Dear Friends and Colleagues,

Spring is fast approaching and so is the Alaska Dental Hygienists’ Association Spring CE and Business meeting on April 16th at UAA! We are trying a new building so take note of the new location on campus in the Gorsuch Commons.

We have a BIG Community Event coming up on April 29-30th this year and are still in need of hygiene volunteers for the Alaska Dental Mission of Mercy at the Dena’ina Center in Anchorage. Last time we held this event in Anchorage was in 2014 and the hygiene team completed over 860 cleanings on the 1500+ community members that showed up for free dental services. It was an amazing turnout that made a BIG impact on our community, so we are doing it again! If you can volunteer on either of the 2 days and still need to sign up – please go to www.akmom.org to register today. You will also receive 2 CE credits for volunteering, and with this being a renewal year, you will need 20 CE credits before Feb 2017 to renew your dental hygiene license in Alaska. Please email me with any questions you may have.

As you will notice, our state association initials ASDHA have changed to AKDHA. Our National organization, ADHA, enacted new Charter Agreements with each state and we were required to drop the word STATE from our name in order to comply with the new Charter Agreement. Thank you to those members who took the online survey. Our constituent name is now The Alaska Dental Hygienists’ Association. Our Executive Board voted to use Alaska DHA for most of our correspondence and occasionally shortening it to AKDHA for informal instances. Our website is www.alaskadha.org.
I’d like to take this opportunity to thank all of the wonderful dental hygienists’ across our state for helping to improve the oral health of so many and making such a positive impact in people’s lives. I’d also like to thank the dedicated volunteers who comprise AKDHA, CIDHA, and MSDHA for your commitment to our profession and to our state and local dental hygiene associations! Your energy and knowledge are inspiring and I am proud to be a part of this association.

We are looking for hygienists’ who are interested in getting involved in our association or serving on a committee; fresh ideas are welcomed! We have a few positions coming open at our Fall 2016 meeting and there is a brief description about each position is posted at the end of this newsletter. We are also looking for a few members for our Social Media committee to help with our Facebook Page and website. Remember to check out our website at www.alaskadha.org or find us on Facebook under the name Alaska DHA! I look forward to seeing you on April 16th at our CE and business meeting at UAA! Warm Regards, Sandy Pelto, President, Alaska DHA

Alaska Dental Hygienists’ Association
Spring CE/Business Meeting
Saturday April 16th, 2016
UAA GORSUCH COMMONS ROOM 107, 3700 SHARON GAGNON LANE, ANCHORAGE AK
Free Parking at the Willow Lot off of Elmore
FAIRBANKS LIVE STREAMING: MARGARET MURIE BUILDING ROOM #107 982 N KOYUKUK DR, FAIRBANKS AK 99709
CE Presenter: Monica Monsantofils RDH PG Dip

8:15am: Morning Registration
9:00am - 11:00pm: The Benefits of an Anesthetic Portfolio: Risk Assessment to Results
11:00am – 11:45am: Lunch and Visit Vendors
11:45am-12:30pm: Business Meeting
12:30pm – 12:50pm: Afternoon Registration
1:00pm - 3:00pm: Two Decades of Tooth Whitening: What Has Changed?

The Benefits of an Anesthetic Portfolio: Risk Assessment to Results
To deliver optimal patient care, pain management is an essential component of periodontal therapy procedures. Supported by science, this course will provide the dental professional with the information necessary to make an anesthetic choice based on each patient’s needs.

Two Decades of Tooth Whitening: What Has Changed?
The demand for esthetic dentistry has increased in recent years. Whitening products have evolved to meet the needs of today’s dental patients. This course will outline the evolution of these products using current scientific literature and evidence-based strategies. To provide clinicians practical guidelines, different types of products and materials will be reviewed to aid the dental professional in choosing the most appropriate product and technique. By comparing tooth whitening advancements that have taken place over the last two decades, clinicians can help their patients achieve the best clinical results.

Alaska DHA would like to thank the following sponsor for making this event possible:

DENTSPLY
Monica Monsantofils RDH PG Dip

Monica Monsantofils is the West Clinical Educator for DENTSPLY Professional. Monica received a dental hygiene degree from Portland Community College, Bachelor of Science in Dental Hygiene from Eastern Washington University and PG Diploma of Dental Sciences from King’s College London, UK. Monica brings over 30 years of clinical experience in periodontal and general practices and 13 years of academic experience to the Division. Monica’s academic experience includes advanced instrumentation, community oral health and restorative functions. Monica’s research “Oral Impacts on Daily Performances and Use of Dental Services in Schoolchildren” was published in the International Journal of Pediatric Dentistry. Monica’s focus is to provide dental professionals with current concepts and evidence based research to assist them in implementing effective and efficient evidence based treatment protocols in their clinical practice.

Happy Spring!

The Alaska Legislature is currently in session. There are no bills before the legislature that directly impact dental hygienists. However, cuts to Medicaid can have significant impact on reimbursement for services. I encourage everyone to be aware of the impact that budget cuts will have not just for practice revenue but for access to care for those who need it most.
While not much exciting is happening in our state right now legislatively, there have been some interesting changes from other states. Washington and Oregon tribal organizations are now utilizing Dental Health Aide Therapists. This movement is gaining momentum and will most likely continue to spread to other tribal organizations around the nation.

Thirty-eight states now allow direct access to dental hygiene care! This means that a dental hygienist can treat patients in public health settings without a dentist first seeing the patient. New Mexico has a bill before the Senate for an Oral Health Practitioner. If passed, NM will be the 2nd state to implement dental hygienists as mid-level providers!

With the successful implementation of collaborative practice at Prestige long-term care facility, I believe it is time to move our profession forward. Many of you have indicated an interest in gaining prescription rights. This would be a great adjunct for both general and collaborative practice.

Nicki Bennett RDH, MHA, CPH
Legislative Chair, AKDHA

**Collaborative Practice News**

We have started a Collaborative Practice Project at Prestige Care and Rehabilitation Center in Anchorage. The facility has approximately 85 residents. We are working with the healthcare non-profit organization Christian Health Associates and the project is called 'Healthy Smiles Forever'. This will be a **one year** prototype to evaluate processes and successes. If successful, the goal is to expand to other long term care facilities. The dentist is Dr. Kim Self and the hygienist is Royann Royer RDH, MPH. Valerie Truncali, RDH, is currently filing collaborative practice license paperwork to also work at the facility and Lia Parker is the dental assistant. Prestige has provided a permanent operatory for the clinicians to utilize. The equipment and supplies are being obtained through donations and a small grant from the Rasmuson Foundation. Future projects would likely utilize portable equipment since less expensive and easier to provide access in smaller facilities.

It will be exciting to have this project come to fruition! The equipment and supplies are being organized and final testing completed as seen by the photos. It has taken several years to get this far, and the goal is to start seeing patients/residents on April 1st, 2016.

**Component News**

`Midnight Sun Dental Hygienists’ Association`
Membership:
MSDHA currently has 39 members!

Board members:
President: Chloe Allen
Vice President: Julie Hughes
Immediate Past Presidents: Melissa Davis & Katie Bellant
Secretary: Lacey Taylor
Treasurer: Camille Hynson:

Spring Health Fairs
Fairbanks April 30th, 2016 will be from 7am-2pm
Any volunteers interested please contact us at midnightsun.dha@gmail.com
We will have 2 hour time slots available.

Cook Inlet Dental Hygienists’ Association

Board Members:
President: Whitney Just
Vice President: Liisia Putnam
Secretary/Treasurer: Donna Smith
Immediate Past President- Nicki Bennett

CIDHA is planning to sponsor a 1 credit CE with the UAA students in April. The students will present projects that they have completed for school. This is tentatively planned for April 21, but Nicki and Sandy Pence will be talking to work out details. More information will be available in the next few days.

The deadline for the CIDHA scholarship has just passed. We will be reviewing applications and announcing the recipient at the Spring meeting on April 16th.

CIDHA would like to encourage our new dental hygiene graduates to transition their student ADHA memberships to professional memberships. ADHA does so much for our profession, and our support through memberships is crucial in enabling them to advocate for us and our careers! New members bring new ideas and opinions to our local association as well and that is always welcome! If you are interested in getting involved in any way, please contact us!

The next CIDHA meeting will be:
Saturday, May 14th at 11:00am-1:00 PM
Kaladi Brothers- private room
6921 Brayton Drive #101
Anchorage

Whitney Just, RDH, BSDH
President, CIDHA

Contact Information:
CIDHA
c/o AKDHA
PO Box 240247
Anchorage, AK 99524
cidha.ak@gmail.com
**Membership**

**AKDHA** would like to thank you for renewing your membership for 2016. We look forward to working for you to provide services you need. We are providing more CE courses in combination with CIDHA and MSDHA, along with our biannual CE course offerings.

One of the most important benefits of being a member is to connect with your colleagues, enjoy each others’ company at events, and network with others throughout the State. We hope to see you and hear your feedback and any concerns at our Board meetings, CE events, or connecting on our website www.alaskadha.org and our Facebook Page Alaska DHA.

**AKDHA** is currently at 180 members. If you are a member of ADHA, our National Organization, you are automatically a member of AKDHA. Alaska typically holds the highest membership of any state in the nation per licensed RDH’s, with Hawaii in a close second, and we are proud of that fact. We have approximately 700 licensed dental hygienists in our state and we encourage more non-members to join. Remember that ADHA is our only Professional Organization representing the interests of dental hygienists’ across our nation. The cost of membership is $245 annually or $63 per quarter (which breaks down to $21 per month). Many states have around a 10% membership rate, so we are very proud to have so many members and thank each and every one of you who have joined and who have remained members all these years!

What is your membership fee used for?
A portion of your ADHA membership supports your component; the Alaska Dental Hygienists’ Association (AKDHA). Your Professional Membership renewal is critical in providing the AKDHA the ability to continue to offer:
- Scholarships to local University of Alaska Anchorage (UAA) dental hygiene students
- Discounted continuing education (CE) courses
- The means to organize community service events in which you can volunteer your services to help community members in need.

The ADHA is the largest national organization representing the professional interests of more than 185,000 registered dental hygienists (RDHs) across the country. The ADHA is leading the way as a unified force working with state components to help enhance your career and move your profession forward and upward. Please consider renewing your ADHA and AKDHA Professional Membership today. The value you receive from your ADHA and AKDHA Professional Membership far exceeds the monetary cost that can be billed quarterly for your convenience. Your membership renewal is important. You are helping to shape the future of Dental Hygiene in your State and the Nation!

The ADHA offers valuable resources and a treasure trove of collective knowledge to expand your professional potential and further your success. ADHA Professional Members have access to valuable personal and professional benefits such as:
- Discounted Auto Insurance
- Discounted Professional Liability Insurance
- World Wide Hotel and Car Rental Discounts
- Discounted Continuing Education Opportunities
- New website with ‘members only’ section
- Career Resources
- Networking Opportunities
- Free Publications
- Access to ADHA’s Benefit-Hub
- Research Grants from the Institute of Oral Health (IOH)
- Hygienists’ Political Action Committee (HYPAC)

The American Dental Hygienists’ Association Political Action Committee (HYPAC) enables dental hygienists to collectively support candidates for Congress who share RDH’s interests, giving those in our profession a strong voice at the federal level.
Your continued support is greatly appreciated. Please let us know if you need assistance renewing your membership.

ADHA CLL Annual Session June 8-14th, 2016 Pittsburgh, Pennsylvania

Again, I thank all of you and please feel free to contact me anytime.
Royann Royer RDH, MPH                      Lisa Bryant RDH, BSDH
Membership Chair, ASDHA                      Membership Committee, ASDHA
rroyer@mtaonline.net                           lryantr_rdh@yahoo.com

Spring 2016 News!  We are collaborating with CIDHA on a table clinic 6:30pm on April 21 (hopefully 1 CE) so local hygienists can learn about special needs patient management and community dental health. This gives community RDHs and students a chance to visit and develop a mentorship relationship.

As of March 22, the seniors have found 9 board patients! This is wonderful, but we still need more, so if you come across a good candidate we’d appreciate if you could send them our way.

We held a mini-AKMOM March 25-26. The regular AKMOM is after our classes are over, so we wanted to ensure our students got this same type of experience. We are also encouraging our students to volunteer for the AKMOM in April. Thank you to all the volunteers who came out to offer their services!!

Carri Shamburger is facilitating a restorative course for some of our senior students and a handful of practicing hygienists. Dr. Pendergrast is donating time from her Fairbanks practice to teach the lab portion, and local dentists are volunteering to help in the clinical portion. We are considering a means to distribute restorative curriculum to private dental offices so assistants and hygienists can be trained through their offices.

The juniors are completing their first year and are ready to move into their senior dental hygiene student positions.

The budget crunch effects are starting to filter down to programs. We may lose some clinical help this next year as we have been staffing beyond the minimum required for accreditation and this may not be sustainable in the current budget climate.

UAA Dental Hygiene Class of 2016                      UAA Dental Hygiene Class of 2017

Thank you for all your support!

Sandy Pence and Carri Shamburger, UAA Dental Hygiene Program
The following bullet points highlight some key information for you to be aware of.

- **License Period**—The current licensing period will run until February 28, 2017. The BoDE is hopeful the next renewal in 2017 will be online.

- **Sedation/Anesthesia Regulations**—The BoDE has completed a draft and it will be sent out for public comment next. All licensed dentists and hygienists should receive the proposed regulations as requested by the board. Draft includes revised and new language for general anesthesia, deep sedation, moderate sedation, and minimal sedation (including nitrous oxide for dental hygienists). The draft will also be available on the BoDE website during the public comment period.

- **Clinical Examinations for Licensure**—the BoDE continues to receive information from other testing agencies (SRTA, CRDTS, CDCA—previously NERB). Currently, Alaska accepts WREB for licensure by examination. Any change would require a regulation project. The board has decided it will not move forward with any changes until a full review of all clinical examinations has been completed.

- **Investigations**—Any questions, concerns, or complaints that you may have regarding regulated dental professionals in Alaska can be directed to Jasmin Bautista by calling (907)269-8026 or by emailing: jamins.bautista@alaska.gov.

The next scheduled meeting of the Alaska BoDE is May 13th in Anchorage.

**Community News**

The Alaska Dental Mission of Mercy is happening April 29-30th, 2016 at the Dena'ina Center in Anchorage. Our last event in Anchorage was held in April 2014, and in Fairbanks in August 2015. There are still several hygiene positions open for our upcoming event doing cleanings, anesthesia, x-ray, sterilization, or pediatric cleanings. We encourage you to sign up for more than one shift if you are available. Thank you to all of the volunteers who made our last two events so successful and we hope to see you at this year’s event in April! Log on to www.akmom.org to sign up today! Deadline to sign up is mid-April. Send questions to Sandy Pelto 907-748-4789.
In collaboration with the American Dental Hygienists’ Association, the ADHA Institute for Oral Health provides thousands of dollars each year to advance the profession of Dental Hygiene through scholarship, research and service.

**Dates to Remember**

**Community Service Grants:**
- Wrigley Community Service Grants Available: **July 1**
- Wrigley Grant Deadline: **October 1**
- Rosie Wall Community Spirit Available: **November 1**
- Rosie Wall Grants Deadline: **February 1**

**Scholarships:** Looking for an opportunity that will provide financial assistance to further your academic achievement, professional excellence and a desire to improve the public’s overall health?

ADHA’s Institute for Oral Health Scholarship Program offers financial assistance to dental hygiene students and dental hygienists who demonstrate a commitment to advance the discipline of dental hygiene.

**Research Grants:** Looking for an opportunity for funding for research projects specializing in dental hygiene?

The Institute for Oral Health’s Research Grant Programs give preference to proposals that address the following:

- Develops or expands upon the dental hygiene body of knowledge
- Promotes the public’s oral health by improving dental hygiene education and practice, or
- Supports the delivery of quality oral healthcare.

Please review the specific funding priorities for the ADHA Institute for Oral Health Research Grants and the Dimensions of Dental Hygiene Research Grants before applying.

**Community Service Grants:** Do you have a community health project that will improve the public’s oral health and provide oral health education?

ADHA’s Institute for Oral Health Community Service Grant program is designed to encourage dental hygienists to devise and implement community health projects. These grant programs empower dental hygiene professionals to respond to their communities’ oral health concerns. Please review the specific grant program information to determine eligibility, regional restrictions and application timeline.

- Wrigley Company Foundation Community Service Grants
- Rosie Wall Community Spirit Grants
- Healthy Start for Texas Teeth Community Service Grants
For more information, applications (if application period is open) and eligibility requirements for all programs, please visit: www.adha.org/ioh

Valerie Truncali, RDH, BSDH
Alaska Liaison, ADHA Institute for Oral Health

**ELECTIONS**

**AKDHA POSITIONS UP FOR ELECTION** Fall 2016

**Vice-President/President Elect, Secretary, Delegate**

TERM: Fall 2016-2018

**Vice-President/President-Elect.** The Vice-President/President-Elect shall: assist the President as requested; fill the unexpired term of President should the office become vacant; will serve as first alternate delegate for the ADHA Annual Session, and perform other duties as may be appropriate to the office of Vice-President/President-Elect, or as directed by the Executive Board, or these Bylaws.

**Secretary.** The Secretary shall: take minutes of all business of Alaska DHA and the Executive Board which shall become the official record of proceedings of Alaska DHA; maintain an accurate and up to date roster of the members of Alaska DHA; and call roll at meetings when requested; serve as custodian of all records, reports, and documents of Alaska DHA and the Executive board; search minutes for information at the request of officers or members; when the minutes have been approved, write “approved” and the date of approval, and sign the minutes; bring to each meeting a copy of the Bylaws, and rules and regulations of Alaska DHA and the ADHA; perform other duties as may be appropriate to the office of Secretary, or as directed by the Executive Board, or these Bylaws.

**Delegate.** The Delegate shall: become familiar with the reference materials including the file materials from previous delegate(s), transactions of previous years, ADHA Bylaws, ADHA Policy Manual, ADHA Scopes Manual and Roberts’ Rule of Order (current edition); thoroughly study the current ADHA Delegate’s Manual prior to the Annual Session, consult with the Alaska DHA President on pertinent issues; review Annual Meeting material with Alaska DHA Executive Board, and/or membership; attend the opening session, all House of Delegates Meetings, all District XII Caucus meetings, all Reference Committee Hearings, and such other meetings and functions essential to the proper representation of Alaska DHA, during ADHA Annual Session; maintain communications with Alaska DHA members and officers, District XII Trustee, ADHA central office, and other delegates, as necessary, report to the President, within reasonable period of time following return from the Annual Session, a review of the proceedings and actions of the House of Delegates; submit a full written report of activities of the House of Delegates at the next Alaska DHA Annual Meeting, maintain a file of material, including copies of all correspondence, for current use and for the use of succeeding delegates, and to serve as chairperson of the delegation if so appointed by the President.

Please contact me if you have any questions about these positions or are interested in serving on one of our committees.
Sandy Pelto 907-748-4789
thepeltonator@aol.com