I would like to start by thanking you for giving me the honor of representing you as president of the Montana Dental Hygienists' Association. It has already been a privilege to work with the 2015-2016 Board of Trustees. We have a motivated and talented Board willing to volunteer their time and talents to our professional organization. Thank you Board members!

The year started off with an amazing annual session in Missoula organized by Carla McColly and her team. We were provided with quality and enjoyable speakers plus fun activities allowing us to meet and network with our colleagues. Thank you Carla!

I also want to say a big thank you to Debbie Porter, our Executive Administrator who is retiring from the Board after 12 years of being the face of the Montana Dental Hygienists' Association. Debbie has been responsible for the communication center including MDHA’s web site, spring and fall newsletters, employment E-Blasts, continuing education registrations, answering countless questions from inquiring minds and the list goes on. Thank you Debbie for all that you have done!

Our Board of Trustees met at the Montana Island Lodge on Salmon Lake, October 16th-18th for our Strategic Planning Session. Barbara Dixon, our District X Trustee was present and helped immensely with the event. During the get together the BOT developed a plan that will guide us through the coming year. Some of the projects and goals include promoting and utilization of the LAP by more Montana dental hygienists (Spring CE). We discussed fresh ideas for welcoming new members to MDHA and will be encouraging students to seek out practicing dental hygienists and collaborate with them at annual session. A committee was formed (Lorie Becker, Diedri Durocher, Cara Reck, Tammy Helmer) to search for our new Executive Administrator. A letter is being written to the Board of Dentistry to clarify why the license fee was increased. We also discussed the importance of each component participating in local activities to increase awareness of who we are and to be a positive influence in the communities where we live. Special Olympics will be held in Missoula sometime in May, so be sure to sign up to help with this amazing event. Legislative ideas were brought up to begin discussion for the 2017 session (see details in this newsletter from our legislative chair Lorie Becker). Since the Rosie the Riveter t-shirts at annual session were such a hit, they will be available to purchase at our Spring CE. Talk with your component trustee about designing a Montana License Plate to help raise needed funds for MDHA. Each component will bring a design to the spring CE for future discussion.

I am looking forward to Spring CE planned for April 1st, 2016 at Fairmont Hot Springs. Speakers are clinical pioneer Judy Carroll, RDH, speaking on the new era in Periodontal Therapy and Anna Semp of the Missoula Forum will speak on The Adverse Childhood Experiences (ACE) Study. The BOTs voted to continue our Limited Access Permit (LAP) course on April 2nd. Come learn about the specifics of becoming a LAP RDH including how to become a direct provider for Delta Dental Insurance Company when you have your LAP endorsement. Thank you Tonette Hollingsworth, Spring CE Chair!

2016 MDHA Annual Session is being organized by Amber Welborn and her team in Billings. The dates are September 15th -17th; speakers and fun activities are already being arranged. Please plan on attending this yearly event to network with your colleagues from around the state, learn advances in dentistry, engage with exhibitors, explore Billings and attend your professional organizations luncheon, dinner and business meeting. Thank you Amber!

I encourage you all to read ADHA white paper supplement, “Transforming Dental Hygiene Education and the Profession for the 21st Century” The paper discusses the need to improve and expand the education of dental hygienists so they can be better equipped to serve the public’s overall health and wellness needs. New graduates must be prepared to collaborate in an inter-professional health care environment and to improve access to care for all. Allowing dental hygienists the ability to practice to the fullest extent of their education is another pathway that would improve access for children and the elder populations faced with limited oral health care.

ADHA needs full membership support to drive and advance our profession to meet the needs of the public. Support your association, become a member of MDHA, and in turn it will support the oral health needs in our communities now and into the future - it’s the right thing to do.

Remember we are a gold mine of unrealized potential! If someone says, “it’s impossible,” you answer, “I know it’s impossible, but what if it wasn’t?” Let’s think big and watch our profession continue to change and grow to help improve the health of all citizens of Montana…Onward and Upward. Have a terrific holiday season and I look forward to seeing you in Fairmont at our Spring CE.

Heidi Halverson, RDH, BSDH, LAP 
MDHA President
A Message from the President-Elect...

I grew up in dentistry and learned at a young age that there are many groups of people needing access to care. I can remember when my father, who is a dentist, would make house calls to patients who could no longer leave their facilities or their homes. Our Association is on the road to greatness with our abilities to reach those who otherwise would not or could not seek the care they need.

I have been surrounding myself with hygienists who have and who do make a difference in our state, and I am so encouraged by them. I see our Association doing wonderful things but these cannot be done without our membership being involved. We are powerful in numbers and according to ADHA we are certainly headed in the right direction!

I am so excited to be invited to ADHA’s Unleashing Your Potential with two other amazing MDHA BOT members. I look forward to learning much more about leadership and setting our state up for success!

In my year as President Elect, my hope is to gain more knowledge about our future as dental hygienists, and I welcome any feedback from all of you wonderful professionals! Thank you and we will see you in the spring at Fairmont!

Cara Reck, RDH, BS  MDHA President Elect

Board of Dentistry and Legislative Update

What a year I had as President of MDHA and what an amazing Annual Session! Thank you Carla McColly and the entire Annual Session Committee for hosting a “TOP NOTCH” Annual Session in Missoula! Also one last “Thank You!” to my BOT for an incredibly successful year!

As past president, the duties are much lighter, but I have taken on the positions of MDHA Legislative Chair and MDHA BOD Liaison. If anyone would like to help me out in either position please contact me. I’d appreciate the help!

BOD Update:

The BOD met on 9-25-15. A.R.M. 24.138.2105(2) addresses continuing education and acceptable “other” documentation. The A.R.M. now reads: (2) Licensees are required to keep a certificate or other documentation of attendance of continuing education completed and make this available to the board if so requested. The certificate or document of attendance shall include at a minimum: (a) License name (b) Course title (c) Course date (d) Presenter or Sponsor and (e) the number of credit hours earned.

The BOD also amended 24.138.406 Functions for dental auxiliaries and now reads: (d) For dental auxiliaries beginning work in Montana after January 1, 2016, radiology certification from other states will no longer be accepted, with the exception of a board-approved written examination. Dental auxiliaries who acquired radiology certification in other states and were employed as dental auxiliaries in Montana prior to January 1, 2016 will be grandfathered. If the dental assistant has graduated from a CODA accredited program of dental assisting, dental hygiene or dentistry, been certified in a dental radiology by the US military or has previously

(Continued on page 3)
HYGIENE BULLETIN

Spring CE 2016

Friday, April 1st
Two Courses, Two Timely Topics
7 CE credits

A New Era in Periodontal Therapy with dental hygiene pioneer, Judy Carroll. Take a peek into the future of a new standard with a demonstration of many “hopeless” cases treated by utilizing advanced synergistic and integrative periodontal treatment strategies--- 4 hours CE

Understanding the Adverse Childhood Experience (ACE) Study with Anna Semple of the Missoula Forum for Children--- 3 hours CE

LAP Workshop
Saturday, April 2nd
See info in article below

~Save the Dates~
FAIRMONT HOT SPRINGS RESORT

Healthy Smiles from the Start
The Montana Dental Association and MDHA are partnering to bring Healthy Smiles from the Start campaign to your town. There are campaign posters, brochures for pregnant women and parents of young children and morning huddle materials to share with office staff. For information write to: Banik Communications, 121 4th St. N, Suite 1B, Great Falls, MT 59401.

Great Falls College-MSU
Class of 2015

If you graduated in 2015, your student ADHA membership will need to be transitioned to a professional membership. Go to adha.org

Limited Access Permit ~ Hi, I am Susan Kavon. At the MDHA annual session, I was appointed as the LAP Liaison. I will be involved in getting information out to Montana hygienists about the exciting things that are happening in the dental world for LAP hygienists, and also for those wishing to become LAP hygienists.

There will be a LAP workshop on Saturday morning, April 2, 2016. Among the topics covered will be insurance information from Delta Dental. If you are wondering how to become a provider and how to submit claims for insurance reimbursement with Delta Dental, then be sure to attend the LAP Workshop at Fairmont Hot Springs.

For questions about how to attain your LAP, you may contact me. Email: dentalproonthego@gmail.com For help with Medicaid claims, check out the MDHA website: www.montanadha.org There you will find step by step instructions for reimbursement.

I hope to see a great turnout at the Spring CE in Fairmont!

Legislation Update:
I have been communicating with Bob Wolveerto, EdD, Program Director of the Northwest Regional Telehealth Resource Center (NRTRC) based out of Billings, Montana. Together we are looking into what action is needed to allow Tele-Dentistry in Montana. I will be attending the National Network for Oral Health Access (NNOHA) meeting November 13-19, 2015 in Indianapolis. I will report back what I learn to advance tele-dentistry and access to oral health care in Montana. This expansion will ultimately open more doors of opportunity for LAP dental hygienists in Montana! Together let’s keep Learning IN!

Lorie Becker RDH, MS, LAP               MDHA Past President, BOD Liaison, Legislative Committee
District X Trustee Update  |  Barbara Leatherman Dixon, RDH, BS, MEd
Adapted from a speech by ADHA President, Jill Rethman at the 2015 Fall Conference of the Arizona Dental Hygienists’ Assoc

Who has checked out the new ADHA members’ only website (mymembership.adha.org)? Don’t miss the members’ only on-line scavenger hunt and more exciting features to come. In many ways, the new website mirrors what is happening in our profession and professional organization: transformation.

I am excited and honored to serve as your ADHA District X Trustee, and am so grateful for the opportunity to work with your fantastic MDHA leadership team: President Heidi Halverson, President-elect Cara Reck, Past-president Lorie Becker, Secretary Vanessa Temes, Treasurer Tammy Helmer, and ADHA delegates Cara Reck, Heidi Halverson, Crystal Spring and Carla McColly! This talented group along with their brilliant committee chairs, and component trustees recently spent a dynamic (and fun) weekend mapping a pathway of continuing momentum and recognition for Montana RDHs.

I would like to share with you some of ADHA’s recent strategic successes. Our vision: That dental hygienists are integrated into the health-care delivery system as essential primary care providers to help expand access to oral healthcare signals that dental hygienists must be poised to transform oral health care, and to work within the health care system alongside other professionals. Ultimately, this is how we are uniquely positioned to improve the public’s oral and overall health. Many of you are already living that vision through the Limited Access Permit to your dental hygiene license. ADHA can envision a day when such roles will be as commonplace as clinical practice in a dental office is today. ADHA’s goals address three areas: education, alliances and advocacy.

Our first goal is education.

Transforming dental hygiene education is being led by core competencies drafted to prepare dental hygienists for our envisioned future…for integration into the health care delivery system. These competencies form the basis for curricula currently being piloted in several different dental hygiene programs across the country. Students enrolled in these programs are learning what they are going to need in order to find rewarding employment and remain relevant in times to come. The first seven pilot programs have been extremely innovative and successful. Students in these programs are taking courses in bioethics, business management, inter-professional practice and leadership, to name a few. The White Paper outlining this curricula – and key elements of the “Transforming Dental Hygiene Education” symposium was just released as a special supplement in the September/October issue of Access and is also available through the website. It’s a MUST read!

Dental hygienists will provide patient education, preventive treatment and more, armed with knowledge about the latest technologies and techniques. They will have impeccable critical thinking skills and claim full command of the dental hygiene diagnosis. Even where the tasks remain traditional, the thinking will be transformational.

And what about education for mid-level providers? ADHA has worked diligently to advocate for changes to the CODA standards that would be in the best interest of dental hygienists and – just as important – in the best interest of the public. The ADHA appreciates all of the dental hygienists from across the country who provided written and oral comments on the proposed standards. Together we made a difference!

Our collective advocacy efforts have been heard, and at its February 2015 meeting, the Commission on Dental Accreditation adopted the Accreditation Standards for Dental Therapy Education Programs. This will undoubtedly assist other states that are pursuing innovative workforce models. And in August, CODA voted to implement the accreditation process for Dental Therapy Education programs, beginning January 1, 2016! These are efforts YOUR association is making to pave the way for the future.

Let’s take a look at our second goal, alliances. Working alongside others, we are a strong team, and a strong voice.

As an organization, we have the benefit of different types of partnerships, and each brings unique elements to help us further our efforts. We are allied with >29 diverse groups, including dental and healthcare organizations, along with governmental groups (Kellogg, PEW, Health Resources & Services Administration, the Federal Trade Commission, and more). And we’ve only just begun!

We have an ongoing alliance with the American Dental Education Association. This dynamic relationship has grown and it will continue to evolve along with the health care environment. The ADHA and ADEA work together on educational issues aimed at ensuring the highest quality oral health care for the public — work that also has the potential to lead to expanded opportunities for the dental hygienist.

We have corporate partners who extend our reach and make our programs possible or better. Corporate relationships support research, scholarships, award programs and events like our Center for Lifelong Learning/Annual Session.

We also align with like-minded organizations such as the Partnership for Healthy Mouths, Healthy Lives, the Image Gently campaign, the Robert Wood Johnson Foundation, and the Oral Cancer Foundation. These strategic alliances bring the dental hygiene profession to the table with other health care providers and gives us the opportunity to work and think collaboratively for our mutual benefit and the benefit of the public.

A new committee formed last year, the (PACoF) President’s Advisory Committee of the Future consists of individuals who are living ADHA’s vision today! This is a group of healthcare and dental professionals who are working inter-professionally, and integrating dental hygienists as essential primary care providers. Only in its second year, PACoF is a network that allows us to share ideas and successes. (Heidi Halverson serves on this committee.)

Now let’s turn to the strategic goal of advocacy.

Advocacy is based on relationships, and a very real example of relationship building leading to advocacy involves development of a new code for the “bloody prophy.” We’ve known since the beginning of time that neither the 1110 code nor the 4341 code applies to a large number of patients. They aren’t healthy, yet they don’t need scaling and root planing. Enter the ADA Code Maintenance Committee, chaired by a periodontist who has worked with ADHA’s chief executive in the past. Because of that relationship, the chair reached out to Ann Battrell and asked her to join a working group to introduce a new code. This code will address the therapeutic treatment of patients with gingival disease and no attachment loss. Stay tuned – the working group meets again in early 2016 and there will be formal “calls for comment.”

A very apparent example of advocacy is how we are increasing dental hygiene’s involvement in the development of new workforce models. Advocacy efforts by our professional association have propelled the introduction of oral health care workforce initiatives in states all across our nation. The ADHA is targeting and supporting states with active legislation. In 2015 there were 12 states that introduced hygiene-based workforce models. We are committed to maximizing the ability of dental hygienists to take advantage of these opportunities and to practice to the full extent of their education and scope. These successes provide more options for the dental hygiene graduate — more options in our changing environment.

Our advocacy efforts extend all the way to Washington D.C. where

(Continued on page 5)
ADHA meets with congress people and senators for positive discussions about how dental hygienists can be part of the solution to access to care. And speaking of governance, ADHA is launching a Governance of Tomorrow Project to ensure our relevance into the future. It’s interesting to note that the governance model of our association has not been updated for 90 years. It’s about time, don’t you think? The first Governance of Tomorrow workgroup met in early September. What will our future structure look like? We don’t know, but it’s exciting to think that YOUR professional organization has committed to changing and transforming the very nature of its governance.

Exciting plans for our annual meeting June 8-14, 2016 in Pittsburgh are underway and Jacksonville Florida has been selected as the 2017 site. ADHA’s “Why Stand Alone” national recruitment campaign is in full swing (FYI…a postcard was just mailed to 40,000 prospective members). So…if you ever get questioned about where ADHA dues go and is it worth joining, just remember all that I’ve shared with you.

I thank you, my professional colleagues, for your dedication and commitment to our profession. Most important, thanks for your dedication to the patients you serve each and every day. I’m pleased to tell you that seven District Ten (X) dental hygienists (including three of Montana’s own) have been selected for the Unleash Your Potential Leadership Workshop in Chicago in November. Congratulations to Crystal Spring, Cara Reck and Heidi Halverson. I am so proud and honored to work alongside you!

And I make this promise to each of you: Acting as your District X Trustee, I will uphold my charge of fiduciary responsibilities for DUTY OF CARE, DUTY OF LOYALTY AND DUTY OF OBEDIENCE. I will think of all the dental hygienists – past and present - who worked tirelessly, and how they have paved the way for us. I will honor their legacy, and I will remember the trust you have placed in me. Over the past year we’ve been challenged to ask “What if?” It’s an important question – one that we should embrace. Imagine what the future holds if we allow ourselves to think BIG. (Not a problem for the Big Sky state!!)

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Hygiene Bulletin

Twitter: @MDHANews

User name: is your ADHA membership number.
Password: is the first 3 letters of your last name, the your ADHA number again with no space between.

You may change those once you are in the system. This is where you will find the MDHA Directory. This is a complete list of all hygienists living/practicing in Montana.

Congratulations Amy Elkomstead!

Amy was chosen from a list of ADHA 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 recognize dental hygienists who support their professional association. ADHA’s mission is to advance the art and science of dental hygiene, and to promote the highest standards of education and practice in the profession.

To learn more about American Eagle’s patented no sharpen XP Technology go to their web site: www.am-eagle.com

Thank you Amy for supporting your association and thank you American Eagle Instruments for supporting dental hygienists in Montana!

Like MDHA on Facebook

“How do I Sign in on the MDHA Members Only page?”

User name: is your ADHA membership number.
Password: is the first 3 letters of your last name, the your ADHA number again with no space between.

You may change those once you are in the system. This is where you will find the MDHA Directory. This is a complete list of all hygienists living/practicing in Montana.

MDHA 2015-2016 Calendar

- December 11, 2015: Board of Dentistry Meeting, Helena
- January 16, 2016: MDHA BOT Meeting Conference call
- February: Children’s Dental Health Month
- March 18, 2016: Board of Dentistry Meeting, Helena
- April 1, 2016: Spring CE, Fairmont Hot Springs,
- April 2, 2016: LAP Workshop
- May 7, 2016: Great Falls College-MSU graduation
- June 3, 2016: DH Committee BOD Mting, Helena
- June 10, 2016: Board of Dentistry Meeting, Helena
- June 24-26, 2016: WREB Exam, Great Falls
- June 9-12, 2016: ADHA Annual Session, Pittsburg, PA
- September 15-17, 2016: MDHA Annual Session, Billings
- September 25, 2016: Board of Dentistry Meeting, Helena
- October 2016: MDHA BOT Retreat

2016 MDHA ANNUAL SESSION
Billings, MT
September 15-17, 2016
**What's Happening in Montana?**

**Billings** Hello! Billings is heading into a busy, but exciting year! We will be hosting the 2016 Annual Session Meeting next September. The dates for that will be September 15th through September 17th and it will be held at the Bighorn Resort. We are very excited to be planning the meeting in our city this year. Amber Welborn is the chair for the planning this event and I know she will do a great job. However, she will need many hands on deck to help. So, please, help where you can. We want to have a fun and successful meeting!

We have some good local speakers coming up for CE credits for our component. Dr. Amy Fuller is also going to be doing a study club CE for us every month for those who want to take part. You do not have to commit to it monthly, but she will be reviewing a chapter of the "Periodontology for the Hygienist" textbook with us and doing case presentation. So, we may have a couple options each month, for those of you who work evenings, maybe you can get to one or the other. It's a wonderful thing she has offered to do for us, so make it when you can. She'll be sending out email, as usual with dates and times. We will also be doing some planning meetings for the Annual session, along with some fun social events this year. So, keep tuned to your email for dates and locations! Like I said, we will be busy!

Billings Component members are still involved with School Screenings and the Sealant program. I do not have a lot of information on this program, but I can get you to those who do. So, if you are interested in helping, please contact me.

Hopefully, I will see you soon at one of our gatherings! Christmas is coming and we always do our fun Ornament exchange Party. It would be wonderful to have a large turnout for it this year! Happy Holiday!!

Suzie Rogge, RDH BS  suizesun@hotmail.com
Billings Component Trustee

**Bozeman** Erica Gerard, RDH and Heather Scott, RDH are the Bozeman Component Co-Trustees

**Butte** Hello from the Butte Hygiene Component! I am in the process of organizing our next CE night for either November 19th or December 3rd. I will be sending out details as soon as I have more information. Hope to see you all there

Amber Johnson, RDH  amberjohnson2543@hotmail.com

**Helena** It has been a busy couple months for the Helena hygienist component. We began our 2015-16 year with a change in meeting venue and component trustees, as Cara Stetson Reck and Amy Eikomstead stepped down and I took over. Currently, our monthly gatherings are being held the Red Atlas where we can have a bite to eat and something to drink while listening to the evening’s speaker. The Red Atlas meeting room is free to us as long as a food purchase is made in our group. The food and drink are wonderful but gathering with fellow hygienists is even better!

We begin most of our meetings with a brief business meeting followed by a speaker to which one CE credit is offered for your attendance. Our business meetings usually begin with discussion regarding information shared with our MDHA board and other community related opportunities and/or issues.

September was our first lecture which was brought to us by NAMI and held at Carroll College. This lecture titled, "A Matter of Inches; Clint Malarchuk's lifelong battle with Mental Illness", was a wonderful, heart wrenching and enlightening presentation. He and his wife kept us on the edge of our seat and on the verge of tears as they shared their story.

In October, Mt Youth connections and St Peters hospital offered a 2 credit CE lecture for health care providers in our community. It was an Rx Drug Forum which included speakers Andy Duran, Dr. Marilyn Benoit and a panel of local experts to discuss the prevalence of drug use in young teens in our community which was astounding! In October we were also lucky enough to have local dentist Dr. Chris Mast share with our component his knowledge and experience with diagnosing and releasing tongue ties. It was very informative and thought provoking to consider that a tongue tie could be responsible for so many oral issues and with a simple procedure and some retraining those issues could be resolved.

November brings us a Montana Highway Patrol Drug Recognition Expert (MHP-DRE) who will be talking about Drug Recognition (physical signs) to which they are able to determine if a person is under the influence of a substance other than alcohol and to touch on the use and/or legalization of marijuana and how that might impact our community from an MHP stand point. This month Helena is hosting the Special Olympics Basketball tournaments, with Crystal Spring leading volunteers for the 2015 Special Olympics Healthy Athletes/Special Smiles. Crystal and her volunteers will be screening athletes, giving out toothbrushes etc. and educating athletes on dental health!

December will have no meeting or speaker as the month is so hectic for us all. We do typically gather for a Christmas party and continue work on a community Christmas project such as sponsoring a family and helping fill its wish list. In 2016 our lectures should be equally as fantastic and we look forward to hearing and learning from them.

In closing, I would like to thank all the local hygienist who attend our meetings and lectures. Our meetings offer the opportunity to hear and discuss issues related to our profession and the MDHA. It is important that we all have a chance to express our thoughts and ideas and this is the perfect time to do so. Additionally, we are lucky to have so many professionals in our community willing to take time out their evenings to share their knowledge and expertise so that we in turn increase our knowledge base and overall awareness of community and professional issues.

Renee M Parsley RDH
Helena Component Trustee

**Kalispell** Fall Time Greetings from the Kalispell Component! Our hygienists are hard at work here and eager for our plentiful upcoming continuing education opportunities.

Thank you to Stebbins Orthodontics for offering our first Sleep Apnea seminar where we learned how disordered breathing and facial development are related, and the importance of catching this at
an early age. This C.E. opportunity was held at the Hilton Homewood Suites on November 5th. Dinner was provided at 5pm, lecture from 6-8pm.

Also on Friday, November 20th Montana Periodontics will be hosting their 3rd Annual Hygienists' "Hunger Games" Seminar. RSVP by November 2nd (406)755-4722. Registration begins at 9:30 at the Hilton Homewood Suites. The day will include . . .

10:00 am ~ Dr. Stephen Williams (Oral pathologist)- Painful conditions of the oral mucosa
11:00 am ~ brunch
11:30 am ~ Dr. Todd Cahoon (Periodontist)- Probing; The key to an effective dental hygiene department
1:00 pm ~ Cinemark Signature Theatres- admission to the "Mocking Jay Part 2" + one guest ticket.

Don't miss these exciting local C.E. opportunities. It's a great chance to connect with other hygienists while earning valuable credits! Also there have been suggestions for a Kalispell component Christmas Party this year. Does this interest you? Please email me your ideas or suggestions on when, where, and how we would do this. I welcome your valuable ideas and feedback.

Ellie Bicha, RDH– MDHA Kalispell Trustee. (ellieandfred@hotmail.com)

Missoula The Missoula area Dental Hygienists have had a busy year! A special thanks goes out to Carla McColly, Jolynn Orth and the rest of the annual session committee for a great meeting. We had a spectacular attendance with 211 people, and three amazing speakers: Carol Jahn, RDH, MS; Betsy Reynolds, RDH, MS; and Tom Viola, R.Ph, C.C.P. But best of all was our very own, Heidi Halverson, was installed as MDHA's president! So proud of her and look forward to the coming year!!!

We were invited by the United Way to join them at the first annual Back to School Bash on August 18th. We saw and applied fluoride varnish to 75 kids, while also distributing toothbrushes, toothpaste and floss that was donated by our local offices. Volunteers were Noel Paschke, Laura Payne, Danesa Khomenko, Carla McColly, Heidi Halverson, and Kelly Boniecki. Mark your calendars for next year! We had a great time and would love to see more hygienists there next year.

Karen Thomas and Jolynn Orth volunteered at the Missoula Urban Wellness Fair on October 17th, and then we had our biennial CPR renewal course with Jeff Kroll in Lolo on the 20th with 9 hygienists in attendance. We are so appreciative that he takes the time to do that for us.

Coming up on December 3rd is our Christmas party at Jaker's Bar and Grill. Please bring a gift for our auction. We also have 2 meetings planned after the first of the year, but the dates are not in place yet. The first will be in January or February, and the second will be in March. The March topic is Autism, taught by pediatric occupational therapist, Ed Boniecki, OTR.

Kelly Boniecki, RDH
MDHA Missoula Trustee

SMADHA On October 22, 2015, SMADHA inducted our new first year students into ADHA with a fun Halloween bash to kick off the new school year right. Everyone had a great time and we talked about all of the wonderful opportunities this organization has to offer students and new hygienists. They played a fun group game, ate delicious food from Mackenzie River Pizza and inducted their first year officers. These students are full of energy and ready for the challenges this year has in-store for them. Thanks, MDHA for helping to make this party such a wonderful success!

Julie Barnwell, RDH
MDHA Student Liaison.

WHAT IS OIL PULLING?

Oil pulling is a procedure that is increasing in popularity. You swish with sesame oil, coconut oil, or sunflower oil for 20 minutes and then expectorate. It is believed that toxins adhere to the fatty oils and are then pulled from your body. My patients who practice oil pulling enjoy the feeling but there is no concrete research of its benefits. Oil pulling should never replace brushing your teeth twice a day for two minutes and flossing once a day by adapting the floss to the shape of your tooth; it can be used as a supplemental procedure in your homecare routine. It is important for you to visit your dental office for routine maintenance for a dental prophylaxis cleaning or periodontal maintenance if you have periodontal disease. You also need to have periodic dental exams to ensure a healthy mouth.

Vanessa Ternes, RDH MDHA Secretary

Membership in MONTANA

Congratulations to all of our new members! Whether you’ve renewed after a lapse in membership, or you are joining MDHA for the first time, we want to show our appreciation for you support. Without members, MDHA would not be able to accomplish all of the amazing things you are reading about in our newsletter! If you are interested in being more involved, there is always an opportunity to lend a hand. As an MDHA member you now have inside access to all of the resources and ongoing changes for dental hygienists across the state of Montana. Your choice to support dental hygiene allows us to support you!
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.