

Valerie is so excited to be representing TeamSmile in this year's BMA Foundation Dine and Dance with the Stars event! What she is lacking in dance experience, she makes up for in dental knowledge. She can't salsa, tango or jive [yet], but the girl can FLOSS.

Valerie's passion for dental education and patient care began with a 4-year run as a dental hygienist for the pediatric and special needs population. After another 10 years as a paid RDH in a general/cosmetic practice, she now works for free at home for her four children (ages 12, 9, 4 and 2). Valerie is still closely tied to the dental industry by her husband, Spencer, who is KC's Practice Transition and Equipment Specialist for Henry Schein, one of TeamSmile's biggest partners.

As a CASA volunteer, Valerie advocates for foster children as they make their way back to their birth family or into a permanent adoptive home. Someday Spencer and Valerie want to open their home to children in the foster system, but at this point they are observing a one-in, one-out policy on inhabitants to protect the sanity of everyone involved. Until then, her role as a CASA allows Valerie to be a small part of the solution to a massive, heartbreaking problem.

Valerie is a big proponent of "self-care" as well. She diligently carves out me-time by working out at The Athletic Club of OP during the day, then binge eating chocolate chips from the Costco-size bag while watching Netflix series with her husband after all the kids are in bed.

Valerie would like to thank her family and friends for supporting her over these 40-ish weeks to accomplish this fun feat! She will be forever grateful to the Anselmo family and TeamSmile for allowing her this opportunity to get out of her comfort zone and be useful in the world.