

CONNECTIONS

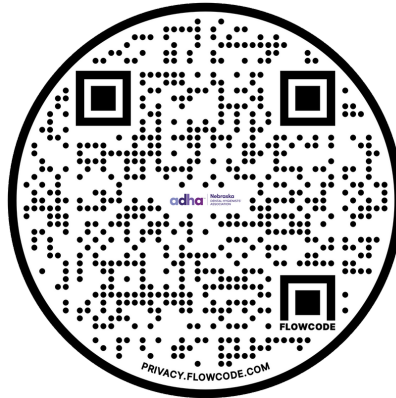
January
2024



LEVEL UP

APRIL 26-27, 2024

MAHONEY STATE PARK
ASHLAND, NEBRASKA



Register
Now

OR READ MORE ON PAGES 10-11...

2024 Annual Session
REGISTRATION OPEN

Letter from
NDHA President:
Whitney Crist



MESSAGE FROM YOUR NDHA President



Leadership on Many Levels

"Can you elaborate on your responsibilities as the Membership Chair?" prompted the interviewer. Such inquiries weren't uncommon, and in 2020, I was fortunate to receive two non-clinical job offers. I firmly believe that my leadership experience and commitment to NDHA played a pivotal role.

Embracing the opportunity to lead within our professional association has proven to be immensely fulfilling. Beyond gaining insights into my own capabilities, I've cultivated skill sets that extend beyond the conventional clinical domain. Embarking on my leadership journey has granted me the chance to give back to the dental hygiene profession. I aim to not only contribute but also to ignite the potential within others - encouraging them to explore their unique strengths and passions within our cherished field.

In my previous newsletter articles, I aimed to spotlight three key components of NDHA: its members, community, and leadership. (You can find my earlier articles at www.nedha.org/publications). Now, let's continue that conversation by delving into the concept of leadership and its personal, professional, and association-wide impacts.

The term "leadership" can sometimes deter people, evoking thoughts of heightened responsibilities, official titles, and increased workloads. However, leadership is fundamentally a mindset. To be a leader means choosing to set an example for others, which can manifest in various levels and facets of our lives.

As hygienists, we inherently serve as leaders. We lead by advocating for and empowering our patients in their oral health journey. In addition, by merely being a member of NDHA, you exhibit leadership through your dedication to the dental hygiene profession and ongoing education. For those feeling a pull to expand their roles, NDHA provides a myriad of opportunities. Whether as a legislative liaison or joining the board, there exist roles tailored to meet members at their individual capacities. These roles not only allow members to broaden their skill sets but also contribute significantly to advancing the profession. It's a mutually beneficial endeavor...win-win!

So, if you're even slightly intrigued by the idea of greater involvement, reach out to us. You won't be disappointed. Let us be your supporters, rallying together to level up the profession and elevate ourselves to new heights!

Sincerely,

Whitney Crist



Nebraska
DENTAL HYGIENISTS'
ASSOCIATION

NDHA Legislative Breakfast

Billy's Restaurant - 1301 H Street, Lincoln

February 23, 2024 - 8:00 am

There are several legislative initiatives that will impact dentistry during the 2024 Legislative Session!

Be a part of the conversation and build relationships with Nebraska Senators at our annual event. Find your Senator at and invite them to meet you, their constituent and dental subject matter expert!

Learn more and RSVP at www.nedha.org



Support the Nebraska HYPAC

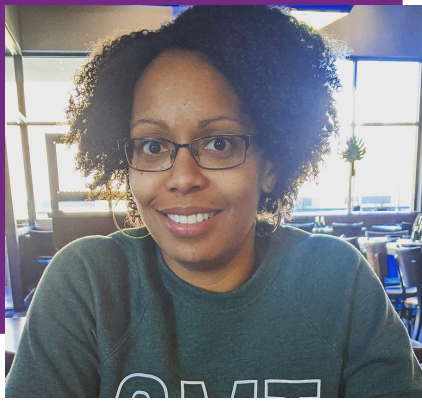
The objective of our Political Action Committee (PAC) is to raise money to contribute to various legislators' campaigns, particularly those that are sympathetic to the issues of our profession. Those legislators that we support financially are those that we count on as friends of Dental Hygiene and we look to ensure their viability in the legislature. In order to maintain and improve the standards of our profession and protect the public we serve, it is imperative that we are visible within the legislative arena and that means political action and money! Consider contributing to our HYPAC T shirt fundraiser.



[Purchase Here](#)

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MESSAGE FROM YOUR NDHA Secretary

Happy 2024 everyone! Can you believe how fast 2023 went?! I am still in disbelief that we're in a new year, but ready or not, it's here!

Are you a “new year’s resolutions” individual? Do you have “word” or “theme” for your new year? I feel like there are so many goals that one can set for themselves in one’s personal and professional lives that sometimes it can be a bit overwhelming. How do you go about prioritizing it? What do you feel is the most crucial to your success in this thing called life, particularly the season of life you’re in? According to Forbes, “most people keep their resolutions two to three months before they abandon them, with only 1% of those who set resolutions making it to 12 months”.

So, how do we keep that from happening? How do we improve the outcome of seeing through with the goals we have set for ourselves? Not only that, how do we keep ourselves from feeling like we “failed” or “can’t continue on” if we missed a day here or there? I honestly think, as cliché as it sounds, the original quote from General Creighton Abrams sums it up: “when eating an elephant, take one bite at a time”. Bit by bit, baby steps versus taking large leaps and bounds. Starting small and start TODAY. Today, start with 10 mins of walking or eating one piece of fruit instead of feeling you must do an hour workout at the gym. Today, commit to reading a few pages of a chapter in a book instead of feeling like you must read the whole chapter. Today, hop on a Zoom Nebraska Dental Hygiene Association (NDHA) or American Dental Hygiene Association (ADHA) meeting to see what it entails instead of feeling like you must commit to a specific role in the organization. There is a lot to be said about just starting SOMEWHERE. Our society puts so much pressure on going big or going home that we forget we can work with what we have or start with what we know, and guess what? That is ok!

Listen, I’m no rocket scientist, nor do I play one on tv. Do what only you can do. Take the first steps. Crush those goals you have for yourself! And if one of those happens to be to get more involved in your professional organizations, NDHA and ADHA, message or call any board member. We’re here for you! 😊


Sincerely,

Cherrelle Rogers



Nebraska
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MESSAGE FROM YOUR ADHA 2nd Delegate



NDHA delegation team is enjoying a little break before we begin preparation for House of Delegates (HOD) 2024. I began my journey to the ADHA 2nd Delegate position as an intern for NDHA. In January of 2023, I joined the board to help organize vendors at the Annual Session. I enjoyed my time with NDHA so much that, with some encouragement from board members, I chose to join the delegation team. It has been a very eye-opening and wonderful learning experience. I would like to provide a quick update about some of the newly adopted proposed resolutions, proposed by-laws and also wanted to give a look at what it is that the ADHA delegation does.

Throughout the year, there are submissions to ADHA regarding changes that members, groups, or sometimes even a state propose. It is the delegates' job to review and discuss each one of the proposals. Some are easy to adopt or reject, others require a lot of discussion and amending. Although this is a gross simplification of the process, it gives you a general idea. NDHA delegates are part of District VIII and meet with our district once, sometimes 2-3 times a month to prepare for HOD. In these meetings we discuss our thoughts and concerns about each of the proposals. As HOD draws closer, delegates can submit testimony for the proposals they wish.

During HOD, each state's delegation team meets and goes through discussions about the proposals, and eventually vote on each one. The delegation also votes on the incoming ADHA board members. To take part in something like this was not only a first, but an incredible experience. I was able to listen to so many people who are so passionate about the dental hygiene profession. It really was nothing I could have expected.

One of the biggest topics of conversation during delegate meetings and at HOD was a group of proposals suggesting a reconfiguration of the ADHA board. This was not a new topic; it is something that has been discussed in previous HOD but was not able to be adopted. The ADHA board members talked about a decline in membership as well as discussions about how we can rebuild ADHA membership. This is not something we are experiencing alone in Nebraska; it is a problem on a national level as well. While many people agreed that a restructuring could be beneficial and it continues to be proposed to the HOD, there is concern that there is not enough bandwidth to make it happen at this time.

Another significant discussion was the dissolution of the Nominating Committee. The purpose of the Nominating Committee was to vet and slate candidates for ADHA board nomination each year. During HOD candidates can either be slated from the Nominating Committee or run from the floor. After a lengthy discussion, it was decided to adopt the dissolution of the Nominating Committee. Moving forward, all candidates for future ADHA board positions will run from the floor, there will be no prior vetting and slating of candidates.

These are just a few of the many proposals discussed during HOD. In just a few short months, NDHA delegation team will be reading through the 2024 HOD manual. Any guesses on how many pages there will be this year?

Kara Lilienthal

Diamond Sponsor Highlight



Summit Dental Health is proud to kick off the new year as the Nebraska Dental Hygienists' Association's (NDHA) Diamond Sponsor! Looking back on 2023, some highlights include being voted reader's choice for best dentist office in "Best of the Big O". We sponsored the NDHA Annual Session as well as the inaugural Fun Run, and sponsored four team members to attend the ADHA Annual Conference in Chicago. In order to make work easier, we added Hufriedy's Evercare instrument sharpening service to our benefits package and also introduced CBCT technology. To help our providers thrive, we offered over 100 hours of continuing education for clinical advancement and leadership development in 2023. This Fall, Summit Dental Health will mark 10 years of caring for everyone in the Omaha and Siouxland Communities as a profit sharing, employee owned organization, committed to breaking down barriers to care!

To learn more about career opportunities, visit <https://mortensondentalcareers.ttcportals.com/>.

School-Based Dental Health Programs in Nebraska

Virtual CE Hosted by the NDHA Panhandle Component!

NDHA MEMBERS - FREE / Non-NDHA Members - \$20



Friday, February 9th

1:00 PM MST / 2:00 PM CST

Register at www.nedha.org/events

1 FREE CE to NDHA members who register & attend!



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Board of Dentistry Update

At the October 13th Board of Dentistry meeting, the Board voted to approve the expanded function course Restorative 1 and 2, now offered through the University of Nebraska College of Dentistry. This course prepares Dental Assistants and Dental Hygienists to perform expanded functions and place direct restorations using composite, amalgam and glass ionomer materials for Class I, V and VI, and Class II, III and IV and complex restorations. Fifteen-hundred hours of chairside experience is required to enroll in this course.

On November 9th, 2023 the Nebraska Board of Dentistry called an emergency meeting regarding the negative impact of the state's limited acceptance of dental clinical examinations. Currently, by statute, anyone seeking a dental or dental hygiene license in Nebraska must successfully complete the CRDTS exam, or one that is "comparable", which significantly limits the number of qualified candidates for the University of Nebraska's Dental Residency Program, and makes it difficult for new or experienced providers to consider making Nebraska home. During this meeting it was established that the Board could determine if another examination is acceptable for temporary licensure, as the current language reads:

"The department, with the recommendation of the Board, shall issue a temporary license to any person who a) has met the requirements for a license to practice dentistry as set forth in section 38-1117 or is licensed in another jurisdiction as defined in 38-1124 and b) is enrolled in an accredited school or college of dentistry for the purpose of completing a postgraduate or residency program in dentistry".

Previously, the Board had evaluated the ADEX exam, which is the most widely accepted exam nationally, and determined it to be incomparable to CRDTS, thus not acceptable for licensure in the state. At this meeting the Board voted to revise recommendations "solely" for temporary licensure and deem the ADEX exam comparable to CRDTS, but only for the purpose of temporary licensure.

NDHA Legislative Committee Co-Chairs



Joey Enright, RDH



Kerri Dittrich, PHRDH

2024 Legislative Session

The Nebraska Legislature's short session begins January 3rd. We anticipate Senator Carol Blood's primary Bill will be one to enact the Dentist and Dental Hygienist Compact, which aims to increase license portability. Last year, NDHA participated in the Council for State Governments' Legislative Summit, in Washington DC, where we learned about the intricacies and specificities of the proposed compact. We then gave testimony in support of the compact at the legislative hearing in Nebraska last September. Since then, another state has pending legislation, making the count three states that have enacted and eight states have legislation pending. Once seven states enact, the compact will take effect and licensure will be portable for licensees across the participating states, via compact privilege. To learn more about the compact, visit <https://ddhcompact.org/>.

State Dental Plan Update and Hearing

Starting January 1st, 2024, Nebraska Medicaid will transition from one dental benefits manager to an integrated plan with both dental and medical care provided by three MCOs. Nebraska DHHS has proposed plan amendments for dentistry as follows:

1. Remove the \$750 annual dental benefit maximum for adults
2. Incremental payment for dentures to reimburse dentists over time for each step of the process
3. Asymptomatic wisdom tooth extraction to cover the extraction of asymptomatic wisdom teeth based on the judgment of the provider
4. Services provided by Public Health Dental Hygienists will be reimbursed for more select services they provide to Medicaid members
5. Simplified credentialing starting in 2025, there will be a single website for providers to credential with all three MCOs in one application

These changes will not be effective until they complete the review process and are approved. The public hearing for the proposed changes will be held on January 22, 2024, from 1 to 3 p.m. in the Meadowlark Conference Room at 301 Centennial Mall South, Lincoln, NE 68509.

The extension of Nebraska Medicaid postpartum coverage from 60 days to 12 months begins January 1, 2024. This gives mothers the opportunity to seek dental care and improve their oral health. Improving the mother's dental microbiome can set up the child for better dental health in the future!

Joey Enright, RDH
Kerri Dittrich, PHRDH



Nebraska
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NDHI Update

A Behind the Scenes Look at “The Nebraska Dental Hygiene Initiative” (NDHI)

The year was 2008...the Nebraska Dental Hygienists' Association (NDHA) was pioneering some new territory in changing Nebraska law to allow hygienists to become Medicaid providers and receive reimbursement for various preventive procedures. A visionary group of Legislative Committee Members set some high goals for advancement in the public health arena. Rural communities were lacking dental services. Dentists were populated in larger cities and their schedules were full with paying clients. Very few were taking new Medicaid clients. NDHA knew one of the best answers to the dental shortage was to utilize the knowledge and skill base of dental hygienists...especially the public health hygienist. In an effort to encourage dental hygienists to reach the underserved population, the NDHI was formed with the purpose of creating opportunities for dental hygienists through scholarships and service.

The NDHI is comprised of an Executive Director and 5 Directors . Three of the Directors serve as NDHA Officers: The Past President, Treasurer and Scholarship Chair. The other two Directors are Dental Hygienists and 1 of those 2 Dental Hygienists must hold a Public Health Permit. Annette Byman serves as Executive Director with Jess Bolter, Vanessa Crookshank, Marjean Stamm, Julie Niles and Kathi Narlock serving as Directors. Meetings are held throughout the year with the main emphasis on fundraising and allocating grant funds to dental hygienists who have applied for and succeeded in receiving grants to further their business plan and allocating scholarship funds to dental hygiene students.

\$750.00 in Scholarship Funds are distributed once every 2 years to one student (1st year or 2nd year) who attends UNMC, CCC or IWCC dental hygiene program. The same amount is distributed on the off year to a public health hygienist who has formed his/her own public health business. Applications open in the fall of each year with an application deadline of February. Contact NDHA at (402) 641-1319 to obtain application information.

Almost any asset of value can be donated as an outright current-use gift: Cash gifts are the easiest type of gift and can be made through cash, personal check, cashier check or money orders. Gifts of appreciated securities, such as stocks, mutual funds and bonds also support NDHI's mission. Planned gifts, such as matching gift programs and pledges, are another way to donate to NDHI.

We do hope you will remember NDHI in your gift giving plans via your estate, will or in memory of a loved one. Your gift giving of any size is greatly appreciated and is contributing to the advancement of dental hygienists within the state of Nebraska.

Please contact Annette Byman, Executive Director, at 402-201-4219 or annettebyman@icloud.com to obtain instructions on how to make a financial contribution. The NDHI is recognized as a 501c3 under the IRS Code with the purpose of receiving grants, donations, contributions and the application of funds. This corporation can accept cash gifts, stocks, mutual bonds and funds.



TAKING NDHA TO THE NEXT LEVEL!

The 2024 NDHA Annual Session is dedicated to providing all Nebraska dental hygienists, dentists, and dental assistants with the most up-to-date information and continuing education practices. Through interactive lectures and sessions, participants will be able to learn the latest techniques and best practices. Networking opportunities are available to provide the opportunity for colleagues and professionals to network and exchange ideas on research, clinical practice, and products.

Take part in meaningful conversations, learn from presenters, and become part of the larger Nebraska dental hygiene community.

CONFERENCE LOCATION

Located at the beautiful [Eugene T. Mahoney State Park](#), which is conveniently situated between Omaha and Lincoln, the Crete Carrier Riverview Lodge is a 11,600-square-foot, multi-function event space that takes advantage of a stunning hilltop location overlooking the Platte River Valley. The event hall and large patio provide sweeping panoramic views and room for up to 300 guests. State-of-the-art amenities are blended thoughtfully to provide a unique event experience.

Crete Carrier Riverview Lodge

Eugene T. Mahoney State Park - 28500 W. Park Highway | Ashland, NE 68003

Book your lodging before
March 25!

A block of cabins has been reserved at Mahoney State Park for conference attendees (2 night minimum required). There are cabins with 2+ bedrooms available, so connect with your friends and book together or bring the family for a weekend getaway!! Contact Mahoney State Park directly at 402-944-2901 (Monday-Friday 8:00 am - 4:30 pm) to reserve your cabin before March 25, 2024, to book your room!

A hotel room block is also available at the Hampton Inn & Suites Omaha - Southwest La Vista with a room rate of \$140 + tax.

To reserve in this block use code NDHA or follow this link: [Available Rooms - Hampton Inn & Suites Omaha Southwest-La Vista \(hilton.com\)](#)

Additional Lodging options nearby: The Roost Bed & Breakfast and Kimberly Creek Retreat

LEVEL UP BY BECOMING A MEMBER!

Through NDHA membership, you will help to secure a future for dental hygiene. We are working to protect the value of your educational credentials and to preserve the integrity of your license. Only through uniting in one voice can we continue to represent dental hygienists successfully at the National, State and Local levels. Your membership will provide you with the opportunity to apply for various types of insurance - professional liability, disability, and major medical - less than you can purchase on your own.

VISIT [NEDHA.ORG](#)
AND BECOME A MEMBER TODAY!



AGENDA

Thursday, April 25, 2024

- 6:00 PM – 8:00 PM - NDHA Executive Board Meeting

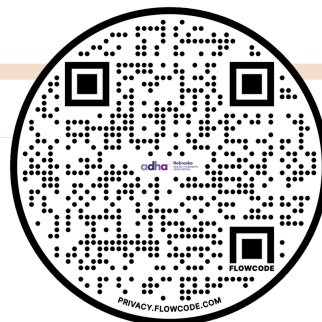
Friday, April 26, 2024

- 8:00 AM - Registration Open
- 8:30 AM - Welcome & Opening Remarks
- 8:35 AM - 9:30 AM - AI in Dentistry (1 CE) - *Presented by: Tiffany Cavazos - The Hygienpreneur*
- 9:30 AM - 10:30 AM - Prophy to Perio Communication (1 CE) - *Presented by: Tiffany Cavazos - The Hygienpreneur*
- 10:30 AM - 11:30 AM - Getting Real with Reels (1 CE) - *Presented by: Jerry RDH*
- 11:30 AM - 12:30 PM - Student Presentations & Vendor Time (1 CE)
- 12:30 PM - 2:00 PM - NDHA Awards Luncheon and General Membership Meeting
- 2:00 PM - 3:00 PM - Mega Issues Session (1 CE)
- 3:00 PM - 5:00 PM - From Chaos to Calm (2 CE's) - *Presented by: Janiece Ervin*
- 5:00 PM - Installment of NDHA Officers
- 5:15 PM - Smile, Sip & Socialize! Beverages and light hors d'oeuvres will be served.

Saturday, April 27, 2024

- 8:00 AM - Registration Open
- 8:00 AM - 10:00 AM - Dentistry Rebalanced: Ergonomics and Movement Workshop - *Presented by: Whitney Crist*
- 10:00 AM - 11:00 AM - 5 Ways to spot a Myofunctional Disorder (1 CE) - *Presented by: Patricia Brinkman-Falter*
- 11:00 AM - 1:00 PM - Next Level Hygiene: Advancing your Periodontal Program (2 CE's) - *Presented by: Natalie Hittner*
- 1:00 PM - Adjourn

**LEVEL
UP** 



*Register
Now*