Nebraska Dental Hygienists' Association

Quarterly Newsletter

October 2018
Seriously, Who Are We?
By Tom Wekluk, RDH, NDHA President

It seems like a very silly question. When was the last time you stopped to ask yourself what are you? I’m obviously talking about Dental Hygienists. We may know our job title, but how many of you really know what you are. We are health care professionals, we are patient advocates, we are teachers. We are Dental Hygienists. We need to understand what that means, why we are different and how to best advance our career.

What does our job title tell us about what it actually means? Dental refers to the field we are in and the type of place we work in. Hygienist is a person who performs hygiene on the dentition. We are so much more than that. We provide relief to anxious patients. We help stop the disease process and continue to support periodontally compromised patients. The one thing that some people forget, is that we are also professionals in a profession. We have earned and deserve respect.

We are not in a job. We are in a profession. We have certain levels of ethics, honesty and professionalism expected of us. This is something we must never let go of. It is up to us to maintain our image, standards and respect that we as professionals deserve. As a professional, there is also a certain level of difference expected in your behavior. Joining your association is also helping you profession and is rewarding your profession.

We need to tell our patients, friends and people we meet not only who we are, but what we are. We most promote ourselves. No one else will do it for us or for you. We need to join in the fight to further advance ourselves and our profession. Thru education, dedication and motivation
we can continue to move this profession to the next level. So be proud of being a Dental Hygienist. You are a true professional.

Remember that we are stronger united as a profession than a bunch of people punching a clock. I am Dental Hygiene proud!

**Tom Wekluk**

Tom Wekluk, RDH
NDHA President & ADHA Delegate

NDHA would like to welcome our newest members. Your support helps us to unite, empower, and support hygienists across Nebraska.

**Welcome!**
Jada Becker, RDH
Angela Grover, RDH
Ashley Higgins, RDH
MIND GRENADE
By Kat Galvan, RDH, NDHA President Elect

Have you thought about how Dental Hygiene will change in the next 10-20 years? How many changes have you seen since you have been practicing? Well, I recently got to ponder these questions while attending ADHA Annual Session in Columbus Ohio this year. Keynote Speaker Mike Walsh is a futurist, CEO of Tomorrow, a global consultancy on designing companies for the 21st century. He advises leaders globally on how to thrive in the current era of disruptive technological change.

One of my favorite insights that he shared, “Welcome to the future. It is not enough to just upgrade your skills, you have to be ready to lead the change that you want to see. Be open to thinking in new ways, focus on creating great experiences for your patients, and look for ways to design, rather than simply do the work.”

How many hygienists do you know that just simply show up to work, scale teeth and walk away at the end of the day. As he stated above, you cannot simply show up and mindlessly work. The 21st century patients want you to predict what they want or need. Health care is being more and more convenient, more automated and even more personal. We have to think about how we can make our patients experience better than the office down the street, “dental hygienists need to reinvent, redesign and reimagine what they do and how they do it.”

He made me think about how kids shape the future, he said to look at 8 year olds and what technology are they using. It made me reflect on my childhood, what technologies were you using as a kid? I had a Nintendo but spent more time playing outside than playing with it. I did my first Power Point
Presentation in High School, the other day my patient told me her 2nd grader was making Power Point Presentations. My 4 year niece and 2 year nephew can use an iPad better than I can. I am in my 30’s but as far as technology I have aged myself by no keeping up with all the new technologies. We all as professionals need to embrace new technologies and change. NDHA is really working on trying to keep up with new trends and technologies for offering continuing education and communication. I have been with the board for about 4-5 years and I have seen change for the better and we are very lucky to have hygienists in our state that work so hard and have so much passion for our profession.

We need to thrive in uncertainty, have that willingness to except change and use new technology to focus on patient care.

If you can get the opportunity to go to the ADHA National Annual Session, it will not disappoint. SOAR!

Kat Galvan
Kat Galvan, RDH, AAS, BS
NDHA President-Elect
2018 NDHA Fall Session

LINCOLN & OMAHA AREA ATTENDEES
Henry Schein Dental - Conference Room
11501 Centennial Road - Suite 100
LaVista, NE 68128

GREATER NEBRASKA ATTENDEES
Zoom Live Video Conferencing

FRIDAY, OCTOBER 26, 2018
NOON Registration Open

1:00 PM-4:00 PM - Hot Topics in Dental Hygiene (3CEUs)
Mary Kelly, RDH MS

SATURDAY, OCTOBER 27, 2018

8:00 AM Registration Open

9:00 AM-12:00 PM - Preventive Prehabilitation of the Oncology Patient
(3 CEUs) Kris Potts, RDH, BSDH, FAADH

12:00 PM-1:00 PM - Lunch and NDHA General Membership Meeting

1:00 PM-4:00 PM - Xylitol, Xerostomia and Puzzle Solving (3 CEUs)
Kris Potts, RDH, BSDH, FAADH

REGISTRATION
Per Course (3 CEs)
NDHA Member............................................$75.00
Non-Member...............................................$100.00
Student......................................................$30.00

Entire Conference
NDHA Member............................................$200.00
Non-Member...............................................$275.00
Student......................................................$60.00

Visit nedha.org for course information and registration!

REGISTER TODAY
NDHA Membership Update
By Jason Brisbin, RDH, NDHA Membership Chair

NDHA Membership Committee entered 2018 with a lot of challenges. It is no secret that membership in professional organizations is on the decline in our country, and ADHA is not immune to this. I like to think that adversity breeds opportunity, and our committee is using this challenge to find innovative ways to unite, empower, and support hygienists across Nebraska. This fall, we are working to establish a mentoring program for hygiene students from Central Community College in Hastings, Iowa Western Community College in Council Bluffs, and UNMC-College of Dentistry in Lincoln. This will give students the opportunity to be guided by experienced hygienists as they enter their first years as dental hygienists. Our committee is also working to improve our processes and procedures so we can better communicate with our membership. If you have any questions or concerns, feel free to contact us at our new email address, membership@nedha.org.

Thank you for being a member!

Jason Brisbin

Jason Brisbin, RDH, PHRDH
NDHA Membership Chair
What are you sippin’ on?
By Stephanie Kuvetakis, RDH
LDHA President

Hello! We hope this article finds you warm and well this Fall. Being relatively new to this position, we thought this would be another great opportunity to introduce ourselves. We are Chelsea Arendt and Blair Peterson, both of the Greater Nebraska component. We graduated together from CCC, took a couple years to work and grow our families and decided it was time to step into volunteerism. It has been enlightening and we’ve never appreciated our fiduciaries more!!

We are both very active and conscious about our health so we want to know what you’re sippin’ on this Fall to keep you warm? We both love green tea, both for the health benefits it provides and to keep us warm in our operatories!

Did you know that green and black teas contain polyphenols that fight off plaque bacteria? A study from Rochester University found that polyphenols either kill or hold back bacteria. This prevents them from proliferating within your mouth. And as an added bonus, if made with fluoridated water, it can be a source of fluoride too!

Cheers and Happy Fall Ya’ll!!

Stephanie Kuvetakis

Stephanie Kuvetakis, RDH
LDHA President