President’s Message

The year of 2016 is quickly coming to an end. Louisiana Dental Hygienists’ Association’s Board of Trustees has been working diligently planning for Annual Session on Friday, March 10th, 2017, at the Wyndham Garden Inn in Metairie, Louisiana. We have planned for a great day of speakers and vendors for members and potential members to enjoy. We realize there are many options for continuing education but hope you will make plans to attend this one-day event on Friday. In 2017, there will be three opportunities for LDHA sponsored events. The first being Annual Session, for up to 8 hours of continuing education, the second Legislative Day at the State Capitol in Baton Rouge (non-clinical hours), and third Fall Session in Alexandria, Louisiana. The dates for Legislative Day and Fall Session have not yet been determined. These dates will be finalized at the first of the year. Please follow your local component’s Facebook page, LDHA Facebook page, and LDHA.org webpage for the latest information.

2016 has been a very difficult year for the entire state due to the heavy rainfall in North Louisiana in the Spring and then again in the Summer for South Louisiana. Many hygienists in the state were affected by different hardships to their homes or their place of employment. Each year the BOT picks a date for Annual Session and as it happens for the last several we seem to have had crazy weather (maybe just part of Louisiana weather). I pray we have beautiful weather, great attendance and enjoyable time networking with each other for another great year in 2017.

Being a member of ADHA, LDHA, and your local component is so important for the profession of dental hygiene in our state. Without membership, we do not have a voice for our profession. If you are not a member at present, or have let your membership lapse, there is always room for you at your local Component LDHA and ADHA. We have a stronger voice in large numbers. If you are a member we would like to thank you for the continued support of your profession. ADHA has once again returned to the option of quarterly payment plans and has dropped the extension date for non-payment of membership. The dollars you save for continuing education for membership alone are worth the membership dues not to mention savings on liability insurance, life insurance, and disability insurance. Just go to ADHA.org for membership information. LDHA needs you. If you have ever considered volunteering for your State organization or your local component there is always room for you. We need more volunteerism in our professional organization. We have a VOICE in numbers.

I want to say thank you to the great leadership and cooperation of the entire LDHA Board of Trustees also many thanks to our LDHA Executive Secretary, Mrs. Debbi Mitchell and our Lobbyist, Mrs. Jane Burgin. Each person has made this time as President of LDHA very enjoyable and enriching. Hope to see everyone at Annual Session 2017.

Tracy Jordan, RDH, BS – President, LDHA

Silent Auction

Friday, March 10th at the LDHA Annual Session, we will be hosting a silent auction to raise money for the ADHA Institute for Oral Health (IOH). Items will be on display at Annual Session for bidding. The mission of the IOH is to advance the profession of dental hygiene through scholarships, research and service in collaboration with the American Dental Hygienists’ Association. The goal of this organization is to support the highest quality research and education programs in order to fulfill the mission statement of the ADHA Institute for Oral Health. To find out more about the ADHA IOH please visit http://www.adha.org/institute-for-oral-health. IOH Raffle tickets will also be available for purchase at the LDHA Annual Session. The LDHA IOH Auction will end at 5pm and all winners will pay for their item(s) at this time.

Hygienists’ Day at the Legislature

Every year in the Spring Hygienists’ Day at the Legislature is held at the State Capital Building. The LDHA invites all RDHs who can come to attend. This is your opportunity to educate your legislators about your profession. Come and join members of your association as we host a display, talk with elected officials, and bring awareness to issues affecting Louisiana’s dental professionals. The Louisiana State Board of Dentistry has approved this event for non-clinical CE Hours. For more information please check our website at www.LDHA.org.

Our Website

The LDHA’s website has a lot of information to keep you up-to-date on dental hygiene related things in Louisiana. Go to www.LDHA.org to see what’s there! To find out what’s going on in your component click on the Continuing Education tab.

LDHA Annual Session

Keep scrolling for info on the 2017 LDHA Annual Session. You can click here to register online: https://www.eventbrite.com/e/lزمة%20annual%20session-2017-tickets-27719737451?aff=ac2
## 2017 Annual Session CE Course Descriptions & Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Speaker(s)</th>
<th>CE Hours</th>
<th>Clinical Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15 am – 7:45 am</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>7:45 am – 8 am</td>
<td>Welcome and LDHA Officer Nominations</td>
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<tr>
<td>8 am – 10 am</td>
<td><strong>Title:</strong> The Instrument Check-Up: Instrument Care &amp; Maintenance</td>
<td>Lori Paschal, CDA, CRFDA, CRFDA FADAA</td>
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<tr>
<td><strong>Course Description:</strong></td>
<td>This program will discuss common problems with dental instrumentation and how to prevent them. Attendees will learn how proper care and handling of dental instruments can save your office time, money and reduce frustration from potentially old, broken instruments slowing down production. Learn how to apply the proactive approach to preventing damage to your dental instruments to extend their life and to ensure proper functionality for patient care and practice efficiency. Program will review how to conduct an instrument assessment and share resources to help you preserve the life of the dental instruments in your practice.</td>
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<tr>
<td>10 am – 12 pm</td>
<td><strong>Title:</strong> Evidence Based Caries Prevention: Past, Present, &amp; Potential</td>
<td>Teresa Butler Duncan, RDH, BS, MDH</td>
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<tr>
<td><strong>Course Description:</strong></td>
<td>This course applies evidence based decision making principles as they relate to effective prevention and management of dental caries. Topics to be explored includes: a step-by-step approach to identify high quality research, epidemiology and examination of enamel and root caries, caries risk factors and risk assessment, selection of systemic and topical fluoride, utilization of fluoride varnish, use of xylitol and antimicrobials, silver diamine fluoride and strategies to promote remineralization. Practical guidelines for designing caries preventive plans based on risk assessment will be given.</td>
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<tr>
<td>12 pm – 1:15 pm</td>
<td>LDHA Business Meeting - Lunch/Vendors – Only for attendees registered all day.</td>
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<tr>
<td>1:15 pm – 3:15 pm</td>
<td><strong>Title:</strong> Optimizing Hygiene: Regenerative Therapies</td>
<td>Amy Kinnemon, RDH</td>
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<tr>
<td><strong>Course Description:</strong></td>
<td>As dental professionals we are ethically, legally and morally obligated to ensure our patients are given all the treatment options to ensure they make an informed decision. When we educate our patients in this way we allow them to become their own dental healthcare advocate. In order to appropriately educate our patients, we must first educate ourselves on the latest dental technologies as dental professionals. We will discuss the history of periodontal disease and compare what we knew then and what we know now. This course is designed to provide the dental professional with the most recent evidence-based protocols and decision tree for treatment or referral. We will discuss surgical and nonsurgical therapies for periodontal disease. A review of the literature on regenerative therapies and the modalities will be included in this course.</td>
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<tr>
<td>8:15 am – 5:15 pm</td>
<td><strong>Title:</strong> Professional Wellness: Take Care of You</td>
<td>Amy Kinnemon, RDH</td>
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<td>2</td>
</tr>
<tr>
<td><strong>Course Description:</strong></td>
<td>In 2005 JADA published an article stating that 70% of dental students reported shoulder and lower back pain. Musculoskeletal Disorders (MD) account for 90% of early retirement for dental professionals. In addition to these staggering statistics, poor ergonomics leading to pain and MD can affect our productivity and quality of the treatment we provide to our patients. Understanding the risk factors for MD and having the tools to combat acute and chronic pain is paramount to professional and patient health. You will learn to maximize patient access and patient care with proper ergonomics and biomechanics. Extend the life of your career; protect your health and maximize the effectiveness of the dental appointment with this interactive course. Time will be spent learning to perform ergonomically in the clinical/professional setting; proper techniques for myofascial release to enhance movement and flexibility; corrective exercise to alleviate discomfort in your clinical practice; and exercises that are integral to extending your career and maintaining wellness.</td>
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<tr>
<td>5:15 pm – 6 pm</td>
<td>Awards and Officer Installation - Door Prizes &amp; Silent Auction Winners Announced.</td>
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**Online Registration Link:** https://www.eventbrite.com/e/ladha-annual-session-2017-tickets-27719737481?aff=seo2
**LDHA News**

The LDHA will now only be contacting members & potential members via email. We will no longer mail out a yearly newsletter to keep costs down for the LDHA. So, please keep your email address current with our LDHA Executive Secretary! She will also occasionally send out mass emails to Louisiana Hygienists to inform you of current happenings about our profession!

Email Debbi at LDHA_execsecretary@hotmail.com. Also please forward this to any RDHs who did not receive it!

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**EARN 1 MORE CE CREDIT**

Visit all the vendors at Annual Session and get one more Continuing Education Credit!

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**Find us on Facebook**

The LDHA also has a Facebook Group. Search for the Louisiana Dental Hygienists' Association and ask to join the group! Our LDHA Facebook Group is a great tool to use to network with hygienists all over the state!

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**Hotel Reservation Info**

Wyndham Garden

6401 Veterans Memorial Blvd, Metairie, Louisiana, 70003

Call today and make your hotel reservations by FEBRUARY 7, 2017 for a special rate of $99!

Hotel reservation phone number: 877-999-3223

Group code for the hotel: LDHA

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**Online Registration**

Register ONLINE at: https://www.eventbrite.com/e/lasha-annual-session-2017-tickets-27719737481?aff=ae2

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**Registration by Mail**

1. Print page 6 of this Newsletter
2. Fill out registration form and course registration form with marked programs you are attending
3. Enclose check or money order payable to LDHA
4. Members of the ADHA must enclose a copy of membership for discount
5. Mail to: LDHA, Treasurer (Daisy Poole)
   302 Summer Morning Ct
   Lafayette, LA  70503

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**Please Note**

- Mail in your registration or register online! On-site registration fee is $15.00, which will be allocated to the legislative fund.
- Please Register Early – Seating is limited and applications are taken on a first come, first serve basis.
- There is a $35.00 banking fee for all NSF checks
- All funds are non-refundable
- Any questions, please contact:
  Leslie LaGrange: sles825@yahoo.com
  Daisy Poole: daisy_rdh@yahoo.com

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**Annual Session CE Handouts**

If any speakers have course documents available for printing before the Annual Session weekend, they will be available on the LDHA website. Please check the LDHA Website at www.LDHA.org.
• LDHA Board of Trustees •

At each Annual Session we vote for members to join our Board of Trustees (BOT). If you are interested in learning more about becoming an officer on the Board, please talk to someone at the sign in table at the LDHA Annual Session. Below is a list of positions and their duties, and the only prerequisite is to be an ADHA member and put your name on the ballot! Please contact the LDHA Executive Secretary, Debbi at LDHA_execsecretary@hotmail.com if you would like to have your name on the ballot or to nominate someone.

President Elect
- 3-year commitment
  - Year 1: President Elect
    - Attend BOT Meetings
    - Assist President
    - Assist with Annual Session
  - Year 2: President
    - Lead BOT Meetings
    - Send out emails
    - Write four LDA magazine articles
    - Visit components if possible.
  - Year 3: Past President
    - Attend BOT Meetings
    - Assist President
    - Assist with Annual Session

Vice President
- 1-year commitment
  - Attend all BOT Meetings
  - ADHA Membership Chairperson
  - Assist with Annual Session

Delegate
- 3-year commitment
  - Year 1 - Alternate Delegate
    - Attend all BOT Meetings
    - Attend AHDA District VI Workshop
    - Attend AHDA Annual Session as a fill-in (Partially funded by LDHA)
    - Assist with LDHA Annual Session
  - Year 2 - JR Delegate
    - Attend all BOT Meetings
    - Attend AHDA District VI Workshop
    - Attend AHDA Annual Session as an LDHA Delegate (funded by LDHA)
    - Assist with LDHA Annual Session
  - Year 3: SR Delegate
    - Attend all BOT Meetings
    - Attend AHDA District VI Workshop
    - Attend AHDA Annual Session as an LDHA Delegate (funded by LDHA)
    - Assist with LDHA Annual Session

Treasure Elect
- 4-year commitment
  - 1st & 2nd Year – Treasurer Elect
    - Learn from current treasurer
  - 3rd & 4th Year – Treasurer
    - Attend all BOT Meetings
    - Handle Bank Accounts
    - Provide budget and financial reports
    - Assist with Annual Session

Secretary
- 1-year commitment
  - Attend all BOT Meetings
  - Assist with Annual Session

• ADHA Membership •

Help keep the profession strong by supporting the ADHA! Become a champion of oral health as you take the next step forward in connecting with your community and investing in your career. CLICK HERE to go to the ADHA Membership site. Breakdown for ADHA Dues: ADHA-$185, LDHA $30, Component-$15 = $230 Annually.
Leslie LaGrange and Joanna Peters attended numerous WebEx meetings from January to June with our Trustee and District (LA, AR, MS, TN) in preparation for the 2016 ADHA House of Delegates in Pittsburgh. Thirteen Proposed Resolutions and seven Proposed Bylaws were brought before the House of Delegates.

ADHA remains strong and diligent in leading dental hygienists forward in our profession...

The Governance of Tomorrow Project introduced 3 proposed models to be evaluated by the members attending the House of Delegates. For the last 100 years, ADHA has maintained the same governing structure and the time for evaluation is upon us. The reason ADHA is looking at these new governance models is that our organization wants to remain relevant to its membership and their changing environments. The voice of the membership needs to be heard with a greater diversity and encourage flexibility in decision making. NEXT STEPS: Throughout 2016, additional meetings, forums, surveys and other strategies will be implemented to ensure ADHA hears from its membership and other professionals who play a vital role in our ability to advance the profession and increase access to oral health care. The goal is to complete the Governance of Tomorrow Project by December 2016 so that recommendations are ready to present to ADHA’s BOT in March 2017. Depending on these recommendations, certain recommendations may also come to the House of Delegates in June 2017.

Summer 2016: California Dental Hygienists Association voted to split from the national organization due to unresolved issues with the recently implemented Charter Agreements. While all involved with the CDHA did not vote in favor of the split, the majority vote made the decision. California did not have voting representation this year at the House of Delegates. The portion of the CDHA that wants to remain a part of the ADHA will reorganize and form a new constituent in the upcoming future.
LDHA 2017 Annual Session Registration Form

Register ONLINE at: https://www.eventbrite.com/e/ldha-annual-session-2017-tickets-27719757481?aff=eac2

PLEASE PRINT

Name: ____________________________ ____________________________ ____________________________

Last First MI

Email: ____________________________

Email confirmation receipt will be sent when form is processed.

Address: ____________________________ ____________________________ ____________________________ ____________________________

Street City State Zip Code

Phone: ____________________________ ____________________________

Home Work/Cel ADHA/SADHA Member# ____________________________ ____________________________ ____________________________

Amount Enclosed: $ ____________________________ Check # ____________________________ ($5 fee charged for NSF checks)

All funds are non-refundable

Friday, March 10, 2017

ADHA Member Potential Member

Registration/ Continental Breakfast: 7:30 am – 7:45 am

7:45 am – 8 am Welcome and LDHA Officer Nominations

Speaker: Lori Paschall CDA CPFDA CRFDA FADAA

Course Title: The Instrument Check-Up: Instrument Care & Maintenance

Time: 8 am – 10 am

CE Hours: 2 Clinical Hours ______ $40 ______ $60

Speaker: Teresa Butler Duncan RDH BS, MDH

Course Title: Evidence Based Caries Prevention: Past, Present, & Potential

Time: 10 am – 12 pm

CE Hours: 2 Clinical Hours ______ $40 ______ $60

12 pm – 1:15 pm LDHA Business Meeting - Lunch/Vendors – Only for attendees registered all day.

Speaker: Amy Kinnemon, RDH

Course Title: Optimizing Hygiene: Regenerative Therapies

Time: 1:15 pm – 3:15 pm

CE Hours: 2 Clinical Hours ______ $40 ______ $60

Speaker: Amy Kinnemon, RDH

Course Title: Professional Wellness: Take Care of You

Time: 3:15 pm – 5:15 pm

CE Hours: 2 Clinical Hours ______ $40 ______ $60

5:15 pm – 6 LDHA Business Meeting for Awards and Officer Installation

pm Door Prizes & Silent Auction Winners Announced.

Early Bird Special!!!

Includes ALL Programs (8 Continuing Education Hours)

and must be post marked by February 20, 2017. ______ $20 ______ $180 ______ $40

Regular Price for All CE Courses

All Programs (8 continuing Education Hours)

postmarked after February 20, 2017 ______ $150 ______ $210 ______ $50

Student

Mail Registration Form to LDHA Treasurer (Daisy Poole) 302 Summer Morning Ct, Lafayette, LA 70508