President’s Message . . .

As we head into the winter months, the Montana Dental Hygienists’ Association (MDHA) will not be going into hibernation. The MDHA Board of Trustees (BOT) has a full schedule moving into the 2012-13 year. How fortunate I feel to serve the membership of the MDHA encompassed by such a willing and passionate BOT. We have called on some past members and added several new members to the BOT. As YOUR profession reaches the ripe old age of 100 years, we will be keeping MDHA efforts focused in the following strategic areas:

Advocacy
- Actively participate in the legislative session.
- Attend meetings of the Board of Dentistry and the Dental Hygiene Committee.

Collaboration
- Create and enhance relationships with stakeholders.
- Foster the visibility of the profession of dental hygiene as a significant stakeholder in preventive oral health.

MDHA Membership
- Increase the activity of local components in each city.
- Foster the development of MDHA BOT members and retain existing volunteers.

Communication
- Continue to message advocacy is a significant contribution of the MDHA, for the preventive oral health of Montanans and the profession.
- Insure each member understands the relationship between the MDHA and the American Dental Hygienists’ Association (ADHA).
- Increase the utilization of ADHA resources.

To effectively represent preventive oral health, the MDHA must remain active in advocacy efforts and continue to communicate with members, potential members and other stakeholders.

Kim Dunlap, MDHA Past-President, and I had the opportunity to meet with Montana Dental Association (MDA) leadership. During that meeting Dr. Kurt Lindeman, MDA President, reported the MDA will be introducing legislation in 2013 regarding third-party payers limiting of out of plan expenses. The MDHA BOT, as team members in dental offices, look forward to discussing this legislation further with MDA and potentially offering support.

President Lindeman and Dave Hemion, MDA Executive Director, also expressed the MDA has an interest in expanded-functions for dental auxiliaries, including dental hygienists. Expanded-functions could be potential legislation as early as 2015. The MDA has created a task-force to examine the issue and while they have not committed to the MDHA being part of that task-force, we have asked for a place at the table. The MDHA realizes the potential impact this may have on scope of practice for dental hygienists and other auxiliary.

When the Montana Department of Public Health and Human Services brought forth legislation in 2011 for school-based sealant programs which the MDHA supported, the MDA opposed the legislation. This year the MDA began piloting sealant programs, which included sealants by dentists and dental hygienists in schools and clinics. The MDHA considers the development of the MDA sealant program a success for Montana children. I hope many of YOU have an opportunity to participate in the program as a volunteer. Trustees will be informing component members of these opportunities.

This is just a couple examples of how the MDHA advocacy continues to work for the oral health of Montanans and YOU. Meeting with MDA leadership and other stakeholders is an important aspect which cannot be accomplished one hygienist at a time. Only collectively, through MDHA, can this advocacy take place. By supporting the MDHA through membership, YOU provide support and advocacy for the public and profession.

I look forward to celebrating with you in Helena in 2013 for the Centennial Celebration of the profession and YOU as a professional!

Tonette Hollingsworth, RDH
MDHA President
It is time to start a new MDHA year and season! As we go into the 100th year of dental hygiene, I know we can appreciate the huge strides the profession has made. As I mature in the field of dental hygiene, I see first-hand how vast the career avenues are that we can take beyond the chair-side clinical position. . . . professional sales, administration, education, limited access, expanded functions, outreach (to name a few). The energy doesn’t stop there.

With forward vision, while remembering past challenges and triumphs, devoted hygienists in the MDHA/ADHA organizations have paved the way for the opportunities we take advantage of today. It is through donated time and energy that we continue to expand our functions and capabilities and at the same time, protect our profession of dental hygiene from being devalued and out-sourced.

As I take on a larger role in MDHA, I too will learn more about the outreach efforts of our organization. I hope to be a big voice and advocate for our profession, and that my contribution will make a lasting difference in the future of dental hygiene.

I encourage you at all levels of your dental hygiene career to think about your professional future, what it means to you, and what you hope to have available when your time beyond chair-side comes. It verifies the need for MDHA and ADHA to be the advocate and voice in this profession for you.

A huge “thank-you” to all of the devoted dental hygienists that have gotten us to where we are today! MDHA/ADHA will always need you! For new dental hygienists beginning their careers, I encourage you to bring your energy and passion to MDHA and ADHA. It is through forward thinking and participation that will enable us to move into the next 100 years together.

Tracy Hull, RDH
MDHA President-Elect

Access to Care in Montana
Greetings! My name is Melissa Utley and I am chairing the Public Health committee again this year. We have a busy agenda planned for Dental Hygiene in Public Health throughout the state! School screenings and the promoting the Limited Access Permit (LAP) have taken top priority so far this year. School screenings are in full swing in the Billings, Butte and Bozeman areas. I am currently trying to gather information about the screenings statewide to be able to correlate with the Montana Health and Human Services department screening data. If your area is conducting screenings and I did not mention it previously, please contact me so I can get your community on the list. The results of the screenings have shown that only a small percentage of the children referred for urgent need treatment actually receive care. This brings Montana’s access to care issues to the forefront! I am working with several agencies in Billings and throughout the state to try to ease this problem. Any suggestions, ideas or recommendations (experiences from other states?) would be greatly appreciated!

On the note of addressing access to care in Montana, it is important for us to take advantage of the opportunities of having a Limited Access Permit! Utilizing this facet of the dental

(Continued on page 4)
MEMBERSHIP
I hope everyone is having a wonderful Fall! We had a great time at the MDHA Annual Session. Bozeman did a fabulous job with the meeting this year.
As always, I am here to encourage the growth of our MDHA/ADHA membership. We have a wonderful and growing profession. Being a part of the MDHA gives us the opportunity to strive for bigger things and reach higher goals within our profession. ADHA is a great association, so please help me with spreading the word and educating others on the importance of becoming a member. Also, thank you to those of you who continue to support dental hygiene and MDHA/ADHA!

The current annual membership fee is $195. ADHA’s quarterly payment plan offers an affordable way to budget this great investment in your profession. By enrolling members pay four installments of $50 spread throughout the year. When broken down monthly membership is only about $17/month. What a small investment in the profession! If you are a current member you can enroll in the quarterly plan upon renewal. Reinstating and new members must contact ADHA via phone to enroll at (312) 440-8900. Along with the many benefits listed through ADHA, you will receive discounts at MDHA CE courses.

Please visit the ADHA and MDHA websites to check out what is going on in our profession nationally and state wide. Please feel free to contact me regarding anything concerning membership: suzie-sun@hotmail.com or 406-530-1402.

Suzie Rogge, RDH BS
MDHA Membership Chair

CELEBRATE YOUR PEERS
Congratulations to the 2012 MDHA Award Recipients! With nominations from their peers, the following people were honored at the President’s Luncheon on Friday, September 21st, at the MDHA Annual Session in Bozeman.

The Community Service Award recognizes hygienists who have proven extraordinary service to the field of dental hygiene and contribution to the community. This year’s recipients were Clancy Casey and Connie Vergine of Helena, Debbie Porter and Shasta Jiracek of Billings, and Kim Dunlap of Great Falls.

Rookie of the Year was awarded to Diedri Durocher of Great Falls. This statewide award goes to an MDHA member practicing for less than five years who has demonstrated a spirit of volunteerism, leadership or outstanding work for the profession of dental hygiene.

Joel Maes, DDS, of Helena was honored with Outstanding Dentist of the Year. The award recognizes a dentist who has shown exemplary respect and support for the profession of dental hygiene.

Keep these awards in mind this coming year, as nominations will be sought for the 2013 Annual Session.

Diedri Durocher, RDH
MDHA Public Relations

CONGRATS TO LAURIE JESSEN
Laurie was randomly chosen from the MDHA members in Montana to receive a free XP Technology no sharpen instrument from American Eagle Instruments. American Eagle Instruments supports all dental hygienists’ but wants to continue ADHA’s mission to advance the art and science of dental hygiene, and to promote the highest standards of education and practice in the profession. Laurie chose American Eagle Instruments Eagle Claw with a black resin handle for her free instrument. To learn more about American Eagles patented no sharpen XP Technology go to their web site: www.am-eagle.com.

Thank you Laurie Jessen for supporting your association and enjoy your new XP instrument!

Where is my Member Directory??
Coming soon to you on the website. Watch for an e-mail with your user name and password.
(Continued from page 2) Hygiene license is very rewarding, both financially and professionally. There are so many opportunities for a dental hygienist to utilize the LAP in independent settings. Applying for your LAP can seem daunting, therefore I am providing step-by-step reference materials for help in registering and I have several “go-to” people that will be available to help throughout the state. If you missed MDHA’s Annual Session conference in September, Judy Harbrecht has started a LAP Network to keep LAP holders informed about new legislation, events, and reference as well as exchange of information/thoughts within the network. If you are not a part of the LAP Network and would like to be added to the mailing list, please email Judy at teefortwo@mcn.net. If you have any questions about job opportunities with the LAP or getting yourself registered please email me at tuthfari@gmail.com.

Have a great fall!

Melissa Utley, RDH
MDHAPublic Health

LEGISLATIVE NEWS

The 63rd session of the Montana Legislature will convene Monday, January 7, 2013. MDHA will not introduce legislation during this session but we will be closely monitoring the legislature. We have contracted with Margaret Morgan, Morgan Consulting, Inc. to represent and lobby for our profession during the coming Session. Ms. Morgan was highly recommended by several associations which she has represented for many years. We look forward to a long, productive relationship.

If bills are introduced that may affect our profession or public safety and well-being related to health care, MDHA will issue an alert, requesting you to contact your legislators. If you do not know the legislators representing your district, you will find several ways to get that information at the following link: http://leg.mt.gov/css/find%20a%20legislator.asp Establishing an ongoing relationship with your legislators creates opportunities to educate them about oral health and professional issues, as well as a host of other issues that affect you and your family.

Lobby Day is planned for Friday, January 25th, 2013 at the Capitol, beginning at 10:00. It is always an exciting, fun event and we hope to have hygienists from every corner of the state there to represent our profession. We will gather for a group photo in the rotunda, hear a legislative update from our lobbyist, provide refreshments and information about our profession to legislators, be formally introduced in the House and Senate and distribute 100th Anniversary of Dental Hygiene favors to all legislators. You don’t want to miss this special way of honoring and promoting our profession, so mark your calendar right now and plan a component carpool to Helena!

If you have questions or concerns during the legislative session, please email me at tcgrass@live.com.

Colleen Grass, RDH
MDHA Legislative Chairman

Greetings from the MDHA Board of Dentistry Liaison!

My name is Fawn Wyman. I live and work in Belgrade, MT with my husband and daughter. I am very excited to serve as the Board of Dentistry (BOD) Liaison and look forward to another great year of hygiene!

Due to the interim legislative activity the Dental Hygiene Committee of the BOD is once again active. This committee consists of the two dental hygienist board members, Jen Porter and Lorie Merrick, and one dentist, Dr Amy Ameline. The MDHA asks dental hygienists with a dental hygiene issue to utilize the committee, as we understand our profession and the issues we face each day.

GREETINGS FROM THE MDHA BOARD OF DENTISTRY LIAISON!
### Local Anesthesia Review

**Gail Staples RDH, BS**

Anesthesia Refresher Course: Review of Anesthetic choices, learn about new injection techniques & equipment. Recent graduates as well as veteran hygienists who may have forgotten concepts from their hygiene education can benefit from this course.

Upon completion of the program hygienists will:
- Describe head and neck cranial and osseous anatomy
- Apply effective local anesthesia techniques to particular regions of the oral cavity
- Demonstrate appropriate armamentarium used in local anesthesia administration

This course is not a substitute for a full-fledged anesthesia program (depending on state regulations that vary from 32 to 72 hours) that allows participants to become certified/licensed in local anesthesia.

### Spit Is It

**Pat Pine, RDH**

Our saliva is a valuable monitoring medium as an indicator for systemic diseases. How does spit assist in the prognosis for periodontal disease? Saliva’s pH has information not to be kept a secret.

Participants will be able to:
- Discuss the value in saliva testing
- Understand research has explored with non-invasive “saliva testing”
- Recognize that dentistry is moving to medical model
- Identify oral health and physical health connections

### Lunch & Learn during hosted lunch

#### Limited Access Permit Information

**1CEU**

### Great Meeting in Bozeman

Thank you to Ann Hiesterman and Crystal Spring, 2012 Annual Session Co-Chairs and their committees, for all the hard work on a great meeting. Four of the speakers were local Bozeman professionals, who all got very high reviews from all the attendees. We were entertained and challenged with the “Killing the Parrot” ladies.

The vendors generously supported Montana hygienists with their presence and donations. A special thank you to Henry Schein for an above and beyond sponsorship of the Wine and Cheese social - Fiesta style. Congrats to the newly installed MDHA and SMADHA officers and their Boards. You missed out if you didn’t attend the Friday night music with Diamond Rock & Soul.

We let loose and enjoyed the company of old and new friends from across the state. **THANKS!**

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**Join us for Lobby Day at the Montana State Capitol**

Friday, January 25, 2013  
10:00 AM

- 10:00 Group Photo & Lobbying
- 12:00 Lunch and Learn
- 1:00 Lobbying
- 2:30 Social Hour with MDHA Board

**Celebrating 100 Years of Dental Hygiene**

Missoula component members at a meeting with 6 Nationally known hygienists.


**Billings**

The Billings component group has been very busy already this fall. We had a fall kick-off party at Billings’ very own winery, Yellowstone Cellars and Winery. We enjoyed wine tasting, a tour and talked about upcoming events. Our group voted in a new component president Suzie Rogge, and myself, BreAnn Mechem as your Billings trustee. We are excited to have Dr. Amy Fuller be a main presenter for us this year, along with other speakers we are lining up. We also have many volunteer opportunities we are pursuing.

Melissa Utley, MDHA Public Health Chair and Shasta Jiracek (past Billings trustee) presented a School Screening Calibration meeting scheduled all the school screenings with the first few already done. One of our goals is to work with dentists in our community and start the Bright Smiles sealant program for Billings and surrounding areas. The holiday season is coming fast and in December we will be having our annual ornament exchange and donations to the Yellowstone County Youth Services. It is an honor to be on the MDHA board and look forward to serving and working with everyone this year! Thank you!

“*Our lives are defined by opportunities, create them*”

Have a wonderful fall everyone!

BreAnn Mechem, RDH

MDHA Billings Trustee

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**Bozeman**

The Bozeman Component celebrated Dental Hygiene Month dancing it out with Cardio Party and Yoga sponsored by the Ridge Athletic Club in Bozeman. Kaye Rittal was the winner of the Ridge Spa Experience. Congratulations Kaye! She then sang “Happy Birthday” to Crystal Spring! It was a great time!

Our next meeting will be Thursday November 8th, 6pm at Dr. Monson’s Dental Office 1195 Stoneridge Drive, Bozeman. Kara Cannon MSOT, OTR/L of Functional Fundamental’s will present Part II “Treating the Autistic Patient.” (2 CE’s offered)

The following is a tentative schedule (Dates and Locations to be announced-watch for emails or call)

- December: Merry Christmas! No planned activities.
- January: Volunteer with Homeless Connect.
- February: Volunteer with School Oral Health Screenings & Give Kids A Smile Day!
- March: Tour the Biofilm Research facility on MSU campus.
- April: Jeff Sales Rep. for Henry Schein will present a CE program
- May: Celebrate Older American’s Month

We hope you can attend Kara’s presentation November 8th @ Dr. Monson’s office!

Crystal Spring, RDH 581-5293 and Lorie Becker, RDH 224-0507

MDHA Bozeman Component Co-Trustee’s:

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**Butte**

Hello from Wanda Haller and Lisa Howell, Butte’s new co-trustees! We are excited to get some activities and get-togethers going for the Butte area. For example, we are planning some CE with the area periodontists Dr Stephen Walters and Dr Jaden Erwin in the next few months. On Nov 29, we have an MDHA Holiday Social planned at 6:30 at President Tonette’s house at 503 W Galena, please come and bring any ideas or suggestions you may have for our area component.

Wanda Haller, RDH wandakp@hotmail.com 491-3013
Lisa Howell, RDH lisa_howell@yahoo.com 496-6007

MDHA Butte Co-Trustees

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**Great Falls**

We are excited to be joining the board as the Great Falls component trustees for 2012-2013. We graduated together in 2010 and have been working full-time for the past two and a half years here in wonderful Great Falls.

We look forward to meeting new people and seeing old friends during our time on the board. Our plan is to work with professionals from several different fields to learn how they provide individual treatment, in turn, helping us increase our knowledge base and incorporate overall health with dental health. With all the hard work we do we need to learn how to pamper ourselves too. Therefore, we would also like to bring in professionals that can teach us how to increase our career longevity. Our goal is to find new, different, and exciting information that will help us as well as our patients.

Ladies and gentleman in the Great Falls and surrounding areas, make sure to keep your eyes open for information, CE opportunities, forums, and discussions. We expect to have three or four options for CE opportunities. If you have any questions or would like to contact us with any ideas feel free! Excited to meet everyone!

Alisha Moberley, RDH alisha_moberley@hotmail.com
Brenna Bishop, RDH breanna_bishop8@yahoo.com
MDHA Great Falls Co-Trustees

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**Helena**

Fall greetings from Janet Lieberg and Connie Vergine! We are once again co-Trustees for the Helena Component, and we are having a wonderful time doing it! We actually met several times this past summer and began planning for Annual Session 2013, which will be held in Helena. The convention will convene at the Great Northern Convention Center, September 19-21. Our component is extremely excited to host this event, as we will be not only celebrating “100 YEARS of the Dental Hygiene Profession”, but celebrating in Montana’s own Capitol City! We have confirmed three outstanding speakers for this event; Victor DeNoble, PHD-“Nicotine Addiction”, Debra Sabitini, BS BA-“HPV”, and Ann Guignon, RDH, MPH-“Biofilms”. Enthusiasm and willingness to volunteer has been amazing! All committees and committee chairs have been filled. We intend to make this the best Annual Session ever and hope all will join us for this special celebration.

In addition our component has continued to conduct our regular business meetings, and we have had two very informative speakers in September and October. Marge Foran, RDH spoke on Orofacial Myology, and Megan Gittings, FNP-C, from Associated Dermatology. Of course we always enjoy our pre social with snacks and appetizers! Our next component business meeting is scheduled in November. Periodontist Dr. Jayden Erwin will be speaking. In December we will have a potluck with our annual gift exchange and again make a donation to a needy family.

Speakers have also been lined up for 2013, and will include UPV, Women’s Health Issues, and ENT specialist. We will conclude our speakers in March and from April through September focus our business meetings primarily on Annual Session 2013. We wish you all Happy Holidays!!!

Janet Lieberg, RDH and Connie Vergine, RDH
MDHA Helena Co-Trustees

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**Kalispell**

Hello there from the snowy Flathead valley! With the new snow brings a new face and as your Kalispell Trustee I am excited...
and looking forward to meeting everyone in the Kalispell/Flathead Component!

My name is Shawna Kugler and I have been practicing now for almost 2 years in the Flathead area. I’ve been in the dentistry field for over 17 years starting first as an assistant. Now as a hygienist, I am excited to continue my learning through meetings and networking with other peers in my field. Being a trustee allows me this opportunity and also the chance to socialize (which is another favorite pastime of mine!)

This autumn/winter will find us meeting in November and December to close out the 2012 year. As the holiday season falls upon us, and with the help of some terrific peers, I have arranged a November meeting to include Orthodontist Dr. Young-Stebbins Han to speak about the wonders of orthodontia and the new appliances that we may be privy to seeing in the mouths of our patients in the chair. We’ll also hear from Ashley Guy, DPT who will share her expertise on ergonomic issues relating to our field. I’d like for this first meeting to be a chance to meet fresh new faces and also to see familiar faces of friends and peers so keep your eyes out for an email that will provide more detailed information and mark it on your calendars!

For those I have contacted already, thank you for your warm replies. For those that may have changed your contact info, or have not received an email from me, please feel free to contact me via email atshawna_kugler@yahoo.com. I hope to see many of you at our first meeting and I have some wonderful ideas planned for future meetings so stay tuned, stay warm and have a wonderful Holiday Season!

Shawna Kugler, RDH
MDHA Kalispell Trustee

Hello from the Garden City! My name is Jenny Hawthorne, and I am Missoula’s new MDHA Component Trustee. I am excited to have the opportunity to help keep Missoula and the surrounding communities involved along with acting as the liaison between the MDHA and our component. I would like to continue the past trustees’ vision of a local Study Club, along with scheduling several CE courses for the Missoula area hygienists.

Over the past several months, we have enjoyed a few social gatherings. American Eagle Instruments organized a meet and greet of 6 nationally recognized hygienists. Those who attended the gathering shared many laughs over drinks and appetizers. See photo pg 5. Additionally, the 2012 Mentor of the Year, Phebe Blitz was in Missoula, see article below.

Planning is underway; please watch for my e-mails on upcoming events. If there are any questions, comments or ideas, please feel free to contact me by email or phone at jmms6181@hotmail.com and 406-533-8575. Happy Holidays!! I look forward to seeing/hearing from you all soon!

Jenny Hawthorne, RDH
MDHA Missoula Trustee

The Student Members of ADHA at MSU-Great Falls COT have kicked off and are gearing up for a great year. The senior SMADHA officers hosted a potato bar luncheon and nomination party on October 12th to welcome the new juniors into the organization. The event was livened up with an entertaining video made by the seniors (and featuring the hilarious sock puppet Mr. Tooth Fairy) explaining SMADHA and what they enjoy about it. Past-President Kim Dunlap and Student Liaison Diedri Durocher were on hand to answer questions and educate the newcomers about MDHA. The students were asked to not only think about what MDHA could do for them, but also what they could do for MDHA, and were encouraged to show their pride as dental hygiene students by joining SMADHA and ADHA.

Diedri Durocher, RDH MDHA SMADHA Liaison

Phebe Blitz, RDH, BS, MS was pictured on the front cover of the April issue of RDH Magazine for being chosen as the 2012 Mentor of the Year. When Heidi Halverson read the article she noticed her granddaughter attended the University of Montana. Heidi contacted her and said whenever she was in Montana visiting her granddaughter we would love to “hear her wisdom.” Phebe was in Missoula for parents weekend, Sunday October 14th.

A small group of local hygienists joined to meet this amazing woman. A small conclusion of Phebe’s accomplishments include being the founder of the Westchester component in New York, along with being a state president and delegate around the same time. She developed a dental hygiene program in New Zealand and remains involved in the International Federation of Dental Hygienists. Phebe currently is interim Dean of Career and Technical Programs at Mesa Community College in Arizona and also the director of the dental hygiene program.

From her interview with RDH Magazine: “The dental hygiene profession, she believes, has tremendous potential and value to society as a whole. “I’m really anticipating positive change in our profession. I’m hopeful that most, if not all, hygienists can develop themselves enough to unleash their personal power and use it to have a positive impact, not only on their patients’ oral health, but their practice and community as well.” (May 2012 Issue of RDH Magazine)

We were so lucky to have the opportunity to meet this amazing, inspirational woman. A special thanks to Heidi Halverson and Phebe Blitz for making this happen.

Jenny Hawthorne, RDH MDHA Missoula Trustee

Right-SMADHA President Heidi Frazier, rocking the tie with shorts!
The mission of the Montana Dental Hygienists’ Association is to advance the art and science of dental hygiene by improving the public's total health through: ensuring access to quality oral health care, awareness of cost effective benefits of prevention, promotion of the highest standards of dental hygiene education, licensure, practice and research; and provide representation, promotion, and preservation of the interests of dental hygienists.

2013 MDHA Annual Session
September 19 - 21, 2013
Great Northern Hotel
Helena, MT

100 Years of the Dental Hygiene Profession

"Victor DeNoble, PHD - "Nicotine Addiction"
Debra Sabitini, BS BA - "HPV"
Ann Guignon, RDH,MPH - "Biofilms"