

## REGISTRATION FORM

Please print clearly:

Name: \_\_\_\_\_

ADHA Member #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ZIP: \_\_\_\_\_

Email: \_\_\_\_\_

Ph# \_\_\_\_\_

### Not a Member?

Become a member and get the member rate at [www.adha.org](http://www.adha.org)

Please circle correct fee:

Friday: March 19 (deadline February 25)

CPR (part 1&2):  
member/non-member \$ 45 / \$55

Attend virtually through live feed ZOOM link!

Saturday: March 20

ADHA Members: \$ 70  
 Non-Members: \$ 99  
 Dental Hygiene student: \$ 20

TOTAL \$ \_\_\_\_\_

Credit card registration is available at

[www.nmdha.org](http://www.nmdha.org)

OR mail completed form and check payable to NMDHA to:

NMDHA, P.O. Box 40474  
Albuquerque, NM 87196

## FRIDAY SCHEDULE:

### CPR Renewal

#### By Cathy Sovereign RDH, RDN, MS

Certified Instructor with the American Safety and Health Institute (ASHI)

#### CPR Renewal 4 CEs

Approved by Board of Dental Health Care.  
Certifies for 2 years\*

1. Send completed registration form with payment to NMDHA or register online by February 22.
2. Send an email to Cathy Sovereign by Feb. 25 to have the course link sent to you for **PART 1 didactic CPR online course and exam** (link will come to you from info@hsi.com – check spam folder if you have not received it.)
3. Complete online course and exam, print out certificate of course completion.
4. You will be contacted to set up a date and time for **Part 2 Skills Testing**. Testing will be done by appointment due to public health restrictions on group gatherings.
5. MUST bring certificate at time of skills test

\*Your CPR card and CEU certificate will be sent via email after April 1.

Questions? Contact Catherine Sovereign  
[csgreendaisy@gmail.com](mailto:csgreendaisy@gmail.com) or 505-440-4967

## SATURDAY SCHEDULE:

8:00 - 8:30 am: Registration

8:30 - 10:30 am: 2 CE

#### The 21st Century Plague called Metabolic Syndrome

by Heather Rogers, BSDH  
Metabolic syndrome is a cluster of conditions that occur together, increasing the risk of heart disease, stroke and type 2 diabetes. Learn about its link to inflammation and oral health.

10 :45 - 11:45 am: 1 CE

#### Suicide Awareness and Intervention Lessons (SAIL)"

by Molly Brack, MA, Agora Crisis Center  
Suicide is a public health issue that affects us all. Learn to recognize those at risk and how to help.

11:45 -12:45 pm: 1 CE

#### "Help for your Patients Suffering with Oral Pain and Dry Mouth"

by Vicki Munday, RDH, BS  
Learn how to manage oral pain without the worry of drug misuse. For xerostomia, what works for some and not for others and what to do about it.

12:45 -1:00 pm: Break

1:00 - 1:30 pm: **NMDHA General Membership meeting and updates** .5CE

1:30 pm - 3:00 pm: 1.5CE

#### "Infection Control During COVID"

by Catherine Sovereign, RDH, RDN,  
Review the latest CDC and other guidelines for infection control during COVID.



### NMDHA Officers 2020-2021

President: Diana Aboytes

President Elect: Kayla Gallegos

Vice-President: Robin Gatlin

Secretary: Vivian Barker

Treasurer: Jennifer (JJ) Martinez

Immediate Past President: Valoree Althoff

Delegates to ADHA: Kerri Willert and

Lexy Moore

### Support the HYPAC with your donation!

The NMDHA HYPAC supports candidates whose political principles promote the highest quality oral health initiatives for all New Mexicans. Mail donations to: Pamala Morris

HYPAC Treasurer, 3113 Matador Dr NE  
Albuquerque, NM 87111

Questions? contact Pam at 505-550-7508



High Desert Dental Hygienists' Association  
and the NM Dental Hygienists' Association  
present...

## **Super CE Saturday!**

**Saturday, March 20, 2021**

8:00 - 3:00pm

6 CEUs live through ZOOM

including Infection Control, required for  
license recertification

## **Plus Friday, March 19**

CPR Recertification



Support ADHA's  **Institute for Oral Health**

Help New Mexico reach our goal by making your tax deductible gift to IOH! Every donation counts! Funds raised go to: Dental Hygiene **Scholarships**, Community **Service Grants**, and **Research** Grants for practicing hygienists.

DONATE NOW at

[https://mymembership.adha.org/Members/Fundraising/State\\_Giving\\_Pages/New%20Mexico\\_State\\_Giving.aspx](https://mymembership.adha.org/Members/Fundraising/State_Giving_Pages/New%20Mexico_State_Giving.aspx)

It's Not Too Late!  
Renew your ADHA/NMDHA  
**membership today!**

Or join using the quarterly payment plan. Now is the time to invest in your profession: [adha.org](http://adha.org)



**ADHA 2021 ANNUAL CONFERENCE**  
FRIDAY, JUNE 18 – SUNDAY, JUNE 20  
PHOENIX, ARIZONA

## **September 17-18, 2021 NMDHA Scientific Session**

Marriott at Uptown  
check [nmdha.org](http://nmdha.org)