

REGISTRATION

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:

(please circle which day) \$_____ 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

FRIDAY

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.

LICENSING 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 Myrick, BSDH are members of the Dental Hygienists Committee of the Board of Dental Health Care which regulates the profession of dental hygiene.

FRIDAY

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

SATURDAY

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

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.

REMINDERS

SCHEDULE

New in 2020:



NM 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

**FRIDAY STUDENT BREAK-OUT SESSION
10:30 TO 12 NOON**

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

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

FRIDAY, SEPTEMBER 25, 2020

7:30 - 8:15 am: Sign-in and Technical Support

8:15 - 8:30 am: Welcome from NMDHA President Valoree Althoff

8:30 - 10:30 am: Ron Price
"CPR for Dental Professionals"

10:30 - 11:00 am: Exhibitor presentations

10:30 - 12:00 pm: Student Session

11:00 am - 12:00 pm: Catherine Sovereign
"Nutrition Spotlight: Bones, Brains and Gut"

12:00 - 1:00 pm: Ermelinda Baca and Denise Teague Myrick

"DH Licensing and Regulations: Ask the Experts"

12:30 - 1:00 pm: Exhibitor presentations

1:00 - 3:00 pm: Ron Price

"Humor, Fun, and Laughter in the Dental Office"

3:00 - 3:30 pm: Exhibitor presentations

3:30 -4:00 Virtual Social

SATURDAY, SEPTEMBER 26, 2020

8:00 - 8:30 am: Sign-In and Technical Support

8:30 - 10:00 am: Dr. Paul Hordes
"Unhealthy Hygienists"

10:00 - 10:30 am: Exhibitor presentations

10:30 - 12:00 pm: General Membership Meeting Elections and Installation

Includes legislative update, Awards

12:00 pm - 1:30 pm: Molly Dayton

"Supporting Your Immune System and Hormones"

1:30 - 2:15 pm: Exhibitor presentations

2:15 - 3:30 pm: Diana Aboytes

"Periodontal Breakdown: Exploring the Current Periodontal Classification System"

3:30 -4:00 Virtual Social

New Mexico Dental Hygienists' Association

32nd Annual Scientific Session

General Membership Meeting

September 25 - 26, 2020



connect with colleagues → expand your knowledge → revitalize your career



New Mexico Dental Hygienists' Association

P.O. Box 40474

Albuquerque, NM 87196

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