

THE DISCLOSER

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Healthy Smiles

HDDHS

Institute for Oral

Legislative Report

President's Message

President Elect Message

Strategic Planning

CALENDAR OF EVENTS

02.16.07

What: Strategic Planning Meeting, mediated by ADHA Trustee, Hope Garza, RDH

Where: Wyndham Hotel, 2910 Yale NE
Contact: Cindy Purdy, RDH, 856-6244, cindyvp@nmdha.org or Ginny Berger, RDH, 323-1300 x 14, ginny@nmdha.org

02.28.07

What: Northern DH Society sponsors "Skin & Facial Rejuvenation and Enhancement"
Where: Café Dominic, 320 S Guadalupe, Santa Fe
Time: 6:00 pm
Contacts: dricon@aol.com and lahowards@msn.com

03.09.07

What: Albuquerque Day sponsored by HDDHS "Women's Wellness: An Oral Health Perspective" by Donna Brogan, RDH, BS and "It's All Connected: Periodontal Disease Perio-Systemic Links" by Patti DiGangi, RDH, BS 6 hours of CE
Where: Prairie Star Restaurant, 288 Prairie Star, Santa Ana Pueblo, NM
Contact: lisa@nmdha.org or bavb03@comcast.net

03.28.07

What: Northern DH Society "Pediatric Dentistry Update" by Dr. Patricia Peck, Pedodontist
Where: Café Dominic, 320 S Guadalupe, Santa Fe
Time: 6:00 pm
Contacts: dricon@aol.com & lahowards@msn.com

The Discloser, the Journal of the New Mexico Dental Hygienists' Association, is printed for members who request copies and posted on the NMDHA website.

Submit suggestions, letters, or inquiries to:
Kelly Valdez-Ayres: kelly@nmdha.org or
Member Services: Lisa Snyder, and Ani Humberston, lisas@nmdha.org, or ani@nmdha.org

A CALL TO ARMS

Cindy M. Purdy, RDH, BS
NMDHA President



It is time for all active NMDHA members to unite and have your voice heard!! We are rapidly nearing the time to evaluate our state's Strategic Plan for 2007-2010. We are very honored to have our District IX Trustee, Hope Garza, RDH, in attendance this year. We will draw from her vast experience and knowledge, as she will be our facilitator this year.

Because of the results from the Branding Initiative conducted by ADHA this year, our national Goals and Objectives have been readdressed. Please read the article written by our President-Elect, Ginny Berger, RDH for an extensive explanation of the Branding Initiative. NMDHA is appealing for the input of all members to create Goals, Objectives and Action Plans that assist ADHA in its endeavors, yet reflect the specific needs of New Mexico.

***The results of this one-day event are the driving force for your profession for all of the next year's efforts and activities.** As your elected board members, we are duty-bound to follow your directives. All member-adopted Action Plans are distributed to the Chairperson of each Council upon the day of their installation--these are their tasks for their entire term.*

PLEASE... make a commitment to the enrichment of your profession and dedicate your ideas and time in a positive manner on Friday, February 16, 2007. We will be waiting for you at the Wyndham Hotel, 2910 Yale NE, in Albuquerque at 9:00 AM. You provide the thoughts and dreams and we will provide the nutritional inspiration!

*Please R.S.V.P. with Ginny Berger, RDH or Cindy Purdy, RDH
ginny@nmdha.org or cindyvp@nmdha.org
505-323-1300 x 14*

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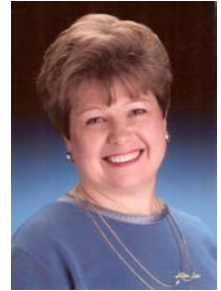
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jennifer@nmdha.org

ADHA District IX Trustee
Hope Garza
hopegrdh@sbcglobal.net

LEGISLATIVE REPORT
BY BARBARA POSLER, RDH
NMDHA, LEGISLATIVE CHAIR

Legislative Update



It's that time again- the New Mexico legislature is again in session, this year for sixty days, beginning January 16, 2007. And as always, there will be many bills dealing with dental health. What issues should we as dental hygienists be concerned with?

A bill is being introduced that would change the statute to allow dental hygienists to apply **fluoride varnish** and other therapeutic and preventive agents, without dental supervision. This would extend access to care to high-risk populations in schools, public/community health settings, hospitals, long-term care and medical facilities. The concept has the support of the Governor, the Governor's Oral Health Council, and the New Mexico Oral Health Advisory Council, and NMDHA.

Other bills include requests to:

- ◆ Expand WICHE funding and slots for dental students attending schools in participating western states.
- ◆ Expand funding for pre-dental organizations at various colleges to increase interest and help students prepare for dental careers.
- ◆ Provide additional start-up funding to Dona Ana and Luna Tech Community colleges, and ENMU, Roswell branch to establish dental hygiene programs.
- ◆ Funding to the Department of Health to pay for the operation of mobile dental health clinics in southern New Mexico.
- ◆ Funding to San Juan College to establish and maintain a rural oral health intervention and prevention program for children of the Navajo nation.
- ◆ Establish a loan-for-service program for dental hygiene students who agree to serve in an underserved area after graduation.

More bills are being introduced every day. Stay informed by checking on www.nmdha.org Track bills or find your legislators on the state legislative site: www.legis.state.nm.us

For more information, contact Barbara Posler, barbara@nmdha.org

NMDHA LEGISLATIVE DAY



On February 9, 2007, NMDHA hosted its annual Dental Hygienists' Lobby Day in Santa Fe. Dental Hygienists from around the state, and UNM student dental hygienists joined their colleagues this year- it was a great opportunity to visit the state capitol, meet our legislators, and promote our great profession of dental hygiene! We met at the capitol in the rotunda at 7:30 am in order to have enough time to visit with the legislators before they convened for the business of the day. NMDHA gave each of the lawmakers a goody bag with Rota points, travel toothbrushes, and of course our fact sheet.

The highlight of the day was when Senator Phil Griego introduced Senate Memorial 20, "Dental Hygienists Day", which was the proclamation that was signed by the governor. He did a very nice introduction of the students and hygienists in the gallery, and the memorial passed unanimously.

Legislators are usually very responsive to their constituents. If we communicate with our legislators, they will seek us out when the time comes to make decisions on dental health legislation.

The legislative session ends March 17. Read the Legislative Report to see the many issues relating to dental health. Our voices and presence are still needed during the session, particularly in the committee hearings. If you are interested in going to Santa Fe, please call Barbara Posler, or e-mail her at poslong@flash.net. Parking can be a problem, so carpooling is advised. There is a shuttle that leaves every 30 minutes from the parking lot of the State Highway Building on Cerrillos Road, if you prefer to park and ride.

PROCLAMATION

*Whereas, oral health is vital to total wellness of the people of New Mexico;
and*

*Whereas, dental hygienists are licensed oral health professionals dedicated
to promoting the highest quality oral healthcare for our citizens; and*

*Whereas, dental hygienists voluntarily give of their time and effort in pro-
viding educational and preventive oral healthcare services to special needs
groups such as the elderly, the disabled, the underprivileged, and children;
and*

*Whereas, these services are essential in the dental office, public health fa-
cilities, nursing homes, and schools to provide the best possible oral health-
care for all citizens; and*

*Whereas, dental hygienists in New Mexico are recognized nationwide for
their professional autonomy, self-regulation, the collaborative practice
model, and initiatives in providing access to oral healthcare services;*

*Now, Therefore, I, Bill Richardson, Governor of the State of New Mexico,
do hereby proclaim February 9, 2007 as*

Dental Hygienists Day

Throughout the state of New Mexico.

Signed by

Mary Herrera, Secretary of State

Bill Richardson, Governor



TOY DONATION

During the 2006 NMDHA Annual Session, registrants were asked to bring a toy that could be donated to a worthy cause for the upcoming holiday season.

The association contacted Representative Rick Miera, who put us in touch with an organization within his district. On December 18, approximately 75 toys were delivered to South-west Creations Collaborative (SCC), located downtown Albuquerque. "SSC is a non-profit community economic development enterprise that engages women in good jobs and provides family support that builds the financial and personal reserve needed to strengthen low-income communities." The organization provides classes in ESL (English as a second language), GED exam preparation, computer, and different health topics. The collaborative employs 25 women and it also provides on-site childcare.

We were given a tour of the facility by Andrea Plaza, Director of Programs, and were able to meet with the employees, who were all very excited to receive the toys for their families.

Thank-you NMDHA for your generosity!



"Periodontal & Systemic Disease Symposium" Update

Invitations to the symposium went out to all dental offices, dentists, and dental hygienists. Also invited were those in the public health sector, various health organizations, and physicians. Roswell, Las Cruces, and Las Vegas participants viewed the symposium via internet streaming. The entire dental staff was encouraged to attend, in order to employ the suggested protocols. Interest in the correlation between untreated periodontal disease and systemic diseases has been growing consistently, in part due to increased studies and consequent publications. The subject is extremely pertinent to today's practice of oral health care and thereby total health care.

The first day was heavy on science and review of the research. The second was geared more toward the practical implementation of inter- and intra- disciplinary collaboration, and to the economic aspect of diagnosing and treating periodontal disease. Helpful templates and sample letters are available to download at [Grand Rounds in Oral Systemic Medicine](#) web site.

Consensus was that periodontal disease is drastically under diagnosed, and we as a profession need to address this problem in our own practices. The standard of care evolves with new scientific evidence and knowledge, and dental hygienists play an integral and critical part in this advancement.

One of the objectives of the symposium was to increase the demand for dental hygienists, with regard to the three planned dental hygiene programs in the state. By raising the awareness of undiagnosed periodontal disease, treatment of the disease becomes crucial.

Another goal of the symposium was to initiate ongoing workshops throughout the state to incorporate progressive periodontal diagnosis and therapeutics into dental practices. A follow-up session to the symposium will be held during the NMDA annual meeting.

More information regarding the conference will be forthcoming, so keep posted.

A great & fit time was had by all at the initial HDDHS meeting, which was a social featuring mini presentations on different forms of exercise, including Pilates, mental & spiritual well being, and nutrition advice. Abundant and healthy food was served.

What a great way to hang out with our peers, and learn some great tips to keep us happy, healthy, and in top form. We shared healthy recipes, which will be featured in future newsletters.

See you at the next HDDHS meeting!



Looking for an Eye Doctor?

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- The newest equipment
- The latest medical advances
- Experienced and talented doctors
- The best and most popular eyewear
- Skilled professionals experienced in helping people to have permanent good vision without glasses!

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Sandia Vision Clinic

298-2020

A friendly place dedicated to your perfect vision!

Frank T. Chinisci, O.D.	Kay K. Puro, O.D.
David Magnus, O.D.	Kevin L. Morris, O.D.

In the Northeast Heights, at the NW corner of Lubank and Comanche



The New Resolution

On January 1st, all across the world, thousands upon thousands of us were mentally scribbling down New Year's resolutions. You know the ones... "I'm going to learn to scuba dive..." "I'm going to make it to every one of my spin classes this year..." "I'm going to stop putting things off..." "I will only frequent Starbucks once a week"

Many of us are very ambitious with our resolutions. In fact, I celebrated New Year's Eve this year at home with my husband and four month old son. As I sat on the couch watching Logan coo and smile I resolved that this year I would slow down and take more time for myself and my family. For most of you who know me, the word "slow" enters my reality as frequently as I have won the lottery. (Never)! As I announced this new found resolution to my husband he looked at me, chuckled and kindly said: "You do know, Ani, that the sad truth of all New Year's resolutions we set, less than 20% of us will carry them through February, much less the rest of the year". "Thank you dear for that blast of reality". That's why I love you so!

The main reason why we fail is because we lose our focus. The clean slate we start with in the early part of January quickly gets cluttered again. And our best intentions fall by the wayside.

This year, the Council on Membership Services would like to encourage you to put NMDHA on your New Year's Resolution. NMDHA is the voice of New Mexico's dental hygienists, and relies on the involvement of dental hygienists like you to communicate the dental hygiene vision of preventative care to the public, lawmakers, and to the regulators who determine how dental hygiene is practiced in New Mexico and the United States.

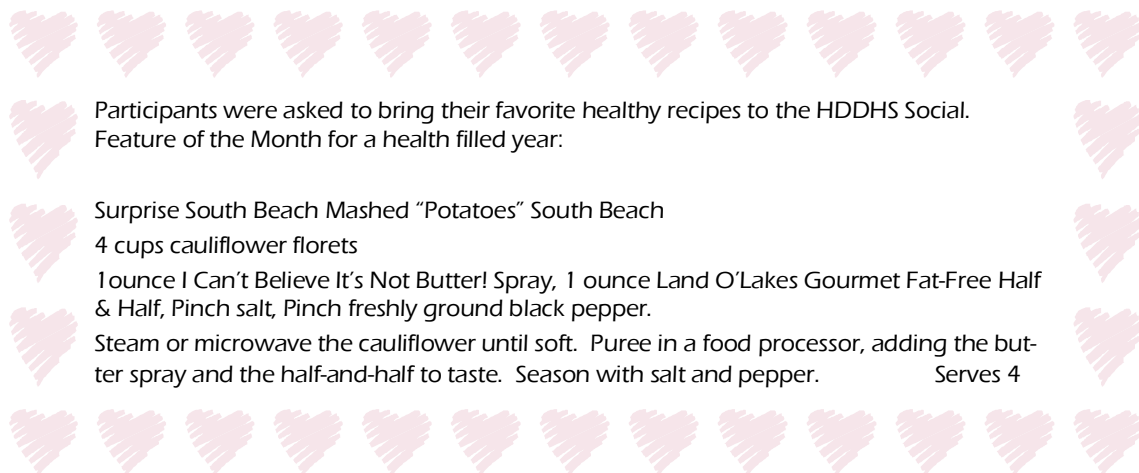
Why Get Involved?

Different people have different reasons for getting involved in their association. Many individuals are concerned about advancing the profession of dental hygiene into the advanced dental hygiene practitioner; some are interested in improving the systems and outcomes of treatment in the private practice setting, while others are exploring their desires to continue their education. Whatever background or motivations, each group shares a common desire to ensure the oral health of our state.

The best reason to get involved is because the involvement affects your livelihood. We have no control over the weather, snow conditions, or market prices, but becoming involved in NMDHA gives you a voice in the decisions that affect your career choices.

Happy 2007 and best wishes to each of you and your family,
Ani Humberson, RDH, BS, MS

Council on Member Services: Ani Humberson, RDH, BS, MS & Lisa Snyder, RDH, BS
See website for "Ways To Get Involved", and contact Ani & Lisa



Participants were asked to bring their favorite healthy recipes to the HDDHS Social. Feature of the Month for a health filled year:

Surprise South Beach Mashed "Potatoes" South Beach

4 cups cauliflower florets

1 ounce I Can't Believe It's Not Butter! Spray, 1 ounce Land O'Lakes Gourmet Fat-Free Half & Half, Pinch salt, Pinch freshly ground black pepper.

Steam or microwave the cauliflower until soft. Puree in a food processor, adding the butter spray and the half-and-half to taste. Season with salt and pepper. Serves 4

HEALTHY SMILES 2006

NMDHA sponsored the "Healthy Smiles Program", a free preventive clinic for children ages 3 to 12 on October 28, 2006 at the UNM Dental Hygiene Clinic. Twenty-four dental hygienists, five dentists, six dental assistants, twenty-one dental hygiene students, seventeen pre-dental students, and three family interpreters volunteered their services for this event. Close to one hundred seventeen thousand dollars worth of services and preventive therapy have been donated through the association over the past five years. Some of the free treatments include cleanings, limited exams, fluoride treatments, sealants and dental health education. Thank you to all of those who stepped up for the event.

A special thanks to the following donors: Martin Goebbel, DDS for the *6 working curing lights*. UI-tradent for the \$400.00 worth of sealant material. ACC and Louise W Campbell, CLU, CHFC Financial Planning for \$200.00 to feed the hungry workers. 2007 Graduate SADHA, 2006 Graduate SADHA, Sigma Phi Alpha, who each gave \$250.00. Laundry Supply for the roll of dry cleaning bags.



Getting the troops ready



What a rewarding day.
THANKS TO ALL!!



MESSAGE FROM THE PRESIDENT-ELECT**By Ginny Berger RDH**

I wanted to report back to all of you about my wonderful trip to Chicago, ADHA's national headquarters, to attend the Constituent Officer Workshop held in November. The city was buzzing with the holidays and we toured the administrative offices of ADHA. We got to meet the major players of our association – Ann Battrell the executive director, Marge Green the president and all of the supportive staff that make up our organization.

The two main focus points of the training were membership and the new branding campaign.

Membership has taken a hit, and all of us need to help boost these numbers. There are 128,000 dental hygienists in this country and ADHA has 28,000 members of which 10,000 are students. Not acceptable if we are to stay strong as an organization. Over 16% of our membership that did not renew last year. The budget for ADHA is 70% dependent on membership dues. Scary...One of the theme songs most of you know, had the lyrics *"you don't know what you've got till it's gone"* and these words are so appropriate for our group. The scary news about membership has our leadership looking at the value the association provides members and they have decided to invest in the branding campaign.

The branding campaign quite simply, is a process to determine how we are currently viewed and valued by member hygienists, dentists, non-member hygienists and members who have not yet rejoined, and set up strategy to improve our image. The results of the initial inquiries of these groups were eye opening and have initiated a new strategic plan for ADHA. This new strategic plan will help us change the perception of ADHA to inclusionary instead of exclusionary. This plan is equally important and applicable to our state organization. We have got to have critical mass of hygienists as members, we have got to have a better working relationship with dentists and the ADA and we have got to have relationships and support from patient advocates (interdisciplinary caregivers).

Please mark your calendars for NMDHA's strategic planning meeting to be held on February 16th, 2007. If ever you have thought about joining us, this is the time and you will be soooo welcomed. It will be held at the Windham Hotel by the airport. Please call me for more details at 505-323-1300 ext 14.

We need to be proud enough of our profession and give the gift of membership to ourselves. Make sure our colleagues do the same for themselves and we won't have to sing the lyrics, *"you don't know what you've got till it's gone"*



CONGRATULATIONS to SAN JUAN Table Clinic NMDHA award winners

Categories:

Most Researched- *“A Rising Epidemic– Bisphosphonates and Osteonecrosis”*. Josalyn Sewell and Jordanne Nygren

Most Applicable to Dental Hygiene- *“How does your office measure up?- Medical Emergency Management”*. Tabitha Neal and Carrie Juckes

Best Overall Presentation- *“Deep Pockets: How to obtain and retain them– A Hygienist’s Guide to Financial Freedom”*. Gwen Hanson and Steven Sullivan

Two table clinics will go to ADHA National Annual Session; *“A Rising Epidemic- Bisphosphonates and Osteonecrosis”* and *“ Deep Pockets: How to obtain and retain them– A Hygienist’s Guide to Financial Freedom”*.

Good Luck, and let us help them with their fund raisers!!

ADHA Institute for Oral Health

“Leading the way through professional excellence in dental hygiene education and research.”

Congratulations to Jessica R. McGee of San Juan College and Jacob L. Kualapai of UNM! They were among 46 students who received IOH scholarships for 2005-2006! Jessica was awarded a \$1000.00 Hu-Friedy Scholarship. Jacob was awarded a Cadbury Adams Scholarship worth \$1500.00.

Deadlines are coming soon for the Research Grant Program and The Rosie Wall, RDH, Community Spirit Grant. If you are working on important Dental Hygiene research or making a difference in your community, I encourage you to apply. The final deadline for applications for all the grant programs is February 28, 2007. Go to www.adha.org/institute for all specifics and to download applications.

A very successful silent auction was held on October 20, 2006, during NMDHA Scientific Session. NMDHA had a nice variety of auction items including massages, Gicle’e prints, dinner entrees, Italian glass bowl, shoes, purses, and various pieces of jewelry. Carol Klimek (The Outsource Ltd.), Kristen Vanetsky (Agape Massage), Jane Algermissen (“Pass your Plate”), Erik Smith, Paula Spaight, Glenelle Butler, Stephanie Haworth, and Carol Hanson donated the auction items.

Did you know that NMDHA placed third in Individual Donations for 2005-2006? I proudly accepted the award in June at the ADHA IOH Gala in Orlando!

Thanks to all who contributed to the “Pass the Hat” collection at Scientific Session 2006. Thanks to everyone who donated to IOH by way of the “Pass the Hat” collections, raffle, silent auction, and individual donations throughout the year.

Happy New Year 2007!

Carol Hanson, RDH, BS

ADHA IOH Liaison

*NM Dental Hygienists come
join us for a great brain-
storming session and lunch*

**STRATEGIC PLANNING
Friday February 16,
9:00 AM**

**Featuring District IX ADHA
Trustee, Hope Garza,
RDH, BS**

*RSVP with Ginny Berger, gabby@nmdha.org
323-1300 x 14
or Cindy Purdy, cindy@nmdha.org*



COMPONENT CORNER

NORTHERN

If you would like to become involved in planning with the Northern Component contact Billie Driscoll at dricon@aol.com. Cher LeFebvre is the Northern Trustee. email: chersage@msn.com

Several meetings have been planned. Go to the website for details.

CENTRAL (HDDHS)

Lisa Esparza will be serving as President. Contact her at lisa@nmdha.org. Trustees are: Joyce Horn joy@nmdha.org Ann Scott ann@nmdha.org Norma Sommers norma@nmdha.org and Lisa Snyder llsas@nmdha.org. A flyer has been mailed out with the meeting dates and topics. If you misplaced yours go to the website for NMDHA (address below).

SOUTHERN

A contact person for this component is Doris Baker. dobaker@zianet.com Officers are currently being organized. **Volunteer to help!** Watch website for meetings.

EASTERN

contact persons: Cindy Lakin celestialcim@3lefties.com (Clovis). Other Eastern contacts are Jo Marquez, (Hobbs) email vimarq@aol.com and Becky Fierro, (Carlsbad) misbeckyfierro@yahoo.com Tammy Teague, (Hobbs). Officers are needed and are being organized. When a meeting is scheduled you will receive a flyer in the mail and it will be on the events calendar on the web site.

Component meetings will be posted at the calendar of events on our web site.

Inquiries notify Cindy Vigil at cindyv@nmdha.org
visit:

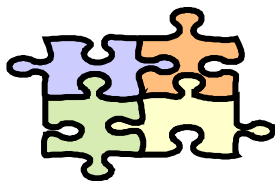
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the Discloser at
www.nmdha.org

*Every piece is needed
to complete a puzzle.*

*Every Hygienist is
needed to complete
NMDHA*



You are invited

*February 28 & March 28
Meetings Sponsored by the
Northern Component*

*Location: Cafe Dominic, 320 S.
Guadalupe, Santa Fe*

*Each meeting, 1 CEU, Members
\$5.00, Potential Members \$15.00*

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& Staffing
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