NDHA believes in helping dental hygienists achieve their full potential as they seek to improve the public’s oral health. We support your goals by helping to ensure access to quality oral health care; promoting dental hygiene education, licensure, practice and research; and representing your legislative interests at the local, state and federal levels.

**2020 Annual Session**
April 24-25, 2020
via Zoom Conferencing Services

Due to the rapidly unfurling repercussions of the coronavirus outbreak, the NDHA Board of Trustees have made the decision to discontinue the onsite portion of this year’s 2020 Annual Session. We will, however, conduct the entire conference via Zoom Video-conferencing for dental hygienist’s all across our state!

**Register Now**

**COVID-19 Information for RDHs**

Please check the NDHA website for the latestest information on the Covid-19 outbreak including information on unemployment benefits.

**LEARN MORE**

**A Message from Your President**

Kat Galvan, RDH
2019-20 President

As my year as President comes to an end, I want to thank my board and all the amazing hygienists across the state that donate their time to our association. I feel very lucky to have had this opportunity and have set goals for myself as Immediate Past President.
I hope to next year really focus on the components. Most of you who know me, know that I love the component level. I feel like it is vital to our association to have strong leadership in our components and that our membership is driven by the socialization and networking done at local events. I encourage all hygienists to be members, please get involved, if you do, you will see how your membership matters! You can reach out to me anytime at katrdh10@gmail.com.

The work of the Nebraska Dental Hygienists’ Association over the years has been innovative and forward thinking, which has allowed us to adapt to keep up with change. We thank all the past leaders on the board who have driven Nebraska the direction it has gone. Our association can adapt in times of crisis, to still continue to manage the daily operations on a remote basis and take care of our members. We have implemented several technology services like CE ZOOM, BAND, and ZOOM for continuing education registration and management of certifications, board communication and teleconferencing services. I want Nebraska hygienists to know that Nebraska continues to be one of the strongest state associations and we lead the way in many firsts.

We are the first state to have two male Presidents, in a few years we will have our third! We are the first to hold an Unleashing Your Potential Conference to develop leadership in our state. We have been implementing live teleconferenced courses for the last few years to help provide continuing education to the more rural areas of the state. At Fall Session 2019 we offered the first ZOOM teleconference for a session. We are now going to be the first state to teleconference the whole Annual Session!

Due to COVID-19 and to protect the health of our constituents, we had to change the way we are going to run our Annual Session this year. The board was able to use our resources to offer ZOOM teleconferencing for Annual Session. With the help of our sponsors and speakers we were able to make this happen and will be offering 15 CE on April 24th-25th. For Annual Session 2020 you will be able to stay in the comfort of your own home or state and attend live CE. We will not be at the Embassy Suites in LaVista, we will be running all teleconferencing from our executive director’s office in Lincoln, NE. Please follow Nebraska Dental Hygienists’ Association Facebook page for updates and our website www.nedha.org.

I encourage you to register for Annual Session and hear from great national and local speakers. It is a renewal year, please get your continuing education requirements before March 1st, 2021. I recommend you do not wait to the last minute this year, we do not know how long we will be effected by COVID-19 and any other variables that could prevent future courses in the fall.

I hope to see you virtually in April!

Act Now

**Jason Brisbin**  
2019-20 NDHA Vice-President and Membership Chair

If you had asked me a month ago what I had wanted to write for this newsletter, I would not have have an answer for you. I have plenty to talk about now. Covid-19 started out feeling like somebody else’s problem.

Just another disease in a faraway land relegated to a distant corner of the imagination. Very quickly though it became mildly irritating, followed by frustrating, followed by destabilizing, followed by debilitating, and concluding, in many cases, in downright tragedy. If you are anything like me this transformation felt very rapid and jarring.

If someone had told me a month ago to start planning ahead for this, I might have laughed at them. Fortunately though, I am one of the lucky ones. Because of some personal financial struggles my wife and I have had in the past, we
already have strategies and systems in place that will allow us to weather this struggle better than the average American. That is actually what I wanted to discuss today. Having a strategy in place when things are good so you have it when things get...complicated. For my wife and I, that plan was aggressive debt reduction, maintaining lines of credit, and deliberately frugal spending habits. For you, as dental hygienists, that plan should be ADHA membership.

If you had asked a non-member a month ago why they are not members, you may have gotten several answers, but I doubt you would have gotten the real answer. At least not directly. The real answer, every time in some form or another, is that they don’t see the value in being a member. They cannot see what each dollar buys. This is the great trouble with membership in an advocacy organization. When times are good, it is hard to see the value. I think of it like vaccines. Once people forget that their children, until very recently, had a high risk of death, disfigurement, and paralysis due to disease, it is easy to lose sight of the value of vaccines. I find it morbidly ironic that a disease, with no vaccine, has done so much to show people the value of an advocacy organization like ours.

ADHA has been working hard for us. I would encourage all of you to check out adha.org/covid19 to see all of the work ADHA has done on just this specific issue. There is an action center set up so members and non-members alike can tell their senators and representatives that they need to be considered in any legislation to provide economic relief. There have been several letters sent to government officials regarding the postponement of non-essential care to protect us and our patients. Letters to the Department of Labor regarding family and medical leave. There are also several other resources available related to COVID-19.

For someone young and healthy like myself, I am not afraid for my personal health with this new virus. I know this is different for every individual. What worries me more is that, if just a few more people decided to forgo the vaccine of ADHA membership because they didn’t see the value, we might not have the strength to advocate for you now that times are tough. Right now, focus on your personal and your community’s health. When this all settles down though, remind the non-members that the greatest value in you being a member a month ago, was the benefits from an unexpected disruption like right now. The more members we have when things are easy, the more we can help when things get hard.

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**Legislative Committee Update**

2019-20 Co-Chairs:

Deb Schardt
Kalynda Kuhl

The NDHA legislative reception held in Lincoln was a huge success. NDHA had fantastic representation—many thanks to those who reached out to senators and those who were able to attend. Thanks also to the dental hygiene students who attended.

Updates on LB312—this bill will allow public health dental hygienists to practice their full scope with the following exceptions: no scaling and root planing, no administering local anesthesia, and no administering nitrous oxide. This bill will also eliminate the additional hours of experience that a new graduate would need to have in order to obtain a permit for both children and adults. This bill has gone through final reading at the legislature and is awaiting the governor’s signature. NDHA will continue to work to add scaling and root planing to this bill going forward as this is standard of care for dental hygiene and the patients that public health dental hygienists serve.

The rules and regulations from July 2019 were rejected at the governor's office. That means the entire process will begin again with a new hearing on the rules and regulations. It is scheduled April 27 at 10:00 AM at the state office building. There will
also be an opportunity to submit written testimony. NDHA will be providing some guidance on that, but please plan to take some time to submit testimony as every voice makes a difference! To review the proposed rules and regulations, please visit the following website: https://www.nebraska.gov/nesos/rules-and-regs/regtrack/index.cgi Go to the Health and Human Services section and look under Title 172: Chapters 53, 56 and 57 for the three sets of regulations being proposed. To view the current dental statutes, please visit: http://dhhs.ne.gov/licensure/Documents/Dentistry.pdf Please remember that the statutes take priority over rules and regulations.

As hygienists across the state enter uncertain times associated with the pandemic, know that NDHI is a viable source for obtaining grant funding so hygienists can continue to provide preventive services in their communities. Contact Annette Byman, NDHI Executive Director, at ndhi_nebraska@yahoo.com for more information.

Be sure to register for the NDHA Annual Session that will be held virtually. When registering, there is a place to make a donation to NDHI as well as to Hy-Pac that will support NDHA’s legislative campaigns. Hy-Pac was able to make contributions to five legislative campaigns this year; however, there are many more that could have been supported had the treasury been larger. Please know how critically important it is to continually build the treasuries so NDHA can deliver a strong, united voice during the legislative session. To those who have supported Hy-Pac and NDHI financially, thank you immensely for the donation!

As the fiscal year comes to an end, all hygienists are encouraged to share any legislative concerns they have so the legislative committee can determine which to include as part of the 2020-2021 strategic plan.

Please direct any questions to: Annette Byman at annettebyman@icloud.com; Kalynda Kuhl at kalynda_kuhl@hotmail.com; or Deb Schardt at debschardt@icloud.com

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**Student Liaison**

**Lindsey Stancil, IWCC**

My name is Lindsey Stancil, I'm a dental hygiene student at Iowa Western Community College and currently finishing my final semester. The program has been filled with amazing events and opportunities for our class.

I was selected to become a student worker for Iowa Campus Compact and to develop a Service-Learning project. I worked with one of our hygiene instructors and classmates to create a continuing education course that took place on the Iowa Western Community College campus. The CE "Love This Gig" topics were based on taking care of ourselves as dental hygienist. The topics included information on ergonomics, massage, yoga, and essential oils. This event helped establish good personal and professional relationships. Being a member of SADHA has also allowed me to develop networking skills, understand continuing education courses, and allowed me to become involved in the community.

As my final year is coming to an end there has been some changes due to the COVID-19 virus. Our program director, instructors, and school president have been working like crazy to help us graduate in May. We are currently finishing our classes online and lectures are continued with utilizing ZOOM online. Our clinical hours are currently on hold as the dental clinic is closed for an unknown period of time due to the COVID-19 virus. Despite the virus having a large impact on how my classmates and I will finish the program and our time together, I want to stress the positive words and motivation that the ADHA and our dental hygiene staff have given to us. They've kept us focused on our end goal and I’m very thankful for the opportunities that have been presented to me throughout the course of the program.
I have had the privilege of holding a position on the Nebraska Dental Hygienists’ Association Board of Trustees for the last four years. I have been so grateful for this opportunity, and have learned so much about our organization during this time. It has helped me to meet other amazing hygienists, whom I can lean on and ask questions when needed. It has also helped me in my own career, as I am much more aware of things going on in our profession.

I am able to answer questions to the other hygienists in my office when it comes to our job descriptions, and what is going on in legislature. I will sincerely miss being a part of this network of individuals. On that note, however, I also think it may be time to get some new blood in the association. It is such a valuable thing to have new input, and new ideas to be able to surface to keep our association strong! I feel my articles are the same every year, but it still stands true. We have had some amazing new faces on the board, who I think will do amazing things to help our association moving forward. On our component level, we are still struggling however, which is equally just as important.

The individuals on the component level are the contacts to get the board’s word spread! They are our frontlines! With the implementation of Zoom and being able to share continuing education with each component, this role has been made even easier than it once was. I would argue holding the component chair for LDHA was the hardest, most time consuming role I have had within the NDHA, although I have not had very many positions to be honest. It is so much better now though! Really only having to organize one speaker and being able to teleconference the rest takes a load off of shoulders. Only having to organize a place to hold a meeting is a much easier thing to do. This can help us to turn our component meetings back into more social gatherings as well. Let's build our network of people back up! That's how we become better hygienists’! I cannot tell you how many times I ask other hygienists what they are doing in their own offices so I can better tailor my own practices, to make sure I am giving my patients the best treatment possible.

I do actually feel without having held a position on the board, I would not reach out to hygienists as much as I do now. I feel I would just live in my own little bubble, and go through the motions of my career. I feel being a member, but especially being involved with the decision making that comes with being on the board, it has given me the knowledge and understanding of how important it is to constantly be evolving as a person, and as a hygienist. I wish everyone the same experience I have been able to receive. I would say, especially for the hygienists thinking of going a different route in their hygiene career, this is the place to be! These are the hygienists who are living it! There are people on the board doing podcasts, starting their own companies to help guide others, starting Nebraska’s first leadership conference, and so much more. If you want a fire back under yourself, this is the place to be!