Name: _________________________________
Telephone: _____________________________
ADHA Member #: ________________________
Email: ________________________________
Address: _________________________________
City, State, Zip: ____________________________

Full Scientific Session Fee: $_______ 16 CEUs
ADHA Members: $150
ADHA Potential Members and DDS $200
2020 Grads: $50
DH/DA Students: $50
Assistants $150
Friday or Saturday All-Day Fee: $_______ 8 CEUs
ADHA Members: $100
ADHA Potential Members: and DDS $150
2020 Grads: $50
DH/DA Students: $50
Assistants: $100

HOW TO REGISTER
Credit card registration is available at nmdha.org
OR
Mail completed form and check payable to NMDHA to: NMDHA, P.O. Box 40474, Albuquerque, NM 87196
Questions? Contact barb.posler@gmail.com

Register by September 20th
Refunds will be given by written request only and will reflect a $15.00 processing fee. No refunds will be given after September 20, 2020.

WELCOME FROM NMDHA PRESIDENT
Valoree Althoff, MHA, BSDH
Imagine the Infinite Possibilities

CPR FOR DENTAL PROFESSIONALS
CPR, in this case, stands for Conflict Prevention & Resolution. Life in the dental world can be hectic and stressful at times, and often we find ourselves engaged in conflicts that are not worthy of our time or energy. This upbeat workshop is based on the presenter’s book PLAY NICE in Your Sandbox at Work.

HUMOR, FUN, AND LAUGHTER IN THE DENTAL OFFICE
Which is worse – all work and no fun or all fun and no work? Your office can’t afford either. This fast-paced, interactive, and instructional workshop teaches new ways to let your work experience be both enjoyable and productive.

Ron Price owns and operates Productive Outcomes, Inc. He offers a variety of services including dispute resolution, relationship coaching, public speaking, and workplace training. Ron has a BA in sociology and a Masters Degree in Counseling.

LICENSED AND REGULATIONS:
Ask the Experts
Learn what’s new in the rules relating to dental hygiene practice. Bring your questions regarding CE requirements, supervision, licensure renewal, anesthesia certification, scope of practice or anything you’ve been wondering about.

Ermelinda Baca, RDH and Denise Teague Mryrick, BSDH are members of the Dental Hygienists Committee of the Board of Dental Health Care which regulates the profession of dental hygiene.

NUTRITION SPOTLIGHT:
Bones, Brain and Gut
Learn about the newest research in osteoporosis and osteonecrosis, type 3 diabetes, celiac and gluten sensitivity. What role does diet play?

Catherine Sovereign, BSDH, RDH, MSFN, RDN holds MS and BS degrees in Nutrition/Dietetics as well as AS and BS degrees in Dental Hygiene from UNM. She completed a dietetic internship and is a licensed Registered Dietitian Nutritionist (RDN). As an RDH she worked in a periodontal practice and part time faculty at the UNM Division of Dental Hygiene. She also has experience teaching nutrition courses as part time faculty at CNM and presenting to various groups on nutrition topics.

THE UNHEALTHY HYGIENIST
In this lecture we will explore the most common health conditions affecting dental hygienists as a result of their jobs. We will look at the reasons why these injuries occur, and most importantly, how to prevent them. We will dive into biomechanics, preventive exercises and different medical treatments that will provide the best results for a pain-free career.

Dr. Paul Hordes is the owner of Active Chiropractic Spine & Joint Center, LLC in Albuquerque, NM. He earned his Doctor of Chiropractic degree from Logan College of Chiropractic in St. Louis, MO. He has advanced training in many aspects of chiropractic treatment including TMJ dysfunction, soft tissue injuries, and pain syndromes involved during pregnancy. Dr. Hordes is very familiar with the physical challenges of dental hygiene practice.

SATURDAY

SATURDAY

SUPPORTING YOUR IMMUNE SYSTEM AND HORMONES
Never has there been a time in the world where our immune systems, hormones & stress levels need to be more balanced than ever before!

Molly Snow Dayton has found her passion for empowering women all over the world with natural alternatives for their health as a doTERRA Wellness Advocate. She is known for her dynamic personality, extensive knowledge of the products and the ability to motivate others in taking action.

BE INFORMED! Attend the NMDHA General Membership meeting on Saturday at 10:30. Elections, Awards, Legislative Update.

PERIODONTAL BREAKDOWN: Exploring the Current Periodontal Classification System
The American Academy of Periodontology has updated the periodontal classification system. Better understanding this system will help when developing individualized dental hygiene care plans for patients. The new staging and grading components will be broken down and the new category for implants will be discussed.

Diana Aboytes, RDH, MS is an educator and clinician with 17 years of experience. She has practiced dental hygiene in a variety of clinical settings, with a focus in periodontics. Diana is an Associate Professor and has taught Periodontology for the past 10 years at the University of New Mexico, Division of Dental Hygiene. She is a current member of the ADHA, NMDHA, and ADEA.
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<tr>
<th>Time</th>
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<tr>
<td>7:30 - 8:15</td>
<td>Sign-in and Technical Support</td>
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<tr>
<td>8:15 - 8:30</td>
<td>Welcome from NMDHA President Valoree Althoff</td>
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<tr>
<td>8:15 - 10:30</td>
<td>Ron Price “CPR for Dental Professionals”</td>
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<tr>
<td>10:30 - 11:00</td>
<td>Exhibitor presentations</td>
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<td>10:30 - 12:00</td>
<td>Student Session</td>
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<td>11:00 - 12:00</td>
<td>Catherine Sovereign “Nutrition Spotlight: Bones, Brains and Gut”</td>
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<td>12:00 - 1:00</td>
<td>Ermelinda Baca and Denise Teague Myrick “DH Licensing and Regulations: Ask the Experts”</td>
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<td>Ron Price “Humor, Fun, and Laughter in the Dental Office”</td>
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<td>12:00 - 1:30</td>
<td>Molly Dayton “Supporting Your Immune System and Hormones”</td>
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<td>Diana Aboytes “Periodontal Breakdown: Exploring the Current Periodontal Classification System”</td>
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<td>3:30 - 4:00</td>
<td>Virtual Social</td>
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**FRIDAY STUDENT BREAK-OUT SESSION 10:30 TO 12 NOON**

**SATURDAY, SEPTEMBER 26, 2020**

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**NEW MEXICO DENTAL HYGIENISTS’ ASSOCIATION 32nd ANNUAL SCIENTIFIC SESSION SEPTEMBER 25-26, 2020**

*Featuring a special message from ADHA President Lisa Moravec and District IX Trustee Lynda Bean*

**NEW MEXICO DENTAL HYGIENISTS’ ASSOCIATION**

P.O. Box 40474
Albuquerque, NM 87196

**Support the HYPAC with your donation!**
The NMDHA HYPAC supports candidates whose political principles promote the highest quality oral health initiatives for the citizens of New Mexico.
Mail donations to: Pamala Morris, HYPAC Treasurer, 3113 Matador Dr NE, Albuquerque, NM 87111

**Available handouts can be downloaded at NMDHA.org after September 20, 2020**

**Please post in your workplace—all dental professionals are invited!**