**PRESIDENT’S MESSAGE . . .**

What a great time to be part of MDHA! We have celebrated the 100th year of Dental Hygiene (Unleashing Your Potential) with ADHA and the 50th Year of MDHA in Montana. In Boston, it truly was the ‘Celebration of the Century’ focusing on past dental hygiene achievements and history and celebrating our unique professional future. MDHA held nothing back with their celebration as well, providing one of the best Annual Session symposiums I have participated in over the years. Thank you Helena Dental Hygienists for all of your hard work, dedication and desire to make it the ‘Centennial’ celebration of the century!

Now the question is . . . ‘Where do we go from here?’ What are the goals and ambitions for MDHA and dental hygienists in Montana? What could affect our profession as we see it today? As I step into this role, these are questions I have been asking myself over the past few months, especially as I help organize and build a road-map for MDHA to work on for our future.

First, as an association, MDHA will continue to protect the integrity of our profession, our scope of practice, advocate for life-long learning and access to care, both at the state level and to the national level. It is truly a collective force that creates this ability from both at the state level and to the national level. It is practice, advocate for life-long learning and access to care, technology, and the influence of other professionals are taking their training literally to the streets, and professional organizations.

MDHA is already taking a serious look at territory, MDHA is already taking a serious look at these models and will be dedicated to breaking down and understanding their definitions in order to protect our current scope of practice as well as provide boundaries as these models develop in Montana. This is an on-going endeavor and is influenced by access to care, technology, and the influence of other professional organizations.

In Montana, we are already seeing positive strides in Access to Care. It is through one of our work-force models, “LAPs” (Limited Access Permit Hygienists) that we are seeing momentum. Montana LAP professionals are taking their training literally to the streets, to those nursing homes, hospice settings and specialty schools where personal care is limited and access barriers are truly at the forefront. They are paving the way and helping us define the ‘rules and regulations’ to allow access to care in these most needy facilities. This is an ongoing workforce and we expect positive change and expansion of the LAP’s role in Montana in the future.

**Changes in Professional Roles**

Definitions and dental work-force models are changing through-out the United States. We are seeing different descriptions and roles defining the profession of dental professionals. Examples are: LAP’s, EFDA’s, Dental Hygiene Therapists . . . what do these models entail? What are the positives and negatives of these new roles? How do they affect our current work force and scope of practice? As we move into uncharted territory, MDHA is already taking a serious look at these models and will be dedicated to breaking down and understanding their definitions in order to protect our current scope of practice as well as provide boundaries as these models develop in Montana. This is an on-going endeavor and is influenced by access to care, technology, and the influence of other professional organizations.

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**Unleashing Your Potential**

You have the skills, ability and opportunity to reach so many in your professional arena. The following are a few examples of how you can get involved and apply those skills and potential.

**Community Outreach** – Volunteer in community center health fairs. Donate your time and skills in your local health clinic. Participate in community activities such as health-related fund raisers, Special Olympics, school oral screenings. Take the leadership role and organize a community outreach activity of your own related to dental hygiene. You are capable and you can do it!

**Government Relationships** – Learn more about your local government and regulations that affect dental hygiene in Montana. Attend public meetings related to our profession and health issues. Step out and take the opportunity to speak with your local legislature and discuss issues that affect our profession and the opportunities you see that can make a change. Remember, we always need your voice!

**Our Future Begins Now**

We have new representation on the MDHA board this year. MDHA members volunteer their time, travel, and finances to work on the goals of Montana dental hygienists in our local communities and across the state. We are excited to mentor as well as learn new perspectives from our new trustees and chair persons.

As we move into the next season and 100 years together, I hope to contribute to this legacy of dental hygiene, make a lasting mark that improves the direction of our profession, support my MDHA Board of Trustees and the work they do; and ultimately, provide upfront and progressive representation for all of you across the state of Montana.

*Tracy Hull, RDH*  
*MDHA President*
A Message from the President-Elect...

It is a great time to be a member of MDHA as opportunities abound for the future of dental hygiene. The door is open for dental hygienists willing to reach into communities where oral health needs are currently unmet. Creative thinking, some risk, and hard work are the key ingredients to succeed. President Hull presents important questions “Where do we go from here?” and “What goals and ambitions do we as dental hygienists want to pursue?”

There are new definitions of dental work-force models and acronyms galore lately. Sometimes the new ideas and concepts create an alphabet soup and it just seems easier to switch back to plain tomato soup with a few saltines! However as technology, evidence-based research and the push to increase interprofessional education and communication, it’s apparent we are facing a world of change. Sometimes change seems threatening or just too much work, but ultimately change is good. Remember the switch to wearing gloves? A simple change? Back in the 80’s all were disputing the new rule to always wear your gloves when treating patients!

Over the years, residents of Montana have been fortunate to access great dentistry and preventive care. This simple fact has decreased the rate of edentulism in people aged 65 and older to 18.7% which is slightly below the national average of 20.5% (MT DPHHS Grants to States to Support Oral Health Workforce Activities HRSA-13-142). Hats off to the dental hygienists and dentists of Montana for providing excellent care and helping people keep their teeth as they age! People now enter long term care (LTC) facilities with their teeth, but access to dental care was limited until the Limited Access Permit (LAP) became a reality. Now dental hygienists are providing care in LTC and other facilities to improve access to care in collaboration with dentists and medical professionals. The national trend of people keeping their teeth longer has prompted the need for accessible, reliable, oral health education aimed specifically for the aging population. On October 8, 2013, Oral Health America launched the new website www.wisdomtooth.org with ADHA support. Check it out! Furthermore ADHA endorses Smiles For Life, a National Interprofessional free online resource, Oral Health Curriculum. Check it out!

If working in a LTC facility is not your passion-find it! President Hull encourages us to unleash our potential! Volunteer in community health fairs, participate in Head Start screenings, be the oral health educator for your local hospital pre-natal classes! Learn more about your local government and regulations that affect dental hygiene in Montana. Visit the MDHA and ADHA websites and tell us how we can improve! Become active in MDHA and your local components. Become a member if you are not and let your voice be heard!

As your President-Elect I am ready to help you pursue your passion, listen to your opinions, and change it up a bit! I plan to introduce a few new ideas during our Annual Session business meeting so we are more in line with ADHA. Introducing a Mega Issue discussion during our Annual Session business meeting will be one of the main changes. I hope to increase student involvement with MDHA activities, take a serious look at our component structure, and continue to improve upon our LAP support system. Change is part of our world. May we embrace the new opportunities as they come. Never be afraid to voice your opinion, always be kind to one another, and seriously ask yourself “Where do we go from here?” and “What goals and ambitions do we as dental hygienists want to pursue?” Hello Montana, “We’re Listening”.

Lorie Becker RDH, MS, LAP
MDHA President Elect

MDHA BOARD OF TRUSTEES

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President - Elect        Lorie Becker
Past - President         Tonette Hollingsworth
Secretary                Diedri Durocher
Treasurer                Tammy Helmer
Delegates                Lorie Becker & Heidi Halverson
Alternate Delegates      Diedri Durocher & Crystal Spring

Standing Committees
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Annual Session 2014        Bonnie Young, Kim Dunlap & Melissa Pyette
BOD Liaison                Tonette Hollingsworth
Membership                 Brittney Hendricks & Jaqi Neal
Legislative                Seeking Volunteer
Public Relations           Diedri Durocher
Historian                  Maggie Matteson
Spring CE 2012             Melissa Pyette & Kim Dunlap
SADHA Liaison              Vanessa Rocheleau
Public Health              Melissa Utley

Component Trustees
Billings                   Suzie Rogge
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Bozeman                    Crystal Spring & Rebecca Anderson
Kalispell                  Shawna Kugler & Alisha Moberley
Missoula                   Jenny Hawthorne
Great Falls                Heidi Frazier

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Great Falls                Heidi Frazier

Sign Up For an ADHA Listserv Today!

Listserves are a national communication tool about dental hygiene issues. Areas of interest include public health, student advisor, and governmental advocacy. By subscribing ADHA members can monitor national issues and trends through a discussion via e-mail.

Members and Nonmembers
Help us keep current!
Please notify the Communication Center of any name, address, phone number, and e-mail updates!!

montanadha@msn.com
(406)256-7384
CONGRATULATIONS BRITTNEY HENDRICKS!
Brittney 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. Brittney chose American Eagle Instruments Blackjack with a resin handle for her free instrument. To learn more about AEI's patented no sharpen XP Technology go to their web site: www.am-eagle.com.
Thank you Brittney Hendricks for supporting your association and enjoy your new XP instrument. Thanks, Heidi Halverson

WHO IS YOUR BOARD?
The MDHA Board of Trustees is a group of dedicated and driven dental hygienists. They range from recent graduates to those with over 30 years experience. They are single, married, divorced, new moms, not-so-new moms, grandmothers, sisters and friends. They have jobs, hobbies, commitments, and activities. They volunteer their time and money to serve on the Board. They spend gas money to get to board meetings across the state. They pay full registration fees for CEs. They spend extra time during the CEs at board meetings and strategic planning sessions. They hold dear the best interests of Montana dental hygienists and MDHA. They love to hear what members respectfully have to say. So please, talk to your BOT, and, if you are so moved, maybe even thank them as well.
Diedri Durocher, RDH

MIGRANT WORKERS MOBILE DENTAL UNIT
The photo to the R is the interior of the 2 year old mobile unit that provides dental care around the state in the summer.
Recently I attended a malpractice insurance lecture in Sacramento, California. There were three insurance companies speaking at this conference so...I thought I would sit in. The three companies were Hartford Insurance, Aflac, and Marsh Seabury. The topic of discussion revolved around healthcare professionals and malpractice (liability) insurance. I was shocked to learn that 33% of healthcare professionals do not carry malpractice insurance.

The main reason cited (in a survey they distributed to random healthcare professionals throughout the U.S.) was that they believed they would never be sued. I guess the reason I was shocked was because I have always carried malpractice insurance. Many of you have heard from your employers “nobody will sue you—if a patient is going to sue it will be me (the dentist) that will be sued. Nothing could be further from the truth. We live in a “sue happy” world and the statistics say that litigation against medical professions have increased 25% in the last 2 years. Marsh/Seabury even told of a story where currently a patient in Florida has successfully sued a dental hygienist and the dentist she works for because they documented that a lesion in the patient’s mouth looked “within normal limits”. The patient took it upon himself to seek a 2nd opinion from an ENT and the patient was diagnosed with oral cancer – lost an extensive portion of their tongue, endured a grueling regimen of chemotherapy and radiation and the ability to speak properly (the patient was a pharmaceutical salesman); therefore his financial and professional livelihood was all but destroyed. The patient did not win on the merits of a misdiagnosis he actually won because the dentist and the dental hygienist documented the words “within normal limits” and the court determined that no one can know what is normal for that individual patient.

Now we all know that there is a chance that every one of us could misdiagnose or provide the wrong assessment of any situation in our office. Chances are some of us have already been wrong a few times in our practices; however you are not immune to litigation just because you made a mistake.

The second most common reason healthcare professionals are sued is because they thought what they were doing was within their scope of practice and clearly it was not. As dental hygienists - we all took the jurisprudence exam; this exam is administered to test our knowledge of the law in the state of Montana as it pertains to our scope of practice. It is our responsibility as licensees to know these laws. In addition it is the responsibility of our employers to know the law – they took the same exam. It is totally false for any one of our employers to suggest dental hygienists are immune to litigation, being reported to their state Dental Board, or possibly losing their privilege to practice.

Since dental hygienists have a more expanded scope of practice in Montana i.e. the ability to administer local anesthetic, practice under general supervision, and the LAP; I believe we must be more versed in the law and what we are allowed to do as we really have two separate environments of practice, direct supervision and general supervision. A few examples of violations to the laws surrounding the dental hygiene scope of practice I have heard through the grapevine in my own community: It is not ok under any circumstance to administer local anesthetic, or nitrous oxide while the dentist is out of the office. It is not ok to supervise dental assistants who are providing dental treatment to patients while the dentist is out of the office. Dental Hygienists do not have supervisory authority in this state-- KNOW THE LAW—it protects our profession and keeps insurance rates down, and it is your professional responsibility.

Lorrie Merrick, RDH, MSDH

Note from Editor: As MDHA/ADHA Members you access to Liability Insurance through ADHA. Please go to adha.org for more information.

**What is QPP?**

Quarterly Payment Plan is a way to pay your ADHA/MDHA dues in four payments throughout the year.

**Pay only $51.75/quarter**

ADHA members on the Quarterly Plan will be charged on the following dates:

**Winter Cycle**
- Quarter 1 payment – January 1st
- Quarter 2 payment – April 1st
- Quarter 3 payment – July 1st
- Quarter 4 payment - October 1st

**Summer Cycle**
- Quarter 1 payment - July 1st
- Quarter 2 payment – October 1st
- Quarter 3 payment – January 1st
- Quarter 4 payment – April 1st

Any existing, new or lapsed ADHA member may join the QPP at any time. Contact ADHA Member Services @ 312/440-8900 and press 1.

**MEMBERSHIP UPDATE**

Hello! We are Brittney Hendricks and Jaqi Neal and we are the new Membership chairs for 2013-2014. We are both 2013 graduates from Idaho State University and live in Hamilton, MT. We are excited to be a part of the Montana Dental Hygienists’ Association and look forward to increasing membership throughout the year. This month we have been busy creating the Breast Cancer article and brainstorming ideas to increase activity in the association. If you have questions about membership contact us anytime! Jaqi at j.neal16@hotmail.com and Brittney at hendbri3@isu.edu
Melissa Utley, RDH
MDHA Public Health

We are thankful for all you do in our profession! Thank you!

... underserved of our great state over the next several months.

...of Montana's hygienists', a.k.a. Tooth Fairies, serving the... AND keeps those nasty sugar bugs away. They love us, right?!

Truth is they really do love us. For many of these kids it's the only chance they get to have a toothbrush at home, not to mention it's the closest they will ever get to any preventative dental care. There are many areas throughout Montana that have been consistently providing screenings to elementary children over the years but because of the vastness of our great state, there are still many areas where our help is desperately needed.

This year, Montana's Sealants For Smiles! Program was awarded a large grant from the Caring Foundation (foundation to Blue Cross and Blue Shield) to provide dental disease preventing services to low-income school-aged children. Partnered with Confederated Salish and Kootenai Tribal Health, Billings Oral Health Alliance, Partnership Health Center, Council on Public Health and Planning, Montana Dental Association and Montana Department of Health and Human Services several events have been scheduled throughout the 2013-14 school year. It's estimated that nearly 8,500 children will receive treatment this year, that's an increase of over 5,000 children from last year!

In addition to screening kids in school, our fellow hygienists are participating with Special Olympics and the Special Smiles screening program. The program offers dental screenings, oral hygiene instruction, and mouth guards for participating athletes. The Special Olympics is being held in Billings, May 2014. Crystal Spring is coordinating some Special Smiles events leading up to competition week with the next event scheduled in Great Falls in mid-November. It's estimated that nearly 8,500 children will receive treatment this year, that's an increase of over 5,000 children from last year!

...as they promise (cross-our-hearts-and-hope-to-die) tastes good AND keeps those nasty sugar bugs away. They love us, right?!

Exciting News in Public Health

The fall leaves are quickly changing, and you know what that means fellow Tooth Fairies.... Screening time!! That's right, school screenings and sealant programs are in full swing across our great state and those sweet kiddies are anxiously awaiting our smiling faces, bearing precious toothbrushes, eye-blinding headlamps, stuffed animals with ginormous teeth (that could possibly bite fingers...rumor has it), flossing & sugar-bug lectures, and funny tasting “stuff” that we promise (cross-our-hearts-and-hope-to-die) tastes good AND keeps those nasty sugar bugs away. They love us, right?!

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Finally, don’t forget that it’s not just children that rely on our hygienic generosity! Last year the big-hearted Student hygienists of the MSU-Great Falls Dental Hygiene program brought Project Homeless Connect to Great Falls for the first time! This program has been largely centered in Kalispell, Missoula, Billings, and Bozeman. The ladies coordinated with the Montana Dental Association to provided free preventative dental services to the homeless in the Great Falls area. Way to go Ladies!

These are just a few examples of the wonderful generosity of Montana’s hygienists’, a.k.a. Tooth Fairies, serving the underserved of our great state over the next several months. We are thankful for all you do in our profession! Thank you! Melissa Utley, RDH MDHA Public Health

MDHA 2013-2014 Calendar

November 14 & 15, 2013 BOT Meeting, Great Falls
December 13, 2013 Board of Dentistry Meeting, Helena
January BOT meeting (date TBA)
February Children’s Dental Health Month
March 14, 2014 Board of Dentistry Meeting, Helena
April 11, 2014 MDHA BOT meeting
April 12, 2014 Spring CE, Fairmont, MT
May 3, 2014 GF College MSU Graduation
June 13, 2014 Board of Dentistry Meeting, Helena
June 20-22, 2014 WREB Exam, Great Falls

Do You need a Local Anesthesia Course??

We are trying to determine the demand for a course to prepare for the local anesthesia WREB exam. Please contact Debbie at MDHA to enquire. 406-256-7384 or montanadha@msn.com

Colgate-Palmolive Company partners with Dental Hygienists

As part of its continued commitment to improving oral health in the community, the Colgate-Palmolive Company named 24 hygienists to two Oral Health Advisory Boards. The board members will partner with Colgate to inspire better oral health in their patients. Dental Hygienists are critical partners for Colgate because they share Colgate’s commitment to help patients achieve optimal oral health. As such, for the first time Colgate created two Advisory Boards. The Boards are comprised of 24 dental hygienists from a wide range of communities across the U.S. Heidi Halverson, RDH, LAP, BS from Missoula, MT was selected to serve on the Summer Board.

The Spring Board Meeting was held in May followed by the Summer Board Meeting in August – providing the board with the opportunity to share their ideas with Colgate and each other. The Board Members met with top key opinion leaders and Colgate Scientists at Colgate’s Global Research and Technology Center in Piscataway, New Jersey where they were provided with an inside look at Colgate’s product research and innovation process.

The Colgate Oral Health Advisory Board, established in 2009, is a critical element in Colgate’s well-established Colgate Oral Health Advisor program (COHA). This complimentary, innovative program offers educational benefits exclusively for the dental hygienist. Its most recent enhancement, the COHA Facebook Community, provides COHA members a unique forum for networking with fellow dental hygienists as well as an opportunity to have direct access to Colgate. For more information, please visit www.colgateoralhealthadvisor.com. The practicing hygienists on the Board were selected based on the recognition submitted by their colleagues, commitment to dental hygiene and leadership within their profession. Two practicing dental hygiene authors/lecturers complete the Board composition.

About Colgate-Palmolive

Colgate-Palmolive is a leading global consumer products company, tightly focused on Oral Care, Personal Care, Home Care and Pet Nutrition. Colgate-Palmolive sells its products in over 200 countries and territories around the world under such internationally recognized brand names as Colgate, Palmolive, Mennen, Softsoap, Irish Spring, Protex, Sorriso, Kolynos, Elmex, Tom's of Maine, Ajax, Axion, Soupline, and Suavitel, as well as Hill's Science Diet and Hill's Prescription Diet. For more information about Colgate-Palmolive's global business, visit the Company’s web site at www.Colgate.com. To learn about Colgate's global oral health education program, Bright Smiles, Bright Futures®, please visit http://www.colgatebsbf.com.

Colgate-Palmolive Company partners with Dental Hygienists
**Billings**

Happy Dental Hygiene Month! I am hoping for a fun year for the Billings Component. I am also excited to see all of you in the Billings area join us each month for fun, networking and a little education, too!

We kicked off the fall in September with a social at Simply Wine. It was a nice evening. For October’s get together, Dr. Amy presented Treatment of Mucogingival Defects. They always provide great information (wine too!) We will have an event each month for our component to get together. November 14th will be our next meeting at Dr Manhart’s office 5:30 pm. Please, watch your emails for details each month. If anyone has a certain event or speaker they are interested in having, please let me know.

Don’t forget about the annual Christmas Party and ornament exchange! This year it will be December 12th at Mary Beth Harden’s. Further details will be emailed. Hope to see you all soon!

Suzie Rogge, RDH MDHA Billings Trustee suziesun@hotmail.com

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**Bozeman**

I am sad to report that the Montana DPHHS has dissolved the MSU AHEC/ORH School Oral Health Programming. Dental offices are encouraged to independently provide oral health screenings at local schools. If you or your dental office chooses to conduct school screenings, BSS training and forms can be found on the MT DPHHS website at: www.dphhs.mt.gov/publichealth/oralhealth. Please send collected data to: Oral Health Program, FCHB, DPHHS 1400 E. Broadway, Rm A116, Helena, MT 59620. Questions? Contact Danica Boe, DPHHS Oral Health Program Coordinator at dboe@mt.gov or 406-444-4572. For screening supplies, register online at: www.ada.org/givekidsasmile.org before November 8, 2013.

I stepped down as the Bozeman Component Co-Trustee and accepted positions as MDHA President Elect and ADHA Delegate. Crystal Spring and Rebecca Anderson will be our new Bozeman Component Co-Trustees! Crystal will remain co-trustee and represent MDHA at the ADHA Annual Session in Las Vegas as an Alternate Delegate. Congratulations and thank you, Crystal! Rebecca recently moved to Belgrade from California. Rebecca is married and has two little girls. Rebecca is employed by Dr. Helm. She is a wonderful addition to MDHA and our amazing component. Welcome and thank you, Rebecca!

I have enjoyed serving as your component co-trustee. I look forward to our new component leadership and serving you as MDHA President Elect and ADHA Delegate.

Lorie Becker RDH, MS, LAP

Feeling the chill Bozeman? We warmed up with us at our Aerial fitness class October 18th. Soon to follow, get some CEs and refresh your techniques with Instrument sharpening 114th. In early 2014, we are looking forward to a periodontal presentation (TBA) and a course on smoking cessation (TBA.) We are proud of Lorie Becker and her new role as President-Elect for MDHA. Watch your email for details and upcoming event reminders. You can contact Crystal Spring at springcrystal@hotmail.com (406)581-5293 or Rebecca Anderson at becca.anderson75@yahoo.com (805)390-8899. Have a wonderful fall and Holiday Season!

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**Butte**

Since neck, shoulder and back problems are such a common health concern for hygienists, Butte is presently organizing a short CE lecture with Warren Smith, an area chiropractor from “Health Source”. We’re planning for his talk to focus on not only our common musculoskeletal health issues, but also on specific exercises or stretching we can employ to counteract them. We’ll be emailing area hygienists very soon with the chosen date. Please plan on attending (to learn as well as network), because we do not have to sacrifice our bodies for our paychecks!

Wanda Haller, RDH MDHA Butte Trustee wandakp@hotmail.com 491-3013

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**Helena**

It was great to see all of you at Annual Session here in Helena! This year's session wouldn't have been possible without Janet Lieberg, Connie Vergine, and all the other hard working ladies on their committees. Taking over as this year’s Helena trustees, are Cara Reck and Amy Eikomstead.

We are looking forward to what's in store for this year and have been working on getting some great speakers lined up. Our first component meeting was on October 15 and one of our local hygienists, Renee Parsley, shared her experience about her recent medical mission trip to Uganda! We were also able to set up a table at Helena's Women's Only Event on October 7th.

For all you Helena area hygienists, be checking you emails for details on upcoming meetings! If you are new to the area or not receiving our emails please contact us.

Amy Eikomstead, RDH aeikomstead@gmail.com
Cara Reck, RDH cara.reck@gmail.com
MDHA Helena co-trustees

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**Kalispell**

Happy autumn from the Flathead Valley!

With a new MDHA year brings about new changes, well some. I am still your Kalispell/Flathead Component Trustee but I have asked Alisha Moberley, previously the Great Falls Component Trustee, to co-chair. Between the two of us, we hope to schedule some pretty great CE’s, meetings, social gatherings this year.

Annual Session was great with the speakers that were there. If you didn’t get the chance to make it, ask someone who did! Dr. DeNoble stood out to me by far with the story of his battle against the tobacco companies and all his studies proving the harmful effects of drugs on the body.

October marks National Dental Hygiene month so make sure to take the time to focus on what you know and love and spread the word! On Thursday night, Oct. 24th at 6:30pm we will have/had a social round table discussion located at the new Tree Frog Tavern located on Hwy 2 West (the old Sizzler building). Alisha and I will introduce ourselves and will have topics for a casual round table discussion to acquire 1 CE. Stay as long as you like and food and beverage can be purchased at your own leisure. There is also a CE provided on Friday, November 8th at Whitefish Lake Lodge. Registration is at 7:30 am and the class will be from 8-5pm. It will consist of Dr. Dan Fisher speaking about increasing your practice with cosmetic dentistry and Carol Jent, RDH will be speaking about a variety of topics from whitening to caries elimination (if its a possibility) to systemic health effects correlating with dental care. Registration is limited so call 1-800-520-6640.

We also plan on scheduling a CE in November. Many topics are in the works for speakers from side effects of medications commonly seen in the dental office, mental health, oral cancer, and more! We hope to have a Holiday Social in December closing out the 2013 year. Make sure if you are an MDHA member and you receive this newsletter, let those know who are not MDHA members or whom you think may not be getting the information for attending CE’s.

SO...spread the word! Alisha and I are excited to meet everyone and network and share our ideas and thoughts regarding this profession we all love! If you are not getting email notifications from us, please contact Either of us.

Shawna Kugler, RDH shawna_kugler@yahoo.com
Alisha Moberley, RDH moberley_a@hotmail.com
MDHA Kalispell Area Co-Trustees
Since our last newsletter we have had several activities to report on. A special thanks to a few local dental hygienists’ volunteered at the Missoula Indian Center Health Fair and to Carrie Heaphy who taught oral hygiene at the schools. I was able to volunteer at a local Mothers of PreSchoolers (MOPS) group, where questions were answered about caring for their children’s oral health. American Eagle also put together a social where 14 local dental hygienists’ met 5 guests including Andy RDH! Photos to the R are of that social.

For dental hygiene month a CPR class was offered on October 22, 2013. To help celebrate, the Peak Wellness Center is offering a FREE restorative yoga class for dental hygienists’ on October 25th from 1-2:15pm along with 20% off massages, 15% off pedicures and a free week pass during the whole month of October!

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  jmms6181@hotmail.com

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Did you know… that the incredible benefits of massage are doubly powerful if taken in regular “doses”? Experts estimate the upwards of 90% of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may not be realistic, massage can, without a doubt, help manage stress. This translates into: Decreased Anxiety, Enhanced Sleep Quality, Greater Energy, Improved Concentration, Improved Circulation and Reduced Fatigue.

Hello, my name is Sue Rudolf; I have been a Dental Hygienist in Billings for twenty Six years. I am also a Licensed Massage Therapist. As a Dental Hygienist and a cancer survivor, I understand completely how our bodies can get out of balance. I’d love to help you create your balance.

Sue Rudolf, RDH, LMT, NCBTMB  406-208-1201

Missoula hygienists

The Senior Students are busily preparing for the big SMADHA kick-off party, which will mark the induction and nomination of the Junior-elect Office members. This is an important event for the Junior class, as it introduces them to the importance of being an active member of their association. After meeting with the Senior Officers. I am excited to be rejoining the MDHA as the new Student Liaison after a year off living in Texas. It’s good to be Home in Montana where the MDHA is alive, active and doing so much good for our profession and communities! Vanessa J Rocheleau RDH, CDA  MDHA SMADHA Liaison

Dr Smith with staff at awards presentation.

Awards, Awards, Awards!!
Congratulations to the following award winners from Annual Session 2013!

Rookie of the Year: Renee Parsley, Helena (R photo)
Community Service Awards: Marge Foran, Helena (midlle photo); Breann Mecham, Billings; Alisha Moberly and Breanna Bishop, Great Falls; Pam Yeager, Whitefish; Heidi Halverson, Missoula (LR photo)
Outstanding Dentist of the Year: John Smith, DMD, Helena (LL photo) Special Recognition and beautiful roses were presented by Annual Session chairs Connie Vergine and Janet Lieberg to MDHA Executive Administrator, Debbie Porter of Billings for all the work she did with the Helena Annual Session Committee. (photo below)
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.

MDHA MISSION STATEMENT

Address correction requested

MDHA Annual Session 2014
Great Falls, MT  Heritage Inn
September 25 - 27, 2014

THURSDAY
Karen Davis, RDH BSDH
• Think Outside the Mouth (systemic Health)
• Americas Sweet Tooth or Pathways to Health

FRIDAY
Edie Gibson, RDH
• Peri-implant Evidence Based Approach
• Generation Rx, Uppers Downers and All Arounders

SATURDAY
Dr. Amy Fuller
• Treatment of Moderate to Advanced Periodontitis
• Oral Pathology Summary

Spring CE
Saturday, April 12, 2014
Fairmont Hot Springs Resort
Pam Hughes, RDH
“Women’s Aging Complexity: The Oral Health Connection”

24 of the past MDHA Presidents, representing 27 years of service were in attendance and recognized and Annual Session.