



Iowa

Dental Hygienists' Association

Welcome!
102nd Annual Session

Friday May 5 & Saturday May 6, 2023

**The Hotel at Kirkwood Center
7725 Kirkwood Blvd SW
Cedar Rapids, IA 52404**



Up to 15 CEUs Available!

Register Online
www.iowadha.com

About the Meeting

Vice President's Welcome Message Annual Session 2023



Hello everyone! Another Annual Session is quickly approaching! This year IDHA's Annual Session will be held on Friday, May 5, 2023 at the Hotel at Kirkwood Center located at 7725 Kirkwood Blvd SW, Cedar Rapids, Iowa 52404.

We will have a block of rooms at the hotel under the Iowa Dental Hygienists' Association (IDHA). Please be sure and mention IDHA when booking your hotel room so you are able to get the discounted room rate. This discount will only be available until we run out of blocked rooms so please book your hotel reservations early.

Our Friday presentation will include two speakers this year. Our morning presenter is Dr. Ankur Gupta, DDS. He will present "I want my back, back." This course promises to touch on the things that stress us out as providers and humans including burn out, body pain, stress, diet, and all of the things that can potentially make us miserable. It will be worth 3 CEUs. Then in the afternoon, an Orofacial Myofunctional Therapist, Elizabeth Dooher-Anthony, RDH will be presenting "Roots of Dental Trauma" which will also be worth 3 CEUs.

Don't forget that Friday will also offer the Student Scientific Presentation worth 2 CEUs and there will also be many exhibitors to visit!

On Saturday, May 6, Angela Grover, MA, BASDH, RDH will present "Where's the Perio?" and "Hearing Loss in Dentistry: A Silent Topic", worth a total of 4 CEUs. All of these CE's offered both Friday and Saturday touch on things that affect dental hygienists in our every day practice.

I would like to take this opportunity to let you know, the Iowa Dental Hygienists' Association strives to support the profession of the dental hygienist. As an association, we are aware that CE is everywhere. We (IDHA) spend a lot of time researching timely presentations and speakers for our events. If you would like to have a specific topic or speaker in Iowa, please share your ideas on the evaluation sheets provided at the end of the conference. Your feedback is always appreciated and helpful to us in making selections for future speakers and topics.

I am looking forward to seeing all of you at Annual Session this year. If you see me please come up and say hello to me. (Most of you know what a social butterfly I am) and I hope that you all have a wonderful time at this year's meeting!

Warm Regards,

Jennifer (Pierce) Faux RDH

Vice President of the Iowa Dental Hygienists' Association

Meet Our Leaders



Donnella Miller, RDH, BS, MPS
President



Amanda Jay, RDH
President Elect



Amy Grant, BA, RDH
Immediate Past President

You Are Invited!

President's Party

Friday, May 5

5:00 pm - 7:00 pm

We hope you can join us!

Meeting Reminders

Hotel Specifics

The Hotel at Kirkwood Center
7725 Kirkwood Blvd SW
Cedar Rapids, Iowa 52404

We will have a block of rooms at the hotel under the Iowa Dental Hygienists' Association (IDHA). If you need reservations please be sure to mention IDHA so you are able to get into our discounted room block. This discount will only be available until we run out of rooms so please book your hotel reservations early. The cut off date for reserving rooms is **April 13, 2023**. Please call 319-848-8700 to reserve your hotel room.

Friday lunch is included

IDHA no longer accommodates special dietary requirements.

Session Handouts

Handouts will not be available on-site. All registrants will receive an email with the handout, one week prior to the course. If you do not receive an email, please contact IDHA Treasurer, Amy Weishaar at amyweishaarrdh@gmail.com.

For Your Comfort

To accommodate temperature variations at the site, please dress in layers. Special needs or questions, contact, IDHA Treasurer, Amy Weishaar at amyweishaarrdh@gmail.com.

By registering for this meeting, you are acknowledging that an inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending the meeting, you voluntarily assume all risks related to exposure to COVID-19 and agree not to hold IDHA or any directors, officers, or volunteers liable for any illness or injury.

Schedule of Events

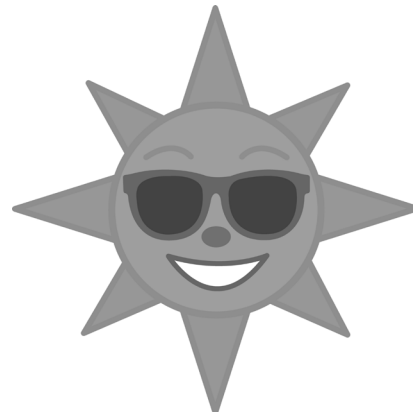
102nd Iowa Dental Hygienists' Association Annual Session Schedule

Friday, May 5, 2023

7:00 am - 8:00 am	Registration/Continental Breakfast/ Exhibits Open
8:00 am - 11:15 am	I Want My Back Back: Identifying and mitigating the factors that make even the most successful dental professionals miserable 3 CEU Ankur A Gupta, DDS
9:15 am	Students set up for presentations
9:30 am - 11:45 am	Student Scientific Presentations open for viewing 2 CEU
11:45 am - 1:00 pm	General Assembly / Lunch
1:00 pm - 4:00 pm	Roots of Dental Trauma 3 CEU Elizabeth Dooher-Anthony, RDH
4:00 pm	Installation of the 2023-2024 IDHA Officers
5:00 pm - 7:00 pm	President's Party

Saturday, May 6, 2023

7:30 am - 8:00 am	Registration / Continental Breakfast
8:00 am - 12:15 pm	Where's the Perio? 2 CEU and Hearing Loss in Dentistry: Breaking the Silence 2 CEU Angela Grover MA, BASDH, RDH
12:30 pm	IDHA Board of Trustees Meeting



*Show Us
Your Smile!*

Please be aware that photos taken at the event may be used to promote the IDHA online and/or in print.

Continuing Education



Ankur A. Gupta, DDS AGD/PACE Certified Provider

Ankur A Gupta, DDS, after completing a one-year GPR in Cleveland, started a practice from scratch in 2005. Armed with what he considered adequate knowledge, hand skills, and a personable demeanor, he watched as his practice floundered, finances became un-predictable, and his lower back and spirit toward his profession became worrisome. Rather than continue the trend, he made a guinea pig out of his office, family, and self; attempting any and all personal and professional “experiments” in self-improvement. More than a decade later, he enjoys excellent new patient numbers and case acceptance, a solution oriented dental team; and most importantly, a meaningful and positive identity.

He happily shares the failures and successes with dental and community groups throughout the country, always ending his presentations with practical, implementable, step-by-step ways to be better.

I Want My Back Back: Identifying and mitigating the factors that make even the most successful dental professionals miserable

Despite the myriad of benefits that dental professionals get to enjoy, including a high income, a less-than 5 day workweek, many are miserable. This can be sourced to 4 main factors: body pain, isolation, un-needed stress, and debt. In this half-day presentation, Dr. Gupta shares the stories of many dentists, and how they intentionally changed the trajectory of their lives.

Objectives:

- Discover the #1 happiness and relationship killer that also affects your ability to perform more comprehensive dentistry
- Illuminate the long-term impact of poor posture and a sedentary lifestyle to the dental team
- Gain a daily core strength routine that can affect your overall quality of life
- Examine the culture, habits and health of those living in Blue Zones and learn why they live disproportionately longer lives
- Recognize the barriers, benefits and steps for integrating a mindful approach everyday
- Explore the long term physical/psychological implications of a “constantly plugged in” life
- Identify steps to prevent and treat burnout

Elizabeth Dooher-Anthony, RDH Orofacial Myofunctional Therapist



Elizabeth will tell you she became a dental hygienist by accident. She was supposed to be a rock star. She went to dental hygiene school after working in a dental office at the front desk. Before that, she got her BA in English with Minor in Theater Arts.

35 years later she is still practicing and has not “burned out”. She developed a mindset toward her work that has sustained her and created positive patient experiences. She realized she could teach it to others in the hopes they will also benefit. She has found a way to use her performance skills to create a memorable, uplifting experience for her audiences.

She has been presenting her seminar, Serdentity, since 2006. She published a book by the same name in 2013. Her articles have been published in RDH print and digital magazines. She hosts the “Serdentity Podcast” on the iLoveDentistry Facebook page.

Elizabeth is from Rochester, NY, and lives there currently with her husband, Michael.

Roots of Dental Trauma

Beth's uplifting course comes from personal experience and education. It explains where dental trauma originates and how dental patients cope with it. It discusses the role of airway in creating traumatic experiences. It offers solutions to frustrating patient behaviors. There is also an emphasis on provider self-care, including guided meditation for stress reduction.

Continuing Education

Angela Grover MA, BASDH, RDH



Angela graduated from Central Community College in 1996, obtained her BASDH in 2018 from the Community College of Denver, and received her MA in Organizational Leadership from Buena Vista University in 2022. Angela is the founder of 360 Dental Navigations, which utilizes her expertise and experience to create unique content for dental presentations and published articles for the dental industry. She has authored numerous articles in RDH Magazine and Today's RDH and presented continuing education courses since 2018. In 2020, Angela was recognized as the Advocate of the Year for Omaha Dental Hygienists' Association, as well as the Nebraska Dental Hygienists' Association.

Angela is also a webinar professional educator for WaterPik in the central time zone. Angela enjoys spending time with her grown children, Kendyl, Kamryn, and Kaelyb, as well as her dogs, Lola and Lucy! Spending time in nature, hiking, kayaking, and simply reading a book on a patio are some of her favorite pastimes. Contact Information: 360dentalnavigations@gmail.com.

Where's the Perio?

Oftentimes, dental hygienists are met with expectations from their practice managers to achieve certain goals; one of them being production. The word production can feel off-putting in healthcare settings and can create barriers among healthcare teams because healthcare providers simply want to place patient care at the forefront of their practice.

“Where's the Perio?” course will demonstrate that patient care can and always needs to be at the forefront of dental hygiene practice, while also meeting goals and achieving successful outcomes for healthcare providers, practice managers, and patients. Attendees will be exposed to simple principles, which will guide them throughout their practice, including dental hygiene process of care, communication strategies, optimization of structuring an effective periodontal therapy program that will increase patient outcomes and maintaining an appropriate schedule in achieving overarching goals for their practice. The course will provide active learning through collaboration among peers, which offers attendees an opportunity to learn from one another's experiences and expertise.

Hygienists...we are all on the same team and must unite in providing optimum patient care...every patient, every time! Doing so, will ultimately increase our value among our dental teams and across our discipline as oral/systemic healthcare providers throughout our communities!

Hearing Loss in Dentistry: A Silent Topic

Hearing loss in dentistry is truly a “silent topic!” Most dental professionals do not give noise induced hearing loss (NIHL) a thought when they are practicing in an environment with multiple devices having high pitched sounds. This course will provide dental professionals information about the equipment they are using and noted decibel (dB) levels with which they are working. Attendees will review OSHA regulations surrounding dB levels and recognize how to protect themselves in their workplaces; hearing protection devices (HPDs) are one of the ways to protect oneself from developing NIHL. Finally, attendees will be presented detailed information regarding audiology appointments; especially when is the right time to be tested for hearing loss. This is a unique class for dental professionals; one that everyone should attend due to the minimal exposure there is to this topic within the dental industry. You do not have to become an actor in a Verizon commercial saying, “Can you hear me? Can you hear me now?”

IDHA BOT 2022-2023



Pictured front row: Amanda Jay, President Elect, Donnella Miller, President, Amy Grant, Immediate Past President

Pictured back row: Kara Parcher, Recording Secretary, Dana Coates, 2nd alternate delegate to ADHA, Cindy Swallow, Junior Delegate to ADHA, Dr. Emily Boge, Professional Development Trustee, Ashley Sonderleiter, Administrative Council Trustee, Jennifer (Pierce) Faux, Vice President, Angie Kelley, Member Services Trustee, Amy Weishaar, Treasurer

Save the Date!

IDHA Fall Event
September 29, 2023

FFA Enrichment Center
DMACC Campus Ankeny, Iowa

Conference Information

IOWA DENTAL HYGIENISTS' ASSOCIATION 102ND ANNUAL SESSION 2023

The Hotel at Kirkwood Center | 7725 Kirkwood Blvd SW | Cedar Rapids, Iowa 52404
Friday, May 5th and Saturday, May 6th

Full Two Day Conference

ADHA Member \$135 15 CEUs
Potential Member RDH/RDA/DDS \$230

- Friday Courses Presented by Ankur A. Gupta, DDS and Elizabeth Dooher-Anthony, RDH 6 CEUs
- Friday Attendance Credit* 1.5 CEUs
- Continental Breakfast Friday
- Student Scientific Presentations 2.0 CEUs
- Exhibitor booths
- General Assembly Lunch**
- President's Party
- Saturday Courses Presented by Angela Grover MA, BASDH, RDH 4 CEUs
- Saturday Attendance Credit* 1.5 CEUs

One Day - Friday Only

ADHA Member \$100 9.5 CEUs
Potential Member RDH/RDA/DDS \$155

- Friday Courses Presented by Ankur A. Gupta, DDS and Elizabeth Dooher-Anthony, RDH 6 CEUs
- Friday Attendance Credit* 1.5 CEUs
- Continental Breakfast
- Student Scientific Presentations 2.0 CEUs
- Exhibitor booths
- General Assembly Lunch**
- President's Party

One Day - Saturday Only

ADHA Member \$ 85 5.5 CEUs
Potential Member RDH/RDA/DDS \$130

- Saturday AM Courses Presented by Angela Grover MA, BASDH, RDH 4 CEUs
- Saturday Attendance Credit* 1.5 CEUs

Early Bird Discount ends April 14th. Add \$40.00 after April 15th.

Online Registration ends April 28th. Pre-registration is required.

Refund Policy: Please email Amy Weishaar by April 21, 2023, at amyweishaarrdh@gmail.com for cancellations. No refunds will be issued after **April 21, 2023**. Additional online Eventbrite processing fees are non-refundable.

Any questions, please contact IDHA Treasurer, Amy Weishaar at amyweishaarrdh@gmail.com.

Register Online

www.iowadha.com

**Online processing fee will be applied.

Not registering online?

Detach, Complete, and mail form to

IDHA
204 Central Ave
Charles City, IA 50616

**The Iowa Dental Board changed the credits for attending a conference to 1.5 credits per day for attendance — courses are pending IDB approval.*

***IDHA can no longer accommodate special dietary requests.*

Name _____

Address _____

City, State, Zip _____

Phone _____ Email* _____

License # _____ Membership ID# _____

Attending President's Party? YES

***Email REQUIRED as course handout will be emailed to attendees one week prior to course.**

Please WRITE LEGIBLY. No course handouts on-site.

Full Conference \$ _____

Friday Only \$ _____

Saturday Only \$ _____

* Late Fee \$ _____

(if postmarked after 4/14/23)

TOTAL \$ _____



Iowa

Dental Hygienists' Association

IDHA Treasurer
204 Central Avenue
Charles City, IA 50616

Early Bird Registration MUST be received by April 14th.

2023 Annual
Session Exhibitors

