

Welcome!

105th Annual Session



Friday, April 24, 2026 (In Person)
Saturday, April 25, 2026 (Virtual)

FFA Enrichment Center, DMACC Campus
1055 SW Prairie Trail Pkwy | Ankeny, IA 50023

Up to 14 CEUs Available!

Register Online
www.iowadha.com



About the Meeting

Vice President's Welcome Message Annual Session 2026



Hello everyone!

Another Annual Session is quickly approaching! This year IDHA's Annual Session will be held on Friday, April 24th, at the FFA Enrichment Center on the DMACC Campus, 1055 SW Prairie Trail Pkwy in Ankeny, IA. On Saturday April 25th, Annual Session will be held virtually.

We are excited to have 2 fabulous speakers this year. Friday, Tina Clark RDH M.Ed, will present her course on Local Anesthetic, "Hit Me With your Best Shot."

On Saturday, April 26th Debbie Sceidel-Bittke RDH, BS will present her course on Alzheimers Disease and its link to periodontal disease. "The Complex Nature of Oral Health and its Relationship to Alzheimers Disease. Saturday's course will be held virtually but will be an interactive virtual CE and count as "live" credit!

Both of these topics promise to be very interesting and educational! Please refer back to the schedule presented in this flyer for the number of CE's that you can earn for the full conference, Friday attendance only, or just Saturday.

I would also like to take this opportunity to let you know, the Iowa Dental Hygienists' Association strives to support the profession of dental hygiene. As an association, we are aware that CE is everywhere. We 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.

I am looking forward to seeing all of you in person on Friday!!

Warm Regards,

Jennifer Faux RDH

Vice President of the Iowa Dental Hygienists' Association



Meet Our Leaders



Ashley Whiteing, RDH
President



Amy Weishaar, RDH
Treasurer

You Are Invited!

*President's Party,
Awards and Social Mixer*

**Friday, April 24
4:30 pm - 6:30 pm**

*We hope you
can join us!*

Meeting Reminders

Friday lunch is included

Lunch is provided for All-Day Friday attendees. 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 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

Friday, April 24, 2026

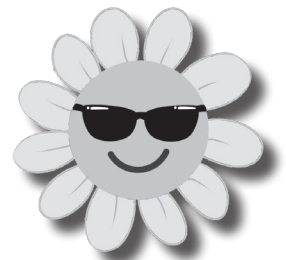
7:00 am - 8:00 am	Registration, Exhibitors, Continental Breakfast
8:00 am	Announcements
8:15 am - 11:45 am	Hit Me With Your Best Shot: Local Anesthesia for the Oral Health Care Provider Tina Clarke RDH M.Ed.
9:15 am	Break, Exhibits, Student Presentations
11:45 am	Break, Exhibits, Student Presentations
12:00 pm - 1:00 pm	Lunch and General Assembly
1:00 pm - 4:00 pm	Hit Me With Your Best Shot: Local Anesthesia for the Oral Health Care Provider Tina Clarke RDH M.Ed. <i>*Must attend full day Friday for all 6 CEUS for the entire day. No partial credit given.</i>
4:15 pm	Installation of the 2026-2027 IDHA Officers
4:30 pm	Awards and President's Party with Social Mixer

Saturday, April 25, 2026 VIRTUAL

8:30 am - 11:45 am	The Complex Nature of Oral Health and Its Relationship to Alzheimer's Disease Debbie Seidel-Bittke, RDH, BS 3 CEU
--------------------	--------------------------------------------------------------------------------------------------------------------------------

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.



Friday Continuing Education



Tina Clarke RDH M.Ed.

Tina Clarke RDH, M.Ed is the leading voice in anesthesia dental education. From head & neck anatomy, health histories, and practical tips and tricks to getting anesthesia right every time, Tina employs adult learning principles, equipping her course attendees for success. A nationally published author, speaker, certified CPR instructor and founder of Teacher Tina RDH, she keeps her skills and knowledge current while continuing to serve the profession as a clinician, educator, trainer, and speaker. In addition, Tina is an approved provider by multiple states to provide education for the initial permit for local anesthesia to dental professionals. As well as the American Academy of Dental Hygiene as a continuing education provider. Her teaching, training, and presenting style is upbeat and fun, making even the most difficult topics a delight to learn. Tina has

been a clinical dental hygienist for over 20 years and an educator for over 15. She received her bachelor's degree in dental hygiene in 2001 and her master's degree in education in 2013.

Hit Me With Your Best Shot: Local Anesthesia for the Oral Health Care Provider

Often clinicians shy away from providing local anesthetics to their patients because they aren't confident in their skills, aren't getting patients profoundly numb, or haven't given injections in a long time. This course is designed to empower you to hit your best shot with a review of maxillary and mandibular oral local anesthesia techniques, including a review of patient health considerations and appropriate anesthetic dosage. Participants review anesthetic options and techniques (with video) associated with oral anesthesia. Along with an overview of complications and how to manage them.

Save the Date!

**IDHA Fall Event
Friday, October 2, 2026
FFA Enrichment Center**

Saturday Continuing Education



Debbie Seidel-Bittke, RDH, BS

After many years of business experience working with high-profit dental practices, as well as her academic background, Debbie Seidel-Bittke, RDH, BS truly understands what it takes to create a profitable dental practice and what it's like to work as a dental auxiliary in a dental office. It is through her knowledge, her no-nonsense approach to business, sense of humor and passion for dentistry that Debbie leaves dental professionals sitting on the edge of their seats with a desire to learn more. Debbie founded Dental Practice Solutions in 2000 and has spoken at numerous dental conferences as well as worked with dental practices globally. She is a former assistant clinical professor at the USC dental hygiene program and co-taught the

practice management course for the senior dental students. She is also a former hygiene department program director of a school in Portland, Oregon.

The Complex Nature of Oral Health and Its Relationship to Alzheimer's Disease

Explore the connection between oral health and Alzheimer's Disease, focusing on how oral health impacts cognitive health. This course covers fundamental concepts, the biological links, and recent research findings. Learn preventive strategies and how optimal oral health impacts will reduce Alzheimer's Disease risk. This course includes practical insights for integrating oral health into the prevention of other systematic diseases such as Alzheimer's Disease.

2025-2026 IDHA Board of Directors



Award **Hygienist of the Year**

is presented to

Amanda Jay, RDH



Amanda is a huge asset to the Iowa Dental Hygienists' Association and is more than deserving of this award, as she exemplifies the mission of the IDHA. She consistently seeks to improve the health of her patients in practice as a clinical dental hygienist. Amanda works in private practice full time and has been an active member of the Iowa Dental Hygienists' Association since her graduation from Kirkwood Community College in 2013. She has demonstrated leadership and long-time commitment to her profession and professional associations. She has volunteered at IMOM for 12+ years, has talked to legislators on Lobby Day at the Capitol building, and is also serving on the dental hygiene advisory board at Indian Hills Community College. Throughout her years of membership, Amanda has served as a delegate to IDHA's House of Delegates, was the Student Liaison, served on IDHA's Legislative Committee, served as Vice President for over six years, served as Members Service Director, served as President Elect, President, and Immediate Past President. She is currently serving on the ADHA Board of Directors as the District 8 director.



Conference Information

IOWA DENTAL HYGIENISTS' ASSOCIATION 105TH ANNUAL SESSION 2026

FFA Enrichment Center, DMACC Campus | 1055 SW Prairie Trail Pkwy | Ankeny, IA 50023
Friday, April 24TH (In Person) and Saturday, April 25TH (Virtual)

Full Conference (Friday & Saturday Courses) Up to 14 CEU

ADHA member \$120

Potential Member RDH/RDA/DDS \$240

Other Conference Options:

Friday Only All Day (In Person) Up to 9.5 CEU

ADHA Member \$100

Potential Member RDH/RDA/DDS \$200

Saturday Only (Virtual) 4.5 CEU

ADHA Member \$ 50

Potential Member RDH/RDA/DDS \$100

Early Bird Discount ends April 10th.

Add \$40.00 beginning April 11th.

Online Registration ends April 17th.

Pre-registration is required.

Refund Policy: Please email Amy at amyweishaarrdh@gmail.com for cancellations. No refunds will be issued after **April 18, 2026**. Online processing fees are non-refundable.

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



Not Registering Online?

Detach, Complete, and mail form to:

IDHA 204 Central Ave. Charles City, IA 50616

Register Online

www.iowadha.com

**Online processing fee will be applied.

Name _____

Address _____

City, State, Zip _____

Phone _____

Email* _____

License # _____ Membership ID# _____

RSVP:

Attending the President's Party and Social Mixer YES

*Email **REQUIRED** as course handout will be emailed to attendees one week prior to course. Please WRITE LEGIBLY.
No course handouts on-site.

CHECK ONLY ONE BOX

Full Conference \$ _____

Friday Only \$ _____

Saturday Only \$ _____

* Late Fee \$ _____

(if postmarked after 4/10/26)

TOTAL \$ _____

Mail completed form to:
**IDHA 204 Central Ave.
Charles City, IA 50616**

Amy Weishaar
IDHA Treasurer
204 Central Ave
Charles City, IA 50616

Early Bird Registration MUST be received by April 10th.

2026 Annual Session Exhibitors



HALEON

 **HuFriedyGroup**
The Best In Practice



Q-Optics