President’s Message

Hello from Helena!!

Many great events have happened since our last newsletter! I am pleased to announce that our Dental Hygiene Bill (SB 120) passed through both the Senate and the House and was signed by Governor Bullock on May 4th! I am so proud of our Association and the countless volunteers who gave so much time and energy, giving testimony, providing research and information, writing letters to the committees and legislators, and the list goes on and on! We knew we had a rough road to get to this point, but we did it, and ONLY because of our Association. Our members gave us the funding and fire to get things done and we did. So, with that I want to thank each and every member who continues to buy into our profession and help us make strides in providing care for all of our communities!

As your President, during the last 8 months I have seen some amazing things happen. I have learned and have grown thanks to those around me who have mentored me and surrounded me with their encouragement and strength. I will be forever grateful that you all supported me and believed in me. I hope that I will see many of our Montana dental hygienists at Annual Session in Kalispell so that you can help me recognize all the hard work these volunteers put forth to make this legislative year a successful one!

I also wanted to say how encouraged I was to see the turnout we had for Spring CE and the LAP training. I believe with our training and now with this bill being pushed forward, the LAP hygienist will be a force in public health oral care. We are on our way and nothing can stop us from taking care of communities of patients who otherwise would not have the preventative services they deserve!

I hope you all have an amazing Spring and Summer! I can’t wait for Kalispell in September! See you there!

Cara Reck, RDH, BS, LAP
MDHA President

Congratulations Class of 2017!

MDHA President Cara Reck welcomed 15 new Great Falls College-MSU dental hygiene graduates at their Pinning Ceremony on Friday, May 5th. Meagan McMenamy, was awarded the $1000 Lorrie Merrick scholarship to assist with her senior year tuition, and Emily Heninger was awarded the MDHA/ADHA award, which pays for her first year of professional membership. The graduates took their WREB exams the weekend of May 12th and had a 100% success rate! Double congrats, and welcome, Professionals!

Cara Reck & Meagan McMenamy

Emily Heninger & Cara Reck
Happy Spring from your President-Elect!

What an exciting time to be a dental hygienist in Montana! I am so thankful for the hard working group of RDHs who fought diligently to pass SB120! Congratulations MDHA!

I am looking forward to September and becoming MDHA President. I can’t say that I ever imagined I would play such an active role in my association. I had not been a member of ADHA for the first half of my dental hygiene career but I want to encourage any of you non-members who might not think membership is right for you. Becoming a member of ADHA was a pivotal moment in my career. I was surrounded by RDHs that were moving our profession forward. They believed in me and encouraged me in my leadership journey. Without MDHA I would not be self employed and working in a public health setting. I LOVE my job and I want to help others feel the same.

ADHA Annual Conference is fast approaching. District X is just at the beginning stages of reviewing and planning for the 2017 House of Delegates. It is always such an honor to represent Montana. Annual Conference is such a wonderful opportunity to network with motivated and passionate dental hygienists from around the country. It is great to know what other states are doing and how they are doing it. We are always stronger together.

Crystal Spring RDH, BS, LAP MDHA President Elect & Delegate

Board of Dentistry Update

Greetings Montana Dental Hygienists,

As the weather changes into spring and new life and new beginnings are all around us it seems that a great many things have been accomplished. Spring CE was a success, exciting and educational. The Montana Legislation session has ended and our bill was signed by Governor Bullock. The dedication of so many talented dental hygienists involved in making these things occur is a true credit to our profession.

Changes have happened within our board of dentistry as well. David Johnson, DDS, and Jennifer Porter, RDH have decided not to stay on for another term. Both finished their terms at the end of March. Governor Bullock has appointed Diedri Durocher, RDH, Great Falls, to fill the hygienist position and Dr. Leslie Hayes of Belgrade to fill the dentist position. Dr. George Johnston is the newly elected president of the board, and Dr. Aimee Ameline is the vice-president.

The board will be meeting for a full board meeting on Friday, June 9 starting at 8 AM. Although an agenda has not been released, it seems safe to assume that SB120 will be on the agenda as rules will need to be discussed and decided upon.

Working with the MDHA has been has been an unbelievable personal growing experience that will have many positive ripples for years to come.

Susan Bell RDH, Board of Dentistry Liaison

Board Positions available as of Annual Session:
- President-Elect
- Membership Chair
- Butte Trustee
- Great Falls Trustee
- Membership Committee (2-3 people)
- Glendive (or Eastern MT) Trustee
- Annual Session 2019 Chair (Helena)
- Delegate nominations
- Alternate Delegate nominations

Contact Crystal if you are interested in or would like more information about any of these positions. 406-581-5293 or crystalspringrdh@gmail.com

What is Pinhole Surgical Technique?

I was fortunate enough to head to sunny California the end of April and attend a course with my office here in Billings, Winterholler Dentistry. The course was called Pinhole Surgical Technique (PST). It was put on by a very charismatic man who invented, patented it, and who is also a dentist by the name of Dr. Chao. PST is a scalpel free, suture free, graft free treatment option for receding gums. How many of us have or had patients that will not go get a graft done? They usually have heard horror stories of traditional grafts or have had it done and won’t go back to get any more areas treated. And, how many of us have patients in our office who have recession and won’t go back to get any more areas treated. And, how many of us have patients in our office who have recession and are sensitive? We are excited to be able to offer this other form of treatment to our patients. In a nutshell, the DDS, who has gone through the course and is certified, makes a very small pin hole inside the lip by the mucogingival junction and then proceeds to gently loosen the gum tissue from the bone. It is packed full of collagen and then the tissue is able to be moved to cover the recession areas. Within 24 hours the pinholes have healed. Pain management is Tylenol, ibuprofen and ice first 24-28 hours. It is amazing! If you’re interested in learning more about PST, you can YouTube his videos or fill free to email me with any questions amos_85@hotmail.com. We are so excited to be able to offer this technique to Billings and surrounding areas.

Amy Neihart, RDH, Secretary

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.
BOZEMAN
Hello from the Bozeman component! Dental hygienists have been informed on the Bozeman Component Hygiene page of component opportunities with sealants for smiles, employment opportunities, articles of interest, and of the need to write their legislature for the proposed hygiene bill. On April 12th a free CE and a wine social were hosted covering aesthetic implant failures and etiology, presented by Dr. Helm. It was a very interesting topic and fun to see the before and after photos from aesthetic and implant surgeries! On May 11th a free CE with wine social was hosted covering Tobacco Cessation and the Montana Quit Line. Crystal Spring did a wonderful job presenting this information. It is so important for us to utilize the Montana Quit Line. Please call them to receive information to give to your patients. Look forward to another free CE presented by Dr. Helm in August!
~Vanessa Ternes, RDH BS, Bozeman Component Trustee

MISSOULA
The Missoula Component has had a successful 2016-17. We have had some excellent speakers this year with some very interesting CE opportunities with sealants for smiles, employment opportunities, articles of interest, and of the need to write their legislature for the proposed hygiene bill. On April 12th a free CE and a wine social were hosted covering aesthetic implant failures and etiology, presented by Dr. Helm. It was a very interesting topic and fun to see the before and after photos from aesthetic and implant surgeries! On May 11th a free CE with wine social was hosted covering Tobacco Cessation and the Montana Quit Line. Crystal Spring did a wonderful job presenting this information. It is so important for us to utilize the Montana Quit Line. Please call them to receive information to give to your patients. Look forward to another free CE presented by Dr. Helm in August!
~Renee Parsley & Ann Marie Magill, Helena Component Co-Trustees

FLATHEAD
Springtime has FINALLY sprung here in the Flathead Valley! Our component has been hard at work planning our upcoming Annual Session for 2017! Our numerous committees (lead by many marvelous hygienists) are meeting monthly to offer you a magical experience come this Fall. This year’s annual session will be held at the Hilton Garden Inn from September 21st-23rd. We will be welcoming world-renowned speakers such as Susan Wingrove & Betsy Reynolds; along with some popular local speakers Dr. Young Stebbins-Han, and Dr. Casey Shepard. Our topics range from tattoos & piercings to Invisalign and Oral Pathology. There will be many opportunities to socialize and catch up at our Wine n Cheese event, Luncheon, and Installation Dinner. Make sure to mark off your calendars (and work schedules) so you can make time to "Recapture the Magic" this Fall in beautiful Kalispell, MT!
~Ellie Bicha, RDH, Flathead Valley Component Trustee

GREAT FALLS
I am excited to let you all know that we have revived our Great Falls Component! We had an awesome Ugly Sweater Party in December, which hopefully will be an annual event. We had a great CE in February on "Cleaning Up Your Posture: The Implications for Physical Therapy in the Dental Profession" with Kirsten Jensen, DPT. If you have anyone who would be willing to speak to our group please let me know. I plan on having a couple more CE’s this summer. We have a Facebook page “MDHA Great Falls Component”. Please join it to stay up to date on upcoming events! Also, if you have not received an email regarding the Great Falls Component please email me at: mdhagf@gmail.com and I will put you on the list so that you can stay in the loop. We will be looking for a new Great Falls Component Trustee for this next term starting in September – please contact me if you are interested! It’s a fun way to get involved in our awesome organization!
~Nicole Van Auken, RDH, BS - Great Falls Component Trustee

HELENA
Hello from Helena! The Helena component had a busy year with the 2017 MT Legislature in Session and we hosted the 2017 Spring CE. The Helena component continues to meet each month from September through May. We had a great year with some very interesting CE speakers sharing their knowledge with us to better serve our patients and community. We will end our year with a back yard BBQ so if you are in Helena the 25th of May, let us know we would love to have you join us!
~Kelly Boniecki, RDH, Missoula Trustee
Just Do It! Online Bachelor of Applied Science Degree with Thematic Concentration in Dental Hygiene

The Online Bachelor of Applied Science (BAS) at Montana State University-Billings is an interdisciplinary degree that capitalizes on and complements your technical associate degree (AAS). You will learn in a supportive and stimulating academic environment while you prepare for challenging and rewarding professional opportunities. The online BAS builds on your technical expertise while expanding your goals and potential opportunities. It is the perfect next step to advance your career.

PROGRAM HIGHLIGHTS

* Designed for working adults
* Courses are designed to meet the demands of today’s dental hygiene leaders
* Cohesive curriculum is relevant, engaging, and enriching
* Flexible program allows part-time or full-time study
* Courses will relate to everyday life experiences
* Maximizes your previous technical education

Please contact Mikayla Hirschkorn at mikayla.hirschkorn@msubillings.edu, or Maddie Felts at madeline.felts@msubillings.edu with any questions.

Here’s what past graduates have to say:

“I chose to complete my Bachelor of Applied Science degree at MSU-Billings because I felt the courses offered would allow me to advance my career as a dental hygienist. I was amazed that I could complete my degree in one year and still be able to work full-time and raise a family. The cost of tuition was much less than other programs I had explored, and I trusted that the Montana State University system would provide me a quality education.” Janell Brown, RDH, BAS

“I chose to complete my bachelors in dental hygiene for two reasons. First, because I believe our profession is moving forward towards a bachelor’s degree as an entry level requirement for some things, like expanded functions. It would also likely open doors in adjunct careers such as teaching, hospitals, public health etc. Secondly, I continued on for personal growth and sense of accomplishment. We should never stop learning.” Nicole Van Auken, RDH, BAS

“Nineteen years after graduating with an associates degree in dental hygiene I completed my BAS in dental hygiene. It had always been a goal of mine to complete my BAS and achieving this goal did not disappoint. Where I do not feel that obtaining my bachelors makes me a superior RDH I do believe that it has increased my confidence of what I can do next. I did not want to miss out on jobs and opportunities that require a bachelors degree or higher. Lifelong learning inspires us to keep going and to grow. The classes that I took to finish my degree were in line with my own personal experiences and interests. I would like to encourage any RDH’s that are thinking of finishing their BAS to GO FOR IT!!” Crystal Spring, RDH, BAS, LAP (President Elect MDHA & Hu-Friedy/ADHA Master Clinician Award)

“I am so glad that I chose to complete the BAS program that was offered through MSU-B. It was a fairly quick process to complete and it felt good to stimulate my brain. I had always wanted to complete my bachelors! There are so many more opportunities for those who have completed their bachelors. I could continue on for masters and teach, or if I needed I could change career paths. I wouldn’t have those options without having had completed this program! I am so grateful that it was available to me and very happy that I decided to go for it!” Cassie Salvi RDH, BAS

“I chose to complete my BAS at MSU-B because of the convenience of the online courses and to pursue higher education to open greater opportunities in the future.” Troy Greene, RDH, BAS

Please consider making a donation to the Institute of Oral Health (IOH) In Motion 5K fundraiser to benefit hygienists through research grants and scholarships. The fun run/walk occurs on June 15th in Jacksonville, FL at the ADHA 94th Annual Conference. Cara Reck, Crystal Spring, Lorie Becker, Suzie Rogge & Diedri Durocher will be representing MDHA and partnering with District X on the Dashing Divas Team. Remember, IOH is the only foundation for hygienists by hygienists.

Donate to any one, or all, of the MDHA Team Members by selecting the District X Dashing Divas Team and then pick the team member at https://www.crowdrise.com/donate/event/ADHARUNWALK2017
As Alison Bayr resigns, we give special thanks to her for serving as Executive Administrator and getting us through a very busy legislative session! The BOT Executive Committee has appointed Diedri Durocher as the new administrator. (Thus the change of address for MDHA.) In addition to her new non-voting role on MDHA, Diedri has accepted a 5-year appointment to the Board of Dentistry. Congratulations, Diedri!

Montana Dental Hygienists’ Assoc.
78 Sun River Road
Great Falls, MT 59404
(406) 256-7384

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; raising awareness of cost effective benefits of prevention; promoting of the highest standards of dental hygiene education, licensure, practice and research; and providing representation, promotion, and preservation of the interests of dental hygienists.

Check out the MDHA Website for CEs, jobs, and much, much more! http://www.montanadha.org/

Like us on Facebook at Montana Dental Hygienists’ Association