a very dedicated community member, Mary has been exceptionally generous with her time and resources to initiate, support and build on local projects and organizations. Her support is by no means limited to one facet of life on the Coast. Over the years, she has shown her passion for individual and community health by being involved wholeheartedly in education, health, and the arts. She has acted on the front line and behind the scenes to promote solutions for community issues like education, homelessness, and the arts. Mary has worked tirelessly to improve the lives of humankind and the world. In addition, she has worked to improve the look of the planet by picking up cans and bottles, recycling them and donating the proceeds to Wildlife Rescue. So even birds and animals have benefited from Mary's passion for wellness.



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