Henry Ford once said, “coming together is a beginning, keeping together is progress, working together is success."

The key word in this quote is “together”. Without it we have nothing. Our beginning starts with our new members. Every new season of members is a new beginning. Progress is our retention in our members. Keeping our members happy enough to stick around through the hard part is quite a task. We won’t be able to please everyone at every time, but know that we are putting our hearts and minds into making this association one that every hygienist wants to be a part of.

Finally, success comes from those we trust with leadership. So many leaders before me have paved the road to success with victories happening throughout the way. We owe so much to them. Going into a legislative year, we are never really sure what direction things will go, but if we have a support group behind us, we can go forward strong and in line with what our profession needs to move towards. I am grateful to those who have mentored me and who continue to mentor me!

During the 2016 ADHA Center for Lifelong Learning, one of the keynote speakers discussed how brilliant ideas come from those who think outside of the box, who tap into their creative side to see what may be. First and foremost we are clinical hygienists, we are clinical and scientific thinkers. What if we all tapped into our 4 year old selves and thought creatively? How could our profession grow? What job opportunities would we be finding? I challenge you all to think outside the box, pull out those Crayolas and start thinking about your profession in a creative way. Who knows what you might come up with!

Lastly, I am so proud to be a part of this association. I am thankful to the members for believing in something that isn’t always tangible. Please continue to be involved, from just showing up to component meetings all the way to being on the Board of Trustees. Every person is valued, whatever your duty may be.

Thank you,
Cara Reck, RDH, LAP
MDHA President
Susan Wingrove
Sunstar 2016 Award of Distinction

Sunstar and RDH, since 2002, have honored 113 dental hygienists from across the United States and Canada for their leadership in the dental industry and presented with the Award of Distinction for their commitment and strength required of a leader that create the changes in so many lives. On Friday, July 29 2016 four inspirational leaders: JoAnn Galliano, Corinne Jamison-Kuehl, our own MT hygienist Susan Wingrove, and Debbie Zafiropoulos received this prestigious award.

Wingrove is the co-designer of the Wingrove Implant Titanium Set, ACE probes, and the Queen of Hearts instrument. She is the author of “Peri-Implant Therapy for the Dental Hygienist” textbook, and travels nationally/internationally to teach health-care providers about implant maintenance. The recipients were profiled in the September Issue of RDH magazine where it talked about Susan’s work with Linda Miller co-designing instruments for PDT, Inc. of Missoula, MT.

Linda Meeuwenberg who nominated Susan wrote; “Many hygienists are self-taught on maintenance of their patient’s investment in dental implants. Susan’s quest for changing this phenomenon with her textbook, has been recognized in the dental community by numerous national and international dental associations. She has led hundreds of seminars for the dental community in the United States and abroad specializing in dental implant care, regeneration, and instrumentation.”

Susan will be speaking at our Annual Session in Kalispell, September 21, 2017 on tools and technology that incorporate disease treatment and protocols for both natural teeth and implants.

The following awards were presented at Annual Session in Billings.

CONGRATULATIONS to these well-deserving recipients!

Community Leadership Awards
♦ Ellie Bicha-Flathead Valley pictured on the top left with MDHA Past President, Lorie Becker
♦ Kelly Boniecki - Missoula Pictured on the top right

Rookie of the Year Award
♦ Vanessa Ternes-Bozeman

Dentist of the Year Award
♦ Chuck Blackburn, DDS pictured with nominator, Melissa Utley, RDH
We heard our membership at Annual Session say, “We want LEGISLATION!” We listened! During the MDHA Strategic Planning meeting, your legislative committee put together an action plan.

Senator Swandal (R) submitted a bill draft request titled Revised Dental Hygiene Practice. This bill asks for local anesthesia under general supervision (Not for LAPs) and prescription authority for fluoride and antimicrobial rinses (for all DH practitioners). Specific language is in the works.

President Reck requested a meeting with the BOD-Dental Hygiene committee November 17th at 5:30 pm to discuss:

- A clarification of LAP application process and address some concerns.
- Discussion of MDA proposed legislation: General Supervision of Dental Assistants
- Possible proposed legislation brought forward by MDHA

President Reck received a letter from MDA stating their 8 legislative initiatives. Please review this letter on the MDHA website under legislation. Two initiatives are significant to dental hygienists. The first is teledentistry, which MDHA supports. This will allow dentists to receive payment for their virtual dental exams. Teledentistry will create better patient access to care, improve LAP dental referrals and communications. The second initiative is to allow Dental Assistants to practice under general supervision. According to Dr. Kevin Rencher, the legislation will be vague in asking for general supervision, with the intent that (if the bill passes) the Board of Dentistry will then define by Rule which assisting duties will be allowed under general supervision. These and all initiatives will be closely monitored by our lobbyist, legislative committee and you! We NEED ALL of YOU to monitor and become involved with legislative activities this session.

Join us at the Capitol for Lobby Day January 20, 2017. Melissa Pyette is busy planning an informative, action packed, organized day. Watch for EBLASTS for further information!

We heard your voice at Annual Session. It’s time for MONTANA to hear our VOICES!

Respectfully submitted by:
MDHA Legislative Committee

---

**LAPS—Reaching Out with Care**

The responsibility of working with a Limited Access Permit is a serious commitment. It is always wise to remind ourselves of the legal parameters for the care we deliver. Review the law (statute) and the rules that pertain to the LAP. Go to the Montana Board of Dentistry, click on regulations, and find the section pertaining to the LAP.

- The Statute is: 37-4-405
- The Rules are: 24.138.509

Run a copy and keep them close at hand for easy reference. They serve as a good reminder to us of our responsibility for the safety & welfare of those we serve. Public protection is our first obligation as we utilize this access to care.

---

**E-BLASTS**

MDHA will be sending out important information via emails. These come through a service called MailChimp from the email address of montanadha@msn.com. The last one was sent on 10/13/2016. If you did not receive the last one, please do the following:

- Search your “junk” folder for emails from montanadha@msn.com. If you find it, please add this address to your “contacts.”
- If you can’t find it, please email montanadha@msn.com and update your email address! Thank you
**COMPONENT UPDATES**

---

**Bozeman**

Hello from the Bozeman Dental Hygiene Component! Please refer to our page on Facebook to stay informed of the events in Bozeman. Please encourage your Bozeman hygiene co-workers to join too!

Mark your calendars for November 17th. Dr. Helm will be hosting a free 2 hr CE course covering gingival grafting and peri-implantitis at 6:00pm at the Medical Arts Building first floor conference room. I will suggest to have him bring some of his good wine from Vino per Tutti!

Bozeman will be hosing the Annual Session CE in the fall of 2018. If you would like to be on a committee, please contact me at vjternes@gmail.com Can’t wait to get together.

*Vanessa Ternes, RDH, BS - Bozeman Component Trustee*

---

**Flathead Valley**

Fall Time Greetings from the Flathead Valley Component . . . Our component continues to blossom and grow actively! We started out this year with a very interesting C.E. from Kari Monroe where we learned how dry needling (physical therapy) is helping our TMJ patients. Next there were several from the Flathead Valley that attended the Spring CE in Fairmont (it was GREAT to see your familiar faces there!). In June we had a “Kickoff to Summer” BBQ on Flathead Lake that was attended by many “die-hards” in the pouring rain :) Annual Session in Billings was a blast this year (we were taking notes). Most recently the Flathead Component had the opportunity to listen to Dr. Casey Shepherd speak on Oral Surgery and pathology. We loved his presentation so much, we are asking him to come back for Annual Session next year.

We have been very busy planning Annual Session 2017. Mark your calendars to “Recapture the Magic” September 21-23, 2017 in Kalispell, MT at the Hilton Garden Inn.

Upcoming events: Friday, November 18th—Montana Periodontics will be hosting their 4th Annual Hygienists Seminar. RSVP to (406) 755-4722. Registration begins at 7:30 a.m. at the Hilton Homewood Suites. The day will include a morning of Endodontics and Periodontics Speakers followed by an afternoon at the movie theatres (bring a guest). Call 755-4722 for further details about the day.

On December 15th at 6 p.m. our component will be having a Christmas Party at Sue Fisk’s house. We will be donating much needed items for the Flathead Teen Home so please bring new toiletry items, socks, and essentials to be donated (please keep your donations under $10). Watch for emails to come in the near future for further details.

*Ellie Bicha, RDH- Flathead Valley Component Trustee*

---

**Billings**

Hello! I am excited to let everyone know that there is a new Facebook page for the Billings Dental Hygiene Component. It is just listed as the Billings Dental Hygiene Component Page! Please, go on and join if you are in the Billings area. It’s a great way to keep us all connected.

We had a great Annual Session meeting in Billings in September. Thank you to everyone who helped out. Dr. Amy Fuller will be having her periodontal study club meetings each month. I will also be trying to schedule some other CE and social events for our component.

We will be having our Annual Christmas Ornament Exchange on December 15th at 6:30. It’s a great time! So, please, watch your email and Facebook for further invitation.

*Suzie Rogge, RDH, LAP-Billings Component Trustee*

---

**Important Tax Information**

Because MDHA sponsors activities designed to represent and protect members’ professional interests before the Montana Legislature, no portion of your annual MDHA constituent dues in the amount of $20.00 can be taken as a business or charitable deduction on your federal or state tax returns.
Great Falls
Nicole Van Auken is the Great Falls Component Trustee

Helena
Renee’ Parsley-Mulchay and AnnMarie Magill are the Helena Component Trustees

Missoula
In August, Missoula had the 2nd Annual Back to School Bash. This year it was held at the Salvation Army on August 17th, from 3-7 pm. Heidi Halverson screened and applied fluoride varnish to 52 students, while 2 volunteers from the community handed out floss, toothbrushes and toothpaste. All supplies were donated by the Missoula Component of MDHA.

At Annual Session in Billings this year, Heidi Halverson handed over her Presidential gavel to Cara Reck. Thank you, Heidi, for a great year! For the Missoula Component, we had at least nine hygienists in attendance, and Kelly Boniecki was awarded our area’s Community Service Award from MDHA.

The fall Missoula Indian Health Center Wellness Fair was held at Partnership Health Center on October 22, where we provided screenings and applied fluoride varnish to 25 adults, 3 teenagers, 2 children, and 1 infant. Dr. Rowan McQuarry did the screenings with the help of his wife Nancy and Renee Lamie, his dental assistant. Heidi Halverson, Kelly Boniecki and Karen Thomas applied the fluoride. Thank you to Dr. Jazmin Nelson, Dental Director of Partnership Dental Clinic for being there with us to answer questions and helping us out. Partnership’s dental clinic is an amazing facility and we appreciated being able to use actual dental chairs this time!
Kelly Boniecki, RDH - Missoula Component Trustee

Butte
Happy Fall from the Butte Component! It was great to see a few of you at Billing’s Fall CE Meeting! I am working on organizing some CE events for the year in Butte but am so far running into road blocks finding speakers. If anyone has ideas or knows of someone in the area that would be willing to donate an hour of their time please email me amberjohnson2543@hotmail.com

It would also be great for our component to do a community service event or two this year if anyone knows of any local charities or organizations that are needing help.
Hope everyone is enjoying their fall!
Amber Johnson, RDH—Butte Component Trustee

Glendive
Currently seeking a Glendive Component Trustee Volunteer

SMADHA
Several SMADHA Officers attended the BOT Strategic Planning Retreat at the Granlie Cabin on Canyon Ferry Lake and offered valuable insight on membership retention and transitioning from student to professional memberships. They also gave ideas on possible mentorships for new graduates in the future.

MDHA 2016-2017 Calendar

December 9, 2016
BOD Meeting, Helena

January 20, 2017
Lobby Day, Helena

February 2017
Children’s Dental Health Month

March 10, 2017
BOD Meeting, Helena

April 7-8, 2017
Spring CE, Helena

May 6, 2017
GFC-MSU Graduation, Great Falls

May 12-15, 2017
WREB Exam, Great Falls

June 9, 2017
BOD Meeting, Helena

June 14-20, 2017
ADHA Annual Session, Jacksonville, FL

September 21-23, 2017
Annual Session, Kalispell

October, 2017
Dental Hygiene Month

October, 2017
MDHA BOT Strategic Planning

DASH Meeting
MDHA and LAP RDHs were well represented at the Dental Action Summit for Health (DASH) November 2nd and 3rd in Helena. The multi-disciplinary meeting drew together statewide agencies, organizations, and dental and medical professionals to create a shared vision and strategic plan for the future of oral health in Montana. Guest speaker Tonette Hollingsworth shared invaluable statewide data she has been collecting in her job as the State’s Oral Health Program Coordinator. Cara Reck, Lorie Becker, Crystal Spring, Melissa Utley, Brandy Piper and Diedri Durocher (all LAP endorsed!) educated attendees on hygiene services that are addressing access to care issues, and offered great ideas for improvement in areas that are lacking. The DASH attendees agreed that while much of the vision was accomplished, much more needs to be done. Another meeting will be held to define goals, objectives and timelines after the Legislative session ends.

Printed Newsletters
MDHA is making an effort to be environmentally minded and reduce paper waste by switching to email newsletters. If you prefer to continue receiving paper newsletters, please email montanadha@msn.com or call 406-256-7384. Thank you!
1882 was the year commercial floss was first manufactured.
Dogs have 42 teeth, cats have 30 teeth, pigs have 44 teeth, and an armadillo has 104 teeth.
The elephant grinds its molars and grows new ones. This happens six times in a lifetime! An elephant’s molar is about 7 inches square and can weigh over 6 pounds.
The average woman smiles 62 times a day. The average man smiles 11 times a day.
Kids laugh around 400 times a day, adults just 15 times a day.
The first toothbrush was a twig with a frayed end that was used to brush teeth.
The modern toothbrush was invented in China and had a bamboo handle and bristles made from hair on hogs’ necks.

How do YOU store YOUR toothbrush?
According to the September 2016 issue of “Brush Up on Oral Health”, ADA guidelines recommend that toothbrushes should be rinsed off with tap water to clean off any debris after brushing. Then the toothbrushes should be stored in an upright position to dry. Wet bristles should not be covered because bacteria can grow in closed, dark spaces. If several toothbrushes are stored in the same holder, make sure there is enough space between them so they don’t touch each other. Toothbrushes should not be soaked in bleach or other disinfecting solutions. There is no need to try to disinfect toothbrushes in dishwashers or microwaves or by ultraviolet light devices. Doing this could damage toothbrushes.

To subscribe to the Brush Up on Oral Health monthly newsletters, visit Head Start Early Childhood Learning and Knowledge Center (ECLKC) at https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/oral-health/policies-procedures/buoh.html
Melissa Utley, RDH LAP
MDHA Head Start & Public Health
tuthfari@gmail.com

My name is Susan Bell. I am the Board of Dentistry liaison for MDHA this year. I have lived and worked in Helena for the past 7 years. After an unexpected turn of events in my career, I decided it was time to become more involved with MDHA to assist in increasing our scope of practice. With that goal in mind, I was very excited to accept this position on the board. I look forward to working with this amazing group of women that make up our board for MDHA.
The Montana Board of Dentistry board members are appointed by the Governor of Montana. Each term of service is 5 years long with no limit on the number of terms. Jennifer Porter, one of the two dental hygienist on the board, will be completing her term in March 2017 and has decided not to reapply for the position. We thank you, Jennifer, for your service on the board!
Diedri Durocher has recently applied for the position. MDHA’s Board of Trustees voted unanimously to support Diedri in this appointment. President Cara Reck wrote a letter of recommendation to the Governor on behalf of MDHA.
Diedri attended hygiene school and works in Great Falls. She has since worked independently as a fill-in hygienist. She has been a member of MDHA since 2008, and has served on the BOT since 2011. She holds her LAP license, and works on the Fort Peck Indian reservation with school-aged children to improve their access to care. Diedri has worked to improve the scope of practice for hygienists in our state. She is a credit to our profession and will represent Montana well as a future Board of Dentistry member.

If you would like to submit a letter recommending Diedri Durocher to the Board of Dentistry, please email boards@mt.gov, or mail to Office of the Governor, PO Box 200801, Helena, MT 59620-0801.

Susan Bell, RDH

Hello from the new membership chair!! My name is Amber Johnson. I practice in Dillon, MT and am also the Butte Component Trustee. I am looking forward to a great year under the awesome leadership of our new president, Cara Reck. We had a great time at strategic planning this year and have a lot of goals in the works for the year. For any new members out there or those folks still considering a membership, I would love to hear from you; whether it is to answer questions about membership benefits or help you get in contact with your local trustee.
I look forward to a year of growth for our membership!
Amber Johnson, RDH amberjohnson2543@hotmail.com
Attention: RECENT Dental Hygiene Graduates

Congratulations on your new Career! Please make sure to go to www.adha.org and transition your student membership to a professional membership. Your profession needs YOU! You will be part of an amazing association looking out for each and every Hygienist’s best professional interests!

MDHA Board of Trustees

Elected Officers
- President: Cara Reck
- President Elect: Crystal Spring
- Past President: Heidi Halverson
- Secretary: Amy Neihart
- Treasurer: Tammy Helmer
- Delegate: Diedri Durocher
- Alt. Delegate: Suzie Rogge
- Alt. Delegate: Cara Reck

Component Trustees
- Billings: Suzie Rogge & Amber Welborn
- Bozeman: Vanessa Ternes
- Butte: Amber Johnson
- Great Falls: Nicole Van Auker
- Helena: Renee’ Parsley-Mulchay & AnnMarie Magill
- Flathead Valley: Ellie Bicha
- Glendive: Seeking volunteer
- Missoula: Kelly Boniecki

Standing Committees
- Executive Administrator: Alison Bayr
- Annual Session 2017: Ellie Bicha
- BOD Liaison: Susan Bell
- Spring CE 2017: Clancy Casey
- Public Health: Melissa Utley
- Historian: Shawna Kugler
- Legislative: Melissa Pyette
- Membership: Kim Woloszyn
- Public Relations: Amber Johnson
- CE Coordinator: Diedri Durocher
- Student Member Liaison: Carla McColly
- Limited Access Permit: Julie Barnwell
- Student Education: Susan Kavon
- ADHA District X Trustee: Brandy Piper
- Barbara Dixon

MDHA BOT STRATEGIC PLANNING

MDHA Board of Trustees
MDHA MISSION STATEMENT

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.

Address correction requested

January 20, 2017

LOBBY DAY
in Helena. Stay tuned via email for more details!

April 7-8, 2017

SPRING CE
in Helena. On the 7th, MDHA will host a “BackToBasics” LAP workshop and on the 8th, Matt Crespin, MPH, RDH will speak on his work as the Associate Director for the Children’s Health Alliance of Wisconsin. Details to come!

September 21-23, 2017

ANNUAL SESSION
“Recapture the Magic” in Kalispell. Details to come!