

# INDIANA DENTAL HYGIENISTS' ASSOCIATION



# **IDHA Annual Conference**

# Friday & Saturday, November 12-13, 2021

Ft. Harrison Garrison Conference Center 6002 N. Post Road Indianapolis, IN 46216

### Dear Attendees,

It is with pleasure that I invite you to the Indiana Dental Hygienists' Association's 75<sup>th</sup> Annual Conference. We are excited to present a two-day conference once again, inperson at the Fort Harrison Garrison Banquet and Conference Center in Indianapolis on Friday and Saturday, November 12-13, 2021.

After the unprecedented year of 2020, in which COVID-19 changed the world, the IDHA is committed to "Moving On and Moving Forward." In keeping with this theme, you will get to hear about various career opportunities available to hygienists. Please join your colleagues for stimulating continuing education courses, networking and social events, and an exhibit area hosting many of IDHA tried and true companies, as well as new exhibitors.

Additionally, we will hold the annual General Assembly meeting. Your presence, your voice on how your leaders lead, and your vote on proposed bylaws and policy changes is needed to conduct the business of this association. New leaders will be elected and installed. Please be a part of our forward momentum. We have a lot of catching up to do!

I look forward to seeing your smiling faces in person!

Respectfully,

Sheli Taulbee President, IDHA

Shili R. Seally





Greetings!

As the IDHA Vice President and 2021 Annual Conference Council Chair, I am thrilled to extend an invitation to you and your colleagues to our Moving On, Moving Forward Annual Conference on November 12-13, 2021. IDHA is proud to host its 75<sup>th</sup> Annual Conference this year! It is once again being held in the Garrison Banquet and Conference Center at the beautiful Fort Harrison State Park.

As we discover what life after a pandemic looks like for dental hygienists, as well as explore opportunities outside of the operatory, there is sure to be something for everyone! We will hear about the new AAP classifications, the research process behind testing new products, how yoga therapy can improve your daily practice, recent legislative updates, how to make the most of your time with patients, paving new career pathways within the profession, and so much more! Our speakers for this event are national names such as Lillian Caperila, RDH, BSDH, M.Ed; Caitlin Parsons, RDH, C-IAYT, E-RYT; Carol Jahn, RDH, MS; and Chief Editor of RDH Magazine; and Jackie Sanders, MBA, RDH. There will be presentations from Indiana-based hygienists Kimberly R. Milleman, RDH, BSEd, PhD; Amanda Apple, RDH; and Bianca Mizimakoski, RDH, along with a CPR certification skillsonly course taught by Kathy Thompson. We will also have a panel discussion allowing attendees to speak with colleagues regarding alternative dental hygiene careers.

Friday evening provides an opportunity for celebration and socializing with other registered attendees at the President's Reception. We will recognize contributions and accomplishments of association members who have gone above and beyond, and we'll offer networking opportunities over dinner and dancing. There will be chances to personally connect with not only educators and administrators, but business owners, sales representatives, and clinicians who have been role models for the dental hygiene profession.

As always, there will be time reserved during the conference for association business. Immediate Past President Heather Taylor will chair our General Assembly Annual Meeting. Furthermore, this is the perfect opportunity to consider how you can have an impact beyond simply paying dues. Consider what qualifications you possess that could be beneficial in service to our association. Join us as we continue Moving On and Moving Forward together as a profession to discover what exciting things may be in store for us next. I cannot wait to see you there!

Sincerely,

*Jessica Rocke* Jessica Rocke, RDH, BSDH, MS IDHA Vice President/Annual Conference Council Chair



### 2021 ANNUAL CONFERENCE EVENT SCHEDULE

#### Friday, November 12, 2021

7:00 am – 5:00 pm 7:00 am – 5:00 pm 7:00 am – 5:00 pm 7:00 am – 8:00 am	Registration Exhibits Open All Day Silent Auction Open Breakfast	Garrison Entrance Foyer Gates Room/Hallway/Lobby Blue Heron Ballroom Blue Heron Ballroom
8:00 am - 11:00 am	<i>Changing Face of Dental Hygiene</i> (3 Hours Awarded) Lillian Caperila, RDH, BSDH, MEd	Blue Heron Ballroom
11:00 am - 11:15 am	Break	
11:15 am – 12:30 pm 12:30 pm – 1:00 pm	General Assembly Meeting/Business Session I Balloting for Election of Officers (Voting Members Only) Box Lunch	Blue Heron Ballroom
12:30 pm – 2:00 pm	Exhibits Open	Lobby Outside Blue Heron Ballroom
2:00 pm - 3:00 pm	<b>CPR—Skills Test Only!</b> (1 Hour Awarded) Kathy Thompson	Lawrence Room
2:00 pm – 3:00 pm	<i>The Science Behind the Toothwave</i> (1 Hour Awarded) Kim Milleman, RDH, PhD	Blue Heron Ballroom
3:00 pm – 4:00 pm	<b>CPR—Skills Test Only!</b> (1 Hour Awarded) Kathy Thompson	Lawrence Room
3:00 pm – 4:00 pm	Mental Health, Self Care, Pain Relief and Ergonomics for the Denta Part 1 (1 Hour Awarded) Caitlin Parsons, RDH, C-IAYT, E-RYT	<i>l Hygienist</i> Blue Heron Ballroom
4:00 pm – 5:00 pm	<b>CPR—Skills Test Only!</b> (1 Hour Awarded) Kathy Thompson	Lawrence Room
4:00 pm – 5:00 pm	Mental Health, Self Care, Pain Relief and Ergonomics for the Denta Part 2 (1 Hour Awarded) Caitlin Parsons, RDH	<i>l Hygienist</i> Blue Heron Ballroom
7:00 pm – 10:00 pm	President's Reception/Awards Ceremony Roosevelt I	Ballroom, Ft. Harrison State Park Inn
	Saturday, November 13, 2021	
7:00 am – 5:00 pm	Registration	Garrison Entrance Foyer
7:00 am – 11:45 am 7:00 am – 8:00 am	Silent Auction Open Breakfast	Blue Heron Ballroom Blue Heron Ballroom
8:00 am - 10:00 am	Why Does (Dental Hygiene) Healthcare Policy Matter? (2 Hours Aw Amanda Apple, RDH and Bianca Mizimakoski, RDH	arded) Blue Heron Ballroom
10:00 am - 10:15 am	Break	
10:15 am – 11:15 am 11:15am – 11:45 am	General Assembly Meeting/Business Session II Installation Ceremony/Pin the President/Pass the Gavel 2021-2022 President's Message	Blue Heron Ballroom Blue Heron Ballroom
11:45 am – 12:00 pm	Silent Auction Winners Announced	Blue Heron Ballroom
12:00 pm – 1:00 pm 12:00 pm – 1:00 pm	Lunch Buffet	Blue Heron Ballroom
	Lunch & Learn: Alternative Hygiene Careers Panel Discussion	Blue Heron Ballroom
1:00 pm – 3:00 pm		
1:00 pm – 3:00 pm 3:00 pm – 3:15 pm	Lunch & Learn: Alternative Hygiene Careers Panel Discussion That's Not What I Learned in School 2.0 (2 Hours Awarded)	Blue Heron Ballroom
	Lunch & Learn: Alternative Hygiene Careers Panel Discussion That's Not What I Learned in School 2.0 (2 Hours Awarded) Carol Jahn, RDH, MS	Blue Heron Ballroom Blue Heron Ballroom

\*Attendance at a state meeting sponsored by an approved organization is awarded one (1) credit hour.

## Changing Face of Dental Hygiene (3 Hours Awarded)

Friday, November 12, 2021; 8:00am-11:00am

As we witness a changing trend in healthcare delivery in our country, it is evident that the dental hygienist plays an integral role in their patient's overall health. The hygienist stands on the front line in advocating prevention, esthetics and therapeutic advances. This program will highlight the potential skills necessary to adapt to that changing model as we explore alternative approaches to treatment settings, changing demographics and advancing technologies. Participants in this course will recognize the need for skills in risk assessment, advanced instrumentation and technologies while implementing these skills in the dynamics of their evolving practice settings.

### This three-hour course will engage the audience in the following areas:

- Break out group discussion among attendees for about 10 minutes to address several questions on the current and future landscape of dental hygiene as a profession—then, volunteers of groups can make brief comments that share what they believe as a group.
- Historic and future trends of our profession.
- The key skills required of an RDH when pursuing alternative roles in Dental Hygiene practice.
- Motivational Interviewing to address our best practice in coaching patients to make significant changes in behavior and overall health.



**Lillian Caperila, RDH, BSDH, MEd** celebrates 41 years as a licensed dental hygienist in Pennsylvania and a proud and active member of the American Dental Hygienists' Association. Her career experience includes twenty-two years as a periodontal co-therapist, faculty instructor positions in three dental hygiene programs in the Philadelphia area, and during the past twenty years she has presented well over 600 seminars in the U.S. and Internationally, serving in her role as professional educator for Premier Dental Products Company in Plymouth Meeting, PA.

Lil is a widely-recognized ambassador of dental hygiene excellence among her peers and a proud recipient of the ADHA Irene Newman Award for Professional Achievement. In 2009, Lil was selected by her faculty mentor at Montgomery County Community College to be named to their elite Alumni Hall of Fame.



### Medical Emergencies Including BLS Provider CPR Course\* For Healthcare Providers <u>In-Person Skills Session ONLY</u>

(3 Identical Sessions, 1 Hour Awarded for each) Friday, November 12, 2018: 2:00pm-3:00pm; 3:00pm-4:00pm; 4:00pm-5:00pm

Attendees who register for this course MUST complete online e-learning modules in BLS prior to attending this in-person skills test course. The instructor, Ms. Kathy Thompson, will guide each attendee as they perform compressions, ventilations, single-provider and two-provider CPR using a manikin. Certification Cards for Healthcare Providers (CPR & AED) will be issued through the American Medical Association and will be provided to each attendee upon successful completion of their in-person skills test.

#### At the conclusion of this course, the participant will be able to:

- Explain the importance of early CPR
- Recall the basic steps of 1- and 2 rescuer CPR for adults, children and infants
- Explain the importance of early defibrillation
- Recall the basic steps for use of an AED
- Recall the basic steps to relieve choking for responsive and unresponsive victims over 1 year of age and for infants

**NOTE:** This CE course will be limited to 12 attendees. IDHA is offering this course at three different times to allow for a maximum of 36 available attendee slots. Please register early to secure a position. IDHA will be accepting registration for this course on a "first-come, first-served" basis. Once all available slots are filled, this course will be closed to other registrants.



**Kathy Thompson** graduated from Medical Assisting School in 1987. For several years, she worked in a private medical practice and the Emergency Department of Westview Osteopathic Hospital. Twenty-five years ago, Ms. Thompson was hired by the Oral Health Research Institute to use her emergency skills as a BLS and ACLS instructor. Today, Ms. Thompson continues to teach medical emergencies courses to faculty and students at the Indiana University School of Dentistry

**\*For those looking for a BLS Course:** Per Kathy Thompson, the correct course would be through the American Heart Association. Those interested in doing the coursework can click on the following link: <u>http://ShopCPR.heart.org</u>, then go to courses, click on BLS and it will give them the option of *HeartCode BLS*. It's \$31.00. It's a video and once it's completed, they will be able to print out a certificate for the first portion and **bring it with them**.

The Science Behind the Toothwave (1 Hour Awarded)

Friday, November 12, 2021; 2:00 pm-3:00 pm

Have you ever wondered how a new dental product is tested and makes it to market? What kind of safety and efficacy testing is done to prove a product is safe for consumer use? This course will explain the process from start to finish, including study design, methodology, execution, peer-reviewed publication and launch. More specifically, the novel dental radio frequency power tooth-brush technology, ToothWave, will be introduced and discussed.

#### **Course Objectives:**

- Understand the steps to conduct a human clinical trial
- Learn how industry goes from an idea to a product
- Define dental radiofrequency (RF)
- Discover how dental RF works to reduce plaque, gingivitis, stain and calculus
- Identify the intraoral benefits from using the ToothWave RF toothbrush



**Kimberly Milleman, RDH, PhD,** attained her Dental Hygiene degree from Indiana/Purdue University at Fort Wayne (1995), a Bachelor Degree in Education (with a focus on Dental Hygiene Education and secondary math and science, 1997), a Master of Science degree in Health Communication (2000), and a Ph.D. in Health Science from Nova Southeastern University in Fort Lauderdale, Florida (2021). She currently owns and operates Salus Research in Fort Wayne, Indiana. Salus Research has received the ADA Seal of Acceptance for Independent Research Testing Site Qualification.

Dr. Milleman has authored/co-authored 56 peer-reviewed publications and over 150 scientific presentations at American and International dental conferences around the world. She has conducted over 400 human clinical trials in China, the US and Guatemala and sits on several domestic and

international advisory boards for product formulation and development. Her research focuses on a wide array of intraoral specialties.

These include:

- Safety
- Dentures
- Dentifrice
- Chewing Gum & Breath Mints
- Mouth rinse
- Manual Toothbrushes
- Power Toothbrushes
- Manual and Power Floss

- Oral Irrigators—AirFloss and Waterpik
- Denture Food Occlusion—Denture Adhesives
- Extrinsic Stain
- Dentinal Hypersensitivity
- Intrinsic (Bleaching) Stain
- Dry Mouth
- Dental Plaque Collection and Analysis
- White Spot Lesions
- Oral Malodor—Organoleptic Judges, Halimeter, OralChroma & Gas Chromatoraph

## Mental Health, Self-Care, Pain Relief and Ergonomics for the Dental Hygienist, Parts I and II

(1 Hour Awarded for each Part) Friday, November 12, 2021; Part I—3:00pm-4:00pm, Part II—4:00pm-5:00pm

This course will discuss the importance of proper posture, ergonomics, and stress management for dental professionals. In this course, you will learn different yoga therapy practices to implement throughout the workday to decrease workplace pain and reduce injury and disability, which include simple stretches, breathing practices, and forms of meditation. Caitlin will share different tools to implement throughout your workday to help improve focus, patient and team communication, and to create long-term sustainable health for each individual. In this course, Caitlin discusses the difference between yoga and yoga therapy, and she shares the scientific research that supports yoga therapy, not only as a viable wellness tool but a desirable practice for both dental professionals and dental teams to incorporate. In this course, Caitlin will guide you through a gentle, all-levels seated therapeutic yoga class designed for dental professionals to help release tension, improve circulation, reduce stress, and bring the mind and body back into balance. Caitlin will share her journey through dental hygiene and how she made the transition out of clinical hygiene.



**Caitlin Parsons, RDH, C-IAYT, E-RYT** is a retired dental hygienist of 12 years and founder of Caitlin Parsons Yoga Therapy, a Yoga Therapy and Wellness company. Caitlin obtained her degree in dental hygiene from The University of New England in 2008 and spent the last eight years of her career practicing hygiene at a Complete Health Dentistry office in San Diego where she continued to refine her skills as a hygienist, team leader, and top communicator.

Caitlin started to experience pain in her body only one year into practicing hygiene, inspiring her to become a Certified Yoga Therapist and heal her own pain through yoga therapy. Once Caitlin healed her body from years of pain, injury, and bad posture, she knew she had to help

other dental professionals do the same. Caitlin created the industry's first-ever online program to effectively improve posture, get out of pain and understand their body on a deeper level. She helps dental professionals reduce workplace pain, injuries, and disability by tapping into their own strength, flexibility and by helping people to understand their body, when their body is out of balance, and how to bring themselves back into alignment.

Caitlin is passionate about helping individual dental professionals ditch pain through her monthly membership program called *Aligned* and inside her private practice. Caitlin helps dental teams incorporate wellness programs into the office in order to improve focus, communication, team collaboration, and to become better, healthier, and happier clinicians and powerful, effective leaders.

Why Does (Dental Hygiene) Healthcare Policy Matter?

(2 Hours Awarded) Saturday, November 13, 2021; 8:00am—10:00am

Bianca Mizimakoski, RDH, and Amanda Apple, RDH, will use this course to discuss why healthcare policy matters, review 2021 and 2022 dental hygiene and healthcare policy, help listeners understand changes that take effect in 2022, and explore policies other states are using to increase access to care. Bianca and Amanda will also spend some time speaking about their personal experiences in the legislative process and advocating for dental hygiene, encouraging you to consider why these experiences, and dental hygiene advocacy, matter. At the completion of the course, attendees should leave with a renewed sense of passion for participating in and advocating for dental hygiene healthcare policy in Indiana.



Bianca Mizimakoski, RDH, is a 2009 graduate from Indiana University School of Dentistry Dental Hygiene program and completed her Bachelor's degree in General Studies with minors in Civic Leadership and Sociology through IUPUI in 2021. She is passionate about serving the community through improving oral and overall health. Her drive to understand social determinants of health and strategies to reduce disparities in care led her to further her education and experience in the public sector. She has gained real-world experience in the legislative process through a policy internship with the Indiana Senate and looks forward to using her knowledge to spread awareness and increase public engagement in the policy making process.

Her goal is to help others understand not only the power within ourselves, but our power as a collective. She strives to strengthen the voice of dental hygienists and citizens across the state. Bianca currently lives in Indianapolis with her husband and two cats, Kitty Purry and Catrick Swayzee.



Amanda Apple, RDH, is a 2006 graduate from IUSB's DH program and a 2007 graduate from IUPUI with a Bachelor in General Studies. Amanda is a passionate and dedicated dental hygiene mentor and educator for Aspen Dental in a dental support role in two states. She has served many roles in IDHA including President and is currently the Legislative Chair. Amanda was awarded Outstanding Dental Hygienist of the Year in 2017 and earned the Minichillo Leadership Award for her legislative efforts to advance dental hygiene in Indiana. In her free time she enjoys spending time with her husband Aaron and their two children riding horses, playing board games, and reading.



### That's Not What I Learned in School 2.0 (2 Hours Awarded)

Saturday, November 13, 2021; 1:00pm-3:00pm

Did you learn that floss is the magic elixir preventing everything from caries to bone loss? Or perhaps you are still providing 'routine care' that includes yearly radiographs and fluoride treatments. While education provides the foundation, it depreciates over time as new research, therapies, and treatments emerge. This course will empower you to move out of your comfort zone and feel confident adopting new evidence-based strategies for everyday patient care.



Carol Jahn, RDH, MS, has a BS in dental hygiene from the University of Iowa and an MS in Continuing Education from the University of St Francis. She has been a dental hygienist since 1982. Currently, she is the Director of Professional Relations & Education for Water Pik, Inc. She lives in the Chicago suburbs with her partner, Larry, and their dog, Toby.

## IDEAS to INSPIRATION "Your Career Path & How to Make it Happen"

(2 Hours Awarded) Saturday, November 13, 2021; 3:15pm—5:15pm

A pandemic around the world provided challenges, resilience, a different pace, and time to think outside the box. If you took a few moments to reflect and think about the IDEAS you had during 2020, how many ideas would you act on, and where would you find the INSPIRATION?

As the role of the dental hygienist continues to gain recognition the opportunities to advance our career path broadens. With increasing roles within the operatory and growing opportunities outside our traditional position; where do you fit into the progress? Your resources lie within our community of like-minded professionals, step into your fears, embrace your ideas and continue moving forward. This program will inspire you to find your direction, plan, and embrace the joy of being a dental hygienist once again.



**Jackie Sanders, MBA, RDH,** has over 4 decades of evolving dental experience and continual career development. As the Chief Editor of RDH Magazine she strives to remain a proactive personality in the constant advancement of the dental profession. She has been defined as a motivated trend setter, dependable colleague, and is inspired by her true passion of helping others to achieve their personal goals.

Jackie's career path is similar to many others as she has had a gradual progression of career experiences that align her for her next position in dentistry. Prior to her current role she was the manager of professional relations and communications for Chicago-based Sunstar. In this role she served as a liaison responsible for communica-

tions with professional and industry associations, educational institutions, and the dental professional community. She has held numerous positions serving on committees for the American Dental Education Association, American Academy of Pediatric Dentistry, and American Dental Hygienists' Association Institute for Oral Health.

Her commitment to Endeavor Business Media and RDH Magazine is recognizable through her years of dedication, enthusiasm and marketing strategies which focus on the dental and dental hygiene professional. Her advice is to recognize the dental community is smaller than many believe, and the more you are involved, the tighter the community becomes. Build your network, take the opportunity to say "yes," and, as often as possible, connect with individuals who may be your key to achieving your next goal. Networking is the golden ticket.

# 2021 IDHA

# **DRESIDENT'S RECEPTION**

Friday, November 12, 2021 7:00-10:00pm

> Join President Sheli Taulbee in celebration as we honor the talent and dedication of our members.

> > Dress in your best 1920s!

# Featuring:

Dinner, cash bar, and music in the Roosevelt Room at Fort Harrison.

> Tickets: \$55.00/person \*All profits go to HI-PAC\* (Guests welcome)



## **The Meeting**



Ft. Harrison Garrison Conference Center 6002 N. Post Road Indianapolis, IN 46216 ★ <u>Click here</u> for directions.

## **Lodging and Reservations**



Harrison House



Ft. Harrison St. Park Inn

### **Room Block Information:**

Room Type	<u>11/11</u>	<u>11/12</u>
Harrison House (Reserve entire house, 7 rooms/suites, sleeps 16)	\$712.53	\$747.63
Ft. Harrison St. Park Inn:		
1 King Bed Accessible Room (1 available)	\$128.69	\$140.39
Queen Accessible Room (1 available)	\$140.39	\$163.79
1 King Bed Room (12 available)	\$128.69	\$140.39
King Suite (5 available)	\$140.39	\$163.79
2 Queen Beds (4 available)	\$128.69	\$140.39
<b>Included in room rate:</b> parking, Wi-Fi, and	breakfast	

Reservations\*: call 877-563-4371 and identify Ft. Harrison St. Park; give code: IDHA21

\*Must reference *IDHA Annual Conference* to receive these room block rates! Room block/rate available until October 13, 2021.



## **ANNUAL CONFERENCE FAQs**

### **Q. What is the IDHA refund policy?**

A. Cancellation notices and refund requests must be submitted at least 30 days in advance of the Annual Conference. These requests are to be submitted in writing (email or mail only) and received by October 12, 2021. A \$75 administrative fee will be applied to any refund request for the full conference registration fee. A \$25 administrative fee will be applied to any refund request for Student or single-day registration fees. The Friday night President's Reception is not eligible for a refund. Please allow 7-10 business days for refunds to be processed.

### Q. Can I register at the main registration rate up to the day of the conference?

A. No. Early-Bird and Main Registrations can be processed via mail, email or online up through November 5. As of November 6, <u>all registrations</u> will be considered on-site, will require payment of the on-site fee, and must be completed at the conference.

### Q. Can I register online?

A. Certainly! To register online, click on the following IDHA Eventbrite link: <u>https://www.eventbrite.com/e/2021-idha-annual-conference-tickets-</u> <u>154472051063</u>. It will take you to the 2021 IDHA Annual Conference online registration event. View the information provided, under tickets—select the category/categories for which you wish to register, and follow additional prompts as provided. If you have any questions on online registration, contact IDHA Executive Director Danielle Dodson at: IDHACentralOff@gmail.com.

### Q. Do I have to bring a copy of my registration form to the event?

- A. It is not required but recommended. Should discrepancies occur, documentation is always helpful!
- Q. What is your privacy policy? Will my information be provided to others?
- A. IDHA abides by the Privacy Policies established by ADHA which can be found here: <u>http://www.adha.org/resources-docs/7171 ADHA Privacy Policy.pdf</u>. For details on information provided to others, see page 4 of the referenced policy document.





## 2020-2021 BOARD OF DIRECTORS

**President** Sheli Taulbee

Treasurer Crystal Heath

**President-Elect** Lauren McNicholas Immediate Past President Heather Taylor

**ADHA 3-Yr Delegate** 

Vice President Jessica Rocke

Madison Shuee

Secretary Sharon Paterson **Trustee at Large** Lynn Ramer

## **COMPONENT LEADERSHIP**

### Component

### **Component Chair**

Central (01)	Sharon Fenton
Ohio Valley (02)	Kaitlyn Sturgell
Isaac Knapp (03)	Jessica Linnemeier
Northwest (04)	Shirley Bootz
East Central (05)	Jill Dicke

## **ANNUAL CONFERENCE COUNCIL**

## Annual Conference/Committee Chair: Vice President Jessica Rocke

Annual Conference Committee Members: Tami Austin, Danielle Dodson, Mallory Edmondson, Lauren McNicholas, Bianca Mizimakoski, Barb Owens, Kimmy Rezutko, Heather Taylor, Shannon Taylor

Awards & Recognition Committee: Chair—Trustee at Large Lynn Ramer

Election Committee: Chair—to be appointed

Non Dues Revenue Committee: Chair—ADHA 3-Yr Delegate Madison Shuee

Registration: Danielle Dodson-Central Office