



Nebraska

Dental Hygienists' Association

NDHA NEWSLETTER - April 2021

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.



A Message from Your President

**Heather Hessheimer, RDH
2020-21 President**

Happy Spring Nebraska!

My final "getting to know me" fact for my President newsletter article series is that I love Summer. From the longer hours of sunshine to the hot Nebraska temperatures, I desire to be outside every chance I get.

I even start to wear short sleeve shirts as we approach the 100o climate and for those who know my love for warmth, it is rare to see me without long sleeves.

While Summer is by far my favorite, I can find something I like about all the seasons and for me the excitement of Spring is that it brings NDHA's Annual Session. While this is a busy time for NDHA leadership, the event itself is a wonderful time of getting to see people. Some I haven't seen in a long time and others I just can't see often enough. I love having lunch with other dental hygienists and getting to see who is honored with awards. The CE caters to my desire to learn new concepts and visiting with vendors always brings new products to the forefront of my mind.

I hope that Annual Session ignites a similar excitement for all of you. If not, I challenge you to get engaged in the association and I would bet it would give you a sense of belonging. Nature also reminds us that Spring is a time of newness and rebirth. The trees have new blooms. Grass turns green and flourishes. Flowers rise again. Let these miracles remind you that you can help you bloom too! You might be surprised at how NDHA involvement and networking can act like fertilizer for your personal and professional growth.

I leave you with one final thought: The vining flower *Ipomoea alba*, also known as the Moonflower, grows up to 15 feet and while it requires much sunshine and water to thrive, it is unique as one of few flower species that blooms at night. Its blooms are wide, beautiful, and fragrant yet enjoyed by star light. I believe this is analogous to our lives: fuel yourself with the opportunities to grow and you will be able to flourish like a Moonflower and Reach for your Stars!

2021 NDHA Annual Session April 23-24, 2021

LaVista Conference Center
12520 Westport Pkwy,
La Vista, NE 68128



Conveniently located off of Interstate 80 in west Omaha, the LaVista Conference Center is right where you want to be. The conference center is just 20 minutes from downtown Omaha, providing easy access to many of the city's most popular attractions.

REGISTRATION will be closing soon!

All registrations and payments will be made through CE Zoom. This simple online registration makes it effortless for attendees to sign up and pay for your course/conference. To register for the annual session, [click here](#).

Virtual Annual Session

Can't make it in person? For the first time ever we are broadcasting the annual session over Zoom Web Conferencing. No special software is required - just your home computer. Zoom's video conferencing quality and reliability means everyone has a seamless experience. Zoom is a very powerful, yet easy to use video conferencing solution. Zoom is a cloud-based video conferencing platform that can be used with Windows, Mac, iOS, and Android. A convenience fee will be added for this option during the registration process.

Philips Oral Healthcare Product Presentation

Philips Oral Healthcare is offering a 10-minute product presentation video on their Sonicare technology in conjunction with the NDHA Annual Session. At the end of the video, there will be a QR code that gives access to a short survey. The first 25 members to register (**Only 11 left!**) and attend the annual session and fully complete the survey will get an ExpertClean Sonicare.



Legislative Committee Update

2020-21 Co-Chairs:

Deb Schardt, RDH, PHRDH
Joey Enright, RDH

On January 8th, the Nebraska Board of Dentistry (NBOD) met and discussed several hygiene related topics. The NBOD voted to form an ad hoc committee to review the composition of the board by license type, due to an assertion by Nebraska Dental Assistants' Association (NDAA) that a dental assistant may seek to assume one vacant seat historically filled by a member of the public. As of March 2021, there are 1,489 licensed dentists, 1,407 licensed hygienists, and 80 licensed dental assistants in the state of Nebraska. Evaluating this ratio could be one lens the ad hoc committee uses to evaluate what effective representation on the board could look like. Currently, the makeup of the NBOD is six dentists, two hygienists, and two members of the public.

Another area of discussion at the January 8th meeting was vaccine administration by dental professionals in the state of Nebraska. ADHA has advocated that dental hygienists be utilized in the pandemic response, including allowing dental hygienists to administer the COVID-19 vaccines. Sixteen states are currently allowing dental hygienists to administer the vaccines during the declared state of emergency and some have included dental students as well as dental licensees. Many of these states developed guidelines that refer to state orders including requirements for training, outline supervision, and record keeping duties for those that participate. You can view the document ADHA has compiled at https://www.adha.org/resources-docs/COVID-19_Vaccine_Administration_by_DH.pdf. In Nebraska, dentists and hygienists are not currently a part of our state's vaccination plan, which you can find at <https://dhhs.ne.gov/Documents/COVID-19-Vaccination-Plan.pdf>.

The involvement of hygienists in vaccination efforts is historically significant and could set a precedent for more ways in which hygienists can and have integrated into medicine. In mid March, the US Department of Health and Human Services began amending an emergency declaration under the Public Readiness and Emergency Preparedness Act (PREP Act) to expand the list of providers allowed to administer the COVID-19 Vaccines. Dentists, and eight additional types of healthcare professionals, were added to the PREP Act as part of an aggressive federal effort to expand the pool of qualified professionals able to administer the vaccines. You can find the PREP Act at

<https://public-inspection.federalregister.gov/2021-05401.pdf>.

A third topic pertaining to the practice of dental hygiene was the exposure of dental radiographs in public health settings. Per the changes in Bill LB312 that became law on November 14, 2020, "Except for periodontal scaling, root planing, and the administration of local anesthesia and nitrous oxide, the department may authorize a licensed dental hygienist to perform all of the authorized functions within the scope of practice of a licensed dental hygienist in the conduct of public health-related services in a public health setting or in a health care or related facility." The passage of LB312 also removed the 3000 hours of experience that were previously required to obtain a public health permit to see adults and incorporated care for both adults and children into just one permit. The Nebraska Department of Health and Human Services Website does not yet reflect this change since the bill went into effect in November of 2020. We have requested this update be made. You can read the statutes here:

<https://nebraskalegislature.gov/laws/statutes.php?statute=38-1130>. The next NBOD meeting will be held April 9th, 2021.

Be sure to join us for NDHA's Annual Session April 23-24th and attend the membership lunch to be informed of the latest updates affecting our profession. We would also encourage you to consider a donation to HY-PAC when you register. This is our political action committee and funding is critical to continue to advance and protect our profession.



2021 NDHA Corporate Sponsor

We are excited to announce that Summit Dental Health is our first corporate sponsor!!

NDHA's Corporate Sponsorship Program offers companies the opportunity to engage with and support registered dental hygienists across the State of Nebraska. We are excited to offer businesses the opportunity to partner and grow your footprint in Nebraska's dental community.

[For more information go to the NDHA website.](#)

Summit Dental Health

As an employee-owned company, Summit Dental Health supports the economic viability of our community by providing our team members with long term financial stability through our employee stock ownership program. In response to Iowa Western Community College's Annual Giving Campaign, Summit Dental Health created a scholarship specifically for current dental hygiene students, to extend support to up-and-coming professionals. We are pleased to spotlight the two 2021 scholarship recipients and share their motivations for pursuing careers in dental hygiene:



Shara Griffo,

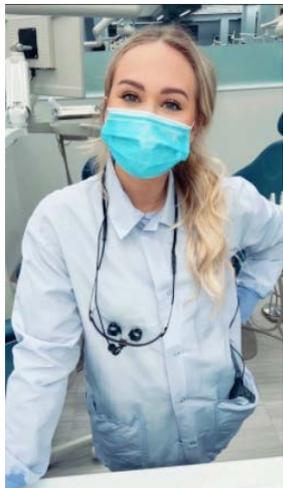
A first year dental hygiene student, Iowa Western Community College:

"I chose to pursue Dental Hygiene because I want a career where I can work closely with patients and have the potential to change their attitude about their overall health. I am most passionate to be able to educate and share with patients the importance of oral health and the link it has to overall health and well-being. I want to help increase the awareness of oral health and the availability of dental hygiene services, particularly to low income and underprivileged areas within my community. Moving forward in my hygiene career I would be grateful for the opportunity to do community volunteer work and even a mission trip at some point."

Regina LeMense

A second year dental hygiene student, Iowa Western Community College "A smile is a huge part of one's confidence in themselves. I am a huge advocate for self empowerment and self love. I truly am so excited to provide patients with the best possible care I can give them, and hope to make an impact on their smile and confidence. Being a dental hygienist is far from just being a "teeth cleaner", as we have the chance to help people's health overall.

I have fallen in love with community dentistry, as access to care is a huge issue in dentistry. I hope



to become an advocate for people who are in need of care, that don't have access to that care. "

Summit Dental Health commends the efforts of all students and professionals that continue to push through the challenges of the pandemic to reach their educational and career goals! We strive to be a resource for hygienists for mentoring, career, and continuing education opportunities. To learn more, visit www.summitdentalhealth.net.



Jess Bolter, RDH Vice President

Spring has finally arrived! This is a great thing for several reasons: Annual Session is just around the corner, and we are finally getting closer to a more "normal" world since the COVID-19 pandemic started over a year ago.

Make plans to attend the Annual Session on April 23-24! This year's session will be held in-person (with directed health measures followed) at the LaVista Conference Center, and also on Zoom for those who would rather get their CE credits online.

Registration is available now at <https://nedha.org/annual-session/>. Members and non-members can register for a single session or the entire weekend, earning up to 14 CE in just one weekend! Members get a discounted price of \$30/credit hour, non-member fees are \$50/ credit hour. There will be a small convenience fee added if you choose the Zoom option upon registration. We look forward to gathering together in person this year. See you there!

As we cruise into spring, I've been reflecting on the past year of pandemic living. We have been forced to change personal habits, work differently, and live a more closed-off life in general. For me personally, there have been some great things that have come in the past year. I've saved money by not eating out, I've started a great work-out habit that I've maintained for over a year, and I've experimented in the kitchen with tons of new recipes! There have definitely been some struggles throughout the past year as well. I have two school-aged children, so working our way through distance learning was tough for all of us. My family was also very cautious about gathering together outside our households, so I have had limited in-person contact with my family. This has probably been the hardest thing to deal with. For me, phone conversations are nice, but definitely not the same as being in the same room.

We all need to care for ourselves and this year has made many of us realize that now more than ever. If you feel like you need a little more self-care, try something new. Finding a new workout routine, taking a walk with a friend or pet, trying yoga or pilates are just a few healthy ways to boost your mood and your health. Listen to your favorite music while you clean your home or make a meal. Keep a journal and make a short list every day of three things you are grateful for, or something good that happened the day before. Above all, be kind to yourself and others.

NDHI Fundraiser

Nebraska Dental Hygienists' Institute is holding its second fundraiser to raise funds for Nebraska Student Dental Hygiene Scholarships. We hope you attended our Panera Fundraiser on March 30th.

On Tuesday May 4th, 2021 between 5pm to 8pm

at several locations throughout the state, please plan on going to Runza to get dinner. A percentage of all sales will come back directly to NDHI. No code required. Please encouraged your coworkers, friends and family to attend too!



Locations:

Runza Gering - 1250 13th St, Gering, NE 69341
Runza Scottsbluff - 1817 Broadway, Scottsbluff, NE 69361
Runza Columbus - 1944 33rd Ave, Columbus, NE 68601
Runza Hastings - 126 N Elm Ave, Hastings, NE 68901
Runza Grand Island - 1812 N Webb Rd, Grand Island, NE 68801
Runza Kearney - 325 W 39th St, Kearney, NE 68847
Runza Cozad - 107 W Monroe St, Cozad, NE 69130
Runza Lincoln - 4901 O St #2, Lincoln, NE 68510
Omaha locations to come....

Whitney Crist 2nd Delegate/Membership Chair



Greeting NDHA members!

As we head into spring, the NDHA Delegates are already gearing up for this summer's Virtual House of Delegates (HOD) meeting (June 25th-27th). We are currently reviewing and discussing submissions for proposed resolutions (PRs) and bylaws (PBs).

As HOD gets closer, ADHA Delegates will continue to meet virtually as a state, district, and in our assigned reference committees. A lot of thought and care go into reviewing, editing, and voting on these PRs and PBs. As a delegate, I feel it is essential to take the time to analyze the PRs and PBs. If they are passed and adopted at the HOD, they become part of the foundation of ADHA. They represent what ADHA stands for and ultimately what we as hygienist believe. It's an honoring experience to be part of something greater for the profession of dental hygiene. I also wanted to give a shout out to our District VIII Student Delegate - Madison Mace. Madison was selected from applicants from District VIII (Nebraska, Iowa, Kansas, Missouri, and Illinois) and will represent all the hygiene students from those states at the HOD.

Congratulations! I am excited and look forward to another successful HOD.

Stephanie Gunter, RDH NDHA Secretary



Hello, I'm the newest secretary, Stephanie Gunter. I'll introduce myself, as I haven't had a chance to meet some of you yet.

I have been in the dental field since 2009. I graduated from the Metropolitan community college dental assisting program. I worked in general dentistry for four years before moving to Colorado for my husband's job with the United States Airforce. In Colorado I began working as an endodontic assistant for about three years. In 2016, I was able to return to school and pursue my passion to become a dental hygienist.

I began working as a dental hygienist in early 2018. Many have said 2020 was the worst year. For my family, 2020 has been the best year as my husband and I's first baby was born. Our son Henry is the light of our life!

I look forward to getting to work with you all and help contribute to the Nebraska Dental Hygiene Association. I love learning and strive to be the best dental hygienist I can be. I'm happy to be learning from and being a part of this great group of hygienists.

Lincoln, NE 68516

director@nedha.org

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