In light of the sudden death of the father of our LDHA President, the ADHA District 6 Trustee and former LDHA President, Danielle Victoriano RDH, BS, MHS, will be providing a Guest Address from the trustee’s point of view (POV) in lieu of the President’s Address. Our thoughts and prayers are with Joanna Peters and her family during the time.

“In our culture, we associate vulnerability with emotions we want to avoid such as fear, shame, and uncertainty...Yet we too often lose sight of the fact that vulnerability is also the birthplace of joy, belonging, creativity, authenticity, and love.”—Brene Brown

As a dental hygienist, encountering situations where change is eminent and what we know as “normal” is evolving, can be a challenging road. Change is hard, uncomfortable, and even fearful. On the other side of that change is where we find growth, hope, and possibility. The constant in this is the willingness to be vulnerable.

Our profession and our Association have given us no choice but to be vulnerable and emerge into the murky waters—always in solidarity, never alone—to come out on the other side with a new normal that has opened many new paths for us. I think of how different the scope of practice in 2019 versus 1995, when I graduated. We have new technology and resources to deliver optimal care in a whole new way. We know so much more because of change. And the entity that has been the face of the change and vulnerability has been the people that make up our Association and profession.

It is the course of lives that priorities, opportunities, and the everyday “normal” will absolutely change. Jobs change, roles change, responsibilities change. Just like our lives, our profession is changing in exciting ways. Maybe it seems uncertain and murky at times...but we have each other in solidarity. Our Association is there to pave the way for us to emerge forward, the entity that empowers and embodies our passion, vision, charge, and mission. Real people make it what it is. They make it what we need to grow and push through to the other side of success, growth and change.

The investment in our Association for leaders and members is vulnerability. It’s not always easy— to make the monetary investment in the profession, to give up our time when it’s so easy to head home instead of an event, to just put it to the side for later. I am here to ask you to be vulnerable with me for our future. Be vulnerable in growing the profession with me, in solidarity. There is so much possibility in the murky waters. I want a future for our professional lives, and you are so necessary to make that happen.

I appreciate your membership, especially when it’s not easy at times. Your membership—all of ours—counts and is substantial. We are better together, and it’s easier together than carrying our future by only a few. If you have been a member and change happened, I invite you to share our future with me. The possibilities can’t happen if we—the people—aren’t tuned in to be there for it. If you don’t identify with it, be that change that helps mold the future into what we need.

I am so grateful that I have taken the leap every time to the doors that have opened in my career. My profession, peers, mentors have been brought together by this Association. The leap into the murky waters of vulnerability have always been with my tribe. And I am so thankful for it.

I extend my hand to you—daring greatly—to emerge together and make our future.

Danielle A. Victoriano RDH, BS, MHS
Serves as the ADHA District 6 Trustee to LA/MS/AR/AL/TN.
She is a lifelong member and former LDHA and NODHA President.
### CE Course Descriptions & Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Speaker</th>
<th>Hours</th>
<th>Provided by</th>
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</table>
| 7:15 am - 8 am | Registration and Continental Breakfast  
Nominations & Voting for LDHA Board of Trustees |                                  |                |                                  |
| 8 am - 10 am | Speaker: William Paveletz, DMD  
Title: The Magic of Prevention  
Provided by the generosity of Voco | 2 Clinical Hours                  |                |                                  |
| 10 am - 12 pm | Speaker: William Paveletz, DMD  
Title: Cracking the Code  
Provided by the generosity of Voco | 2 Clinical Hours                  |                |                                  |
| 12 pm - 1 pm | Lunch on your own  
See next page for location options. |                                  |                |                                  |
| 1 pm - 3 pm | Speaker: Tracey Jacobs, BSDH, RDH  
Title: The Nutrition Position: Oral Systemic Health Impact  
Provided by the generosity of Philips | 2 Clinical Hours                  |                |                                  |
| 3 pm - 4 pm | Speaker: Tracey Jacobs, BSDH, RDH  
Title: Smell It Like It IS: Addressing Oral Malodor  
Provided by the generosity of Philips | 1 Clinical Hour                   |                |                                  |
| 4 pm      | Installation of Officers & Board of Trustees Meeting |                                  |                |                                  |

### Online Registration Link

ADHA Annual Session is being held across the street from the Mall of Louisiana which has several options in the food court for lunch. Outside of the mall there is Red Robin, BJ’s Brewhouse, and Louie’s. On the other side of the Renaissance is Perkins Rowe Mall with several restaurant choices, and Perkins Road has Buffalo Wild Wings and Mi Padres Mexican.

Several items will be raffled off at Annual Session. Tickets will be one for $2 or three for $5.

All the LDHA Components have a Facebook Group or Page. Also, a lot of our LDHA Components have their own local meetings that offer Continuing Education hours year-round. Click your component below to get connected.

Baton Rouge
Shreveport-Bossier
Northeast
New Orleans
Acadiana District
Alexandria

Print last page of this newsletter and fill out registration form.
Enclose check or money order payable to LDHA.
Members of the ADHA must enclose a copy of membership for discount.
Mail to: LDHA, Treasurer (Donna Sarabia)
32 Georgetown Drive, Kenner, LA 70065

Mail in your registration or register online!
On-site registration fee is $15.00, which will be allocated to the legislative fund.
There is a $35.00 banking fee for all NSF checks.
All funds are non-refundable.
Any questions, please contact:
Jessica Smith: jessicasmith.hygienist@gmail.com
Donna Sarabia: donnasarabia@gmail.com

If you had to get this newsletter from a friend or colleague, please forward this to any RDHs who did not receive it!
LDHA 2019 FALL SESSION

LDHA Fall Session will be back this year in Bossier City, LA. Our Fall Annual Session Chairs have been working hard on getting some great speakers. Mark your calendar for:

FRIDAY, OCTOBER 4, 2019
Hilton Garden Inn, 2015 Old Minden Road, Bossier City, LA 71111

BECOME AN ADHA MEMBER
Click here become a member of the ADHA! The only reason Shreveport-Bossier can hold meetings and offer Continuing Education Credits is because of our MEMBERS! Help keep profession strong by supporting the ADHA! Become a champion of oral health as you take the next step forward in connecting with your community and investing in your career.

HYGIENISTS’ DAY AT THE LEGISLATURE
Each year Hygienists’ Day at the Legislature is held in April at the State Capital Building. The LDHA invites all RDHs who can come to attend. This is your opportunity to educate your legislators about your profession. Come and join members of your association as we host a display, talk with elected officials, and bring awareness to issues affecting Louisiana’s dental professionals. For more information, please check our website at www.LDHA.org.

SILENT AUCTION

Friday, March 29th at the LDHA Annual Session, we will be hosting a silent auction to raise money for the ADHA Institute for Oral Health (IOH). The mission of the IOH is to advance the profession of dental hygiene through scholarships, research and service in collaboration with the American Dental Hygienists’ Association. The goal of this organization is to support the highest quality research and education programs to fulfill the mission statement of the ADHA Institute for Oral Health. Items will be on display at Annual Session for bidding. To find out more about the ADHA IOH please visit http://www.adha.org/institute-for-oral-health. IOH Raffle tickets will also be available for purchase at the LDHA Annual Session! The LDHA IOH Auction will end at 4pm and all winners will pay for their item(s) at this time.

CE REQUIREMENTS

The LSBD recently changed the CE requirements for dentists and dental hygienists. Louisiana licensed dental hygienists are now required to complete 20 hours of clinical continuing education hours per renewal period. 12 of these hours must be attended in person. Detailed information can be found in Chapter 16 of the Board Rules. You can click here to read them in full.

ONLINE REGISTRATION LINK

www.eventbrite.com/e/ldha-annual-session-tickets-54565881079?aff=
At each Annual Session, in March, we vote for members to join our Board of Trustees (BOT). If you are interested in learning more about becoming an officer on the Board, please email the LDHA Executive Secretary, Debbi, at LDHA_execsecretary@hotmail.com. Below is a list of positions and their duties, and the only prerequisite is to be an ADHA member and put your name on the ballot! If you would like to have your name on the ballot or to nominate someone at the upcoming Annual Session in March 2019, please contact Debbi at the above-mentioned email address. You can also talk to someone at Annual Session and be added to the ballot at that time. We are always looking for volunteers wanting to help make our state’s hygiene association great!

**President Elect**
- 3-year commitment
  - Year 1: President Elect
    - Attend BOT Meetings
    - Assist President
    - Assist with Annual Session
  - Year 2: President
    - Lead BOT Meetings
    - Send out emails
    - Write four LDA magazine articles
    - Visit components if possible.
  - Year 3: Past President
    - Attend BOT Meetings
    - Assist President
    - Assist with Annual Session

**Vice President**
- 1-year commitment
  - Attend all BOT Meetings
  - ADHA Membership Chairperson
  - Assist with Annual Session

**Delegate**
- 3-year commitment
  - Year 1 - Alternate Delegate
    - Attend all BOT Meetings
    - Attend AHDA District VI Workshop
    - Attend AHDA Annual Session as a fill-in (Partially funded by LDHA)
    - Assist with LDHA Annual Session
  - Year 2 - JR Delegate
    - Attend all BOT Meetings
    - Attend AHDA District VI Workshop
    - Attend AHDA Annual Session as an LDHA Delegate (funded by LDHA)
    - Assist with LDHA Annual Session
  - Year 3: SR Delegate
    - Attend all BOT Meetings
    - Attend AHDA District VI Workshop
    - Attend AHDA Annual Session as an LDHA Delegate (funded by LDHA)
    - Assist with LDHA Annual Session

**Treasurer Elect**
- 4-year commitment
  - 1st & 2nd Year - Treasurer Elect
    - Learn from current treasurer
    - Attend all BOT Meetings
    - Assist with Annual Session
  - 3rd & 4th Year - Treasurer
    - Attend all BOT Meetings
    - Handle Bank Accounts
    - Provide budget and financial reports
    - Assist with Annual Session

**Secretary**
- 1-year commitment
  - Attend all BOT Meetings
  - Assist with Annual Session

**ADHA MEMBERSHIP**

Help keep the profession strong by supporting the ADHA. Become a champion of oral health as you take the next step forward in connecting with your community and investing in your career. CLICK HERE to go to the ADHA Membership site. Breakdown for ADHA Dues: ADHA-$185, LDHA $30, Component-$15 = $230 Annually.
As senior delegate for Louisiana, I had the pleasure of attending the 2018 ADHA Annual Session and House of Delegates in Columbus, Ohio in June. The House of Delegates has the task of discussing and voting on the language of the bylaws and policies to keep them current in our ever-growing profession. In addition to the House of Delegates, I also attended the Crest & Oral B General Session meeting featuring comedian Michael Jr. an Advocacy Update and a Constituent and Component Leadership Workshop.

In the House of Delegates, delegates from each state came together to discuss and vote on five Proposed Resolutions and four Proposed Bylaws Amendments. One Proposed Resolution that was adopted supports the elimination of the patient procedure-based, single encounter clinical examination for candidates who are graduates of Commission on Dental Accreditation (CODA) accredited dental hygiene programs and who are eligible to take the National Board Exam. Proposed Resolution 2 was also adopted which supports the dental hygienists’ ability to prescribe, administer and dispense all evidence-based preventive and therapeutic fluorides. For a full list of the proposed resolutions and bylaws discussed at this year’s House of Delegates please contact the LDHA.

In the Advocacy Update we learned that there are 42 states with Direct Access to care for dental hygiene. Unfortunately, Louisiana is not one of these states. Oregon and Indiana are the two most recent states to pass Direct Access. There was also a report from a representative from the Department of Labor who discussed federal labor laws including issues such as minimum wage, overtime and working interviews. For more information regarding these issues please contact a representative from the Department of Labor.

The Leadership Workshop consisted of members discussing volunteer and member engagement. Some recommendations discussed were shorter volunteer terms, focusing on volunteer opportunities with a measurable impact and a preference for virtual options in communicating and engaging. Another suggestion was to create space in associations for all generations.

I thoroughly enjoyed my years as a delegate. I highly encourage anyone interested in becoming a delegate for Louisiana to volunteer for the position at the 2019 LDHA Annual Session.

Leslie LaGrange Cvitanovic
LDHA Senior Delegate 2018
LDHA 2019 Annual Session Event
Friday, March 29, 2019

Registration Form

You can also register ONLINE at:
www.eventbrite.com/e/ldha-annual-session-tickets-54565881019?aff=

PLEASE PRINT

Name: ________________________________
Last First MI

Email: ________________________________

Email confirmation receipt will be sent when form is processed.

Address: ________________________________
Street City State Zip Code

Phone: ________________________________
Home Work/Cell

ADHA/SADHA Member# ________________

Amount Enclosed: $ __________ Check # __________ ($35 fee charged for NSF checks)

All funds are non-refundable

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Early Bird Special for Event Register by Thursday 02/28/2019

Event Price after 02/28/2019

For questions please contact:
Jessica Smith: jessicasmith.hygienist@gmail.com
Donna Sarabia: donnasarabia@gmail.com

Mail Registration to:
LDHA, Treasurer (Donna Sarabia)
32 Georgetown Drive