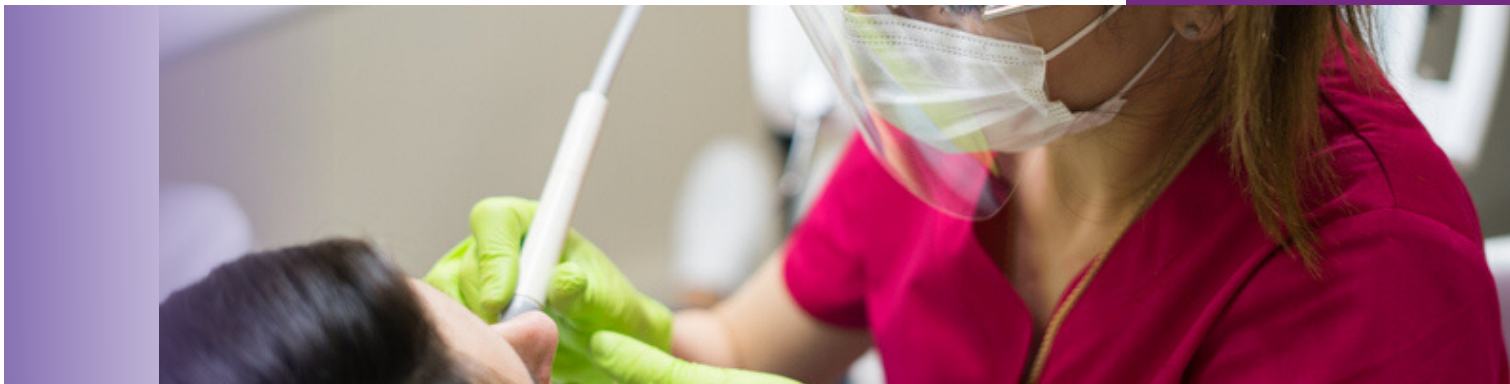


CONNECTIONS



MESSAGE FROM YOUR NDHA PRESIDENT

Jess Bolter, RDH NDHA 2022-23 President

A Momentous Year!

One hundred years ago, a group of 46 dental hygienists from across the country gathered in Ohio to hold the first Annual Conference of the ADHA. This group created the first bylaws and constitution, and elected Winifred Hart as the first president of ADHA. Today, the organization is still moving the dental hygiene profession forward.



To mark this special occasion, ADHA has released a new logo. The various shades of purple represent dental hygiene and the diversity of its members—the roles, career paths, and the people themselves.



A new website will be launched in February, complete with upgraded web experiences, new education, student activities, and contests for members. Chicago will host the centennial Annual Conference July 7-9, 2023. Registration opens February 15. Don't wait--this is going to be a momentous celebration!

Reminder! License renewal is due March 1, 2023. For more info, visit dhhs.ne.gov/renew

January 2023

Newsletter Highlights

Message from Your NDHA President

Legislative Committee Update

Executive Director Announces Retirement

Messages from President Elect and Immediate Past President

Check it Out: Fun Facts About Dental Hygienists

The "Salva Chronicles" are coming to Omaha!

LEGISLATIVE COMMITTEE UPDATE

Joey Enright, RDH and Deb Schardt, RDH
Legislative Co-Chairs



On January 4th, 2023 the 108th Nebraska Legislature convened for its 90 day first session. LaVista Senator John Arch, former chairperson of the Health and Human Services Committee, has been chosen as speaker of the Legislature. The Senator said his experience as a hospital administrator demonstrates his ability to manage complex relationships and processes.

Legislation and government regulations affect the scope and future of the practice of dental hygiene in our state. Important decisions are being made that impact health care delivery and as dental experts, it is up to us to build relationships with decision makers to advise and educate them about our field. Changes with Nebraska Medicaid administration affecting dentistry are on the horizon. Check out the Nebraska Appleseed Dental Policy Brief [here](#)

The Council for State Governments' work on the Dentist and Dental Hygienist Compact could be a future legislative topic when it comes to the dental workforce. You can find information on the compact [here](#)

Every year, our association provides you with an opportunity to socialize with each other and network with Nebraska Senators during the Legislative Session. There is no better time to build relationships and credibility with them! Find your Senator and District [here](#). Reach out to your Senator and extend a personal invitation to our event! Register for NDHA's Annual Legislative Reception [here](#)

NDHA Legislative Reception
with State Senators

MONDAY, FEBRUARY 13, 2023 BILLY'S RESTAURANT
1301 H ST, LINCOLN, NE 4:30 PM TO 6:30 PM

EXECUTIVE DIRECTOR RETIRES

As many of you are already aware, I have retired as the Executive Director of the NDHA effective December 31, 2022. As happy as I am to be moving on to the next chapter of my life, I can't help but be a little sad that I won't be seeing or working with you all. The past seven years has gone by fast, but I have really enjoyed serving as your executive director. You were my last client prior to retirement and that is because I so enjoyed working with you all.

I didn't know much about your profession when I started but I have become a huge supporter of RDHs in Nebraska. I have always believed that you have a unique role in the Nebraska health system moving forward to be able to fill in the oral health needs of Nebraskans who have no (or little) access to oral care.

Thank you for giving me the opportunity to work with you and grow as a professional. I am grateful for the trust you gave me to help lead this organization. I have made many friends over the past seven years and I hope you will stay in contact. My personal email is johnroberts@mail.com

I wish you all the best in the future.



John Roberts

Mark Your Calendars!

2023 NDHA Annual Session

April 21-22, 2023

Omaha Marriott - Regency

The NDHA Annual Session provides continuing education to registered dental hygienists, dentists, dental assistants, and especially members of NDHA. It also provides the opportunity for colleagues and professionals to exchange ideas on research, clinical practice, and products.



The "Saliva Chronicles" are coming to Omaha!

Come one, come all. Everyone is invited to this EXCITING event where you can learn how to become a saliva expert! Dry mouth affects people of all ages. Join us and learn how you can help treat your patients with xerostomia!

During day one of the Annual Session we will look into saliva and its role in oral disease. Participants will gain a valuable understanding of why healthy saliva is critical, how to test the health and volume of saliva, and gain a deep understanding of products and strategies that help create better quality saliva, provide oral comfort, combat disease, and help restore oral balance.



Featured Speaker: Anne N. Guignon, RDH, MPH, CSP



Anne Nugent Guignon, MPH, RDH, CSP is a visionary thinker with a passion for improving the clinical environment and patient health. She began dental hygiene practice in 1971. She is an international speaker, prolific author, faculty member, and has received numerous accolades for mentoring, research, and guiding her profession including being honored as the 2009 ADHA Irene Newman Award and chosen as RDH readers' Most Effective Educator in 2016. She is an active member of ADHA and the National Speakers' Association.

You will learn:

Spit is It....And It Matters

Discover the difference between xerostomia/feeling dry and hypersalivation/being dry

Muddy Flooding and Sinkholes

Understand the differences between erosive tooth wear and caries

Testing 1...2...3

Understand the urgency for adding salivary diagnostics and recognizing how testing improves communication and treatment acceptance

What is the Right Strategy?

Find out which products improve salivary flow and quality. Understand the danger of chronic dehydration

MESSAGE FROM THE NDHA PRESIDENT-ELECT

Whitney Crist, RDH

New Year, New Faces: A Warm Welcome to Advanced Association Management

As we ring in 2023, NDHA would formally like to welcome Advanced Association Management (AAM) with Courtney Fegter taking over as our Executive Director. Our previous Executive Director, John Roberts, announced his retirement last Spring. We would like to thank him for his dedication for the past 7 years to NDHA.

John has graciously offered to help us with the transition – so we don't have to say goodbye just yet! Through the end of February John will be assisting with onboarding as we make the shift in management companies. Let's give a gracious reception to Courtney and much appreciation to John through this change.

In order to get to know Courtney better, here's some fun facts to start off with:

- Courtney spent the last 8 years working in College Athletics and Sports Tourism – which included event planning, bid submission, travel, and board/financial management.
- She grew up in Holdrege, Nebraska and attended the University of Nebraska -Kearney. Courtney was able to experience living in College Station, TX and Kansas City, MO before moving back to Nebraska to be closer to family in December 2022.
- One of her favorite things to do is spoiling her adorable nieces and nephew.
- Courtney spends her free time traveling, hiking, cooking new dishes, and spending time with loved ones.



**Welcome Courtney!
We are excited to work
with you as we embark
on this new chapter
for NDHA.**

Welcome

2023 NDHA CORPORATE SPONSOR



Summit Dental Health is proud to be the 2023 Diamond Sponsor of the Nebraska Dental Hygienists' Association.

We look forward to supporting the advancement of hygienists across the state!

To learn more about our Employee Owned Company, please visit our website at <https://summitdentalhealth.net/>.

We look forward to seeing you at Annual Session 2023!



UPCOMING EVENTS



JOIN US!

January 22, 2023

1 PM (via Zoom)

For more information
please visit the NDHA
Website at nedha.org

Would You like to Be a Mentor?

Mentoring is a rewarding way for dental hygienists to guide a promising student or colleague searching for direction on a path you've already traveled.

A mentor's role is to provide professional and sometimes personal (if requested) guidance. Honest with feedback, a mentor helps to set realistic goals and helps facilitate career advancement opportunities for their mentee.

Be someone they can call or text in their first year of practice. Consider spreading your passion for dental hygiene through mentorship!

A MESSAGE FROM YOUR IMMEDIATE PAST PRESIDENT

Jason Brisbin, RDH



In a few short months I will be stepping away from the board as my term as Immediate Past President ends. It will be bittersweet, as I have been involved with the board since 2017 when I was our student liaison for UNMC.

I have written and rewritten this article about a half a dozen times not because I don't feel like I have much to say, but because I feel I have too much to say. As this will be my last article for the foreseeable future, I want to focus on what is most important. Instead of asking you to read through a dissertation length article, I have attempted to narrow my thoughts down to what I feel are the most critical challenges facing our profession.

First is the lack of diversity. Gone is the idea of the Great American Melting Pot. Not only has our country not merged all of our native and immigrant cultures into a single monolithic mass, but it is disadvantageous to do so. The more contemporary metaphor is that of a tossed salad. Each different ingredient adds something special and unique to the whole and is allowed to contribute independently without needing to be hidden, blended, or absorbed. There are great advantages to multiculturalism. Not only do we get the benefits of a wide variety of skills and perspectives, but we get the benefits of a rich and beautiful tapestry of cultural experiences. The downside to this is that we humans are prone to fearing and misunderstanding what is not familiar.

As a profession that aims to serve the public, we must be caring and open minded and able to provide culturally competent and appropriate care. It is much easier to provide this care if our workforce reflects the diversity of our patients. Right now our workforce is still predominantly white, young, and identifies as straight women and does not yet adequately reflect the populations we serve, although there are some signs this is improving. The lack of diversity also affects our ability to recruit and retain leaders. I graduated at 28 years old and immediately began to serve on the board. Were I 22 and looking to start a family, as so many of our hygiene graduates are, I would not have even considered this. Having a diverse workforce in terms of age, career stage, practice setting, gender, sexual orientation, race, religion, etc. means a diverse leadership pool. A diverse leadership pool means that we are more likely to reach people who are at a point in their life that they can contribute more fully to our profession.

Second is burnout and turnover. Heavy patient loads, emphasis on production, body fatigue and pain, a lack of variety in work responsibilities, and many other things contribute to practitioner burnout. Add to that the high rate of retirements due to age and covid and we are left with a diminishing workforce that takes considerable time to replace. While there are advantages to a small workforce such as high wages and ease of securing employment, this also means that employers will start to look other places to fill positions if workforce shortages become persistent.



This leads to a high risk of scope creep from other professions that are cheaper to train and employ than dental hygienists. While I don't have any recent data, I suspect that if we do not increase the number of hygienists coming into the field, and retain those that are here, our small business minded industry may decide that, despite the benefits we provide to patient care, they do not need us. We must diversify the employment opportunities for hygienists and increase our scope of practice so we can find a niche for all those that get fatigued with standard clinical practice.

(Continued on the next page)

A MESSAGE FROM YOUR IMMEDIATE PAST PRESIDENT (CON'T)

Third is a lack of a sense of responsibility. Especially with the rise of social media, I hear everybody discussing their rights. I have a right to do this, such and such has a right to do that, if the right to x is taken away what happens to y, and so on and so forth. What I don't hear very often is people discussing their responsibilities. If people only want to get and get and get without giving anything, who is left to do the work? If nobody is willing to contribute the skills and resources they have available, society does not function. I am already seeing this among dental hygienists.

They ask NDHA and ADHA for so much, but are not willing to do anything to support us. If people are not willing to take responsibility for their own profession, there is very little we can do to help. People have forgotten how much our profession has had to fight to get the things we have, and assume it will always be this way. If people are not willing to consider their responsibilities to our profession, then groups that do take responsibility will begin to render us obsolete.

Ultimately the survival of the Nebraska Dental Hygienist's Association, the American Dental Hygienist's Association, and the dental hygiene profession will depend on YOU. You personally stepping up and taking responsibility for our collective survival. It has taken considerable effort in terms of time, talent, and resources to accomplish what our profession has and nothing kills a dream like apathy. Do what you can, when you can even if that is simply being a member. If you can contribute more, consider stepping up into a leadership role. If not you have to ask yourself, if I don't who will? If the answer is "nobody" are you ok with that?

I found this posted in the breakroom of one of our clinics. I think that it exemplifies my parting thoughts well. I am not sure of the source so forgive the lack of a citation.

There were four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have.



Time is running out....



to make your nominations

**NDHA AWARD
NOMINATIONS NOW OPEN!**

NDHA's Awards Program is a way to honor and recognize our members dedication to the dental hygiene profession in various aspects of the dental hygiene world.

GO TO THE NDHA WEBPAGE TO COMPLETE YOUR NOMINATION FORM ONLINE.

NOMINATIONS MUST BE RECEIVED NO LATER THAN JANUARY 15, 2023

**2022-23
BEST OF THE BEST**



CHECK IT OUT: FUN FACTS ABOUT DENTAL HYGIENISTS

Dental Hygienists do more than clean teeth - Check out these surprising fun facts about the wonderful world of Dental Hygienists.

Dental Hygienists Save Lives

Known for impeccable teeth cleaning, a dental hygienist does more than clean teeth. A dental hygienist performs oral assessments, administer cancer screenings, X-rays, and develops life-saving programs to treat underlying issues. Studies have shown the link between heart disease, or bone disease, and oral health.

Saving lives by design

Visiting a dental hygienist and receiving oral treatment can help reduce a patient's chances of developing these complications. By treating gum disease, you're able to prevent heart attacks. Receiving cleanings and visiting hygienists can reduce your risk of cardiovascular disease or stroke. Treating plaque buildup could decrease the chance of heart disease as plaque build-up may trigger heart attacks. Dental hygienists assess individual oral health, evaluate, and develop individual patient-focused programs with the help of patients to improve their health, all while educating them with preventative measures.

Dental Hygienists are the Chameleons of the dental world

Aside from private offices and clinics, dental hygienists provide preventive and therapeutic services in schools, daycare facilities, nursing, and long-term facilities. You'll find hygienists working hard as public health officials as researchers, educators, or administrators. Not only are they able to adapt in different environments and use their expertise to care for patients in diverse communities and have skills to back it up.

Dental Hygienists have many skills

Dental Care calls for several skills, knowledge, and training. For dental hygienists, some of these skills include interpersonal communication and patient care techniques. They are also professional problem solvers. For oral care, every patient has unique challenges. Hygienist research and work with patients to develop individual programs to meet their needs.

Dental Hygienists are High In Demand

The demand for dental hygienists has increased over the years, with over 200,000 dental hygienists in the U.S. With studies showing links between total health and oral health and the population ages, more focused has placed on the dental industry. According to the Bureau of Labor (BLS), dental hygienist opportunities have increased by 11%, higher than the average for all occupations, and projected to grow by 33% by 2022.

Dental Hygienists are always on the move

The life of a dental hygienist is a rewarding and busy one. Dental hygienist tasks include making the diagnosis, preparing a diagnostic test for the dentist to interpret. A clinical dental hygienist interacts with diverse groups, educating patients on preventative care, facilitating treatment, and x-rays. All while communicating the needs of patients to patients and dentists.

Women Dominate the Dental Hygienist Profession

Finally, did you know that women dominate the field of dentistry? Since 2001, women have dominated the world of oral health, with about 32% of female dentists and approximately 95% of all dental hygienists and assistants; 60% practicing under the age of 44. Women in dentistry, especially dental hygienists, are shifting and influencing what they teach in the classroom and community. Did you know, 14% of the American Association of Public Health in Dentistry presidents were women? Female leadership has positively affected the practice of dentistry. This change has led to more involvement in public policy, produced better health outcomes, and improved patient quality of care.

A YEARLONG CELEBRATION: 100 YEARS OF DENTAL HYGIENE

In 1923, a group of 46 forward-thinking dental hygienists representing various states journeyed from across the U.S. to the Hollenden Hotel in downtown Cleveland, Ohio, to hold the first Annual Conference of the ADHA®. Together these pioneering women drafted the first constitution and bylaws for an organization in its infancy so that officers could be elected to unify and lead the group. Mrs. Winifred Hart of Bridgeport, CT, became the first president of the ADHA—the same organization celebrating its 100th anniversary this year.



Over ten decades, hundreds of thousands of determined ADHA members and dental hygiene pioneers have helped push the envelope and elevated the profession to the essential and instrumental force it is today in oral and overall health care. Join the dental hygiene community as we celebrate this historic milestone and look forward to a new century for the American Dental Hygienists' Association.

Each month this year, ADHA will share moments in time—of membership, of experiences, of achievements and milestones from this journey—that weave the fabric of our history and have paved the way for our future. Look forward to new web experiences, a new digital content hub, new education, fun member contests, student activities, special member offers, and highlights with a centennial celebration at **ADHA23** – the [ADHA Annual Conference in Chicago, July 7-9, 2023](#).

100 Years of Dental Hygiene

- 1913—Dr. Fones establishes the first dental hygiene education program in Bridgeport, CT
- 1914—First class of 27 dental hygienists graduate and begin working in public schools
- 1917—Irene Newman becomes the first registered dental hygienist
- 1920—Six states have licensed dental hygienists
- 1923—American Dental Hygienists' Association is formed in September with 46 members present
- 1923—ADHA charters first states (Iowa was one of the first in 1923!)
- 1927—ADHA's first publication—The Journal of the ADHA
- 1927—ADHA is incorporated
- 1945—Grand Rapids, MI is the first city in the world to fluoridate its drinking water
- 1945—Dr. Clayton Gracey partners with Hu-Friedy to develop the first Gracey curettes
- 1947—Nebraska charters with ADHA
- 1949—ADHA adopts the term “Registered Dental Hygienist” as the official credential of the program
- 1952—Accreditation of dental hygiene program begins
- 1957—Membership restrictions to the ADHA based on race, creed or color are deleted
- 1957—First dental ultrasonic scaler introduced by Dentsply
- 1959—Dr. Esther Wilkins first edition textbook of The Clinical Practice of the Dental Hygienist is published
- 1960—Dental hygiene is involved with the World Health Organization (WHO)
- 1964—The word “female” is deleted from ADHA constitution and bylaws
- 1970—First international symposium on dental hygiene is held in Italy
- 1971—Washington state is the first to expand practice acts to include administration of local anesthesia
- 1987—Colorado passes first law in the country to allow unsupervised practice to all hygienists in all settings
- 2011—First Advanced Dental Therapists graduate in MN
- 2013—100 years of dental hygiene is celebrated!